

## F-Revitalization of Sowa-Rigpa practice in Leh-Ladakh

Two projects for revitalization of Sowa-Rigpa practice and strengthening of public health in Ladakh through traditional medicine is initiated by the Institute. Under the project training has been provided to around 180 Amchis (Sowa-Rigpa practitioners), 50 Amchis are supported to establish rural clinics in different villages an Ladakh Amchi Sabha is supported to establish a Centralized Amchi medicine manufacturing Unit. Documentation of Amchi knowledge is also going under this project.



Further information can be obtained from :

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## NATIONAL RESEARCH INSTITUTE FOR SOWA-RIGPA, LEH (ACTIVITIES AND ACHIEVEMENTS)



**CENTRAL COUNCIL FOR RESEARCH IN AYURVEDIC SCIENCES**  
**Ministry of AYUSH**  
**(Ayurveda, Yoga & Naturopathy, Unani, Siddha and Homoeopathy)**  
**Government of India**

### Introduction

National Research Institute for Sowa-Rigpa, Leh is a peripheral Unit of Central Council for Research in Ayurvedic Sciences, Department of AYUSH, Ministry of Health and Family Welfare, Government of India. It was established in 1976 in Leh-Ladakh for Research and Development of Himalayan art of healing "sowa-Rigpa", popularly known as Tibetan or Amchi medicine. Since its inception this Research Centre has been doing considerable work in research and development of Sowa-Rigpa with its limited resources.

### Main Aims and Objectives

- ▶ To conduct fundamental and clinical research on various formulations of Amchi medicine.
- ▶ To explore and document herbal and mineral resources of Ladakh, Himalaya.
- ▶ To Conduct research on rich literary wealth of "Sowa Rigpa".
- ▶ To develops and strengthen Amchi's practice.



### Activities & Achievements



**A-Clinical research** - Under this project clinical research has been conducted on various diseases with Sowa-Rigpa formularies and parameters. In most cases Amchi medicine proved to be very effective. Some major areas taken up for study are-

- ▶ *Padkam-sMugpo* (Peptic Ulcer)
- ▶ *Tek-dum* (Arthritis)
- ▶ *Pags-nad* (Skin disease)
- ▶ *Thaglung-stop-tsangs* (Hypertension)

### B-Herbal and mineral exploration

Under this head extensive medico-botanical survey of Ladakh and Lahul-Spiti has been undertaken by this unit. Around 1000 plant species were collected, out of which 525 plant species are found to be used in various Indian systems of medicines. Medicinal plants used by Amchis are documented in the form of research papers and a comprehensive checklist book on Trans-Himalayan medicinal plants has been published. Around fifty different mineral stones are collected from different places of Ladakh.

### C-Literary Research Project

Sowa-Rigpa has a rich literary wealth in Tibetan language, which includes large number of translated Indian classical medical literatures and its commentaries written by Indian and Tibetan Scholars. A list of source and number of ancient medical literature in Ladakh has been identified. A Bibliography of Tibetan manuscript Translated from Indian medical literature is also prepared. Cataloging of Sowa-Rigpa manuscripts and digitalization of some important manuscript is going on under manuscript project of Department of AYUSH. Translation and comparative study of some Sowa-Rigpa manuscript is initiated by the Institute.



### D-Extension activities



Various reorientation trainings, seminars and workshops have been organized by this Unit to develop and strengthen Amchi practice in Ladakh. The research findings of the Unit and new development in the field of Traditional medicine and medicinal plants are being conveyed to Amchis through these activities.

### E-Cultivation and Conservation of medicinal Plants

The current increasing demands for herbal product, ecological changes, unscientific and over exploitation etc. are causing great threat for survival of many Himalayan plant species. To prevent such situation in Himalayas National Research Institute for Sowa-Rigpa, Leh has been engaged in cultivation and conservation of some important and threatened medicinal plants of Ladakh by adopting few rural Amchis (Traditional healers) for cultivation of medicinal plants in their farm lands. A comprehensive project for establishing a Trans-Himalayan medicinal plants garden have been started by this Institute on 10 hectares of land for conservation and display of cold desert Himalayan plants.

