

New doctorate support: “Evaluation of Medicinal Plants as Part of Tibetan Medicine”

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Background

Tibetan medicine is an experience-based form of medicine that has been practiced for more than 2000 years. Before the cultural revolution in Tibet in 1959, Tibetan physicians worked primarily as travelling doctors, producing medicinal preparations themselves and storing them in a type of mobile pharmacy. Even today the majority of Tibetan physicians produce their own medicinal preparations, most of them are combinations of different medicines.

Although Indian Aryurveda and traditional Chinese and Tibetan medicine are related, there is a lack of easily accessible information regarding the frequency and application of medicinal plants in Tibetan medicine. Some publications about Tibetan medicinal plants are available, but these are usually only in the Tibetan language and use traditional classifications.

Goal

The goal of this thesis is 1.) to develop a system for documenting patient and patient treatment information, 2.) to determine the most frequently used medicinal plants and their medicinal uses, and 3.) to prepare plant monographs (incl. medical use).

The project is to be carried out in Sikkim, India.

Methodology

A survey instrument for documenting the treatments received by patients will be developed and tested. Subsequently, approximately 150 cases of treatment will be included and evaluation with regard to the frequency and use of medicinal plants. A total of 60 plant monographs will be prepared based on systematic research of the literature, as well as on study trips.

The project is to run for 2 years.

Cooperation

This thesis will be written in cooperation with the Dzongsar Kyentse Mentsal Gumpa (a monastic organisation in West Sikkim) and Tibetan physicians.