

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.