Vajravarahi Health Clinic aims to make accessible and affordable healthcare a reality for everyone. Based upon principles of sustainability and community participation, it is centered upon ‘putting compassion into action.’

“ It is health that is real wealth and not pieces of gold and silver.”

- MAHATMA GANDHI

BACKGROUND
Nepal has the third lowest healthcare provision per person in the world. Outside towns, doctors are scarce and facilities hard to reach, especially in rural and mountainous regions. Where doctors can be found, many cannot afford to pay. Ultimately, the project envisions health and health education services that relieve suffering and are fully sustainable.

THE FOUNDATION’S PROGRAM
Our objectives are:

- Providing a training ground for new Tibetan medicine practitioners, acupuncturists, massage therapists and paramedic practitioners from local communities to ensure sustainability into the future;
- Training high-quality medical interpreters, to ensure patients are properly heard and treated with dignity, and facilitating the work of practitioners;
- Investigating treatments from different medical traditions for a range of common health conditions such as burns, gastric complaints, joint pain, diabetes, and high-blood pressure;

Through this healthcare arm which opened in November 2008, the Foundation delivers low-cost acupuncture, traditional Chinese medicine, Tibetan and Ayurvedic medicine, homoeopathy, ophthalmology, massage and physiotherapy at four full and part-time clinics in the Kathmandu valley.

The Foundation is committed to delivering direct care and health training and education where it is needed most, to people who have the least; sharing skills, enabling dignity, empowering communities to help themselves, and supplementing the local economy, providing work as well as care.