MATERNAL AND CHILD HEALTH CARE IN TIBETAN MEDICINE

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Why Tibetan Medicine for the Maternal and Child Health Care?

- Tibetan Medicine is one of the world’s oldest living medical tradition
- It has a history of more than 2500 years caring and developing mother’s and child health care.
- It’s a Total Health System dealing both the physical and mental and emotional health.
- Unique and accurate Diagnosis through pulse and urine
- It’s a natural or a herbal based medicine + spiritual blessings
- Maintaining health through diet and behavior
- Growing use of Traditional Tibetan Medicine
- TM has rich tradition of maternal and child health care
Maternal Health in Tibetan Medicine

**Conception**
- Causes
- Fetal Development
- Signs of Delivery
- Non-defective sperm and ovum
- Entry of consciousness
- Right karma
- Role of five Cosmo-physical elements
- Definite time for conception

**Pregnancy:**
- Signs of conception
- Restrictions during pregnancy
- Gestational periods
  - Fish stage
  - Tortoise stage
  - Pig stage
Delivery / Labor

- Time of Delivery
- Cause of Non-Delivery
- Signs of male and female baby
- Immediate labor sign
- Methods of child delivery
- Restoring the mother’s health
- Role of Nurse
Neo-Natal and Infant Care

Initial Stage
- Auspicious and non-auspicious signs
- Reciting of auspicious words
- Introducing the mother’s milk

Middle Stage
- Performing ritual to the deities and marking items
- Marking the month, name giving, piercing the ears and restriction on diet and lifestyle

Later Stage
- Teething problems
- Celebrating and releasing of items
Child Health Care in Tibetan Medicine

**Pediatric Disorders:**
- Causes
- Conditions
- Classification
- Signs and symptoms
- Treatment

**Causes and Conditions:**
- Cause of loong and baekan
- Conditions arising from the mother
- Conditions arising from the child like spirits, diet and lifestyle
The concept of Integrative medicine is not new, it’s been addressed for ages across many medical disciplines. Although, there is a recent shift toward recognizing the external, physical and technological successes of curing a patient, with the internal exploration of healing.

Integrative medicine not only focuses on complementing a medical treatment, but there is also a focus in prevention, which is even more important these days—an approach toward prevention helps us to have a better quality of life.

The Integrative medical approach tries to find solutions that promote a state of relaxation, reducing stress and with it, all disorders that are stress related such as high blood pressure, anxiety, heart disease and depression.

Integrative medical approach focuses in treating a patient as a whole—mind and body, as both play a role in the many processes taking place inside our body and it results impossible to cure one without addressing the other.

Integrative Healthcare appears to be the future framework for healthcare in 21st Century.
Dept. of Health, CTA [http://tibet.net/health/](http://tibet.net/health/)
Testimonials from the patient who had been treated by the Tibetan Medicine

http://men-tsee-khang.org/testimonial/index.htm

- **Sizovu/MediStar, Russia/Dr. Migmar Lhamo**: I am very thankful for your kindness and kind-heartedness, and most importantly, your assistance in my recovery. Following the treatment of Tibetan medicine, now cholecystitis is not disturbing me anymore. My well-being is much better now.

- **Mr. Dhirajlal G. G./Ahmedabad/Dr. Tenzin Nyima**: I am taking treatment from Dr. Tenzin Nyima of Ahmedabad, Tibetan Medical centre for my problem of acidity and vibrations in hand. I started treatment nine months back, and today I am feeling very well with a considerable recovery in my physical problems. I thank a lot to Dr. Tenzin Nyima and his team for their whole-hearted efforts and effective treatment.

- **Mr. Steven S./Gangkyi, Dharamsala/Dr. Tsewang Tamdin**: I have been quite healthy since Dr. Tsewang Tamdin saw me fifteen months ago. My PSA has remained relatively stable in the 5.2 – 5.4 range, although it spiked up to 5.7 this summer after returning from Ladakh. But a quick retest showed it returned to the earlier levels. I have had two biopsies done after I consulted doctor, one in 2012 and another in 2013 and the reports of both the biopsies showed the same Gleason scores of 6, which suggests that a watchful-waiting is fine.
Clinical Research and Efficacy of Tibetan Medicine

- A Pilot Feasibility and Efficacy Study Assessing Tibetan Medicine for Metastatic Breast Cancer
  http://blog.tibetanrefugeehealth.org/alternative-resources-unlimited/1268-2

- The Efficacy and Safety of Traditional Tibetan Medicine in the Treatment of Essential Hypertension

- Pro-apoptotic and anticancer properties of Thapring – A Tibetan herbal formulation

- Tibetan medical interpretation of myelin lipids and multiple sclerosis.

- Weight reduction in patients with coronary artery disease: Comparison of Traditional Tibetan Medicine and Western diet
  http://www.internationaljournalofcardiology.com/article/S0167-5273(13)01233-3/abstract

- The Effects of a Tibetan Medicinal Compound "Pokar 10" on the NIH 3T3 FIBROBLAST Cell line

- Clinical Trial of Tibetan Medicine in the Treatment of Chronic Hepatitis B
INTRODUCTION:

Aims:

- To preserve and promote Traditional Tibetan System of Maternal and Child Health Care.
- To reduce and prevent preventable mortality death among mothers, newborns, and young children by improving the health services in Tibetan community in exile.
- To make aware and educate the community on health and hygiene.
- To strengthen the wellness of future generation.
- To provide knowledge on nutrition, antenatal care, post-Natal care and immunization services.
- The project is designed to provide women with greater access to good-quality, reliable health services. It provides training for health care workers in emergency care for pregnant women, new mothers, and newborn babies; and it strengthens the management and supervision practices in health care facilities.
- The project includes: organizing community events and mass media campaigns, trainings, and selecting peer youth educators and health workers to raise awareness about potential health issues; conducting home visits to provide pre-natal and post-natal care and care for newborns and young children; and equipping community health workers to provide services in remote areas and to refer patients to health centers where necessary.
Project - Infrastructure

- HOSPITAL
- YOGA & MEDITATION
- CONFERENCE & COUNCILING
- MASSAGE & THERAPIES
“I strongly believe that our medical system is one of the means by which we Tibetans can contribute to the well being of others, even while we ourselves live as refugees.”

- His Holiness the Dalai Lama
Thank You!