

Sowa-Rigpa

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Recently the Union government has approved the establishment of the National Institute for Sowa-Rigpa in Leh

What is Sowa-Rigpa?

- “Sowa-Rigpa” commonly known as the Tibetan system of medicine (Amchi) is one of the oldest, living and well documented medical traditions of the world.
- Sowa-Rigpa is **based on the principle that bodies of all the living beings and non-living objects of the universe are composed of five Cosmo physical elements** of Jung-wa-nga (**Prithvi, Jal, Agni, Vayu and Akash**). When the proportion of these elements is in an imbalance in our body, disorder results.
- The basic theory of Sowa-Rigpa may be adumbrated in terms of the following five points:
 1. The body in disease as the locus of treatment
 2. Antidote, i.e., the treatment
 3. The method of treatment through the antidote
 4. Medicine that cures the disease
 5. Materia Medica, Pharmacy & Pharmacology
- The majority of theory and practice of Sowa-Rigpa is similar to “Ayurveda”.
- It originated from Tibet and popularly practiced in India, Nepal, Bhutan, Mongolia and Russia.
- It was recognized by the Government in 2011.