



HOLISTIC UNDERSTANDING AND MANAGEMENT OF COVID-19

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“With Compassion, you serve all the sentient beings,
O’ Enlightened One!

Simply hearing your name
is enough for relieving all the suffering.

Healer of the diseases of three inborn mental poisons,
I prostrate myself before you, O’ the Buddha of Medicine.”

“Enveloped though with negative mental afflictions,
I may not be the perfect medium for
your divine instructions,

Yet, be compassionate; bless and empower me.
For, I am quite determined”.

“For all the sentient beings in this time and space.

Especially the needy and suffering beings.

I pledge to serve with all my dedication.

Hence, bestow upon me your wisdom,
compassion and power”.

Acknowledgement

During this growing menace of COVID-19 pandemic, which has forced more than half of the world's population to stay under lockdown, killing thousands of people every day, and infecting thousands more with no effective remedies and solutions in sight; I am literally coaxed into doing some comparative research study from a scientific mainstream perspective and, through the much tried and tested Traditional Sowa Rigpa medical system (commonly known as Tibetan Medicine). Through this short research study, I hope to share and bring before the kind attention of concerned Governments, the scientific institutions, and intellectuals at large, on the relevance of the Sowa Rigpa and its practices against modern day epidemic and highly contagious diseases; understanding the nature and cause of various epidemics diseases and its in-depth experiential knowledge on how to manage and control the situation before it becomes too costly.

I am convinced beyond all doubt that our World Body has not fully understood the purpose, nature and grimness of this type of SARS-CoV-2 Pandemic. It's high time that the World Body seriously considers looking into the profound wisdom and healing knowledge of our rich traditional medical system and start accepting its valuable health services and contributions without wasting further time.

Kindly note that I have used the phonetic transliteration of some of the slokas from the classical medical text, wherever necessary, to highlight the importance of the textual description.

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Sowa Rigpa, popularly known as Tibetan Medicine, dates back to more than a thousand-year old medical tradition which had served as the integral public healthcare system of the people of Tibet and Trans-Himalayan regions till 1960. Since the beginning of its native Zhangs-zhun-Bon healthcare system coupled with the great momentum of cultural exchanges with its neighboring countries from 7th to 12th centuries, namely India, China and Nepal to name a few, it has synthesized the best and richest of all other major Asian medical traditions; Thus developing into a complete and comprehensive medical knowledge with all the scientific disciplines of the specialization of human body's physiological functions, birth, diseases, mental wellbeing, emotions, health and healing.

Sowa Rigpa is essentially a unique medical system, where the science of healing knowledge and spirituality of Buddhist teachings are intimately and harmoniously blended into one comprehensive medical discipline and tradition that covers all aspects of our lives and living. **rGyud-bZhi**, often called the Four Great Tantra, forms the backbone of the Tibetan Medical System which, along with several other authentic medical texts*(1), explains in depth about the nature, cause and conditions, classifications, prevention, and treatment of various forms of Epidemics and highly contagious diseases.

The cause of all Epidemic Diseases (as explained in classical Tibetan medical texts), is classified into three broad categories:

- 1. Root cause**
- 2. Immediate cause**
- 3. Causative factors**

The **root cause** is associated broadly with the all-powerful supra-mundane forces or beings that normally govern our environment, its inhabitants, their life, existence, death and destruction.



Tibetan Medicine believes that Mother Earth or the environment is the macro-cosmic world, and our body system—which itself is like a universe in miniature (also called micro-cosmic world), are closely linked to each other with a very delicate dynamic balance. When these two cosmic worlds coexist harmoniously in dynamic balance, the guardians of the world bring health, happiness and prosperous life and living. Unfortunately, when they enter into some conflict and degradation, then all sorts of curses and calamities of mother nature unfold various natural tragedies like landslides (Earth), flood (Water), natural fires (Fire), storms (Air), and all forms of dreadful epidemic and highly contagious diseases that spread across borders (Space). Considering mankind’s vicious immoral activities and wanton defilement of our Mother Nature, we have faced so many natural calamities and dreadful epidemics earlier in the course of our existence and no doubt, will continue to experience much more.

The sacred text clearly states: **“gNan,nad-nagpo’ ‘Zamling bZhi-cha-sTong”** (which when translated means that the black epidemic would threaten to empty one-fourth of the world population). Yet, we never seem to learn from these lessons.

Causative factors that give rise to such kind of epidemics include humankind itself, which engages in all sorts of immoral, irresponsible defilement and sinful activities that stir up the hornet’s nest. In fact, in addition to all above mentioned degradation of human values, it is clearly mentioned in the centuries old medical text, about extremist groups engaging in bio-chemical poisonous activities to the extent of angering the forces of Mother Nature and compelling her to unleash her fury. (**“Mu-sTegs gDug-pas rZes-kyi sByorba-Byjed. Mamo Khadros Nad-nan Yams-su-‘Bebs”**). It is high time for human beings to be morally responsible, make amendments with nature; stop immoral activities and toxic build-up in the atmosphere, which seriously jeopardizes the dynamic balance and harmony between us and Mother Nature.

The **immediate causative** agent in this case is the Coronavirus, which is described in ancient texts as being an agent of Mother Nature’s destructive curse in the form of highly infectious microorganisms (Virus). In the current scenario of SARS CoV-2 infection, it is one of the corona viruses that may have slowly matured and mutated into some species of devastating agent in the filthy atmosphere of Huanan’s notorious wet market.



The novel Coronavirus was initially identified in December 2019 as a case of severe pneumonia in Wuhan, China and has since become a global pandemic. The World Health Organization (WHO) declared the outbreak a pandemic on March 11, 2020 and called for coordinated mechanisms to support preparedness and responses to the infection across the healthcare sector. According to the Lancet report*(2), by Jan 2, 2020, about 41 admitted hospital patients were identified as laboratory confirmed 2019-nCoV infection in Wuhan. 27 patients were found to have direct exposure to the Huanan seafood market. The symptom onset date of the first patient identified was Dec 1, 2019. None of his family members developed fever or any respiratory symptoms. No epidemiological link was found between the first patient and later cases.

The first fatal case, who had continuous exposure to the market, was admitted to hospital because of a 7-day history of fever, cough, and dyspnea. Five days after illness onset, his wife, a 53-year-old woman who had no known history of exposure to the market, also presented with pneumonia and was hospitalized in the isolation ward.

The most common symptoms at onset of illness were:

Fever (40 [98%] of 41 patients),

Cough (31 [76%]), and

Myalgia or Fatigue (18 [44%]),

More than half of patients (22 [55%] of 40) developed dyspnea

Less common symptoms were:

Sputum production (11 [28%] of 39),

Headache (three [8%] of 38),

Haemoptysis (two [5%] of 39), and

Diarrhea (one [3%] of 38).

By this time, it had spread all across the globe with more than half of humanity in a locked down state, thousands dying every day, and more and more getting infected every day with no effective solution in sight.



It's no wonder that in such a sustained history of blood baths, death and decaying atmosphere of open animal markets, any kind of dreadful virus or bacterial infection can grow and prosper. The sheer stinking smell from hundreds of dead and live animals and their flesh enveloping the entire market area could serve as a breeding ground for any notoriously hybrid, exotic and totally alien kind of diseases. Humanity cannot afford such bizarre scenes and sheer cruelty upon the animal world.

However, as many notable scientists and independent researchers believe, this may be a man-made virus genetically mutated in the Wuhan laboratory that found its way out or was released to suit their vested interests. Whatever is the case, the world scientific body is still in a confused state about the origin and exact nature of this infectious virus. Much damage has been done because the Chinese authorities failed to inform and recognize widespread person-to-person transmission of SARS-CoV-2 before January 20, 2020. It was reported that this novel Coronavirus was distinctly different from other Corona viruses causing SARS*(3). Its tendency to mutate frequently gives many surprises and makes it scientifically difficult to understand its inherent nature. Consequently, we may find it difficult to come out with the correct medications and vaccines for it.

Though we find a large amount of literature on the subject of major epidemics and contagious diseases, all the references here have been drawn from five selected classical scriptures where I find enough materials to relate and present before the scientific mainstream that there is lot to learn and understand from Sowa Rigpa's knowledge on the subject of highly contagious and epidemic diseases, some of which are in the form of eye opening prophecies. Most encouragingly, there are many insights and formulations that we can adopt and incorporate to deal with our present challenges, in terms of first line defense mechanisms for doctors, medical staff and frontline people; effective treatment and control measures against all stages of the infection and above all, expect maximum chances of saving the lives of many before it becomes too late.



No wonder that I could find many interesting and revealing facts from these centuries' old texts, some of which appear to be totally in sync with what modern scientists and reputed virologists have reported about this SARS-CoV-2 and COVID-19. Given below are some of the explanations which make sense while trying to understand the origin, nature, unique characteristics, diagnostics and prognostic features, unique signs and symptoms, preventive and treatment approaches against such fast spreading and dreadful epidemics.

Some of these authoritative texts define the immediate causative agent as an agent of Nature's destructive wrath in the form of microorganisms (Virus) with unique characteristic features such as:

***Having windy wings that floats in the air,
formless in physique, rides on the horse of wind.
Mingles with odor and smell,
enters through the nose, mouth and body pores.***

Pervades through the 5 sensory organs resulting in 5 visible signs:

1. Reddish lines appearing downward in right eye or both eyes
2. Blackish spots below the tongue and whitish boils above the tongue
3. Black spots on tip of the nose, and loss of smell
4. Blackish spots on top of the ear, with ringing sounds
5. Ringworm like skin eruptions over the shoulder/upper back region (some people affected with COVID-19 including one of my doctor friends in New York reported the same)



The text further explains that, causative agent of this epidemic is one, but with multiple clinical manifestations and severe complications as given below based on the locus of the viral activity such as:

Head: If it (Virus) penetrates into the head, one can get severe brain infections like meningitis.

Throat: If localizes in the throat, one can suffer from severe infection like diphtheria.

Lung: When it enters the lung, severe respiratory infection with acute upper back pain/shortness of breath is observed. Separate chapter on this infectious disease ("**Glo-Tsad-gZer-Thun**") remains the basis of our study in connection with the SARS-CoV-2 and COVID-19.

Heart: When the infection is forced into the heart and life force channel, severe chest pain, delirium, dyspnea and cardiac shock is observed which can prove very fatal. (Myocarditis reported in some of the clinical cases in SARS infection)*(4)

Liver: One can observe sharp pain around the liver, excessive sweating, high fever, and eye pain/reddishness. During hospitalization, some patients were present with mildly elevated aminotransferase levels (indicating liver damage), in some cases demonstrating hepatocystic lesions*(5).

Intestine: Presents with severe intestinal pain with diarrhea. Enteric disease*(6) was reported fairly often in SARS-CoV-2. *(As previously described, most Corona viruses cause either a respiratory or an enteric disease, which is also transmitted by the fecal-oral route. During this outbreak of SARS, symptoms of gastrointestinal tract in the patients were noticed. Many investigators found that gastrointestinal symptoms are not uncommon at presentation, including diarrhea (19%-50%), nausea and vomiting (19.6%), and abdominal pain (13%) manifested in SARS patients).*

Kidney: Presents with turbid reddish urine; crushing pain in pelvic/lower back, difficulty in walking, severe kidney malfunction. It is now reported that that 38% of New York COVID-19 patients are developing Kidney damage*(7)

Most commonly, some problem with the throat is observed in all the conditions mentioned above.

Among many epidemic and contagious diseases explained in the texts, the specific chapter named "**Glo-Tsad-gZer-Thun**" meaning "Severe respiratory infection with painful shortness of breath" is the one most commonly referred to and studied in connection with the SARS-CoV-2 and COVID-19 in particular.



We find many similarities in description of the signs and symptoms and damage to the lungs that we now find in COVID-19 patients. Quite interestingly, we also find many herbal formulations that were discussed and drawn out to save the lungs and to optimize its oxygen supply.

In **Sorig gChes-bTus- Rinchen- Phren-ba**, while explaining the nature of this Epidemic, it says, “This is like a raging bushfire; spreading far and wide, easily transmitted, highly fatal with low chances of cure. Wherever it gets hold, the population there thins down steadily; causing fear and terror, especially hits hard on the immunologically weak and aged sections of the people. It further states that one should avoid travel and strangers. It has noted that infection will be more pronounced in commercially busy places; seen very less in place of calm and serenity, does not touch people with protective gear (sacred protective wheel and amulet).

Mode of Entrance into the human body: Through the air, it enters via skin pores, mouth and nose. Hence, several herbal formulations were suggested to inhale through the nose and some as an external application to cover up the nose, lips, ears and the skin so that these herbal applications act as strong disinfectant or virus repellent. This observation was confirmed in SARS-CoV-2 by: “The causative organism appears to spread predominantly by contact and droplets and may spread by airborne routes as well*(8)”.

Since it affects aged people and weaker sections of people more severely, they are advised to be more careful.

IMPORTANT COMMON SYMPTOMS IN GENERAL (SARS-CoV-2/MERS/ COVID-19) as stated in the Tibetan medical texts

Most common symptoms include feeling cold (chills), fatigue, anxiousness and anxiety, disturbed dreams followed by:

- Fever, headache, pain in the chest and ribs, mental agitation, cough with thick phlegm, and breathlessness
- Blood while coughing, severe pain in all the muscle/bones, extreme weakness
- Pulse Findings: Fast and pulsating can be strong yet short and disconnecting
- Urine Findings: Foul odor, thick yellowish to turbid reddish when advanced
- Changes in Pulse and Urine characteristics noted on daily basis



SIGNS & SYMPTOMS of Glo-Tsad-gZer-Thun (SARS-CoV-2 with Lung pathogenesis):

- **Mental agitation*(9):** disturbed sleep, body pain, dryness in nostrils, mouth and tongue
- **Severe pain:** mostly localized in upper back, shoulder joint, scapula and collarbone region
- **Appearance of painful herpes type patches on the upper body parts.**
- **Fever:** Feeling hot and sweaty all over the body, thirsty
- **Throat irritation, breathing difficulty, bloody mucus and cough**
- **In severe cases, vomiting blood and brownish lava like substance**
- **Patients may not have all the above symptoms; it may vary from individual to individual**

GOOD PROGNOSIS: Less changes in disease pattern, mild breathing issue, easy discharge of cough and phlegm, amenable to therapies and medications.

BAD PROGNOSIS: Pale, weakness and emaciated from the beginning, relentless shifting pain, fear and anxiety, mental instability, shortness of breath, blood vomiting, heavily coughing out lava like phlegm.

COMMON TRAJECTORY OF THE DISEASE MANIFESTATION:

As described in one of the ancient text (*gChes-bTus- Rinchen- Phren-ba*), most of these epidemic diseases appear to follow three common patterns based on its associated *Nyes-pa**(10) or three humoral energies of the body system:

Incubation period, aggravation stage, stage of complications and remission.

The **1st phase incubation** period may last for 3-5 days, associated with Badh-kan (Phlegm energy) having mild body and muscle pain, lethargy, disturbed dreams, anxiety etc. It was reported in Journal of Microbiology*(11) suggesting that in some cases, **the incubation period was found up to be in the range of 5-14 days**, giving ample of time for the virus to replicate and bind to human cells.

The **2nd Phase** is the **period of aggravation with active symptoms** which too may last for 3-5 days mainly associated with blood and *mKrispa (Bile energy)* manifesting with high fever, severe crushing body/muscle pain, cough with bloody mucus, brownish secretions.



The **3rd phase** is the time when it starts to **show severe complications** either with Brain/Heart/Lung/Liver/Intestine or other less pronounced major organs that become more vulnerable because of pre-existing diseases like Heart ailments, Hypertension, Diabetes, Bronchial/Asthma, Chronic Liver Disease, Intestines and Kidney. By the time it enters deep inside these vital body organs, the death clock starts ticking. Fifteen days is considered the threshold—beyond which either people die or survive. At this stage, observing closely and effectively pacifying the role of wind humoral energy (**rLung**) is of utmost importance as this wind energy can change the course and make it very fatal too. The scientific body should take cognizance of the fact that, in addition to the severe acute respiratory infections, the above mentioned complications in Heart, Brain, Intestines and Kidney were very clearly reported in the centuries old medical texts.

PREVENTION & TREATMENT:

As is common with highly infectious and epidemic diseases, prevention plays the most important role and is seen as a common strategy in preventing and exterminating the infections.

The preventive measures were explained in detail through three distinctive features such as: **External, Internal** and **Sacred**.

External measure pertains to minimizing or containing the transmission of the infection. The text clearly mentions about:

- Disciplining ourselves (**sPyod-lam gZob**), avoiding travel, crowded places and strangers (**Drul-bZhud sPongs**),
- Confining to our own place or in a solitary retreat (**dBen-par-gNas**), cleaning and sanitizing of the house, sacred places and environment (**mNol-Grib-‘Bags-bTzog ‘Zem**),
- Avoiding sinful acts like butchering and killing of animals (**sDig-sPyod-bShan-dMar-‘Zemd**) and finally,
- Trying to accumulate positive merits through prayers and good deeds (**dGe-sPyod-gSun-rab bsGrag**).



Here it is to be noted with wonder and deep appreciation about the relevance of this entire paragraph in today's COVID-19 situation. The very idea of social distancing and self quarantine that we are following today as per the scientific guidelines were clearly stated in the centuries old medical text.

Internal part pertains to wearing the sacred anti-epidemic amulet and contagion-repelling pills on the neck (Rims-bSrun-Ske-la-'Dogs)*(12) ; an inhalation of burning medicated incense, skin application to cover up all body pores, nostril, ear and mouth etc with strong antiviral herbal paste (Rims-bSrun-sMan-rZes-Kha-sNa-ba-sPur-Byjugs), and anti-epidemic sacred wheel (Sungkhor 'Chan) to be worn, or place atop the busy entrance, doors etc.

Sacred part is the very esoteric practice of visualizing one-self with certain powerful deities and divine invincible forces*(13) that serve to vanquish negative forces through the power of visualization meditation, recitation of sacred mantras and intake of highly potentiated sacred pills or nectar.

Since this disease tends to hit hard on immunologically weaker sections and aged people, immune boosting remedial measures were adequately suggested with herbal formulations in the form of decoctions and pills. For this, few selected decoctions like **Trulthang, Nor-bDun-Than along** with immune boosting Sorig formulations like **Dadue** and **Drubthob-Ril-kar**, are strongly advised to make sure one's immune system is fortified and any kind of infections prevented and controlled from the start. These measures are very cost effective, life saving and highly dependable in terms of their safety and efficacy. Therefore, it is strongly advisable to distribute these immune boosting formulations among the more vulnerable population whether infected or not.

TREATMENT APPROACH: The text mentions that, (**'di la sGos-kyi gNyen-po' ma-sLebs-na, sMan-dPyad-gan-yan nad-kyi-Grdogs yin-te, 'Chi-bDag, Kha-ru de-Srog Myur-du-'Grdo'**), meaning that, for such kind of epidemic diseases, one should come out with highly potent specific medications as all other common medications may prove counterproductive.



Based on the common trajectory of the disease manifestation detailed above, one should not start with very strong medications from the beginning as it is in the incubation phase. Instead, one needs to start with specifically formulated decoctions which sometimes can be effective enough within a week's time to control and cure the infection. Once the active manifestation of the infection unfolds with severe acuteness, the most potent or the main medication (the anti-viral formulation) should be administered to make sure the lethal strength of the infection is effectively contained. At this critical juncture, the physician has to be experienced and shrewd enough to understand the course map of the disease with its wavering complications so that the respective medications (supporting) are also made available at hand to counter any form of complications.

During this aggressive phase of the disease coupled with strong anti-inflammatory medications, it is very important to make sure that appropriate medications are coupled with a proper nutritious diet to pacify the rise of wind humoral energy (**rLung in Tibetan**) which can prove very fatal. It is like saying that when fire is raging on, one must make sure the wind does not blow it further.

DIET & LIFESTYLE: The text clearly mentions that any white and sweet foods (drinks too) should be strictly avoided. Yoghurt should not be used during the initial and active phase of an infection. During the concluding phase of an infection, boiled milk and super rich nutritious food should be served. Attending doctors and nurses should be well-fed; physically and mentally strong, positive, and should be equipped with all preventive aspects (PPE). With all these challenges, infections and death knocking everywhere, it is quite understandable that we need to cope with the rising anxiety, depression and aggression.

The subject of fear and terror in the minds of innocent people were given adequate references in the text. The most surest and popular way to counter such fear is to look at the brighter side of whole picture; build up one's self confidence with regular spiritual practice, charitable activities, being helpful and of service to others, enjoying every minute of your space and life with fun and enlivening music of your choice.



Honestly, I am a bit skeptical about this cocktail type of treatment with Hydroxychloroquine (HCQ) and others. It is like aiming and trying to hit a target which moves with the wind all the time. It might even hit many innocent good cells. Same goes with the vaccine too. I am pretty sure that it is much safer in the long run without having a vaccine for this, than to be vaccinated with something that we are not sure of or an antidote with a short-term effect. I am afraid that this may prove disastrous for our future generations. It is clear from the statistics that we have before us, that without doubt the virus is spreading like a wildfire, but the fatality rate is very low and we find good many people recovering very fast even without any conventional fixed treatment. On top of this, employing the tried and time tested traditional medical formulations with proper treatment guidance, many more can recover, and many precious lives could be saved. On the contrary, there is a good chance that any hasty, wrong treatment and therapies, could do more damage than the poor virus itself.

I would like to conclude here with a statement that all the above information that I have put forward in this document is based on the instructions that are provided in our selected medical texts. The authors of these sacred medical texts were not only physicians par-excellence, but highly enlightened souls who could, with their profound inner wisdom, see all the phenomena of our life, suffering and diseases clearly like the lines on the palm of their hand. All their sacred knowledge and healing methods have been propounded and transmitted in a very strict manner with a pledge to serve all suffering sentient beings during the hours of need. One can refer to the attached separate sheet made in favor of some of the well-known popular figures of our ancestral physicians who have personally faced epidemics and highly contagious diseases during their lifetime and have made a significant contribution in easing and exterminating the infection.



It is noteworthy here that Tibetan Medicine has been tried very successfully during the SARS outbreak in China around 2003 and one of its preventive measures **“Nagpo-dGu-sByor”** which is to be worn around the neck and sniffed while at the vulnerable places and with in close contact with others, was highly rated by many Chinese scientists and clinicians during that time. This time too, it is no secret that Dr Tung-nan-Hren, who was also a victim of SARS infection earlier, now being one of the most authoritative man in the Communist Government whose experiential knowledge on dealing with both SARS and on COVID-19 is undisputed, has spoken quite highly of both Traditional Chinese Medicine (TCM) and Tibetan Medicine (Global Times). He*(14) is said to have encouraged the active participation of Sowa Rigpa (Tibetan Medicine) in their war against COVID-19. Tibetan physicians there have already released their official data and clinical records on the safety and established efficacy of the Tibetan formulations on COVID-19.

Hence, if given a due respectable opportunity, we are fully committed and confident of directly serving the patients of COVID-19 under permissible stages of the infections. We have a good number of qualified Tibetan physicians in India and abroad (US, Canada and Europe) who are quite capable of participating actively in our war against this pandemic, which is threatening to devastate the life and living of millions of people across the world. Therefore, without further delay, we really need to look at this Pandemic with more holistic approach taking into confidence the invaluable contribution from the time tested traditional system of medicine rather than relying heavily on scientific evidence alone.

Sarvamangalam!



References and Footnotes:

- *(1) rGyud-bZhi aka "Four Great Tantra" is the main authoritative medical text which forms the backbone of Sowa Rigpa (Tibetan Medicine)
- * Man-nag-lHan-thabs, one of the popular supplementary work on Man-nag-rGyud by Desi Sagye Gyatso. This text covers in length on all the popularly known 18 Epidemic and Contagious Diseases.
- * Rin-ter-sMan-yig gChes-bTus by Kon-trul Yonten Gyatso Collection on the sacred teachings on man-made epidemics and highly contagious diseases, sacred medicinal potentiation and empowerment.
- * gChes-bTus-rinchen-Pryen-ba by Dilmar Tenzin Phuntsok (1672-1727): Compendium on Etiology and Treatment of Diseases, Epidemic and Contagious Diseases.
- * Man-nag-bJye-ba-rin-sel by Zur-khar mNam-nyid-Dorjee Compendium on Disease, Etiology, Treatment and Formulations, Toxicology and Infectious Diseases.
- *(2) Articles www.thelancet.com (Vol 395; Feb 15, 2020), Lancet Report on COVID-19 (Jan 24, 2020)
- *(3) The New England Journal of Medicine (May 15, 2003)
- *(4) "SARS Coronavirus Modulation of Myocardial ACE2 Expression and Inflammation in patients"
- *(5&6) "World J Gastroenterol" Published online (Jun 15, 2003)
- *(5&6) "Clinical Course and Risk Factors for Mortality (The Lancet)
- *(7) "Kidney Failure Often a COVID-19 Complication" By Robert Preidt (Health Day News; May 11, 2020)
- *(8) WHO: Modes of Transmission of Virus Causing COVID-19: Implications for IPC Precaution recommendations. (Scientific Brief; Mar 29, 2020)
- *(9) Anxiety and Panic Among COVID-19 Patients (Lei Lei, Xiaoming Huang); Coronavirus patients are suffering from anxiety and panic attacks. Experts worry the psychological effects could linger. Anna Medaris Miller (Apr 23, 2020)
- *(10) "Nyes-pa" pronounced as Ne-pa, means three humoral or principle energy of the body system such as wind, bile and phlegm in the ancient Greek System; rLung, mKrispa and Badh-kan in Sowa Rigpa.
- *(11) "Logic in the Time of Coronavirus" by Timothy JJ Inglis (View Affiliations first published on April 22, 2020)
- *(12) Nag-po-dGu-sByjor is one of the infection repelling formulations that people wear on the neck. This method of prevention in blocking the entry point of the virus through our nine body orifices is very popular and common among Tibetans in Tibet and outside.
- *(13) Green Tara, Lhamo Loma-Gyon-ma, and Hayagriva. These fiery God and Goddess are worshipped for the protection against severe epidemic diseases.
- *(14) Global Times, China



ABOUT THE AUTHOR

Dr Dorjee Rapten Neshar

Dr Dorjee was born in Kyidong, Tibet. Following the Chinese occupation of Tibet, he escaped to India with his family in 1969. He pursued his medical studies at the Tibetan Medical College in Dharamshala, Himachal Pradesh and graduated in 1987. He has trained intensively and acquired most of his profound experience in health and healing under Dr Tenzin Cheodrak, former Chief Physician to His Holiness the XIV Dalai Lama.

He has over three decades of dedicated in Tibetan medicine with numerous achievement awards and acknowledgments, In addition, he has served as the chairman of the Central Council of Tibetan Medicine (CCTM), under the Central Tibetan Administration, Dharamshala for three years from 2008.

Furthermore, he has been, since long, closely associated with the Clinical Research Department of Tibetan Medical Institute in Dharamshala, India, and has actively participated in several collaborative clinical research on Tibetan Medicine against some major diseases like Cancer, Diabetes and Asthma to name a few.

Awards & Publications

“Gold Medal & Gem of Alternative Medicine” (1995, 1996) by the Indian Board of Alternative Medicine, Calcutta.

“International Award of Excellence”, by the American Organisation of Intellectuals Inc. (New York, USA)

“Award of Excellence and Achievement” from the Department of Health, CTA.

Authored and co-authored several books, articles and papers on Tibetan medicine (Tibetan and English), represented Tibetan Medicine at numerous national and International medical conferences.

Currently Dr Dorjee works as the Chief Medical Office and Physician at Men-Tsee-Khang: Tibetan Medical and Astrological Institute of HH the Dalai Lama in Bangalore, and regularly visits the Tibetan medicine clinics in Chennai, Hyderabad, Kerala and Mumbai to conduct Wellbeing Medical Camps. During these Wellbeing camps, he shares his exceptional experience in cancer care and cancer management with his patients.

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