

Winter Quarter, 2010

T-R: 3:30-4:45

HSSB #1174

## ***RS 193B: Religion and Healing in Comparative Perspective***

**Professor:** Vesna A. Wallace

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Office hours: T: 2:00-3:00

### ***Course Description***

This course is a comparative, historical, and cross-cultural introduction to relationships among religion, science, and healing arts. The course pays special attention to underlying religious and philosophical worldviews and to the ways in which they influence healing practices.

### ***Course Reading***

*Course Reader*, available on Gaucho Space

### ***Course Requirements***

1. Class attendance and participation are obligatory.
2. Midterm exam in the class and midterm paper
3. Final paper based on the course material
4. Occasional quizzes

Graduate students enrolled in the course can choose to submit one research paper instead of taking exams.

### ***Schedule of Classes***

**4 January (T):** Introduction to the course

**6 January (R):** Introduction to South Asian Medical Systems and Their Relation to South Asian Religions, and Medicine in the Vedas

Reading: 1) Statley, M. "Medical Charms"

**11 January (T):** Theory and Practice of Āyurvedic Medicine

- Reading: 1) Svoboda, Robert, “Theory and Practice of Āyurvedic Medicine”  
 2) Lad, Vasant, *Ayurveda: The Science of Self-Healing*, Ch. 6-8, 10, 12

**13 January (R):** History and Tenets of Indian Buddhist Medicine

- Reading: 1) Zysk, Kenneth, *Asceticism and Healing in Ancient India: Medicine in the Buddhist Monastery*, Ch. 3-4  
 2) Heller, Rick, “Buddhism’s Pain Relief”

**18 January (T):** Buddhist Psychology and Its Methods of Healing

- Reading: 1) Goleman, D., “The Anatomy of Mental Afflictions”  
 2) De Silva, Padmasiri, “Health and Sickness in Buddhist Perspective” and “A Holistic Perspective on Emotion Theory in Early Buddhism”

**20 January (R):** The Role of Buddhist Meditation in Healing

- Reading: 1) Wallace, B. A., “Mindfulness of the Feelings,” “Mindfulness of the Mind,” and “Mindfulness of Phenomena”  
 2) Salzberg and Kabat-Zinn, “Mindfulness as Medicine”  
 3) Tulku Thondup, *The Healing Power of Mind*, Chapter 9  
 4) Tenzin Wangyal, “The Elements”

**25 January (T):** Principles of the Traditional Tibetan Medicine

- Reading: 1) Meyer, F. “Theory and Practice of Tibetan Medicine”

**27 January (R):** Buddhist Tantric Medicine

- Reading: 1) Garret, F., “Tapping the Body’s Nectar: Gastronomy and Incorporation in Tibetan Medicine”  
 2) Garret, F., “The Alchemy of Accomplishing Medicine (*sman sgrub*): Situating the *Yuthok Heart Essence* in Literature and History”  
 3) Wallace, V. “Buddhist Tantric Medicine in the *Kālacakratantra*”

**1 February (T):** Diagnostic Methods and the Role of the Healer in the Traditional Tibetan and Contemporary Western Medicine

- Reading: 1) Yeshe Dhonden, “On Being a Tibetan Physician”  
 2) Tsering, Th. Drungtso, “Rekindling Hope in a Patient”

**3 February (R):** “The Knowledge of Healing in Tibetan and Mongolian Medicine”

Reading: 1) Tsering, Th. Drungtso, “The Diagnostic Techniques of Tibetan Medicine”

**8 February (T): Midterm exam**

**10 February (R): Mongolian Shamanic and Buddhist Healing Traditions**

Reading: 1) Pegg, Caroline, “Shamanizing”  
2) Wallace, Vesna, “The Method-and-Wisdom Model in the Theoretical Syncretism of the Traditional Mongolian Medicine”

**15 February (T): Principles of the Traditional Chinese Medicine**

Reading: 1) Zhu Ming, *The Medical Classic of the Yellow Emperor*, Chapters 1-2, 8  
2) Kohn and Sakade, *Taoist Meditation and Longevity Techniques*, Ch. 8

**17 February (R): Islamic Medicine**

Reading: 1) Salim, Muhammad, Khan, “Islamic Medicine”

**22 February (T): Indigenous Concepts of Power and Postcolonial Healing.**

Guest lecture by Natalie Avalos

Reading: 1) Suzanne Crawford O'Brien, “Healing Generations in the South Puget Sound” and Michelle M. Jacob, “This Path Will heal Our People: Healing the Soul Wound of Diabetes”  
2) Hultkrantz, A., *Health, Religion, and Medicine in Native North American Traditions*  
3) Cumes, David, *The Spirit of Healing*

**24 February (R): Astrology and Magic in the Traditional Healing Traditions**

Reading: 1) Strickman, “The Genealogy of Spirit Possession”  
2) Strickman, “Tantrists, Foxes, and Shamans”

**1 March (T): Complementary and Alternative Medicine & Western Convention: Different Perspectives.**

Guest lecture by Albert Silva

Reading: 1) Masiello, D., “Osteopathy – A Philosophical Perspective”  
2) Hufford, David, “Evaluating Complementary and Alternative Medicine: The Limits of Science and of Scientists”  
3) Schneiderman, L. “Alternative Medicine or Alternatives to Medicine? A Physician Perspective”

4) Albanese, C., *Nature Religion in America from the Algonkian Indians to the New Age*, Chapter 4.

**3 March (R):** Alternative Medicine, New Spirituality, and the Press.

Guest lecture by Steven Barrie-Anthony

Reading: Steven Barrie-Anthony, "Alternative Medicine in the Press"

**8 March (T):** Contemporary Dialogues Between Western Science and Buddhism

Reading: 1) Noble, Denis, "Convergence Between Buddhism and Science:

Systems Biology and the Concept of No-Self"

2) Wallace and Shapiro, "Mental Balance and Well-Being:

Building Bridges Between Buddhism and Western Psychology"

**10 March (R):** Review of the Course

Reading: 1) Wiley and Allen, "Healers and Healing"

2) Wiley and Allen, "Mental Health and Illness"