

# National Institute for Sowa Rigpa

April 17, 2020

## Why in news?

The Union Cabinet has approved the establishment in Leh, Union Territory of Ladakh, the National Institute of Sowa Rigpa (NISR).

## What is Sowa Rigpa?

- Sowa-Rigpa (healing science) is a **traditional medicinal system coming from India's Himalayan belt**, which is still in practice.
- It was **established in Tibet** and has been practiced popularly in countries such as India, Nepal, Bhutan, Mongolia and Russia.
- The father of Sowa Rigpa is said to be YuthogYontenGonpo from Tibet.
- It is practiced in extreme parts of the north east of India, starting from the Ladakh region.
- Sowa-Rigpa's theory and practice is similar to Ayurveda.

## Upcoming institute

- In partnership with national and international institutes, it will be under the **ministry of AYUSH**.
- It will act as a Sowa-Rigpa framework apex centre.
- This establishes synergies between the existing institutions of Sowa Rigpa, namely the Central Tibetan Studies University, Varanasi and the central Buddhist studies Institute at Leh.
- Under the Ministry of Culture, current Sowa-Rigpa institutions operate.
- It will also help to revive Sowa-Rigpa and associate the Sowa-Rigpa's traditional knowledge with modern science,

technology and instruments.