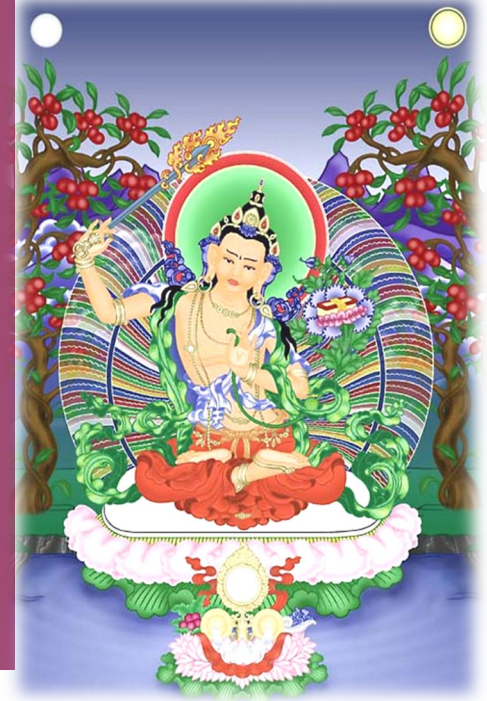


Relationship between Tibetan Astrology and Tibetan Medicine



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Homage to His Holiness the Great 14th Dalai Lama.

*In the lands surrounded by
walls of snow mountains
The source of benefit and
happiness*

*Tenzin Gyatso, embodiment of
Avalokiteshvara, resides.*

*May his lotus feet stand firm
until the end of Samsara.*

Introduction

❖ In General, Tibetan has ten different fields of Knowledge or Science.

1. Philosophy
2. Logic
3. Arts & crafts
4. Grammar
5. Science of Healing
6. Dance & Drama
7. Lexicography
8. Astrology
9. Poetry
10. Synonyms.



❖ Among these ten fields of study, the **Science of Healing** or Tibetan medicine and **Astrology** have close relation to each other.

Relationship between Astrology and Tibetan Medicine

1. Brief Historical background of its relationship.
2. Fundamental Relationship of five elements.
3. Relationship in practical level.



1. Brief Historical Background of its Relationship



Brief Historical Background of its Relationship

- In 7th century, everything was very natural in this universe and every sentient being depend their lives mostly on natural resources. In Ancient Traditional Astrology, it is more about oral transmission and experiences of our ancestors.
- In terms of Tibetan Medicine, the legacy of Tibetan Medicine is also through oral transmission and also in form of pictorial presentation, later it is literally formed in seminar text. Method of keeping healthy and promoting longevity was present in Tibet from many thousand of years.

Brief Historical Background of its Relationship

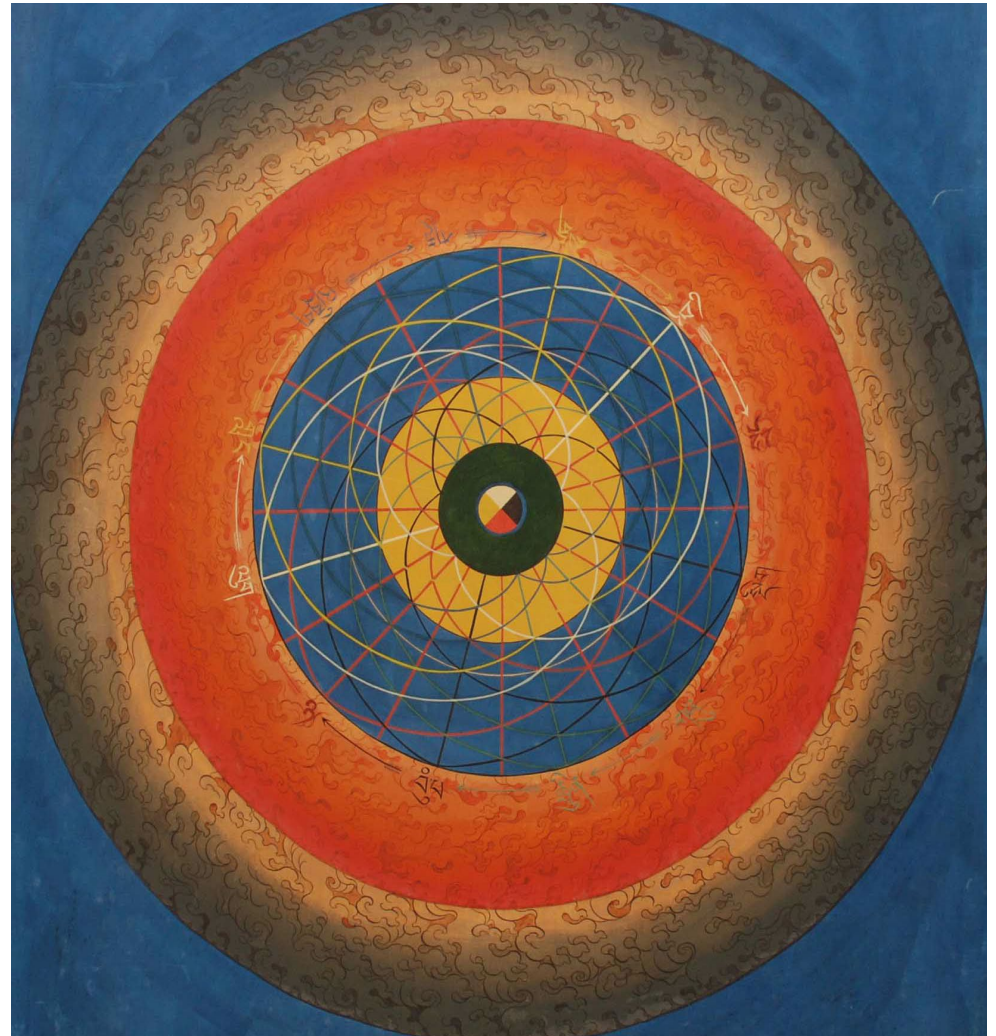
- Since ancient times, around 127 BC, during the reign of Tibet's first king, Nyatri Tsenpo, the **twelve fields of knowledge of Bon Origin**, including Tibetan Medicine and Astrology were practiced together.
- In the 7th Century, during the reign of 33rd king Songsten Gampo, the **Queen Kongjo** from China brought many texts on Medicine and Astrology and efforts were made to propagate of these studies together.
- In the 11th Century, the **Kalachakara Tantra** was translated into Tibetan, which expresses about the formation of Universe and the human body in such particulars, that it is now valued by Astrologers and Physicians alike.

Brief Historical Background of its Relationship

- The first ever official Medical College was established at Chakpori near Lhasa in the year 1696 by the Great 5th Dalai Lama. His regent Desi Sangay Gyatso wrote the texts of Blue Beryl (Medicine) and White Beryl (Astrology).
- The 13th Dalai Lama established the **Lhasa Men-Tse-Khang College** in the year 1916.
- After the Chinese invasion in 1959, H.H. The 14th Great Dalai Lama established **Tibetan Medical and Astrological Institute** in exile in 1961.
- There are **other institutes** where Tibetan Medicine and Astro. Science are taught together, in the Himalayan regions.

2. Fundamental Relationship of Five Elements.

- The Kalachakra Tantra (*One of the root text of Tibetan Astrology*) and the Four Tantra (*Root text of Sowa Rigpa*) outlined that the whole Universe, including the sentient beings are made up of the **five elements** i.e. **Space, Air, Fire, Water and Earth.**



Fundamental Relationship of Five Elements.

Function of the Elements:- When elements are in balance state, we enjoy healthy life and get sick when it is imbalanced.

In a nutshell, Tibetan Medicine provides various preventive remedies in forms of diet and behavior and therapeutic remedies like medicine and accessory therapies in order to pacify the disturbed state of elements.



Fundamental Relationship of Five Elements.

- The Tibetan Astrology analyses the elements as per their mother-son-foe-friend and self relationship, and indicates remedies in the form of personal prayers and mantras, protective amulets, rituals and counseling as per astrological readings to pacify the negative energy. The Astrologers also suggests which doctor or systems of more appropriate to treat ailments.



3. Relationship in Practical Level



Relationship in Practical Level

- ❖ According to Tibetan Medicine, the combination of different elements give birth to three humors of ***rlung* (Air)**, ***mKris-pa* (fire)**, and ***Bad-Kan* (Earth & Water)**. When they're in a disturbed state (excess, deficit and agitated), causes diseases.



Relationship in Practical Level

- ❖ **“Touch”** which refers to **Pulse diagnose**, is a very important and unique method in TM. Functions of pulse can be change according to the season.
- **Seasons:** In the Tibetan Medicine, different season has a **different characteristics of pulse**. So, knowing the seasonal pulse by the Tibetan physician is one of the important aspects for pulse diagnosis. Physician should know the season first, for that they have to consult Astrological almanac.



Relationship in Practical Level

- The Tibetan Medical system differentiate five different pulses
 - Seasonal Pulse
 - Healthy Pulse
 - Sickness Pulse
 - Constitutional Pulse
 - Seven wonderful Pulse
- *** **Seven Wonderful Pulse-** Physicians should go through the basic calculation of the Elemental Astrology: **Mother, Child, Friend and Enemy, self theory** to perform this technique.

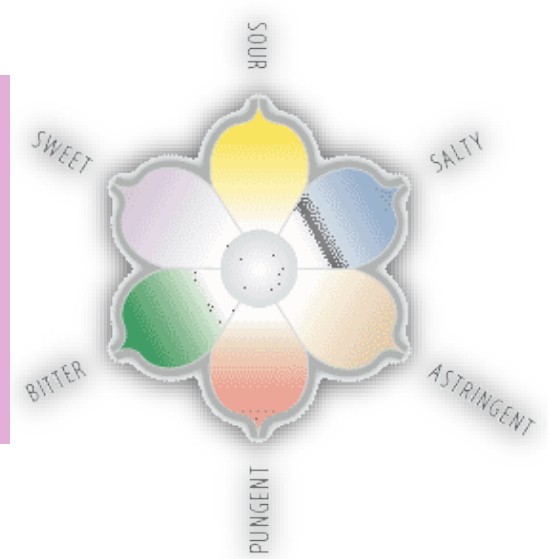
Seasons	Months	Days	Element	Organs	Pulse
Spring	1, 2, 3	7 2	Wood	Liver, Gall bladder	Thin and Tight
		1 8	Earth	Spleen, Stomach	Short and Smooth
Summer	4, 5, 6	7 2	Fire	Heart, Small intestine	Thick and Long
		1 8	Earth	Spleen, Stomach	Short and Smooth
Autumn	7,8,9	7 2	Metal	Lungs, Large intestine	Short and Rough
		1 8	Earth	Spleen, Stomach	Short and Smooth
Winter	10,11,12	7 2	Water	Kidney, Urinary bladder, reproductive organs	Smooth and Slow
		1 8	Earth	Spleen, Stomach	Short and Smooth

Relationship in Practical Level

❖ There is four aspects of treatment after identifying the disorder by the Tibetan physician, which are **Diet, Lifestyle, Medicine and Accessory Therapies.**

❖ DIET, the most important factor for a healthy living, We Are What We Eat. A diet is differentiated into **Six Tastes- Sweet, Sour, Salty, Bitter, Hot and Astringent**, which are constituted by combinations of the five elements. Thus, all the edibles are divided into six tastes according to their elemental properties. Hence, a physician gives dietary guidelines according to the need of their body.

The following excerpts will show how Tibetan Astrology is used in implementing the above mentioned techniques and in various other aspects.



Six taste	Elemental composition	Aggravate	Pacify
Sweet	Earth, Water	Bad-kan	Rlung-mKhris
Sour	Fire, Earth	mKhris-pa	Bad-Rlung
Salty	Water, Fire	mKhris-pa	Bad-Rlung
Bitter	Water-Air	Bad-Rlung	mKhris-pa
Hot	Fire-Air	mKhris-pa	Bad-kan
Astringent	Earth-Air	Bad-Rlung	mKris-pa

Relationship in Practical Level

- It is very important to lead a healthy lifestyle in order to stay fit. Therefore, proper lifestyle patterns on a daily basis, seasonal basis and incidental basis were mentioned in the Tibetan medical texts for both healthy and unhealthy person on the basis of the **almanac** prepared by the astrologers. The timing of the day and seasonal determines our behavioral patterns in terms of diet, clothing, work and etc.

Relationship in Practical Level

LIFESTYLES:-

SEASON	THREE HUMORS	BEHAVIOUR
Early Summer	Badken decreases and Rlung accumulates	Sleeping during daytime can be beneficial. Stay in cool places etc
Late Summer	mKrispa accumulates while Rlung rises.	Don't stay in humid places. Avoid sleeping during day time. Stay in dry places & free from wind.
Autumn	mKrispa increases	Avoid physically demanding activities or staying in the sun. Stay in cool places.
Early Winter	Badken accumulates	Move and exercise your body. Stay in warmly heated accommodations with thick mats and fire.
Late Winter	-----	-----
Spring	Badken increases	Stay in temperate places, sheltered from extremes of heat or cold.

Relationship in Practical Level

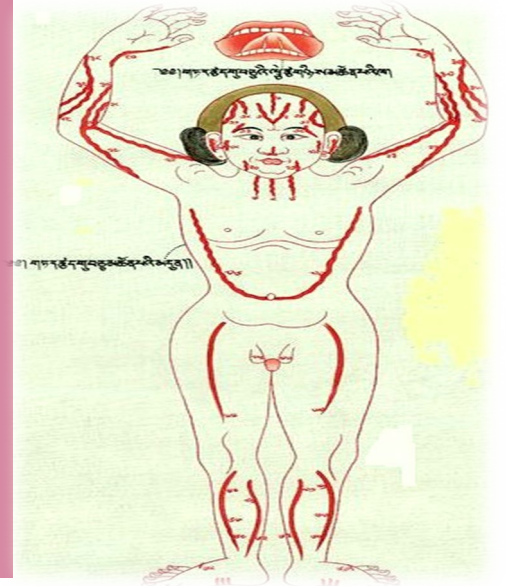
❖ **Tibetan Medicine** can be in different forms but they are mostly prepared from variety of natural ingredients and herbs. One has to know the right location and time to pick the herbs in order to have the maximum potency of the herb. Appropriate timing is also necessary while compounding a medicine and finally while consuming the medicine.

In this regards, physicians have to refer Almanac which is prepared by Tibetan Astrologers.



Relationship in Practical Level

- ❖ External Therapies sometime it is necessary to prescribe additional therapy like ***moxibustion***, ***bloodletting***, ***golden needle*** etc. (Human body cannot suffice only from internal therapy). So, once again Tibetan Doctor have to refer Almanac to know the precise time and day to perform therapy and also an exact location of life essence (bla) of patient's body. It is important to understand the concept of bla.

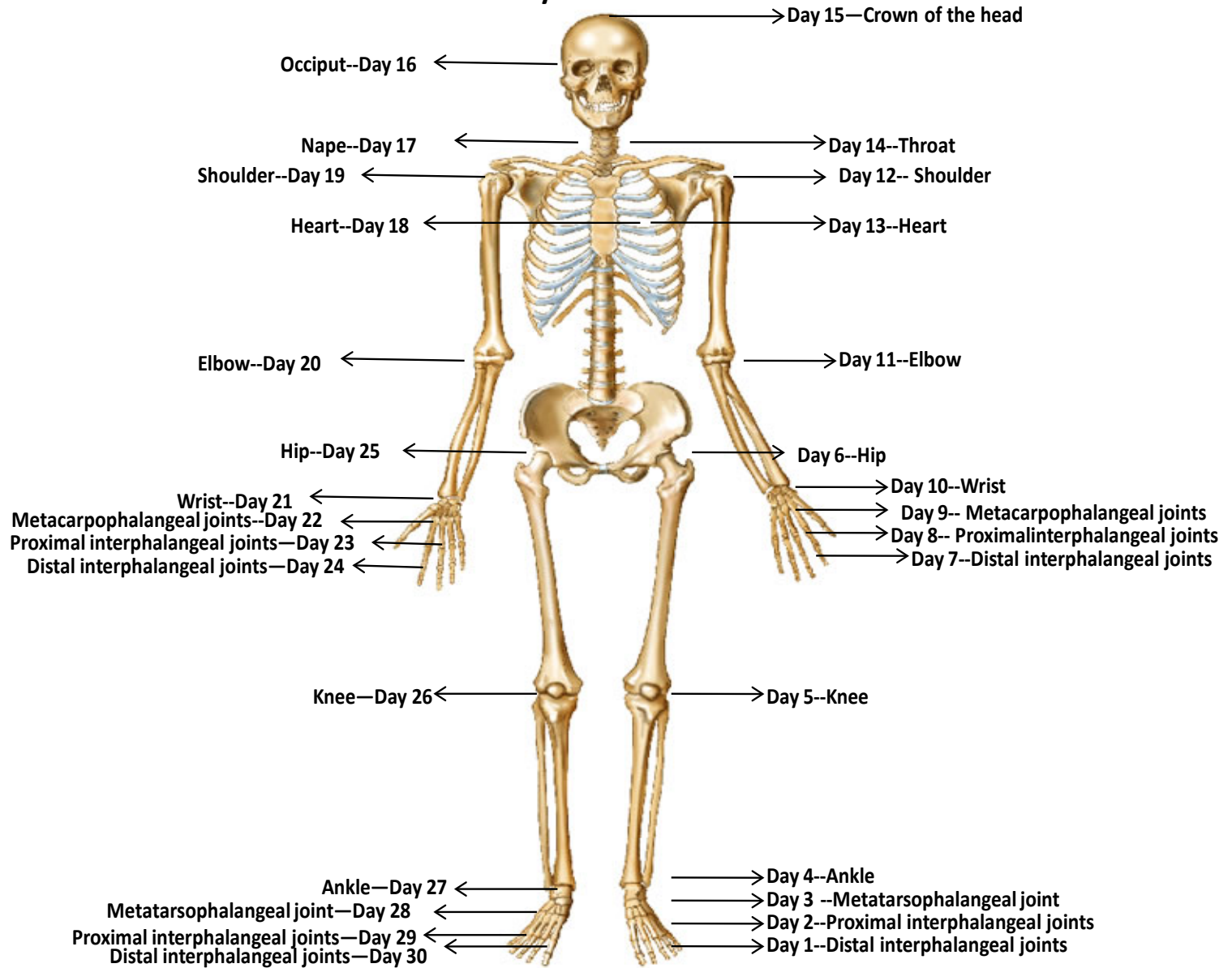


'Bla'

It is that essence which supports our vitality or life. It is a form of energy located predominantly at our heart and circulates the body in a 30 day lunar cycle. Detail Chart below:

Date	Position	Date	Position	Date	Position
1	1st joint of foot	11	elbow	21	wrist
2	2nd joint of foot	12	shoulder	22	3rd joint of hand
3	3rd joint of foot	13	heart	23	2nd joint of hand
4	ankle	14	throat	24	1st joint of hand
5	knee	15	crown of the head	25	hip
6	hip	16	back of head	26	knee
7	1st joint of hand	17	neck	27	ankle
8	2nd joint of hand	18	heart	28	3rd joint of foot
9	3rd joint of hand	19	shoulder	29	2nd joint of foot
10	wrist	20	elbow	30	1st joint of foot

Movement of laa each successive day in a month based on lunar Calendar



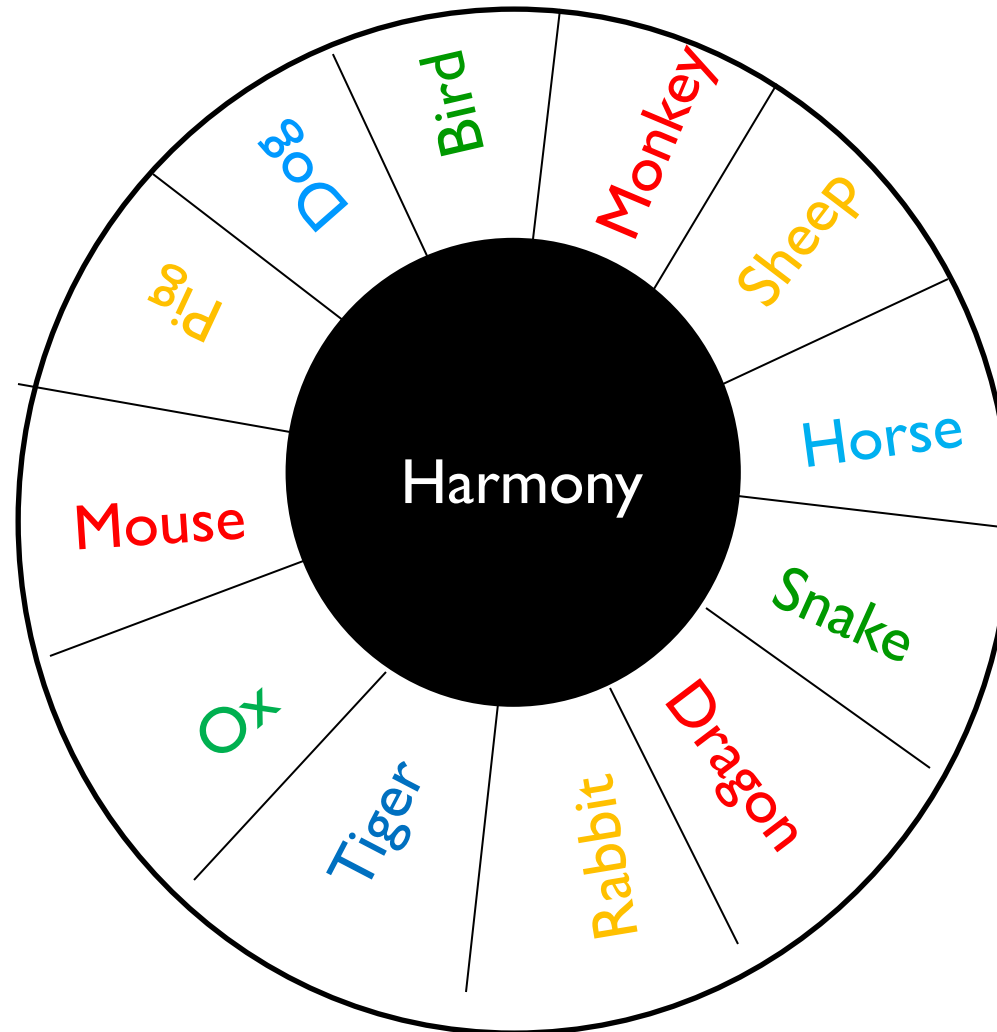
Relationship in Practical Level

- ❖ While performing such strong therapies, one has to avoid the point where the '**Bla**' resides on that particular day. Moreover, there are certain dates which are not suitable for performing such therapies and the patient's unfavourable days are also taken into consideration.
- ❖ Thus, choosing the perfect day, date and hour of the therapy becomes really important for the physician, which is possible only if the physician has an understanding of the astrological calculations.

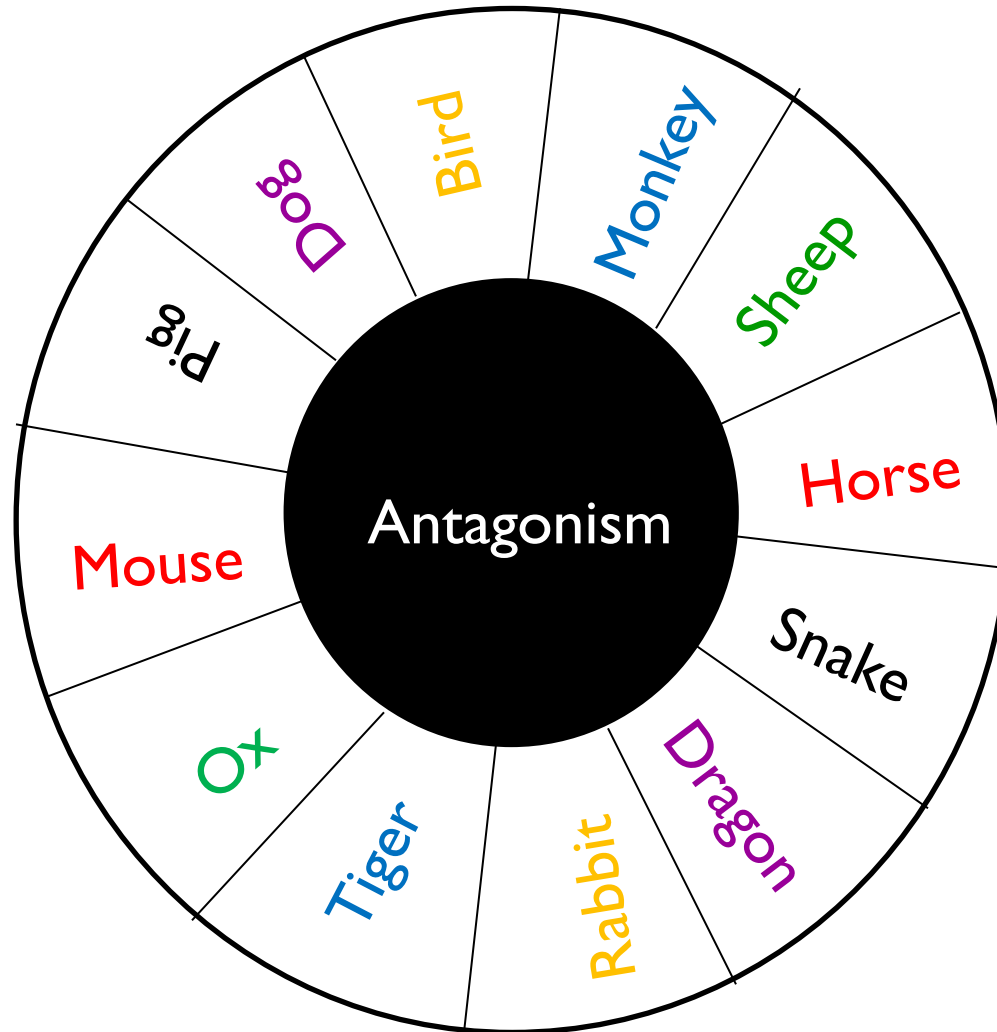
❖ The following is a table of one's favourable (*Life Soul day and Life-force day*) and unfavourable (*foe-day*) day in a **Week**.

Anim al Sign	Mous e	Ox	Tiger	Rabb it	Drag on	Snak e	Hors e	Shee p	Mon key	Bird	Dog	Pig
Life Soul Day	Wed	Sat	Thurs	Thurs	Sun	Tues	Tues	Fri	Fri	Fri	Mon	Wed
Life Force Day	Tues	Wed	Sat	Sat	Wed	Fri	Fri	Mon	Thurs	Thurs	Wed	Tues
Foe Day	Sat	Thurs	Fri	Fri	Thurs	Wed	Wed	Thurs	Tues	Tues	Thurs	Sat

The Twelve Year Sign in Harmony relation



The Twelve Year Sign on (*dunsur*) seventh removed sign:



Conclusion

In summary, these two sciences are based on the foundation of the Universe of the five elements. The ultimate aim and objectives of these two sciences is also same, since it is to help every sentient beings from suffering. These subjects are relying on each other to achieve a principal goal and to provide a help to the society.





There is a saying:-

In order to be a good Physician

One has to be a minor Astrologer,

And in order to be a good Astrologer

One has to be a minor Physician.

Thank You!

Gracias!

