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Ц. П. Ванчикова

ОБ ИЗДАНИЯХ АТЛАСА ТИБЕТСКОЙ МЕДИЦИНЫ

Атлас тибетской медицины (АТМ), по словам Далай-ламы, является одним из самых значительных достижений богатого наследия тибетской медицины, одним из самых ценных вкладов Тибета в современный мир. Он наглядно интерпретирует основные данные тибетской медицинской системы, изложенные в ее каноне «Rgyud bzhi» (Четыре медицинские тантры) и в объемных комментариях к канону «The Garland of the Blue beryl» (Baidurya sngon po). Что касается сохранившихся комплектов АТМ (sman thang), то известно лишь о: 1) двух комплектах Атласа, хранящихся в Китае (Лхасский полный комплект Атласа, в Комиссии по культурным реликвиям Тибета в Норбулинке, и второй полный комплект в Мэндзикане (sman-rtsi-khang, ныне Госпиталь традиционной тибетской медицины Тибета); 2) АТМ, хранящийся в Национальном музее Бурятии. Существует множество публикаций АТМ, в статье сделана попытка выявить и проанализировать данные публикации.

Ключевые слова: тибетская медицинская живопись, sman thang, лхасские наборы, бурятский набор.

Ts. P. Vanchikova

ABOUT THE PUBLICATIONS OF THE ATLAS OF TIBETAN MEDICINE

The Atlas of Tibetan Medicine (ATM), according to the Dalai Lama, is one of the most significant achievements of the rich heritage of Tibetan medicine, one of the most valuable contributions of Tibet to the modern world. It visually interprets the basic data of the Tibetan medical system set out in its canon «Rgyud bzhi» (Four medical tantras) and in the voluminous commentaries to the canon «The Garland of the Blue beryl» (Baidurya sngon po). As far as it concerns the preserved sets of the ATM (sman thang) it is known only about: 1) two sets of Atlas stored in China (the Lhasa Complete Set of Atlas, at the Commission for Cultural Relics of Tibet in Norbulingka, and the second complete set in Mendzikan (sman-rtsi-khang, now the Hospital of Traditional Tibetan Medicine of Tibet);

Ванчикова Цымжит Пурбуевна – доктор исторических наук, главный научный сотрудник Федерального государственного бюджетного учреждения науки Институт монголоведения, буддологии и тибетологии СО РАН (г. Улан-Удэ, Россия). E-mail: vanchikova_ts@mail.ru.

2) ATM kept in the National Museum of Buryatia. There are many publications of ATM, in the article an attempt to reveal and analyze these publications is done.

Keywords: Tibetan Medical painting, sman thang, Lhasa sets, Buryat set.

I. CHINESE EDITIONS of the ATM

1) In 1986, in Lhasa, the People's Publishing House of Tibet published a Chinese-Tibetan edition of the Atlas of Hand-drawn Scroll Paintings for the Four Medical Tantras (Rgyud bzhi), prepared by Zhampa-Prinley and Wang Lei [Byams-pa 'phrin-las 1986]. The authors of the preface described in detail the history of the tradition of drawing illustrated paintings based on the materials of the «History of Tibetan Medicine» (Khogbuk) compiled by Desi Sangye Gyatso (1653–1705) in 1703. After the release of this complete set of ATM consisting of 79 thangkhas, it has been copied more than once. For monastic medical faculties the Atlas was copied in full three times: in 1918, 1923 and 1933. Now the ATM is stored in the management Committee of cultural relics of the Tibetan Autonomous region and in the hospital of traditional Tibetan medicine in Lhasa. The authors note that the analysis of the contents of the Atlas shows that Tibetan medicine attaches great importance not only to the diagnosis, manufacture of medicines and treatment of diseases, but also pays special attention to the regulation of daily life and diet, encourages physical activity, maintaining cleanliness and hygiene and disease prevention. Wang Lei writes that it was previously not known in abroad, but even to the wide circles of China itself. He started working on translating and writing comments to the ATM in 1977 together with the director of the Mendzikan, Zhampa-Prinley, and famous Beijing photographer Zhang Jie. The best Tibetan doctors and famous scientists participated in the work. The financing of the work and publication was carried out by the People's Publishing House of TAR, supported by the Government of TAR.

2. This publication of illustrated ATM of 1986 was so in demand and highly appreciated by the public that in 1988 it was translated into English and republished [Byams-pa 'phrin-las 1988]. The main part of the book consists of eighty colored tangka paintings with translation of captions and subpage captions. The final 80th tangka was not included in the original set; it is a late addition. These two Chinese publications are color publications of a set stored in the Mendzikan. The main difference between the Tibetan-Chinese edition of 1986 and the Tibetan-English edition of 1988, is in a more refined and expanded interpretation of the contents of the tangka texts. This publication in 1988 made

the Atlas available to a wide range of researchers involved in both the history of medicine and for practical study at medical faculties.

3. In 2008, an expanded edition of “Tibetan Medical Wall Paintings to «the Four Medical Tantras»” was published in Lhasa by the Tibetan People's Publishing House in the series «Medicine of Ethnic Minorities of China» [By-ams-pa ’phrin-las 2008]. The Chinese translation was done by Zhampa-Prinley and Wang Lei. Each page of the atlas is accompanied by a description in two languages (Tibetan and Chinese) corresponding to the 156 chapters of "Rgyud bzhi". In the preface, the authors and publishers present a brief history of Tibetan medicine, its main sources, an analysis of the content of «Rgyud bzhi», the history of the compilation of illustrated paintings by Desi Sangye Gyatso. It also contains a short list of 80 published tangkas in Chinese and Tibetan with annotations. This edition contains sheets 64, 78-80 missing in the Buryat set. The publishers of this publication have verified, clarified and identified some errors in the Tibetan and Chinese texts, the main texts of both the Tibetan and Chinese translations have been left unchanged. As the publishers write, «due to the complex Tibetan graphemes and numbers on the images of the human skeleton and channels, acupuncture points of moxibustion and bloodletting», they were not marked with separate notes and descriptions. This edition with detailed annotations to each sheet is the most complete of all published sets.

II. **ATM PUBLICATIONS OUTSIDE THE PRC**

4. In 1992 Serindia Publishing House (London) published a collective work entitled “Tibetan Medical Paintings: Illustrations for Sangye Gyamtso's treatise «Blue Beryl»” (1653–1705), prepared by Yu. M. Parfionovich from the Institute of Oriental Studies of the Russian Academy of Sciences, Gyurme Dorje from the School of Oriental and African Studies in London together with Fernand Meyer from the National Center for Scientific Research in Paris [Tibetan medical paintings 1992a]. This two-volume edition presents the publication of the Atlas of Tibetan Medicine, kept in the Museum of the History of Buryatia. In the first volume, research articles by F. Meyer and Gyurme Dorje and the explanatory text for each of the 76 color and to one black-and-white illustrated paintings are given. The articles are as following: Tibetan medicine today; Medicine and Buddhism (pp. 2–3); The History of medicine in Tibet (pp. 3–4); The Four Tantras (p. 4); The conceptual basis of Tibetan medicine (pp. 4–5); Sanje Zhamtso’s medical paintings: The Discovery of Tibetan medical iconography by the West (pp. 5–6); The creation of an original set (pp. 6–7);

About the three currently known sets (p. 7). F. Meyer opens his preface with the words that «Rig-pa so-ba» (gso-ba rig-pa), the Tibetan «science of healing», can be ranked among other great medical traditions of the world, along with the traditions of Ancient Greece, China and India. As in the case of these traditions, it spread beyond the cultural area where it originated, especially among the Mongolian peoples" (Meyer. p. 2). He gave a description of the Ulan-Ude set of the ATM, which he saw in 1985 during his visit to Ulan-Ude. This edition includes sheet 64, which is missing in the Buryat Atlas set, a black-and-white copy of which was made by Robert Beer from the Lhasa set.

5. **The American edition of the ATM of 1992.** The English edition was republished by Harry N. Abrams in New York in the same 1992, with translation and explanations by Y. Parfionovich, with editorial and linguistic consultations by V.S. Dylykova-Parfionovich, Donatas Butkus, Robert Meyer, Sergei Klokov and Elena Bespalova, under the general editorship of A. Aris, with a foreword by Dalai Lama XIV [Tibetan medical paintings 1992b]. In the introductory article "Tibetan Medical Drawings", written by F. Meyer the history and tradition of illustrating medical writings in Tibet, including the history of the Buryat Atlas set is described. A significant part of the Introduction is the article «The structure and content of the Four Tantras and Blue Beryl, commentary by Sangye Dorje», written by Gyurme Dorje, who described in detail the structure and content of «Rgyud bzhi» and «Vaidurya onbo». He also has given descriptions and annotations for all the Atlas sheets. The second volume contains black-and-white copies of 76 paintings.

6. **1996 publication in German.** The London publication of 1992 was translated into German without changes and published in 1996 in 2 volumes [Klassische Tibetische Medizin 1996].

7. In 1998, Rizzoli Publishing House in New York published the book **«The Buddhist Art of Healing: a new discovery»** [Buddha's Art of Healing 1998]. This edition is a detailed catalog and publication of 40 sheets of the Atlas of the National Museum of Buryatia, prepared for exhibitions in America. The publication is preceded by introductory addresses of Dalai Lama XIV, L.H. Nimaeva (Deputy. Chairman of the Government of Buryatia), M. N. Romanova (director of the Museum of the History of Buryatia), articles on the value and significance of the Atlas and a foreword by the publisher J.F. Avedon (pp. 13–20). This publication presents articles by scientists highlighting various issues of the history and theory of Tibetan medicine and the role of illustrations to

«Rgyud bzhi» and «Vaidurya-onbo», such as: «The History and foundations of Tibetan Medicine» by F. Meyer (pp. 21–32); «Atlas of Tibetan Medicine: a jewel of the Museum of the History of Buryatia» by N.D. Bolsokhoeva and K.M. Gerasimova (pp. 33–60); «The Buddhist art of healing: A catalog. A hand-drawn guide to the teachings of Tibetan medicine» by F. Meyer (pp. 61–72). The systematized analytical articles, comments on the Atlas sheets, written by Tamdin S. Bradley, a practicing Tibetan medicine doctor from London, a graduate of the Tibetan Medical Institute in Dharamsala (1987), are important. She wrote 6 articles in accordance with the structure of «Vaidurya-onbo» and illustrations to it: The Buddhist Science of Healing (pp. 74–75); The body is healthy and sick (pp. 76–97); Diagnosis (pp. 98–109); Treatment (pp. 110–147); Specific diseases (pp. 148–154); Properties of a doctor and medical ethics (pp. 154–156), containing an assessment of the contents of the Atlas and its analysis from the point of view of a modern doctor.

8. **Catalogue of the Italian exhibition «Heavenly Treasure. The Tibetan Art of Medicine»**, organized in Rome in 2000 [Delpino Maf 2000]. This Italian edition includes only 41 paintings. The sheets of this Atlas differ from other Western printed publications, since they were copied not from the Buryat set, but from the Lhasa one, the order of the original paintings was changed. One of the authors and publishers of the catalog is the famous Tibetan Buddhist figure Namkai Norbu (1938–2017), who had close ties with Tibetan medical circles, so he could have had the opportunity to get access to work with the Lhasa set.

9. **Publication of the «Nepali» set** published in New York, 2009 «Body and Spirit: Tibetan Medical Drawings» is a catalog of an exhibition organized by the Museum of the History of Natural Sciences. The publication is preceded by an introduction by renowned Tibetologist Janet Gyatso [Williamson 2009]. The drawings of this 79-sheet set were painted by Nepalese artist Romio Shrestha together with his Tibetan, Nepali and Bhutanese students and are a modern copy of the early Lhasa set compiled between 1687 and 1703. The illustrations in this set are less detailed than in other editions, they do not contain a detailed description of the contents of the sheets, but an English translation is provided for each Tibetan inscription. A distinctive feature of this set is the artistic style of Shrestha, which combines both the traditional style of the Tibetan tradition of illustration and its own original style.

10. **The largest publication of the Atlas is the album «"Atlas of Tibetan Medicine"**. A set of illustrations for the Tibetan medical treatise of the XVII century "Blue Beryl"», published in Moscow in 1994 [Atlas of Tibetan Medicine 1994]. This album opens with introductory articles detailing the history and medieval culture of Tibet (L.E. Myall. The cultural model of Tibet, pp. 5–15; K. M. Gerasimova. Monument of medieval culture of Tibet, pp. 37–44; D. B. Dashiev. The tradition of illustrating medical texts in Tibet, pp. 32–37; T. V. Sergeeva. Illustrations to the treatise «Blue Beryl», pp. 44–52); the history of Tibetan medicine (N. D. Bolsokhoeva. Desi Sangye Gyatso and his medical writings, pp. 26–32), and the sources for ATM (V.S. Dylykova-Parfionovich. Treatises «The Four Books» and «Blue Beryl» as the scientific basis to this set of illustrations, pp. 15–26). In this edition, each sheet of the atlas is accompanied by an explanatory text preceding a color illustration, after which this illustration is shown in black and white graphics with a translation of the Tibetan text. The explanatory text to all the pages of the atlas was written by Yu.M. Parfionovich. Various indexes are given in the appendix to the publication.

11. **Other publications of the Atlas.** According to the data provided by Chinese scientists, there are other editions of the Atlas – 2 Japanese (2002, 2015), Taiwanese (1999) and other Tibetan-Chinese editions (2006, 2010, 2012) [Zhen Yan and Cai Jing-feng 2019]. Unfortunately, we did not have the opportunity to see de visu these publications.

Such are the main publications of the Atlas of Tibetan Medicine.

It is safe to say that all TM Atlases existing in the world today are directly or indirectly reproduced from one of the original sets stored in Lhasa.

The Buryat ATM set served as the source for almost all European publications and research papers, with the exception of the Italian and «Nepalese» editions of the Atlas, which are based on the Lhasa copy.

So, although the study and translation of the Atlas published in 1994 was a major scientific achievement for its time, but since then many new works of a diverse nature and content have appeared on Tibetan medicine, as well as the latest achievements in the field of studying its theory and practice. These factors, as well as the significant interest of the medical community, and not only in the experience of oriental medicine, necessitate the implementation of a new translation of the Atlas.

2. The translation and publication of ATM can become a new stage in the study of Tibetan medicine, a new step towards an adequate understanding of

the phenomenon of Tibetan medicine, to clarify and identify all its concepts, terms and realities for further comprehensive study of its heritage.

3. A comparative analysis of her legacy with modern theory and practice can contribute to the development of European medical science, to the development of a methodology for diagnostic research in the field of pulse therapy, drug preparation, and take a fresh look at many aspects related to the treatment of various diseases, etc.

4. Therefore, taking into account the recent translations of Tibetan medical works in different countries, including the series «Library of Tibetan Medicine» in Buryatia, the republication of the Atlas of Tibetan Medicine is an urgent and timely task.

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