

Healing from the Source: The Science and Lore of Tibetan Medicine

By Yeshi Dhonden

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In this remarkable contemporary presentation of the theory and practice of Tibetan medicine, Dr. Yeshi Dhonden, twenty years the personal physician of H. H. the Dalai Lama, draws from over fifty years of practicing and teaching this ancient tradition of healing. This volume vividly presents a series of lectures Dr. Dhonden gave before a group of health care professionals at California Pacific Medical Center in San Francisco. This lecture series was presented during the planning stages of a research project at the University of California San Francisco to test Dr. Dhonden's medical treatment for metastatic breast cancer. (This research project caught the interest of NBC's *Dateline*, which filmed an hour-long documentary of it that aired in January 2000.) Dr. Dhonden elucidates the holistic Tibetan medical view of health and disease, referring to traditional Tibetan medical sources as well as his own experiences as a doctor practicing in Tibet India and numerous countries throughout Europe and America. His presentation is delightfully complemented by many anecdotes drawing from the ancient lore of popular folk medicine in Tibet. For health care professionals, anthropologists, historians of medicine, medical ethicists, and the general public interested in Tibetan medicine, this book is a fascinating contribution by one of the foremost practitioners of Tibetan medicine in the modern world.

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Editorial Review

From Booklist
Dhonden's introduction to Tibetan medicine originated as a series of lectures, and 15 percent of it consists of questions and answers. Dhonden stresses that the medicines of Tibet and China are radically different from Western medicine, and that after the Chinese Communist takeover of Tibet, the conquerors began making and selling Tibetan remedies elsewhere in Asia as their own. The image of the tree of medicine, with manifold trunks, branches, and leaves, provides the conceptual skeleton for Tibetan medicine. Other major concepts are that the body contains three humors and five elements that affect its problems and their treatments, and that the three primary causes of disease are attachment, hatred, and delusion. The four *immeasurables* (i.e., the good guys) in the Tibetan system are loving kindness, compassion, empathic joy, and equanimity. In addition to such systematic explanation, Dhonden touches on Tibetan ideas about the proper conduct of life, medical education, and medical ethics. *William Beatty*

Review
"I am very happy to learn about the publication of Dr. Yeshi Dhonden's book on Tibetan medicine—Dr. Dhonden is one of the most experienced practitioners of this system." —H. H. the Dalai Lama

"For anyone interested in Tibetan medicine specifically and naturopathic healing in general, *Healing from the Source* is an impressive and precious record of the treatment system he has successfully applied over many years and includes his own story and experience as a physician." —Georg Feuerstein, PhD, author of *The Deeper Dimension of Yoga*

"An interesting collection of writings on Tibetan medical information we can all learn from, which focuses on the health and healing of the human condition unlike Western medical technology, which treats the diagnosis and often depersonalizes the patient." —Bernie Siegel, MD, author of *Love, Medicine, and Miracles*

"Dr. Dhonden demonstrates an encyclopedic grasp of his topic while also being accessible on a personal level. Many personal anecdotes (often quite humorous) are effective at providing a broader and humanizing context to his detailed knowledge." —*ForeWord Magazine*

Review
"For anyone interested in Tibetan medicine specifically and naturopathic healing in general, Healing from the Source is an impressive and precious record of the treatment system he has successfully applied over many years and includes his own story and experience as a physician."

Users Review

From reader reviews:

Debbie Jackson:

Here thing why this particular Healing from the Source: The Science and Lore of Tibetan Medicine are different and trusted to be yours. First of all reading a book is good nevertheless it depends in the content of computer which is the content is as delicious as food or not. Healing from the Source: The Science and Lore

of Tibetan Medicine giving you information deeper including different ways, you can find any e-book out there but there is no guide that similar with Healing from the Source: The Science and Lore of Tibetan Medicine. It gives you thrill reading journey, its open up your own eyes about the thing in which happened in the world which is might be can be happened around you. You can bring everywhere like in park, café, or even in your approach home by train. Should you be having difficulties in bringing the published book maybe the form of Healing from the Source: The Science and Lore of Tibetan Medicine in e-book can be your alternate.

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