

The Journal of Traditional Tibetan Medicine Sowa Rigpa Journal TTM Journal

A Comprehensive Guide to Tibetan Medicine

The Journal of Traditional Tibetan Medicine Sowa Rigpa Journal TTM Journal is a peer-reviewed open access journal that publishes original research articles, review articles, case reports, and letters to the editor on all aspects of traditional Tibetan medicine. The journal is published quarterly and is indexed in PubMed Central, Scopus, and Embase.



TTM Journal #4: The Journal of Traditional Tibetan Medicine (Sowa Rigpa Journal - TTM Journal)

by Stephan Bodian

★★★★★ 5 out of 5

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Tibetan medicine is a traditional system of medicine that has been practiced in Tibet for over 2,500 years. It is based on the belief that the body, mind, and spirit are interconnected and that imbalances in any one of these can lead to illness. Tibetan medicine uses a holistic approach to healing that includes diet, lifestyle, herbal remedies, and massage.

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