



National Institute for Sowa Rigpa

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Why in News

The Union Cabinet has approved setting up of **National Institute of Sowa-Rigpa (NISR)** at Leh, **Union Territory of Ladakh**.

- It will be an **autonomous national institute** under the **Ministry of AYUSH** with the **mandate** to undertake interdisciplinary education and research programmes in Sowa-Rigpa in collaboration with **national and international institutes**.
- NISR will act as an **apex institute for Sowa-Rigpa system**. It will develop **synergy** among the **existing Sowa Rigpa institutions** namely, **Central University of Tibetan Studies, Varanasi** and **Central Institute of Buddhist Studies, Leh**.
The existing Sowa-Rigpa institutions work under the **Ministry of Culture**.
- It will also help to **revive** Sowa-Rigpa in the **Indian sub-continent** and also link the **traditional wisdom of Sowa-Rigpa with modern science, tools, and technology**.

Sowa-Rigpa

- Sowa-Rigpa (**the science of healing**) is a **traditional system of medicine** practised in the **Himalayan belt of India**.
- It **originated in Tibet** and popularly practiced in countries namely, **India, Nepal, Bhutan, Mongolia, and Russia**.
- **Yuthog Yonten Gonpo from Tibet** is believed to be the **father of Sowa Rigpa**.
- In India, it is widely practised in **Sikkim, Arunachal Pradesh, West Bengal's Darjeeling, Himachal Pradesh and the Union Territory of Ladakh**.
- The **majority** of theory and practice of Sowa-Rigpa is **similar to "Ayurveda"**.

Source: PIB