



PROJECT NO: M-01

PILOT STUDY ON TRADITIONAL TIBETAN MEDICINE IN TREATMENT OF GASTRITIS AND PEPTIC ULCER

EXECUTIVE SUMMARY:

Men-Tsee-Khang (Tibetan Medical and Astro.Institute of His Holiness the 14th Dalai Lama) is a cultural, educational and charitable institute registered under the societies registration Act of XXI of 1860. In 1916 His Holiness the 13th Dalai Lama established Lhasa Men-Tsee-Khang and later His Holiness the fourteenth Dalai Lama re-established Men-Tsee-Khang in India on the 23rd of March 1961 to preserve and promote the ancient tradition of the Tibetan system of Medicine and Astrology. Having its head office based in Dharamsala, the institute operates through several departments carrying out activities in the field of Research Works, Training, and Health Care. The Sowa Rigpa or (the holistic healing system) has been recognized by the government of India as one of the traditional systems of medicine since September, 2010. The Institute has been providing free medicines to all the staff members of the Central Tibetan Administration (CTA), Tibetans newly arrived from Tibet and AIDS patients. Concessional rate medicines are also provided to all the students, nuns, monks and patients suffering from cancer, Tuberculosis (TB) and Hepatitis B & C in our exile community. Despite the high cost in producing Tibetan medicines, the price is kept low to ensure accessibility for anyone who is in need. Men-Tsee-khang also engages in holding medical camps in the nearby cities and towns around their respective clinics in India. So far we had provided a sum of Rs 25,073,269.81 on charity in 2011-2012 alone. The income derived from branch clinics barely sustains running expenses, so Men-Tsee-Khang's branches rely heavily on the generosity of individuals and organizations, which enables us to continue our projects, charitable activities and research being carried out. In last (53) years, Men-Tsee-Khang has served and contributed tremendously in the general health care of people in this world irrespective of color, caste and creed through our branch clinics all over India.

The Research & Development department carries out research by incorporating modern scientific methods on to study various diseases which are widely prevalent and have had less treatment success from allopathic medicine. The department has carried out much clinical researches on different diseases in collaboration with other reputed institutes like the All

India Institute of Medical Science (AIIMS), Natural Medicine Research Unit, Israel, etc. Most of the results of the research carried out were very satisfying. The Research Department has taken a keen interest in evaluating the efficacy of Tibetan Medicine in the treatment of Gastritis and Peptic ulcers. Gastritis and Peptic ulcers are common disorders these days. The incidence rate of gastritis and peptic ulcer problems have been rising rapidly in communities along with development of modernization. Like any other medical settings, Men-Tsee-Khang branch clinics all over India have also reported a high prevalence of gastritis and peptic ulcer patients each year irrespective of nationality. The underlining causes of the ailments primarily rely on improper diet and behaviors. Traditional Tibetan Medicine has been effectively used in the treatment of gastritis & peptic ulcers over the last decades, unfortunately there has not been any recorded clinical documentation till now. Therefore, the Clinical Research Department of Men-Tsee-Khang has initiated a pilot study on evaluation of the effectiveness of Tibetan medicine in the treatment of gastritis and peptic ulcers. Presently, the pilot study is ongoing in Gankyi Branch clinic, Dharamsala and Chauntra Branch clinic, Chauntra Tibetan settlement, Distt Mandi, HP.

AIMS & OBJECTIVES:

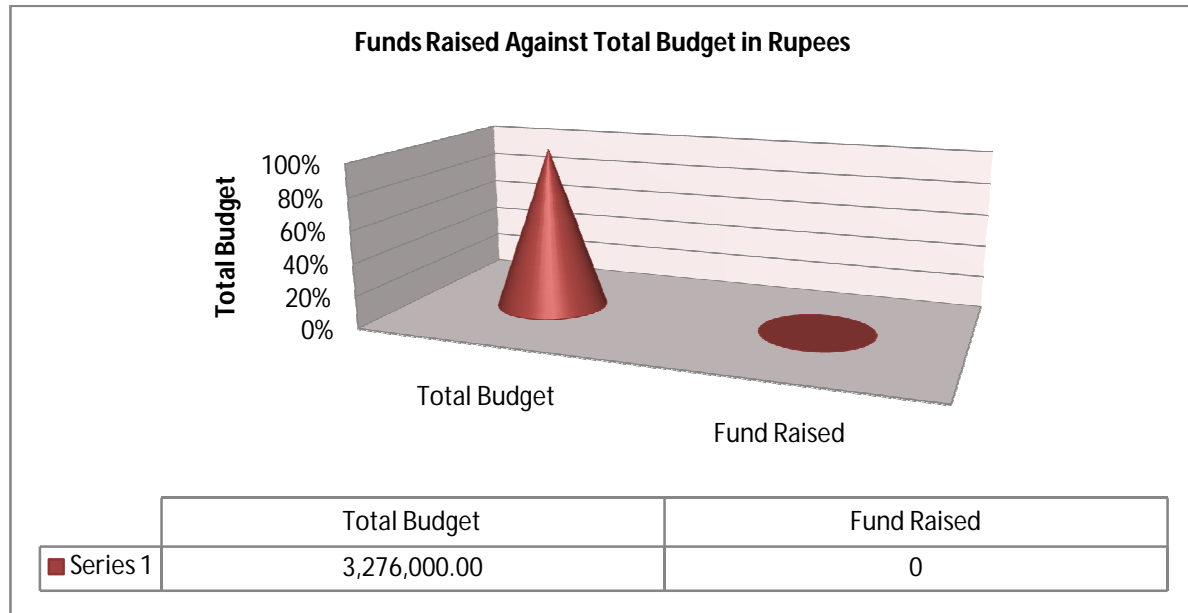
1. To evaluate the effectiveness and safety of Traditional Tibetan medicine in decreasing the inflammation of Gastritis and healing of Peptic ulcers.
2. Decrease of inflammation of Peptic Ulcers.
3. Disappearance of symptoms related to Gastritis and Peptic Ulcers.
4. Duration required for treatment.
5. To produce the data on safety, standardization and quality control of Tibetan medicine.

SIZE OF PROJECT: 50 patients Each (Age Group 15-65)

BUDGET FOR THE PROJECT:

1	Salaries (Research co-ordinators for four years	2,053,678.00
2	Laboratory test for the patient 1600*150@3times	180,000.00
3	Medicines for patients 150*10@ 6 months	180,000.00
4	Multimedia/publication	250,000.00
5	Review Checkup	100,000.00
6	Screening test expenses of Gastritis and Peptic Ulcer	200,000.00
7	others	156,338.00
8	Contingency @ 5 %	155,984.00
9	Total Budget in INR	3,276,000.00
10	Total Budget in USD	64,235.00
11	Total Budget in EURO	48,895.00

Exchange rate as on 1st October 2012



CONTACTS:

Director
Men-Tsee-Khang,
Gangchen Kyishong
Dharamsala, Distt Kangra
Pin-176215 H.P, India
E-mail: director@men-tsee-khang.org

Kalsang Dawa
Development Manager
Men-Tsee-Khang,
Gangchen Kyishong
Dharamsala, Distt Kangra
Pin-176215 H.P, India
E-mail: developmentmanager@men-tsee-khang.org