



# THC News

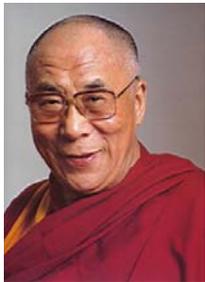
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Beginning July 2006, we are publishing THC NEWS, the newsletter on Tibetan Medicine & healing. Important news, patient experiences and views and other related information will be shared.

## Words of Wisdom from HH The 14<sup>th</sup> Dalai Lama



*"Tibetan medicine is one of the greatest legacies of Tibetan Buddhist civilization. It is a system that contribute substantially to maintaining a holistic healthy condition. Like the traditional Indian and Chinese systems, Tibetan medicine views health as a question of balance. A variety of circumstances such as diet, lifestyle, seasonal and mental conditions can disturb this natural balance, which gives rise to different kinds of disorders.*

*As living beings, we all wish to achieve happiness and avoid suffering. Our desire for health, for complete physical and mental well-being, is an expression of this, for everyone wants to be well*

*and no one wishes to be sick. Consequently, health is not a matter of merely personal interest, but a universal concern for which we all share some responsibility. This is why the ideal physician is one who combines sound medical understanding with compassion and wisdom". – HH The 14<sup>th</sup> Dalai Lama, August, 2001*

## Tibetan Healing Center (THC) – The journey of 3 years

"When I look back at life and how I came to become a doctor of Tibetan Medicine and healing, it has been like a dream. I never thought I would become a doctor as I was doing non-medical studies and wanted to become an engineer or take up some other profession. One day I was reading a newspaper article on Tibetan Medicine, and how a Tibetan doctor through pulse reading can know everything about the body and mind. This stirred my curiosity and I decided to study Tibetan Medicine.

I went to Dharamshala and took private studies from Late Dr. Lobsang Chopel, Professor of Tibetan Medicine at Men Tsee Khang. In 1993, I enrolled for medical studies at Chagpori Tibetan Medical Institute, Darjeeling. I received *Ythog Nyingthig* initiation from Khamtrul Rinpoche, and *Gyudshi* (Fundamental Tibetan Medical Text) transmission from the late Dr. Tenzin Chodark, senior personal physician to HH the 14<sup>th</sup> Dalai Lama.



During my medical studies, I was assisting many foreigners studying

Tibetan Medicine and culture. During that time I realized that I should have my own center, where other than medication, I could offer holistic treatments including teachings, meditation, massage, chanting, and other therapies.

After my studies I went through intensive internship under different senior physicians from TMAI.

After internship, I worked till 2003 under my Guru, the late venerable Dr. Trogawa Rinpoche, Founder and President of Chagpori Tibetan Medical Institute, Darjeeling. During this period, I also used to assist the Rinpoche in the pharmacy along with my practice. I have received transmission, teachings and initiation. I received instructions & blessings for my *Ythog Nyingthig retreat*, which I carried out for a week.

During this period I came in contact with many students, patients and well wishers all of whom encouraged me to start my own center.

In 2002, when new doctors were graduated, I gave more serious

thought to my dream project. I traveled with my colleague to a few cities like Bangalore, Hyderabad, Goa and Hubli.

Bangalore was identified as the likely place to start the center, as it has a cosmopolitan culture. We were not able to start the center during my first visit and I returned back to Darjeeling.

The dream came true when my cousin Kargue called me on 1<sup>st</sup> of April, 2003 and informed me that he wanted to offer his place to start my center. The next day, I consulted my venerable guru Dr. Trogawa Rinpoche and he gave me his consent & blessings.

With Rinpoche's assurance and blessings, I was very confident to start my project in Bangalore. Since the center couldn't be started immediately, I began with my practice.

On 16<sup>th</sup> May, 2003, the THC clinic was dedicated to the service of the people in the august presence and blessings of the Venerable Jampa Rinpoche from Drepong Loseling monastery, Mundgod and inaugurated by Kasur Tenpa Tsering, the present Representative of HH The Dalai Lama at New Delhi.

Also present were Dr. Dorjee Rabten Neshar, CMO, TMAI, Bangalore, and Mr. Tenpa Dhargay, the then Coordinator of Tibetan Health Dept. My relatives, friends and well wishers were present too.

We marked the opening with a humble celebration. From the beginning till date I am trying to offer the best service to all people. I have been able to serve mainly Indians, Westerners and Tibetans.

I must with deep reverence offer tribute to my Guru, the late Venerable Trogawa Rinpoche, who gave me an opportunity to study Tibetan Medicine and who made this journey possible.

Many individuals have been instrumental in shaping this journey too. The constant and immense contribution of Charlene D. Jones from Canada, who has been supporting me and my sister since my father's demise is very special.

Also, Dr. Nel de Jong, my friend from Holland, whose financial support enabled this center to become a reality.

Others supporting were, Dr. Walburg Maric, MD, Germany, who sponsored my medical scholarship and Ivan Glavina from Croatia, another friend and supporter.

Many visible and invisible hands have been offering me support through the last three years.

The support and guidance of Kasur Tenpa Tsering, Representative of HH The Dalai Lama, Delhi and Mr. Ngodup Dorjee, Former Representative of South Zone, Bangalore, is invaluable.

The constant presence and inspiration of Dr. Dorjee Rapten, CMO, TMAI, Bangalore and Mr. Tenpa Dhargay has been so helpful.

It would be impossible to think of THC without Mr. Kargue's help and support.

THC is celebrating the 3<sup>rd</sup> anniversary with the blessings and support of family members, relatives and well wishers,

### **Healing through Balance**

The Tibetan medicine system for 2500 years, has been helping heal the physical and emotional ailments through maintenance of balance of the three humors of the body viz wind, bile, and phlegm.

*"In a healthy body the three humors of wind, bile and phlegm are in balance and thus are not promoters of disease as such. For, when they are in a state of balance, the three humors are causes maintaining and improving good health. The moment they are disturbed, they become causes for disorders..." Dr, Yeshi Donden.*

According to Dr. Dorjee Rapten Neshar, a Tibetan Medicine practitioner, *"Like any other holistic healing method, Tibetan medicine helps an individual live in healthy harmony with the environment surrounding him or her. It has been proved by healers that the contemporary diseases prevalent today, are more self-made and is created by the very system that is supposed to heal them. The Human*



*body is an intricate composite of highly sensitized systems, imbued with prana or chi, referred to as rlung – the life force by Tibetan system. The stress, dietary factors and lifestyle behaviour, function as bio-catalysts that can trigger*

*disturbance. In the same way, they can be used to restore the balance.*

*The medicines dispensed in Tibetan healing have been formulated through secret transmission of medical tantra from the teacher to disciple for centuries. When a Tibetan pill is received, we are actually receiving a benediction for our health and well-being, in addition to the healing properties."*

### **THC in the News**

The last three years has seen the diligent service of THC been reported in the local media. Here are some excerpts.

*"People are frustrated by the cosmetic and superficial approach to medicine and treatment and are gravitating towards alternate healing ways like Ayurveda, homeopathy and Tibetan Medicine."* – Dr. J. Yonten, Mystical therapy from the land of Lamas & Yaks - Vijay Times, Bangalore, 2<sup>nd</sup> June 2005.

*"Compassion is more than anything else. A good doctor must have several qualities, and in our tradition compassion takes a special place."* - Dr. J. Yonten, Curing with Compassion – Deccan Herald, Bangalore, 11th December 2005.

### **THC – Activities Undertaken**

THC has undertaken many activities which have been aimed at popularizing Tibetan Medicine, and help more and more people benefit from the ancient medicinal knowledge.



- a) ***Free Camp at Tibet Festival***  
– On the request of the south zone Representative of HH The Dalai Lama, THC offered free consultation during the Tibet Festival organized by Tibet House, New Delhi. Dr. Jampa Yonten offered his service for 8 days, and had the great honour of working with the Venerable Lama Duboom Tulku. The Rinpoche later graced THC with his visit.
- b) ***Talks on Tibetan Medicine at South Asian Center*** – Dr. Jampa Yonten has been giving talks on Tibetan Medicine for the Friend World programme organized at South Asian Center. Kasur Tenpa Tsering, introduced Dr. Jampa Yonten to

South Asian Center. This association has helped many students from Long Island University, USA, in getting private course in Tibetan Medicine and healing from Dr. Yonten.

- c) ***Mobile Clinic at Mumbai*** – A referred patient from Mumbai who benefited greatly from the treatment received from Dr. Yonten, offered THC to start a mobile clinic at Mumbai to benefit more patients there. THC has been offering its service at Mumbai once a month and wishes to thank Ms. Pavan Singh for her help and hospitality.
- d) ***Free consultation***
  - a. ***THC formation day***  
Every year on the formation day of THC, free consultation is offered to patients and others.
  - b. ***Rinpoche Trogawa's anniversary day*** – THC offers free consultation on the anniversary day of the late Dr. Trogawa Rinpoche.

### **THC – Case Studies**

The past three years have seen some challenging medical ailments being encountered and suitable remedies being offered. Shared below are a few.

#### **Case Study 1 - Malignant swelling on the forehead**

Some time ago, an old woman was referred to Dr. Yonten with a big swelling and severe pain on the forehead, and biopsies revealed that the swelling was malignant and had to be operated upon. The patient, as a last ditch effort before the surgery date was fixed consulted Dr. Yonten. After consultation and diagnosis, she was given a course of medicine, and was asked to diligently follow the

same. Also she was advised to get relevant check-ups done with her modern medicine doctors. After sometime, the pain reduced and later the malignant swelling disappeared without operation.

### **Case Study 2 – Rheumatoid Arthritis**

A woman in mid 40, when referred to THC was diagnosed with severe rheumatoid arthritis and low HB and high ESR count in her blood. She was bed-ridden and was immobile with swollen & stiff joints. She was hospitalized and took simultaneous consultation with Dr. Yonten. After the first month of treatment, her HB count in blood improved by 100% and her ESR count reduced by more than 25%. In three months time, she regained her normal blood count and by the six month she was able to move around and do her normal activities.

### **Case Study 3 – Tennis & Golfers Elbow problem**

A lady in her 40s was suffering from both tennis and golfers elbow, which totally immobilized her right arm. The recommended treatment by an orthopedic surgeon was steroid injections in the bone. The next six months she was administered three injections. Due to the constant pain and stiffness she was told that only surgery would help. It was during this period she met Dr. Yonten on a visit to Bangalore.

After diagnosis she was given a week's medicine and by the fourth day, she felt about 80% relief in pain and stiffness. By the 8<sup>th</sup> day, she was able to exercise using light weights. Over a three-month period her arm mended without surgery or injections.

### **Auspicious Dates & Period according to Tibetan Almanac**

Furnished below are auspicious days and period for spiritual practice like

meditation or rituals etc. These days are according to Tibetan Almanac.

#### **a) June 26<sup>th</sup> – July 25<sup>th</sup> 2006**

This is period is the 5<sup>th</sup> lunar month and the auspicious and holy days for practice and pooja are 3<sup>rd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 11<sup>th</sup> and 25<sup>th</sup> of July. July 11<sup>th</sup> is also the Universal Prayer Day.

#### **b) July 26<sup>th</sup> – August 23<sup>rd</sup> 2006**

This is period is the 6<sup>th</sup> lunar month and on July 29<sup>th</sup>, which is 4<sup>th</sup> day of sixth lunar month, Buddha gave his 1<sup>st</sup> teaching at Sarnath, which is called Chokor Duchon. The other auspicious and holy days for practice and pooja are 2<sup>nd</sup>, 4<sup>th</sup>, 9<sup>th</sup>, and 23<sup>rd</sup> of August.

#### **c) August 24<sup>th</sup> – Sept 22<sup>nd</sup> 2006**

This is the 7<sup>th</sup> lunar month. The auspicious and holy days for practice and pooja are 1<sup>st</sup>, 3<sup>rd</sup>, 7<sup>th</sup> and 22<sup>nd</sup> of September. Between the period 7<sup>th</sup> Sept – 15<sup>th</sup> Sept, it is recommended to take frequent bath to purify the negative energy and rejuvenate the system because of the special effect of Rishi Star.

### **THC–Patient/ student testimonials**

Here are some patients sharing their experiences of Tibetan Medicine and healing.

*"I had been longing for a holistic healing as I was not so comfortable with the modern medicine method of tests and reports and Tibetan medicine gave me the comfort of non-intrusive method of healing." – Patrick, Switzerland.*

*"I had gone to India to seek a teacher and mentor in traditional healing, as the books I had read did not satisfy my thirst for knowledge in the art of healing. But my inclination was more towards Ayurveda due to its long tradition and sensible and scientific logic. A chance encounter with Dr. Yonten because of my partner falling*

*sick and being referred to him by a friend led me to learn Tibetan method of healing. I was very fascinated by his skills in relating with the patient and his diagnosis. Over the period of nine months of learning Tibetan medicine under Dr. Yonten, I was taught from four essential tantras, pulse and urine diagnosis, the role and qualities of a Tibetan healer and the way of developing the necessary compassion in a healing relationship." - Kyle, healer & massage therapist, USA*

*"Tibetan Medicine has made me understand and respect my body. I love the way Dr. Yonten patiently explains the reasons of the various problems of the body one undergoes time to time. It has been a beautiful journey of self discovery & better health." – Shalika, Shehnaz Hussain Herbal*

*"When I began treatment on Tibetan Medicine, I was weak, bedridden and immobile. The last 3 years I have seen a huge improvement in my health both emotionally and physically and the last year and half I have been active and been able to do my work independently." – Anala Prakash, Bangalore*

### **THC – Future Projects and programmes**

THC had always endeavored create a holistic health center which caters to medication, therapies, massage, teaching, meditation etc. Since the center would require a larger infrastructure and more manpower, this will be done in phases over the next couple of years.

*THC invites support of individuals, organization or groups in its projects.*

### **Chudlan – A Residential Rejuvenation Programme**

THC has some very exciting projects planned in the near future. THC will be offering a 3-day and 7-day Rejuvenation programme. This residential programme will be conducted at a place just outside Bangalore. **Chudlan** – The Rejuvenation Programme will have a very limited number of participants as we would want to offer personal attention to the participants. The programme will be conducted according to traditional Tibetan methods with specialized regimen, diet, yoga, meditation and chanting.

Chudlan, the traditional Tibetan rejuvenation programme will help the participants cleanse his/her body and mind of the toxins and accumulated stress and rejuvenate him to lead a better quality of life.

***Interested participants can email us for more information.***

### **THC's Initiatives**

THC has been constantly endeavoring to offer better services to patients and students. We have enumerated the initiatives on offer below.

- Short term courses for interested individuals or groups to learn more about Tibetan Medicine and healing
- E-consultation through e-mail at **drjyonten@hotmail.com**
- Individuals/organizations are welcome to contact THC for organizing teaching or consultations and to form support group in respective countries
- THC's membership plans for individuals or family. This is an annual or life-time membership plan where patients can avail consultations. For more details please contact or email THC.

**THC - Thanks its donors**

THC wishes to express its deep gratitude to the following donors for their support.

- Michael, Switzerland
- Mr. & Mrs. Kenneth Alexander, Australia
- Barbara Weaner, USA
- Ken Small, USA
- Bill Coulter, USA

- Dr. Nel de Jong, Holland
- Ivan Glavina, Croatia
- C.D Jones, Canada

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*"For as long as space endures and for as long as living beings remain,  
Until then may I, too abide to dispel the misery of the World" –  
Acharya Shanti Deva*