

# Tibetan medicine: scientific foundation with particular review on postulates and practice of mental hygiene

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In Tibetan medicine, health is not achieved as long as mental health isn't present. Even though it is an equivalent to WHO definition of health, in comparison with conventional Western medicine, Tibetan medicine offers strategies to become familiar with one's own mental construction and physiology of the mind.

Because hygiene semantically implicates a continuous activity with its final result (i.e. purity of the mind), it is preferred upon health to demystify the consequence of a process. By this poster, it is my goal to systematically present latest research in the field of contemplative neuroscience. Tool used for the development of this research was online medical database (e.g. [www.online-baze.hr](http://www.online-baze.hr)).

Keywords: Tibetan medicine, mental hygiene, mental training, default mode network, mind wandering

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