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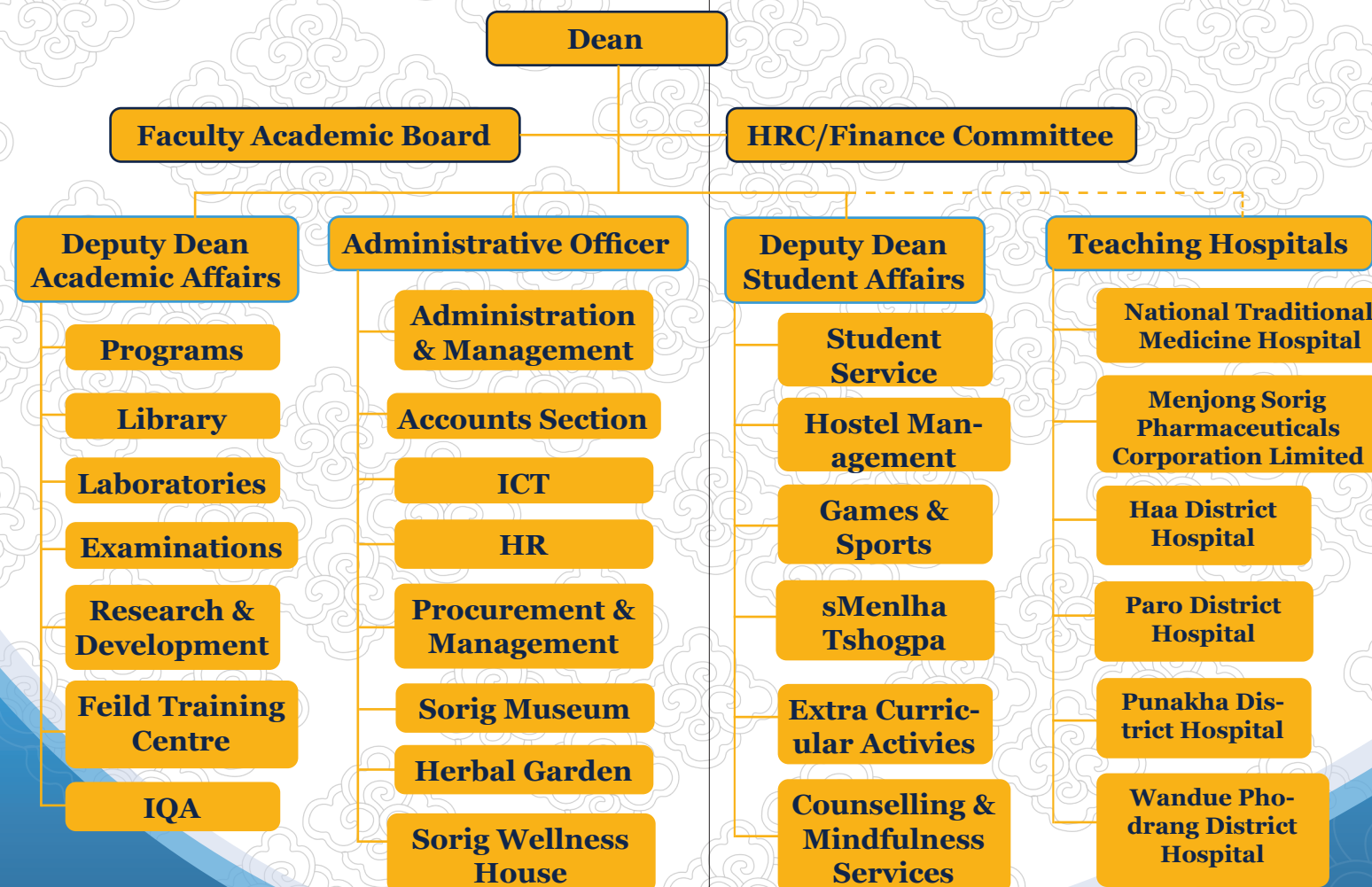
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MANAGEMENT & ADMINISTRATION



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FACULTY OF TRADITIONAL MEDICINE



ANNUAL ACADEMIC & RELIGIOUS EVENTS

- 1. Bi-annual Academic Meeting-** A platform for faculty academic board members, students representatives, and experts to review academic progress, discuss curriculum matters, and share insights on advancing traditional medicine education and practice under the faculty.
- 2. Annual Sorig Research Conference-** An annual forum that brings together researchers, practitioners, and scholars to present and exchange findings in traditional medicine, promoting evidence-based practice and innovation.
- 3. Launch of Bi-annual Bhutan Sorig Journal-** A peer-reviewed academic journal published twice a year, dedicated to documenting research, scholarly articles, and developments in the field of *Sowa Rigpa* (Traditional Medicine) in Bhutan.
- 4. Annual Menlha Drupchen-** A sacred ritual dedicated to Medicine Buddha (*Menlha*), performed annually by the health fertility to invoke blessings for health, healing, and wellbeing of the trainees, traditional medicine practitioners and all the sentient being.
- 5. Annual Kanzur Recitation-** A spiritual event involving the collective recitation of sacred Buddhist scriptures (Kangyur), aimed at fostering peace, harmony, and spiritual well-being within the community.



A Center of Excellence in Traditional
Medicine (Sowa-Rigpa) Education and
Research.

Since 1971

INTRODUCTION TO THE TRADITIONAL MEDICINE SYSTEM

Bhutan’s journey in Traditional Medicine began in 1968 with the first dispensary in Dechencholing. In 1971, it was upgraded to the Indigenous Training Center, offering a three-year *sMenpa* (Diploma) program. In 1978, a course for *Drungtshos* was introduced under the Royal Command of His Majesty Jigme Singye Wangchuck, and in 1992 the center moved to its current location at Kawajangsa which was constructed with financial support from DISVI project. The 1980s saw the establishment of the first Traditional Medicine Unit in Trashigang. In the 1990s, Integrated Traditional Medicine Services and the Pharmaceutical and Research Unit were developed with European Union support. By the 2000s, Traditional Medicine Units had been expanded to all 20 Dzongkhags.

In the 2010s, the Faculty of Traditional Medicine, the Traditional Medicine Division, and the Department of Traditional Medicine Services were restructured while Menjong Sorig Pharmaceuticals was corporatized, marking a new era in Bhutan’s traditional medicine services.

CONCEPT AND PHILOSOPHY OF TRADITIONAL MEDICINE

It is based on the philosophy and principles of Buddhism. The Buddha traced the root cause of all sufferings to the concept of *Ma.rigpa* (ignorance) which obscures our mind from understanding the Law of Causality and Reality of Phenomena. The three mental poisons of attachment (*Dod.chags*), hatred (*Zhe.sdang*) and delusion (*gTi.mug*) give rise to *rlung*, *mkhris.pa* and *bad.kan* disorders respectively.

The body is composed of five cosmo- physical elements known as earth (*Sa*), water (*Chu*), fire (*Me*), air (*rlung*) and sky (*Namkha*). In their state of equilibrium, they maintain the health of an individual. Any imbalance in these five elements will result in suffering (illness). Therefore, health and wellbeing are defined as a state of perfect balance between the five basic elements and three humors.

As per the traditional medicine, a long chain of karmic actions and effects of evil spirits can also cause sufferings to human beings. Such cases can be pacified through traditional rituals and offerings.

In general, treatment and therapy services are aimed at promoting balance of the five elements and neutralizing the three mental poisons that cause illness, through a holistic approach.

FACULTY OF TRADITIONAL MEDICINE



Academic & Administration block

The National Institute of Traditional Medicine (NITM) was one of the functional units under the ITMS, Department of Medical Services, Ministry of Health till it was delinked from ITMS and transferred to the Royal University of Bhutan as one of its constituent colleges in 2008. The NITM was later renamed as Faculty of Traditional Medicine and became one of the constituent faculties under the Khesar Gyalpo University of Medical Sciences of Bhutan in 2014.

OUR VISION

A Center of Excellence in Traditional Medicine (*Sowa-Rigpa*) Education and Research

OUR MISSION

- Provide *Sowa-Rigpa* education and research of international standards with GNH values.
- Offer Continuous Professional Development programs and consultancy services.
- Preserve and promote Bhutan’s rich cultural heritage.

OUR CORE VALUES

- | | |
|---|-------------------------------------|
| • Respect for Culture and Tradition | • Mindfulness and Spiritual Healing |
| • Care for Health and Well-being | • Excellence with GNH Values |
| • Compassion and Equanimity in Service Delivery | • Creativity and Innovation |



OUR KEY ASPIRATIONS

1. Incorporate the values and principles of Gross National Happiness (GNH) as educational foundation for all programmes.
2. Provide quality education and training in *gSo-ba Rig-pa* to both national and international students.
3. Enhance the quality of educational programs through increasing international partnerships and collaborations.
4. Serve as knowledge hub in traditional medicine by working closely with community and industry.
5. Contribute to opening up new paths to better future through research and inquiry.
6. Provide continuing medical education for enhancing knowledge and skills of the practitioners.
7. Diversify *gSo-ba Rig-pa* education programme based on current health needs of the country.
8. Preserve and promote the rich cultural heritage of the country.

TRAINING PROGRAMMES

The Faculty currently offers a comprehensive range of programs in Traditional Medicine. These include a three-year MD program in Traditional Medicine with specializations in Jongjed Laynga and Tsubched, a three-year MD program in Acupuncture and Moxibustion, and a two-year Master of Science in Traditional Medicine. It also offers a five-year Bachelor of Traditional Medicine (*Drungtsho*) program, a three-year Diploma in *Sowa Rigpa*, and a three-year Diploma in Sorig Pharmacy. For shorter-term learning, the Faculty provides a three-month Sorig Spa and Wellness course, along with other short-term programs in Bhutanese Traditional Medicine for holistic wellness, ranging from one to three months, specifically designed for international students.

SERVICES/FACILITIES AVAILABLE AT FoTM

1. **Sorig Wellness House** to experience traditional healing therapies such as herbal bath, hot stone baths and sorig massage services for complete well-being.
2. **Sorig Museum** to discover the rich history, artifacts, and medicinal heritage of Bhutan’s traditional healing system. It also houses the sacred structure of the magnificent Tanadug Phodrang, the Celestial City of Medicine, which is the first of its kind in Bhutan and probably very rare around the globe.
3. **Field Training Center** for hands-on learning space for students to explore and identify low altitude medicinal plants at Langthel Trongsa.
4. **Hostel block** to provide students with a safe and supportive living environment.
5. **Library service** with adequate books, journals, and digital collections to support study and research.
6. **ICT Lab** equipped with modern computers and internet facilities for digital learning and research access.
7. **Cafeteria** for serving healthy and tasty meals in a friendly and relaxing environment.
8. **Conference Hall** for conduct of seminars, workshops, and academic events with modern facilities.
9. **Sorig Gallery** for showcasing traditional treatment methods for academic reference and tourist attraction.
10. **Massage & Demonstration Room** for practical learning and demonstration of traditional massage and therapies.
11. **Recreational Facilities** to promote health, relaxation, and balanced student life.

KEY DOCUMENTS

1. **University Act**- The legal framework that guides the functioning, governance, and academic standards of the University and its faculties.
2. **Condition of Service 2025**- Outlines policies, rules, and benefits governing the employment and service conditions of faculty and staff.
3. **Strategic Plan of the Faculty**- A roadmap defining the vision, goals, and priorities of FoTM for academic excellence and future growth.
4. **Research Guideline**- Provides procedures, standards, and ethical practices for conducting and publishing research in traditional medicine.
5. **Curriculum**- The structured academic program detailing courses, modules, and training offered at FoTM.
6. **Academic Diary**- An annual academic schedule highlighting teaching plans, events, examinations, and important academic milestones.
7. **Alumni Charter**- A framework to strengthen connections with former students, fostering collaboration, networking, and support for the Faculty.