

Tibetan Medicine Conference on Mind-Body Health

The Third Annual Conference of Specialty Committee of Tibetan Medicine of World Federation of Chinese Medicine Societies (WFCMS)

October 6-7, 2017 – Boston, MA

Conference Program Committee:

- [Rinchen Dhondrup](#), DTM, Secretary-General of Tibetan Medicine Committee of WFCMS, Associate Professor of Tibetan Medical College at Qinghai University
- [Tsering Namgyal](#), DTM, Vice Secretary of Tibetan Medicine Committee of WFCMS, Associate professor of Nationalities University of Qinghai Minorities
- [Yangbum Gyal](#), DTM, L.Ac, Cultural Linguistic Services, OHR, University of Wisconsin-Madison
- [Paul J. Mills](#), PhD, Conference Co-Sponsor and Professor of Family Medicine and Public Health at the University of California, San Diego, Director of the UC San Diego Center of Excellence for Research and Training in Integrative Health, Director of Research at the Chopra Center for Wellbeing in Carlsbad, CA
- [Vincanne Adams](#), PhD, Professor and Vice Chair, Department of Anthropology, History and Social Medicine, University of California, San Francisco
- [Sienna Craig](#), PhD, Associate Professor, Department of Anthropology at Dartmouth
- [Can \(Martin\) Zhang](#), MD, PhD, Assistant Professor of Neurology Harvard Medical School, Genetics and Aging Research Unit, Mass General Institute for Neurodegenerative Disease Department of Neurology Massachusetts General Hospital

THURSDAY, OCTOBER 5, 2017

REGISTRATION

Location: Element Café, First Floor

Time: 3:00pm – 6:00pm

FRIDAY, OCTOBER 6, 2017

REGISTRATION

Location: Ground Floor Lobby

Time: 7:30am – 8:30am

Optional Early morning guided meditation

Facilitator: Dr. Surya Pierce, MD, Center for Life, Integrative Medicine, University of New Mexico

Location: Pechet Room, First Floor

Time: 7:30 – 8:00am

WELCOME

Location: Amphitheater, Ground Floor

Time: 8:30-9am (30 minute talk)

- **Jiumei Pengcuo**, TMD, chairperson, Specialty Committee of Tibetan Medicine of WFCMS, president of Qinghai Jiumei Tibetan Medical Group
- *Opening remarks will be followed by a brief ceremony between Dr. Jiumei Pengcuo and Dr. Paul J Mills to mark a research collaboration between Jiumei Tibetan Medical Group and the University of California-San Diego Center of Excellence for Research and Training in Integrative Health.*

KEYNOTES

Location: Amphitheater, Ground Floor

Time: 9-10:45am (30 minute talks, 15 minutes for transitions)

Moderator: Rinchen Dhondup, TMD, Secretary-General of Tibetan Medicine Committee of WFCMS Associate professor of Tibetan Medical College at Qinghai University

- **Rudolph Tanzi**, PhD, Joseph. P. and Rose F. Kennedy Professor of Neurology, Harvard Medical School Vice-Chair, Neurology; Director, Genetics and Aging Research Unit Massachusetts General Hospital
The Potential for Natural Products in Treating Alzheimer's Disease
- **Yumba**, Vice-Director, Men-Tse-Khang, Lhasa
Brief Introduction to a Great Treasury of Tibetan Medical and Astrological Texts
- **Janet Gyatso**, PhD, Associate Dean of Academic Affairs, Hershey Professor of Buddhist Studies, Harvard University, Divinity School
Challenges for the Study of Tibetan Medicine

BREAK 10:45-11:00am

Plenary Session 1A

Tibetan Medicine's Place in Integrative and Whole Systems Medical Practice

Location: Amphitheater, Ground Floor

Moderator: Paul Mills

Time: 11:00 am – 2:30pm (first session 11-12; second session 1:30-2:30; 20 minute talks each)

- **Lobsang Dhondup**, TMD, Tibetan Healing Center
Functional Tibetan medicine for Treating Chronic Illness
- **Cynthia Husted**, PhD. Clinical Consulting in Integrative Functional Medicine
Functional Tibetan Medicine: A synergy for optimizing clinical outcomes
- **Paul J. Mills**, PhD, Director of the University of California, San Diego Center of Excellence for Research and Training in Integrative Health, Professor of Family Medicine and Public Health, Director of Research for The Chopra Foundation

Traditional Whole Medical Systems and Mind-Body-Spirit Wellbeing

LUNCH 12:00 – 1:15 pm

- **Alejandro Chaoul**, PhD, Assistant Professor, Integrative Medicine Program, University of Texas MD Anderson Cancer Center
Tibetan Mind-Body Practices: from the Himalayas to the Clinic
- **Mona Schrempf**, PhD, Independent Scholar affiliated with Humboldt University, Berlin
Tibetan Pills for Modern Ills - Styles of Prescribing Tibetan Medicines in Europe
- **Tatiana Chudakova**, PhD Assistant Professor, Tufts University, Department of Anthropology
Integrative Medicine for Disintegrated Bodies: Sowa Rigpa and the Politics of Therapeutic Multiplicity in Russia

Plenary Session 1B

Tibetan Medicine: New Considerations of Key Concepts

Location: Pechet Room, First Floor

Moderator: Yangbum Gyal

Time: 11:00 am – 2:30pm (first session 11-12; second session 1:30-2:30; 20 minute talks each)

- **Thupten Phuntsok**, DTM, Professor, Department of Tibetology and Medicine, Southwest University of Nationalities
Research on Kongtrul Rinpoche's Tibetan Medicine Theory
- **Eliot Tokar**, Tibetan Medicine Practitioner, Lecturer and Author
Exploring Interconnection: Tibetan medicine, medical pluralism and the mind-body paradigm
- **Vinny Minichiello**, MD, Integrative Medicine, University of Wisconsin
The Whole Health Initiative: Integrating Mindful Awareness, Self-Care, Conventional and Complementary Approaches to Health and Healing

LUNCH 12:00 - 1:15 pm

- **ReZeng Caidan, Ph.D**, Vice Director, Qinghai University Tibetan Medical Modernization Center
Reconsiderations of the Five Elements in Tibetan Medicine
- **Katharina Sabernig**, MD, MA. Research Scholar, Medical University of Vienna; Institute of Social Anthropology, Austrian Academy of Sciences
Neurophysiological Aspects in Tibetan Medicine
- **Surya Pierce**, MD, Center for Life, Integrative Medicine, University of New Mexico
Clinical application of the Tibetan humors (nyepas sum) in a biomedical setting

GROUP PHOTO AND BREAK: 2:30 – 3:00 pm

Plenary Session 2A

Models of / Models for Integrative and Whole Systems Research

Location: Amphitheater, Ground Floor

Moderator: Can (Martin) Zhang

Time: 3:00 pm – 5:30 pm (20 minute talks, 30 minute break between sessions)

- **Thomas Liu**, PhD, Director of the University of California, San Diego Center for Functional MRI and Professor of Radiology and Bioengineering
What can neuroimaging tell us about the mindful brain?
- **Clifford Saron**, PhD, University of California at Davis-Shamata Project, or Modeling Contemplative Psychology
Considering context in the scientific study of psychological and physical health-related effects of intensive contemplative practice in the Buddhist tradition.
- **James Nettles**, PhD. Emory University
The Coevolution of Traditional Medicine and Modern Biomedical Research

BREAK: 4:00 pm – 4:30 pm

- **Can (Martin) Zhang**, MD, PhD, Harvard Medical School Genetics and Aging Research Unit Mass General Institute for Neurodegenerative Disease Department of Neurology Massachusetts General Hospital
Curcumin and analogs for potential use in Alzheimer's disease
- **Rinchen Dhondup**, TMD, Associate Professor, Tibetan Medical College, Qinghai University
Association Between Macro-Manifestation and Micro-Pathological Changes in Patients with CAG in Tibetan medicine: Exploring mechanisms of traditional whole systems medicine with systems biology
- **Chen Chen Wang**, MD, MSc. Professor of Medicine, Tufts University school of Medicine
Complementary Health Approaches for Chronic Musculoskeletal Pain

Plenary Session 2B

Mind-Body, Spirit, and Mental Health

Location: Pechet Room, First Floor

Moderator: Sienna Craig, PhD, Associate Professor of Anthropology, Dartmouth College

Time: 3:00 pm – 5:30 pm (20 minute talks, 30 minute break between sessions)

- **Vincanne Adams**, PhD, Professor of Anthropology and Social Medicine, UCSF
The Tangle of Body, Mind, and Spirit in Tibetan Medicine Research
- **Yangbum Gyal**, DTM, L.Ac, Cultural Linguistic Services, University of Wisconsin-Madison
Health, medicine, and stress management among Tibetan immigrants in North America
- **Lobsang Tenzin Radkho**, DTM, Director, Department of Tibetan Medicine, CIHTS, Sarnath, India
The Importance of bLa in Sowa Rigpa

BREAK: 4:00 pm – 4:30 pm

- **Leslie Blackhall**, PhD, Professor, Virginia University School of Medicine
Two narratives: medical, spiritual and social issues regarding death and dying in Tibetan medicine and the west

- **Dylan Lott**, PhD Center for Healthy Mind at University of Wisconsin-Madison
The effect of long-term meditation training on pre- and postmortem processes among Tibetan Buddhists in India: psychophysiological, interpersonal, and social dimensions
- **Eric Jacobsen**, PhD, Osher Center for Integrative Medicine, Harvard Medical School
Ritual aspects of Tibetan healing: performative efficacy and self-transcendence

ROUNDTABLE: Tibetan Medicine Practitioners in Conversation

Location: Pechet Room, First Floor

Moderators: Yangbum Gyal

Time: 6:00 pm - 7:30 pm

- **Phuntsog Wangmo**, DTM
- **Tashi Rabten**, DTM
- **Dechen Pedron**, DTM, PhD
- **Dawa Dakpa**, DTM
- **Tenzin Dakpa**, DTM
- **Choeying Phuntok**, DTM
- **Konchok Tsetan**, DTM

Dinner is not organized by conference; participants are free to dine where and with whom they wish.

SATURDAY, OCTOBER 7, 2017

Optional Early morning guided meditation

Location: Pechet Room, First Floor

Facilitator: **Alejandro Chaoul**, PhD, Assistant Professor, Integrative Medicine Program, University of Texas MD Anderson Cancer Center

Time: 7:30 – 8:00am

Plenary Session 3A

Biomedical Categories, Tibetan Medical Responses

Location: Amphitheater, Ground Floor

Moderator: Vincanne Adams, PhD, Department of Anthropology, History and Social Medicine, University of California, San Francisco

Time: 8:30am – 12:00 pm (20 minute talks, 15 minutes for transitions in each session)

- **Cynthia M. Beall**, PhD. Professor, Anthropology, Case Western Reserve University
How Understanding Tibetan Adaptations to High Altitudes Contributes to Biomedicine
- **Zhang Yi**, PhD Director of Minority Medical College, Chengdu University of TCM
Research atop the World: history and modern review of Tibetan medicine in prevention and treatment of high altitude polycythemia
- **Mingji Cuomu**, TMD, PhD, Associate Professor, Tibetan Medical University of Lhasa
Assessing agreement of blood pressure-measuring devices in Tibetan areas of China: a systematic review

BREAK: 9:45 am – 10:15 am

- **Kunchok Dorjee**, MD, PhD. Johns Hopkins University
Overcoming the Triple Health Challenge for Tibetan Populations: Tuberculosis, Hepatitis B, and HIV Infection
- **Namgyal Qusar**, TMD. Independent scholar at Tibetan Healing Center, India
Tibetan Medicine Diet vs Western Diet in Treating Coronary Artery Disease and Obesity
- **Carol Worthman**, PhD. Director of Comparative Human Biology Lab and Samuel C. Dobbs Professor of Anthropology
Biomarkers: Logic and Applications to Tibetan Medicine, Part 1
- **Tawni Tidwell**, TMD, PhD Candidate. Anthropology Dept, Emory University
Biomarkers: Logic and Applications to Tibetan Medicine, Part 2

Plenary Session 3B

Pharmacology, Data, Evidence, and Effectiveness

Location: Pechet Room, First Floor

Moderator: Yumba, Vice-Director, Men-Tse-Khang, Lhasa

Time: 8:30am – 12:00 pm (20 minute talks, 15 minutes for transitions in each session)

- **Phurpa Wangchuk**, DTM National Health and Medical Research Council, James Cook University, Australia
Scientific validation and quality assurance of Sowa Rigpa medicine
- **Luo Hui**, PhD, Research Associate at Tibetan Medicine Research Institute of China Tibetology Center in Beijing
Evidence-based Tibetan medicine in China: Status and Prospect
- **Tenzin Choedon**, PhD, Research Associate at International Centre for Genetic Engineering and Biotechnology, New Delhi
Scientific Validation of Traditional Tibetan Medicine

BREAK: 9:45 am – 10:15 am

- **Stephan Kloos**, PhD. Institute for Social Anthropology, Austrian Academy of Sciences: Lead Researcher, RATIMED, a European Research Council Project on Tibetan Medicine
From Local Health Tradition to Transnational Industry: The alienation of Tibetan medicine

- **Choelothar**, DTM, Director, Chuntra Sowa Rigpa Study & Research Center, Mandi, India.
Efficacy and Potency in Tibetan Medical Dietetics and Herbal Formulas
- **Ryan Castle**, PhD, Integrative Studies Historical Archive and Repository (ISHAR), and The Chopra Foundation
Tibetan Medicine: Cross Referencing Traditional Approaches with Online Knowledge Discovery Resources
- **Sienna Craig**, PhD. Department of Anthropology, Dartmouth; and Calum Blaikie, Austrian Academy of Sciences, RATIMED, a European Research Council Project on Tibetan Medicine
From Handmade to Readymade: Past, Present, and Future of Tibetan Medicine Production in Nepal

Lunch: 12:00 pm – 1:30 pm

CLOSING SESSION

Location: Amphitheatre, Ground Floor

Time: 1:30 pm – 3:00 pm

- **Moderator: Rinchen Dhondrup**, DTM, Secretary-General of Tibetan Medicine Committee of WFCMS, Associate Professor of Tibetan Medical College at Qinghai University
 - **Closing Speech: Jiumei Pengcuo**, DTM, chairperson, Specialty Committee of Tibetan Medicine of WFCMS, president of Qinghai Jiumei Tibetan Medical Group.
 - Moderators will report on key insights from their plenary sessions and we will have an open discussion about future research and collaboration.