



The Tibetan Medicine and Your Health

By Tove Langemyr Larsen

Motilal Banarsidass Publishers Pvt. Ltd., New Delhi, India, 2014. Softcover. Book Condition: New. Second Reprint. Tibetan medicine is one of the greatest legacies of Tibetan Buddhist civilization. It is a system that can contribute substantially to maintaining a healthy mind and a healthy body. 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 an integrated system of health-care Tibetan medicine has served the Tibetan people well for many centuries and it can still provide much benefit to humanity at large. The difficulty we face in bringing this about is one of communication, for, like other scientific systems, Tibetan medicine must be understood in its own terms, as well as in the context of objective investigation. This book is a compilation of articles and talks by qualified Tibetan physicians and scholars of Tibetan medicine, who in addition to their traditional training in Tibet and India have been exposed to a modern scientific environment. Therefore, this book will be of great benefit to serious students of Tibetan medicine, as...



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