



# IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

*Serving all Maharishi AyurVeda Health Professionals Worldwide*

SUMMER 2019

Dear Colleagues,



We are happy to announce progress on our goal of bringing the knowledge of Maharishi AyurVeda to everyone, no matter where they might be located in the world!

In view of this, two important courses are now also available online: one for the general public, and the other for MAV professionals:

1. The *Introduction to Maharishi AyurVeda* 8 lecture video course with Dr Karin Pirc & Dr Keith Wallace offers a clear and inspiring way to introduce anyone to the unique benefits of consciousness-based medicine.
2. Health Professionals trained in Maharishi AyurVeda are invited to enroll in the 21-hour Advanced Seminar *Clinical Use of eda Herbs*, taught by Ashtavaidya Divakaran Mooss and his son Ashtavaidya Ravi Mooss.

IMAVF is dedicated to raising awareness of the consciousness-based principles of Maharishi AyurVeda within all areas of the Health Care Community, including alternative health professionals, Ayurvedic practitioners, and government health ministries.

And we are committed to helping strengthen and expand the knowledge of Maharishi AyurVeda among our family of professionals in Maharishi AyurVeda, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi Panchakarma.

Please take the opportunity to renew your affiliate status – and please invite your colleagues to join IMAVF – [click here to enroll!](#)

Wishing you the best,

Warmly,  
Dr med Rainer Picha  
IMAVF Chairman of the Board

## Enjoy New Streams of Knowledge

Convenient Online Streaming Option



Dr K. Pirc



Dr K. Wallace



Ashtavaidya D. Mooss



Ashtavaidya R. Mooss

**Intro to MAV Course**  
– more –

**Veda Herbs Course**  
– more –

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## Banaras Hindu University establishes *Centre for Vedic Research*



Banaras Hindu University, a leading institution of higher learning in India, is establishing a ***Centre for Vedic Research***. It has received the support of India's Prime Minister, **Narendra Modi**, who laid the foundation for the Centre last autumn.

**The Centre will explore ancient Vedic texts related to various sciences and conduct multidisciplinary research.**

**The Head of the Veda Department, Upendra Kumar Tripathi explained:**

"The Centre will study the past glory of Vedic sciences and work towards popularizing the scientific approach and vision of the Vedic seers. The Indian wisdom and knowledge tradition developed many branches, which may be seen in the form of a luminous literature on various subjects, like the sciences of rituals, agamas, dramaturgy, music, architecture, astrology, astronomy and cosmology, medicine, surgery, military strategy, yoga, mathematics, metallurgy, etc. The Centre will focus on all of these aspects."

A state-of-the-art research laboratory will study and research the effects of Vedic mantras, rituals, yoga and meditation on the human mind through neuropsychological studies.

The Centre will also collect Vedic manuscripts for publication, prepare course material on Vedic scientific knowledge for inclusion in existing courses, and fill up the absence of Vedic Sciences in various scientific texts currently taught in educational institutions.

**Read more at:** [www.timesofindia.indiatimes.com/city/varanasi/pm-modi-to-lay-foundation-of-countrys-first-vedic-research-centre-at-bhu/articleshow/65850478.cms](http://www.timesofindia.indiatimes.com/city/varanasi/pm-modi-to-lay-foundation-of-countrys-first-vedic-research-centre-at-bhu/articleshow/65850478.cms)



**Save the date!**

**The 6th International Ayurveda Congress to be held in Kathmandu, Nepal 1-4 Oct 2020**

The International Maharishi AyurVeda Foundation, in conjunction with its international co-sponsors, will hold the sixth in a series of International Ayurveda Congresses in Nepal for the first time. Participants and programme schedule are being developed,



and international leaders in Ayurveda are expected to attend and make presentations. Mark your calendars – this promises to be an exciting event in one of the most scenic locations in the world.

## Prof Dr Subhash Ranade, IMAVF Board Member, Receives Prestigious Award

The prestigious *Sandu Ayurveda Gaurav Award* was bestowed on Prof Dr Subhash Ranade, a distinguished *Member of the Board of Directors of the IMAVF*, and a leading international scholar and teacher who, with his illustrious wife, has dedicated his entire life for Ayurveda.

Prof Ranade is the author of 168 books on Ayurveda and Yoga published in 15 languages, as well as a contributor to scientific journals and popular publications in India and throughout the world. He has helped organize and has been a key speaker at numerous Ayurveda conferences, including the many *International Ayurveda Congresses* co-sponsored by IMAVF.

Prof Dr Ranade has been the recipient of numerous other honors, including his recent nomination in February 2019 as Board Member of *Rashtriya Ayurveda Vidyapeeth*, Delhi by the Government of India, Ministry of AYUSH.

He has worked as Professor and Head, Dept. of Interdisciplinary School of Ayurveda and Professor and Head, Dept. of Ayurveda Pune University and Principal of Ashtang Ayurveda College, Pune, India.

Since 1981, he has visited and conducted hundreds of Ayurveda courses for medical practitioners in Europe, Canada, USA, Brazil, Argentina, Chile, Russia, China and Japan. He has been instrumental in popularizing Ayurveda in 70 countries on all 5 Continents.

He recently addressed the *International Conference on Vedic Science and Modern Science* in Kathmandu, Nepal in March 2019.

[www.youtube.com/watch?v=nD1q6FQ4yNA](http://www.youtube.com/watch?v=nD1q6FQ4yNA)

The entire IMAVF family of Maharishi AyurVeda practitioners congratulates Prof Dr Ranade on his most recent honor!



From Left to Right - Dr. Pramod Sawant (Chief Minister Goa), Dr. Mohan Bhagvat (Chief, Rashtriya Swayamsevak Sangh), Prof. Subhash Ranade, Shripad Naik (Minister Ayush, Delhi) and Shri Sandu.

**View video of award ceremony (in Hindi):**

[www.youtube.com/watch?v=mca2csiY710&feature=youtu.be](http://www.youtube.com/watch?v=mca2csiY710&feature=youtu.be)

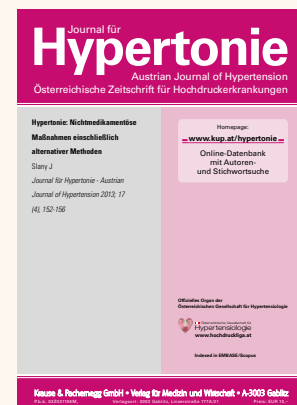


## Ayurveda, Yoga and Meditation at Graz University

On March 20 Dr med Rainer Picha, chairman of IMAVF, presented an elective lecture to a capacity audience of medical students at the University of Graz. Students at this university have demonstrated a very lively interest in preventative and alternative medicine. Another presentation by a representative from the regional health insurance organization responsible for preventative medicine emphasized the importance of stress management and cited Transcendental Meditation as the only method that is as effective as blood pressure medicine.

### Austrian Society for Cardiology Guidelines Recommends Transcendental Meditation®

The Austrian Society for Cardiology, published guidelines in its "The Austrian Journal of Hypertension," and recommended Transcendental Meditation® as a modality for treating high blood pressure.





## Maharishi AyurVeda on the Move! Dr Robert Schneider's Tour for Total Health

Delhi, India • University of California, Irvine • Rishikesh, India • Scott's Valley California, USA • Miami, Florida USA

This past spring, Robert Schneider, MD, FACC, Dean of MUM's College of Integrative Medicine, traveled across the globe to champion the integration of the knowledge and technologies of Maharishi AyurVeda into the worlds of modern medicine and natural traditional medicine.

Dr Schneider attended six prestigious conferences, where over a thousand doctors, medical students and ayurvedic practitioners were inspired by the holistic, science-based approach of Maharishi AyurVeda.

### February 2019 – University of California at Irvine Dr Schneider Speaks to Hundreds of Doctors & Medical Students.

The medical profession continues to show increasing interest in the Transcendental Meditation® technique, both for medical care and for physician wellness and prevention of burnout.

The Medical School at the University of California at Irvine is considering making the TM® technique available for physician wellness, and 200 doctors attended Dr Schneider's presentation

on the role of stress in cardiovascular disease and the research that shows that the TM® technique prevents and treats heart disease and its risk factor, such as high blood pressure, stress and atherosclerosis.

*"Physician burnout is now recognized as a major issue," Dr Schneider said. "The residents and medical students were keen to stay balanced and healthy as they train in the science and art of medicine. They were receptive and understand from personal experience the importance of dealing with chronic fatigue and stress."*

Dr Schneider also met with another 50 physicians and spouses involved with **the Indian Medical Association of Southern California**. He presented Maharishi's vision for Vedic health care that includes mind, body, and environment – all based on the inner intelligence of the body and the universe. "These doctors were very interested in how science is now verifying the principles and benefits of their own tradition of Ayurveda," Dr Schneider said. "My presentation helped to bridge the gap between modern science and ancient Vedic science."



Physicians Embrace Maharishi's Knowledge at World's First Conference on Meditation & Cardiovascular Disease in Rishikesh, India



All India Institute of Ayurveda in Delhi with Vaidya Shri Devendra Triguna

### March 2019 – Rishikesh, India

The *All India Institute for Medical Sciences* – considered to be one of the top hospitals and medical schools in India – hosted Dr Schneider's feature presentation on Maharishi AyurVeda as a comprehensive mind-body-environment system based on the inner intelligence of nature at the World's First Conference on Meditation and Cardiovascular Disease.

[www.meditationconference.org/conference](http://www.meditationconference.org/conference)

*"These modern doctors and scientists know that this is their ancient tradition, but they want to be contemporary and science-based," said Dr Schneider. "They were very inspired by our research giving a modern scientific framework to their tradition."*

The faculty at the *All India Institute for Medical Sciences Ayurveda* are eager to collaborate with Dr Schneider on a large clinical study on hypertension that would be conducted in India. They are particularly interested in using technology such as PET and fMRI to differentiate among approaches to meditation regarding its physiological effects on the brain and heart. In addition, 40 have already learned the TM technique, and several hundred more plan to learn.

### March 2019 – Delhi, India

Dr Schneider's presentation on Maharishi's Contributions to Ayurveda: Total Knowledge for Total Health at the All India Institute of Ayurveda in Delhi was enthusiastically received.

# Global Good News & Inspiration



Dr Schneider addressed 450 attendees in 2 presentations: "Jyotish, Ayurveda & Modern Medicine"; and "Yoga, Meditation & Mental Health" at the NAMA Conference in Scott's Valley, California



Dr Schneider's presentation on "The Role of Stress and Stress Reduction in Age Management Medicine" was well-received by hundreds of medical doctors at the Age Management Medicine Group in Miami, Florida

## April 2019 – Scott's Valley, California USA

Dr Schneider gave two talks at the well-attended *National Ayurvedic Medical Association (NAMA)* conference on *Ayurveda and the Mind*, which was co-sponsored by the Government of India's AYUSH.

[www.ayurvedanama.org/conference-overview](http://www.ayurvedanama.org/conference-overview)

He presented a broad understanding of Yoga in Ayurveda, that emphasizes union with one's inner healing self. Meditation is a vehicle for achieving this union, and that's backed by scientific evidence on health benefits of the Transcendental Meditation technique.

Dr Schneider also presented insights of modern medicine on Jyotish or Vedic astrology in Ayurveda. He explained that modern medicine recognizes the timing of disease onset and treatment in chronomedicine. He described how Jyotish helps to fulfill the goals of medicine for personalized, preventive, predictive, and participatory health care.

## April 2019 - Miami Florida, USA

At a conference of the *Age Management Medicine Group (AMMG)* held in Miami Dr Schneider spoke to hundreds of MDs on how the mind-body connection can speed up or slow down the aging process.

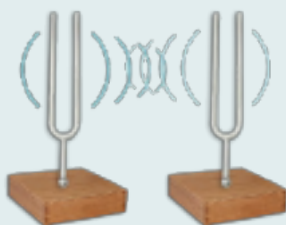
*"The contribution of lifestyle to aging is becoming a major theme in contemporary medicine, so these physicians were fascinated to hear how Transcendental Meditation can modify aging," Dr Schneider said. "This was the only session to show research on how science supports the mind-body connection."*

Dr Schneider also presented research showing that the Transcendental Meditation technique mitigates a range of physiological conditions associated with aging.

## Restore Your Health with

### **Maharishi Vedic Sound Technology** Healing sessions in the comfort of your own home

By exposing the physiology to the correct aspects of Vedic Sound it is able to fully enliven its repair mechanisms.



Specific Vedic Sounds match the vibrational quality of a particular area of the physiology to enliven its repair mechanism.

To apply log on to: [www.Vedicsound.org](http://www.Vedicsound.org)

Maharishi Vedic Sound Technology treatments are available for a wide range of health disorders including:

- **Musculoskeletal disorders such as arthritis and back problems**
- **Gastrointestinal, cardiovascular, endocrine disorders**
- **Mental problems, such as anxiety, depression and insomnia etc**

View the complete list of disorders:

[https://www.vedicsound.org/pdf/Disorder\\_List\\_en.pdf](https://www.vedicsound.org/pdf/Disorder_List_en.pdf)

The Maharishi Vedic Sound Technology programme is not intended as a replacement for any medical care that might be necessary. Individuals who inquire about the programme are advised to follow the recommendations of his or her physician. In case of improvement of the condition, patients are further advised to consult with their doctors before reducing, changing or discontinuing any treatment they are receiving.

# RESOURCES: New Tools to Inspire & Educate

**For Maharishi AyurVeda-trained health professionals:**

## **Advanced Seminar Clinical Use of Veda Herbs Now Available in Convenient Online Format**

Learn the clinical application of 43 of the most effective and readily available Veda herbs from Ashtavaidya Divakaran Mooss and his son Ashtavaidya Ravi Mooss

Ashtavaidya E.T. Divakaran Mooss comes from the famous Ashtavaidya Tradition of Kerala. He has worked for many years closely with Maharishi Mahesh Yogi to develop advanced protocols for chronic disorders and he has also developed the product line of the "Veda Herbs."

**This 21-hour course is carefully structured in 31 lessons to cover all aspects of this invaluable knowledge:**

### **Part 1: Introduction**

- Diagnostic Procedures of Maharishi AyurVeda
- Prashanam (Questionnaire for Diagnosis of Diseases)
- The different categories of Veda Herbs, incl. standard dosages and methods of use
- General guidelines for recommendations of Veda Herbs
- Dravya Guna
- Dravya Guna Karma Shastra

### **Part 2: Essential Veda Herbs**

43 essential Veda Herbs in detail: ingredients, indications, contra-indications, overall effect, Dravya Guna, & karma of important ingredients:

- Churnas: Veda 104, 107, 114, 127, 129 and 143
- Gulikas: Veda 204, 208, 214 and 238
- Kashayas: Veda 302, 304, 305, 311, 312, 314, 317, 319, 321, 323, 324, 326, 327, 332, 333, 334, 338, 341, 344, 345, 351, 354, 355, 356, 357, 358 and 360
- Avalehas: Veda 408 and 412
- Thailas: Veda 643, 687, 700 and 711

### **Part 3: Treatment Protocols**

- Asthma
- Constipation
- Skin Diseases
- Menstrual Disorders
- Hemorrhoids
- Joint and Muscle Pain

This online seminar is based on the live course recorded in April 2016 at MERU, The Netherlands.

Dr phil Karin Pirc and Dr med Oliver Werner act as co-hosts.

[www.imavf.org/veda-herbs-seminar/](http://www.imavf.org/veda-herbs-seminar/)



**Ashtavaidya Divakaran Mooss** is chairman and Chief Physician at Ashtavaidyan Thaikkattu Mooss, Aatma Ayurvedic Hospital, Thrissur, Kerala, India and Chief Consulting Physician at Keraleeya Ayurveda Samajam Shoranur, and at PNNM Ayurveda Medical College



**Ashtavaidya E.T. Ravi Mooss** is Managing Director of Aatma Ayurvedic Private Clinic, Honorary Director of Ashtamgam Ayurveda Chikitsalayam and Vidyapeedom, Technical Director of Keraleeya Ayurveda Samajam Hospital, of India (Kerala)

### **Who can attend?**

The online seminar is open to health professional who have already been trained in Maharishi AyurVeda or anyone who has already attended the first course of Veda herbs with Ashtavaidya in the 1990's.

**IMPORTANT:** Registration as an Affiliate of IMAVF is required to enroll in this course. To join IMAVF as an Affiliate, and to learn about the many additional benefits, [click here](http://www.imavf.org/).

### **What does it cost?**

The fee for this seminar is €395 (plus 21% VAT for residents of EU-Countries). As always there will be a discount for residents of developing countries. Click here for a list of qualifying countries [www.IMAVF.org](http://www.IMAVF.org)

You can watch the lessons any time convenient to you and there is no time limit for the completion of the seminar.

### **For IMAVF Affiliates:**

1. Log in to your IMAVF Affiliate account at [www.IMAVF.org](http://www.IMAVF.org)
2. Click on News and Events in the Top Menu bar
3. Click on Clinical Use of Veda Herbs
4. Click the Pay Now button



# RESOURCES: New Tools to Inspire & Educate

**NOW AVAILABLE FOR CONVENIENT ONLINE STREAMING:**  
**“Introduction to Maharishi AyurVeda” 8 lectures, 6+ hours**  
**Also available as a DVD Set**

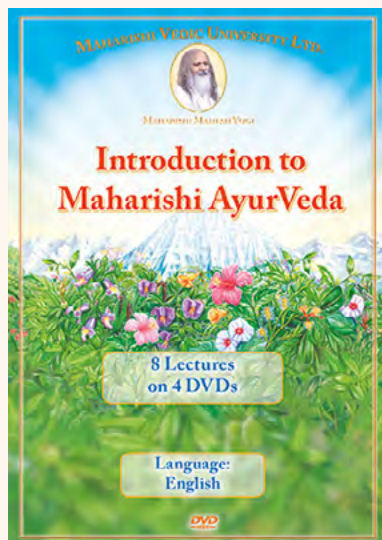


Dr Karin Pirc, MD, PhD in Psychology, Medical Director of Maharishi AyurVeda Health Center, Bad Ems, Germany



right: Dr Keith Wallace, PhD, Chairman and Professor, Department of Physiology and Health, Maharishi University of Management, USA

This new lecture series was prepared to clearly present the basics of Maharishi AyurVeda to a general audience, including those who have not yet learned the Transcendental Meditation Technique. Dr Karin Pirc and Dr Keith Wallace are lively and engaging speakers skilled at introducing Maharishi AyurVeda to the public. This video series will ideally be presented in a course setting.



This set of 8 video lectures, now available via online streaming, or as DVDs, covers the full range of basic knowledge of Maharishi AyurVeda. The lively interviews and discussions by Dr Keith Wallace with Dr Karin Pirc present a clear and accessible introduction to Ayurveda, the science of life.

Each lecture presents insights from authentic Ayurveda, supported by scientific findings of modern physiology and medicine, with highly practical recommendations for day to day living. Viewers will be introduced to a broadened view of the different levels of life – from the all pervading silent realm of consciousness to the more expressed values of outer material life. They will gain a deeper understanding of the natural laws that govern their lives and will learn many helpful hints for improving their own – and those of their children and other family members.

## Introduction to Maharishi AyurVeda

### LIST OF LECTURES

- 1: Basic Principles of Maharishi AyurVeda** (53 minutes)
- 2: Diet and Nutrition–Part 1** (49 minutes)
- 3: Diet and Nutrition–Part 2** (52 minutes)
- 4: Living in Accord with the Rhythms of Nature** (50 minutes)
- 5: Rasayana–the Rejuvenation of Mind and Body** (59 minutes)
- 6: The Three Doshas in Daily Life** (56 minutes)
- 7: Treatment Modalities of Maharishi AyurVeda** (62 minutes)
- 8: An Introduction to Maharishi AyurVeda Panchakarma Treatment** (52 minutes, version for PK clinics: 59 minutes)

To get a taste of the lectures please click here for sample video clips:  
[www.vimeo.com/317995062/2535f0c60d](http://www.vimeo.com/317995062/2535f0c60d)

All TM Centres, Governors and MAV Health Centres are encouraged to use this informative and inspiring lecture series available to introduce Ayurveda to both meditators and non-meditators in their area. Use this series to enliven knowledge in your centers and generate income at the same time.

### NEW ONLINE STREAMING OPTION:

- Lecture 1:** EUR 3.00 for 108 hours (4 1/2 days) access (trial lesson at a reduced price)
- Lectures 2-8:** EUR 14.00 each for 108 hours (4 1/2 days) access per lesson; EUR 101 for the entire series

### DVD PURCHASE OPTION ALSO AVAILABLE:

Details and purchase pricing at:

[www.coursematerials.globalcountry.org/product/ayurvedaintro](http://www.coursematerials.globalcountry.org/product/ayurvedaintro)

# Resources: Tools to Inspire & Educate

## How to Introduce Maharishi AyurVeda to Your Colleagues

This Presentation by Dr med Walter Mölk, given at the Second International Ayurveda Congress in London in 2017 provides an excellent orientation to the unique approach and features of Maharishi AyurVeda

## Ayurveda, a Foundation for Integrative Medicine

Dr med Walter Mölk, Director, Maharishi College of Perfect Health International, The Netherlands;  
Founder, Austrian Society of Ayurvedic Medicine (1986)



**Integrative medicine is characterised by a holistic approach to the patient, including all aspects of lifestyle, and the combination of different types of both conventional and alternative therapies.**

**Perfect health, according to Maharishi Mahesh Yogi, is a state of perfect integration:**

*'When the total intelligence of Natural Law, the Veda, is lively in the individual physiology there is perfect synchrony between the functioning of every individual cell and the holistic functioning of the body as a whole and between individual intelligence and cosmic intelligence. In this state of complete integration our thoughts and actions are spontaneously in harmony with Natural Law and the individual enjoys perfect health. This is a state of perfect integration.'*

Maharishi ĀyurVeda

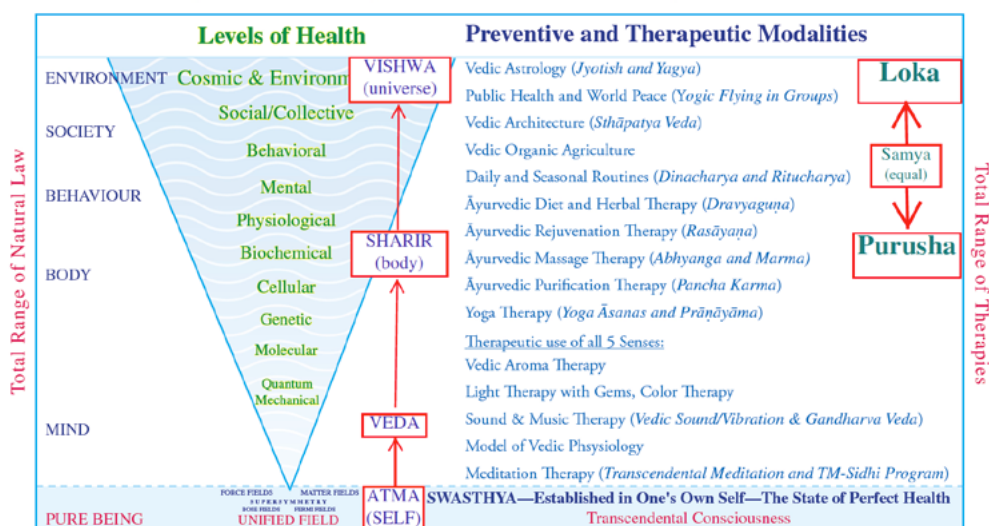
Maharishi College of Perfect Health International  
International Training Centre for Maharishi ĀyurVeda, MERU, Vlodrop, Holland

Integrative Medicine

### Total Knowledge of Health

Multi-Modality Approach of Maharishi ĀyurVeda

Covering the Whole Range of Natural Law Balancing all Levels of Health



Perfect Health and Invincibility is only possible at the level of the Unified Field of all the Laws of Nature, which lies at the basis of environmental, social, behavioral, physiological, cellular, genetic and mental health.

**Maharishi ĀyurVeda is Unified Field Based Medicine / Consciousness Based Medicine**  
Restoring the Connection between the Body and Its Source in Consciousness

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# Resources: Tools to Inspire & Educate

Ayurvedic texts (Sushrut Samhitā) mention that a Vaidya should not only study Ayurveda but also other fields of science. Maharishi AyurVeda has its foundation in many different disciplines, such as Vedic Science and Technology as revived by Maharishi, the classical Ayurvedic texts, the discovery of Veda in the physiology by Professor Tony Nader, modern physics and cosmology, medical research and clinical experience, modern biology including genetics and epigenetics, chronobiology, personalised and predictive medicine, and scientific theories such as systems theory, self-organisation and chaos theory. The common basis for all these different disciplines is the state of least excitation of our own consciousness, which is a state of perfect health. Health is wholeness, a state of perfect integration.

Maharishi AyurVeda uses a multimodality approach covering the whole range of natural law, from the abstract unmanifest field that underlies creation to all the expressed levels of human life including the environment. These treatment modalities have an age-old tradition and many of them have been researched and the results published in peer-reviewed scientific journals. This approach also includes diagnostic methods and treatments of modern medicine, and systems of natural medicine with a long tradition and/or scientific studies proving their effectiveness.

Maharishi AyurVeda is primarily a prevention-oriented system that considers influences on health that are not usually taken into account by conventional medicine, including development of consciousness in the individual and society (increased level of coherence in collective consciousness), the near environment (architectural design and city planning) and the distant environment (cosmic influences from our solar system and the stars). The goal of all these approaches is, besides addressing specific health concerns, to enliven the inner intelligence of the body and create an ideal atmosphere for personal development and growth in a peaceful and affluent society.

## Definition of Perfect Health

**SWA - STHYA**

**"Established in one's own Self"**  
**Established in Total Natural Law**

The different levels of health (mental, physical, behavioural, social and environmental) can only be integrated at their source in pure being, the innermost aspect of our existence.

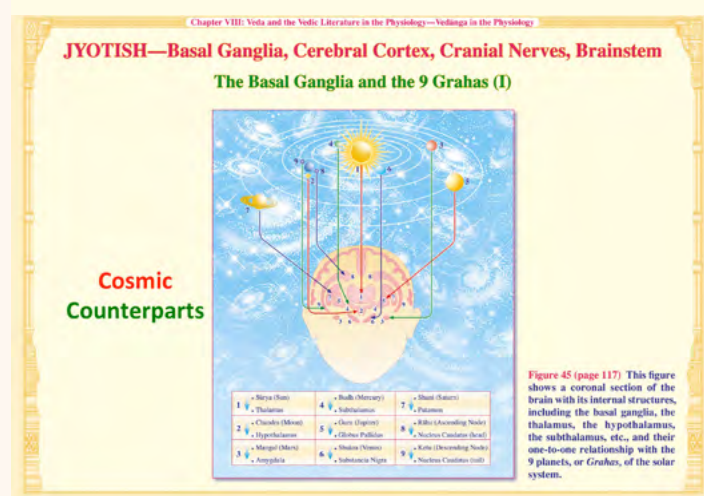
\*A Volume 1–7 Scientific Research on the Transcendental Meditation and TM-Sidhi Programme: Collected Papers

This most fundamental level is the state of Yoga or union, in which individual and cosmic intelligence are integrated. This is a dynamic state of perfect health where a person is completely established in himself or herself – 'Swarūpe avasthānam' (Patanjali Yoga Sūtra 1.3). Hundreds of scientific studies have shown that regular experience of this lively state of inner silence through the practice of Transcendental Meditation is the basis not only for individual health, but also for collective health, and therefore provides the foundation for any kind of integrative medicine.

Ayurveda describes the range of our existence as one integrated field, the Self (Ātmā), which, when it becomes aware of itself, expresses itself as Vedic sounds, then as the body (Sharīr), and finally as the ever-expanding universe (Vishwa). If we are able to integrate all these levels in our own consciousness then we have achieved a state of perfect integration, perfect health, totality (Brahm).

The principle of Loka – Purusha – Samya is an important Ayurvedic concept. Loka is the universe, Purusha the person and Samya means equal. It means that the universe and the person are connected, they are actually one: 'As is the microcosm, so is the macrocosm'.

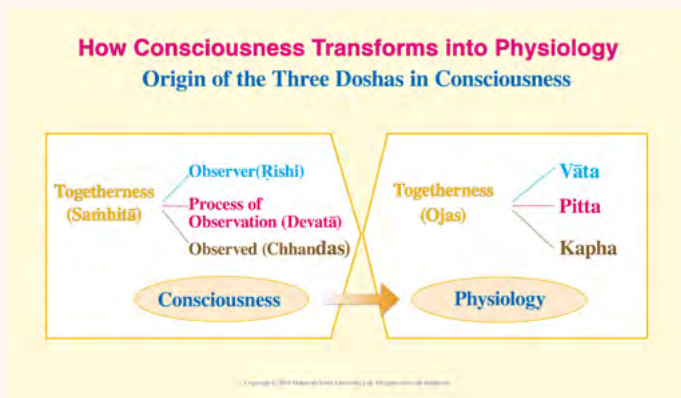
Professor Nader has shown in his book *Human Physiology – Expression of Veda and the Vedic Literature* that the cosmic influences of the planets and the stars have their counterparts in our physiology, for example in the basal ganglia of the brain and in the cranial nerves (illustrated in the chart below, taken from Dr Nader's book). This discovery is a verification and practical application of the principle of Loka – Purusha – Samya and it explains the diagnostic and therapeutic effect of Vedic astrology (Jyotish and Yagya)



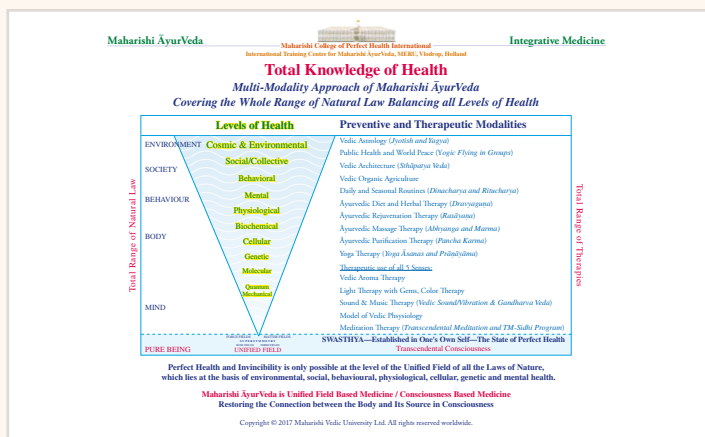
\*A Human Physiology – Expression of Veda and the Vedic Literature, Modern Science and Ancient Vedic Science Discover the Fabrics of Immortality in the Human Physiology, Tony Nader, MD, PhD, Fifth Edition, 2014 Maharishi Press

# Resources: Tools to Inspire & Educate

The fundamental qualities of consciousness express themselves in the different sounds of the Veda, and are then transformed into the structures of the physiology. For example the three Doshas have their origin in consciousness. Maharishi defined consciousness as that which is conscious of itself. That means consciousness has a threefold structure: the knower (Rishi), the process of knowing (Devatā), and the known (Chhandas). On the level of self-referral consciousness these three are one (Samhitā). The relationship between these three elements of consciousness forms the basis of the three governing principles of physiology: Vāta, Pitta, and Kapha.



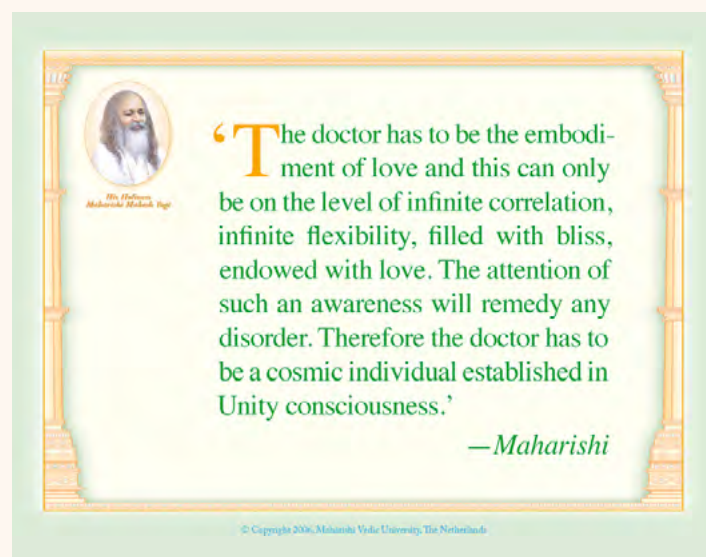
On the right side of the chart below we see the various preventive and therapeutic modalities of Maharishi AyurVeda. According to Charaka there are three basic types of therapies: spiritual therapies (Daiva Vyaprashaya), rational therapies (Yukti Vyapashraya) including diet, herbs, massage, Pancha Karma, etc., and psychological therapies (Sattvavajaya).



Integrative medicine means that aspects of all three categories of therapies have to be included (see chart above). However, integration is not achieved just by mixing together modern medicine, Ayurveda, Chinese medicine, aroma therapy, homeopathy, massage, Yoga therapy, etc. Whatever systems we choose, their integration is possible only at the level of the state of least excitation of consciousness (Ātmā).

When we want Ayurveda to be globally introduced as a prevention-oriented natural health care system we have to expand it to its full value. This requires an expansion on the vertical level to connect the different therapies with our own self-referral consciousness and with the environment and the whole cosmos, and a horizontal expansion to include all the forty aspects of Veda and the Vedic literature. This holistic expansion is a unique feature of Maharishi AyurVeda.

Finally, I want to mention that irrespective of the medical system practised, the quality of compassion and love of the physician is an important basis of true integrative medicine.



Walter Mölk email: [wmoelk@maharishi.net](mailto:wmoelk@maharishi.net)

The Proceedings of the 2017 London Congress contain summaries of many additional fascinating talks by international leaders in Ayurveda.

Copies are available for 25,00 € plus shipping at: [www.imavf.org/proceedings-iavc-london-2017/](http://www.imavf.org/proceedings-iavc-london-2017/)

You can view videos of the presentations here: [www.imavf.org/videos-iavc-london-2017/](http://www.imavf.org/videos-iavc-london-2017/)

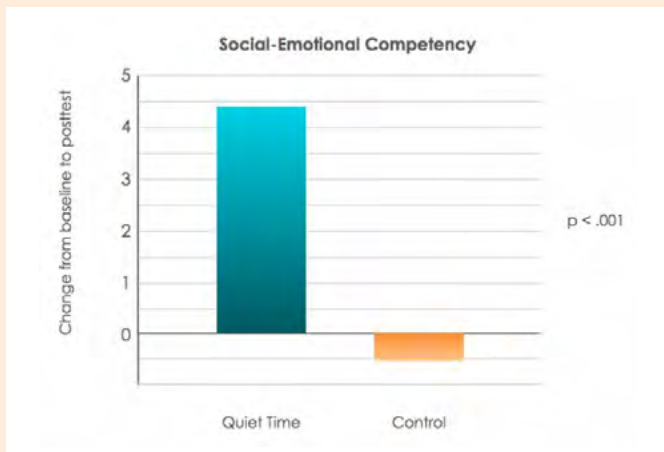
## New Study Finds TM Enhances Social-Emotional Learning Most Dramatic Benefit Shown in Hi-Risk 10-11 Year Old Students

Secondary school students practicing the Transcendental Meditation® technique as part of a school Quiet Time programme had significant improvements in social-emotional competencies and psychological distress, according to a new study published in *Education*.

*“Social-emotional learning is gaining increased recognition as an important goal of education, said MUM professor Sandy Nidich, study coauthor and director of the MUM Center for Social-Emotional*

*Health and Consciousness. “Competencies such as self-awareness, self-management, social awareness, relationship skills, and goal-directed behavior help students perform better academically and promote enhanced emotional and social well being.”*

The study compared 51 sixth-grade students who took part in a Quiet Time programme with twice-daily practice of Transcendental Meditation to 50 students from a matched control school within the same West Coast public school district.



Results showed a significant increase in overall social-emotional competency in the Transcendental Meditation group compared to controls over a four-month period. The effects were particularly pronounced in high-risk subgroups, which experienced a significant increase on social-emotional competency and a significant decrease on emotional problems compared to controls.

Specific improvement was found in the areas of decision-making, goal-directed behavior, personal responsibility, relationship skills, and optimism.

The study used the Devereux Student Strengths Assessment Mini scale and the Strengths and Difficulties Questionnaire Emotional Symptoms scale.

“One important strength of the study was the use of teacher ratings of student social-emotional competencies rather than relying solely on student self-report,” Dr Nidich said. “These results have implications for schools looking to implement evidence-based programs for student social-emotional learning and mental health. The media coverage of the results has been very positive, showing a keen interest throughout the world in the Transcendental Meditation technique as a means to improve social-emotional learning and reduce student stress.”

Laurent Valosek was lead author of the study; coauthors included Randi Nidich from MUM, Jamie Grant, and Staci Wendt from WestEd Research in California.

[www.ingentaconnect.com/content/prin/ed/2019/00000139/00000003/art00001](http://www.ingentaconnect.com/content/prin/ed/2019/00000139/00000003/art00001)

**Researchers & Clinicians: Please share your findings!**  
**Conducting a formal study, or gathering patient testimonials?**

**All of us in the Maharishi AyurVeda community are eager to hear of your research and results.**  
**Send your articles, reports or notes to:**

**[editor@imavf.org](mailto:editor@imavf.org)**



## Vaidya Webinar Series with Vaidya Manohar continues to uplift and educate

Maharishi AyurVeda-trained health professionals deepen their knowledge & expand their skills

**Participate Live – Or View Later at Your Convenience**

This popular advanced webinar series continues to give Maharishi AyurVeda-trained health professionals specific knowledge and training in treating common chronic disorders using consciousness-based medicine.

During each webinar, Vaidya Manohar will give a 30 minute presentation on how to apply proven solutions from Maharishi AyurVeda, and will take questions for half an hour.

The *Vaidya Webinar Series* continues in 2019 with a series of 5 seminars for Maharishi AyurVeda-trained doctors and consultants. See detailed schedule below.

### Webinar Schedule for 2019

Each hour-long Webinar includes ½ hour for questions.

Each webinar starts at 20:00 CEST/ CET

On Wednesdays	Theme
April 17	Skin Disease Part 1 – Recording Available
May 29	Skin Disease Part 2 – Recording Available
July 10	Head Ache
September 11	Constipation
November 13	Reproductive Disorders

Each Webinar will provide condition-specific training in treating common diseases in the light of consciousness-based medicine.

This advanced series is to provide practical training and guidance for direct application of the modalities of Maharishi AyurVeda in your own medical practice.



The *Vaidya Webinar Series* will be conducted by Vaidya Manohar Palakurthi and is open to Maharishi AyurVeda-trained doctors and consultants.

Vaidya Manohar Palakurthi is a leading Maharishi AyurVeda expert, who worked directly with Maharishi for three decades. Vaidya Manohar has taught numerous Maharishi

AyurVeda courses, including Maharishi Nadi Vigyan, all over the world, and currently teaches at Maharishi University of Management, USA. He is a consultant for Maharishi AyurVeda course development for physicians in the USA, Japan, and Europe, and for the development of Maharishi AyurVeda herbal products.

Vaidya Palakurthi was trained by, and worked with, world experts such as Vaidya Balraj Maharishi, the world's leading expert in Dravya Guna, Rajvaidya Brihaspati Dev Triguna, the world's leading expert in Nadi Vigyan, and Vaidya V.M. Dwivedi, former Vice chancellor of Jamnagar Ayurveda University, the world's leading expert in Ayurvedic mineral and metal preparations.

**For more information and how to register for this webinar series [click here](#).**

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**As an IMAVF Affiliate you are fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family.** Maharishi charged Dr Rainer Picha with creating an organisation that would both strengthen and unite the different disciplines of Maharishi AyurVeda. With the collaboration and support of MERU and of Dr Walter Mölk, Lothar Pirc, Dr Girish Momaya, Dr Kingsley Brooks, and Prof Dr Subhash Ranade, IMAVF has grown into an internationally recognised authority on Ayurveda.

**IMAVF Affiliates are entitled to a wide range of benefits and cost reductions on courses, webinars and conferences:**

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- Access to Affiliate-Only downloads, recorded webinars and presentations.
- Access to our online Professional Forums in the department of Maharishi AyurVeda. Post your questions, receive answers by the experts, share your experience and tips of your practice.
- **NEW!** "Ask the Vaidya" Service: Submit your questions about any aspect of Ayurveda to our senior Vaidyas in India and get a detailed reply within 3-4 days. FREE to all IMAVF Affiliates!

### **■ SAVINGS ON COURSES, WEBINARS & CONFERENCES**

- 10% Discount on International Ayurveda Congresses: October 2020 in Kathmandu, Nepal.
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(This 10% discount is valid for course fees, not meals or lodging costs - not valid with other offers.)
- 50% reduction on advanced webinars.
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- **NEW 2019 Series!** Vaidya Webinar Series -- View Live or Stream on Demand. 50% Discount

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- You will be able to announce your local or regional Maharishi AyurVeda health related events in our online events calendar.
- Share your news and research results with the extended community of Maharishi AyurVeda professionals worldwide.

**Enrollment in the IMAVF Affiliate programme gives you all these benefits for only 80 Euro per year.**

**[Click here to enroll.](#)**

(40 Euro for professionals from developing countries, MERU staff and Mother Divine.)

If you are not a Maharishi AyurVeda professional, you may join the IMAVF as a Supporter for only 80 Euro (40 Euro from developing countries.) **[Click here to enroll.](#)**

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*Just email your news and ideas to: [editor@imavf.org](mailto:editor@imavf.org)*



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