

**A Two-Day
Sowa-Rigpa Research Symposium
(29-30th April, 2019)
Organized by Department of Sowa-Rigpa,
CIHTS, Sarnath**

To mark the successful and glorious 25 years of its establishment, the Department of Sowa-Rigpa, Central Institute of Higher Tibetan Studies, Sarnath, Varanasi organized a two-day **Sowa-Rigpa Research Symposium** from 29-30th April, 2019. A deeply research oriented symposium can be seen as an extension of complementing the Golden Jubilee Celebrations of CIHTS. The opening session of the first day of the symposium set the tone and objectives of the event in a propitious manner. The institute was privileged to receive Mrs. Anita Das, Former Secretary, Ministry of *Ayush* as Guest of Honor and Professor Virendra Chauhan, President, NAAC as the Chief Guest for the opening ceremony.



The auspicious lamp lighting ceremony was followed by a mellifluous enchantment of Sanskrit slokas by the students of the Institute. The Honorable Vice-Chancellor Professor Geshe Ngawang Samten felicitated the guests with traditional scarves and presented the majestic traditional paintings as mementos and souvenir of Golden Jubilee Celebrations. All the dignitaries, guests, participants, faculty members and students were welcomed by Dr.

Tashi Dawa; Convener and Head of Department, Sowa Rigpa. His opening remarks laid down the blueprint for the symposium.





The keynote address was delivered by Professor Lobsang Tenzin, Faculty Dean, Sowa Rigpa. He traced down the history of Sowa Rigpa and emphasized on the value and importance of such traditional well- documented medical system. A brief teleconferencing by Dr. Jim Nettle, a renowned molecular pharmacologist, Emory University, Atlanta was organized on the topic “Nanoscale Analysis of Mercuric Sulphide Medicine Forms towards Cell-based Testing of Activity/Toxicity”. He explained and shared his latest research on the topic and pointed out various relevant research problems and their solutions in the talk. The teleconferencing was followed by the address of the Guest of Honor, Mrs. Anita Das, Former Secretary, Ministry of *Ayush*. She shared her personal experience and journey of the collaborative efforts of Sowa-Rigpa Department of CIHTS and Ministry of *Ayush*. She applauded and congratulated the unflinching faith and perseverance of Honorable Vice-Chancellor Professor Geshe Ngawang Samten to validate the department in the past and bringing to its present glory.



The inaugural address was delivered by Guest of Honor Professor Virendra Chauhan, President, NAAC. He congratulated the whole department for its incessant efforts and services to human kind but at the same time reminded about the upcoming and futuristic challenges in the area of modern science. He also cautioned about the proper and careful use of latest technology to serve the mankind on a mass level. Following which, the Presidential address was delivered by Professor Geshe Ngawang Samten. He took the audience on a nostalgic journey of the development of Tibetology and Sowa-Rigpa giving due respect to the ancient Nalanda and Takshshila traditions of India. He mused over the importance of Sowa-Rigpa as not only the alternative medical system but also as a modern medical scientific method. He mentioned the achievements of the department and future projects as well. The opening session was given a well-rounded ending by Registrar of the Institute- Dr. R. K. Upadhyay, who delivered the Vote of Thanks mentioning the hard work of the department and collaborative effort of various other wings of the Institute for organizing such a successful symposium.



After which all the dignitaries, with various scholars and participants, were taken on an extensive visit to CIHTS Sowa-Rigpa R & D and Therapy Wing where various modern and advanced methods were displayed and explained along with state-of-the-art laboratories of the Institute. An array of various life-like models, self-explanatory charts, replica of ancient Tibetan medical tools, in-house manufactured medicines of Sowa-Rigpa Department, rare manuscripts with modern digitalized glaring tomes, well researched archives, journals, periodicals and magazines were displayed in an open exhibition at Institute's Central Library. Honorable Vice-Chancellor along with experts of the department also escorted the team of delegates and participants to a visit to *Shantarakshita* Library of the Institute where various methods of digitalization of the ancient texts were explained and showcased.





After a sumptuous lunch, the clinical and technical session were administered in which Professor D. L. Tenzin and Dr. A. K. Rai, CIHTS presented their collaborative research on the topic of ‘Sorigceutics and Drug Discovery’ followed by an excellent research-oriented talk on ‘Mind-Body Therapies-Are they Effective?’ by Dr. Tsering Thakchoe, Former President, CCTM, Dharamsala. Both the talks were well received and a very thought-provocative question-answer session was followed. The third session was on ‘Sowa-Rigpa Clinical Studies’ by Dr. Tenzin Choedon, ICGEB, New-Delhi. The much-awaited panel discussion was next in row, and the panelists Professor L. Tenzin, Dr. Tenzin Choedon, Dr. Rinzin Sangmo and Mr. Tenzin Tashi extensively talked about ‘Clinical Studies and Research Methodologies’ in Sowa-Rigpa tradition. They talked about quantitative and qualitative research methods along with various problems and their possible solutions in the area of Sowa-Rigpa clinical studies. All the presenters were given the traditional scarves, mementos and certificates by the end of their talks.



Second Day

(30 April, 2019)

After a very productive first day of the symposium, the second day opened with a very interesting talk by the renowned scholar Geshe Ngawang Norbu, Director, Science Center, Sera Jey Monastic University, Bylakuppe, Mysore on the topic of ‘Inter-Brain Synchronization of Tibetan Monastic Debate’. True to his fame, he opened up various religious, psychoanalytic and philosophical dimensions of the issue and shared his personal experience with the audience. Tracing back the tradition of monastic debate as an interactive and analytical meditation practice deeply embedded in Tibetan Buddhist tradition, he shared his personal findings using various emphatic neuroscientific methods. The next two sessions were on ‘Sowa-Rigpa Clinical Studies on Chronic Diseases’ by Dr. Rigzin Sangmo, HoD, R & D Department, TMAI Dharamsala and ‘Sowa-Rigpa Teaching Methodology’ by Professor Lobsang Tenzin, Faculty Dean and Chairman CCTM, CIHTS. Where Dr. Rigzin Sangmo proved the importance of Sowa-Rigpa medicines for cure of fatal diseases like Cancer etc. via her empirical research; Professor Lobsang Tenzin shared his personal experience about innovative teaching methodologies and constructive pedagogical tools in the classroom and also talked about importance of teaching ethics.





Sharing once again a very interesting research on ‘Effects of Herbal Compound on Gastrointestinal Syndrome’ Professor L. Tenzin and Dr. A. K. Rai explained the uses of popular ayurvedic medicine *triphala* with sowa-rigpa medicine to prove the impressive successful result of the later. The convener of the symposium and the senior expert in sowa-rigpa field, Dr. Tashi Dawa shared his experience of international research with Emory University on the topic of ‘Antiviral Potential of Sowa-Rigpa’. He also shared his concern about the recent growth of deadly viruses and showed how sowa-rigpa is emerging as a powerful medical system to cure and suppress diseases caused by such viruses. Miss Tenzin Norlha, HoD and the senior scientist at Quality Control, TMAI, Dharamsala presented the next interesting talk on ‘Total Quality Management of Men-Tsee-Khang’s Sorig Herbal Products’. She explained the quality control management at her institute to ensure the supply of the best medicines adopting various advanced technologies and research methods.

The next presentation was on an important empirical lab research of different system and methodologies of urine examination to determine different diseases entitled ‘Pathogenesis in Sowa-Rigpa’ by Dr. J. Migyure, Assistant Professor, CIBS, Leh, Ladakh. Following which was an excellent presentation by Dr. Dorjee Damdul, CIHTS on the topic of ‘Sowa-Rigpa Les Bdun: 7 Therapies’. He shared his research on 7 bio-purification-therapy for both preventive and curative ends. His extensive talk covered various topics of immense importance from the perspective of purification therapy and purgation.



In the form of quintessential gist of two-days research-oriented deliberation, the final session was organized in form of a panel discussion on the topic of ‘Future Research Challenges in Sowa-Rigpa and Syllabus Design for UG & PG Courses’. The panel showed a deep concern and expressed an immediate need to update and corroborate the modern and latest teaching and research methodological tools in the syllabi of higher studies and research for Sowa-Rigpa studies. The panel also expressed the need to celebrate the interdisciplinary intersections between Ayurveda and Sowa-Rigpa as well as various alternative science of healing from various other countries of the world. All of them also talked about the empowering pedagogical methods in the class room and shared their personal experiences related with learning, teaching and research. The exchange programs were specifically mentioned by all of them to promote the Tibetan Science of Healing to serve the common humanity on a larger scale.



The two-day symposium ended with a sense of exhilaration as various participants shared their positive and constructive feedback and suggestions. As an epilogue, the department

organized presentations on various aspects of Sowa-Rigpa at *Shantarakshita* Central Library of the Institute. Celebrating the Silver Jubilee of Sowa-Rigpa Department the symposium proved a stepping stone and launching pad for Sowa-Rigpa medical science as a transformative power from ‘Science of Healing’ to ‘Science of Tomorrow’.

