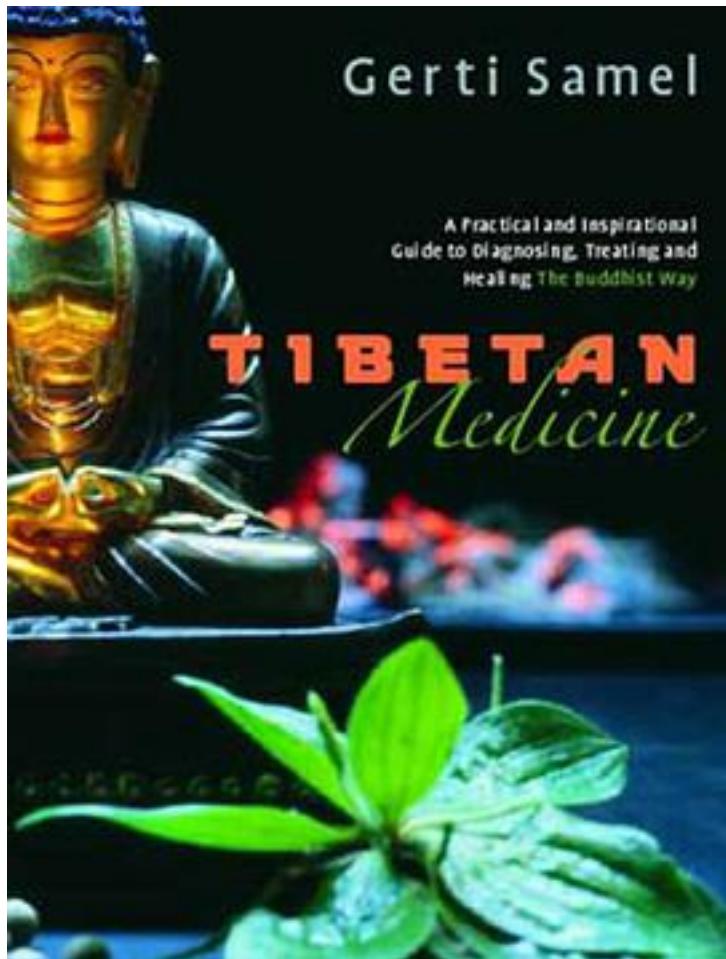


# Tibetan Medicine



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The Tibetan people have developed an approach to medical science drawn from thousands of years of accumulated wisdom and intuition about the nature of health and illness. Early influences came from India in the form of what is now called

Ayurvedic medicine as well as more spiritual and psychologically based systems, such as the teachings of Buddha. Later, in the 7th and 8th centuries the Tibetan government began sponsoring conferences where doctors skilled in the medical systems of China, Persia, India and Greece presented their ideas. These diverse influences formed a foundation for Tibetan medical theory which acknowledges how health and illness result both from the relationship between the mind and body and people's connectedness to the natural world and sense of spirituality. The author of this book worked closely with a renowned Tibetan doctor and pharmacologist to create this beautifully illustrated guide which brings readers a vivid picture of both the practical and spiritual dimensions of Tibetan medicine, offering inspiration plus specific practical instructions for using and benefiting from this ancient healing art.

作者介绍:

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