

New Four Year Tibetan Medicine Program

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The mission of the Shang Shung Institute of America is to deepen the knowledge and understanding of Tibetan cultural traditions in order to contribute to their survival and preservation. To this end, we are pleased to present the first English language, four-year training in Traditional Tibetan Medicine in the West to offer the same curriculum as Traditional Tibetan Medicine schools in Tibet and India.



Menpa Phuntsog Wangmo

The curriculum is based on the *rGyud bZhi'i*, the four primary Tibetan Healing Science Texts, which are used in all traditional schools of Tibetan Medicine. Regular class lectures cover the texts' main topics, including general healthcare, woman's health, pediatrics, toxicology, injuries, provocations, geriatrics, and fertility. Traditional diagnostic methods of consultation, pulse reading, and urine analysis, as well as treatment methods including diet, lifestyle, herbal

preparations, and external therapies are taught in theoretical lectures. Supplementary topics include Tibetan Language, Astrology, KuNye External Therapies, Ethics and History of Tibetan Culture and Medicine Practice. Prominent Tibetan Medicine practitioners lead this unique curriculum.

At the Shang Shung Institute's School of Tibetan Medicine, students immerse themselves in the fascinating study of Tibet's ancient Tibetan Medicine practice. Students enjoy small classes led by distinguished Tibetan Medicine practitioners of renowned lineage. This rare opportunity to study the full scope of Tibetan Medicine practice offers students the possibility of becoming some of the first practitioners of Traditional Tibetan Medicine to be trained in the West.