

Spirit of the HIMALAYAS

Carroll Dunham's
Journey



She arrived in Nepal as a student of anthropology in 1984 where she lived in a Buddhist Nunnery and then for many years in the remote region of Humlaand, where she wrote books, including *Tibet: Reflections from the Wheel of Life* and made films for National Geographic and the BBC. Now a qualified anthropologist, she is also the co-creator of the new CHI spa range launched by Shangri-La, not to mention a Buddhist practitioner, mother of two children and yoga devotee, Carroll Dunham has been studying Ayurveda and Tibetan medicine with the 'masters' now for over 12 years and believes that there is a huge treasure trove of deep wisdom just waiting to be explored.

When asked why she has become a leader in relation to Tibetan and Ayurvedic spa therapies she says, "Serendipity. Grace? Rather circuitously. And no doubt passion was involved. I started as an anthropologist fascinated by sexuality and spirituality and indigenous belief systems. It was through gossiping with Himalayan women in mountain fields for the past 20 years that led to my deep passion for Himalayan herbs and treatments. My husband (photographer Thomas Kelly) and I worked with good friends Anita and Gordon Roddick of *The Body Shop* to create their Ayurvedic range".

Carroll's latest project that is fast gaining momentum within the spa world is a collaboration with the Shangri-La hotel company that has resulted in the innovative CHI spa concept inspired by the Himalayan-Chinese connection. She worked closely with Shangri-La's Ian Brewis whom she says is a "great visionary for being at the forefront of reviving and preserving some of these lost indigenous healing systems"

"As an anthropologist I care deeply about and carry great respect for tradition". She says her

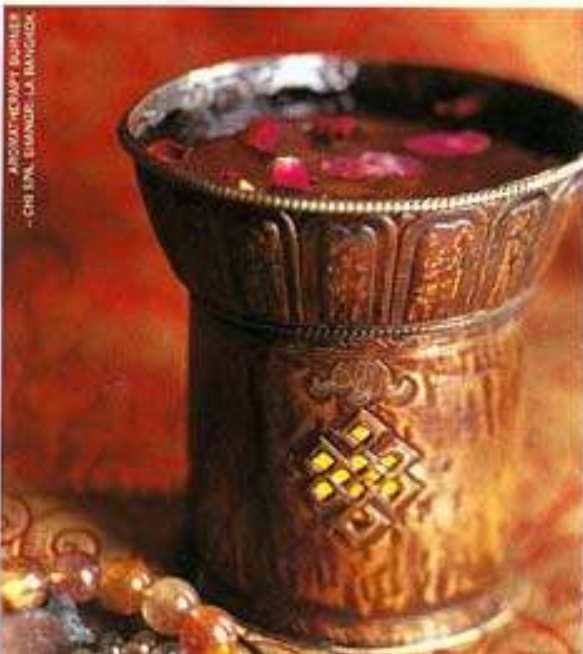
challenge is to create products that could truly honor the tradition and the pharmacopia, while adapting it to the needs and behavioral patterns of modern life.

"Spa-goers, who tend to be cultivated and educated, can learn to become discerning about where the herbs in the products that they put on their bodies come from. I am always astonished to think that people are concerned about organic and what they put in their mouth, but are not as concerned about what they put on their bodies".

She says that next year she is helping to organize a Tibetan Medical Seminar Semester with some of the most learned *amchis* from Ladakh, Bhutan, Nepal, Tibet and Mongolia and hopes to give a six week accredited course in Tibetan therapies.

"We are very excited as we are working to open our Wild Earth Himalayan treatment therapies school. We want to train Himalayan peoples, refining their indigenous healing traditions that are discarded as they migrate out of the country in search of work. We hope to supply the spa industry with well-trained treatment therapists as well as train students who want to come to the Himalayas to study the herbs, the philosophy and treatments.

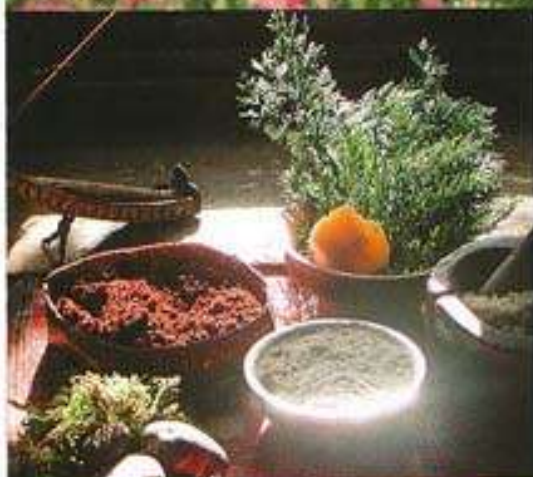
For further information about
Carroll Dunham and her Wild
Earth Range, contact
Wild Earth Pvt. Ltd.
www.wildearthnepal.com



AROMATIC HERB TEA
- CHI SPA, SHANGRI-LA, BANGLOR

FROM THE HIMALAYAN APOTHECARY

Spikenard – Jatamansi (Nepali) <i>Nardostachys grandiflora</i>	This is a precious herb which only grows above 8,000 feet in the Himalayas. Cleopatra used Spikenard as an unguent and fixative in her perfumes and Jesus had his feet anointed with it in the Last Supper – a sign that this precious herb has traversed caravan routes for centuries. Spikenard has the property of uniting skin layers, balancing skin with regeneration of cells. It is soothing for the skin and balances complexion, preserves mature skin and helps retain moisture in skin cells. Spikenard is a relaxant and has been used by yogis for millennia to ground, calm and settle the mind.
Nettle – Sisnu (Nepali) <i>Urtica dioica</i>	A powerfully detoxifying herb. Helps many skin conditions such as childhood eczema, it is astringent and treats itchy skin conditions, and insect bites. A hair tonic, it is used for hair growth, shining and softening the hair.
Rhododendron – Sunpati (Nepali) <i>Rhododendron Anthopogon</i>	This high altitude rhododendron is useful in treating various skin diseases and treating sore muscles.
Artemesia – Titipati (Nepali)	<i>Artemesia indica</i> is an antiseptic. It can be used as a wash for fungal and other skin infections.
Honey	Honey is a humectant so it helps retain moisture in the skin, much the same way as glycerin. Honey is a source of vitamins, minerals and amino acids, and has slight antiseptic properties. The healing properties of honey have been known for centuries.
Sillgit	A mineral tar only found on mountain cliffs in the Himalaya, used by Maharajas as a natural tonic and rejuvenative. Reduces chronic fatigue and improves one's ability to handle stress. Most importantly, it stimulates the immune system.
Yak Milk	Milk is a natural cleanser and excellent for dry skin. Our yak milk is actually dri milk since yaks are male! Dri milk has the highest percentage of fat found among mammalian milk. Good for sensitive skins.



ALL IMAGES ON THIS PAGE BY THOMAS KELLY

AYURVEDIC

Some Common Skin herbs:

Amli (Nepali) Amalaki (Sanskrit) <i>Phyllanthus emblica</i>	One of the most powerful rejuvenots in Ayurvedic medicine. Reduces harm caused by environmental pollutants and helps detoxify the body.
Hibiscus	<i>Hibiscus rosa-sinensis</i> , Japa in Sanskrit. Soothes inflammation, improves skin complexion and promotes hair growth.
Gotu Kola	Incredible brain restorative. The ginkgo biloba of Ayurveda.
Tulsi – Holy Basil <i>Ocimum basilicum</i>	When used in the bath, it makes the skin tingle. Improves skin tone and appearance. Antibacterial and antiseptic properties.

TIBETAN

Rhodiola	Enhances fitness and wellbeing under stressful conditions. An adaptogen, this is the Tibetan equivalent to ginseng.
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MONGOLIAN

Seabuckthorn – Mare's milk	Mare's milk has a high content of unsaturated fatty acids. This is healing for skin disorders. It has protein to protect and soften skin. The albumin and globulone found in mare's milk speed up mineral and oil metabolism. It is extremely moisturising. It is high in vitamins, including B1, B2, and B12 and rich in zinc and magnesium. Mare's milk contains 14 times the naturally occurring vitamin C found in cow's milk.
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PRESERVING TIBETAN MEDICINE

— meeting of the Aamchis in
December 2004
by Chris Walker



SHERBA BARMA, A TIBETAN DOCTOR LIVING IN THE HIMALAYAS

IMAGE COURTESY OF WWWINNERWEALTH.COM

Preserving the tradition of Tibetan healing has become the mantra of a small group of people in the Nepalese Himalayas. An *Aamchis* is a 'traditional healer' in the Tibetan tradition and recently whilst trekking in the Himalayas, I stumbled across an *Aamchis* conference, the first-ever conference held in the mountains themselves. It was a wonderful celebration of the deep authenticity, a spiritual depth, of an ancient tradition so essential to the balance of our new and technologically advancing world.

Around forty *Aamchis*, ranging from qualified university graduates to those who have learnt healing passed on through family heritage, gathered here in the Nepalese Himalayas to share methodologies in order to preserve and honour the deep origins of their science.

I was privileged to have shared time with Sherba Barma, a Tibetan doctor who lives high in the Nepalese Himalayas. Sherba has been asked by three of the world's great Buddhist *rinpoches* to preserve the integrity of the herbs by recreating the herbal nurseries once common in Tibet and other Himalayan regions. He says that many of the *Aamchis* are working hand in hand to plant what they call 'precious pills' in places under the earth to make the earth happier. These pills are to be planted throughout the world to help bring healing where war and violence have left dark scars.

Sherba is the son of a Bhutanese healer trained for seven years under the Dalai Lama and his teachers in Dharamsala, India before settling in Nepal. To do so, he started from scratch, planting, harvesting, educating local farmers and processing hundreds of plants. When describing the essence of Tibetan healing he says that there are three elements that compose the great tradition of Tibetan medicine.

"The integrity of the herb, the integrity of the mind of the patient and the integrity and meditative depth or compassion of the healer. For the patient and doctor to meet, we need good *karma* and if there is good *karma*, the healing is quick," he says.

Sherba is building a school here in Nepal to keep the tradition of Tibetan medicine pure and alive. It's a school not just for Tibetan medicine but also to merge Tibetan and Western medicine.

"It's very important to learn both Tibetan and Western medicine as the two work hand in hand. This is very important because only a traditional way is not perfect and only the western way is not perfect. Together there is great benefit."

Chris Walker is creating a documentary surrounding the preservation of the tradition of Tibetan healing. To know more about this project, please contact the author at cwalker@innerwealth.com

Tenzin Namdul is a 32 year-old research doctor at the Research & Development Department in Dharamsala, India. He was born and raised in India and, through His Holiness the Dalai Lama's blessing and vision, was given the opportunity to study and fulfill his dream and aim of studying Tibetan Medicine. He explains the philosophy, art and science of Tibetan medicine as well as what it is like to be a Tibetan doctor in today's culture.

TIBETAN MEDICINE

Tibetan medicine is a fusion of science, art and philosophy that provides a holistic healthcare. It is considered a science because its principles are enumerated in a systematic and logical framework based on an understanding of the body and its relationship to the environment. It is also an art as it uses diagnostic technique based on the creativity, insight, subtlety and compassion of the medical practitioner. And it is a philosophy as well because it embraces the key Buddhist principles of altruism, *karma* and ethics.

Tibetan medicine does not emphasize only on treating or curing the existing disease but the aspect of precaution so as to prolong the state of healthy mind and body, which are placed in great importance. Tibetan medicine can be very helpful in treating many chronic diseases like diabetes, arthritis, cancer, neuron disorder and asthma, which otherwise does not have any specific treatments but treated more on a symptomatic basis.

The concept of Tibetan medicine is balancing the very factors (five elements – earth, water, fire, air and space) our body is based on. It is explained in *Gyud-shi* (a classical Tibetan medical text) that everything in this universe is based on five elements, all the illness and suffering are caused due to five elements and all the remedies are based on five elements. So in order to be healthy, one needs to work on balancing the five elements all the time.

The origin of Tibetan medicine can be traced to the Bon tradition that existed in Tibet during its pre-Buddhist era. The use of boiled hot water for indigestion, melted butter for cuts/bleeding or use of residual barley of *Chang* (Tibetan beer) are some of the practical experiences that gradually form the basis for the development of art of healing in Tibet. In the 4th century, renowned Indian physicians (Biji Gaji and Bila Gaji) visited Tibet and rendered their services to Tibetan people, simultaneously influencing Tibetan medicine. During the first International medical conference held at Samye in Tibet in the 8th century, physicians and scholars from all the neighbouring countries participated. Yuthok Yonten Gonpo, who represented Tibet, condensed different medical system and wrote *Gyud-shi*, which is the fundamental book of Tibetan medicine.

The simple concept of Tibetan medicine that any imbalance or diseases are caused due to mind and that mind is governed by "ego" manifested by ignorance. One has to understand that ego leads to afflictive emotions of attachment, aggression and obscuration that can disturb the balance/harmony of five elements. These three emotions would not arise without having egoistic feelings. Hence, one needs to reduce the egoistic feeling to be healthy and Tibetan medicine teaches that understanding this concept

"According to the Ancient healers of the Himalayas there are three ingredients to healing. The first is the potency of the medicine, is it blessed, sacred, grown and created with love and healing thought? Is the ground from which the herbs are grown cared for, are the people who crush and dry the herbs happy and loving? The second is the environment – the belief of the patient created by the beauty surrounding the healing, packaging of the medicine and environment – beauty and healing are one and the same. Finally, it is the compassion between healer and patient that endears a trust between them. The compassion goes deeper than commitment – it is the depth of love the healer carries in their heart that makes all the difference in the mind of the patient."

Chris Walker



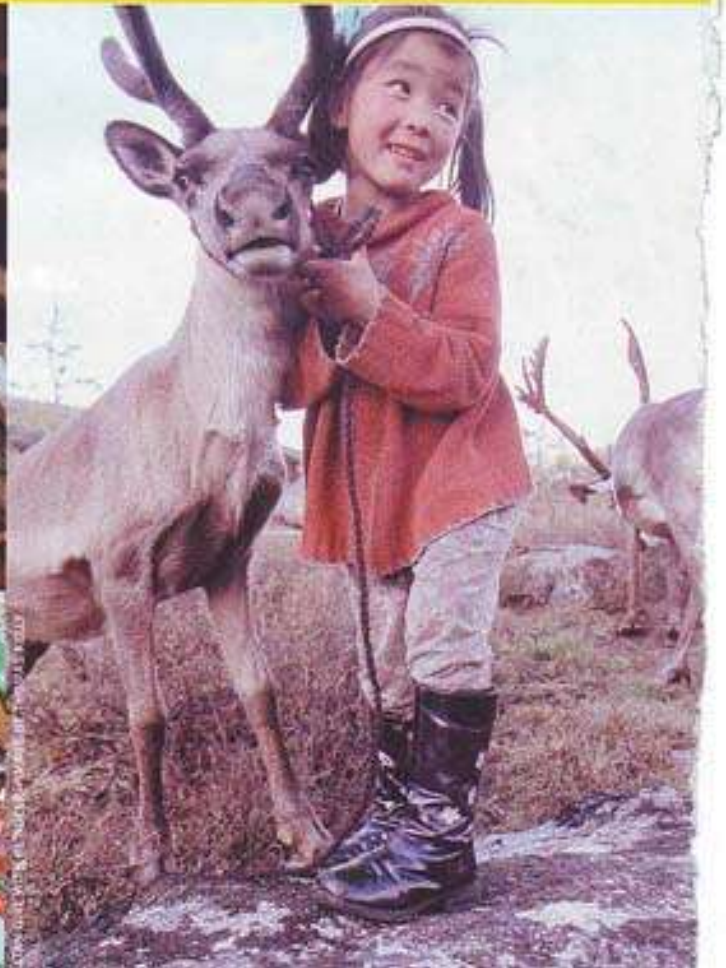
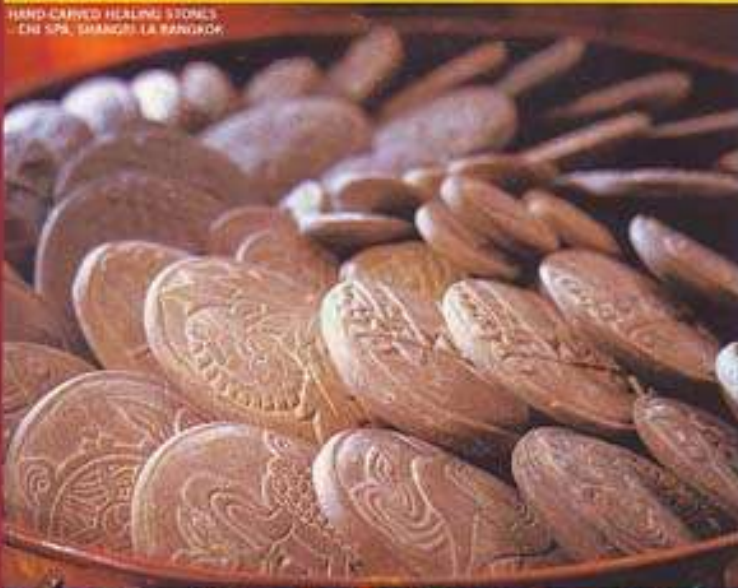
THE HEAVEN LAND OF FERRARO - IMAGED BY THE EARTH



IMAGE COURTESY OF WWW.ISTOCKPHOTO.COM

The essence of the ancient rituals and medicines are based on balance with these ancient philosophies that flow down from the Himalayas so vital in today's culture. Through understanding the healings that were created around the regions of China, Tibet and India, each of us can embrace the beauty of living in harmony with nature, each other and ourselves. As in the words of Anthropologist, Carroll Dunham, "Ways of healing need no passports or borders".

HAND-CARVED HEALING STONES
CHI SPA, SHANGHAI LA BANGKOK



WWW.ISTOCKPHOTO.COM

HIMALAYAN HERBS & TREATMENTS

HIMALAYAN HEALING STONE MASSAGE
- CHI SPA, SHANGRI-LA BANDPOK

IMAGE BY THOMAS KELLY

IMAGE BY THOMAS KELLY

"Ways of healing need no passports and defy national borders," says anthropologist **Carroll Dunham** who has lived in Nepal working with Himalayan herbs for the past 20 years.

"The traditional systems of India, Tibet and Mongolia all share the same basis of categorizing imbalances in the body by the three element system of wind, fire, water-earth in contrast to the Chinese five element system".

She explains that the Ayurvedic texts and ideas flowed up through Kashmir into Tibet along the Silk Route. In Tibetan medicine, known as *Sowa Rigpa*, the fundamental principles of Ayurveda, like Buddhism, were adapted to the surrounding culture and environment.

"Tibetan medicine uses similar and different pharmacopia herbs with heating properties for example that occur in Tibet but are not found in India. *Sowa Rigpa* has heating herbs of the plains to treat cold illnesses, and cool herbs of the high mountains to treat hot illnesses," she reports.

She explains that the *Sowa Rigpa* travelled up into Mongolia at the same time as Buddhism travelled up north and mingled with the extensive pre-existing shamanic knowledge of plants that Mongols have had for centuries.

"Mongolian medicine or *Sowa Rigpa* uses the same texts as in Tibet, but with different plants. Mongolian *Sowa Rigpa* is based on the same principles of healing as found in Tibet, that the mind ultimately heals all illness, that all illness is fundamentally caused by greed, ignorance and desire and that illness is a sign of imbalance of elements: wind, fire, water, earth within the body".

Mongolian *Sowa Rigpa* medicine has more minerals in it than medicines found in Tibet. Mongols have always and continue to use hot stones in healing treatments. These treatments travelled with Mongols who settled in Northern Tibetan region of Hor, not far from Lake Kokonor.

AYURVEDA AT HOME

Indulging your dosha has never been easier. Now, there are many quality Ayurvedic products available on the market to choose from. Here are our favourites.

Text: Diana Khoo-Lyndon

HERBAL DELIGHT

Top Indian spa Ananda in the Himalayas' herbal choorna (sprinkling powder) will help your body rejuvenate itself, not to mention adding another dimension of taste to your food. It's made from coriander, turmeric, ginger, ajwain and cumin. www.anandaspa.com

ALPHA AND OMEGA

Banish dry skin woes with Sundari's Omega 3+ dry skin serum with algae, milk thistle and Indian frankincense, to mimic skin's own lipid content for enriched hydration. www.sundari.com

ROYAL VISAGE

For dry skin or Vata dosha types, smooth on Sundari's essential oil that's especially formulated for you. Made from a yummy blend of rose, orange, sweet almond and sesame oils, this formula is said to be the essence of royal beauty. www.sundari.com

OIL RIGHT

Prescribed as an antidote to stress, exhaustion and overwork, try Kama Ayurveda's Swagandhad. 100% natural massage oil made from whey and herbal extracts. www.kamaayurveda.com

SALT OF THE EARTH

Slough off in style with Tibetan Hot Springs' Nepalese-made herbal salt scrub that is especially formulated to exfoliate, moisturise and de-stress. www.wildearthnepal.com

IN BALANCE

Spikenard has been known to promote inner harmony by dispelling stress and anxiety. Try Tibetan Hot Springs' spikenard massage oil to help your body maintain a healthy harmony. www.wildearthnepal.com

KAMA SUTRA

Part of a pretty gift box set by Kama Ayurveda, indulge your senses with their Lavanya natural plant mask that will nourish, deep cleanse and purify your skin as will their revitalising bar of transparent soap, aptly named 'Heal'. www.kamaayurveda.com

A RIVER RUNS THROUGH IT

Facilitate proper drainage of the lymph system by massaging this potent Flowing River massage oil onto your body's specific energy points. Made from olive and grapeseed oils as well as a host of other ingredients, it is by Jampoche Spa. www.wildearthnepal.com

