



Principles of Tibetan Medicine: What it is, How it Works, and What it Can Do for You

By Tamdin Sither Bradley

Jessica Kingsley Publishers. Paperback. Book Condition: new. BRAND NEW, Principles of Tibetan Medicine: What it is, How it Works, and What it Can Do for You, Tamdin Sither Bradley, As people increasingly seek alternatives to modern medicine, interest is growing in the ancient system of Tibetan medicine, which has been practised for over 2,500 years. Known as 'gSo-ba-Rig-pa', or 'the science of healing', it is based on Buddhist philosophical principles, astrology and the close relationship between body and mind. This concise introduction presents all the essential information on Tibetan medicine. It covers the basic theoretical principles, practice and history of this traditional system, as well as methods of diagnosis and treatments such as urine analysis, golden needle therapy and cupping. It includes a chapter on case histories and provides information on what to expect from a practising physician based on compassion. With a comprehensive resources section, this book provides everything there is to know about Tibetan medicine at an introductory level. This book will be of interest to anyone who wants to know more about Tibetan medicine, as well as anyone looking to find out more about Tibetan thought, Tibetan Buddhism, traditional medicine, comparative religion or Eastern spirituality.



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Reviews

This ebook will be worth acquiring. It is actually written in basic phrases instead of hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

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