

Dear All,

For the practice of Tibetan Medicine sometimes some materials are necessary, such as the materials for the external therapies, an issue that many students from different countries asked many times for support, not just for materials, but as well quality and affordable materials for their practices. Together with the difficulty in finding literature on Tibetan medicine originated that the online shop was created to fulfill those same needs for the materials, as well Sorig Publications for the promotion and divulgation of Tibetan Medicine Literature.

Taking the advantage that **Dr Nida** has from his traveling for many years to many countries, knowing the needs of our students and under his direct guidance, the necessary materials are being slowly introduced in the online shop so our students may have what they need for their practice at an affordable price.

In this short pdf, you will find a small list of materials that IATTM online shop currently poses at your disposal. Many others will be introduced in the near future, like calcite powder, stones, different types of oils for different purposes, Gotu, horne, etc.

We are improving our online shop web page, but for the moment, you may visit us at: www.tanaduni.com selecting online shop.

For inquiries concerning any of our materials, please send us an email to: shop@tanaduni.com

It is never too much to repeat Yuthok's words:

**“My wish is that Tibetan Medicine would Spread,
Like the Infinite Expanse of the sky,
In order to Benefit of All Sentient beings”**

Yuthok Yonten Gonpo,
Father of Tibetan Medicine

We hope that all these materials may benefit as many as possible, patients, doctors and all those who are simply curious by reading or acquiring any product.

Sincerely yours,
Sérgio Carvalho

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TTM Journal - The Journal of Traditional Tibetan Medicine: Issue 3	10,00	7
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2 Documentaries from inside Tibet today
Yuthok Nyingthig Ngondro
The Chant of the Turquoise

15,00

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Shanglong Dorje Duddul

35,00

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Shanglong Dorje Duddul - wrathful manifestation

35,00

30

Yuthok Yonten Gonpo

35,00

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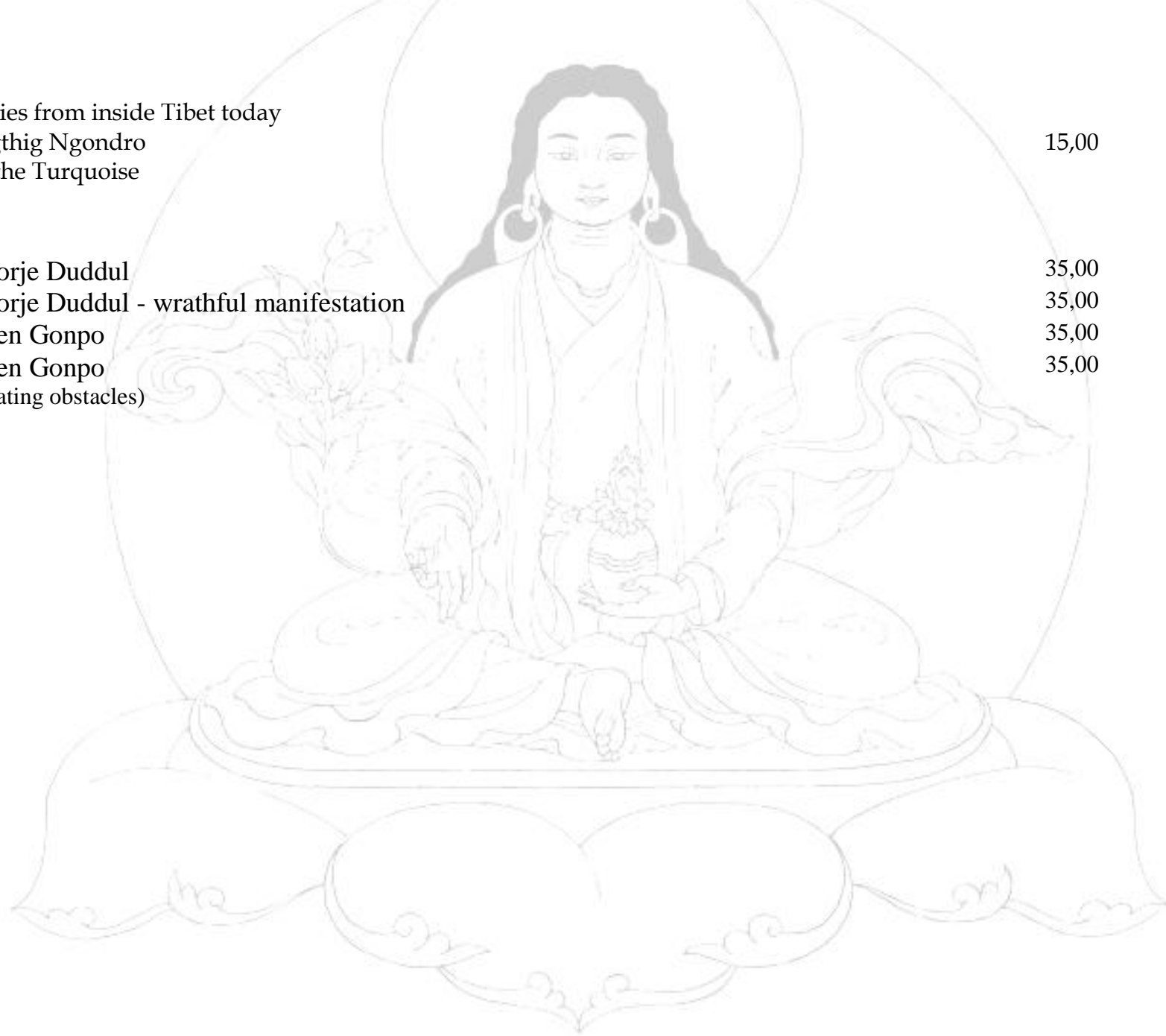
Yuthok Yonten Gonpo

35,00

32

(Yuthok eliminating obstacles)

33





Books and journals

Sorig Publications

Journals:

- **TTM Journal - The Journal of Traditional Tibetan Medicine: Issue 2**
- **TTM Journal - The Journal of Traditional Tibetan Medicine: Issue 3**
- **TTM Journal - The Journal of Traditional Tibetan Medicine: Issue 4**

Books:

- **A Arte do Bom Karma, - Dr.Nida Chenagtsang**
- **O Livro Tibetano da Saúde, - Dr.Nida Chenagtsang**
- **L'Arte del buon Karma, - Dr. Nida Chenagtsang**
- **Il Tesoro della Saute - *Introduzione alla Medicina Tradizionale Tibetana* : Nida Chenagtsang, Giuseppe Coco**
- **The Tibetan Art of Good Karma - The Hidden Treasure of the Turquoise Way By Dr.Nida Chenagtsang**

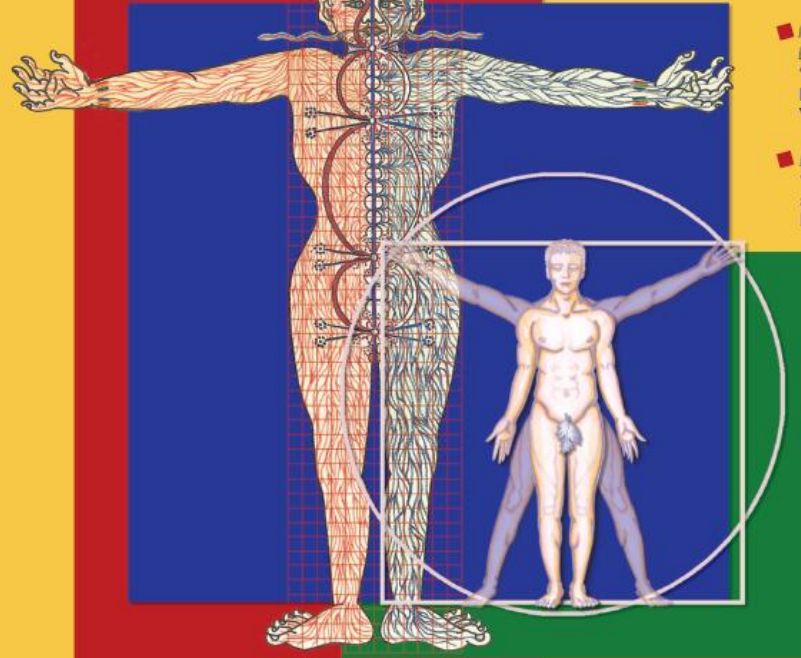
TTM Journal

The Journal of Traditional Tibetan Medicine

Issue 2
Volume 2 / 2008/09
ISSN 1752-6744

Price - 8,00 Euro

East meets West: Towards Integration



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Dr Maria Locsei
'East meets West -
Towards
Integration' 3

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Dr Nida Chenagtsang
'Integrating Tibetan
Medicine into the
West' 6-7

Dr Herbert Schwabl
'The Multi-target
approach of Tibetan
Remedies' 8-15

Thomas Dunkenberg
'Traditional Tibetan Medicine -
Applications in the West' 27

Issued by the IATTM International Academy for Traditional Tibetan Medicine

TTM Journal The Journal of Traditional Tibetan Medicine

Issue 2
ISSN 1752-6744

In English language, 40 pages.

- Editorial - 'From the President's Desk - Welcome'
Prof Dr Jörg Riecke
Editorial - 'East meets West - Towards Integration'
Dr Maria Locsei
- Interview with **Dr Nida Chenagtsang** on 'Integrating Tibetan Medicine into the West'
- The Multi-target approach of Tibetan Remedies'

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Interview

Interview with Dr Nida Chenagtsang for the Traditional Tibetan Medicine Journal

In this edition, we present an interview with Dr Nida regarding the challenges of integrating Traditional Tibetan Medicine (TTM) into the Western culture and lifestyle.



TTM:
What difficulties do you meet as a Tibetan doctor practising in the West?

Dr Nida:
There are many problems that the traditional Tibetan doctor meets in the West.

First of all, in Western countries, qualifications from China, India and other Asian countries are not recognized, therefore practising as an officially-recognized physician is quite difficult.

A solution to this might be for Tibetan doctors to study in order to attain Western medical qualifications, or to work along-side of Western-trained Doctors in Western clinics and hospitals. I am hopeful that in the near future our TTM training program will achieve

accreditation in some of the Western countries.

There are also challenges to do with obtaining herbal medicines or specific single ingredients. Many ingredients specific to the Tibetan pharmacopoeia are either not officially recognized by Western medicine, or their usage is restricted. For these reasons, importing herbs or already-prepared complex herbal medicines from the East can be an obstacle to practising TTM in the West.

Some external therapies - blood-letting or acupuncture, for example, face resistance amongst Western patients. Lack of knowledge about their therapeutic benefits, their mode of functioning, and the fact that the risks are generally minor with respect to their benefits when practised by qualified therapists, contribute to this resistance. On the other hand, Ku Nye Tibetan Massage is highly relevant to the stressful Western lifestyle, and is very appropriate and acceptable to Western society. A significant number of Ku Nye practitioners now legitimately perform Ku Nye in a variety of Spas and health centres in the West. This is a great step towards the integration of TTM in the West, and for that reason we put a lot of effort into the development of the Ku Nye teaching program.

What is your view on quality-control of Tibetan medicines coming from different pharmacies, or prepared by different manufacturers?

It is very important to know where the medicines come from. If they come from well-known and highly-recognized institutions like Lhasa Tibetan Medicine College, Lhasa Men-Tsee Khang, Dharamsala Men-Tsee Khang, etc, it is highly likely that the quality of the medicines will be good.

We should be wary of trusting certain commercial pharmaceutical factories and private pharmaceutical companies in the East, because many commercial-

ly-made formulas lack important ingredients. For small private factories it is often difficult to acquire all of the necessary ingredients. In order to produce high-quality herbal medicines, the following considerations are important:

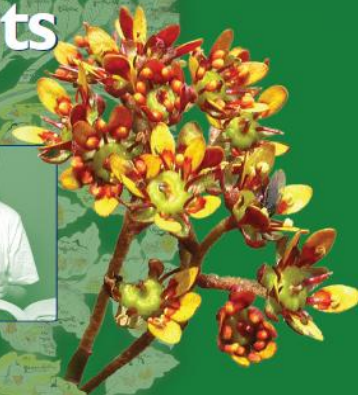
- Following standardised formulas according to the original Traditional Tibetan Medicine texts
- Maintaining very strict standards of hygiene
- Following the correct detoxification procedures for any toxic ingredients
- Collecting ingredients from an ecologically clean environment free of any chemical substances such as fertilizers

It seems to be somewhat problematic to obtain all of the necessary ingredients for Tibetan formulas. How can you find these ingredients in the West, if some of them grow only in the Himalayan region?

The basic idea of Tibetan medicine is to use local herbs. There are some plants that grow all around the world; we should identify these and seek them in European countries. Concerning those plants that grow only in very specific regions, historically they were imported to Tibet from neighboring countries. However, nowadays it is possible to find substitutes growing in other locations - by applying the principles of Taste and Potency. This is particularly widely-practiced in Mongolia, where doctors learned to find appropriate local substitutes for the Tibetan indigenous plants, purely on the basis of knowing the tastes and potencies of these herbs.

Cultivation of Tibetan medicinal plants in Europe is an important way of integrating TTM into the West. This is important because many of the Himalayan herbs and plants are rare, and therefore require conscientious protection. In the future, it will be essential to cultivate certain plants which are extensively used throughout the Tibetan Medicinal pharmacopoeia

The Three Fruits



• Dr. Cecile Vennos
'Modulation of Inflammatory Pathways with Tibetan Medicine'

• Klemens Völhard
'A Treatise on Points and Meridians in Traditional Medicines of China, India and Tibet'

• Udo Stangreier
'Triphala, the three fruits of the fragrant mountains'

• Dr. Nida Chenagtsang
'The Tibetan Pharmacopea'

TTM Journal The Journal of Traditional Tibetan Medicine

Issue 3
ISSN 1752-6744

In English language,

- Editorial - 'From the Editor Desk - Welcome'
Anastazja Holecko
- Interview with **Dr Nida Chenagtsang** on "The Tibetan Pharmacopea"
- Dr Cecile Vennos - "Modulation of Inflammatory pathways with Tibetan Medicine"

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Interview

Interview with Dr Nida Chenagsang for the Traditional Tibetan Medicine Journal

In an ongoing series of interviews we talk to Dr Nida Chenagsang about different aspects of Traditional Tibetan Medicine. For this edition Dr Nida agreed to answer questions about Tibetan pharmacopeia. So I was pleased to hear about the secrets of health, wealth and happiness.



TTM: Tibetan Medicine has a long history - over three thousands years, and so does the Tibetan pharmacopeia. Tell us something about its basic principles?

DR NIDA: Fundamental to compounding medicinal formulas in TTM is the theory of Interdependent Function. Here the characteristics of the external Five Elements are used in multi-component formulas. They cure imbalances of the internal Five Elements, which comprise the physical body in a more subtle form. Multi-component medicinal formulas have a profound curing effect on many disorders. They not only specifically target the main organ, but they also support the entire organ system, as well as allied organs, tissues and energetic pathways. As an exception to this rule, in

rare cases of 'single' non-complex disorders, single compound medicines are used.

TTM: Are there special ways of classifying Tibetan medicines?

DR NIDA: Yes, in essence TTM medicinal formulas can be divided into two broad categories: those medicines which have a warm nature, and those having a cool nature. Hot or warm-natured medicines are used to cure cold conditions; cold or cool-natured medicines are used to cure heat disorders.

Another way of classifying Tibetan formulas is according to their characteristics of Taste and Potency. In TTM the taste of a substance is very important, as each taste has a special power to cure imbalances of the three humors. The Taste Formulas use the qualities of the Five Elements. According to TTM each of the tastes contains two of the Five Elements. For example, salty taste contains elements of Water and Fire, sweet - Earth and Water, acid - Fire and Earth, bitter taste Water and Wind, spicy Fire and Wind, and astringent - Earth and Wind.

The Potency Formulas are based on understanding that all medicinal substances and food have different innate powers or potencies. It is the potencies of these ingested substances that can cure dysfunction due to imbalance of the energies of the body. There are eight predominant potencies: heavy, light, hot, cool, blunt, sharp, coarse, and oily. The characteristics of disease - imbalance of the Five Elements and the Three Humors - are therefore cured by the opposite qualities of natural substances. So the medications for imbalance of Wind humor would include the sweet, sour and salty tastes; and oily, heavy and smooth potencies to counteract the qualities of Wind. Medications for imbalance of Bile according to Taste and Potency include sweet, bitter and astringent tastes and cool, subtle and blunt potencies. Medications for imbalance of Phlegm use the pun-

gent, sour and astringent tastes and sharp, rough and light potencies.

TTM: What are Tibetan medicines made from?

DR NIDA: Well, mostly plant material. More than 80 percent of the Traditional Tibetan Medicinal formulae are comprised of herbal substances. All Tibetan medicines are compounded from natural substances. They are divided into eight sections: metals, minerals, earth substances, tree substances, resins and aromatic substances, plant, herbs and animal products. These can be simplified into four main groups: minerals, metals, herbs and animal products.

TTM: What happens when an ingredient is difficult to find? Is it possible to use something else?

DR NIDA: Yes, the substitution of medicinal ingredients has a special name. It is called *tshab sman* in Tibetan. It is common in Tibet to replace difficult to obtain substances with another ingredient of the same quality. For example, bamboo pith (Tib.: *cu gang*), an extremely rare plant in Tibet can be replaced with *Pegaeophyton scapiflorum* (Tib.: *sro lo dkar po*). Also, sometimes animal products are replaced with herbal substitutes, for example, snake meat used in some formulas can be replaced with the grass *Carex* sp (Tib.: *rtso awa*). Even heavy metals have substitutes in the plant kingdom - mercury (Tib.: *ngul chu*) can be replaced by *Codonopsis neryosa* (Tib.: *kludud rdorje*).

TTM: Is there a special way to take Tibetan medicines?

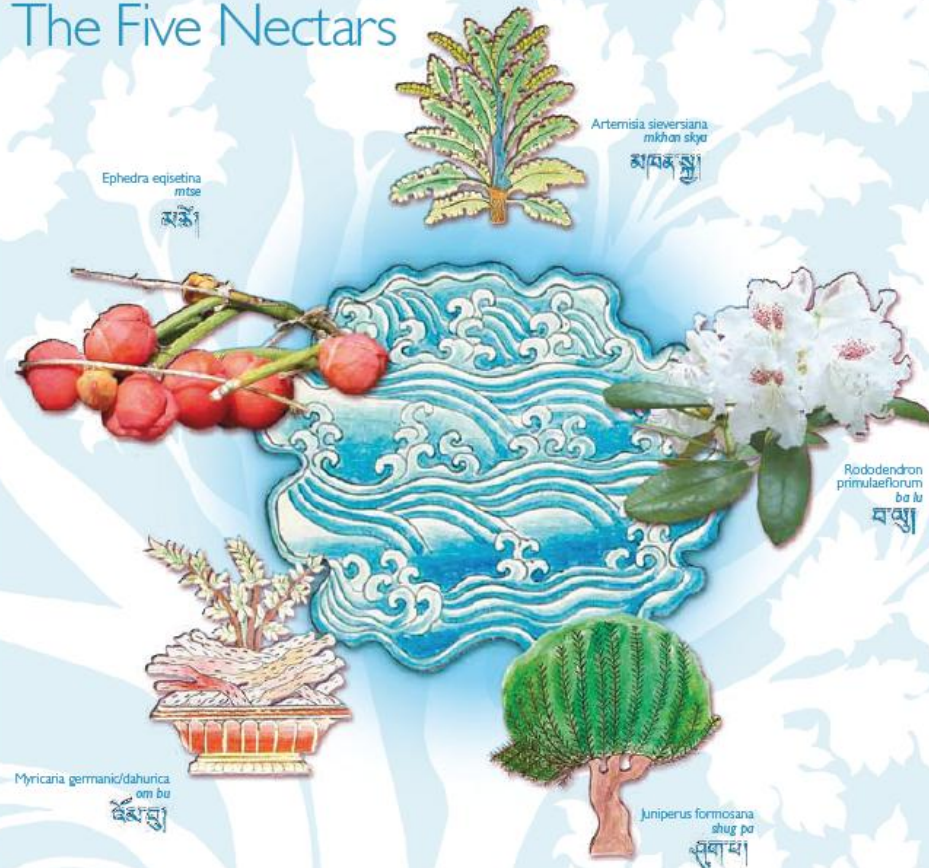
DR NIDA: A very common way of taking medicine is described in the Four Medical Tantra as follows: 'When the medicine is digested, take the food; or when the food is digested take the medicine'. But the individual condition of the person is, of course, very important as well. Taking the formula the wrong way can create disturbances, such as pain,

TTM Journal

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The Journal of Traditional Tibetan Medicine

The Five Nectars



- Interview Dr Nida Lum Herbal Bath Therapy
- Feature Article TTM Students go Nomad
- Dr Maria Loscei Tibetan Medicinal Bath Therapy
- Medicinal Herbs The Five Nectars
- Feature Article Palliative Care

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Submitting an article for publication in the TTM Journal

Dear Friends and Colleagues,

Our deepest wish is for Tibetan Medicine to be acknowledged worldwide as a valuable and legitimate system of healing. The TTM Journal is one way of bringing this information to the attention and interest of the Western world, as well as engaging the interest of readers worldwide.

If you are, or have been, involved in research on any aspect of Tibetan medicine, such as the history of Tibetan medicine, comparative studies, clinical studies, external therapies or pharmacology, we invite you to send us your articles.

For details regarding submission criteria, or to express your interest, please write to:

ttmjournl@gmail.com

Yours Sincerely,

Dr Anastazja Holecko

Editor, TTM Journal



Subscription for the TTMJ

To order copies of the Journal of Traditional Tibetan Medicine, please email: ttmj-subscriptions@iattm.net

Alternatively, copies of the Journal of Traditional Tibetan Medicine can be obtained from local TTM Branches.

We are delighted to introduce the new publishing house:

Introducing Sorig Publications

Sorig Publications is the publishing house of the International Academy for Traditional Tibetan Medicine (IATTM) and is responsible for publishing printed material pertaining to Traditional Tibetan Medicine.

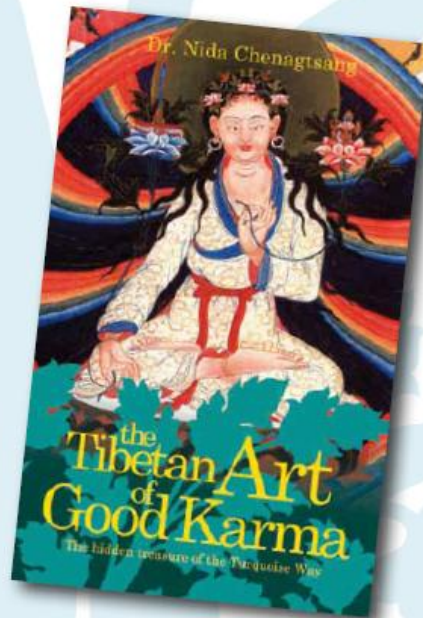
Sorig is a Tibetan term consisting of two words: *Sowa Rigpa*. *Sowa* means healing and *Rigpa* means science or knowledge, so broadly speaking, **Sorig** refers to the Tibetan science of healing or Tibetan Medicine.

Sorig Publications operates under the direction of Dr Nida Chenagsang, world-renown Tibetan Doctor, Ngakpa and founder of the global Ngak Mang Institutes, the International Academy for Traditional Tibetan Medicine and Tanadug University. The publishing house is a non-profit organisation; any profit is re-invested into the creation of new works or educational projects.

Sorig Publications is dedicated to producing quality publications relating to Tibetan Medicine in many languages for the benefit of all; such that the wisdom of this ancient science may be recorded, preserved, disseminated and shared.

Sorig Publications is proud to present their first title in English:

The Tibetan Art of Good Karma.
The Hidden Treasure of the Turquoise Way
by Dr Nida Chenagsang

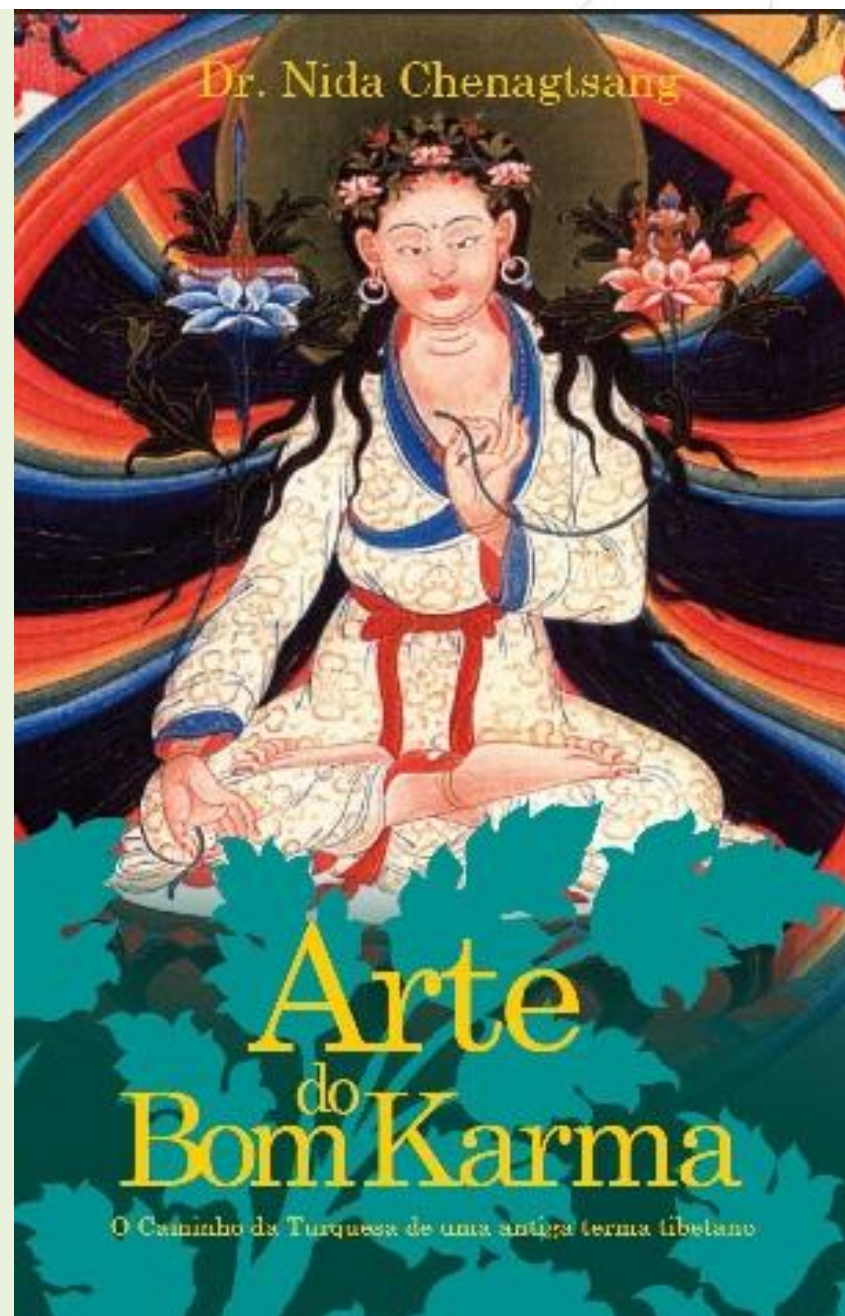


TTM Journal

Issue 4

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A Arte do Bom Karma

Dr.Nida Chenagtsang

Yuthok Nyingthig é o caminho secreto dos Médicos Tibetanos, yogis e curadores. É uma tradição ancestral mas ao mesmo tempo é apropriada aos nossos tempos modernos, porque a prática em si é breve e eficaz, seja porque oferece uma profunda compreensão espiritual e um infinito poder curativo, mas sobretudo porque permite obter a suprema e secreta realização espiritual.

Esta série de ensinamentos baseia-se no texto original e sobre os relativos comentários do Yuthok Nyingthig

O texto Tibetano original é chamado Yuthok Nyingthig Ladrub Dugngal Munpa Selmai Nyimi Odser (Tib. gYuthog sNyingthig bla sgrub sdug bsngal mun sel nyi ma'i od zer), que significa “A mais profunda essência do ensinamento de Yuthok, a prática do Guru, a luz do sol que elimina as trevas do sofrimento”.

Preço: 15

Dr. Nida Chenagtsang

O livro Tibetano da Saúde



Introdução à Medicina Tradicional Tibetana

O Livro Tibetano da Saúde

Dr. Nida Chenagtsang

A Medicina Tradicional Tibetana (MTT) tem uma origem antiga e, através de uma linhagem ininterrupta, chegou até aos nossos dias.

A ligação profunda que tem com a natureza, pode ser observada pelo método usado para catalogar, explicar e recordar os diferentes aspectos da medicina que se realiza por meio da representação gráfica de árvores, troncos e folhas: Existem cerca de 99 árvores que sintetizam os diferentes aspectos da MTT

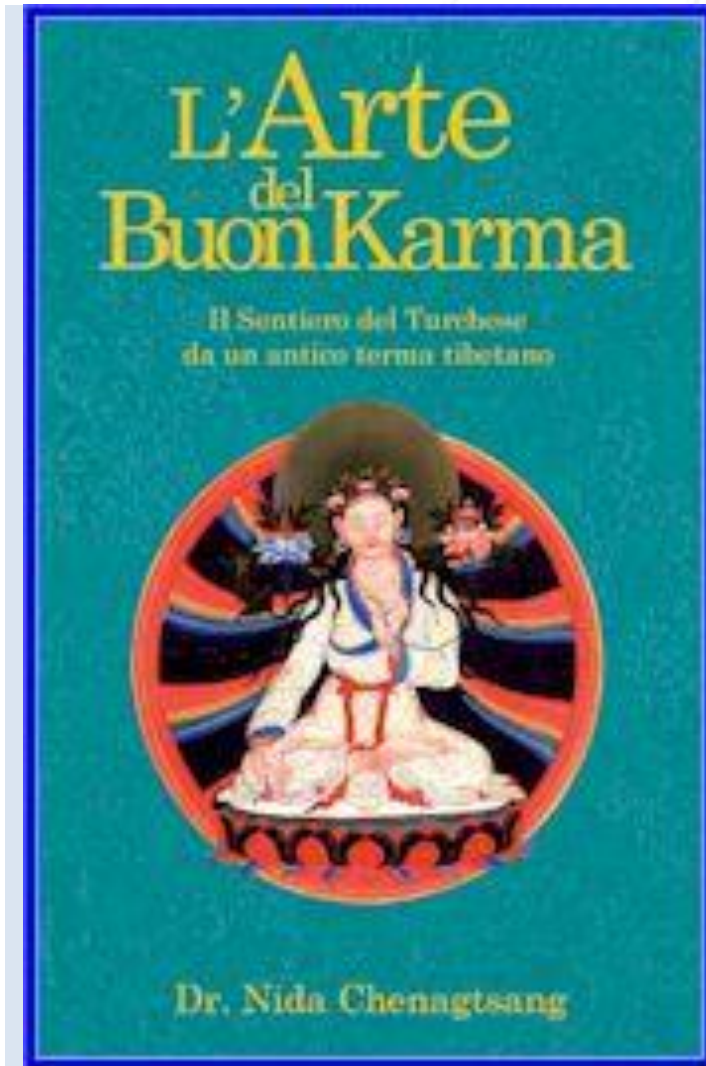
.Este livro é uma introdução à medicina tradicional tibetana

Preço



L'Arte del buon Karma

Dr. Nida Chenagtsang



Il testo descrive una delle principali pratiche della medicina tradizionale tibetana. Dott. Nida Chenagtsang è un qualificato medico e insegnante della Medicina Tradizionale Tibetana e ne promuove gli autentici insegnamenti in vari centri e organizzazioni del mondo.

Dovremmo pensare alla nostra mente come allo spazio, privo di un centro e privo di direzioni, aldilà di limiti e condizioni. Se esprimiamo l'amore con questa qualità della mente, allora l'amore illimitato è già presente in noi.



Il Tesoro della Saute

Introduzione alla Medicina Tradizionale Tibetana

Nida Chenagtsang, Giuseppe Coco

Un viaggio nel Giardino della Salute alla scoperta dei principi e delle basi della Medicina Tradizionale Tibetana e della loro applicazione pratica.

Questo libro mi ha risvegliato un antico desiderio: frequentare un corso di Medicina Tibetana. Grazie(Franco Battiato).

Il libro accompagna il lettore all'interno del Giardino della Salute dove si trovano quegli alberi che rappresentano schematicamente e visivamente i concetti teorici base dell'insegnamento. Inizia dall'origine storica di quest'antica arte medica, per arrivare alla descrizione del testo base (I Quattro Tantra).

Prosegue con semplici spiegazioni di concetti fondamentali inerenti il funzionamento fisiologico del corpo umano e successivamente considera argomenti quali lo stato di salute, di malattia, diagnosi, prevenzione e cura.

Un capitolo permette di individuare la propria tipologia e contiene consigli su scelte alimentari e adeguati stili di vita. Vengono inoltre descritte varie forme di terapia esterna e i loro campi di applicazione. In conclusione un capitolo è dedicato alle figure storiche più significative per l'origine, l'approfondimento, la diffusione della Medicina Tradizionale Tibetana.

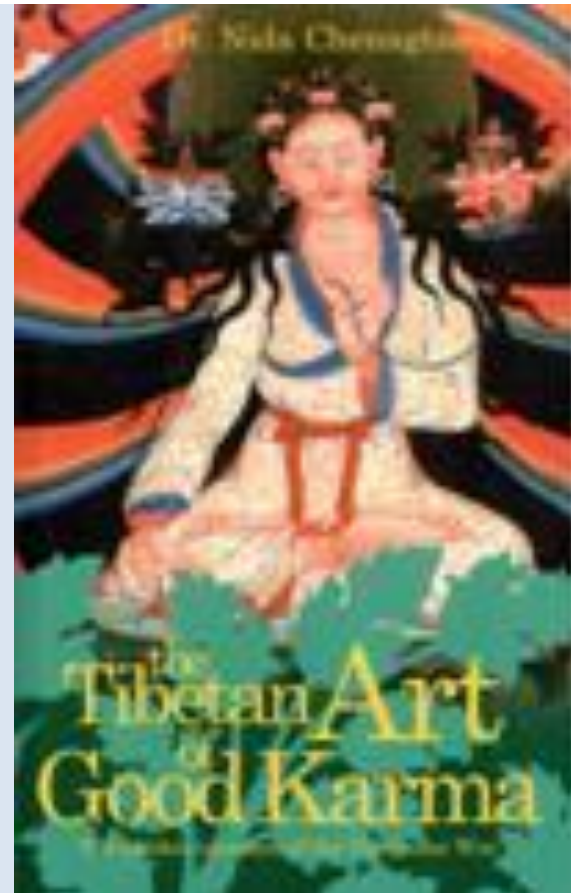
Con il patrocinio di: Ngak-Mang Institute e Accademia Internazionale di Medicina Tradizionale Tibetana Italia

The Tibetan Art of Good Karma

The Hidden Treasure of the Turquoise Way By Dr.Nida Chenagtsang

The Yuthok Nyingthig is an essential practice for everyone. It takes you on a journey where you'll come face to face with the ancient world of Tibetan medicine and shows how we can better approach and deal with every facet of life.

Drawing on the lineage of various masters lead by the ultimate heart of Yuthok himself, Dr Nida presents a series of practices to help us explore our connection to all phenomena and live with conscious thought, **“the finest art of good karma is to live with awareness.”**





EXTERNAL THERAPIES SUPPLIES

Tibetan Massage Oil - Oils for the treatment of the three humors

MOXIBUSTION OR MOXA (*Me Tza*)

- **Moxa with metal instrument** - *Tel Me*
- **Artemisa**

Yuk chö Sticks

THE MASSAGE WITH THE STONES (*Do Nye*)

- Mother-of-pearl
- Ciprea shells

Agate Stone

CUPPING THERAPY (*me bum - vase of fire*)

- **Bronze cups**
- **Glass cups**

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with the 6 good substances, relaxing the
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www.tanaduni.com

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100% pure and natural - Sesame oil
"Sesamum indicum"

Validity:

Lot nº



TANADUG, Lda
ལྷ་ན་སྤྱུག

Tibetan Massage Oil

Oils for the treatment of the three humors

With the 6 good substances - Green Cardamom, Black Cardamom, Nutmeg, Cloves, Safron and Bambu

100% Pure and natural sesame oil

To relax the mind and body

250 ml / bottle

Coordinator Price: 10 €

Coordinator price : please inquire

MOXIBUSTION OR MOXA (*Me Tza*)

Moxa with metal instrument - *Tel Me*

Using a metal instrument made of iron, place its point into hot embers until glowing.

Please inquire for prices

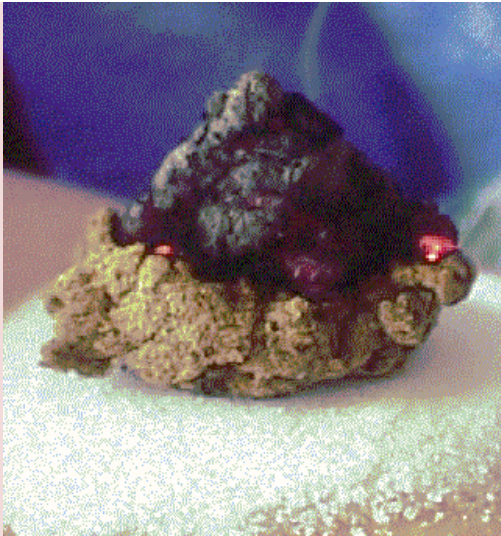
Artemisa

Moxa is an external therapy very simple to perform and also very effective when used according to proper criterion. For Ku Nye practitioners it is very useful to know the proper use of moxa.

The therapeutic action of moxibustion comes from the heat produced when Artemisia is burnt over painful points. Its heat relieve the pain, stimulates blood and energy circulation and releases energetic blocks. Moxibustion practiced on TTM points is used to warm the Wind humour and blood, to rebalance energies and to cure internal organ problems.

Moxa is applied on the same points used in Ku Nye massage.

Please inquire for prices



Yuk chö



Stick massage is a therapeutic practice not mentioned in the Four Tantras of Traditional Tibetan Medicine (TTM), but it should be considered as integral part of External Therapies.

It is said that who practises this form of therapy, should have recited at least seven hundred thousands times the mantra of the

tantric divinity *Hayagriva*, a furious manifestation with healing powers of *Availoktesvara*, the compassion Buddha, traditionally represented with a green coloured horse's head. Once the mantras recitation is finished, we must blow on the

stick to transmit the power of mantra. It is particularly important to strictly follow these indications when we have to take care of patients with mental illnesses or with illnesses caused by external provocations and the treatment efficacy is strongly increased by the power coming from the mantra recitations.

Stick treatment produces deeper and more powerful effects than finger-pressures.

Thanks to the vibrations produced by the stick's strikes the disorders present in the area converge in the treated point and then come out. The concept is similar to the one of blood-letting which, after promoting the accumulation of the impure blood in one point, take the impure blood out of the body.

Yuk chö Sticks

Simple stick - 2.5€

Kit (4 sticks) - 27€

Herbal Stick - 18.5€

**One ball wood stick
bigger/smaller - 4.5€/each**

THE MASSAGE WITH THE STONES (Do Nye)



Mother-of-pearl - Please inquire for prices



Ciprea shells - Please inquire for prices

This type of external therapy uses stones coming from water courses, such as rivers, lakes or sea, because they're not very hard or pointed, and usually has a round, oval or elongated form.

The rounded or oval stones are used for working the muscles, while the elongated ones are used in alternative to the fingerpressure on the critical points. The ideal stone for the massage must fill the the palm of the operator. The stones are therefore to be chosen according to the size of the hand palm of the Ku Nye apprentice.

In TTM massage are used not only stones, but also agate, crystals and different types of shells. Agate and crystals are used to treat Bile disorders, infections and sharp pain. Mother-of-pearl shells are particularly used to treat neurological problems, such as sciatic pain. The meridians will be treated with Mother-of-pearl and Ciprea shells

Coming very soon

Agate Stone



MTT considers Agate the most suitable stone to treat problems of Bile and Liver, by using the agate sections and the geodes



Agate - Please inquire for prices

Coming very soon

CUPPING THERAPY (*me bum – vase of fire*)



Traditionally, a little copper or glass bowl is used in cupping. Copper is believed to have absorbing properties, thus helping negative energies to come out of the body, but also silver and brass share the same property. Nowadays, glass cups are widely used.

Cupping is the practice of placing heated cups or vessels like this on the body. It is believed to draw out any impurities and bring blood to the surface of the skin. This is known as dry cupping. Wet cupping is when the welts left on the body are cut to let blood flow out. It was believed that this would re-balance the humours and restore a person to health.

Coming very soon

Bronze cups - Please inquire for prices

Glass cups - Please inquire for prices



DVD and CD

Audio and Video

Nejang DVD

Ku Nye DVD Level 1

Ku Nye DVD Level 2

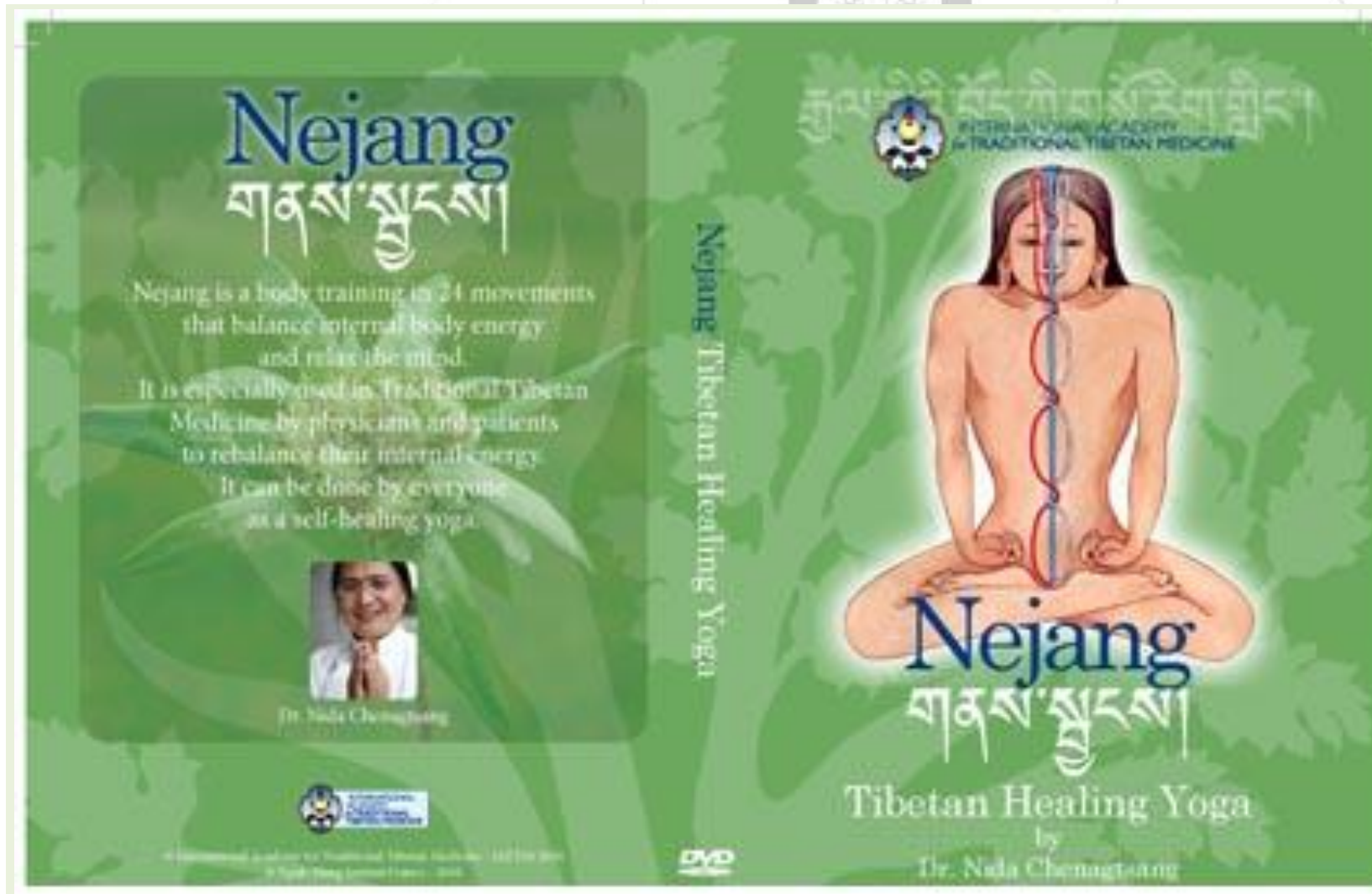
Ani Lhacham & Tantric Yogi

2 Documentaries from inside Tibet today

Yuthok Nyingthig Ngondro

The Chant of the Turquoise

Nejang DVD



These yogic exercises from the Tibetan medical tradition have been used for centuries to promote healing, balance the internal energies, and cleanse the body.

with handbook

Dr. Nida Chenagtsang

English Subtitles Price:
25.00 €

While Tibetan yogas are typically kept secret; this practice, from the Kalachakra tradition, can be done by anybody. It is also a preparation for higher levels of yogic practices. This system has

traditionally been used by Tibetan physicians and as a recommended exercise for patients

Ku Nye
བསྐྱེ་མགོ།

Traditional Tibetan Medicine is a natural and holistic medical science. In Traditional Tibetan Medicine, health is described as being a balance between the three humours or three energetic principles of the body. Ku Nye massage is one of the numerous specific external therapies used to restore the balance in each of the three humours. It is the best therapy for rLung or Wind humour imbalances, therefore it takes an important position in the external therapies as rLung humour should be pacified before and after a specific treatment. Some of the benefits of Ku Nye massage: increased vitality, elimination of toxins stored in the body, alleviation of various type of pain and the calming of nervous disorders including insomnia, depression and anxiety. This film reveals the Ku Nye massage techniques but it does not replace the teachings with a qualified practitioner if you have an intention to practice this massage.

Dr. Nida Chenagtsang

For information on how to join a Ku Nye massage course, see:
www.iattm.net

Credits Photos Karl Joseph www.karljoseph.com
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Ku Nye
བསྐྱེ་མགོ།
Traditional Tibetan Massage
by
Dr. Nida Chenagtsang

Ku Nye
བསྐྱེ་མགོ།

INTERNATIONAL ACADEMY
for TRADITIONAL TIBETAN MEDICINE
presents

DVD

Ku Nye DVD Level 1

External Therapies

Dr. Nida Chenagtsang

English Subtitles

Price: 25.00 €

Ku Nye 2 External Therapies in Traditional Tibetan Medicine

Traditional Tibetan Medicine is a natural and holistic medical science. In Traditional Tibetan Medicine, good health and well being are achieved when there is balance in the body of the three energetic principles known as the three humours.

Ku Nye massage is one of the specific external therapies used to restore the balance in each of the three humours.

This DVD shows more of the external therapies: Tibetan stick therapy, moxibustion, compresses, hot stone massage, shell massage, Mongolian moxa (horme), etc.

These techniques are all specific to three humours, and are used in addition to Ku Nye massage.

While this film gives a general explanation of the TTM external therapies techniques, it does not replace learning them from a qualified practitioner/teacher for those who wish to start using them.

Dr. Nida Chenagtsang



For information on how to join a Ku Nye massage course, see:

www.iattm.net



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སྐུ་ལྷེ་ལྷོ་བོད་སྐབས་རྒྱུ་གླིང་།
INTERNATIONAL ACADEMY
for TRADITIONAL TIBETAN MEDICINE

presents

འཕྲིན་ལྷོ་སྐུ་ལྷེ་2 External Therapies



Ku Nye 2

External Therapies
in Traditional Tibetan Medicine

by
Dr. Nida Chenagtsang



Ku Nye DVD Level 2

External Therapies

Dr. Nida Chenagtsang

English Subtitles

Price: 25.00 €

Ani Lhacham & Tantric Yogi

Ani Lhacham

2007, 27 min.
Tibetan with English or
French subtitles.

When she was a child,
Lhacham was eager to
learn how to read and
write.

For economic reasons,
her parents thought
otherwise. So she
decided to run away to
a nunnery in order to
receive the education
she was dreaming of.

The film is a tender
and poetic portrait of
Lhacham and her first
journey into town.



Tantric Yogi

2005, 52 min.
(Director's first
documentary)
Tibetan with English
subtitles.

This documentary
follows a Yogi and
his fellow villagers as
they travel through
challenging territory to
reach a rare gathering
of thousands of lay
tantric practitioners in
Eastern Tibet (Qinghai,
China).

Narrated by Jim Broadbent.

Tara Tibetan Culture Centre
taratibetanculturecentre@gmail.com



2 documentaries from inside Tibet today by Dorje Tsering Chenaktsang

D.T. Chenaktsang is considered by many Tibet's
greatest living poet. He has directed the documentaries
Tantric Yogi, co-produced with Stampede & Channel
Four (UK), and Ani Lacham: A Tibetan Nun, a co-
production of Workshop Now and Purplelito (Paris).
He is currently working on a series of documentaries
that reflect on social and cultural issues in modern
Tibet of China.

The first English translation of his poems and stories,
titled *The Nine-Eyed Agate*, is published in the United
States by Lexington Books.

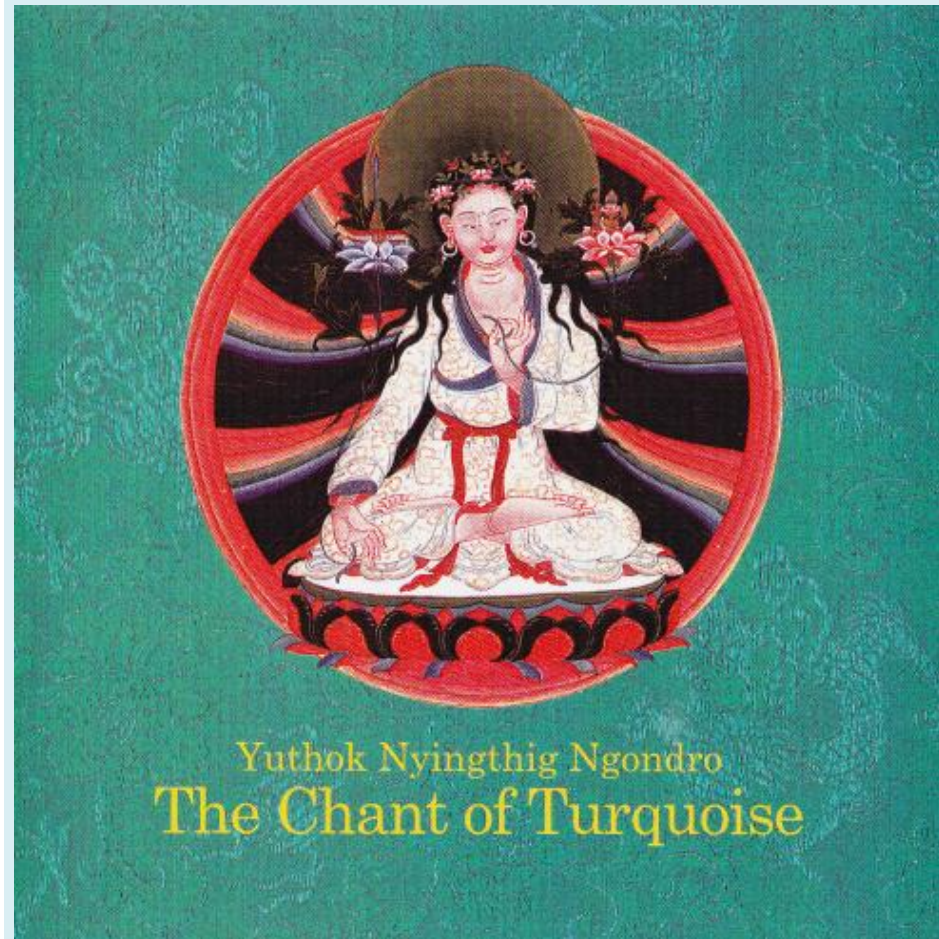
Ani Lhacham & Tantric Yogi

2 Documentaries from
inside Tibet today

Dorje Tsering Chenakstang

*English and French
Subtitles*

Price: 25.00€



Yuthok Nyingthig Ngondro

The Chant of the Turquoise

Donla Tsering

Price: 15.00 €

Thangkas



Shanglong Dorje Duddul

Shanglong Dorje Duddul - wrathful manifestation

Yuthok Yonten Gonpo

Yuthok Yonten Gonpo

(Yuthok eliminating obstacles)

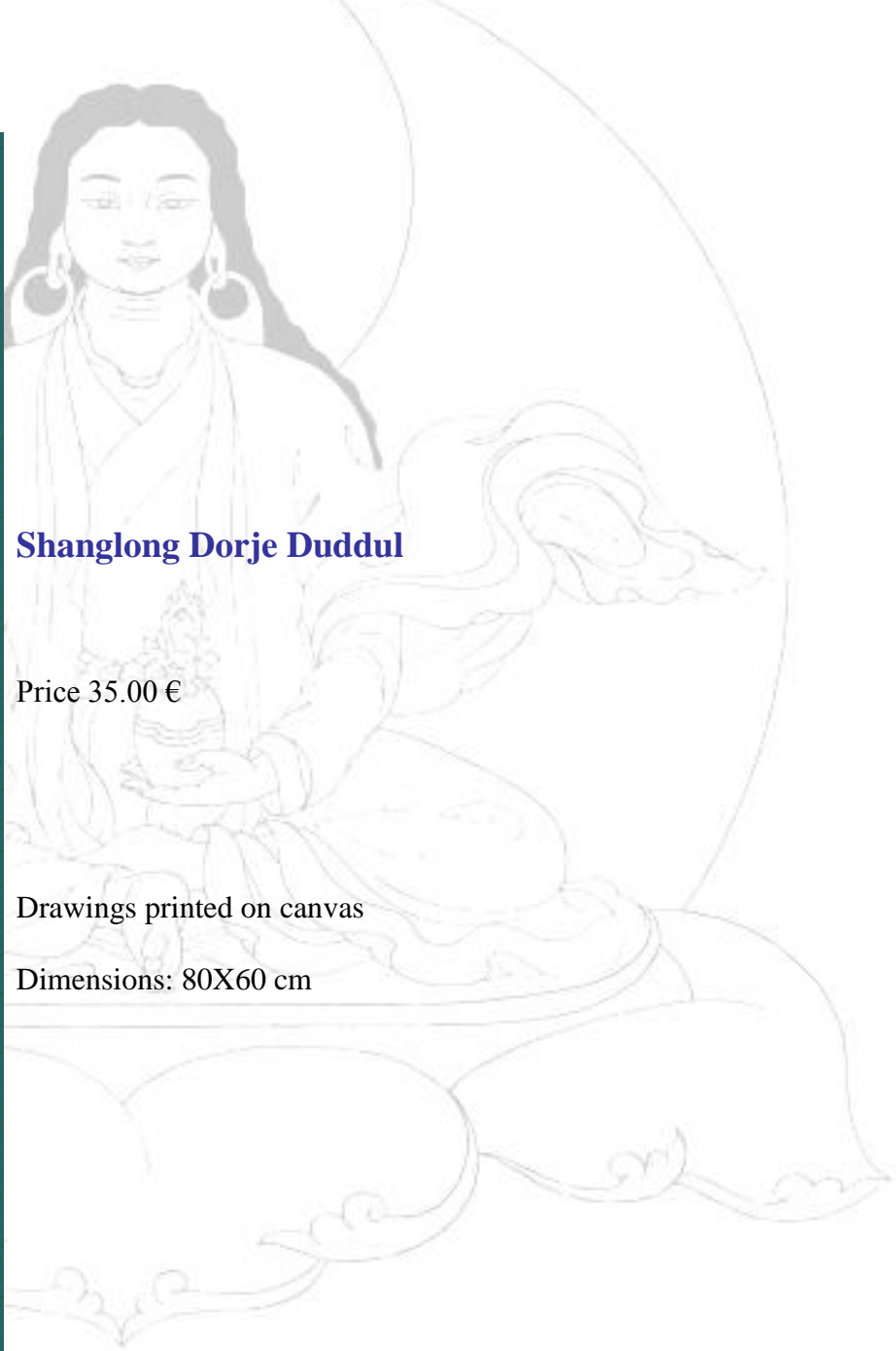


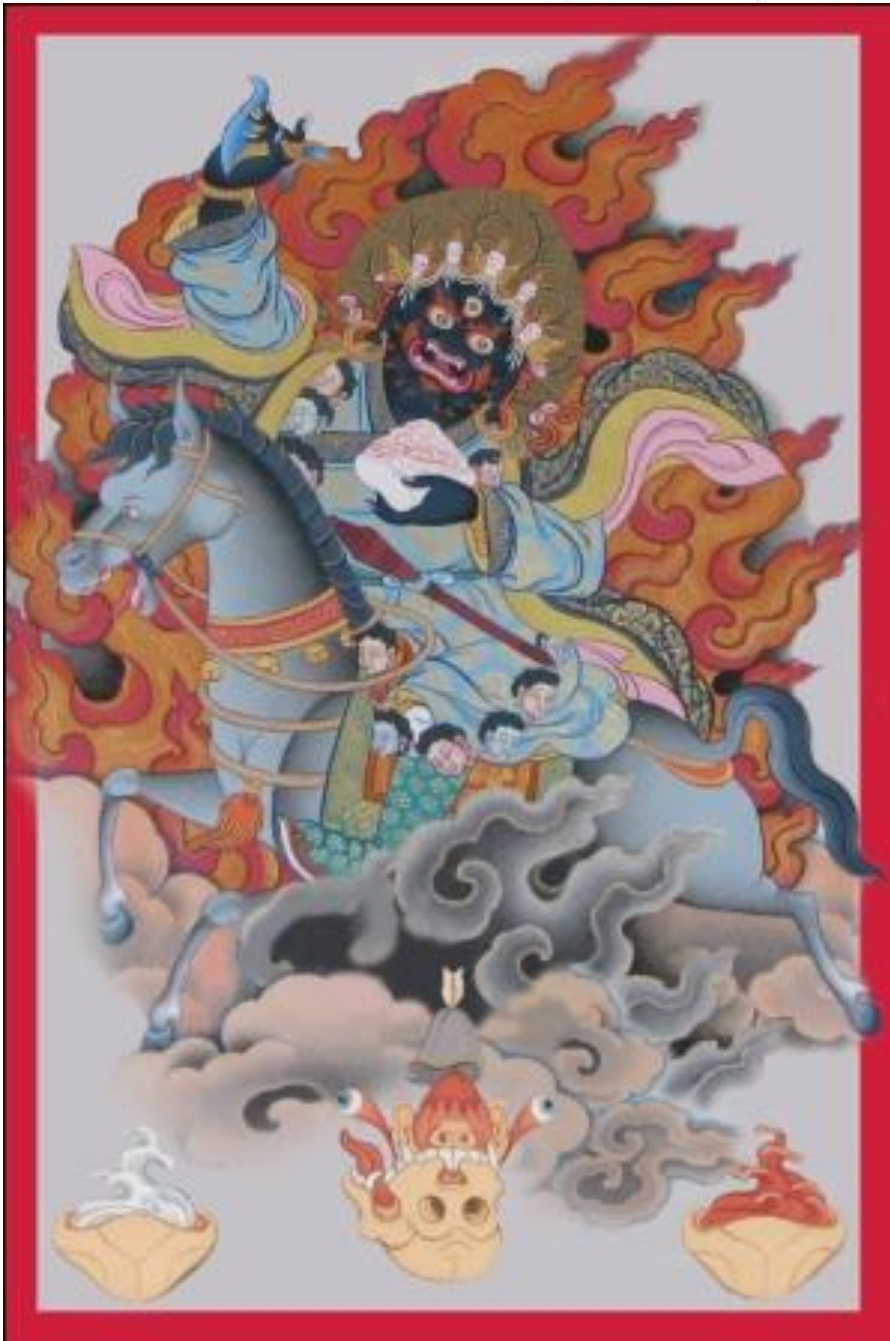
Shanglong Dorje Duddul

Price 35.00 €

Drawings printed on canvas

Dimensions: 80X60 cm



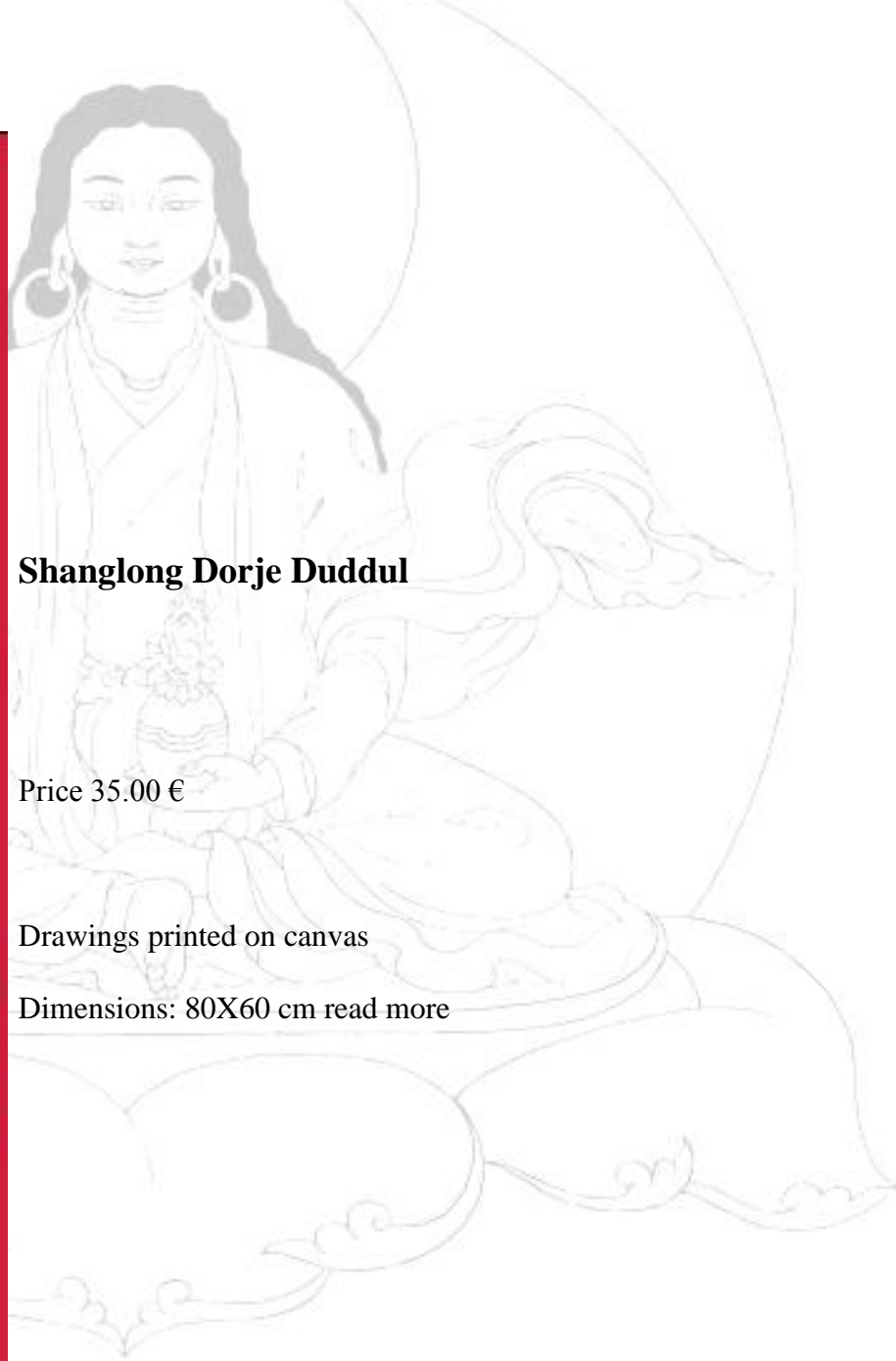


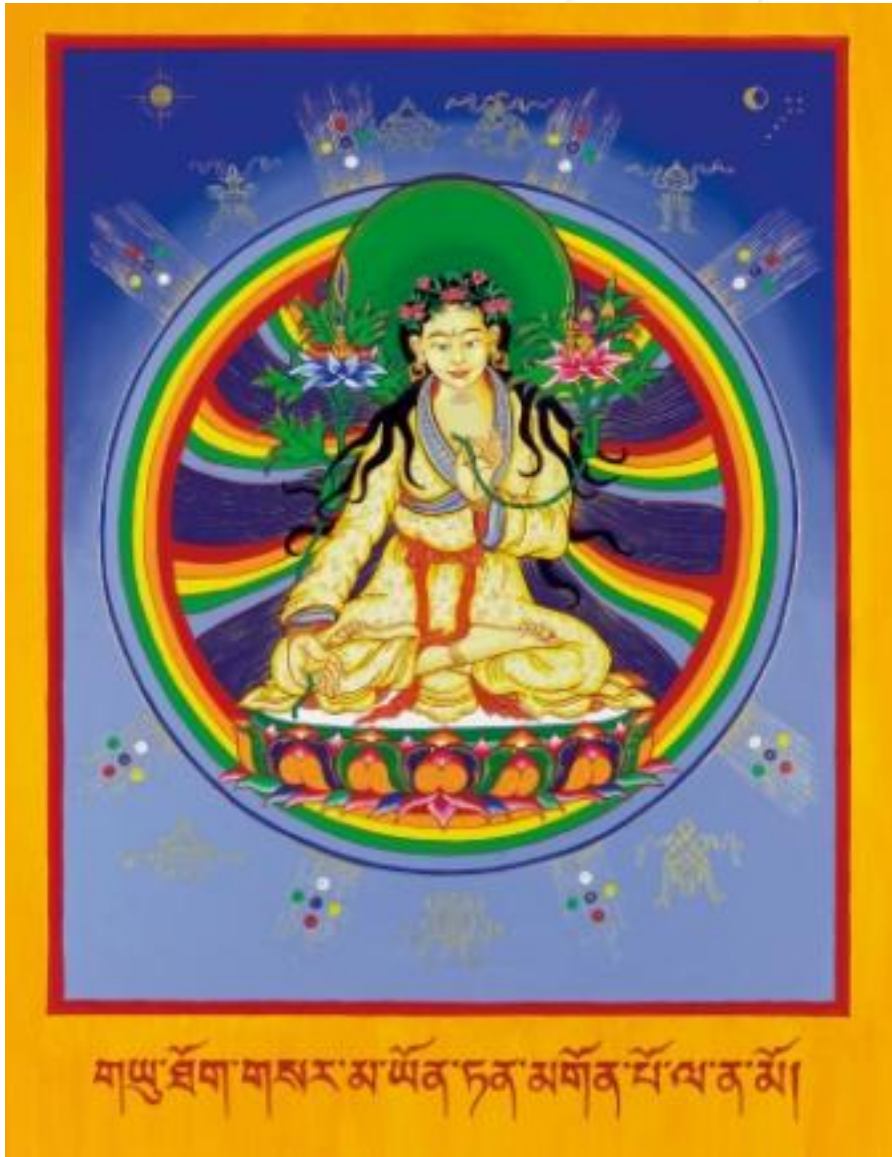
Shanglong Dorje Duddul

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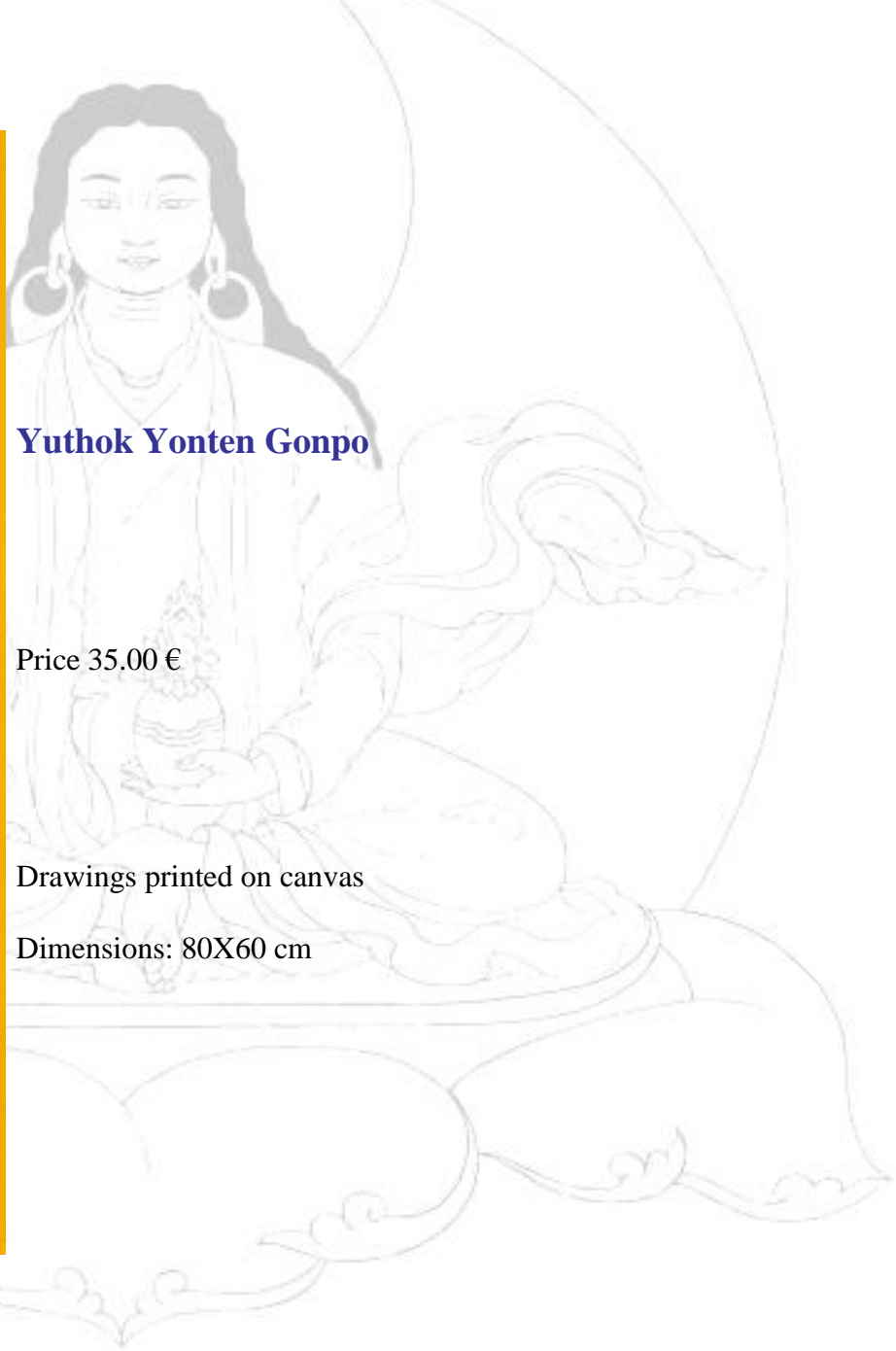


Yuthok Yonten Gonpo

Price 35.00 €

Drawings printed on canvas

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Yuthok Yonten Gonpo

(Yuthok eliminating obstacles)

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Drawings printed on canvas

Dimensions: 80X60 cm [read more](#)

