

CSPH 5315 (2 Credits)

# TRADITIONAL TIBETAN MEDICINE: ETHICS, SPIRITUALITY, AND HEALING

Online | Instructors: Miriam Cameron and Tenzin Namdul

**SUMMER 2020 JUNE 8 - AUGUST 2**

*Prerequisite for CSPH 5318 - "Tibetan Medicine, Ayurveda, & Yoga in India" (May Session, 2021)*

## COURSE DESCRIPTION

This course will introduce students to ethics, spirituality, and healing from the perspective of traditional Tibetan medicine. Traditional Tibetan doctors believe that illness results from imbalance and that treating illness requires correcting the underlying imbalance. Students will learn how to apply these principles personally, integrate them into clinical practice, and consult with a traditional Tibetan doctor.

## COURSE OBJECTIVES

By the end of the course, students will:

- Explain the Tibetan art of healing and its underlying philosophy
- Examine the relationship between ethics, spirituality, and healing in Tibetan Medicine
- Explain the three categories of negative thinking, three kinds of primary energies, resulting diseases, and treatments to restore balance
- Analyze diagnosis and treatment in Tibetan Medicine
- Examine the relationship between Tibetan Medicine, Tibetan Buddhism, Tibetan history, and Tibetan culture
- Compare and contrast Tibetan Medicine with conventional medicine, nursing, and healthcare in the United States
- Identify relevant research and propose additional research that is needed
- Analyze a good death from the perspective of Tibetan Medicine
- Investigate characteristics, qualifications, and licensure of traditional Tibetan doctors and when to consult them
- Apply principles of Tibetan Medicine personally and integrate them into clinical practice

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