Himalayan Amchi Association Nepal

Mission Statement

Amchi Medicine: Past and Present

In general, amchi medical practice is also identified by the name sowa rigpa, which means science of healing in Tibetan tradition as well as in the Ayurvedic and Central Asian languages and dialects. The word amchi means “doctor.” This system of medicine is a spiritual science, a holistic system of medicine that takes into account both the physical and mental aspects of a person and their relationship to the environment. The earliest historical references to the use of amchi medicine are found in the works of the Indian scholar Asvaghosa, who wrote about the medical practices of the ancient Indian healers.

The HAA Needs Your Help: An Appeal for Support

The HAA and its international partners hope to continue the above actions through specific projects such as curriculum development workshops, teacher training, study tours, medicinal plant cultivation trials, etc. However, in order to realize these goals and safeguard the future of amchi medicine, the HAA wishes support from individuals and organizations. Funds are needed to:

1. Fund curriculum development, textbook production and professional development (especially of art and/or research manuscripts), advanced study scholarships, and to support visiting and foreign institutions of sowa rigpa in Nepal.
2. Fund health care delivery and public health initiatives, such as small grants for new material and buildings for the establishment of maternal and child health care programs in rural areas.
3. Provide HAA office and clinic with institutional development and support, including staff and management development.
4. Continue international networking, knowledge sharing and specific workshops on topics such as diagnosis, medicine production, medicinal plant cultivation, etc.
5. Produce publications in relevant languages for distribution (initially in Nepal and regionally).

Traditional Medicine in the Modern World: Challenges and Statement of Need

Amchi have been providing medical care since ancient times, using traditional knowledge and skills passed down from generation to generation. However, the current global health crisis has highlighted the importance of traditional medicine and the need to integrate it into modern healthcare systems.

Contact Us:

email: hiam98@yahoo.com

Budget (US$)

<table>
<thead>
<tr>
<th>Item</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adjusted budget from GEF-SGP</td>
<td>$0.00</td>
</tr>
<tr>
<td>Implementing NGO's own source</td>
<td>$0.00</td>
</tr>
<tr>
<td>Co-financing agency</td>
<td>$0.00</td>
</tr>
<tr>
<td>Donor of any</td>
<td>$0.00</td>
</tr>
<tr>
<td>Total</td>
<td>$17,185</td>
</tr>
</tbody>
</table>

estimated budget to run the project (in US$)

1. Generation of qualitative and quantitative data on key medicinal plants, including information on current distribution and harvesting techniques, common pharmacological and clinical applications, and potential value-added uses; useful outputs of this research will include indigenous and ethnomedicinal evaluation of the differences in species planted in diverse altitude and climate gradients in the western and central Nepal Himalaya.
2. Design and test implementation of randomized evaluation methods for medicinal plant quality and efficacy based both on indigenous knowledge and biotechnological research and conventional Western methods, and assess points of potential conflict amichs classification systems and quality control models (citrus the HAA’s withdrawal of support for the development of the MPA’s Traditional Medicines according to NIH-National Good Practices (GTP) and Good Manufacturing Processes (GMP) guidelines, and relevant national standards for commercial use.
3. Generation of best-practice guidelines on sustainable harvesting policies for high-altitude cultivation development and implementation by amchi across Nepal, in consultation with technical experts and local CBOs.
4. Multi-lingual dissemination of these best practice guidelines in the Himalayan region (where the amchi profession is practiced).
5. Training of public health officials, community programmes and evaluators of internal training for further curriculum development and outreach programme implementation.
6. Improved quality and availability of which medicines are the best for local use, provision of amchi medicine to citizens in Mustang District;
7. Qualitative and quantitative data on unprocessed medicinal plants and compound medicines used, disease prevalence, and outlying health problems among villagers in participating VDCs.
8. Initial proposals / trials for the creation of local micro-enterprises among villagers in participating VDCs; development and outreach programme implementation;
9. Multi-lingual dissemination of these ‘best practices’ guidelines in the technical experts and local CBOs.
10. Generation of concomitant ‘best-practices’ guidelines on sustainable harvesting policies for high-altitude cultivation development and implementation by amchi across Nepal, in consultation with technical experts and local CBOs.
11. Improved quality and availability of which medicines are the best for local use, provision of amchi medicine to citizens in Mustang District;
12. Qualitative and quantitative data on unprocessed medicinal plants and compound medicines used, disease prevalence, and outlying health problems among villagers in participating VDCs.
13. Initial proposals / trials for the creation of local micro-enterprises among villagers in participating VDCs; development and outreach programme implementation;
14. Multi-lingual dissemination of these ‘best practices’ guidelines in the technical experts and local CBOs.
15. Generation of concomitant ‘best-practices’ guidelines on sustainable harvesting policies for high-altitude cultivation development and implementation by amchi across Nepal, in consultation with technical experts and local CBOs.
16. Qualitative and quantitative data on unprocessed medicinal plants and compound medicines used, disease prevalence, and outlying health problems among villagers in participating VDCs.
17. Initial proposals / trials for the creation of local micro-enterprises among villagers in participating VDCs; development and outreach programme implementation;
18. Multi-lingual dissemination of these ‘best practices’ guidelines in the technical experts and local CBOs.

Stakeholders, Beneficiaries, and Financial and Scientific Partners

1. United Nations Development Programme (UNDP) General Environmental Support (GES) Grant programme
2. Himalayan Amchi Association of Nepal
3. Mustang District Level Amchi Association
4. Members of Community Based Organization (CBOs)
5. Local institution schools and clinics of amchi medicine, private practitioners, Lo Kunphen Sherpa and Sangye Menla, Lo Kunphen Institute and Schools Lamjung DAC, Mustang
6. Ministry of Health and Population
7. Ayurveda Council
8. Ministry of Livelihood and Sports
9. Ministry of Local Development
10. Himalaya Mountain Promotion Project
11. Himalaya Mountain Conservation Project
12. SEDIS project
13. DFID Nepal
14. Plantlife International
15. International Development Society of Bangladesh (IDSB)
16. Tribhuvan University
17. Wild Earth
18. Aakruti for Development and the Future, Japan
19. Japan Foundation Asia Center
20. Ministry of Livelihood and Sports
21. Ministry of Local Development
22. Himalaya Mountain Promotion Project
23. Himalaya Mountain Conservation Project
24. SEDIS project
25. DFID Nepal
26. Plantlife International
27. International Development Society of Bangladesh (IDSB)
28. Tribhuvan University
29. Wild Earth
30. Aakruti for Development and the Future, Japan
31. Japan Foundation Asia Center

Photography: Concept, Text and Layout: Yop Kunphen, Indra Chettri, Tenzing Mutsi
Design by: Vaisha

预算

<table>
<thead>
<tr>
<th>预算项目</th>
<th>数量</th>
</tr>
</thead>
<tbody>
<tr>
<td>预算调整后的GFP-SGP</td>
<td>0.00</td>
</tr>
<tr>
<td>实施NGO自有来源</td>
<td>0.00</td>
</tr>
<tr>
<td>共同融资机构</td>
<td>0.00</td>
</tr>
<tr>
<td>任何资助</td>
<td>0.00</td>
</tr>
<tr>
<td>总计</td>
<td>17,185</td>
</tr>
</tbody>
</table>

计划项目的输出（可衡量的）

1. 初步提案/试验：为创建参与VDC中的村民地方微型企业；
2. 使用复合药物，治疗疾病，处理偏远地区的健康问题；
3. 质量和数量的未加工 medicinal plants and compound medicines used, disease prevalence, and outlying health problems among villagers in participating VDCs.
4. 初步提案/试验：为创建参与VDC中的村民地方微型企业；
5. 为实施本地CBOs进行培训的初步课程制定相关课程。
6. 质量和数量的未加工 medicinal plants and compound medicines used, disease prevalence, and outlying health problems among villagers in participating VDCs.
7. 初步提案/试验：为创建参与VDC中的村民地方微型企业；
8. 为实施本地CBOs进行培训的初步课程制定相关课程。

- 1. 由联合国发展计划署（UNDP）一般环境支持（GES）基金项目提供
- 2. 喜马拉雅阿米奇协会
- 3. 蛇巢区级阿米奇协会
- 4. 社区为基础的组织（CBOs）会员
- 5. 当地机构学校和诊所的阿米奇医药、私人执业者，Lok Kunphen Sherpa和Sangye Menla，Lok Kunphen学院和学校、Lamjung DAC、Mustang
- 6. 健康和人口部
- 7. 阿育吠陀委员会
- 8. 体育和青年部
- 9. 喜马拉雅区级卫生和发展
- 10. 喜马拉雅区级卫生和发展
- 11. 喜马拉雅区级卫生和发展
- 12. SEDIS项目
- 13. DFID尼泊尔
- 14. Plantlife国际
- 15. 国际发展协会（IDSB）
- 16. 滕布温大学
- 17. Wild Earth
- 18. Aakruti for Development and the Future, Japan
- 19. 日本亚洲中心

项目预计支出（美元）

<table>
<thead>
<tr>
<th>项目</th>
<th>费用</th>
</tr>
</thead>
<tbody>
<tr>
<td>预算调整后的GFP-SGP</td>
<td>$0.00</td>
</tr>
<tr>
<td>实施NGO自有来源</td>
<td>$0.00</td>
</tr>
<tr>
<td>共同融资机构</td>
<td>$0.00</td>
</tr>
<tr>
<td>任何资助</td>
<td>$0.00</td>
</tr>
<tr>
<td>总计</td>
<td>$17,185</td>
</tr>
</tbody>
</table>

计划的项目支出（可衡量的）

1. 初步提案/试验：为创建参与VDC中的村民地方微型企业；
2. 使用复合药物，治疗疾病，处理偏远地区的健康问题；
3. 质量和数量的未加工 medicinal plants and compound medicines used, disease prevalence, and outlying health problems among villagers in participating VDCs.
4. 初步提案/试验：为创建参与VDC中的村民地方微型企业；
5. 为实施本地CBOs进行培训的初步课程制定相关课程。

Himalayan Amchi Association Nepal

Amchi Medicine: Past and Present

In general, amchi medical practice is also identified by the name sowa rigpa, which means science of healing in Tibetan tradition as well as in the Ayurvedic and Central Asian languages and dialects. The word amchi means “doctor.” This system of medicine is a spiritual science, a holistic system of medicine that takes into account both the physical and mental aspects of a person and their relationship to the environment. The earliest historical references to the use of amchi medicine are found in the works of the Indian scholar Asvaghosa, who wrote about the medical practices of the ancient Indian healers.

The HAA Needs Your Help: An Appeal for Support

The HAA and its international partners hope to continue the above actions through specific projects such as curriculum development workshops, teacher training, study tours, medicinal plant cultivation trials, etc. However, in order to realize these goals and safeguard the future of amchi medicine, the HAA wishes support from individuals and organizations. Funds are needed to:

1. Fund curriculum development, textbook production and professional development (especially of art and/or research manuscripts), advanced study scholarships, and to support visiting and foreign institutions of sowa rigpa in Nepal.
2. Fund health care delivery and public health initiatives, such as small grants for new material and buildings for the establishment of maternal and child health care programs in rural areas.
3. Provide HAA office and clinic with institutional development and support, including staff and management development.
4. Continue international networking, knowledge sharing and specific workshops on topics such as diagnosis, medicine production, medicinal plant cultivation, etc.
5. Produce publications in relevant languages for distribution (initially in Nepal and regionally).

Traditional Medicine in the Modern World: Challenges and Statement of Need

Amchi have been providing medical care since ancient times, using traditional knowledge and skills passed down from generation to generation. However, the current global health crisis has highlighted the importance of traditional medicine and the need to integrate it into modern healthcare systems.

Contact Us:

email: hiam98@yahoo.com

Budget

<table>
<thead>
<tr>
<th>项目</th>
<th>费用</th>
</tr>
</thead>
<tbody>
<tr>
<td>预算调整后的GFP-SGP</td>
<td>$0.00</td>
</tr>
<tr>
<td>实施NGO自有来源</td>
<td>$0.00</td>
</tr>
<tr>
<td>共同融资机构</td>
<td>$0.00</td>
</tr>
<tr>
<td>任何资助</td>
<td>$0.00</td>
</tr>
<tr>
<td>总计</td>
<td>$17,185</td>
</tr>
</tbody>
</table>
Himalayan Amchi Association: Organizational Activities, Histories, and Goals

Given these circumstances, amchi practicing in Nepal agreed to establish the Himalayan Amchi Association (HAA) with the objective of restoring the practice of sowa rigpa, according to the Gyu Shi. These events have brought together more than 500 amchi from various parts of Nepal, Tibet, Bhutan, and Ladakh.

In 1998, the HAA was founded by Dr. Bhumibhiterate, (Nepal), Hando Chungling (Shanghai), and Bhumi Prema (Kathmandu). It is an association of female amchi who came together to organize and promote their work. The HAA is dedicated to the preservation and promotion of traditional medicine, and it has a strong network of members throughout Nepal, Tibet, and Bhutan.

The HAA has been involved in various projects aimed at preserving and promoting traditional medicine. In 2003, the HAA opened its own clinic in Kathmandu. This clinic, staffed by female amchi, provides medical care to people in the community. It is also a site for clinical training and apprenticeship for novice amchi. The clinic has been well-received by patients and has helped to raise awareness of the importance of traditional medicine.

The HAA has also been involved in several other projects, including the development of curriculums and teaching plans which combine traditional medicine with modern medical education. They have also been involved in the development of educational programs for traditional medicine, and they have worked with national and international institutions to promote traditional medicine.

The HAA has also been involved in efforts to increase the availability of information about traditional medicine, and they have worked with partners in Nepal, India, and China to increase awareness of the importance of traditional medicine.

The HAA continues to work towards the promotion and preservation of traditional medicine, and they have a strong network of members throughout Nepal, Tibet, and Bhutan. They are dedicated to the preservation and promotion of traditional medicine, and they continue to work towards the future vitality of this medical system throughout the region, and the world.

Conservation, Culture, and Sustainable Utilization of Medicinal Plants

Various research and documentation efforts are required to help ensure the future vitality of this medical system throughout the region, and the world. This includes clinical research, pharmaceutical research, and anthropological research. The need for re-growing medicinal plants and re-distributing in-situ knowledge and research, particularly between our medicine and biomedicine - we must develop experimental cultivation trials of 10-11 key species (both threatened and those with income-generation potential) at sites in Lomanthang VDC. These species are chosen, from the list of 28 species generated during the Fourth National Conference of Amchi in 2004. The initial species proposed include the following: -

Planned Project Activities

1. PLANT CULTIVATION, CONSERVATION, AND RESEARCH: It is essential to develop diversified cultivation of key medicinal plant species to improve the quality and increase the availability of information about the cultivation of plant species used in traditional medicine and implemented in the regional NPI program.

2. HEALTH CARE AND EDUCATION: Support development of select traditional and/or biomedicine and culturally appropriate health care services to serve their communities as health care providers, conserve educational and social entrepreneurs, support the development of government recognized curriculum for amchi medicine, and related lobbying efforts.

3. MARKETING AND INCOME GENERATION: Promote networking and collaboration between practicing amchi, local CBOs (including VHFs), and women communities.