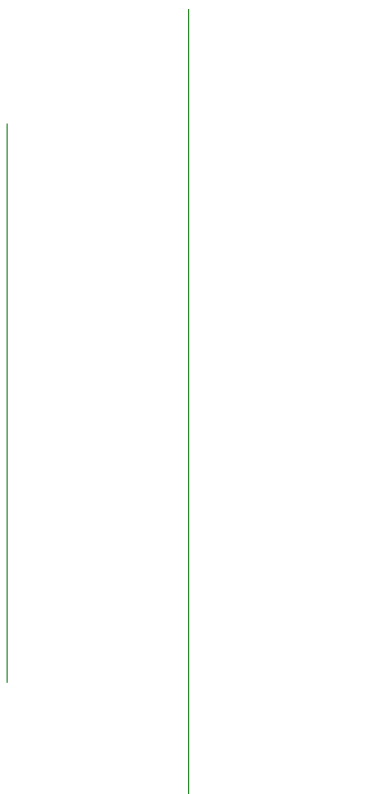


**Syllabus for Licensing Examination of  
PCL Level of Sowa Rigpa Medicine  
2025**



**Nepal Health Professional Council**

Bansbari, Kathmandu

## Table of Content

S.No.	Topic	Marks
1	Sowa Rigpa History, Concept, Buddhism and Ethics	10%
2	Diet, Life style and Treatment Methods	9%
3	Pathology, Diagnostic skills and Method	9%
4	Materia Medica and Compounding of Pacifying Medicine	9%
5	Health Preservation, Rejuvenation and Vilification	6%
6	Mild, Harsh External Therapies and Evacuative Therapies	6%
7	Diseases of the Three Humors and Internal Disorders	5%
8	Heat Disorders and Upper Body Disorders	10%
9	Vital, Hollow Organ, Genital and Gynecological Disorders	13%
10	Self- Manifested Lesions, Pediatrics and Toxicology	7%
11	Psychology, Spirit Provocation, Conclusion, Entrustment and Yuthok Nyingthig	6%
12	Anatomy Physiology and Health System of Nepal	10%
	Total	100%

## Unit - 1

### **Sowa Rigpa History, Concept, Buddhism and Ethics**

#### **Section I: Origin of Sowa Rigpa**

##### 1. Ancient Tibet and Himalaya

Traditional and contemporary, Knowledge acquired from natural spirits and shamanism,  
Knowledge acquired from animal intelligence , Human observation and discoveries

#### **Section II: History of Sowa Rigpa in Tibet and Himalaya**

#### **Section III: Role of Nepali Menpas in the development of Sowa Rigpa**

Dolpo medical tradition, Lo medical tradition ,Newar medical tradition,Nepali shamanic healing

#### **Section IV: Buddhist Medicine (Dharma Medicine)**

##### 1. Sowa Rigpa Medical tradition during Shakyamuni Buddha ,Bodhisattvas, Devas and Rishis

#### **Section V: Definition of Sowa Rigpa**

Five field of knowledge ,Basic Philosophy of Sowa Rigpa ,Branches of Sowa Rigpa,  
Buddha's Concept of Healing , Literature of Sowa Rigpa/Four Tantras

#### **Section VI: Concept of Five Elements and Cosmology**

Definition of five elements ,Evolution of cosmos ,Relation between mind and matter,  
Formation of human body , Basic philosophical principles – karma, interdependence, etc.

#### **Section VII: Root Tantra**

##### 1. The basis of discussion

a. Excellency of Place, Teacher ,Retinue ,Time ,Dharma

##### 2. The basis of health and diseases

##### 3. Diagnosis on the basis of signs and symptoms

##### 4. Therapeutic methods

##### 6. Enumeration using metaphors

#### **Section VIII: Medicine Buddha Practice**

##### 1. Preliminary Practice

##### 2. Actual Practice

#### **Section IX: Life of Buddha and Fundamental Teachings of Buddhism**

##### 1. 12 deeds of the Buddha (based on Northern Buddhism)

##### 2. Buddha's life based on Southern Buddhism

##### 3. Jivaka the Physician of the Buddha

## Unit - 2

### **Diet, Life style and Treatment Methods**

#### **Section I: Dietetics**

##### 1. Introduction of Different Foods

##### 2. Explaining the Importance of Diet as One Among the Four Antidotes in Treatment

##### 3. Grains ,Legumes; Peas and Beans ,Meats ,Fats ,Vegetables ,Cooked Food

##### 4. Beverages : Milk, dairy products, water and *chang* (Tibetan wine)

#### **Section II: Understanding Dietary Items in Contemporary Diets**

##### 1 Modern Diets, Recipes

##### 2 Practical Training –cooking, recipes, recommending diets for constitution and imbalances

#### **Section III: Seasonal Behavioral Regimen**

##### 1. Explanation of seasons according to Sowa Rigpa

##### 2. Standard Measuring of the day, month, season and year

3. Explanation and Nature of the summer and winter solstice
4. Wholesome behavior during early winter season , late winter season ,spring season ,summer season, monsoon season and autumn season

#### **Section IV: Incidental Behavioral Regimen**

Illnesses caused by suppressing of hunger thirst ,vomit ,yawn,sneeze ,breath ,sleep ,sputum, tears ,feces ,flatulence ,urine and sperm

#### **Section V: General Therapeutic Principles**

1. General ,Specific ,Particular

#### **Section VI: The Particular Therapeutic Principles**

1. Method applying trial and error
2. Clear prognosis of disorder being diagnosed
3. Method of pre-approaches before medication
4. Deep analysis on the previous treatment
5. Handling acute and mild cases
6. Single, associated and combined disorders
7. Ten-fold factors that determine severity of disorders

### **Unit - 3**

### **Pathology, Diagnostic skills and Method**

#### **Section I: The Causes of Disorders and Condition of Disorders**

1. Two causes; distant and proximate
2. Distant cause, general cause, specific causes, Proximate cause
3. Condition of Disorders

#### **Section II: The Mode of Entrance of Disorders**

1. Explanation on the way of disease entry
2. Elaboration on the of humors and constitutions
3. In depth explanation through illustrations
4. Introduction of pathways
5. Explanation on the location of Loong , Tripa ,Beken
6. Interdependent nature between the principles energies, bodily constituents and waste products

#### **Section III: The Characteristic Features of Disorders**

1. Defining the features of disorders through imbalances
2. Depiction of the cause of humoral imbalances, constitutional imbalances , waste products imbalances
3. Presentation on the sign and symptoms of excess and deficient states of three Nyepas
4. Presentation on the sign and symptoms of disturbed states of three Nyepas

#### **Section IV: The Classification of Disorders**

Classification of disorders according to cause, gender, age, and the general features

#### **Section V: Pulse Examination**

1. Preliminary instruction , Appropriate time, place and finger pressure for examination
2. Methods of examination ,Three constitutional pulses of healthy persons ,Healthy and unhealthy pulses ,Disorder pulse Prognosis of life through pulse ,Spirit provocation pulse ,La soul-force pulse

#### **Section VI: Urine Analysis**

Preliminaries ,Appropriate time for urine analysis,Urine container,Urine formation ,Healthy and unhealthy urine ,Urine indicating impending death ,Urine indicating evil spirit influences

## Unit - 4

### **Materia Medica and Compounding of Pacifying Medicine**

#### **Section I: Substances which are discovered from treasure**

1. Explanation of Treasure medicines
2. Types of Treasure medicines

#### **Section II: Section on precious Gems medicine**

1. 48 un-meltable precious Gems
2. 21 meltable precious Gems

#### **Section III: Section on earth and stone medicine**

#### **Section IV: Section on extract medicine (resins)**

#### **Section V: Section on tree medicine & common herbal medicine**

#### **Section VI: Section of animal medicine & fruit medicine**

1. Introduction of animal medicine
2. Section on bird & insect medicine
3. Ethics of Sorig medicine on animal products
4. Modern Sorig view on animal substances
5. Replacing animal products by relevant herbs in Pharmaceutical unit
6. Explanation on the efficacy of herbs over animal substances

#### **Section VII: Illustration of all related medicinal substances, tree, plants and herbs**

#### **Section VIII: Decoctions**

1. Description and the benefits of decoctions
2. Depicting the preparation of decoctions that cure cold disorders
3. Methods of compounding decoctions

#### **Section IX: Medicinal Powder**

1. Description and the benefits of Medicinal Powder
2. Compound that cure hot disorders & cold disorders
4. Methods of compounding medicinal powder

#### **Section X: Medicinal Pill**

1. Description and the benefits of Medicinal Pill
2. Pills that cure hot disorders & cold disorders
4. Preparation of 13 miscellaneous pills
5. Methods of preparations

#### **Section XI: Medical Paste**

1. Description and the benefits of Medicinal Paste
2. Compound that cure hot disorders
3. Compound that cure cold disorders
4. Methods of preparations

#### **Section XII: Medicinal Ash**

1. Explanation on Ash Medicines and its general benefits
2. General preparation of ash medicines
3. The Specific preparation

#### **Section XIII: Khenda**

1. Preparation of Bhasam khenda
2. Drakshun khenda ,Nga yi khenda ,Tharnu khenda ,Tripai khenda
3. Methods of preparing the khenda

#### **Section XIV: Knowledge of Medicinal Chang and Precious Medicine**

## Unit - 5

### **Health Preservation, Rejuvenation and Vilification**

#### **Section I: Explanation of the State of Health**

1. Understanding Dharma medicine
2. Understanding somatic medicine

#### **Section II: Maintaining Health Through Rejuvenation (Explanatory Tantra.ch. 23)**

1. Maintaining health
  - a. Avoiding the contributing conditions of all disorders
  - b. Appropriate observance of the three aspects of lifestyles, diet and medicine
2. Prolonging the lifespan

#### **Section III: Anti-Aging and Rejuvenating Studies**

#### **Section IV: Rotsa – Verilification and Aphrodisiacs**

#### **Section V: Restoring fertility in woman**

## Unit - 6

### **Mild, Harsh External Therapies and Evacuative Therapies**

#### **Mild Therapies**

##### **Section I: Introduction to External Therapies**

1. Types of External Therapies in Sowa Rigpa
2. Benefits of different therapies

##### **Section II: KuNye Massage**

1. Indications
2. Contra-indications
3. Techniques of application

##### **Section III: Other Mild Therapie**

1. Me Bum – cupping
2. Do Nye – massage with stones

##### **Section IV: Compresses**

##### **Section V: Medicinal Bath Therapy**

#### ***Harsh External and Evacuative Therapies***

##### **Section VI: Bloodletting**

##### **Section VII: Moxibustion, Thurche - Acupuncture and Surgical Therapy**

#### ***Evacuative Therapies:***

##### **Section VIII: Oleation - Preliminary Practice of five evacuative therapies**

##### **Section IX: Nasal Medication**

##### **Section X: Purgation, Emesis, Channel Cleansing Therapy**

##### **Section XI: Nourishing/Mild Enema, Cleansing/Strong Enema**

## Unit - 7

### **Disease of the Three Humors and Internal Disorders**

#### **Causes, Conditions, Types , Signs and symptoms ,Treatments of Following:-**

##### **Section I: Loong (wind) disorder**

##### **Section II: Tripa (bile) disorder**

##### **Section III: Bekan (phlegm) disorder**

##### **Section IV: Mukpo-Düpa (brown phlegm comination) disorder**

##### **Section V: Mazhupa - Indigestion**

##### **Section VI: Tren -Tumors**

##### **Section VII: Edema**

## Unit - 8

### Heat Disorders and Upper Body Disorders

**Causes, Conditions, Types, Signs and symptoms ,Treatment of following:-**

**Section I: General Heat Disorder**

**Section II: Deceptive state of hot and cold disorder**

**Section III: Borderline of Heat Disorder and Unripened Heat Disorder**

**Section IV: Developed Heat Disorder and Chronic Heat Disorder**

**Section V: Empty Heat Disorder and Hidden Heat Disorder**

**Section VI: Turbid and Dispersed Hot Disorder , Disturbed and contagious Hot Disorder**

**Section VII: Small pox , Dysentery**

**Section VIII: Diphtheria and Inflammation of Muscle Tissue**

**Section IX: Common cold, Nasal Disorders, Mouth Disorders, Goiter**

**Section X: Head Disorders, Eye Disorders, Ear Disorders**

## Unit - 9

### Vital, Hollow Organs, Genital and Gynecological Disorders

**Function, Causes, Types, Signs and symptoms and Treatment**

**Section I: Disorders of Heart , Lungs, Liver, Spleen, Kidneys, Stomach**

**Section II: Disorders of the Small Intestine, Colon, Constipation**

**Section III: Anorexia, Abdominal Cramps, Diarrhea**

**Section IV: Female genital Disorders, Male genital Disorders**

*Gynecological Disorders:*

**Section V: General and Specific Gynecological Disorders**

**Section VI: Post-partum Care**

1. Genital disorders
2. Disease of unable to deliver baby/still, Breech birth
3. Remains of placenta, Prolapsed of uterus, Profuse bleeding, Dhukthap

## Unit - 10

### Self - Manifested Lesions, Pediatrics and Toxicology

**Causes, Types, Signs and symptoms and Treatment**

**Section I: Cancer, Piles , *Maavel*, Surya, Perineal Fistula**

**Section II: Disorders of Lymph Nodes, Swelling of the Testes , Kangbam**

*Pediatric disorders*

**Section III: Neonatal care**

1. First care:
  - a. Auspicious signs of delivering baby
2. Second care:
  - a. Observation of rites for protection the life of baby
  - b. Offering of torma and ransom rites to god and spirits on one-month old
3. Third care:
  - a. Thanks giving service after accomplishing the rites
  - b. Precaution and care gums and teeth

**Section IV: General pediatric disorders**

1. Cause and conditions
2. Types: Congenital and Acquired : 8 gross ,8 subtle , 8 very subtle
3. Method of diagnosing & Treatment

#### **Section V: Pediatric disorder caused by Dhoen**

1. Types ,Signs of possession ,Treatment

*Toxicology:*

#### **Section VI: Compounded Poison**

Types, Modes of spreading ,Method of diagnosing ,Treatment ,Countermeasures suppression

#### **Section VII: Food Poisoning**

Cause ,Signs and symptoms ,Treatment

#### **Section VIII: Natural Poisons**

1. Types of the poisons of non-living things
2. Treatment of poisonous living things

### **Unit - 11**

## **Psychology, Spirit Provocation, Conclusion, Entrustment and Yuthok Nyingthig**

#### **Cause, Conditions, Characteristic, Types, Signs and symptoms and Treatment**

##### **Section I: Elemental spirits, Psychosis, Dementia, Stroke, Leprosy**

##### **Section II: Conclusion of the Four Tantras**

1. Summarization of whole Gyud Zhitext
2. Categorization of course on healthy and unhealthy states
3. Summarization of diagnostic methods and treatment approaches

##### **Section III: Entrustment of the Four Tantras**

1. Dividing all disorders into four:  
Karmic disease, Disease of evil spirits, Immediate disease and Life disease.
2. Five elements being the general components of body, disease and medicines

##### **Section IV: Yuthok Nyingthig Teachings**

1. Empowerment and transmission
2. Teachings on Yuthok Nyingthig Ladrub and other Practices
3. Teachings on subtle body - according to 6 yogas

### **Unit - 12**

## **Anatomy, Physiology and Health System of Nepal**

**Section I :** Knowledge about Anatomy and Psysiology of all body systems.

#### **Section II : Health system of Nepal.**

Nepal Health Services Act, 2053; Nepal Health Service Regulation, 2055; Nepal Health Professional Council Act, 2075; Public Health Service Act, 2075; Public Health Service Regulation, 2077; DDA drugs rules and regulations.