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## A Cancer Thriver Wears A Journalist's Hat: Interview with Dr. Dorjee Raptan Neshar (Part 1)

By [Guest Author](#)

June 26, 2011

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*Gunjan Mohanka feels she got lucky. Most cancer patients come to the Men-Tsee-Khang (Tibetan Medical Centre) only after they have been declared terminal. Gunjan started taking their medication right from the time she was diagnosed with 3rd-stage breast cancer. She was familiar with the case of a family friend who lived for more than 10 years after he had been declared terminal. At first Gunjan took Tibetan medicine along with her Allopathic treatment. But because of overwhelming side-effects she now relies solely on Tibetan medicine. In this 2-part interview, she talks to Dr. Dorjee in an effort to better understand this little-known system of holistic medicine.*

### What are the principles of disease and health, according to Tibetan Medicine?

**Dr. Dorjee:** Disease has three interconnected aspects – spiritual, psychological and pathological.



- The highest aspect is the spiritual understanding of disease. Disease is suffering and therefore an understanding of suffering gives us insights into what causes disease and how we can face the challenge of disease. The root cause of suffering according to Buddhist philosophy, is Ignorance. We develop erroneous ideas of our existence. So we view life as a series of “not getting what we want” and “getting what we don’t want” experiences.
- This brings us to the psychological aspect of disease. Because of the experiences described above, we develop the passion of ‘Desire’, which inevitably leads to negative emotions like Anger. So the chain is Ignorance – Desire – Anger.

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concise and practical tips for giving care to family members with cancer.

- Over a period of time, these negative emotions accumulate and in turn lead to pathological conditions and imbalances that manifest as disease.

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## Can you please explain the 3 Levels of disease?

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**Dr. Dorjee:** Tibetan Medicine understands the cause of disease at 3 levels: Ultimate, Proximate and Immediate.

- The Ultimate cause is one's Karma. Our karma matures across lifetimes and gives rise to health disorders.
- As mentioned earlier, from the Ignorance-Desire-Anger negative mental states arise the Proximate cause of disease: The imbalance of Wind ("rLung"), Bile ("mKris Pa") and Phlegm ("Bad Kan").
- Then there are the Immediate causes: poor diet, irregular lifestyle and environmental factors.

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## And what about Cancer, specifically?

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**Dr. Dorjee:** The root cause is poor digestion, due to an improper diet and lifestyle. Good digestion keeps us in good health because it produces regenerative fluids in the body that give us radiance and shine. When digestion goes wrong, other hidden issues surface, environmental factors affect our bodies and these lead to disease.

Another factor that we don't understand fully is when we knowingly or unknowingly cause sacrilege of other beings, dwellings or places. In Tibetan medicine, it is said that we are then cursed by the spirits ("Delthuk"). This causes disease including cancer.

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## How do you diagnose the exact problem?

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**Dr. Dorjee:** Interrogation, pulse examination and urine analysis. Between these three, we can learn what we need to know. It takes years of training and practice to become good at it!

... To be continued, [click here to read Part 2 of this interview](#)

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## About Dr. Dorjee Rapten Neshar

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It may not be far-fetched to say that Dr. Dorjee has a larger following of cancer patients in this part of the country than any other medical practitioner. Chief Medical Officer at Men-Tsee-Khang (Tibetan Medical Centre) in Bangalore, Dr. Dorjee is also the former chairman of the Central Council of Tibetan Medicine, Dharamsala. An alumnus of the Tibetan medical College in Dharamsala, he is trained in medico-spiritual initiations for the more esoteric practice of Tibetan medicine as well. In recognition of his outstanding contribution in the field of Alternative Medicine, Dr. Dorjee was awarded the Gold Medal & Gem of Alternative Medicine in 1995 & 1996 from the Indian Board of Alternative Medicine, Calcutta. He also received the International Award of Excellence, from the American Organization of Intellectuals Inc, New York, USA.

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## More about Tibetan Medicine

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## About the Author



To read about Gunjan Mohanka's own story, [click here](#).



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Sridhar

This is an article that spreads hope. I like Dr Dorjee's answers - simple and direct yet so reassuring.

Excellent piece. Your issues are becoming better & better.

[3 weeks ago](#)

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Vijay Bhat

Thanks for your comments and encouragement, Sridhar ... much appreciated!

Unfortunately, many of these healing systems are poorly understood by most people and our attempt is to simplify and clarify their approach to cancer so that patients and families can better integrate them into their healing journey. This kind of information and insight is simply not available readily and bringing it to the public awareness is one of the main aims of Cancer Awakens.

Stay tuned for more such articles to follow!

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## A Cancer Thriver Wears A Journalist's Hat: Interview with Dr. Dorjee Rapten Neshar (Part 2)

By [Guest Author](#)

June 26, 2011

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In Part 2 of this interview, *Gunjan Mohanka* continues her conversation with Dr. Dorjee. Read Part 1 [here](#).



### What is the typical Tibetan Medicine treatment for Cancer?

**Dr. Dorjee:** The real nature of Cancer is impure blood with infectious characteristics that creates toxins in the body and results in tumors. Our typical treatment is three-pronged:

1. Reduction of tumour size with heat treatment and *Golden hammer therapy*.
2. Cleansing and detoxification of the body with *Chelation therapy*.
3. Support with herbal medicine and *Precious pills* to cleanse toxic air, decrease de-oxygenated blood and increase oxygenated blood.

### In your opinion, what works well and doesn't work as well?

**Dr. Dorjee:** There are some important things to note.

Tibetan medicine works best when there are no other intervening medicines. Efficacy is definitely reduced when it is combined with other treatments. So we advise patients to start our treatments after they have finished their chemotherapy, for example.

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concise and practical tips for giving care to family members with cancer.

A well-designed treatment strategy is more important than the strength or dosage of the medicines. The doctors try to understand individual body constitutions, recommend what food is needed and overcome deficiencies through supplements. Exercise also helps.

**I have also noticed that patients who are frustrated and mentally blocked impede the healing process.** Patients who understand and accept the disease, have a positive outlook, take medicines in time and employ diet, lifestyle and the right state of mind, effectively aid their own recovery.

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## **Is your success rate better for some types of cancers than others?**

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*Dr. Dorjee:* Our treatment is very successful with breast cancer, multiple myeloma (bone cancer), some forms of chronic blood cancers, chronic lymphoblastic leukemia, lung cancer, ovarian cancer, colo-rectal cancer, thyroid cancer, and some types of brain cancer.

Our treatment does not work as well for stomach cancer, leiomyosarcoma, liver cancer, cancer of the connective tissues, chondrosarcoma and sarcoma and some forms of cancer where serious surgery is required.

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## **Can you please share some case studies with us?**

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*Dr. Dorjee:* We have 18 documented case studies but they are private / official and I am afraid I cannot share them publicly.

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## **How does Tibetan Medicine work at different stages of the Cancer journey?**

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*Dr. Dorjee:* As with all disease, the earlier the diagnosis ... and the earlier treatment begins, the better.

In case of recurrence our medicines are known to work very well. However, in these situations, a second line of treatment is often required so the medicines are stronger.

We can also effectively maintain and manage the disease. This is achieved not only through medicines but also through self-healing and visualization techniques, pain management therapies, meridian massages with herbs, meditation and initiation into spiritual healing.

In the final stage, we believe it is important to prepare the patient for their last journey into the next life. We encourage the dying to leave negative feelings behind and to die in peace. This is very important and Tibetan medicine has some powerful practices for this time.

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## **What dietary principles does Tibetan Medicine recommend for Cancer?**

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*Dr. Dorjee:* In our system, diet is individualized. Five people can have the same cancer but the diet for each may be totally different. This is because diet depends on body constitution and personality.

In Ayurveda, this is referred to as "*Dosha*" and we call it "*Rungshin*". For example, people with high "*pitta*" are recommended a diet that reduces "*pitta*"; while others with a non-inflamed 'cold pulse' are prescribed a different diet.

Whatever one's constitution, the aim of choosing the right diet is to build the right 'cosmo-physical' energies in the body and achieve a dynamic equilibrium ... this is health.

In general, fruits, berries, pomegranate, lime and foods rich in beta carotene and active flavonoids are good. Fish, especially river and clear-water fish are good as they have Omega 3 fatty acids.

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