

# MATERNAL AND CHILD HEALTH CARE IN TIBETAN MEDICINE

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# Why Tibetan Medicine for the Maternal and Child Health Care?

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- ▣ 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

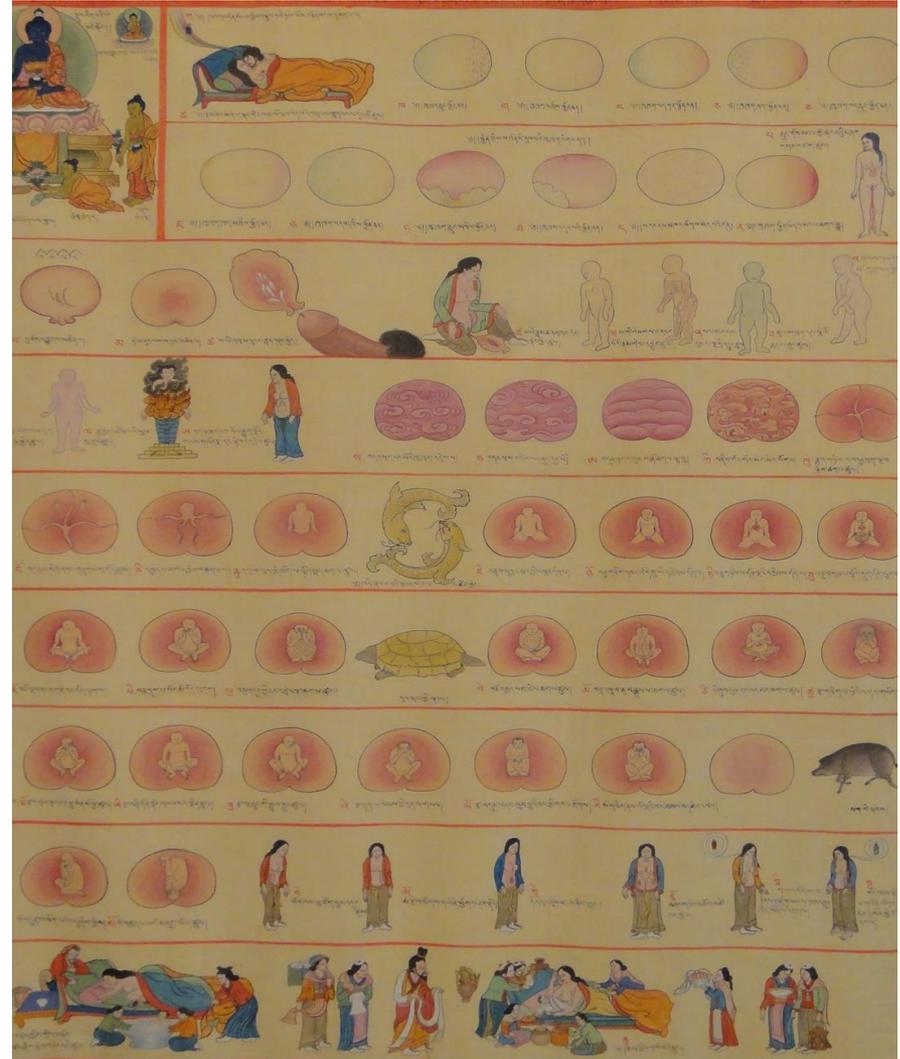
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## Conception

- 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

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- 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

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## 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

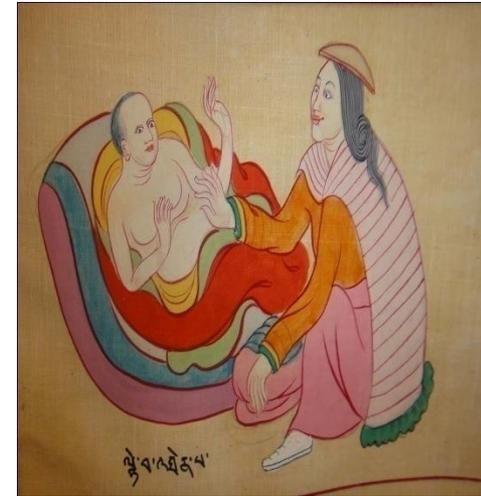
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## Pediatric Disorders:

- 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



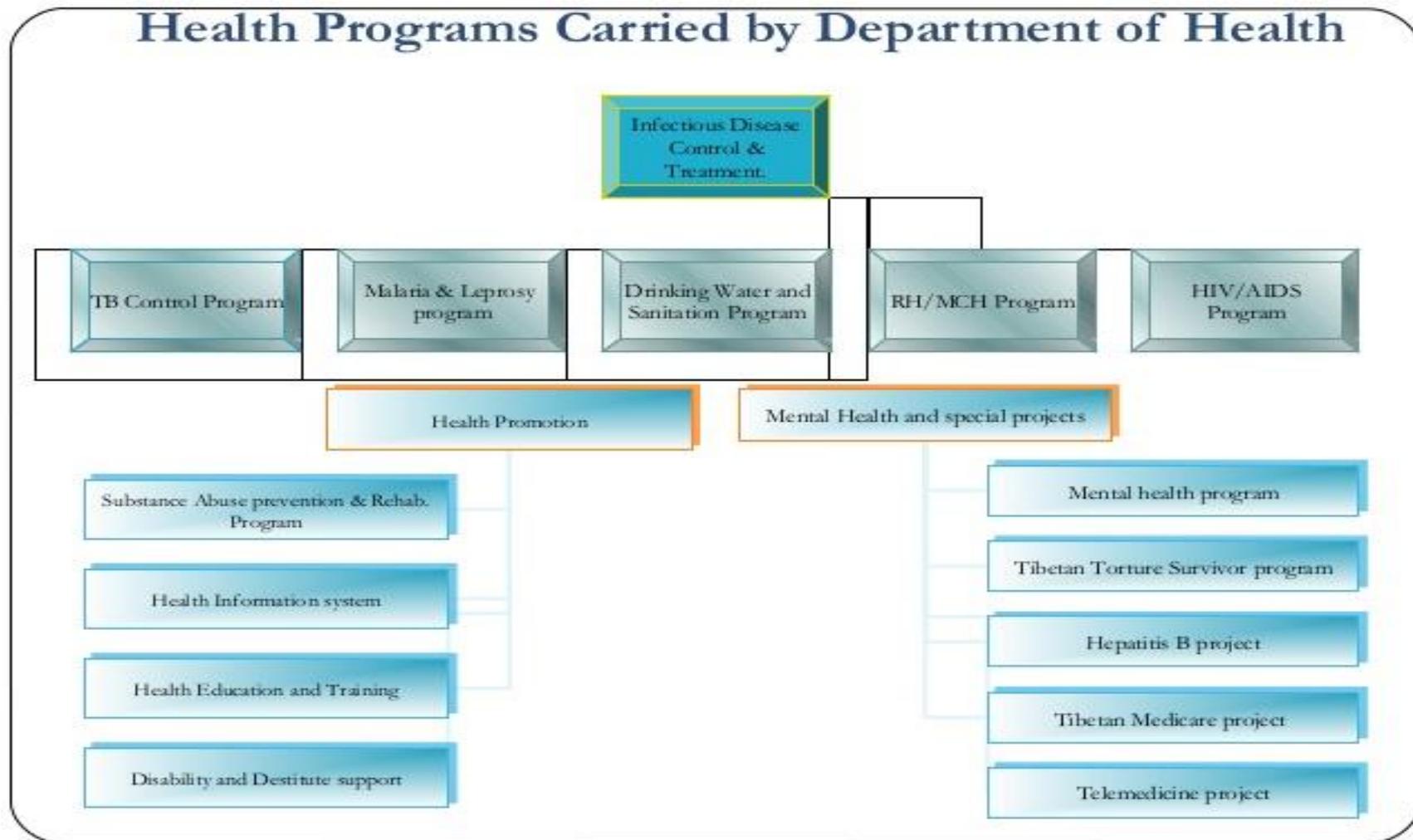
# Importance of Integrative Healthcare

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- The concept of Integrative medicine is not new, it's been addressed for ages across many medical disciplines.
- 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.
- 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.
- Its 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 21<sup>st</sup> Century.

# Dept. of Health, CTA <http://tibet.net/health/>

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## Testimonials from the patient who had been treated by the Tibetan Medicine

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

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- **Sizovu/MediStar, Russia/Dr. Migmar Lhamol** 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 Nyimal** 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** 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

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- 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  
<http://www.men-tsee-khang.org/research/HTN%20abstarct%20for%20%20MTK%20research%20website.pdf>
- Pro-apoptotic and anticancer properties of Thapring – A Tibetan herbal formulation  
<http://www.men-tsee-khang.org/research/tapring.pdf>
- Tibetan medical interpretation of myelin lipids and multiple sclerosis.  
<http://www.ncbi.nlm.nih.gov/pubmed/19743559>
- 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](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  
<http://www.men-tsee-khang.org/research/Effects%20of%20Pokar10%20-%20Full%20report.pdf>
- Clinical Trial of Tibetan Medicine in the Treatment of Chronic Hepatitis B  
<http://www.men-tsee-khang.org/research/tapring.pdf>

# Universal Contribution of Tibetan Medicine

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“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