

Nepal Himalaya Sherpa Foundation  
Free Medical Camp  
November 2016

Ripal, Patle-5 - Okhaldunga  
Dhupi Surke, Bhusinga-9, Okhaldhunga

# The Team

## Medical Camp 2016



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Also support us with  
Translation:  
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# The Team on Tour



# Western and Tibetan Medicine work together





# First Camp, Ripal



# Second Camp, Dhupi Surke





# Close to the People of Sherpa Land



# Close to the Nature of Sherpa Land





# Short report

- Local people, all people attending, came from the neighborhood
- Local people, were very thankful about the Projekt and our work.
- Tibetan and Western Medicine worked together well, there were no discrepancies, they came together in a good and helpful way.
- Western Medicine is helpful, for acute diseases, and surgical Treatment.
- Tibetan Medicine proofed to be very useful for chronic diseases.
- Martina she said: That Tibetan Medicine is the right system for the local people, belongs there, and it is in the right place.
- Examples:
- A little operation on a 6 Year old child , because extensive attack of Scabies.
- Two tooth operation. Some teeth could not be rehabilitated
- But usually theeth were in a good state
- There were more patients in Dhupi Suke than in Ripal.

# Common diagnoses

- Arthrose
- Pain in the back
- Pain in the head
- Vertigo
- Stomach pain
- Psychosomatic deseases
- Various wounds
- Old scars
- Skin deseases
- Eczema
- Bad, rotten loose teeth
- Every kind of abscesses and sizes
- Infected wound
- Scabies
- Lice
- High blood pressure
- Urinary tract infections
- Heart diseases
- Diseases of respiratory system by smoke poisoning
- Chronic liver diseases
- Too much Alcohol
- Concealed depression
- Overweight, because, food is too spicy, too hot, too much sugar, attrition because fo hard work
- cataract
- Low body heat
- There were a lot of very curious spectators, So it was hard to establish privacy.
- Ripal:  
much Scabies,  
no lices
- Dhubi Surke:
- Much lices no scabies,  
overweight



# My experience

- Doro and me, we gave massages, recommended from Western and Tibetan doctors. The doctors and the translators respectively brought the patient to us, they also informed us about the diagnoses.
- We have used the following treatments: mostly foot massages, back massages, head massages. Also back massages were very helpful for people with pain in the back especially wear of spine, because of hard work. After massages the people were very thankful and happy.
- Massage is very useful, for many kind of diseases. For Example. someone had nerve disease, he was trembling all over his body, especially his right arm. Also he had pain on the right side, the face. During head massage, the trembling disappeared, the pain alleviated.
- I collected a lot of precious experience. I am very thankful that I get closer, with the local people, that we could meet them in that way.
- After the treatment it happened, that that the Patient and we hugged
- I gave up to nine massages per day.
- In the beginning we did our massages outside, because there were no tents. But later we did our treatments in tents, which proved to be more useful for the patients. They enjoyed the treatments more and they were better able to relax. I think, the local people are not used to privacy.
- Dear Anna: Thank you for this project and for the possibility to meet the people and the nature of Sherpa Land.