Essentials of Tibetan Traditional Medicine

By Thinley Gyatso, Chris Hakim

North Atlantic Books,U.S. Paperback. Book Condition: new. BRAND NEW, Essentials of Tibetan Traditional Medicine, Thinley Gyatso, Chris Hakim, Tibetan medicine is a rarified field with few publications in English; it is also one of the most comprehensive of alternative therapies, addressing body, mind, and spirit. Written for intermediate-level practitioners, "Essentials of Tibetan Traditional" "Medicine "brings this important healing tradition to Western practitioners. The book begins by summarizing the basics behind Tibetan medical theory and its methods of diagnosis. The second part of the book presents the core concepts of wind, bile, phlegm, dark phlegm, epidemic fever, heat, and cold, along with their corresponding nosologies, differential diagnoses, and treatments. The third section covers therapeutics, with an emphasis on medicinals--the mainstay of contemporary practice. A chapter on therapeutic strategies discusses unclear diagnosis and other challenging clinical situations. Other chapters explore the crucial components of lifestyle and diet. Each herb and animal product used in Tibetan medicine is profiled on its own page, with its Tibetan, common, and botanical names; its key properties and clinical uses; its known pharmacological properties; and a simple illustration. This useful handbook concludes with a description and indepth analysis of some 60 frequently used formulas.

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