

Program of the 2011 Course on Traditional Tibetan Medicine

11 day Course - Monday 3 to Friday 14 January

Week One (6 days)

Mon 03/01/11 - 9:00am – 4.30pm

Opening ceremony, presentation of the course.

Historical introduction to Sowa-Rigpa, the Tibetan medical system.

Question and answer.

Lunch

Structural Introduction to Sowa-Rigpa, the Tibetan medical system.

Screening of a documentary showing the present situation of Tibetan Medicine.

Tue 04/01/11 - 9:00am – 4.30pm

The proper approach to study and practice medicine: i) the prerequisites of the physician.

The proper approach to study and practice medicine: ii) the prerequisites of the physician.

Question and answer.

Lunch

The proper approach to study and practice medicine: iii) the nature and definition of a physician.

The proper approach to study and practice medicine: iv) the function and results of a physician.

Question and answer.

Wed 05/01/11 - 9:00am – 4.30pm

The conception and development of the human body: i) General introduction from the Sutras.

The conception and development of the human body: ii) The causes of the conception.

Question and answer.

Lunch

The conception and development of the human body: iii) The conditions of the conception.

The conception and development of the human body: iv) The development of the fetus.

Question and answer.

Thu 06/01/11 - 9:00am – 4.30pm

The conception and development of the human body: v) The development of the fetus.

Understanding the body using images.

Question and answer.

Lunch

Understanding the body using images.

Question and answer.

Fri 07/01/11 - 9:00am – 4.30pm

Structure of the human body: i) the bodily constituents.

Question and answer.

Lunch

Structure of the human body: ii) the veins and channels.

Question and answer.

Sat 08/01/11 - 9:00am – 4pm

The characteristics of the body: the harming agents – the three humors.

Question and answer.

Lunch

The functions and classifications of the body.

Question and answer.

Week Two (5 days)

Mon 10/01/11 - 9:00am – 4.30pm

The diseases: i) the causes of disorders.

The diseases: ii) the conditions of disorders.

Question and answer.

Lunch

The diseases: iii) the mode of entrance of disorders.

The diseases: iv) the characteristics of disorders.

Question and answer.

Tue 11/01/11 - 9:00am – 4.30pm

The diseases: v) the characteristics of disorders.

The diseases: vi) classifying disorders.

Question and answer.

Lunch

The diseases: vii) classifying disorders.

Lifestyle: i) On having a healthy lifestyle.

Question and answer.

Wed 12/01/11 - 9:00am – 4.30pm

Lifestyle: i) On having a healthy lifestyle (continued).

Lifestyle: ii) Harmonizing one's lifestyle with the four seasons.

Question and answer.

Lunch

Lifestyle: ii) Harmonizing one's lifestyle with the four seasons (continued).

Question and answer.

Thu 13/01/11 - 9:00am – 4.30pm

Diet: i) understanding diet.

Diet: ii) Food classification.

Question and answer.

Lunch

Diet: iii) Correct quantity and eating times.

Revision.

Fri 14/01/11 - 9:00am – 2pm

Test.

Lunch

Discussion over suggestions and concluding session.