



## The Quintessence Tantras of Tibetan Medicine

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*The Quintessence Tantras of Tibetan Medicine* is a thorough, detailed, and systematic analysis of the characteristics of healthy and diseased bodies. Discussed are the diagnostic techniques of pulse and urine analysis, principles of right diet, right lifestyle, and behavioral factors—and a treasury of knowledge about the beneficial applications of herbs, plants, spices, minerals, gems, etc. Also included are the subtle and psychological techniques of therapeutics, and the ethics and conduct required of a Tibetan physician—a warrior-like person equipped to overcome even the most formidable internal and external obstacles.

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