

COMPETENCY BASED DYNAMIC CURRICULUM
for
THIRD PROFESSIONAL B.S.R.M.S.
(PRESCRIBED BY NCISM)

Subject/Course:

རྩ་གསོ་བ།
rma gso ba

(Subject Code: SRUG-MS)

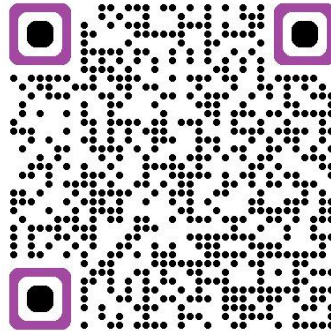
**Management of Endogenous and Exogenous Wounds and
Emergency Medicine**

(Applicable from 2022-23 batch, from the academic year 2025-26
onwards for 5 years or until further notification by NCISM,
whichever is earlier)



॥ आयुषे सर्वलोकानाम् ॥

BOARD OF UNANI, SIDDHA AND SOWA-RIGPA
NATIONAL COMMISSION FOR INDIAN SYSTEM OF
MEDICINE
NEW DELHI-110026



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Preface

Throughout history, the esteemed scholars and ancestors of Sowa-Rigpa have profoundly explored the understanding of wounds and injuries, whether caused by internal imbalances or sudden external forces. Their in-depth studies and enduring legacy have provided us with a wealth of knowledge on the diagnosis and management of both endogenous and, in particular, exogenous wounds. The sophisticated approaches detailed in ancient texts of Sowa-Rigpa in understanding and managing the wounds and injuries continue to influence and complement modern medical practices today.

The subject is derived from the Oral Instruction Treatise (*man ngag rgyud*), the third volume of the foundational Four Treatises (*rgyud bzhi*) in Tibetan medicine. It constitutes over one-sixth of the total content, underscoring its significance in the holistic understanding of disease management, particularly regarding trauma and wound care. This section provides an in-depth examination of injuries, wound-related disorders, and acute conditions, integrating both theoretical frameworks and practical guidelines. This subject categorizes wound-related disorders into two main types:

1. Endogenous wounds – These are disease-associated wounds that arise from internal imbalances in the three principal body energies (*nyes pa gsum* – *rlung*, *mkhris pa*, and *bad kan*), often triggered by poor dietary habits, irregular lifestyle, emotional disturbances, or environmental factors. Such internal disruptions give rise to chronic or degenerative conditions that manifest as lesions, ulcers, or tumor-like growths. These include conditions such as *'bras* (cancers), piles, *me dbal*, *sur ya*, lymph node disorders, *rlig rlugs*, *rkang 'bam*, and perineal fistula.

2. Exogenous wounds and injuries – those arising from external factors, particularly trauma or injuries caused by various weapons and other physical forces. These are addressed through the management of wounds to the head, neck, thorax, abdomen, and both upper and lower extremities.

In recognition of its importance, **Emergency Medicine** has been integrated into the relevant subject. It equips students of the Sowa-Rigpa Undergraduate Program with essential skills to effectively handle acute and potentially life-threatening conditions, which may arise at any time or place.

The subject is structured into **two papers (I & II)**, aligning the chapters with the respective components and emergency medicine topics according to their relevance and academic weightage, ensuring coherence with the prescribed hours and mark distribution.

The Emergency Medicine component has been integrated into the subject, with the aim of providing a holistic understanding of emergency care within the Sowa-Rigpa framework. This integration enables students to gain hands-on expertise in rapid patient assessment, stabilization techniques, and evidence-based interventions. Significantly, it bridges traditional Sowa-Rigpa principles with modern emergency care practices, fostering a well-rounded and responsive approach to critical medical situations. Through its practical modules, this subject also emphasizes essential soft skills such as effective communication, teamwork, and quick decision-making in high-pressure situations. This prepares future physicians to deliver timely, efficient, and holistic care during emergencies.

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BOARD OF UNANI, SIDHA & SOWA-RIGPA**

SOWA-RIGPA COURSE CURRICULUM & SYLLABUS

Third Professional B.S.R.M.S.

Subject/Course: *rma gso ba*

Management of Endogenous and Exogenous Wounds and Emergency Medicine

Subject Code: SRUG-MS

Summary

Teaching Hours Distribution

Papers	Lecture hours	Non-Lecture hours	Total hours
Paper I: <i>rma gso ba</i> Management of Endogenous and Exogenous Wounds and Emergency Medicine	70	14	84
Paper-2: <i>rma gso ba</i> Management of Endogenous and Exogenous Wounds and Emergency Medicine	70	13	83
Practical	N/A	63	63
Grand total			230

Examination (Papers & Mark Distribution)					
Item	Theory Component Marks	Practical Component Marks			
		Practical	Viva	Elective	Internal Assessment
Paper I	100	100	20	10	20
Paper II	100			(Set-TA)	
Sub-Total	200	150			
Total marks	350				

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SOWA-RIGPA COURSE CURRICULUM & SYLLABUS

Third Professional B.S.R.M.S

Table 1:- Course Code and Name of Course

S. No	Name of the subject		
	Subject Code	Subject	Equivalent Term
1	SRUG-MS	<i>rma gso ba</i>	Management of Endogenous and Exogenous Wounds and Emergency Medicine

Table 2: - THEORY (CONTENTS, TERMS AND DISTRIBUTION OF HOURS)

Paper 1: - rma gso ba

Management of Endogenous and Exogenous Wounds and Emergency Medicine

Chapters	Term (I/II/III)	Distribution of Hours
དང་པོ། མན་རྒྱུད་ལེའུ་གྲུ་གཉིས་མ་སྤྱི་གསོ་བ། Chapter 1. Management of General Wounds and Injuries	I	8
གཉིས་པ། མན་རྒྱུད་ལེའུ་རེ་གསུམ་ནས་དོན་ཅུ་བར་ལྷན་སྤྱིས་མ། Chapter 2. Management of Endogenous Wounds	I	17
གསུམ་པ། མན་རྒྱུད་ལེའུ་གྲུ་ཕྲ་པ་བྱང་ཁོག་གི་མ། (གནས་ལུགས་ནས་བྱང་ཁོག་སྤོང་གི་བཅོས་ཐབས་བར་) Chapter 3. Management of Exogenous Wounds and Injuries of the Thorax and Abdomen-Part I	II	34
གསུམ་པ། མན་རྒྱུད་ལེའུ་གྲུ་ཕྲ་པ་བྱང་ཁོག་གི་མ། (བྱང་ཁོག་སྤོང་གི་བཅོས་ཐབས་ནས་ལོག་གཞོན་རྗེས་བཅད་བར་) Chapter 3. Management of Exogenous Wounds and Injuries of the Thorax and Abdomen-Part II	III	25
Total (Theory Hours)		84

Paper 2: - rma gso ba

Management of Endogenous and Exogenous Wounds and Emergency Medicine

Chapters	Term (I/II/III)	Distribution of Hours
དང་པོ། མན་རྒྱུད་ལེའུ་གྲུ་གསུམ་མགོ་མ་གསོ་བ། Chapter 1. Management of Head Wounds and Injuries	I	18
གཉིས་པ། མན་རྒྱུད་ལེའུ་གྲུ་བཞི་མེ་མ་གསོ་བ། Chapter 2. Management of Neck Wounds and Injuries	I	7
གསུམ་པ། མན་རྒྱུད་ལེའུ་གྲུ་དྲུག་ཡན་ལག་གི་མ་གསོ་བ།(གནས་ ལྷགས་ནས་གཉན་པ་གནད་དང་སྐྱར་ནས་བཅོས་པ་བར་) Chapter 3. Management of Limb wounds and Injuries-Part I	II	33
གསུམ་པ། མན་རྒྱུད་ལེའུ་གྲུ་དྲུག་ཡན་ལག་གི་མ་གསོ་བ། (མན་ ངག་སྐབས་དང་སྐྱར་ནས་བཅོས་པ་ནས་ལོག་གཞོན་བར་) Chapter 3. Management of Limb wounds and Injuries-Part II	III	19
བཞི་པ། ལྷུང་སྐྱོབ་སྐྱོན་བཅོས། Chapter 4. Emergency Medicine	III	6
Total (Theory Hours)		83

Table 3A: - THEORY (LECTURE & NON-LECTURES

Paper 1: rma gso ba

Management of Endogenous and Exogenous Wounds and Emergency Medicine

Chapter/ Sub-headings	Lecture (L)/	Distribution of hours

	Non-Lecture (NL)	Teaching-Learning (TL) Methods	LH	NLH
At the end of the chapter/sub-chapter/section, the students should be able to				
<p>དང་པོ། མན་རྒྱུད་ལེའུ་གྲ་གཉིས་མ་སྤྱི་གསོ་བ།</p> <p>Chapter 1. Management of General Wounds and Injuries</p>				8
<p>K: Identify the causes, locations, types, signs, and clinical features of endogenous and exogenous wounds.</p> <p>S: Examine wound characteristics and implement appropriate general and specific treatment methods including tissue repair, complication control, and dietary regulation.</p> <p>A: Promote the importance of traditional wound care principles in achieving effective healing and reducing complications.</p>				
<p>1.1. རྩུ་རྩེན། Etiological factors</p> <p>1.1.1. ལྷན་སྤྱིས་མ་ཡི་རྩུ་རྩེན། Etiological factors of endogenous wounds</p> <p>1.1.2. སློ་བུར་མ་ཡི་རྩུ་རྩེན། Etiological factors of exogenous wounds and injuries</p>	L	Lecture with PPT, Lecture with Discussion, Lecture with AV aids	1	X
<p>1.2. ངོ་བོ་ངེས་ཚོག་ལྷན་ཅིག་ཏུ་བཟློན་པ། The nature and definition of wounds and injuries</p>				
<p>1.3. གནས་ས། The location of general wounds</p>				
<p>1.4. དབྱེ་བ། The types of Wounds</p> <p>1.4.1. ལྷན་སྤྱིས་མ་ཡི་དབྱེ་བ། Types of endogenous wounds</p> <p>1.4.2. སློ་བུར་མ་ཡི་དབྱེ་བ། Types of exogenous wounds and injuries</p>				

<p>1.5. ལྟགས། The signs and symptoms of wounds and injuries</p> <p>1.5.1. གསོ་བ་དཀའ་སླ་བ་ལྟགས། Examination for treatability of the injuries based on location, nature and etiological factors</p> <p>1.5.2. གནད་ལ་སོང་དང་མི་སོང་བ་ལྟགས། Examination for weapon penetrating injuries of the vulnerable body parts</p> <p>1.5.3. རེད་དང་མ་རེད་བ་ལྟགས། Examination for complications of wounds and injuries</p>	L	Lecture with PowerPoint, Group Discussion, or Video Clip	1	X
<p>1.6. བཅོས་ཐབས། Treatment methods of wounds and injuries</p> <p>1.6.1. ལྷི་ཡི་བཅོས་ཐབས། General treatment methods</p> <p>1.6.1.1. སྐངས་པ་གཞོམ་བ། Controlling of swelling and pain with application of spent grain, suction and venesection, medicinal bath, and <i>zhun</i> and <i>nan</i></p> <p>1.6.1.2. རེད་བ་སྦྱང་བ། Elimination of the thirty-one complications of wounds and injuries</p> <p>1.6.1.3. བུའུ་གསོ་བ། Restoration of injured tissues or tissue repair</p> <p>1.6.1.4. ཟས་སྦྱོད་འཛོད་དང་མི་འཛོད་བ། Modification of lifestyle and dietary regimens</p> <p>1.6.2. བྱེ་བྲག་གི་བཅོས་ཐབས། Specific treatments of general wounds and injuries</p>	L/NL	Lecture with A/V Aids, Lecture with Discussion, Lecture with Demonstration of charts or models, Project-based learning	5	1

Chapter 2. Management of Endogenous Wounds

K: List the causes, types, signs, and stages of endogenous wound conditions including ‘bras (cancers), piles, *me dbal*, *sur ya*, lymph node disorders, *rlog rlugs*, *rkang bam*, and perineal fistula.

S: Review clinical patterns and perform appropriate traditional treatment procedures according to the disease type and progression.

A: Advocate the value of applying traditional wound care methods for effective management and restoration of health in chronic endogenous conditions.

2.1 མན་རྒྱུད་ལེན་རེ་གསུམ་པ་འབྲས་བཙམ་པ། Management of ‘bras (Cancer)				5
2.1.1. འབྲས་ནད་ཀྱི་རྒྱ་རྒྱུན། Causes and Conditions of ‘bras	L	Lecture with PowerPoint (PPT), Group Discussion, Lecture with Video Clip, Brainstorming	2	X
2.1.2. འབྲས་ནད་ཀྱི་དབྱེ་བ། Classification of ‘bras				
2.1.3. འབྲས་ནད་ཀྱི་རྟགས། The Signs and Symptoms of ‘bras				
2.1.3.1. ཟླེ་འབྲས་ཀྱི་རྟགས། The signs and symptoms of external cancers (general& specific)				
2.1.3.2. རང་འབྲས་ཀྱི་རྟགས། The signs and symptoms of internal cancers (general& specific)				
2.1.3.3. རྟེན་པ་རིགས་ཀྱི་རྟགས། The signs and symptoms of type-based cancers				

<p>2.1.4. འབྲས་ནད་ཀྱི་བཅོས་ཐབས། Treatment of '<i>bras</i></p> <p>2.1.4.1. ཟ෍འབྲས་ཀྱི་བཅོས་ཐབས། Treatment of External '<i>bras</i></p> <p>2.1.4.2. རྣང་འབྲས་ཀྱི་བཅོས་ཐབས། Treatment of Internal '<i>bras</i></p> <p>2.1.4.3. རིགས་འབྲས་ཀྱི་བཅོས་ཐབས། Treatment of Type based '<i>bras</i></p>	L/NL	Lecture & PowerPoint (PPT), Group Discussion, Video Clip, Case based learning, X-ray Identification, Hands-on Engagement, Case Diagnosis, Lab Report Interpretation, Bedside Demonstration	2	1
<p>2.2: མན་རྒྱུད་ལེའུ་རེ་བཞི་གཞུང་འབྲུམ་བཅོས་པ། Management of Piles</p>		3		
<p>2.2.1. གཞུང་འབྲུམ་གྱི་རྒྱ་རྒྱུན། Causes and Condition of Piles</p>	L	Lecture,	1	X
<p>2.2.2. གཞུང་འབྲུམ་གྱི་དབྱེ་བ། Classification of Piles</p>		lecture with PPT, Lecture with Discussion		
<p>2.2.3. The Signs and Symptoms of '<i>bras</i></p> <p>2.2.3.1. ཟ෍ཏྲགས། General Signs and Symptoms</p> <p>2.2.3.2. རྒྱུད་པར་གྱི་ཏྲགས། Specific Signs and Symptoms</p> <p>2.2.3.3. ལྷན་ལྷན་གྱི་ཏྲགས། Signs and Symptoms as indicators of Patient Acceptance or Refusal of Treatment</p>		Lecture with PPT, Lecture with Discussion		

2.2.4. གཞན་འབྲུམ་གྱི་བཅོས་ཐབས། Treatment of Piles	L/NL	Lecture with PPT, Lecture with A/V Aids, Lecture with Demonstration of Charts, Case based learning	1	1
2.2.4.1. མྱེའི་བཅོས་ཐབས། General Treatment				
2.2.4.2. བྱེ་བྲག་གི་བཅོས་ཐབས། Specific Treatment				
2.2.4.3. མདོར་བསྡུས་གྱི་བཅོས་ཐབས། Treatment Summary				
2.3 མན་རྒྱུད་ལེའུ་རེ་ལྷ་མེ་དབལ་བཅོས་པ།Management of <i>me dbal</i>			1	
2.3.1. མེ་དབལ་གྱི་རྒྱ་རྒྱུ། Causes and Conditions of <i>me dbal</i>	NL	X-ray Identification, Hands-on Engagement, Case Diagnosis, Lab Report Interpretation, Bedside Demonstration, Lab Demonstration	X	1
2.3.2. མེ་དབལ་གྱི་དབྱེ་བ། Classification of <i>me dbal</i>				
2.3.3. མེ་དབལ་གྱི་རྟགས། Signs and Symptoms of <i>me dbal</i>				
2.3.3.1. མྱེ་རྟགས།General Signs and Symptoms				
2.3.3.2. རྩུང་པར་གྱི་རྟགས།Specific Signs and Symptoms				
2.3.4. མེ་དབལ་གྱི་བཅོས་ཐབས། Treatment of <i>me dbal</i>				
2.3.4.1. མྱེའི་བཅོས་ཐབས།General Treatment				
2.3.4.2. བྱེ་བྲག་གི་བཅོས་ཐབས།Specific Treatment				
2.4 མན་རྒྱུད་ལེའུ་རེ་དུག་སྲུང་ཡའི་ནད་བཅོས་པ། Management of <i>sur ya</i>			1	
2.4.1. སྲུང་ཡའི་ནད་ཀྱི་རྒྱ་རྒྱུ་དང་གྲུར་ཚུལ། Etiological Factors and Pathogenesis of <i>sur ya</i>	NL	X-ray Identification, Hands-on Engagement, Case	X	1
2.4.2. སྲུང་ཡའི་ནད་ཀྱི་དབྱེ་བ། Classification of <i>surya</i>				

<p>2.4.3. ལྷ་ལུ་ཡའི་ནད་ཀྱི་རྟགས།Signs and Symptoms of surya</p> <p>2.4.3.1. ལྷ་ལྷ་རྟགས།General Signs and Symptoms</p> <p>2.4.3.2. རྩེ་བྲག་གི་རྟགས།Specific Signs and Symptoms</p>		<p>Diagnosis, Lab Report Interpretation, Bedside Demonstration, Field Visit, Lab Demonstration</p>		
<p>2.4.4. ལྷ་ལུ་ཡའི་ནད་ཀྱི་བཙོས་ཐབས།Treatment of <i>sur ya</i></p> <p>2.4.4.1. ལྷ་ལྷ་བཙོས་ཐབས། General Treatment</p> <p>2.4.4.2. རྩེ་བྲག་གི་བཙོས་ཐབས། Specific Treatment</p>				
<p>2.5: མན་རྒྱུད་ལེའུ་རེ་བདུན་མེན་སྤེལ་བཙོས་པ། Management of Lymph Node Disorders</p>				2
<p>2.5.1 མེན་སྤེལ་ནད་ཀྱི་རྒྱ་རྒྱུ། Causes and Condition of Lymph Node Disorders</p> <p>2.5.2 མེན་སྤེལ་ནད་ཀྱི་དབྱེ་བ། Classification of Lymph Node Disorders</p> <p>2.5.3 མེན་སྤེལ་ནད་ཀྱི་རྟགས། Signs and Symptoms of Lymph Node Disorders</p> <p>2.5.3.1. རིགས་ཀྱི་རྟགས། Signs and Symptoms of Type based Lymph Node Disorders</p> <p>2.5.3.2. གནས་ཀྱི་རྟགས། Signs and Symptoms of Location based Lymph Node Disorders</p> <p>2.5.3.3. རོན་བསྟུ་བ། Summary of Signs and Symptoms</p>	L	<p>Lecture with PowerPoint (PPT), Lecture with Group Discussion, Lecture with Video Clip</p>	1	X

<p>2.5.4. མེན་བུའི་ནད་ཀྱི་བཅོས་ཐབས། Treatment of Lymph Node Disorders</p> <p>2.5.4.1 མྱེའི་བཅོས་ཐབས། General Treatment</p> <p>2.5.4.1.1. གསར་དུས་སྟོབས་ཚུང་གི་བཅོས་ཐབས། Treatment of Early Stage</p> <p>2.5.4.1.2. བར་དུ་སྟོབས་འབྲིང་གི་བཅོས་ཐབས། Treatment of Intermediate Stage</p> <p>2.5.4.1.3. རྗེངས་ཤིང་རྒྱས་པ་སྟོབས་ཚེན་གྱི་བཅོས་ཐབས། Treatment of Chronic and Advanced Stage</p> <p>2.5.4.2. བྱེ་བྲག་གི་བཅོས་ཐབས། Specific Treatment of Type based Lymph Node Disorders</p> <p>2.5.4.2.1 རིགས་ཀྱི་བཅོས་ཐབས། Specific Treatment of type-based Lymph Node Disorders</p> <p>2.5.4.2.2 གནས་ཀྱི་བཅོས་ཐབས། Specific Treatment of Location based Lymph Node Disorders</p>	NL	X-ray Identification, Hands-on Engagement, Case Diagnosis, Lab Report Interpretation, Bedside Demonstration, Field Visit, Lab Demonstration	x	1
<p>2.6 མན་རྒྱུད་ལེན་རེ་བརྒྱུད་ཚིག་རྒྱགས་བཅོས་པ། Management of <i>rlig rlugs</i></p>				2
<p>2.6.1 ཚིག་རྒྱགས་ནད་ཀྱི་རྒྱ་རྒྱུ། Causes and Conditions of <i>rlig rlugs</i></p>	L	Lecture with discussion,	1	X
<p>2.6.2 ཚིག་རྒྱགས་ནད་ཀྱི་དབྱེ་བ། Classification of <i>rlig rlugs</i></p>		Lecture with Demonstration of Chart and		
<p>2.6.3 ཚིག་རྒྱགས་ནད་ཀྱི་རྟགས། Signs and Symptoms of <i>rlig rlugs</i></p>		Models, Lecture with A/V Aids		

2.6.4 རླེག་རླུགས་ནད་ཀྱི་བཅོས་ཐབས། Treatment of <i>rlig rlugs</i>	NL	Bedside Demonstration, Field Visit, Lab Demonstration and Clinical exposure	X	1
2.7: མན་རྒྱུད་ལེའུ་རེ་དགུ་རྒྱུ་རྒྱུ་ནད་བཅོས་པ། Management of <i>rkang bam</i>			2	
2.7.1 རྒྱུ་རྒྱུ་ནད་ཀྱི་རྒྱ་རྒྱུ། Causes and Conditions of <i>rkang bam</i>	L	Lecture with PowerPoint (PPT), Lecture with Group Discussion, Lecture with Video Clip	1	X
2.7.2 རྒྱུ་རྒྱུ་ནད་ཀྱི་དབྱེ་བ། Classification of <i>rkang bam</i>				
2.7.3 རྒྱུ་རྒྱུ་ནད་ཀྱི་རྟགས། Signs and Symptoms of <i>rkang bam</i> 2.7.3.1. རྩི་རྟགས། General Signs and Symptoms 2.7.3.2. བྱེ་བྲག་གི་རྟགས། Specific Signs and Symptoms				
2.7.4 རྒྱུ་རྒྱུ་ནད་ཀྱི་བཅོས་ཐབས། Treatment of <i>rkang bam</i> 2.7.4.1. རྩིའི་བཅོས་ཐབས། General Treatment 2.7.4.1.1. ཟས་སྐོམ་གྱིས་བཅོས་པ། Diet 2.7.4.1.2. རྩོད་ལམ་གྱིས་བཅོས་པ། Lifestyle 2.7.4.1.3. ལྷན་གྱིས་བཅོས་པ། Medicine 2.7.4.1.4. དཔུང་གྱིས་བཅོས་པ། External therapies 2.7.4.2. བྱེ་བྲག་གི་བཅོས་ཐབས། Specific Treatment	NL	Case based learning, Lab Report Interpretation	x	1
2.8: མན་རྒྱུད་ལེའུ་བདུན་ཅུ་མཚན་བར་དོལ་བ་གསོ་བ། Management of Perineal Fistula			1	

2.8.1 མཚན་བར་དོལ་བའི་རྒྱ་རྒྱུན། Causes and Conditions of Perineal Fistula	NL	Hands-on Engagement, Case Diagnosis, Lab Report Interpretation, Bedside Demonstration	X	1
2.8.2 མཚན་བར་དོལ་བའི་དབྱེ་བ། Classification of Perineal Fistula				
2.8.3 མཚན་བར་དོལ་བའི་ནད་རྟགས། Signs and Symptoms of Perineal Fistula				
2.8.3.1 རྩི་རྟགས། General Signs and Symptoms				
2.8.3.2 བྱུང་བར་གྱི་རྟགས། Specific Signs and Symptoms				
2.8.4 མཚན་བར་དོལ་བའི་བཙོས་ཐབས། Treatment of Perineal Fistula				
2.8.4.1 གསར་དུས་ཀྱི་བཙོས་ཐབས། Treatment of Early Stage				
2.8.4.2 རྙིང་དུས་ཀྱི་བཙོས་ཐབས། Treatment of Chronic Stage				
<p>གསུམ་པ། མན་རྒྱུད་ལེའུ་བརྒྱུད་ལྔ་བྱང་ཁོག་མ་གསོ་བ། 59</p> <p>Chapter 3. Management of Exogenous Wounds and Injuries of the Thorax and Abdomen</p> <p>K: Describe the surgical anatomy, assessment techniques, signs, and diagnostic indicators of thoracic and abdominal injuries according to Sowa-Rigpa principles.</p> <p>S: Interpret clinical findings and perform appropriate interventions for pain, haemorrhage, and trauma care, including weapon-specific and region-based treatments.</p> <p>A: Commit to early, accurate, and holistic management of exogenous injuries by applying therapeutic principles with clinical responsibility and precision.</p>				
3.1 བྱང་ཁོག་གི་ལུས་ཀྱི་གནས་ལུགས་བཟླ་བ། Surgical Anatomy of Thorax and Abdomen	L/NL	Lecture with PowerPoint (PPT), Group Discussion, Video Clip, Lecture with Demonstration of Charts or Models, Dissection	3	2

<p>3.2 ངོས་འཛིན་བརྟག་ཐབས། Diagnostic Methods</p> <p>3.2.1 མཚོན་ཕོག་སའི་ཡུལ་ལ་བརྟག་པ། Examination of the Location of Affected Organs due to weaponry infliction</p> <p>3.2.2 མཚོན་གྱི་བཤོད་ལམ་ལ་བརྟག་པ། Examination of the Path of weaponry Penetration</p> <p>3.2.3 ངོན་སྣོད་ཟེན་དང་མ་ཟེན་བརྟག་པ། Examination of Visceral organ to determine weapon penetration</p> <p>3.2.4 ངོན་ལ་ཟེན་པའི་རྟགས། The Signs and Symptoms of Vital organ penetration</p> <p>3.2.5 སྣོད་ལ་ཟེན་པའི་རྟགས། The Signs and Symptoms of the Vessel organ penetration</p> <p>3.2.6 འཚོ་འམ་འཆེ་བའི་ལ་ཤན་དབྱེ་བ། Assessment of Prognosis of the condition</p> <p>3.2.7 མདོར་བསྐྱུས་ཁ་དམར་གདགས་པར་བྱ་བ། Summary of the Prediction of the Disease Prognosis</p>	L/NL	Lecture with PPT, Lecture with Discussion, Lecture with Video Clip, Flip class, X-ray Identification, Hands-on Engagement, Case Diagnosis, Lab Report Interpretation	11	1
<p>3.3. བཅོས་ཐབས། Treatment</p> <p>3.3.1. བཅོས་ཐབས་ལས་རྒྱག་རྩ་མཚོན་དང་སྦྱར་ནས་བཅོས་པ། Treatment based on weapon types</p> <p>3.3.1.1. མ་མེད་འགམས་པའི་རྟགས་བཅོས། Treatment of closed injury</p> <p>3.3.1.2. མ་ཅན་སྦྱི་བཅོས། General treatment of the open injury</p> <p>3.3.1.3. ལྷད་པར་མདའ་མས་བཅོས་པ། Specific Treatment of the injury caused by an arrow</p>	L	Lecture with PowerPoint (PPT), Lecture with Discussion, Lecture with Video Clip	5	X

<p>3.3.2. རོག་ས་ཡུལ་དང་སྐྱར་ཏེ་བཅོས་པ། Treatment based on inflicted location</p> <p>3.3.2.1. ཤ་གནད་བཅོས་པ། Treatment of muscle injuries</p> <p>3.3.2.2. རུས་གནད་བཅོས་པ། Treatment of bone injuries</p> <p>3.3.2.3. རྩ་གནད་བཅོས་པ། Treatment of blood vessels and nerve injuries</p>	L	Lecture, Discussion	3	X
<p>3.3.3 རྩོད་སྐྱད་ཡུལ་དང་སྐྱར་ནས་བཅོས་པ། Treatment based on the upper or lower trunk region with the weaponry injury</p> <p>3.3.1. བྱང་ཁོག་རྩོད་བཅོས་པ། Treatment of Thorax Injuries</p> <p>3.3.3.1.1 བཤོད་ས་ལམ་དང་སྐྱར་ནས་བཅོས་པ། Treatment based on the path of penetration</p> <p>3.3.3.1.2 ཉེས་བྱེད་དུས་དང་སྐྱར་ནས་བཅོས་པ། Treatment based on disease progression</p>	L/NL	Lecture with PowerPoint, Lecture with Video Clip, Flipped Classroom, Blended Learning, Edutainment, Clinical Exposure X- ray Identification, Case based learning	20	1

<p>3. 3.3.2. བྱང་ཁོག་སྐད་བཅོས་པ། Treatment of the Abdominal Injuries</p> <p>3.3.3.2.1 མྱི་ཡི་བཅོས་ཐབས། General Treatment</p> <p>3.3.3.2.2 རྩེ་བྲག་གི་བཅོས་ཐབས། Specific Treatment</p>	L/NL	<p>Lecture with PowerPoint (PPT), Lecture with Discussion, Lecture with Demonstration, Lecture with Video Clip, Flipped Classroom, Blended Learning, Edutainment, Clinical Exposure, X- ray Identification, Case Diagnosis</p>	10	1
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<p>3.4. ལོག་གཞོན་རྗེས་བཅད། Post-Treatment Care of the wounds and injuries</p> <p>3.4.1. རྩལ་འབྲུམས་པའི་རླུ། Causes of Pyorrhagia</p> <p>3.4.1. 1. ཚ་འབྲུམས་བཞི། Four Causes of Hot Nature</p> <p>3.4.1.2. གང་འབྲུམས་གཉིས། Two Causes of Cold Nature</p> <p>3.4.2. རྩལ་འབྲུམས་པའི་རྟགས། Signs and Symptoms of Pyorrhagia</p> <p>3.4.2.1. ཚ་འབྲུམས་ཀྱི་རྟགས། Signs and Symptoms of Hot Natured Pyorrhagia</p> <p>3.4.2.2. གང་འབྲུམས་ཀྱི་རྟགས། Signs and Symptoms of Cold Natured Pyorrhagia</p> <p>3.4.3. རྩལ་འབྲུམས་བཅད་པ། Method to stop Pyorrhagia</p> <p>3.4.3.1. ཚ་འབྲུམས་བཅད་པ། Methods to Stop Hot Natured Pyorrhagia</p> <p>3.4.3.2. གང་འབྲུམས་བཅད་པ། Method to stop Cold Natured Pyorrhagia</p>	L	Lecture, Discussion	2	X
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Paper 2: rma gso ba

Management of Endogenous and Exogenous Wounds and Emergency Medicine

Chapters/ Sub-headings	Lecture (L)/ Non- Lecture (NL)	Teaching- Learning (TL) Methods	Distribution of Hours	
			LH	NLH

དང་པོ། མན་རྒྱུད་ལེན་གྱི་གསུམ་མགོ་རྩ་གསོ་བ།

Chapter 1: Clinical Management of Head Wounds and Injuries

18

K: Describe the surgical anatomy of the head and explain diagnostic techniques used to assess wounds based on the site, depth, and type of injury.

S: Conduct structured clinical examinations and implement appropriate treatment strategies for muscular, skeletal, neurological, and vascular head injuries.

A: Prioritize timely intervention and comprehensive management of head wounds by integrating traditional Sowa-Rigpa practices with sensitivity to potential complications.

<p>1.1. མགོ་ཡི་གནས་ལུགས། Surgical Anatomy of the Head</p> <p>1.1.1. མི་རིགས་མགོ་དབྱིབས། Human skull shape</p> <p>1.1.2. གླུ་བ་རྒྱ་མཚོའི་གནས་ལུགས། Surgical Anatomy of Brain</p> <p>1.1.3. གླུ་བྱིམ་རུས་པའི་གནས་ལུགས། Surgical Anatomy of Skull</p> <p>1.1.4. གཞུགས་པ་ཤ་ཡི་གནས་ལུགས། Surgical Anatomy of the Muscles</p> <p>1.1.5. འབྲེལ་བ་རྩ་ཡི་གནས་ལུགས། Surgical Anatomy of the Blood Vessels and Nerves</p>	<p>NL</p>	<p>Demonstration of charts/ models, dissection, group discussion, AV Aids, Inquiry based learning</p>	<p>X</p>	<p>3</p>
<p>1.2. རོགས་བཟང་ངན་བཤད་བ། Identification of wound severity based on the affected location</p>	<p>L</p>	<p>Lecture with PowerPoint, group discussion</p>	<p>1</p>	<p>X</p>
<p>1.3. བརྟག་ཐབས། Diagnostic methods of head wounds and injuries</p> <p>1.3.1. ཟུག་རྒྱུའི་མཚོན་ལ་བརྟག་བ། Examination of head wounds and injuries through identification of weapon types</p> <p>1.3.1.1. མདའ་རྩེ། Characteristics of arrow wounds and injuries</p>	<p>L</p>	<p>Lecture with PowerPoint, Flipped Classroom, Blended Learning, Edutainment</p>	<p>2</p>	<p>X</p>

<p>1.3.1.2. གི་མཉམ་སྐྱོན་གྱི་མཛུགས་ལུགས་ལྟ་བུ་ Characteristics of knife wounds and injuries</p> <p>1.3.1.3. ལྗོངས་མཉམ་སྐྱོན་གྱི་མཛུགས་ལུགས་ལྟ་བུ་ Characteristics of stone wounds and injuries</p> <p>1.3.2. རེག་ལྗོངས་མཉམ་སྐྱོན་གྱི་མཛུགས་ལུགས་ལྟ་བུ་ Examination of head wounds and injuries through palpation</p> <p>1.3.2.1. མཉམ་སྐྱོན་གྱི་མཛུགས་ལུགས་ལྟ་བུ་ Examination of closed head wounds and injuries through palpation</p> <p>1.3.2.2. མཉམ་སྐྱོན་གྱི་མཛུགས་ལུགས་ལྟ་བུ་ Examination of open head wounds and injuries through palpation</p> <p>1.3.3. རེག་ལྗོངས་མཉམ་སྐྱོན་གྱི་མཛུགས་ལུགས་ལྟ་བུ་ Examination of head wounds and injuries through pulse reading, urine analysis and signs and symptoms</p>				
<p>1.4. བཅོས་ཐབས་ལུགས་ལྟ་བུ་ Treatment methods of head wounds and injuries</p> <p>1.4.1. ལྗོངས་བཅོས་ཐབས་ལུགས་ལྟ་བུ་ General treatment methods</p> <p>1.4.1.1. བཅོས་ཐབས་ལུགས་ལྟ་བུ་ Treatment of wounds through medicine, diet and lifestyle modification</p> <p>1.4.1.2. རྒྱུ་ལྗོངས་བཅོས་ཐབས་ལུགས་ལྟ་བུ་ Treatment of wound through application of moxibustion</p> <p>1.4.1.3. མཉམ་སྐྱོན་གྱི་མཛུགས་ལུགས་ལྟ་བུ་ Treatment of wounds through surgical intervention</p>	L	Lecture with PowerPoint, Lecture with AV Aids, Lecture with Class Discussion, Video Clip, Assessment	10	X

<p>1.4.2. བྱེ་བྲག་གི་བཙོས་ཐབས། Specific treatment methods</p> <p>1.4.2.1. ཤ་མ་བཙོས་པ། Treatment of muscle wound</p> <p>1.4.2.2. རུས་མ་བཙོས་པ། Treatment of skull fracture and injuries</p> <p>1.4.2.3. ལྷད་པའི་འཚོ་ཐབས། Treatment of traumatic brain injury</p> <p>1.4.2.4. ཚ་མ་བཙོས་པ། Treatment of blood vessels and neurological injuries</p>				
<p>1.5. རོག་གཞོན། Head wound complications and their clinical managements</p> <p>1.5.1. ལྗེ་རྒྱུ། Arousal factors of complication</p> <p>1.5.2. དབྱེ་བ། Classification of complications</p> <p>1.5.3. རྩོག་པའི་སྤྱི་རྒྱུ། General symptoms of complications</p> <p>1.5.4. བྱེ་བྲག་སོ་སོའི་རྒྱུ་ཐབས་བཙོས་པ། Specific symptoms and treatments of complications</p>	L	Lecture with PowerPoint, Lecture with discussion, discussion	2	X
<p>གཉིས་པ། མན་རྒྱུད་ལེའུ་གྲུ་བཞི་སྐྱེ་མ་གསོ་བ། Chapter 2. Management of Neck Wounds and Injuries 7</p> <p>K: Identify key anatomical structures and differentiate the clinical features of injuries involving cervical bones, vessels, nerves, muscles, and connective tissues.</p> <p>S: Assess wound conditions and perform suitable treatment techniques for neck injuries, addressing region-specific complications.</p> <p>A: Respect the contributions of Sowa-Rigpa in the management of neck injuries while acknowledging the need for integrative clinical judgment.</p>				

2.1. སྐའི་བྱང་བཅོས་དང་གནས་ལུགས། Surgical and clinical anatomy of neck	L	Lecture with demonstration of models or charts, Lecture with PowerPoint	1	X
2.2. རུས་གནད་ཀྱི་རྟགས་བཅོས། Clinical features of cervical bones and spinal cord injuries and their treatments	L	Lecture, Discussion, Flipped Classroom, Blended Learning, Edutainment	1	X
2.3. རྩ་གནད་ཀྱི་རྟགས་བཅོས། Clinical features of blood vessels injuries and peripheral neuropathy and their treatments	L/NL	Lecture with PowerPoint, Self-directed Learning, Problem-solving Method, Kinesthetic Learning, Lecture with X-ray Identification, Clinical exposure	4	1
2.4. ཤ་གནད་ཀྱི་རྟགས་བཅོས། Clinical features and treatments of muscle injuries				
2.5. རྩ་རྒྱས་ཀྱི་རྟགས་བཅོས། Clinical features and treatment of ligament and tendon injuries				

K: Identify types of extremity injuries and correlate clinical features with anatomical structures, stages of wound progression, and mechanisms of trauma.

S: Demonstrate technical proficiency in assessing limb injuries and perform appropriate procedures including dressing, bandaging, splinting, and joint mobilization.

A: Value patient-centred care by responding empathetically to pain and disability while applying ethical, stage-appropriate treatments using traditional and evidence-based approaches.

<p>3.1. ཡན་ལག་གི་གནས་ལུགས། Surgical Anatomy of the Four Limbs</p>	<p>L</p>	<p>Lecture with PowerPoint, Lecture with charts, models, or AV aids</p>	<p>2</p>	<p>X</p>
<p>3.2. གནད་ཀྱི་རྟགས། The clinical features of injured vulnerable body parts</p> <p>3.2.1. ལྷོད་རྟགས། General signs and symptoms of limb injuries and wounds</p> <p>3.2.2. རྩུང་པར་གནད་སོ་སོའི་རྟགས། Specific signs and symptoms of injuries of the muscle, lymph, blood vessels, nerves, bones, ligaments and tendons located in the four extremities</p>	<p>L</p>	<p>Lecture with PowerPoint, Discussion</p>	<p>3</p>	<p>X</p>
<p>3.3. བཅོས་ཐབས། Treatment methods of limb wounds and injuries</p> <p>3.3.1. ཉེས་བྱེད་དུས་དང་སྐྱུར་ནས་བཅོས་པ། Treatment in accordance with progressive stages of wounds and injuries---blood vitiating, fluid proliferating and suppurating stages of injuries and wounds</p>	<p>L</p>	<p>Lecture with PowerPoint, Assessment</p>	<p>2</p>	<p>X</p>

<p>3.3.2. རྩོམ་སྐྱོད་གནས་དང་སྐྱུར་ཏེ་བཅོས་པ། Treatment in accordance with injured tissues</p> <p>3.3.2.1. འཛིབས་གྱིས་བཅོས་པ། Treatment with <i>jibs</i> application for removal of unwanted fluid</p> <p>3.3.2.2. ལྷན་གྱིས་བཅོས་པ། Treatment with <i>zhun</i> application for reducing swelling</p> <p>3.3.2.3. རྩན་གྱིས་བཅོས་པ། Treatment with <i>nan</i> application for controlling swelling</p> <p>3.3.2.4. མེ་བཙས་བཅོས་པ། Treatment with moxibustion for alleviating pain and blocking the infiltrations</p> <p>3.3.2.5. གཏར་གས་བཅོས་པ། Treatment with venesection for evacuating diseased blood and fluid</p> <p>3.3.2.6. ལྷན་གྱིས་བཅོས་པ། Treatment with administration of medicine both orally and externally for treating disease</p> <p>3.3.2.7. དེབ་གྱིས་བཅོས་པ། Treatment with application of <i>deb</i> for squeezing out spread fluid in accordance with physical condition of the patient and seasonal influences</p> <p>3.3.2.8. ཆེངས་གྱིས་བཅོས་པ། Treatment with application of <i>chings</i> (dressing and bandaging) for keeping <i>nan</i> and <i>deb</i> intact on the wound. Types, and application methods of <i>chings</i></p>	L	Lecture with PowerPoint (PPT), Lecture with Group Discussion, Video Clip, Brainstorming, Demonstration	8	X
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3.3.2.9. ལྷོགས་ཀྱིས་བཙོས་པ། Treatment with <i>sgyogs</i> (splint) for immobilizing the joint fractures and injuries, materials, types, indicated location, application time, withdrawal time, and warning signs of too-tight or too-loose <i>sgyogs</i>				
3.3.3 རིམ་པ་ཤུགས་དང་སྐྱར་ནས་བཙོས་པ། Treatments in accordance with abnormalities that occur subsequently after the appearance of successive dominant disorders	L	Lecture, Discussion	2	X
3.3.4 དུས་གསུམ་དཔེ་དང་སྐྱར་ཉེ་བཙོས་པ། Treatment in accordance with metaphors of three stages of injuries	L	Lecture with PowerPoint, Lecture	1	X
3.3.5 གཉན་པ་གནད་དང་སྐྱར་ཉེ་བཙོས་པ། Treatment in accordance with injuries of vulnerable body parts	L	Lecture with PowerPoint, Lecture with class discussion	3	X

<p>3.3.6. མན་ངག་སྐབས་དང་སྐྱར་ཏེ་བཅོས་པ། Treatment in accordance with special instruction for certain conditions</p> <p>3.3.6.1. ཟུག་རྩ་དབྱུང་བ། Special instructions for removal of weapon heads from the wounds</p> <p>3.3.6.2. ལྷག་ཤོར་བཅད་པ། Special instructions for controlling of internal and external bleeding</p> <p>3.3.6.3. ཚ་བ་བསད་པ། Special instructions for subsiding traumatic fever</p> <p>3.3.6.4. རྩ་ལྷན་འཁྱུང་བ། Special instructions for treating constipation</p> <p>3.3.6.5. སྐངས་པ་གཞོམ་པ། Special instructions for reducing swelling</p>	L/NL	Lecture with PPT, Lecture with Discussion, Lecture with Video clip, X-ray Identification, Hands-on Engagement, Case Diagnosis, Lab Report Interpretation, Bedside Demonstration, Field Visit, Lab Demonstration	18	2
<p>3.3.6.6. རྩག་བཅད་པ། Special instructions for ceasing suppuration</p> <p>3.3.6.7. ཟུག་པ་དབྱུང་བ། Special instructions for evacuating infiltrated disease from the bone</p> <p>3.3.6.8. ལྷང་ཤོར་གཞུག། Special instructions for management of joint dislocation— direction of dislocation, clinical features, diagnosis and reduction techniques</p> <p>3.3.6.9. རྩག་པ་བཅིང་བ། Special instructions for managing bone fracture— types, clinical features, diagnosis and treatment of fractures</p>				

<p>3.4. གནད་ཀྱི་ལྷག་གཞོན། Explain the clinical management of complications</p> <p>3.4.1. ཤ་གནད་ཀྱི་ལྷག་གཞོན། Clinical management of muscle injury complications such as <i>gzha pa</i>, <i>khros pa</i>, <i>bam pa</i> and <i>rul ba</i>.</p> <p>3.4.2. རྩ་གནད་ཀྱི་ལྷག་གཞོན། Clinical management of blood vessel and peripheral nerve injury complications such as <i>byer ba</i>, <i>khrid pa</i>, <i>rgyas pa</i> and <i>shor ba</i></p> <p>3.4.3. ཚེགས་གནད་ཀྱི་ལྷག་གཞོན། Clinical management of joint injury complications such as <i>bam pa</i> and <i>'khor ba</i></p> <p>3.4.4. རྩ་རྒྱུས་གནད་ཀྱི་ལྷག་གཞོན། Clinical management of ligament-tendon injury complications</p>	L/NL	Lecture, Lecture with Discussion, Lecture with PPT, Problem based learning, demonstration, Clinical, X-ray Identification, Hands-on Engagement	10	1
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ལེན་བཞི་བ། ལྷན་སྐྱོབ་སྐྱོབ་བཅོས།

Chapter 4. Emergency Medicine

6

K: Identify emergency conditions and outline the foundational principles, clinical priorities, and triage strategies used in acute care based on Sowa-Rigpa and contemporary systems.

S: Perform rapid assessments and carry out appropriate emergency interventions such as airway support, bleeding control, fracture reduction, and first aid for poisoning, seizures, and infectious symptoms.

A: Demonstrate clinical alertness and empathy in delivering prompt and holistic care, balancing traditional insights with critical decision-making under pressure.

<p>4.1. ལྷུར་སྐྱོབ་སྐྱེན་བཅོས་འོ་སྐྱོད། Introduction to the Principle of Emergence Medicine: Historical development, the role of Emergency in healthcare system</p> <p>4.2. རྩ་དྲག་ནད་པའི་གཞི་ཚའི་བརྟག་ཡུལ་དང་ལྷུར་སྐྱོབ་བྱེད་ཐབས། ABCDE Approach to Emergency Patient involves assessment and management of airway, breathing, circulation, disability and exposure in accordance with modern and Sowa Rigpa Medicine</p> <p>4.3. རྩེ་བ་མཐའ་ནད་པ་དབྱེ་བསལ་བྱ་ཐབས། Mass Casualty Triage: Handling of mass casualty emergency through SALT triage (Sort-Assess Lifesaving Interventions Triage) with integration of Sowa Rigpa Medical system with modern medicine</p>	NL	Hands-on Engagement, X-ray Identification, Case Diagnosis, Lab Report Interpretation, Bedside Demonstration, Field Visit, Lab Demonstration	X	3
<p>4.4. ཚ་བ་བསད་པ། Controlling pyrexia with application of cold compress, cold bathing and administration of medicine</p>	NL	X-ray Identification, Hands-on Engagement, Case	X	3
<p>4.5. འཇུ་བ་གཙོད་པ། Treatment of diarrhoea with administration of <i>sol ba</i> powder and medicine, dietary modification</p>		Diagnosis, Lab Report Interpretation, Bedside		
<p>4.6. རུས་ཚོགས་ཤོར་བ་ལྷུར་དུ་གཞུག་ཐབས། Management of joint dislocation involve assessment of the direction of dislocation, clinical features, and application of reduction followed by deployment of moxibustion to prevent its relapse</p>		Demonstration, Field Visit, Lab Demonstration		

<p>4.7. རུས་པ་ཚག་གྲུམས་ཤོར་བ་ལ་ལྷུར་དུ་སྐྱེན་བཅོས་བྱ་ཐབས།</p> <p>Managing bone fracture involve assessment of fracture types and signs. After examination, administer medicine to prevent swelling and relieving pain. Then, do alignment and immobilize the reduction by applying <i>deb</i>, <i>chings</i> and <i>sgyogs</i></p>				
<p>4.8. བརྒྱལ་འབོག་ལྷུར་སྐྱོབ།</p> <p>Emergency care for fainting and seizure involves <i>sur bdug</i>, acupressure, moxibustion, bloodletting, and medical massage</p>				
<p>4.9. སློ་བུར་མ་ལ་རྩ་དག་སྐྱེན་བཅོས་བྱེད་ཐབས།</p> <p>First aid for managing wounds</p> <p>4.10.1. Stopping bleeding</p> <p>4.10.2. preventing swelling and inflammation</p>				
<p>4.10. སློ་བུར་གདོན་བཅོས་ཐབས།</p> <p>First Aid for treating <i>gdon</i></p>				
<p>4.11. དུག་ནད་ལ་རྩ་དག་སྐྱེན་བཅོས་བྱ་ཐབས།</p> <p>First Aid Management of Poisoning involves:</p> <p>a) Assessment and management of food poisoning, animal bite and sting, ingestion of poisonous plants</p> <p>b) Assessment and management of <i>sman bzi</i> (the adverse effects of drugs overdosing)</p>				

Table 3B: DISTRIBUTION OF HOURS (PRACTICAL)

S. No	Name of Practical	Term (I/II/III)	Distribution of Hours
1.	མ་སྐྱེད་སྐྱེན་བཅོས་ལག་ལེན་དམར་འབྲིད།	I	2

	<p>a) Controlling bleeding with moxibustion, medicine, bloodletting for rerouting blood</p> <p>b) Preventing and reducing swelling with application of <i>shun, nan, dug</i>s, and administration of medicine</p> <p>c) debridement and dressing</p> <p>d) Prescription of medicine for wound healing</p>		
2.	<p>མིའི་མགོ་དབྱིབས་དང་རང་བཞིན་གྱི་འབྲེལ་བ་བརྟག་ཐབས། Analysis of skull shapes to identify and relate with the body constitution</p> <p>a) Divide students into small groups</p> <p>b) Each student examines skull shapes of one another</p> <p>c) Students record shape features</p> <p>d) Relate it to the recognized constitutional types</p> <p>e) Reflection on the significance of skull shape analysis</p>	1	2
3.	<p>འབྲས་ནད་ལ་མེ་བཙམ་བཙམ་པའི་ལག་ལེན་དམར་འབྲིད། Procedure for performing Moxibustion in a given patient suffering from '<i>bras nad</i>' (cancers) e.g. Stomach: The teacher should demonstrate the stepwise procedure to the students as below:</p> <p>a) Pre-therapeutic procedure: Preparation of the necessary instruments and medicinal materials for performing the procedures, indications and contraindications.</p> <p>b) Actual Procedure: Performing the procedure</p> <p>c) Post-Therapeutic Therapeutic Care: diet and lifestyle care recommendation and necessary follow up</p>	1	3
4.	<p>འབྲས་ནད་ཉིན་མོ་བསྐྱེད་ཅི་དང་འབྲེལ་ཚུན་འགོག་གི་ལས་གཞི་གང་ རུང་ཞིག་སྤེལ་རྒྱ། Commemoration of World Cancer Awareness Day (Feb 4) by conducting an activity aiming to sensitize students an awareness about cancer prevention, early detection, and treatment, encouraging individuals to adopt healthier lifestyles and seek timely medical advice.</p>	I	1
5.	གཞན་འབྲེལ་བརྟག་ཐབས།	I	3

	<p>Physical Examination and surgery of Piles:</p> <p>Teacher should demonstrate the physical examination of Piles as below:</p> <ol style="list-style-type: none"> Selection of appropriate surgical instruments. Maneuverer of instrument insertion Performing physical examination of the rectum to determine the stage of Piles based on whether the condition is external, internal or intermediate After the assessment, teacher will perform or play video clip involving the preoperative procedure, actual operative procedure and post-operative procedure to ensure students familiarizing surgery The activity concludes with reflections on the learning procedural skills, emphasizing a systematic approach to diagnosis and assess complications. 		
6.	<p>མེན་བུའི་གནས་ཀྱི་ངོས་འཛིན་དང་བརྟག་ཐབས་ཀྱི་དམར་ཁྲིད་ལག་ལེན་ རོ་སློབ།</p> <p>Perform the physical Examination of Lymph Nodes of the head and neck, axilla and inguinal region and point out the size, consistency, mobility, number and tenderness of lymph nodes. The teacher will guide students in a hands-on activity where they practice the physical examination on simulated patients or peers or perform a bedside demonstration on a patient, showing the correct techniques for inspecting and palpating the lymph nodes. Students take turns in performing the examination and discussing their findings.</p>	I	2
7.	<p>ཁྲིག་རྒྱུགས་ནད་བརྟག་ཐབས་ཀྱི་དམར་ཁྲིད་ལག་ལེན་ རོ་སློབ།</p> <p>Inguinal hernia physical examination: Teacher will inspect and palpate the groin area while the patient is standing and coughing or straining to accentuate any bulge. Teacher also will use the Valsalva manoeuvre to</p>	I	2

	increase intra-abdominal pressure and make the hernia more visible. Students will do the same under the supervision of teacher		
8.	<p>རྐང་འབམ་ནད་ལ་ལབ་བཅོས་བྱེད་སྐབས་དམར་འབྲིད་ལག་ལེན་ལོ་སློང།</p> <p>Application of <i>lab bcos</i> for treating <i>rkang 'bam</i>: Teacher will perform preparation of <i>la phug</i> formula and apply on affected area, and students will do hands-on preparation of <i>la phug</i> formula with full-fledged knowledge of using it timely and appropriately</p>	I	2
9.	<p>མཚན་བར་རྩོལ་བའི་ནད་ལ་བརྟག་ཚུལ།</p> <p>Examination of a Perineal Fistula.</p> <p>The teacher will demonstrate the activity with a help of a video clip or patient or a simulator model as follows:</p> <p>a) Observe the external opening, surrounding skin, depth of the opening and discharge from the Fistula</p> <p>b) Students from each group allowed to perform the examination procedures and have to share their analyses, interpret the investigations, discuss the possible complications and consider the differential diagnosis</p> <p>c) The activity concludes with reflections on the learning procedural skills, emphasizing a systematic approach to diagnosis and assess complications and treatment plan.</p>	I	2
10.	<p>སྐྱུ་བཟི་བཅོས་ཐབས་ཀྱི་ལག་ལེན་ལོ་སློང།</p> <p>Adverse Drug Effect and its management:</p> <p>Teacher should provide students with detailed case activity that includes,</p> <p>a) Identify the drug causing adverse effect and its characteristic features including taste, post-digestive taste and potency</p> <p>b) Assess the signs and symptoms of the drug effects</p>	II	1

	<p>c) Learn the management methods of the drug effects</p> <p>d) Observe the result</p> <p>The activity concludes with reflections on the learning process</p>		
11.	<p>འགྲམ་ཚེགས་བུད་པ་གཞུག་ཐབས་དམར་ཁྲིད་ལག་ལེན་ངོ་སྟོན།</p> <p>Treatment of jaw dislocation: Teacher will demonstrate causes, clinical features, and perform reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques</p>	II	2
12.	<p>རུས་ཆག་དང་ཚེགས་འཚོར་སོགས་བརྟག་ཆེད་ལྷོག་དཔར་བཞུ་སྐད་འདོད་སྟོན།</p> <p>X-Rays, CT, Scan and MRI reports Interpretation</p> <p>The teacher will conduct a bedside demonstration or present clinical cases with X-Rays, CT, and MRI reports interpreting reports in the context of a patient case. This includes discussing the imaging findings, explaining their clinical relevance, and demonstrating how to integrate this information into patient care. Students will work in groups to analyze and interpret these reports, identify key findings, and correlate them with patient history and symptoms.</p>	II	6
13.	<p>དེབ་རིགས་ཀྱིས་བཅོས་ཚུལ་དམར་འཁྲིད་ལག་ལེན་ངོ་སྟོན།</p> <p>Application of <i>deb</i> for managing wounds: Teacher will demonstrate 6 types of <i>deb</i> and perform hands-on skills of applying <i>deb</i></p>	II	2
14.	<p>ཆེངས་ཀྱིས་བཅེངས་ཚུལ་དམར་འཁྲིད་ལག་ལེན།</p> <p>Application of <i>chings</i> for securing medication in the affected area of the head, thorax and abdomen and extremities. Teacher will demonstrate <i>rgya chings</i> (three types) for head injuries, <i>bse krab chings</i> for the thorax and abdomen, and <i>sdom chings</i> (14 types) for extremities.</p>	II	7

15.	<p>སྒྲོགས་བསྐྱར་ཐབས་ལག་ལེན་དམར་བྲིད། Application of <i>sgyogs</i> (casting splint)</p> <p>Preparatory Procedures: materials, types, affected site, time of application and removal, methods of application, pros and cons.</p> <p>Teacher will demonstrate or perform the application of sgyogs on the patient or simulated models. Students will do hands-on practice of sgyogs application.</p>	II	6
16.	<p>དཔུང་ཚེགས་ཕྱི་ནང་གཉིས་དང་འོག་ཏུ་འཚོར་བ་གཞུག་ཐབས་དམར་བྲིད་ལག་ལེན་དོ་སྟོན། Treatment of shoulder joint dislocation: Teacher will demonstrate causes, clinical features, and perform reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques</p>	II	2
17.	<p>གྲུ་ཚེགས་ནང་དུ་དོན་བ་དང་ཐུར་མགོ་ཕྱིར་འཕགས་བ་གཉིས་གཞུག་ཐབས་དམར་བྲིད་ལག་ལེན་དོ་སྟོན། Treatment of elbow joint dislocation: Teacher will demonstrate causes, clinical features, and perform reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques</p>	II	2
18.	<p>མཁྲིག་ཚེགས་སྤྲིང་འོག་གཉིས་ལ་འཚོར་བ་གཞུག་ཐབས་དམར་བྲིད་ལག་ལེན་དོ་སྟོན། Treatment of wrist joint dislocation: Teacher will demonstrate causes, clinical features, and perform reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques</p>	III	2
19.	<p>དབྱི་ཚེགས་ཕྱི་ནང་འཚོར་བ་གཞུག་ཐབས་དམར་བྲིད་ལག་ལེན་དོ་སྟོན། Treatment of hip joint dislocation: Teacher will demonstrate causes, clinical features, and perform</p>	III	2

	reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques		
20.	<p>ཕུས་ཚྲིག་འོག་ཏུ་འཚོར་བ་དང་ཐུར་མགོ་འཕགས་པ་གཉིས་གཞུག་ཐབས་དམར་བྲིད་ལག་ལེན་ངོ་སྟོན།</p> <p>Treatment of knee joint dislocation: Teacher will demonstrate causes, clinical features, and perform reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques</p>	III	2
21.	<p>འོང་ཚྲིག་གཡམས་གཡོན་འཚོར་བ་གཞུག་ཐབས་དམར་བྲིད་ལག་ལེན་ངོ་སྟོན།</p> <p>Treatment of ankle joint dislocation: Teacher will demonstrate causes, clinical features, and perform reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques</p>	III	2
22.	<p>རྒྱ་ཚྲིག་སྤོང་འོག་འཚོར་བ་གཞུག་ཐབས་དམར་བྲིད་ལག་ལེན་ངོ་སྟོན།</p> <p>Treatment of tarsal dislocation: Teacher will demonstrate causes, clinical features, and perform reduction techniques and reveal the reduced signs of dislocated joints. Students will do hands-on training in reduction techniques</p>	III	1
23.	<p>ABCDE Approach: Breathing Assessment and Immediate Management:</p> <p>23.1 If there are signs of abnormal breathing, give oxygen. Assist ventilation with BVM if breathing NOT adequate.</p> <p>23.2 If the patient is wheezing, give salbutamol. For signs of anaphylaxis: give IM adrenaline. Administer Sowa-Rigpa medicine for smooth flow of rlung and perform moxibustion as well as cupping therapy in</p>	III	5

	<p>accordance with causes and conditions of the breathing difficulties</p> <p>ABCDE Approach: Circulation Assessment and Immediate Management:</p> <p>a) If there are signs of poor perfusion/shock, and no pulse, follow relevant CPR protocols. Give oxygen and IV fluids if available.</p> <p>b) If there are signs of internal or external bleedings, control external bleeding and give IV.</p> <p>c) According to Sowa-Rigpa system, administer <i>khrag gcod gur brgyad</i> and perform moxibustion on the points four fingerbreadth away from the wound and also venesection to reroute the blood flow.</p> <p>ABCDE Approach: Disability Assessment and Immediate Management:</p> <p>a) As for an altered mental status (AMS), if there is no trauma, place in recovery position.</p> <p>b) If there is seizure, Give benzodiazepine. If it is caused by neurological abnormality, according to Sowa-Rigpa medical system, perform acupressure and perform moxibustion the points of mthil bzhi, thirteenth vertebrae, <i>mtshogs ma</i>. If it is caused by <i>rlung</i> disorder, perform massage on the therapeutic points of <i>rlung</i>.</p> <p>ABCDE Approach: Exposure Assessment</p> <p>Remove wet clothing and dry skin thoroughly. Remove jewellery, watches and constrictive clothing Prevent hypothermia and protect modesty. Snake bite</p>		
24.	<p>སྐྱོད་ལྷན་གྱི་རྒྱ་རྒྱུ་སྐྱོད་གསོའི་ཐབས། Cardiopulmonary resuscitation</p> <p>CPR is necessary for sudden unresponsive and pulseless patients. CPR procedure involves compressing the chest to push down hard and fast at a rate of about 100 to 120</p>	III	2

	compressions per minute. After 30 chest compressions tilt the head back slightly to open the airway and lift the chin. Continue alternating 30 chest compressions with 2 rescue breaths until the patient begins to breathe on their own or the emergency provider arrives.		
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Table 4. Assessment Summary

4A. Number of Papers and Marks Distribution

S. No	Subject	Papers	Theory	Practical or Clinical Assessment					Grand Total
				Practical or clinical	Viva	Electives	IA	Total	
1.	<i>sma gso ba</i> (Management of Endogenous and Exogenous Wounds and Emergency Medicine Paper-1 & Paper-2)	2	200	100	20	10 (Set-TA)	20	150	350

4B. Scheme of Assessment (formative and Summative)

S. No.	Professional Course	Formative Assessment			Summative Assessment
		First Term (1-6Months)	Second Term (7-12 Months)	Third Term (13-18 Months)	
1	Third	3PA & First TT	3PA & Second TT	3PA	UE**

PA: Periodic Assessment; TT: Term Test; UE: University Examination.
****University exam should be conducted on entire syllabus.**

4C. Term Wise Contents for Periodic Assessments

Internal Assessment	Paper 1	Paper 2	Assessment Method
PA 1	Topic 1.1 to 1.6	Topic 1.1 to 1.3	Practical survey, class presentation, quiz, theory essay writing, viva, case taking
PA 2	Topic 2.1.1 to 2.2.4	Topic 1.4 to 1.5	Case taking, case writing skill, record keeping, practical exam, critical reading of paper

PA 3	Topic 2.3 to 2.8	Topic 2.1 to 2.5	Case taking, practical exam, case writing skill, clinical video case, critical reading of paper
Term Test 1	Entire Syllabus of Term 1	Entire Syllabus of Term 1	MCQ, SAQ, and LAQ plus Practical, logbook maintenance, case taking
PA 4	Topic 3.1 to 3.2	Topic 3.1 to 3.2.2	Class presentation, making of models and charts, practical exam,
PA 5	Topic 3.3.1 to 3.3.2	Topic 3.3.1 to 3.3.2.9	Making of models and charts, case writing skills, clinical video case, class presentation, logbook maintenance, problem solving,
PA 6	Topic 3.3.3.1	Topic 3.3.3 to 3.3.5	Hands-on skill, case taking, patient management problem, viva,
Term Test 2	Entire Syllabus of Term 2	Entire Syllabus of Term 2	MCQ, SAQ, and LAQ plus Practical, logbook maintenance, case taking
PA 7	Topic 3.3.3.2.1	Topic 3.3.6.1 to 3.3.6.9	Case writing skill, class presentation, interaction,
PA 8	Topic 3.3.3.2.2	Topic 3.4.1 to 3.4.4	Class presentation, case taking, theory essay writing, class presentation
PA 9	Topic 3.4.1 to 3.4.3	Topic 4.1 to 4.12	Role play, hands-on skill, trainer's report, theory exam
University Examination	Topic 1 to 3	Topic 1 to 4	MCQs, SAQs & LAQs, Practical, Viva Voce as per the blueprint

4D. Calculation Method for Internal Assessment Marks (20 Marks)

Term	Periodical Assessment				Term Test	Term Assessment	
	A	B	C	D	E	F	G
	1 (20)	2 (20)	3 (20)	Average (A+B+C/3) (20)	Theory (MCQ + SAQ + LAQ) & Practical (Converted to 20)	Sub Total (40 marks)	Term Assessment (20 marks)
First					D+E	D+E/2	
Second					D+E	D+E/2	
Third					Nil	D	
Final IA	Final Internal Assessment: Average of three Term Assessment marks as shown in 'G' column						

4E. Evaluation Methods for Periodical Assessment

S. No.	Evaluation Method
1.	Practical /Clinical Performance
2.	Viva Voce / Multiple Choice Question (MCQ)/ Modified Essay Question (MEQ)/Structured Questions
3.	Open Book Test (Problem Based)
4.	Summary Writing (Research papers)
5.	Class Presentations
6.	Workbook Maintenance
7.	Problem Based Assignment
8.	Objective Structured Clinical Examination (OSCE), Objective Structured Practical Examination (OSPE), Mini Clinical Evaluation Exercise (Mini-CEX), Direct Observation Procedures (DOP), Case Based Discussion (CBD)
9.	Extra-curricular activities (Social work, Public awareness, Surveillance activities, Sports or other activities which may be decided by the department).
10.	Small Project (Individual or Group)
11.	Oral Test, etc.

4F. Question Paper Pattern

THIRD PROFESSIONAL B.S.R.M.S. EXAMINATION SRUG-MS

Time: 3 Hours Maximum Marks: 100

INSTRUCTIONS: All questions compulsory

		Number of Questions	Marks per question	Total Marks
Q 1	Multiple Choice Questions (MCQ)	20	1	20
Q 2	Short answer questions (SAQ)	8	5	40
Q 3	Long answer questions (LAQ)	4	10	40
Total Marks				100

4G. Distribution of theory Exam and Question Paper-Blue print

Paper 1: rma gso ba

Management of Endogenous and Exogenous Wounds and Emergency Medicine

S. No	Chapters	Marks	Types of Questions		
			MCQ	SAQ	LAQ
			"Yes"-can be asked "No"- should not be asked		

			(1 mark)	(5 marks)	(10 marks)
1	དང་པོ། མ་སྐྱེ་གསོ་བ། Chapter 1. Management of General Wounds and Injuries	25	Yes (5 No.)	Yes. (2 No.)	Yes. (1 No.)
2	གཉིས་པ། ལྷན་སྐྱེས་མ། Chapter 2. Management of Endogenous Wounds and Injuries	26	Yes (6 Nos.)	Yes (2 Nos.)	Yes (1 No)
3	གསུམ་པ། བྱང་འོག་གི་མ། Chapter 3. Management of Exogenous Wounds and Injuries of the Thorax and Abdomen	49	Yes (9 Nos.)	Yes (4 No.)	Yes (2 No.)
Total marks		100	20	40	40

Paper 2: rma gso ba

Management of Endogenous and Exogenous Wounds and Emergency Medicine

S. No	Chapters	Marks	Types of Questions “Yes”-can be asked “No”- should not be asked		
			MCQ (1 mark)	SAQ (5 marks)	LAQ (10 marks)
1	དང་པོ། མགོ་མ་གསོ་བ། Chapter 1. Management of Head Wounds and Injuries	31	Yes (6 No.)	Yes. (1 No.)	Yes. (2 No.)
2	གཉིས་པ། སེ་མ་གསོ་བ། Chapter 2. Management of Neck Wounds and Injuries	13	Yes (3 Nos.)	Yes (2 Nos.)	No
3	གསུམ་པ། ཡན་ལག་གི་མ་གསོ་བ། Chapter 3. Management of Limb wounds and Injuries	56	Yes (11 Nos.)	Yes (5 No.)	Yes (2 No.)
Total marks		100	20	40	40

4H. Practical Exam Blue Print

S NO	Heads		Marks
	S.No.	Practical Name	Marks

1	1	ནད་གཞིའི་བརྟག་བཅོས་ཀྱི་བརྒྱུད་རིམ་རྒྱས་ལོན། Clinical case assessment: A Case featuring either a simulated or a real patient is used to assess a student's ability to gather, interpret patient information accurately and organise the data into a comprehensible case presentation. Examine the process showing how student narrowed down the differential diagnosis, develop a comprehensive management plan. This should cover investigations, treatment options, and any necessary referrals.	20	
	2	ཚིགས་འཚོར་གཞུག་ཐབས་ཀྱི་ལག་ལེན་རྒྱགས་སྦྱོང། Demonstration: Demonstration of reduction techniques of dislocation of any three of following joints: should joint, elbow and writ joint, hip joint, knee joint and ankle joint, jaw	30	
	3	ཚིངས་རྒྱག་ཐབས་ཀྱི་ལག་ལེན་རྒྱགས་སྦྱོང། Demonstration: Demonstration of any one of 22 <i>chings</i>	10	
	4	དཔེ་གཞི་ཁག་དོས་འཛིན་རྒྱགས་སྦྱོང། Spotters: Identification of surgical anatomical parts, surgical instruments, pathological conditions, investigations such as X-Rays etc. related with the subjects	20	
	5	སློབ་སྦྱོང་རྒྱས་གསོ་བྱེད་ཐབས། Hands-on Skills: Scenario-Based Practical Assessment: Assess Criteria for scene safety check, patient responsiveness, call for help, check breathing and pulse, correct procedure for performing adult CPR using a training manikin.	10	
	6	གསོ་དཔྱད་ལག་ལེན་དངོས་ཀྱི་བྱ་རིམ་བརྒྱུད་ཐོ། Practical Log Book Maintenance	10	
Total marks			100	
2		Viva		20
3		Internal Assessment		20
4		Electives (Set -TA)*		10
Total (Practical Marks)				150

REFERENCES:

1. གསོ་རིག་འབྲུག་བཞི། ཕྱོགས་བསྐྱུས་པ། དབྱུང་བྱ་བྱི་ཤེས།(བྱི་ལོ་ལྔ་ཟླ་ ༥༠༠) མི་རིགས་དཔེ་སྟེན་ཁང་། ༢༠༠༥
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(དུས་རབས། ༧) མི་རིགས་དཔེ་སྟེན་ཁང་། ༢༠༠༥
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༣༣ ཚན་བ་ཤེ་ལ་རྟ། (དུས་རབས། ༨) མི་རིགས་དཔེ་སྟེན་ཁང་། ༢༠༠༥
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ཀྱི་སྟོན་ཚེས་ཁང་གི་དཔེ་ཐོག་ཞེས་འབྲུག་དང་བར་སྐྱེན་ལྷེ་ཚན་ནས་བྱི་ལོ་༢༠༡༤ ལོར་བར་དུ་བསྐྱུན། PP. 419-530
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སྟོན་ཚེས་ཁང་ནས་བྱི་ལོ་༡༩༩༩ ལོར་བར་དུ་བསྐྱུན།
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བཟུས། བོད། ༩ མི་རིགས་དཔེ་སྟེན་ཁང་། ༢༠༡༥
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 ཀུང་ལོ་བོད་རིག་པའི་དབེ་སྐྱེན་ཁང་། ༢༠༡༤
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 བཞུགས་སོ།། གསོ་རིག་ཀུན་བཏུས། བོད། ༡༡-༡༣ རྩེམ་པ་ཚོ་དབང་། (དུས་རབས། ༡༥) མི་རིགས་དབེ་སྐྱེན་ཁང་། ༢༠༡༤
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 ཞེས་བྱ་བ་བཞུགས་སོ།། གསོ་རིག་ཀུན་བཏུས། བོད། ༡༣-༡༥ ལཱ་མཁར་སློབ་གྲོས་རྒྱལ་པོ། (སྤྱི་ལོ། ༡༥༠༩) དར་མ་སྐྱེན་རམས་
 པ་སློབ་བཟང་ཚོས་གྲགས། (སྤྱི་ལོ། ༡༤༥༤) རྣམ་སྤྲིང་པའི་ཆེན་དཀོན་མཆོག་ཚོས་གྲགས། (སྤྱི་ལོ། ༡༤༥༤) མི་རིགས་དབེ་སྐྱེན་
 ཁང་། ༢༠༡༤
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 སྐད་ཆ། རྩོ་སྤྲིང་སངས་རྒྱལ་རྒྱ་མཚོ། བོད་གཞུང་སྐབས་ཅིས་ཁང་ནས་ཕྱི་ལོ་༡༩༩༤ ལོར་པར་དུ་བསྐྱེན། pp. 903-1078
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