

# TARA ROKPA (Traditional Tibetan Medicine)

## PRIMARY SCHOOL WORKSHEET

### History

1. How did the Tibetan kings help to develop Tara Rokpa?

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2. When did Tibetan medicine start?

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3. Which other traditions influenced the development of Tara Rokpa?

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### Diagnosis

3. When a physician wants to find out what is wrong with a patient, he will do three things. Summarise them:

a. Interrogation (asking questions)

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b. Visual observation

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c. Touch

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**Treatment**

4. Tara Rokpa sees a human being holistically, that is, body, mind and soul. How does this view affect the treatment of disease?

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5. Summarise Tara Rokpa's Methods of treatment under these headings:

a. Diet and Lifestyle: \_\_\_\_\_

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b. Medicine: \_\_\_\_\_

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c. Physical Therapy: \_\_\_\_\_

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