

Medical care in the remote regions of East Tibet

The Nangchen Par-Ka area is situated in the southeastern part of Kham, East Tibet. On this part of the Tibetan plateau altitudes range between 15,000–16,500ft, with its eco-systems still pure and unspoiled.

The population is roughly 50,000, consisting of nomads, farmers and small traders. Due to the remoteness of its location, the absence of modern transportation and natural resources in the region, the people have insufficient income. They lack the basic necessities of life, such as permanent housing, adequate health care and basic education. The nearest town is Nangchen, which is a one-day jeep drive on rugged roads away. In case of a medical emergency most of the patients do not survive the journey to the hospital.

Basically, there are five main causes for the nomad population to be urged to see a hospital:

- Problems in childbirth during the delivery that require e.g. a caesarean
- Tuberculosis
- acute appendicitis
- Teething problems
- major injuries due to accidents



Fig.1 Map overview China and mainland Tibet

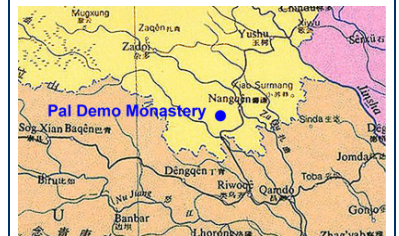


Fig.2 The Nangchen Area & Pal Demo Monastery



Fig.3 The Pal Demo Tashi Choling Monastery

The Pal Demo Hospital Project

In 2005 Paltul Rinpoche initiated the construction of a Tibetan Hospital. This hospital will also have a Medical Institute and Astrology Department named Karma Woesel Doe-joe Ling, where resident students will be taught a course of four years and practice in the hospital. The project is aimed to provide basic health care as well as emergency care, surgeries, and education to people of the region. It is ought to be free of charge for the local population.

It is Rinpoche's heart's desire is that one day modern academic medicine will be available, such as x-rays and sonogram devices, laboratories, and an intensive care unit. He hopes that in future Western medical doctors will visit and work at Pal Demo hospital for a period of time. Thus, exchanging the know-

ledge of both systems, Tibetan Medicine and Western medicine, could make a productive union at Pal Demo. Three medical doctors from Germany as well as four doctors from Taiwan have already agreed to participate, so scientific reliability can be ensured, too.

The costs for the construction, interior, and equipment of the hospital are estimated a total of US \$ 760,000. The whole project will solely depend on donations.

So far, the first construction phase, which is the exterior building, will be finished in July 2008. We hope to be able to add doors and windows before the onset of winter, provided that an urgently needed balance of US \$50,000 would be available by then.

Depending completely on the funds available, the following phases are planned:

Phase 2: Setting up Interiors and facilities for the hospital's 30 rooms by the end of 2009.

Phase 3: Upgrading the existing solar power system to enhance energy supply for warm water and electric equipment in 2010.

Phase 4: Buying modern medical devices such as sonograms and even a fluoroscope if possible, starting in 2011.

H.E. Paltul Rinpoche



H.E. Paltul Rinpoche, Tibetan medical doctor and Buddhist teacher of the Barom Kagyu Lineage of Tibetan Buddhism. He is also the re-incarnated head of the Pal Demo Tashi Choeling Monastery.

Rinpoche was born in 1965 to a nomad family in the Nangchen area. At young age, he already showed an extraordinary interest in the science of medicine. After being ordained as a monk, he had the auspicious opportunity to pass a 5-year apprenticeship with Ven. Yonten Phuntsok, a famous Tibetan doctor, who had an unbroken lineage in the Tibetan Medicine and Healing tradition. Shortly after his graduation, he was recognized as the 5th incarnation of Pora Tulku Rinpoche, founder and abbot of the Pal Demo Monastery.

Paltul Rinpoche received all four tantras of Tibetan medicine, various empowerments, oral transmissions and all other secret instructions, and served as Ven. Yonten Phuntsok's personal assistant for some years to fulfill his own calling. Furthermore, he also received initiations, teachings and instructions from many high Tibetan masters such as H.H. the 17th Karmapa, H.H. Sakya Trizin, H.H. Tai Situ Rinpoche, H.E. Thrangu Rinpoche, Jamyang Kongtrul Rinpoche, Bukar Rinpoche, Khenpo Tsultrim Gyatso Rinpoche.

Now living in New York City, he has devoted all his efforts to build a hospital next to his monastery, in order to serve the local people of his home region living in poverty and under social deprivation.

Please support the building of a hospital in the remote Nangchen Par-Ka area, East Tibet



- This is a private initiative, it is not sponsored by a major organization
- Your donation will be tax-deductible *
- We will inform you about the latest developments on Rinpoche's website
- We guarantee that all funds will reach its destination by nearly 100%

Please donate via bank transfer:

Karma Woesel Doe-joe Ling
Citibank New York
a/c 9967521392
Keyword: hospital

or personally deliver your donation in cash or in cheque to Ven. Paltul Rinpoche. His blessings and gratefulness are guaranteed.

Karma Woesel Doe-joe Ling

* Founded in 2006, Karma Woesel Doe-joe Ling is a registered nonprofit 501(c)3 religious organisation incorporated in the New York State. All contributions are tax-deductible to the extent provided by law.



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A Hospital for Nangchen Par-Ka



Initiated by H.E. Paltul Rinpoche & Karma Woesel Doe-joe Ling