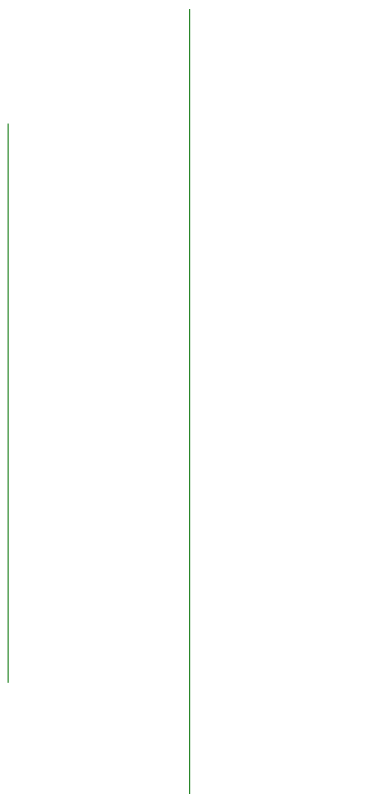


**Syllabus for Licensing Examination of
Bachelor of Sowa Rigpa Medicine and Surgery (BSRMS)
2025**



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	Western 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
2. Sowa Rigpa Medical tradition of Bodhisattvas, Devas and Rishis
3. Jivaka Kumara
4. Acharya Nagarjuna
5. Medical scriptures in the Buddhist Canon – Pali, Sanskrit, Chinese

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

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

Section X: Fundamental Teachings of Buddhism

1. Four Noble Truths
2. Three Universal Characteristics
3. Dependent Origination
4. Four Immeasurable

Section XI: Ethics of Physician

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: Dietary Restriction

1. Detecting poisoned food and its nature
2. Detecting on the behavior of person who poisoned the food
3. Depiction of the nature of incompatible food
4. Explanation on how improper eating habits and timing can cause food reactions

Section III: Dietary Precautions and Limitations

Understanding of food in terms of their qualities

1. Demerits of dietary limitation
2. Perfect division of the portions of the stomach
3. Diet tips

Section IV: Understanding Dietary Items in Contemporary Diets

- 1 Modern Diets
- 2 Recipes
- 3 Practical Training –cooking, recipes, recommending diets for constitution and imbalances

Section V: The Routine Behavioral Regimen

Activities to Prolong Life, Worldly activities , Spiritual practices

Section VI: Seasonal Behavioral Regimen

1. Explanation of seasons according to Sowa Rigpa
2. Standard Measuring of the day, month, season and year
3. Explanation on the summer and winter solstice
4. Nature of summer solstice
5. Nature of winter solstice
6. Wholesome behavior during early winter season , late winter season ,spring season ,summer season, monsoon season and autumn season

Section VII: Incidental Behavioral Regimen

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

Section VIII: General Therapeutic Principles

1. General ,Specific ,Particular

Section IX: 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

Section X: The Particular Therapeutic Principles

1. Method applying trial and error
2. Gradual observation on the effects of particular compound for combined hot and cold disorder
3. Clear statement of the disorder after its identification:
4. Method of pre-approaches before medication

5. Deep analysis on the previous treatment : Treatment was inadequate ,contrary ,Treatment was in excess
6. Handling acute and mild cases
7. Treatment measures of mild disorders
8. Single, associated and combined disorders
9. Associated and combined disorders:
10. Ten-fold factors that determine severity of disorders

Section XI: The Two Therapeutic Methods

1. Common healing
2. Promotion of physical strength
3. Losing the weight
4. Particular healing

Section XII: The Actual Therapeutic Methods

1. *Loong* Therapeutic Methods
2. *Tripa* Therapeutic Methods
3. *Beken* Therapeutic Methods

Unit - 3

Pathology, Diagnostic skills and Method

Section I: The Causes of Disorders

1. Two causes; distant and proximate
2. Distant cause, general cause, specific causes, Proximate cause;

Section II: The Condition of Disorders

1. Definition on the Condition of Disorders
2. Progressive Condition
3. Accumulative Manifesting Condition
4. The Actual Arousal Condition

Section III: 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 IV: 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 V: The Classification of Disorders

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

Section VI: 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 VII: 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

Section VIII: Actual Diagnosis

1. Examination based on causes and conditions, signs and symptoms
2. Examination based on the basis of assessing the benefit and harmful effects of diet and behavior

Section IX: Diagnosis Through Indirect Skillful Means

Understanding characteristics of disorders ,Digging up information ,Taking one's time, Investigating prior treatments ,Voluntary disclosure ,Restricting the patients from speaking Declaration and taking cover in excuses

Section X: Four Diagnostic Criteria of the Patient

Easily cured ,Hard to cure ,Barely curable ,The case to be given up

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

Section VI: Section of common herbal medicine

Section VII: Section of fruit medicine

Section VIII: Section on animal medicine

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

Section IX: Section on medicinal 'horses' (vehicle in which medicines are taken)

Honey ,Molasses and Sugar

Section X: Illustration of all related medicinal substances, tree, plants and herbs

Section XI: Explanation on Two Systematic Practical Therapeutic Methods

Medicines and External therapies

Section XII: Decoctions

1. Description and the benefits of decoctions

2. Depicting the preparation of decoctions that cure cold disorders
3. Methods of compounding decoctions

Section XIII: 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 XIV: 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 XV: 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 XVI: Medicinal Butters

1. Description and the benefits of Medicinal butter
2. Compound that cure hot disorders

Section XVII: Medicinal Ash

1. Explanation on Ash Medicines and its general benefits
2. General preparation of ash medicines
3. The Specific preparation
4. The various miscellaneous preparations
5. Preparation of precious metals
6. Tshel ash preparation
7. Horn ash preparation
8. Various herbs ash preparation
9. Preparation of Chongshi Goetul

Section XVIII: Khenda

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

Section XIX: Medicinal Chang

1. Drang chang (medicinal wine prepared from honey)
2. Kyangpa, khugpa and yongzok
3. Pukhpai drang chang (medicinal wine prepared from all kinds of flowers)
4. Bur chang (medicinal wine prepared from jaggery)
5. Mar chang (medicinal wine prepared from butter)
6. Ru chang (medicinal wine prepared from bones)
7. Ngo yi chang (medicinal wine prepared from herbs)

Section XX: Precious Medicine

1. Depiction of most effective among all pacifying medicines
2. Greatness of precious medicines
3. Compounding of precious medicines; hot and cold
4. Preparation of hot precious medicines
5. Administrating time

6. Preparation of cold precious medicines
7. Nine methods of preparations
8. Two types of compounds
9. 11 Specific compounds
10. Preparation of general remedies
11. Management of post-therapeutic complications

Section XXI: Local Herbal Compounds

1. Herbal compound and its benefits
2. Seven essential limbs of standardization before being employed as medicines
3. Preparation of compounds for hot disorders
4. Preparation of compounds for cold disorders

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
4. Nye Techniques
5. Sha Nye – Massage on the flesh and soft tissue
6. Sang Nye – Massage on points
7. Tsa Nye – Massage on channels
8. Chi Techniques
9. Energetic Massage
10. La Massage
11. KuNye Oils
12. KuNye Points
13. Benefits

Section III: Other Mild Therapie

1. Me Bum – cupping
2. Do Nye – massage with stones
3. Sen Drel – scraping
4. Smoke Therapy
5. Yuk Chö – Stick Therapy

Section IV: Compresses

Section V: Medicinal Bath Therapy

Harsh External and Evacuative Therapies

Section VI: Bloodletting

Section VII: Moxibustion

Section VIII: Thurche - Acupuncture and Surgical Therapy

Evacuative Therapies:

Section IX: Oleation - Preliminary Practice of five evacuative therapies

Section XI: Purgation

Section XII: Emesis

Section XIII: Nasal Medication

Section XIV: Nourishing/Mild Enema

Section XV: Cleansing/Strong Enema

Section XVI: Channel Cleansing Therapy

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: Generalized edema

Section VIII: Localized edema

Section IX: Ascites

Section X: Chronic wasting disorder

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

Section IV: UnripenedHeat Disorder

Section V: Developed Heat Disorder
Section VI: Empty Heat Disorder
Section VII: Hidden Heat Disorder
Section VIII: Chronic Heat Disorder
Section IX: Turbid Hot Disorder
Section X: Dispersed Hot Disorder
Section XI: Disturbed Hot Disorder
Section XII: Contagious Hot Disorder
Section XIII: Small pox
Section XIV: Dysentery
Section XV: Diphtheria and Inflammation of Muscle Tissue
Section XVI: Common cold
Section XVII: Head Disorders
Section XVIII: Eye Disorders
Section XIX: Ear Disorders
Section XX: Nasal Disorders
Section XXI: Mouth Disorders
Section XXII: Goiter

Unit - 9

Vital, Hollow Organs, Genital and Gynecological Disorders

Function, Causes, Types, Signs and symptoms and Treatment

Section I: Disorders of Heart
Section II: Disorders of Lungs
Section III: Disorders of Liver
Section IV: Disorders of Spleen
Section V: Disorders of Kidneys
Section VI: Disorders of Stomach
Section VII: Disorders of the Small Intestine
Section VIII: Disorders of Colon
Section IX: Anorexia
Section X: Abdominal Cramps
Section XI: Diarrhea
Section XII: Constipation
Section XIII: Male genital Disorders
Section XIV: Female genital Disorders

Gynecological Disorders:

Section XV: General Gynecological Disorders (Oral Instruction Tantra Chap. 74)

1. Information on the cause of different gender
2. Types
 - a. Blood Stagnation Disorder – Trak tsap
 - b. Wind Stagnation Disorder – Loongtsap
3. Cause , Signs and symptoms ,Treatment

Section XVI: Specific Gynecological Disorders

Section XVII: Post-partum Care

1. Genital disorders
2. Disease of unable to deliver baby/still

3. Breech birth
4. Remains of placenta
5. Prolapsed of uterus
6. Profuse bleeding
7. Dhukthap

Unit - 10

Self - Manifested Lesions, Pediatrics and Toxicology

Causes, Types, Signs and symptoms and Treatment

Section I: Cancer

Section II: Piles

Section III: Maevel

Section IV: Surya

Section V: Disorders of Lymph Nodes

Section VI: Swelling of the Testes

Section VII: Kangbam

Section VIII: Perineal Fistula

Pediatric disorders

Section IX: 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 X: General pediatric disorders

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

Section XI Pediatric disorder caused by Dhoen

1. Types ,Signs of possession ,Treatment

Toxicology:

Section XII: Compounded Poison

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

Section XIII: Food Poisoning

Cause ,Signs and symptoms ,Treatment

Section XIV: 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

Section II: Psychosis

Section III: Dementia

Section IV: Stroke

Section V: Leprosy

Section VI: 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
4. Alertness on the confusion of similar symptoms
5. Importance of knowing the timing of prescribing and discontinuation of medication
6. Superiority of herbs and fruits for the treatment of humoral problems
7. Superiority of foods, drinks, exercise for the treatment of humoral problems
8. Prediction of pestilential disease in degenerative time and their prevention

Section VII: Entrustment of the Four Tantras

1. Dividing all disorders into four:
 - a. Karmic disease
 - b. Disease of evil spirits
 - c. Immediate disease
 - d. Life disease
2. Five elements being the general components of body, disease and medicines
3. Relation between methods and its outcome
4. Admiration to the MedicineBuddha by all the attendants
5. Greatness of the *Gyud Zhi*
6. Entrustment of Secret Oral Instruction Tantra:
 - a. Characteristics of unsuitable recipient
 - b. Characteristics suitable recipient

Section VIII: 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
 - a. Transformation of body into the Deity
 - a. Transformation of speech into Prana
 - b. Transformation of mind into Bindu

Unit - 12

Western Anatomy, Physiology and Health System of Nepal

Section I : Knowledge about Anatomy and Physiology 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.