

## SSI SCHOOL OF TIBETAN MEDICINE: PRESERVING ANCIENT HEALING KNOWLEDGE FOR THE BENEFIT OF THE MODERN WORLD

*Studying Tibetan Medicine allows you to understand yourself and all the surrounding processes much better, provides the necessary basis for a balanced and long life, gives you the keys to take care of yourself, your family and everyone who needs it and, as a result, fills you with inner joy, strength, and a sense of fulfillment.*

The history of Traditional Tibetan Medicine dates back to the ancient pre-Tibetan kingdom of Shang Shung. The development of this system is associated with various cultural periods of Tibet, the accumulation of extensive practical experience, and the integration of the methods of other ancient medical systems. Despite its long history, this healing science has not lost its relevance in the modern world. On the contrary, it demonstrates the ability to treat many modern illnesses, making it interesting and beneficial to learn.

Some of the most important qualities of traditional Tibetan medicine are its holistic nature, personalized recommendations, and focus on prevention. Along with centuries of experience in its application and the use of many unique



Chögyal Namkhai Norbu with Dr. Trogawa Rinpoche (left) and Dr. Drolma Lobsan (right) at the First International Congress on Tibetan Medicine in Italy in 1983.



Dr. Phuntsog Wangmo

multi-component formulas made from raw materials of plant, mineral, and animal origin, Tibetan medicine and its unique methods attract the attention of doctors, researchers, and patients in many parts of the world. Existing literature indicates an impressive therapeutic potential of Tibetan medicine methods, especially for chronic diseases.

At the Shang Shung Institute School of Tibetan Medicine, our main goal is to transmit authentic knowledge in an understandable language. We are well aware of the importance of the original root text Gyud-Zhi and its main commentaries, and therefore, all teachings are based on these primary sources. At the same time, thanks to Professor Phuntsog Wangmo's extensive experience in training students outside of Tibet, the teaching is car-

ried out with appropriate commentaries and examples to help better understand the essence and its application in daily life.

### **Professor Namkhai Norbu, The Founder of the School**

The founder of the SSI School of Tibetan Medicine, Professor Chögyal Namkhai Norbu, was the first to introduce Tibetan Medicine to the modern European medical community. Professor Namkhai Norbu organized the first international conference on Tibetan medicine in 1983, and regularly invited famous experts and teachers of Tibetan Medicine to Italy to conduct courses and seminars.

Professor Namkhai Norbu paid special attention to the preservation and dissemination of knowledge of Traditional Tibetan Medicine in the West. He repeatedly emphasized that this unique knowledge, preserved for centuries in the remote mountains of Tibet, is valuable for all humanity and should serve and benefit all people.

## Professor Phuntsog Wangmo and the International School

Intending to preserve and develop knowledge of traditional Tibetan Medicine, Professor Namkhai Norbu invited his niece, Professor Phuntsog Wangmo, a well-known doctor and teacher of Tibetan medicine, to be the head of the School.

Professor Phuntsog had received a complete traditional education in Tibetan Medicine in the capital of Tibet (Lhasa). She studied and practiced under the guidance of two famous scientists and doctors, Khenchen Troru Tsenam and Khenchen Gyaltzen. She is a Tibetan Medicine doctor with more than 35 years of practical experience.

The first branch of the School was opened in the USA, the second is located in Russia, and the third, the youngest School, is in Spain, in Tenerife.

Thus, thanks to the special vision and aspiration of the great Teacher Namkhai Norbu Rinpoche, the colossal work, knowledge, and incredible dedication of Professor Phuntsog Wangmo and the sincere efforts of the International Dzogchen Community members and International School Team, we have these three beautiful branches of our precious International School of Tibetan Medicine.

## SSI School of Tibetan Medicine, USA

SSI School of Tibetan Medicine, USA is located in Conway, Massachusetts, at Tsegyalgar East, the seat of the International Dzogchen Community in the US. The School has been operating for over 20 years.

It is the home of the first English-language, four-year training in Tibetan medicine in the West that offers the same curriculum as Traditional Tibetan Medicine schools in Tibet, thanks to the commitment of our Director, Doctor Phuntsog Wangmo.

Since the first group of graduates in 2008, the School has trained several dozen students from all over the world to become Menpas - Tibetan Medicine Doctors. As part of the training, the students visited Tibet and went through an internship at Qinghai Medical University.

Recently, we have divided the four year program into two parts, so after 1.5 years of studies, students can become Tibetan Medicine Diet & Lifestyle Counselors and start applying their healing knowledge. Those who wish to receive the complete Tibetan Medicine training can continue with the second part of the program.

In May, 2025, our first cohort of eleven talented and dedicated students from different parts of the world graduated from the TM Diet and Lifestyle Counsel-



or Program Online. The next cohort will begin in January, 2026. If you would like to join and help people heal through diet and lifestyle, please contact our School.

Along with our longer programs, we offer various shorter courses and workshops online. In our Tibetan Medicine Library (below), you can find free webinars as well as replays of our past workshops on Self-Massage, Men's Health, Women's Health, Gemstones for Healing, and much more.

## Contacts:

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**Join our community of learners:**

<https://community.tibetanmedicine-school.org/>

**Tibetan Medicine Library:** <https://community.tibetanmedicineschool.org/spaces/19355331/page>

**To subscribe to our newsletter, email** [katya@shangshung.org](mailto:katya@shangshung.org)

## School of Tibetan Medicine in Russia

The Russian branch of the School is located at Kunsangar North, in the Moscow region. This branch of the School was founded in 2012, and in 2013, a group of 60 students began full-time education in the main four year program.

Today, the following training programs are relevant in the Russian branch of the School:

### - The main four year training program;

At present, 35 doctors who have completed full training in the four year program have graduated, and now a new group of 45 students is in training. The planned completion of the program is 2028/2029.

The main training program at the SSI School of Tibetan Medicine is a complete equivalent to the Tibetan Medicine training program at Qinghai University (Xining, China), the main partner of the School.

Upon completion of the basic four year education, graduates will go through an internship at Qinghai University.

The internship includes a three month period of practice with doctors in various departments of the "Arura" Tibetan Medicine Clinic, a study of special commentaries to the main text Gyud-Zhi, a trip to the mountains to study and collect medicinal herbs and materials, and



an exam. Upon successful passing of the exam, an official document is issued confirming the compliance with the bachelor's degree in Tibetan Medicine.

### **- The program on external Ku-Nye therapies;**

This is a part-time program consisting of three modules. The total duration of the program is seven to nine months. The program represents a comprehensive study of all external therapies presented in the basic four year program.

### **- Diet in Tibetan Medicine;**

This is a fully online program consisting of three modules. The total duration of the program is seven to nine months.

Also, we regularly organize shorter courses and seminars. Shorter programs and courses are based on the material of the main program in one way or another.

In addition to Phuntsog Wangmo, the teachers of the School are also its graduates, who have completed full training in Tibetan Medicine in Russia and an

internship at Qinghai University, as well as a special program for teachers, and assisted Professor Phuntsog in courses for the required number of hours.

All our teachers also have classical Western medical education.

**Assistant Teachers of Professor Phuntsog in Russia:** Alexander Popov, Artem Verny, Vladimir Bakshi, Irina Pankevich and Medegma Budaeva.

### **Collaborations**

Over the years of its existence, the School in Russia has held many wonderful events and acted as a co-organizer of large-scale events with its friends and colleagues from scientific

and medical institutions, such as the First Moscow State Medical University named after Sechenov, the Center for Medical Anthropology of the Institute of Ethnology and Anthropology (IEA) of the Russian Academy of Sciences and others.

**Special thanks** to Kunsangar North and members of the Dzogchen Community for their kind support of the School and continuous lovely cooperation. Without this, we definitely wouldn't have been able to do anything.

**We plan** to continue all our programs and conduct new regular recruitments, and we will also conduct many new interesting programs together with our precious international team.

Therefore, we invite all interested parties to join us on social networks, follow all the news, and contact us directly with questions.

### **Contacts:**

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**Vk:** [https://vk.com/tibetan\\_med](https://vk.com/tibetan_med)

**Telegram:** [t.me/tibetan\\_medicine](https://t.me/tibetan_medicine)

### **Shang Shung School of Tibetan Medicine Europe**

The year 2025 has been a period of substantial progress for the **Shang Shung School of Tibetan Medicine Europe**, marked by the successful implementation of training programs, meaningful institutional collaborations, and a renewed commitment to expanding the reach and recognition of traditional Tibetan healing sciences. Through its diverse initiatives, the school continues to uphold its mission to preserve, transmit, and apply the profound knowledge of Tibetan medicine in contemporary contexts.

### **Completion of KuNye Massage Training and Therapist Certification**

Among the highlights of this year was the successful completion of a full training cycle in KuNye massage, a real healing art within the Tibetan medical tradition. Twenty-four students completed the rigorous program and have been officially certified as KuNye therapists. This accomplishment not only underscores the school's dedication to high-quality training but also contributes to the growing number of qualified practitioners available to serve the public with authentic and holistic therapeutic care.

### **Expansion of the Diet and Lifestyle Program**

Following the ongoing interest in our diet program, the school has launched a new edition of the training, reflecting the importance of nutrition in Tibetan medical theory. The course offers students a deeper understanding of how diet and lifestyle adjustments can support long-term health and harmony in alignment with individual constitutions and environmental factors.

## New Elder Care Initiative in Collaboration with Partner Schools

Building upon the themes introduced in the *Embracing Death* course, the school has initiated a new and broader program focused on elder care, developed in collaboration with the other two Tibetan medicine schools (USA and Russia). This program reflects a growing need for traditional and integrative approaches to aging and end-of-life care, aiming to equip students and caregivers with practical tools and compassionate perspectives rooted in ethics.

## Ongoing Clinical Services and Medical Consultations

The clinical aspect of the school's mission has also seen meaningful development in 2025. Our **resident doctors, Irina Pankevich and Medegma Budaeva**, have tirelessly worked to provide **consultations and external therapies**, offering a reliable and increasingly well-regarded service to the local and international community. Their dedication ensures continuous access to traditional Tibetan medical care, and feedback from patients has been notably positive.

Additionally, from **February to April**, many individuals had the valuable opportunity to receive **personalized health advice and therapeutic treatments** from **Dr. Phuntsog Wangmo**, who conducted consultations during her **three-month residency at Dzamling Gar**. Her presence enriched the school's outreach and brought significant benefits to those seeking traditional care in a supportive environment.

## Strengthening Ties with Dzamling Gar

The connection between the Tenerife branch of the Shang Shung School and Dzamling Gar has deepened in 2025 through ongoing collaboration. Dr. Phuntsog Wangmo is now actively involved in the annual Mandarava retreat, offering her expertise in Tibetan medicine within this spiritual framework. Additionally, a new edition of the Garlic



and Ghee Chudlen retreat was successfully held in the Gönpa of Dzamling Gar, continuing the tradition of revitalizing and healing recipes grounded in ancient formulas.

## A New Digital Presence: Website and Online Services

This year also saw the launch of a completely new website: [tibetanmedicineschooleu.org](https://tibetanmedicineschooleu.org). Designed to be clear, user-friendly, and informative, the website now serves as a central hub for all school-related resources. It offers a wide range of **evergreen online courses** accessible at any time, and introduces the **possibility to book online consultations** with the school's dedicated team of doctors. This digital platform reflects the school's commitment to making Tibetan medicine more accessible globally.

## Looking Ahead: Advancing Standards and New Educational Offerings

As the school looks toward the future, several initiatives are already underway to further enhance its academic and professional standards. Notably, efforts are being made to secure **formal recognition of the school as an educational center for KuNye massage**. In line with this goal, beginning in 2025, the KuNye training program will adopt a **new structure**, increasing both the **number of in-person training hours and personal**

**practice sessions**. The updated curriculum will meet the requirements for a total of **340 hours**, enabling students to achieve a higher level of certification and professional readiness.

The school also continues its close collaboration with the **Yantra Yoga Department**, and in October 2025, it will launch an **online course on Tsadul**, co-taught by **Dr. Phuntsog Wangmo** and **Fabio Andrico**. This course is designed to complete the **preliminaries of Yantra Yoga**, offering practitioners a comprehensive foundation that integrates movement, breathing, and therapeutic knowledge.

## Contacts:

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## Conclusion

At the Shang Shung Institute School of Tibetan Medicine, we are committed to serving as a vital bridge between traditional knowledge and modern application, ensuring that the profound healing principles of Tibetan medicine remain accessible, respected, and alive.

The Tibetan medical system is truly a unique gem of healing arts. Thanks to the uninterrupted lineage, it has not only reached us without losing its purity and authenticity, but has also been supplemented with numerous extensive commentaries on the main texts and practical manuals, in which one can find descriptions, symptoms, and methods of prevention and treatment for the overwhelming majority of modern diseases.

We invite you to learn more about our International School, and we will do our best to help support you in studying Tibetan medicine!

## FIRST COHORT OF TIBETAN MEDICINE DIET & LIFESTYLE COUNSELORS GRADUATE

After 1.5 years of studies, 11 dedicated and talented students graduated from our TM Diet & Lifestyle Counselor Program, the first part of the complete Tibetan Medicine training.

### March 30, 2025 - Dzamling Gar

They were guided by our dear director, Dr. Phuntsog Wangmo la, and supported by amazing teachers and Menpas, Irina Pankevich and Medegma Budaeva.

#### Over 1.5 years, students learned:

- Tibetan Medicine Root Tantra
- Formation of the Body
- Etiology
- Preventative Medicine
- Basics of Pharmacology
- External Observations and Diagnostics
- Qualities of Foods, Spices, and Drinks
- Tibetan Language, and more

Coming from different places in North and South America, as well as European countries, they formed a special bond through weekly online classes, study group sessions, and exchanging personal experiences in the group chat. It's been precious to witness such deep sense of respect, love, and collaboration.

In May 2025, most of the students were able to travel and meet in person at the Tibetan Medicine Schoolhouse in Massachusetts for their third and final intensive. Students from Europe joined online, with their presence felt deeply in the group. After 10 special days with Dr. Phuntsog and the final exam, on May 19, 2025, students had a graduation ceremony in majestic Khandroling.

Celebrating this auspicious occasion, we would like to express our gratitude to:

-Professor Namkhai Norbu, the founder of the Shang Shung Institute and precious Teacher to many of us, for the ever-present guidance and inspiration.

-Dr. Phuntsog, for her dedicated work

to transmit Tibetan Medicine knowledge in its purity, her compassionate heart, and calm, warm, and healing presence.

-Menpas Irina and Medegma, for supporting the students weekly, checking their homework, providing clarifications, and working tirelessly as always.

-All the dear students who chose to receive precious Tibetan Medicine knowledge at our School and showed profound dedication, respect, and care for the lineage and one another.

May their paths be full of blessings and may they embody and bring the precious healing qualities of Tibetan Medicine into the world for the benefit of all beings!

Our next cohort will begin in January, 2026. If you would like to learn more email [katya@shangshung.org](mailto:katya@shangshung.org)



### Graduates

- Stamatia Rori
- Lee Rome
- Fredrick Arnold
- Joseph Solorio
- Steven Bosiljevac
- Chi Wa Lee
- Andrea Brazausky
- Mickey Campbell
- Doug Hall
- Stephan Mair
- Irina Martynova

Graduates with Dr Phuntsog (center) on Khandroling in Buckland, Massachusetts May 2025. There were 11 graduates in total, so some unable to attend are missing in the photo.