

Appendix 2:
(see section 5)

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**FOR INSCRIPTION ON
THE REPRESENTATIVE LIST OF
THE INTANGIBLE CULTURAL HERITAGE OF HUMANITY IN 2018**

**A RELEVANT EXTRACT OF ICH INVENTORY
AND ITS SUPPORTING DOCUMENTS**

**Lum Medicinal Bathing of Sowa Rigpa,
knowledge and practices concerning life, health, and
illness prevention and treatment among the Tibetan people in China**

People's Republic of China

March 2017

A Relevant Extract of ICH Inventory and Its Supporting Documents

Name of Inventory: The First Batch of the National List of Intangible Cultural Heritage (Extended)

Name of Element: Tibetan Medicine (Lum Medicinal Bathing of Sowa Rigpa)

Date of Inclusion: June 2008

Serial No.: 448

Category No.: IX-9

Nominated by: Qinghai Tibetan Medical Hospital

Issuing authority: State Council, P. R. China

Maintaining authority: Department of Intangible Cultural Heritage, Ministry of Culture, P. R. China

I. Description

The Lum Medicinal Bathing of Sowa Rigpa (Tibetan Medicine) has been developed by the Tibetan people within a life view based on Jungwa-nga (five elements) – i.e., Sa (earth), Chu (water), Me (fire), Lung (wind) and Namkha (space) – and a view about health and illness based on Nyepa-sum (three dynamics) – i.e., Lung, Tripa and Pekan. In Tibetan, “Lum” indicates the traditional knowledge and practices of bathing in natural hot springs, herbal water or steam to adjust the balance of mind and body, to ensure health and treat illnesses.

The element is centered in the Tibetan agricultural and pastoral areas along the Yarlung Valley and the Tsongkha Mountain Range. It is also widely distributed in areas inhabited by Tibetans in Tibet, Qinghai, Sichuan, Gansu and Yunnan. Moreover, it has gradually spread to other areas such as Inner Mongolia and Xinjiang.

Influenced by the Bon religion and Buddhism, Lum embodies folk experiences in illness prevention and treatment, and reflects the transmission and development of traditional knowledge represented by the treatise *Gyud zhi* (the *Four Tantras*) in present-day health practice.

Lum is practiced under the guidance of a Manpa (traditional physician) in two ways. One is bathing in Five Types of Hot Springs containing different minerals. The other, bathing with Five Medicinal Nectars, includes three methods: immersion, steam-bathing and applications with sachets. In this process, Manpa, in collaboration with Lum Jorkhan (pharmacist) and Manyok (Lum assistant), conducts symptom differentiation based on observation, questions and pulse palpation. Then preparation of medicines includes herb compound, boiling, fermentation and addition of extra herbs.

As a main component of Sowa Rigpa, the element has been transmitted and widely practiced for generations in relevant communities of Tibet Autonomous Region. This includes Lhokha, Lhasa, Shigatse, Nagchu, Chamdo, Ngari, and Nyingtri. The element has also been transmitted in the

relevant communities of Xining, Tsoshar, Tsolho, Malho, Tsojang, Tsonub, Yulshul, and Golog in Qinghai Province. On account of its safety and accessibility, the element has been frequently utilised in daily life, religious rituals, folkloric activities and medical practices. It plays an important role in ensuring the health of the Tibetans, and in preventing and treating illnesses. While providing Tibetans with a sense of identity and continuity, the element reflects cultural diversity and human creativity.

Through the initiative of and with the active participation of the communities, groups and individuals concerned, the element was included in the National List of Intangible Cultural Heritage.

II. Updating of the inventory

**Name of Inventory: The National List of Representative Elements of Intangible Cultural Heritage
(Extended)**

Name of Element: Lum Medicinal Bathing of Sowa Rigpa (Lhokha Lum Medicinal Bathing of Sowa Rigpa)

Date of Inclusion: November 2014

Serial No.: 448

Category No.: IX-9

Nominated by: Lhokha Tibetan Medical Hospital

Issuing authority: State Council, P. R. China

Maintaining authority: Department of Intangible Cultural Heritage, Ministry of Culture, P. R. China

III. Supporting documents

- i. Notification of the State Council on the Second Batch of the National List of Intangible Cultural Heritage and the First Batch of the National List of Intangible Cultural Heritage (Extended)
- ii. Notification of the State Council on the Fourth Batch of the National List of Representative Elements of Intangible Cultural Heritage

(ATTN: the related intercept pages from the above documents are enclosed in scanned PDF format, followed by their English translation.)

0007917

国务院文件

国发〔2008〕19号

国务院关于公布第二批国家级 非物质文化遗产名录和第一批 国家级非物质文化遗产扩展项目名录的通知

各省、自治区、直辖市人民政府，国务院各部委、各直属机构：

国务院批准文化部确定的第二批国家级非物质文化遗产名录（共计510项）和第一批国家级非物质文化遗产扩展项目名录（共计147项），现予公布。

各地区、各部门要按照《国务院关于加强文化遗产保护的通知》（国发〔2005〕42号）和《国务院办公厅关于

加强我国非物质文化遗产保护工作的意见》（国办发〔2005〕18号）要求，进一步贯彻“保护为主、抢救第一、合理利用、传承发展”的工作方针，认真做好非物质文化遗产的保护、管理工作，为弘扬中华文化，推动社会主义文化大发展大繁荣做出新的贡献。



二〇〇八年六月七日

第二批国家级非物质文化遗产名录

(共计 510 项)

一、民间文学 (共计 53 项)

序号	编 号	项目名称	申报地区或单位
519	I-32	八达岭长城传说	北京市延庆县
520	I-33	永定河传说	北京市石景山区
521	I-34	杨家将传说 (穆桂英传说、杨家将说唱)	北京市房山区 山西省
522	I-35	尧的传说	山西省绛县
523	I-36	牛郎织女传说	山西省和顺县 山东省沂源县
524	I-37	西湖传说	浙江省杭州市
525	I-38	刘伯温传说	浙江省文成县、青田县
526	I-39	黄初平(黄大仙)传说	浙江省金华市
527	I-40	观音传说	浙江省舟山市
528	I-41	徐福东渡传说	浙江省象山县、慈溪市

第一批国家级非物质文化遗产 扩展项目名录

(共计 147 项)

一、民间文学 (共计 5 项)

序号	编号	项目名称	申报地区或单位
8	I-8	孟姜女传说	河北省秦皇岛市 湖南省津市市
9	I-9	董永传说	江苏省金坛市 山东省博兴县
13	I-13	宝卷 (靖江宝卷、河西宝卷)	江苏省靖江市 甘肃省张掖市
22	I-22	吴歌	上海市青浦区 江苏省无锡市
31	I-31	谜语 (澄海灯谜)	广东省汕头市澄海区

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| 444 | Ⅸ-5 | 针灸
(刘氏刺熨疗法) | 重庆市渝中区 |
| 445 | Ⅸ-6 | 中医正骨疗法
(宫廷正骨、罗氏正骨法、
石氏伤科疗法、平乐郭氏
正骨法) | 北京市护国寺中医医院
北京市朝阳区
上海市黄浦区
河南省洛阳市
广东省深圳市 |
| 448 | Ⅸ-9 | 藏医药
(藏医外治法、藏医尿诊
法、 藏医药浴疗法 、甘南
藏医药、藏药炮制技艺、
藏药七十味珍珠丸配伍技
艺、藏药珊瑚七十味丸配
伍技艺、藏药阿如拉炮制
技艺、七十味珍珠丸赛太
炮制技艺) | 西藏自治区藏医学院、西藏自治
区山南地区藏医院
青海省藏医院
甘肃省碌曲县
西藏自治区藏医院、西藏自治区
藏药厂、西藏自治区雄巴拉曲神
水藏药厂
青海省金河藏药药业股份有限公司 |

Reference No.: 0007917

**Notification of the State Council on the Second Batch of
the National List of Intangible Cultural Heritage and the First Batch of the
National List of Intangible Cultural Heritage (Extended)**

File No.: State Council [2008] 19

June 7, 2008

People's governments of all provinces, autonomous regions and municipalities directly under the Central Government, all departments, commissions and organizations directly under the State Council,

The State Council hereby releases the second batch of the National List of Intangible Cultural Heritage (510 in total) and the first batch of the National List of Intangible Cultural Heritage (extended) (147 in total) identified by the Ministry of Culture.

All the regions and departments shall, in accordance with requirements of the Notification of the State Council on the Enhancement of Cultural Heritage Safeguarding (File No.: State Council [2005] 42) and the Advice of General Office of the State Council on the Enhancement of Intangible Cultural Heritage Safeguarding in China (File No.: State Council Generation Office [2015] 18), and shall further implement the safeguarding and management of the intangible cultural heritage by adhering to the working policy of "safeguarding orientation, prioritized rescue, reasonable utilization, transmission and development," so as to make new contributions to both the promotion of Chinese culture and the impetus to the great development and prosperity of the socialist culture.

The State Council

(sealed)

The Second Batch of the National List of Intangible Cultural Heritage
(510 in total)

The First Batch of the National List of Intangible Cultural Heritage (Extended)
(147 in Total)

Serial No.	Category No.	Element Title	Nominating Entity
448	IX-9	Tibetan Medicine (Lum Medicinal Bathing of Sowa Rigpa)	Qinghai Tibetan Medical Hospital

001765

国务院文件

国发〔2014〕59号

国务院关于公布第四批国家级 非物质文化遗产代表性项目名录的通知

各省、自治区、直辖市人民政府，国务院各部委、各直属机构：

国务院批准文化部确定的第四批国家级非物质文化遗产代表性项目名录（共计153项）和国家级非物质文化遗产代表性项目名录扩展项目名录（共计153项），现予公布。按照《中华人民共和国非物质文化遗产法》的表述，将“国家级非物质文化遗产名录”名称调整为“国家级非物质文化遗产代表性项目名录”。

各地区、各部门要按照《中华人民共和国非物质文化遗产法》和《国务院办公厅关于加强我国非物质文化遗产保护工作的意见》（国办发〔2005〕18号）要求，认真贯彻“保护为主、抢

救第一、合理利用、传承发展”的工作方针，坚持科学保护理念，制定规划，扎实做好非物质文化遗产代表性项目的传承、传播工作，推动非物质文化遗产保护迈上新台阶，为弘扬中华民族优秀传统文化作出新的贡献。



(此件公开发布)

第四批国家级非物质文化遗产代表性项目名录

(共计 153 项)

一、民间文学 (共计 30 项)

序号	项目编号	项目名称	申报地区或单位
1220	I-126	卢沟桥传说	北京市丰台区
1221	I-127	鬼谷子传说	河北省临漳县
1222	I-128	东海孝妇传说	江苏省连云港市
1223	I-129	刘阮传说	浙江省天台县
1224	I-130	孔雀东南飞传说	安徽省怀宁县、潜山县
1225	I-131	老子传说	安徽省涡阳县, 河南省灵宝市
1226	I-132	陈三五娘传说	福建省泉州市洛江区
1227	I-133	胡峰阳传说	山东省青岛市城阳区
1228	I-134	孟母教子传说	山东省邹城市
1229	I-135	河图洛书传说	河南省洛阳市
1230	I-136	杞人忧天传说	河南省杞县
1231	I-137	三国传说	湖北省
1232	I-138	伯牙子期传说	湖北省武汉市
1233	I-139	尹吉甫传说	湖北省房县
1234	I-140	苏仙传说	湖南省郴州市苏仙区

国家级非物质文化遗产 代表性项目名录扩展项目名录

(共计 153 项)

一、民间文学 (共计 7 项)

序号	项目编号	项目名称	申报地区或单位
8	I-8	孟姜女传说	山东省莱芜市莱城区
13	I-13	宝卷 (吴地宝卷)	江苏省苏州市
27	I-27	格萨 (斯) 尔	内蒙古自治区巴林右旗
521	I-34	杨家将传说 (杨七郎墓传说)	天津市宁河县
565	I-78	童谣 (绍兴童谣)	浙江省绍兴市
1043	I-99	苏东坡传说	湖北省黄冈市
1069	I-125	谚语 (陕北民谚)	陕西省榆林市

二、传统音乐 (共计 19 项)

序号	项目编号	项目名称	申报地区或单位
34	II-3	蒙古族长调民歌 (巴尔虎长调)	内蒙古自治区新巴尔虎左旗
51	II-20	花儿 (张家川花儿)	甘肃省张家川回族自治县
52	II-21	藏族拉伊 (那曲拉伊)	西藏自治区那曲地区

序号	项目编号	项目名称	申报地区或单位
442	IX-3	中药炮制技艺（人参炮制技艺、武义寿仙谷中药炮制技艺、樟树中药炮制技艺）	吉林省通化市，浙江省武义县，江西省樟树市
443	IX-4	中医传统制剂方法（安宫牛黄丸制作技艺、隆顺榕卫药制作技艺、益德成闻药制作技艺、京万红软膏组方与制作技艺、金牛眼药制作技艺、点舌丸制作技艺、鸿茅药酒配制技艺、平氏浸膏制作技艺、枇杷露传统制剂、老王麻子膏药制作技艺、方回春堂传统膏方制作技艺、二仙膏制作技艺、太安堂麒麟丸制作技艺、昆中药传统中药制剂、马明仁膏药制作技艺）	北京市东城区、天津市南开区、山西省太谷县，天津市南开区、红桥区、西青区，河北省定州市，山西省新绛县，内蒙古自治区凉城县，吉林省长春市九台区，黑龙江省哈尔滨市南岗区、道外区，浙江省杭州市上城区，山东省济宁市任城区，广东省汕头市，云南省昆明市，陕西省西安市碑林区
444	IX-5	针灸（杨继洲针灸）	浙江省衢州市
445	IX-6	中医正骨疗法（海城苏氏正骨、上海石氏伤科疗法、新泰孟氏正骨疗法、新邵孙氏正骨术）	辽宁省海城市，上海市，山东省新泰市，湖南省新邵县
448	IX-9	藏医药（山南藏医药浴法、藏医放血疗法）	西藏自治区山南地区，青海省
972	IX-12	蒙医药（科尔沁蒙医药浴疗法）	内蒙古自治区科尔沁右翼中旗
977	IX-17	回族医药（陈氏回族医技十法）	宁夏回族自治区吴忠市
1194	IX-19	彝医药（拨云锭制作技艺）	云南省楚雄市
1196	IX-21	维吾尔医药（沙疗）	新疆维吾尔自治区吐鲁番市

Reference No.: 001765

**Notification of the State Council
on the Fourth Batch of the National List of
the Representative Elements of Intangible Cultural Heritage**

File No.: State Council [2014] 59

November 11, 2014

The State Council hereby releases the fourth batch of the National List of Representative Elements of Intangible Cultural Heritage (153 in total) and the National List of Representative Elements of Intangible Cultural Heritage (extended) (153 in total) identified by the Ministry of Culture. According to the Law of the People's Republic of China on Intangible Cultural Heritage, the National List of Intangible Cultural Heritage is renamed the National List of Representative Elements of Intangible Cultural Heritage.

All the regions and departments shall, in accordance with requirements of the Law of the People's Republic of China on Intangible Cultural Heritage and the Advice of the General Office of the State Council on the Enhancement of Intangible Cultural Heritage Safeguarding in China (File No.: State Council General Office [2005] 18), and by adhering to the working policy of "safeguarding orientation, prioritized rescue, reasonable utilization, transmission and development," draw up specific plans based on the concept of scientific safeguarding, facilitate the transmission and promotion of the elements included in the List and advance intangible cultural heritage safeguarding to a new height, so as to further contribute to the development and dissemination of the Chinese traditional culture.

(Released to the Public)

The State Council

(sealed)

The Fourth Batch of the National List of
the Representative Elements of Intangible Cultural Heritage
(153 in Total)

The National List of the Representative Elements of
Intangible Cultural Heritage (Extended)
(153 in Total)

Serial No.	Category No.	Element title	Nominating Entity
448	IX-9	Tibetan Medicine (Lhokha Lum Medicinal Bathing of Sowa Rigpa)	Lhokha City, Tibet Autonomous Region