

Special Report on the Second International Ayurveda Congress, London April 2017

Dear Maharishi AyurVeda Professional and Friends,

If you attended the 2nd International Ayurveda Congress in London this past April, you know just how enriching and inspiring this event was for everyone.

New knowledge, deep insight, exciting news, and invigorating opportunities to connect with our colleagues from around the world – these three days were just outstanding in every way.

For all of us who participated, we felt as if a major phase transition had occurred. Ayurveda in general, and Maharishi AyurVeda in particular, had moved on to a whole new level of professionalism and public acceptance.

In this extended edition of the *IMAVF NewsMagazine* you will find highlights of the Congress, along with excerpts and summaries of detailed presentations by many of the most renowned worldwide leaders in Ayurveda.

Soon the complete Congress proceedings will be available to you all – please watch your inbox for an IMAVF Bulletin with full details.

In the meanwhile, please enjoy the reports and summaries we have prepared for you.

One of the biggest developments at the Congress was the fast pace of progress in preparing for next year's International Ayurveda Congress.

The Brazilian Government has stepped forward to host the 3rd International Ayurveda Congress in Rio de Janeiro in 2018! This is a momentous step in the integration of Ayurveda into the national health system and we applaud the Brazilian government for its progressive thinking.

As soon as the details are finalized we will inform all IMAVF affiliates and friends.

As was the case this year, IMAVF members will receive a substantial reduction in the congress fee – [please click here to join the IMAVF](#).

Wishing you great success in all your endeavors,

Warmly,



Dr Rainer Picha
IMAVF Chairman of the Board



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Highlights of the Congress

Second International Ayurveda Congress, London UK 1-3 April 2017

- More than 80 speakers within two days
- Around 300 delegates from 55 countries
- First Ayurveda for Everyone parallel event for the public
- Three major international organizing institutions:
 - International Maharishi AyurVeda Foundation (IMAVF)
 - All India Ayurvedic Congress (AIAC)
 - International Academy of Ayurveda (IAA)

Personal Highlights & Commentary from Leaders of Maharishi AyurVeda



Dr Rainer Picha, Chairman, International Maharishi AyurVeda Foundation (IMAVF), Co-Organiser of the Congress

"Our principal idea was to open ourselves to the international Ayurveda community and invite everyone interested in natural healthcare. One of the purposes of this

Congress was to introduce experts from around the world to consciousness-based Ayurveda because many of the delegates had never heard about the role of consciousness in Ayurveda."



Peter Swan, Co-Moderator of the Plenary sessions of the Congress

"This Congress was a huge turning point for Ayurveda in the world. Huge success all around!"



Dr Peter Warburton, Chief Executive, Maharishi Foundation UK, and Congress Moderator

"Every single talk during the Congress was groundbreaking in the captivating knowledge it presented, the audience was completely fascinated all the way through.

This inspiring congress reached a new level where world experts in the field of Ayurveda came together and brought out:

- A new depth of understanding of Ayurveda
- New breakthrough scientific research on Ayurveda, such as in the area of genomics.
- In-depth formulation of policies to make Ayurveda available throughout the world.

Every delegate said to us that this Congress was very fulfilling, very purposeful."

Highlights of the Congress



Dr Girish Momaya, Director International Maharishi AyurVeda Foundation

"The inaugural session of the Congress featured numerous dignitaries and worldwide leaders in Ayurveda:

Dr Tony Nader, MD, PhD; the Minister of AYUSH of India, Shri Shripad Yesso Naik and his Joint Secretary, Ranjit Kumar; the former Health Minister of Brazil Dr Jose Saraiva Felipe; Dr Padma Bhushan Vaidya Devendra Triguna; Prof. Dr Subhash Ranade; Dr Rainer Picha and Mr. Virendra Sharma, Member of Parliament in the UK.



The Indian Embassy in London supported the event and the High Commissioner of India in the UK, His Excellency Mr. Y K Sinha attended the Inaugural Session.

Vice-Chancellors from major Indian Universities also attended: Prof Padma Shri Ram Harsh Singh, Rajasthan Ayurveda University, Jodhpur; and Padma Shri Prof Anant Darshan Shankar, TransDisciplinary University, Bangalore.



"The level of knowledge that came out was outstanding!"



Mr Amarjeet Singh Bhamra, Dr Tony Nader, Virendra Sharma MP, Hon Minister Shri Shripad Yesso Naik, Mr Lakshmi Mittal, HE Mr YK Sinha, Dr Devendra Triguna

Highlights of the Congress

Dr Peter Warburton:

"We were honoured that the Minister of AYUSH of India, Shri Shripad Yesso Naik, had a large representation at the Congress. He is responsible for the implementation of Ayurveda in India and is charged by the Prime Minister of India to help support Ayurveda coming to the world. The Prime Minister of India has recently commented that India has brought meditation to the world, and then Yoga, and now Ayurveda. (The AYUSH Ministry of the Indian Government deals with all the natural systems of medicine, including Ayurveda.)

AYUSH Minister Shri Naik came with his Joint Secretary Ranjit Kumar and delivered the Inaugural Address to the Congress. He praised everyone for organising and attending this Congress and he explained that Ayurveda has a complete focus on a complete state of wellbeing, with a unique effectiveness in addressing many modern problems such as obesity, hypertension, and cardiovascular diseases. He also offered practical support to all countries and explained that India is ready to collaborate with the expansion of Ayurveda throughout the world."

Dr Rainer Picha:

"Dr Tony Nader, MD, PhD, patron of the Congress, gave the opening talk Consciousness, the Foundation of Health, Happiness and Long Life. He took the audience through the fundamentals of health and how consciousness is at the basis of wellness, and he inspired attendees to bring Ayurveda to its highest level."

Dr Peter Warburton:

"Dr Jose Saraiva Felipe, the former Health Minister from Brazil attended as a representative of the Brazilian Government, where he is currently the Secretary of the Inter-Ministerial Commission of Planning and Co-ordination.

Dr Felipe recently spearheaded the passing of legislation in Brazil to make available a whole range of natural approaches to healthcare, including Ayurveda, throughout the national health service of his country. He wants to bring consciousness-based Ayurveda to Brazil.

By the end of the Congress Dr Felipe confirmed that the current Health Minister in Brazil has announced that the **Third International Ayurveda Congress will take place in Rio de Janeiro, Brazil, hosted by the government of Brazil!**

They will provide a hall for 3000 people, and both the Health Minister and the President of Brazil will attend. It is very exciting that Brazil is taking such a lead in the implementation of Ayurveda."

Dr Girish Momaya:

"At the last Congress session on Monday, leaders from all countries met together and brought up their national issues and they were able to directly communicate to the AYUSH Minister. And from the AYUSH Ministry's side more details about their planning was brought to our awareness. It was a wonderful event that connected the top leaders of the country with the highest body of Ayurveda in India.

We discussed on all levels -- education, research, products, practice -- how to bring out Ayurveda in a very structured form with effective planning. The AYUSH Ministry wants to create a body that accreditates everything so that the knowledge in its purity is maintained throughout generations."

Dr Peter Warburton:

"To clarify there were 2 days of academic presentations on Ayurveda research and insights and on the third day, on the 3rd of April on Monday morning we held a policy session, with open discussion among the top delegates.



I sat between the AYUSH Minister on one side and his Joint Secretary on the other side and in the audience we had three Vice Chancellors of India's top Ayurveda Universities, then we had Dr Filipe representing the Government of Brazil.

In order to propagate Ayurveda in the world we need this kind of support. The AYUSH Joint Secretary took complete notes of everything and at the end he went through this list and **the AYUSH Minister said "Yes!" to every point on the list. This was a wonderful feeling of united support for the spread of Ayurveda throughout the world."**



Highlights of the Congress

Luminaries from the Field of Ayurveda Worldwide Participated in the Congress

Leaders of Major Ayurveda Organisations in India were addressing the Congress



Dr Padma Bhushan Vaidya Devendra Triguna, President of the All India Ayurvedic Congress in New Delhi, India represents 400,000 Ayurveda physicians in India in his organizations.

Dr Triguna supports spreading Maharishi AyurVeda programs and he brought up lots of practical points on how to work with the AYUSH Ministry.



Prof. Dr Subhash Ranade, Chairman of the International Academy of Ayurveda, Pune, India gave a beautiful talk about his efforts to bring Ayurveda to the whole world. He has traveled to 77 countries in the last 35 years and he has personally trained 600 Ayurveda practitioners and intends to keep traveling the world and publishing books in different

languages to propagate Ayurveda throughout in the world.

Vice-Chancellors from major Indian Universities also gave presentations: Prof Padma Shri Ram Harsh Singh, Rajasthan Ayurveda University, Jodhpur; and Padma Shri Prof Anant Darshan Shankar, TransDisciplinary University, Bangalore.

The most senior experts in the field of Ayurveda from around the world gave presentations



Internationally renowned researchers Prof Bhushan Patwardhan, Prof Emeritus Hari Sharma, Prof Gerard Bodeker, Dr Frederick Travis, PhD, and Dr John Fagan, PhD.

The heads of Ayurveda associations from several European countries also spoke at the Congress



Dr Indira Anand (BAAP), Renee Mann (APA), Mark Rosenberg (EAA, VEAT), Dr med Harsha Gramminger (EUAA), Dr med Wolfgang Schachinger (EURAMA), and Franz Rutz (ISA).

CEOs of leading Ayurveda products manufacturers also attended: Ranjit Anand Puranik of Shree Dhootapapeshwar Limited, Anand Shrivastava of Maharishi AyurVeda Products International (MAPI)

Dr Rainer Picha:

"We suggested that the discussions continue in the future using an internet platform where the main leaders could continue to communicate with the AYUSH Ministry. This was agreed to and the **AYUSH Minister also agreed to Dr Nader's suggestion to form an International Accreditation Board for Ayurveda and that IMAVF would help the new Accreditation Board ensure that Ayurveda is practiced on its highest level."**

Dr Peter Warburton:

"Virendra Sharma (MP and Chairman of the All Party Parliamentary Group on Indian Traditional Sciences) is a British Member of Parliament and chairman of a group of 30 MPs and Lords in the British parliament – All Party Parliamentary Group on Indian



Traditional Sciences. **They have called for Ayurveda to be introduced throughout the National Health Service in the UK and also to be brought into medical education in the UK.**

We also heard from other speakers that the doors are opening in the National Health Service in the UK.

Amarjeet Singh Bhamra, Secretary of the All Party Parliamentary Group wants it to partner with Maharishi's organization. He invited all of us to come to the Houses of Parliament for group practice of TM on the 21st of June which is International Yoga Day and he wants to make Maharishi's understanding of yoga central to the Parliamentary celebration of International Yoga Day."



Highlights of the Congress

Dr John Hagelin PhD, President of Maharishi University of Management and renowned researcher gave an exquisite lecture on quantum physics, where he **brought out the fundamental nature of Ayurveda as a Unified Field-based medicine on a quantum mechanical level.** He brought out that other types of medicine operate on the molecular, atomic or nuclear level but Ayurveda operates on the level of the Unified Field, so it is much more powerful. He linked the five Mahabuthas to the five spin forms in his string theory and how they are vibrating. He showed how the 5 Mahabuthas form the 3 Doshas by being linked exactly as it is being described by Ayurveda."



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Conference Proceedings will soon be made available with highlights of each talk.
Click here for details: InternationalAyurvedaCongress.com/proceedings-2017/

The Resolution of the Congress was finalised during the in-house policy session and signed on Monday at noon in the presence of the AYUSH minister and Dr Tony Nader, and then presented to the press.

The Resolution lays out a strategy for the rapid expansion of Ayurveda in the world, with the support of the Indian Government Ministry of AYUSH and the cooperation of the leading Ayurveda organizations in the world, including the International Maharishi AyurVeda Foundation.

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Global Progress in Promoting Ayurveda

Global Progress in Promoting Ayurveda

Indian Government's AYUSH Ministry supports worldwide promotion of Ayurveda



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Shri Shripad Yesso Naik, Honourable Minister of AYUSH of the Government of India



The AYUSH Ministry of the Indian Government is responsible for overseeing all the natural systems of medicine, including Ayurveda.

Shri Shripad Yesso Naik, Honourable Minister of AYUSH and Ranjit Kumar, Secretary of the Indian Health Ministry delegation on behalf of the AYUSH both attended the Congress as well as a special in-depth strategic planning session with prominent leaders of AyurVeda on April 3rd.

"I'd like first of all congratulate the organizer's for putting together this magnificent event and providing an important platform for Ayurveda experts to exchange their views. I'm sure the delegates here would be inspired to deliberate upon the modern application of this ancient science and to collectively address the tasks of promoting the use of Ayurveda globally. Ayurveda is the oldest surviving system of medicine in the world. It is India's gift to humanity. Its origin traces back more than 5000 years."

"I'm aware of the great effort made by the Maharishi AyurVeda Foundation in propagating Ayurveda across the globe. I'm also aware of the contribution of the All India Ayurveda Congress and International Academy of Ayurveda Pune towards this objective. My sincere thanks to these organizations for their contribution in making Ayurveda an inherent part of the public health care system. I trust that the deliberation during this second International Ayurveda Congress in London will focus on the crucial issue for the global positioning of Ayurveda. I wish the Congress grand success. Thank you very much."

Global Progress in Promoting Ayurveda

Ayurveda Global “Ambassadors” Prof. Dr Subhash Ranade & Dr Sunanda Ranade

Together with his wife, Dr Sunanda Ranade, Prof. Subhash Ranade has been instrumental in spreading Ayurveda throughout the world to over 77 countries on all five continents. They have given consultations and treatments to thousands of patients in these countries and have conducted hundreds of workshops and seminars on Ayurveda.

Together, they have authored 168 books and e-books on Ayurveda and Yoga which have been published in 13 foreign languages. Prof. Subhash Ranade is the recipient of many honors including the Dhanvantari Award from the Association of Ayurvedic Professionals in North America (AAPNA), founded by Dr Shekhar Annambhotla.



Prof. Subhash Ranade & Dr Sunanda Ranade

Professor and Dr Ranade have been visiting Brazil since 2004 where they have taught at various centres of Suddha Dharma Mandalam. Their efforts have helped pave the way for the enthusiastic reception of Ayurveda by the Brazilian government.

They have also visited Maharishi European Research University (MERU) in 2013, 2014 and again in 2015 when they participated in the First International Ayurveda Conference (IAVC) organized in April 2015 in Roermond in the Netherlands.”

Dr Jose Saraiva Felipe, Brazil, Secretary of the Inter-Ministerial Commission of Planning and Co-ordination



Dr Jose Saraiva Felipe

Due to Dr Felipe’s efforts, Brazil is systematically rolling out Ayurveda through the national health system in the whole country – it is a perfect example of expansion of Ayurveda. This is an important step in integrating traditional health care systems into the public health care systems in the world. Dr Felipe is dedicated to bringing consciousness-based Ayurveda to Brazil.

By the end of the Congress Dr Felipe confirmed that the current Health Minister in Brazil has announced that the government of Brazil will host the Third International Ayurveda Congress which will take place in Rio de Janeiro, Brazil.



Dr Luis Alvarez

A hall for 3000 people has already been reserved, and the Health Minister as well as the President of Brazil will attend. Brazil is taking a leadership role in bringing Ayurveda to the public, with the support of the Government’s Health Ministry. Luis Alvarez, Senior Administrator of Maharishi’s Global Organization in Latin America,

has been instrumental in bringing Maharishi’s programs to all levels of society throughout the entire continent of South and Central America.



“I think the future of Ayurveda is great. It’s got a great future because we just saw some presentations being made where large number of countries have now practitioners of Ayurveda, people who want to take courses and popularize Ayurveda in the respective countries. So I think, more than ever I think there is this possibilities of Ayurveda reaching all corners of the globe.”

His Excellency Mr Y K Sinha,
the High Commissioner of India in the UK

Global Progress in Promoting Ayurveda

Franz Rutz – President of the Swiss Professional Association of Ayurveda Practitioners and Therapists (VSAMT)



Franz Rutz

Ayurveda is gaining greater official recognition in Switzerland and two new official Ayurveda professions have been designed according to the WHO, AYUSH and Swiss regulatory directives. In order to expand Ayurveda in Switzerland the decisive strategy was to try to raise complementary medicine to a new level of respect as part of Switzerland official Health System. Other countries can

learn from this experience in very systematically working with the health and education officials over the last 10-15 years.

Dr Robert Schneider MD, Reports from Maharishi University of Management, USA

MUM in the USA has already integrated Ayurveda into the educational programs at all levels, from Kindergarten through to PhD. All students are introduced to the fundamentals of Maharishi AyurVeda, and a variety of special degree courses in Ayurveda are offered:

- BA program in AV
- Masters program \ Distance Education
- In-residence program
- PhD in research
- Pilot program MD/MS with a medical school in the Caribbean
- Short courses for Doctors

(see details at <https://www.mum.edu/academic-departments/physiology-and-health>):

Can Ayurveda save the NHS?

Dr Donn Brennan, Ireland

On 27 October 2016 the first annual 'Ayurveda Day' was sponsored by the Indian Government. It was celebrated in the UK Parliament with a motion calling on the Government to establish a Chair of Ayurveda. This motion recognised Ayurveda as an established multi-dimensional holistic approach to health, a preventative and curative approach for various health conditions, and suggested it be integrated into the National Health Services (NHS).

Chronic Disease is increasing with an ageing population and with the successes of modern medicine. The increasing burden on the National Health Services is becoming unsustainable. Treatment needs are exceeding resources.

Ayurveda has the capacity to greatly reduce this burden on National Health System of the UK because it is:

- Holistic
- Prevention oriented
- Personalized
- Cost-effective and affordable
- Scientifically proven
- Realisable

Shri Shripad Yesso Naik, Honourable Minister of AYUSH, Government of India

"First of all, I thank you all of you from bottom of my heart. From last two days you have discussed many things. We've all heard the resolution that was taken in this conference. The Minister of AYUSH and Government of India is always

thinking of spreading this Ayurveda and other practice from India for the wellbeing of the people of the world. Many topics we have discussed here and discovered in this resolution -- I can only say, I tell you one good "Yes!" from India! I definitely assure to you that we will always be with you and whatever the AYUSH Ministry can do for the propagation of Ayurveda we will be behind you and with you. Thank you very much!"



Shri Shripad Yesso Naik

Ranjit Kumar, Secretary of Indian Health Ministry delegation on behalf of the AYUSH MINISTRY

"Honourable minister, other dignitaries and friends, it's a great privilege being here and to speak to you on behalf of the Ministry. Standing here it is clear, and I'm invoking a Sloka from Sanskrit, it is very clear that "the world is becoming one nest" – and it is going to be an Ayurveda nest." "The Honourable Minister just now endorsed the main thrust of the Resolution which means that the government will be strongly behind the action points contained in the Resolution. We will be very happy and in fact privileged to work with all these institutions. So a big round of applause for this announcement!"



Ranjit Kumar

Maharishi AyurVeda Established as an International Leader in Ayurveda

Consciousness-based Approach Gains Ayurvedic Experts' Respect

Maharishi AyurVeda Established as an International Leader in Ayurveda Consciousness-based Approach Gains Ayurvedic Expert's Respect

The AYUSH minister, Shri Shripad Yesso Naik, and the over 100 Vaidyas from India who attended the Congress, were impressed by the wide range and the depth of presentations. Delegates from over 40 countries were introduced, some for the first time, to the profound and innovative approach of consciousness-based Ayurveda as expressed in Maharishi AyurVeda.

Numerous speakers from Maharishi European Research University and Maharishi University of Management presented both compelling research data and persuasive rationales for the central importance of consciousness in the study, teaching and practice of Ayurveda. Their presentations demonstrated the applicability of the consciousness-based approach to topics as varied as Brain Maturation, Anti-Aging, Ojas and Gene Expression, and the Microbiome.

Consciousness – The Foundation of Health, Happiness, and Long Life

Dr Tony Nader, MD, PhD, MARR, Patron of the Congress



Dr Tony Nader

I was introduced to Ayurved by Maharishi Mahesh Yogi, who also revived this knowledge in its fullness, making it a total knowledge of life. Maharishi also organized the entire Vedic literature into a perfect science. Maharishi has brought something quite unusual, and that is that this knowledge that comes from inner introspection, from really introspection of the mind, is also knowledge of Natural Law.

One would be wondering why, in an Ayurveda conference, for example, we have experts that are great and renowned elementary physics and theoretical physics scientists from Harvard and CERN, such as Dr Hagelin. Why would someone who is an elementary particle and theoretical, unified-field-theory top physicist would be here talking to us in this conference? The reason is that Ayurveda, in its full form – that's why we call it Maharishi AyurVeda – really takes life from all of its aspects to the level of its unmanifest reality in pure being, pure awareness, which is what Dr Hagelin shows us is actually the unified field of the Laws of Nature. And that is consciousness. That is a field of consciousness. So we are building an understanding of life, based on the fact that there is one field, which becomes everything. And we are saying that field is a field of consciousness. And that field can be accessed directly through a technology of consciousness that Maharishi has brought from the Vedic Tradition and that is the most basic aspect of human reality, the most basic aspect of who we are.

Consciousness and physiology are intimately connected: Research will be presented to show how this technology of consciousness actually is not just theoretical but actually has a direct implication on the whole physiology and that, in fact, consciousness and physiology are intimately connected. They are not two different things. It is a continuum of expression of one, infinite, unbounded reality of pure being, which in modern science we call the Unified Field, and in Vedic science we call Atma, pure being, consciousness, the level of our own self.

Ayurveda is a health science: Modern medicine is usually a science that concentrates on studying disease. Ayurveda is the science of health. And health is wholeness and takes all aspects of the individual and society into consideration. Modern science will divide the body into organs and organ systems. In Ayurveda although this, of course, is available, there is continuity between the individual and society. That continuity starts from consciousness, the Unified Field, goes to the mind and body, which have certain dynamics, certain ways of functioning.

Ayurveda and Consciousness: So Ayurveda as far as consciousness is concerned – we call it here Maharishi AyurVeda because Maharishi emphasized this aspect in the Veda, and that is basically knowing oneself. That is the basic principle on the level of consciousness. And to know oneself in Ayurveda, it takes a new and completely refreshed meaning because the self really is not just these aspects that are our tissues, our body, even the society. The ultimate self is what is making us who we really are, and we really are that Unified Field of Natural Law. And if we don't know that self, we get stuck into small values that are on the surface and there is no connection sometimes between one aspect or the other.

Ayurveda connects all these aspects in a holistic way, and the glue that puts all these aspects of our life together, be it individually on the level of our physiology, or on the level of our mind, or socially on the level the collective awareness of society, is that field of being, which is the field of consciousness.

Maharishi AyurVeda Established as an International Leader in Ayurveda

Consciousness-based Approach Gains Ayurvedic Experts' Respect

So directly experiencing the self as a field of all possibilities, as a field of unbounded, pure being, is the basic value of Ayurveda.

What is very interesting is that science has shown that most discoveries in science actually come from the minds of the people, and then they are proven in the laboratory. It's not the other way around. And sometimes the calculations in mathematics and in thinking lead to findings that are completely contrary to what our senses show us. Like the sun is moving in the sky. Then we find out it is not moving. The Earth is moving around its axis.

The Veda in Human Physiology: And that's why Maharishi, who has promoted Veda as Natural Law, the Laws of Nature, has asked me to do research on the relationship between the structure of Veda and the structure of even our human physiology. So we have something very abstract, which comes from pure intuition, from pure revelation, and we have the physical aspects of our body, the structure of our body, how it was constructed. And it was possible to find a one-to-one correlation. Here we see

this between the different Suktas of the Rig Veda. And so we see the exact relationship between one thing that comes from consciousness – pure intuition, pure revelation, pure rationalism, but even deeper than that, on the level of being, not the level of intellect – and the physical structure of our body. And that's how it was possible to correlate all aspects of Veda and Vedic literature with the human physiology.

Veda is a science and a technology: So Veda is a science and technology, is subjective and objective, is relative and absolute. And in this empirical time, where we want to see everything actually demonstrated, we have this whole congress where we have great scientists who put Ayurveda and the Ayurveda principles to the test in an empirical way, to study what does it do? What does it do to the cells of the body? What does it do to the mind, to behavior? What does it do to society? And that's why we have more than 600 scientific research studies, very well documented, about Transcendental Meditation, which is the mental program of Ayurveda.



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This excerpt from Dr Nader's Congress presentation contains only the highlights – the full talk is available as part of the complete Congress proceedings package at InternationalAyurvedaCongress.com/proceedings-2017/.

Maharishi AyurVeda Established as an International Leader in Ayurveda

Consciousness-based Approach Gains Ayurvedic Experts' Respect

Consciousness-Based Health Care: modulating gene expression to achieve system-wide balance and integration through the Ayurvedic modality, Transcendental Meditation

John Fagan, PhD, USA, Professor of Molecular Biology at Maharishi University of Management USA and Executive Director of Earth Open Source USA and EU

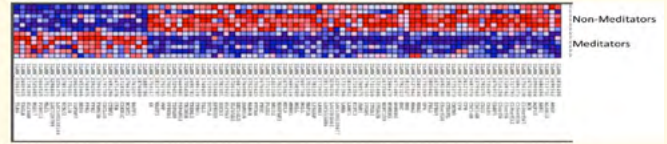


Dr John Fagan

The core modality of consciousness-based medicine, Transcendental Meditation (TM), triggers changes in the expression of specific genes that are likely to be involved in bringing about and maintaining a state of better health, balance and integration in the physiology. In long term meditators, there is a natural reduction of genes that are linked to stress response and to inflammation, and approximately 45 genes that are linked to cardiovascular disease

and two tumor suppressor genes that are turned on to probably protect from cancer. Every one of these observations links to what we already know from 30-35 years of extensive research on the TM technique that has demonstrated a wide range of beneficial effects of TM on physical, mental and emotional health and well-being. Consistent with these studies, research has also demonstrated that TM is a useful therapeutic intervention in acute PTSD, depression, and cardiovascular disease, and that health care utilization is reduced in populations that practice TM regularly.

Regular practice of TM turns on about 18 genes and turns off about 56 genes in white blood cells.



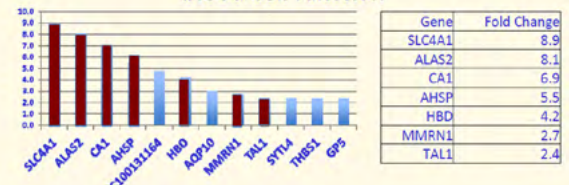
Dr. John Fagan ©2017

Main Observations

- Reduced expression of genes involved in the **Stress Response**
- Reduced expression of genes linked to **Inflammation** (heart disease, arthritis, atherosclerosis).
- 19 genes linked to **Cardiovascular Disease** are altered in their regulation
- 2 **Tumor-Suppressor Genes** up-regulated

Dr. John Fagan ©2017

7 of the 10 genes that are most strongly down-regulated in TM practitioners are related to red-blood cell function



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Consciousness-based Approach Gains Ayurvedic Experts' Respect

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Robert H. Schneider, M.D., F.A.C.C., USA

Physician, scientist, educator, and one of the world's leading authorities on scientific, natural approaches for heart disease, high blood pressure, stress another cardiovascular risk factors.



Dr Robert Schneider

Modern medical science has discovered the secrets of an ancient system of natural medicine that has been shown to prevent and slow the aging process. This holistic approach to aging enhances the mind and body from deep within, using the wisdom of the body's inner intelligence. It's the world's most ancient, complete and sophisticated system of natural medicine revised in a modern scientific context

with the development of consciousness at its foundation. This is Maharishi AyurVeda, including the Transcendental Meditation technique.

In this presentation, we review the ancient Ayurvedic understanding of the aging process and prescriptions for Rasayana therapy, including behavioral Rasayanas may be understood and validated with modern scientific insights and experiments. These modern concepts encompass epigenetics, the microbiome, mind-body medicine and successful aging. This combination of modern and ancient Vedic views leads to an integrated vision of possibilities for enhancing the aging process in contemporary society.



Drivers of Development to Optimize Brain Maturation

Dr Frederick Travis, PhD, USA

Professor of Maharishi Vedic Science, Chair of the Department of Maharishi Vedic Science, Dean of the Graduate School, and Director of the Center for Brain, Consciousness, and Cognition, Maharishi University of Management, USA



Dr Fred Travis

Age-appropriate experiences enhance brain and cognitive development throughout the lifespan. A nurturing caregiver is the driver in the first years of life, language learning is the driver from three to ten years, and problem solving is the driver in the teenage years. To continue development in adult years, it is necessary to transcend thought. Thus, Transcendental Meditation, a meditation technique specifically designed for transcending, is a requirement to optimize human development.

Microbiome and Ayurveda

Dr Keith Wallace, USA

Founding President, and currently Trustee, Maharishi University of Management, Co-Dean College of Perfect Health, Professor and Chairman, Department of Physiology and Health, and author of three books.



Dr Keith Wallace

In Ayurveda, food is regarded as medicine. Modern research on the human Microbiome is helping to give a more comprehensive scientific understanding of this concept. The term Microbiome describes the microorganisms that reside within us, as well as the collective genes they contain. Diet is one of main factors that can disrupt the gut bacteria and cause a toxic inflammatory state that leads

to disease. What is remarkable is that as a result of the research on the Microbiome many other important concepts in Ayurveda, such as Ama and Agni, can now be scientifically understood, which will lead to a greater acceptance of Ayurveda profound programs for mental and physical health improvement.

Maharishi AyurVeda Established as an International Leader in Ayurveda

Consciousness-based Approach Gains Ayurvedic Experts' Respect

How Modern Biomedical Science is Discovering and Validating Core Ayurvedic Principles of Health and Prevention

Dr Stuart Rothenberg, USA, National Medical Director, Maharishi AyurVeda Association of America



Dr Stuart Rothenberg

Serious issues confronting modern medicine - including staggering costs, increasing prevalence of chronic disease, and incidence of deleterious side-effects - are fueling a growing interest in preventive and integrative medicine in the West. In accord with this trend, biomedical researchers are increasingly focusing on diet, lifestyle, and mental factors (e.g., stress) as the most important determinants

of health and longevity. Recent studies suggest that 75% of medical costs result from these factors, all of which are potentially modifiable. As the world's oldest system of holistic and preventive medicine, Ayurveda is a rich repository of time-tested principles for maintaining and promoting health. Modern researchers in disease prevention and health promotion are increasingly discovering and validating time-honored principles from Ayurvedic medical science.

Can Transcendental Meditation Increase Ojas and Reprogram our Genome and Gene Expression for Longevity?

Supaya Wenuganen, PhD, USA, Veda Vyasa award, outstanding research PhD graduate; former Vice Dean for the Faculty of Technology, Atma Jaya University, Jakarta, Indonesia



Dr Supaya Wenuganen

Ojas level and global gene expression in groups of practitioners of the Transcendental Meditation technique (TM) were compared to matched non-practitioner control groups. Global gene expression results suggested that TM can affect global gene expression in a manner consistent with its many clinical and anti-aging benefits documented in previous research. TM appears

to down-regulate genes involved in blood coagulation and the stress response, and to up-regulate genes involved in the immune response and genes involved in mechanisms preventing inflammation.

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Consciousness-based Approach Gains Ayurvedic Experts' Respect

A Disease-Free Society – Is it Possible?

Dr med Rainer Picha, Austria, Chairman, International Maharishi AyurVeda Foundation



Dr med Rainer Picha

Maharishi AyurVeda focuses on both individual and collective health and handles these from their source in the field of consciousness. It offers technologies to enliven individual and collective consciousness through various Vedic technologies that are consciousness-based. These disciplines include applications of the discovery of Veda in the human physiology, integrating consciousness-based Ayurveda

with modern medicine, group practice of Transcendental Meditation, Vedic agriculture, and Vedic architecture including Vedic city planning. These Vedic technologies of collective health offer proven methods to change collective consciousness towards more positive social trends and better health of the society.

“It appeals to me a lot that Ayurveda aims to treat the root cause of illness and not just the symptoms. It is a holistic and consciousness based treatment with few side effects unlike drugs in modern medicine!”

K.K. Breast surgeon,
Royal Cornwall Hospital
UK

“The Congress was awesome. A great location, beautiful speakers sharing their wisdom and knowledge with so much love and dedication. A huge thank you to all the wonderful individuals who organized and made this event happen, their love and dedication made it a big success.”

Member of APA, UK

These excerpts from these Congress presentations contain only the highlights – the full talk is available as part of the complete Congress proceedings at InternationalAyurvedaCongress.com/proceedings-2017/.

Ayurveda, a Foundation for Integrative Medicine

Dr med Walter Mölk, Austria, Director International College of Perfect Health, The Netherlands; founder Austrian Society of AyurVedic Medicine



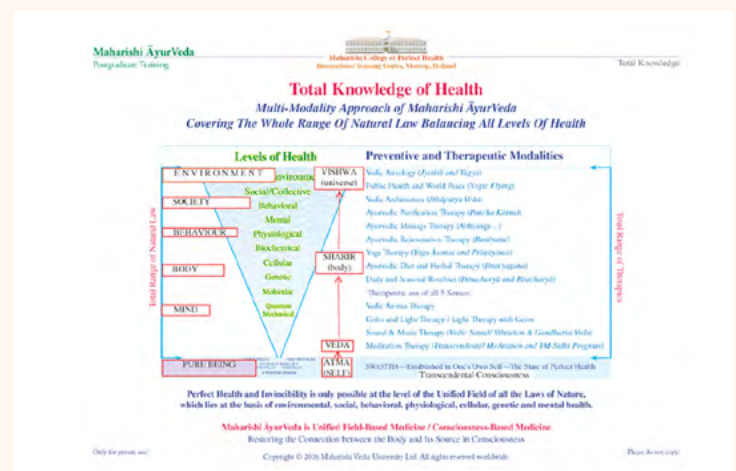
Dr med Walter Mölk

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

In order to achieve effective prevention and healing without side-effects it is necessary to consider all influences that affect health. The three basic ayurvedic treatment types such as Daiva

Vyaprashaya (spiritual therapy), Yukti Vyaprashaya (rational therapy) and Sattwavajaya (psychological therapy) can cover all these influences.

Maharishi AyurVeda is a multimodality approach covering the whole range of Natural Law from the abstract, unmanifest field of creation to all the expressed levels of human life. Maharishi Ayurveda is a prevention oriented system which also considers and integrates influences which are usually not taken into account by conventional medicine, including development of consciousness in the individual and in the society (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.



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Consciousness-based Approach Gains Ayurvedic Experts' Respect

Maharishi Vedic Medicine is Ultra-Modern, Cutting-Edge Medicine – Unified Field-Based Medicine

John Hagelin (Ph.D. Harvard), USA, Renowned lecturer in physics, Director of the Institute of Science, Technology and Public Policy at MUM, President of the Global Union of Scientists for Peace, and President, Maharishi University of Management



Dr John Hagelin

Global Renaissance of Ayurveda: I believe we are in the midst of a global renaissance of Ayurvedic medicine which has incalculable significance for the whole world I feel. My message today is that Ayurvedic medicine is at its core, a unified field-based medicine, which is ultra-modern, cutting-edge, unified field-based medicine.

Unified Field-Based Medicine:

Recent breakthroughs in our scientific understanding of the Universe from string theory and M-theory present Ayurvedic medicine in a completely new light. They reveal that Ayurvedic medicine is unified field based medicine—the direct application to human health of the deepest principles of nature's functioning, the deepest laws of nature governing subatomic scales.

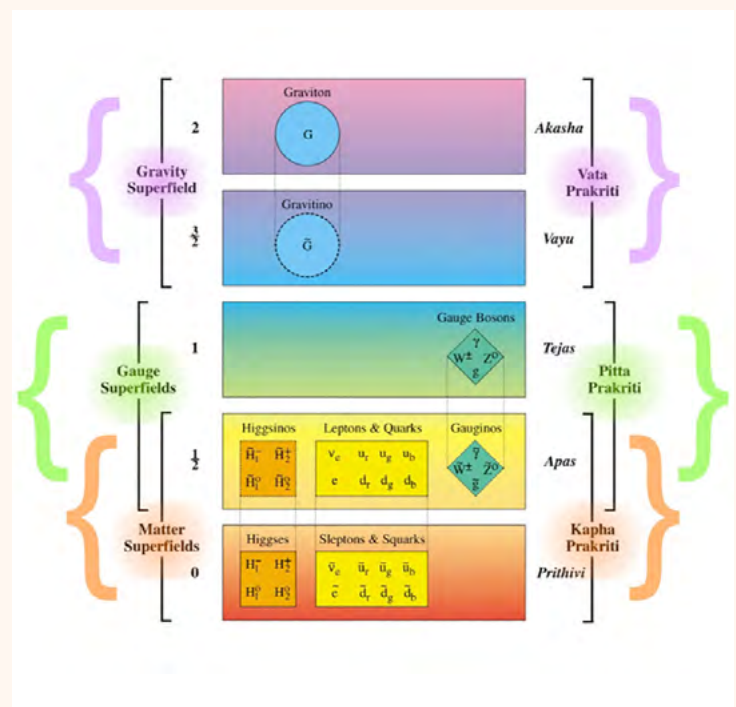
The three doshas directly correlate, in modern scientific terms, to the three superfields of supersymmetric quantum field theory; the pancha mahabhutas to the five quantum-mechanical spin-types; and the Atma (Self), which is fundamental to Ayurveda, correlates to the “unified field” or superstring field. This new understanding from modern physics reveals that Ayurvedic medicine is more fundamental – and thus potentially more powerful – than contemporary pharmacological medicine. It also explains why Ayurveda, being unified field based medicine, is truly holistic – and hence naturally free of adverse side effects, in comparison to more superficial and fragmented allopathic approaches.

From the standpoint of physics we can understand Ayurveda as a science of life and a science of our human physiology at an extremely deep level that physics calls super symmetric grand unification. The level of what are called the superfields which is really the first sprouting of the material universe out of the abstract field of consciousness. First sprouting of material physiology out of the abstract field of consciousness.

The cutting edge of allopathic medicine today is really molecular medicine, chemical medicine, that deals entirely at the molecular and atomic level. Ayurvedic medicine handles the physiology at a much, much deeper level. At the level of the three Prakritis,

three doshas, three superfields. That's millions of times more fundamental than the nuclear force. And also in comparison amazingly simple, holistic, and side effect free is the nature of Vedic medicine. Ayurvedic medicine goes even more deeply even than this.

Maharishi AyurVeda: This is where I prefer to use the term Maharishi AyurVeda. Because this is a revision by Maharishi of an extremely deep part of Ayurvedic medicine – Ayurvedic medicine at its subtlest today. It has coarser methodologies as well, but at its subtlest essence it tends to balance the physiologically at the very deep level of the doshas, the Prakritis.



Yoga is Key to Ayurveda: Maharishi insisted (and it is also known in the literature of Ayurveda) that Yoga is a very key part of Ayurveda. Yoga fundamentally means to open the awareness to the experience of the Atma, to open the awareness to the experience of the unified field. What is Yoga? Yoga of course includes the yoga asanas and pranayama and pratyahara and different levels of yogic practice. But at its core, Yoga is Dharana, Dhyana, Samadhi. Yoga is transcending and ultimately the Samadhi is the most key.

Experience of Atma: So true yogic meditation which Maharishi revived is Transcendental Meditation in this scientific age – straight from the Vedic wisdom. It gives the experience of the field of absolute silence, absolute abstract unbounded pure awareness which is the experience of the Atma. Experience of our deepest universal self in a state that is known as Samadhi.

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Consciousness-based Approach Gains Ayurvedic Experts' Respect

And since ancient times Samadhi has been understood in the whole literature of the Veda and the literature of yoga as a fourth major state of consciousness.

So by adding the experience of Atma, we're taking what is more commonly understood to be Ayurveda to its more complete understanding as really Atma-based medicine or we could say in scientific terms, unified field-based medicine. Ultimately handling and restoring balance to the human physiology. Not even on the subtlest level of the physical body where it first emerges from the field of pure consciousness, but within the field of consciousness itself.

Maharishi AyurVeda is Atma-based medicine: And at this level, this core depth of Ayurvedic medicine or Maharishi Vedic medicine, this is where Ayurvedic medicine is most powerful –

completely holistic. Handling the whole life, the whole body, the whole mind, the whole spirit, the whole emotions from their core, from their unified core. And as a consequence free of negative side effects this is Ayurvedic medicine at its best. It is ultra-modern, cutting-edge unified field based medicine. This simple, but surprising insight into the core reality of Ayurveda and its core depth and profundity and its power is an insight that I think every allopathic doctor must quickly come to understand so they appreciate the natural depth and dignity of this fathomless system of medicine.

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“Ayurvedic Networking” at the Second Congress

Congress Delegates enjoyed enlightening and stimulating interactions with their peers and colleagues from other countries.

“It is also important to meet people from different countries, to share our thoughts and to learn something from them. In these two days I happen to meet people from Port Blair, to Australia, to New Zealand, to United States. It's a great opportunity to connect with people and to know what they are doing”.

Dr Ashtavaidyan AN Narayanan Nambi (MD AYU) India

“I've met a lot of old friends, which is very good, catching up with other people in the profession and Ayurveda. I have met some new people, and I find it's a very good opportunity to meet like-minded people.”

Andrew Stenberg, Australia/USA

“You keep bumping into people who share the same aspiration and inspiration, who want to be with you and encourage you in what you're doing. Of course, that's a great joy.”

Dr Don Brennan, Ireland

“Of course for me, it's always a great opportunity to meet friends and to network, ...with ideas and doctors and professors, those are new, as well as known. It was a great opportunity here to meet people and to make new contacts and also to scout teachers for our programs as well as for our symposium.”

Mark Rosenberg, Germany. Director of the European Academy of Ayurveda and President of the VEAT association for practitioners and professionals of Ayurveda in Europe.



Leading Edge Research Expands Evidence-Based Success of Ayurveda

Over 80 of the leading researchers in the field of Ayurveda gave in-depth presentations on a wide range of topics. From epigenetics to ayurvedic treatments for osteoarthritis ... from new models for curing diabetes to the role of oil massage in improving cognition, Congress delegates were treated to a feast of new knowledge.

Integrative Approaches for the Future: Ayurveda, Genomics and Epigenetics



Prof. Bhushan Patwardhan, PhD, FAMS, India

Professor, Interdisciplinary School of Health Sciences and Director, Center for Integrative and Complementary Health, Savitribai Phule Pune University.

Ayurvedic Dietary Approaches in Combatting NCDs



Prof Gerard Bodeker

Chair of the Global Initiative For Traditional Systems (GIFTS) of Health at the University of Oxford, UK; Green Templeton College, University of Oxford, UK; Dept. of Epidemiology, Columbia University, New York.

Comparative Effectiveness of Ayurveda and Conventional Care in Knee Osteoarthritis



Dr Med Christian Kessler

Research Coordinator at the Immanuel Hospital, Berlin; and the Institute of Social Medicine, Epidemiology and Health Economics at Charite University Medical Center, Berlin, Germany

Ayurveda – How Purusha (Consciousness) and Prakriti (Nature) Manage Cellular Physiology



Hari Sharma, MD, DABIHM,

FACN, DABP, FCAP, FRCPC, USA

Prof Emeritus, former Director Cancer Prevention and Natural Products Research, Ohio State University, published over 150 research papers, written five books, lectured worldwide at medical institutions and conferences, Smt. V. J. Thakar Gold Medal Award 2010, Gujarat Ayurved University.

Treating Diabetes II with Maharishi AyurVeda



Karin Pirc, MD, PhD

Medical Director Maharishi AyurVeda Health Centre Bad Ems, Germany. She was honoured the "Global Hakim Ajmal Khan Award" as "Best Ayurvedic Physician 2006" and the "International Lifetime Achievement Award" in 2013 and is also the author of eight books on Ayurveda.

Ayurved for Cognition and Behavioural Disorders



Prof. Gunvant Yeola, MD, India

Professor and Head, Department of Kayachikitsa, Dr. D.Y. Patil College of Ayurved and Research Center, Pune; Director – International Academy of Ayurved (IAA).

Use of Essential Oils as Anti-Microbial Allies



Dr. phil. Malte Hozzel

Founder of AYUS GmbH - Oshadhi GmbH, Germany – Ayus, Tunisia. Aromatherapy lecturer and founder of Orto de Prouvenço, Aromatherapy training Center in High Provence, France.

Ama Pachana, Practical Application, Clinical Results and Evaluation through HRV (heart rate variability) Measurement



Dr med Wolfgang Schachinger

Austria, President European Ayurveda Medical Association (EURAMA), Board German Ayurveda Association, Medical Director Maharishi AyurVeda Health Centre, Ried, Austria

Leading Edge Research Expands Evidence-Based Success of Ayurveda

Integrative Approaches for the Future: Ayurveda, Genomics and Epigenetics



Prof. Bhushan Patwardhan, PhD, FAMS, India, Professor, Interdisciplinary School of Health Sciences and Director, Center for Integrative and Complementary Health Savitribai Phule Pune University.

In modern science the genome symbolizes an immortal unbroken chain of life. Omics involves the study not only of the genome but also of other molecules like proteins and metabolites. Today modern science is moving in the direction of systems biology, artificial intelligence and complexity theories, where the importance of a holistic approach is recognized. Advances in molecular biology and omics technologies are shaping current understanding of biomedicine, yet the promise of personalized medicine has not materialized.

Epigenetics is the study of changes in organisms caused by modification of gene expression rather than alteration of the genetic code itself.

With the emerging science of epigenetics, scientists are looking beyond genetics. There is a pressing need for a systems approach where principles such as loka, purusha, mahabhuta, dosha, rasa, guna, agni and prakriti become more relevant.

A central tenet of Ayurveda is a person-centered approach where each individual requires a personalized diet, lifestyle, and therapeutics. A new emerging field of research is known as Ayugenomics, which shows new ways to expedite the progress of personalized health and integrative medicine of the future.

Ayurveda is a personalized medicine, so if there is imbalance, nature has given you something to balance it. It could be by just modifying your behavior, modifying your lifestyle, modifying your nutrition diet, or if necessary giving medicines or interventions like Panchakarma.

Now epigenetics is actually beyond genetics. The study of changes in organisms caused by modification of gene expression rather than alteration of genetic code. We used to believe that genetic code DNA is everything, but then we realized after epigenetics came in that the environment was much more important than that.

Genetic basis of Ayurvedic types: We hypothesized that Ayurveda is a personalized medicine and Ayurvedic concept of prakriti had genetic connotation. We conducted a blind study of rheumatoid arthritis and HLA gene relationships and at the end, we realized that with Vata, Pitta and Kapha type subjects, the early distribution of HLA-DRB1 gene was statistically different, and this was for the first time a solid molecular biologic-based evidence came in front of Ayurveda.

Then we hypothesized that Pitta prakriti persons are fast metabolizers, and then we saw the CYP polymorphism, and in CYP polymorphism again we showed that the rapid metabolizer alleles which are known to be rapid metabolizer alleles are predominant in Pitta prakriti.

In *Nature Scientific Report* we published an important research study with robust data where we showed that Pitta is in fact an expression of Agni. We showed that there is a gene called PGN1 gene which plays important role in energy production.

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Leading Edge Research Expands Evidence-Based Success of Ayurveda

Comparative Effectiveness of Ayurveda and Conventional Care in Knee Osteoarthritis



Dr Med Christian Kessler, Research Coordinator at the Immanuel Hospital, Berlin; and the Institute of Social Medicine, Epidemiology and Health Economics at Charite University Medical Center, Berlin, Germany

In 2001, knee osteoarthritis was the second most expensive condition in US hospitals. The situation is most likely similar in other European countries in the UK, in Germany and elsewhere. A lot of patients with knee osteoarthritis use complementary methods. There is a high potential of Ayurveda to be effective in osteoarthritis.

The objective of our trial was to compare the effectiveness of a complex multi modality Ayurvedic treatment with conventional guideline care in patients with knee osteoarthritis, by comparing two matched groups for 12 weeks of treatment, with an additional 9 months of follow-up. After 12 months we had 76 patients who had received Ayurvedic treatments and 69 who received conventional care.

Conventional guideline based treatment consisted of 15 appointments over a 12 week period, based only on the conventional diagnosis and composed of the following treatment modules, quadriceps exercise, knee school or knee education of how to do it yourself at home, nutritional advice in case of overweight, then physiotherapy, occupational therapy if needed, and pain medication if applicable.

Multi-modality Ayurveda treatment also included 15 appointments in a 12 week period, based only on the Ayurveda diagnosis, and tailored from the following treatment modules: manual treatments or oil massages, nutritional advice and dietary supplements, ashwagandha yograj guggulu, steam applications with an individualized knee yoga postures, lifestyle advice and instruction for self massage.

This is the first head-to-head comparison study of complex multi-modality Ayurveda treatment with conventional complex treatment of knee osteoarthritis.

Using the WOMAC global score, which is the most widely validated outcome for osteoarthritis globally, we had an improvement in the Ayurveda group of 61 points on the WOMAC index, which was almost double the improvement with the conventional group of 32 points. Both within group changes are highly significant. Of course what's really more important is that the difference between the group is also highly significant.

This is not a placebo or a setting effect. This is an effect that persists without intervention up to 12 months. I think this is a very fascinating result. Here you can see that, also in the WOMAC sub-scales, first pain stiffness function and the p-values are all of significance. Also for secondary outcomes like a pain index, the quality of life index are all significant. Also the results are clinically relevant with a medium effect size of 0.68.

A lot of times, critics of trials on complementary medicine will tell you, "Okay, this is only a setting effect. This is a big placebo effect due to an exotic therapy, a high intensity of therapeutic care, et cetera." But the details of our research data support that Ayurveda treatment is more than a psycho-emotional therapy -- it has very physical effects, very concrete effects.

Another interesting result was that in contrast to conventional patients, almost all Ayurveda patients benefit in a similar way. To conclude, these results suggest that complex multi-modality Ayurvedic treatment might be clinically superior to a complex multi-modal conventional treatment of knee osteoarthritis.

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Leading Edge Research Expands Evidence-Based Success of Ayurveda

Treating Diabetes II with Maharishi AyurVeda



Karin Pirc, MD, PhD, Medical Director Maharishi AyurVeda Health Centre Bad Ems, Germany. She was honoured the “Global Hakim Ajmal Khan Award” as “Best Ayurvedic Physician 2006” and the “International Lifetime Achievement Award” in 2013 and is also the author of eight books on Ayurveda.

Diabetes affects more than 285 million people globally, with seven million people developing diabetes each year. Type 2 Diabetes is considered as a multifactorial disease due to the complex interaction between various genetic and environmental factors in its pathogenesis, like intake of too many carbohydrates in food over an extended period of time, physical inactivity, repeated pregnancies, infections, physical or psychological stress and diabetogenic drugs.

Generally many stages of Diabetes II are estimated to be reversible in Ayurveda with a multi-modality therapy that includes Panchakarma, dietary regimen depending on the doshas disturbed (generally Kapha-pacifying), Dinacharya, physical exercise, and Dravya guna. There are a great number of scientific validations of different ayurvedic therapeutic methods including:

Kurkuma: Chronic treatment with curcumin has been shown to attenuate renal dysfunction and oxidative stress in lab rats.

Fenugreek: Hypoglycemic effect of Fenugreek seed powder (*Trigonella foenum graecum*) was studied in 60 non-insulin dependent diabetic patients for 24 weeks; 25 grams of Fenugreek seed powder divided into two equal doses added to two meals per day. This lowered fasting blood glucose levels, improved glucose tolerance, and diminished Insulin levels, reduced the 24 hour urinary sugar excretion significantly.

Cinnamon: Results show as little as 1 gram daily of cinnamon can reduce the mean fasting serum glucose (18–29%), triglycerides (23–30%), LDL cholesterol (7–27%), and total cholesterol (12–26%) levels.

Triphala: Found to inhibit lipid peroxide formation and to scavenge hydroxyl and superoxide radicals in vitro. Oral administration of the extracts (100 mg/kg body weight) reduced the blood sugar level in normal and in alloxan (120 mg/kg) diabetic rats significantly within 4 h. Continued, daily administration of the drug produced a sustained effect.

Haritaki: The efficacy of this fruit extract was comparable with glibenclamide, a well known hypoglycemic drug.

Maharishi AyurVeda MA 471: One study on MA471 shows a significant decrease from the initial values of the mean fasting and postprandial blood glucose and hemoglobin A1C. “Good” and “acceptable” control was achieved in 68.3% of the patients. MA 471 also resulted in a significant fall in serum total cholesterol and triglycerides, and in marked improvement in polyuria, fatigue, and constipation

With the Ayurvedic multimodality concept of therapies all cases of Diabetes II can be reversed, most often completely cured while the late complications can be prevented and many of them reversed.

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Leading Edge Research Expands Evidence-Based Success of Ayurveda

Use of Essential Oils as Anti-Microbial Allies



Dr phil. Malte Hozzel, Founder of AYUS GmbH - Oshadhi GmbH, Germany – Ayus, Tunisia. Aromatherapy lecturer and founder of Orto de Prouvenço, Aromatherapy training Center in High Provence, France.

Essential oils have come under the microscope of research scientists over the last decades due to their immensely powerful anti-microbial resistance influence on viruses, bacteria, fungi and parasites. Scientists are studying the complex action of aromatic molecules on germs, and on the immune system in general, in comparison to the extremely limited anti-bacterial properties of drugs.

From the *Journal of Ancient Diseases and Preventative Remedies*:
“Since antibiotic resistance is outpacing research and

development to find new drugs humanity is facing the return to the pre-biotic area...” Scientists predict that due to the overuse of antibiotic drugs, drug-resistant bacteria could cause over 10 million deaths per year by 2050 – at a cost of 100 Trillion dollars. Now it is true that the antibiotic resistance as such is not a new phenomena. It is more the drastic overuse of antibiotics that has given rise to increasing number of pathogenic germs which have developed their own defense system against these antibiotics in recent years.

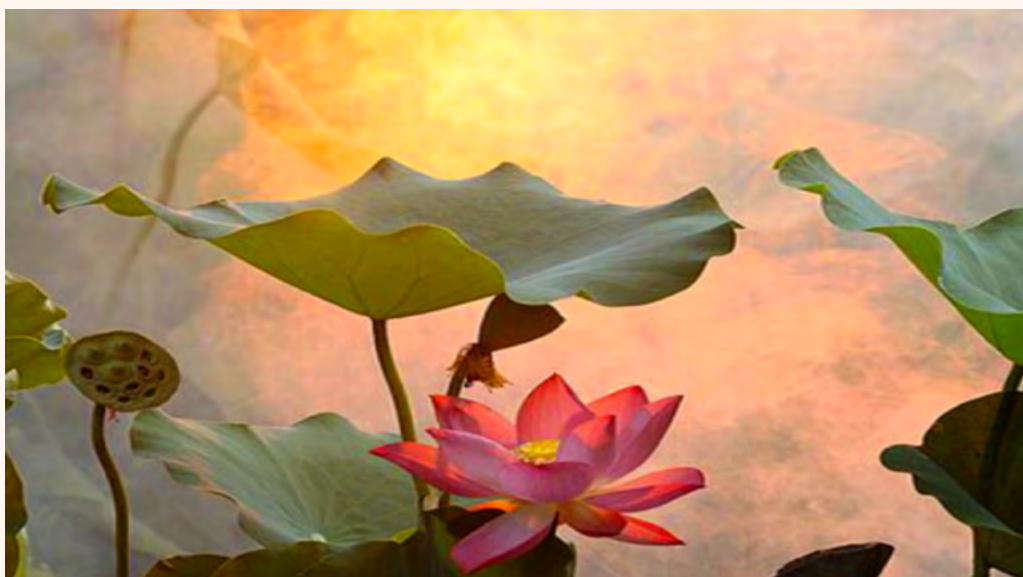
That means we should look to the remedies of the past, combined with scientific research may provide the antibiotics of tomorrow. Luckily, we have always used medicinal plants through the ages and many of these plants are endowed with essential oils to a high degree. Aroma therapy is just a modern vision of an age-old plant medicine in its most compact form.

Essential oils can kill the deadly MRSA bug (Methicillin-resistant Staphylococcus Aureus) according to scientists at the University of Manchester in the UK. Researchers analyzed three essential oils which destroyed MRSA and Escherichia coli in 2 minutes.

The theme of essential oils and their antimicrobial efficiency is much older than we think. It is only that under the grip of modern allopathic medicine we have simply preferred to ignore the fact that nature has already her own strategies for millions and millions years against Superbugs.

We could go further and see why essential oils are really so antibacterial and anti-viral. We would go to the level of Ojas, to the level of Prana and see where the healing really starts from. Aroma therapy really starts at the subtle energy levels and this today can be proved with a lot of interesting research on the vibrational effects of essential oils, even rose oil vibrating with 320 Mhz, whereas the human body vibrates only at an average of 70-80 Mhz maximum. So we can see essential oils can actually raise the frequency of our body.

This gives us a beautiful vision of the scope of Aromatherapy, from its anti-microbial properties to its subtlest energetic effect.



Leading Edge Research Expands Evidence-Based Success of Ayurveda

Ayurved for Cognition and Behavioural Disorders



Prof. Gunvant Yeola, MD, India, Professor and Head, Department of Kayachikitsa, Dr. D.Y. Patil College of Ayurved and Research Center, Pune; Director – International Academy of Ayurved (IAA).

Psychological diseases are characterized by memory loss, unusual behavior, personality changes, and a decline in cognitive function. Indeed, several scientific studies have described the use of various Ayurvedic medicinal plants including Ashwagandha,

Turmeric, Brahmi, Shankhpushpi, Jyotishmati, Jatamansi and their constituents for treatment of psychological diseases.

Nasya is a novel and practical, non-invasive, rapid, and simple method of drug delivery. A second, simple method of administration involves application of the medicated oil on the body and massaging the areas with gentle or deep hand strokes.

Ayurveda also relies on several trans-cranial oleation (Shirabhyanga) therapies for nervous system disorders that are non-systemic and non-invasive. Recent work again points to the possibility that the endothelial cells facilitate the entry of the solutes through the frontal lobe and prefrontal cortex.

In a *Comparative Study to Evaluate the Efficacy of Topical Oil Application on Scalp for Memory Enhancement* examined the effectiveness of topical oil application popularly known as Shiropichu and Shiroabhyanga for enhancement of memory in two groups of matched normal but hyperactive school age children. All participants received topical application of coconut oil and were advised to do Shiroabhyanga and Shiropichu on alternate days. Only the second group received medicated coconut oil. Memory assessment was done by using Wechsler memory scale at baseline and every thirty days for three months.

In conclusion it appears that topical oil application modifies both memory/concentration as well as intellectual functions. It was also noticed that if the oil is applied regularly, then it has a potentiating effect for desirable changes leading to calmness, reduces hyperactivity and thus increases the concentration which is playing important role in memory enhancement.

Treatment should be based on these basic principles

- Site of mind –
Shira (head), *Hriday* (cardiac region)
- Hyperactive – *Vata*
- Angry – *Pitta*
- Slow learner – *Kapha*
- Attention deficit – *Vata*
- Loss of memory – *Vata*

Manas Niyamak Yoga – *Brahmi*

- ***Brahmi*** is tonifying herb that protects and nourishes the nerves, thus it supports normal nervous system activity.
- Stough C, T et al. (2001) The chronic effects of an extract of *Bacopa monniera* (*Brahmi*) on cognitive function in healthy human subjects. *Psychopharmacology* (Berl). 156(4):481-84.
- 90 day treatment with *Brahmi* has shown to improve working memory and accuracy of special memory in children with ADHD.
- Con Stough et al (2008) examining the nootropic effects of a special extract of *Bacopa monniera* Linn. on human cognitive functioning: 90 day double-blind placebo-controlled randomized trial. *Phytother Research* 22(12):1629-34.

Leading Edge Research Expands Evidence-Based Success of Ayurveda

Ayurvedic Dietary Approaches in Combatting NCDs



Prof Gerard Bodeker, Chair of the Global Initiative For Traditional Systems (GIFTS) of Health at the University of Oxford, UK; Green Templeton College, University of Oxford, UK; Dept. of Epidemiology, Columbia University, New York.

As a public health academic and researcher, part of my work in epidemiology is looking at global trends in health and also morbidity and mortality. Diabetes, a leading non-communicable disease (NCD) has seen a fourfold rise since 1980 from 108 million cases to 422 million, almost half a billion cases at present.

Asia, India, and China are topping the world in the number of diabetes cases which leads us to ask the question, what happened to Ayurvedic diet?

Westernization of Diet: What we see is that there's what's called nutrition transition from traditional diet to westernized and industrialized food. Increasingly, the Mediterranean Diet is touted as the dietary pattern to counter NCDs and is now being recommended for the world, 75% of which is non-Western. This approach does not take into account cultural traditions of nutrition (and hence compliance), local food crops, or perspectives from epigenetics, metabolomics or nutrigenomics.

The two countries in Asia that have moved furthest from their tradition, according to a number of studies are India and Malaysia. By no coincidence, the country with the highest rate of diabetes and obesity in Asia is India.

Ayurvedic Diet: Ayurvedic diets are rich in pharmacologically active compounds with anti-inflammatory, anti-diabetic, anticancer and cardioprotective properties – hence in combatting NCDs. Ayurveda's personalized approach to nutrition is premised

on different foods being suited to different metabolic types, different seasons, and different times of day. Here, metabolomics, nutrigenomics, epigenetics and chronobiology converge.

Congruent with the trend towards personalized medicine, research now offers genomic evidence for the validity of Ayurvedic body types. Ayurveda's personalized nutritional framework and six-taste system for classifying foods merits evaluation as a culture-free nutritional strategy, applicable across dietary traditions and food types in preventing and managing NCDs.

in research on Ayurvedic diet, it's really far more sophisticated than western conceptualizations of health. The concept of personalized approach to food through Tridosha Theory and the state Prakriti and Vikriti of one's nature and what imbalance in one's nature is very unique and specific to Ayurveda and needs to be included in any outcomes studies of Ayurvedic diet. Not everybody can metabolize and draw nutritional value from the same foods in the same way. Different ethnic backgrounds determine different outcomes in terms of nutrition.

"Detox": Detox is also part of Ayurveda. I often feel that detox is such a clichéd term that when people bandied around I want to ask them „What is tox? What are you de-ing when you de-tox?“ As it turns out Ayurveda has got an answer for that and it's called „Ama.“ There are three types of Ama that have been identified which are addressed to Ayurvedic cleansing or detox.

Ama and Sugar: Recently, there's been the discovery of a new low-density lipoprotein, MGmin, which sounds very much like Ama. It appears to be stickier than normal LDL and it's formed by the addition of sugar groups to normal LDL and it turns out that it's highly toxic, highly corrosive. It is definitely the bad LDL, but little-known LDL in the cholesterol story. As it turns out the interaction of sugar with cholesterol is what produces this newly identified sticky cholesterol which sounds very much like Ama. So what about sugar? Sugar as we're seeing from new research is found to be associated with shortened telomeres, little caps on the DNA which are indicative of lifespan. A lifetime of drinking sugary drinks is associated with a shortening of telomeres equivalent to four years snipped off your lifespan.

White Rice: Polishing rice takes off the membrane just called the endosperm which contains vitamin B complex. It contains amino acids, which build brain mass and bone tissue. It contains enzymes which break down the starch in the body of the rice the, clever little thing, breaks down its own starches. We buzz that off and all we're left with – and also under the membrane is the protein that goes too. All we're left with is the starch. Starches you'll all know from high school chemistry, the chemical equation is the same as for, right, sugar. A bowl of white rice is a ball of white sugar and Asia is scratching its head wondering why its diabetes rate is climbing there.

Leading Edge Research Expands Evidence-Based Success of Ayurveda

Ayurveda – How Purusha (Consciousness) and Prakriti (Nature) Manage Cellular Physiology



Hari Sharma, MD, DABIHM, FACN, DABP, FCAP, FRCPC, USA, Professor Emeritus, former Director Cancer Prevention and Natural Products Research, Ohio State University, published over 150 research papers, written five books, lectured worldwide at medical institutions and conferences, Smt. V. J. Thakar Gold Medal Award 2010, Gujarat Ayurved University.

This presentation considers how Ayurveda covers and manages both the genetic code and phenotype in maintaining optimal health. It also discusses the role of Purusha (Consciousness) and Prakriti (Nature) in managing cellular physiology and how the activities of the human constitution affect cellular function. "As you sow, so shall you reap" — this is the theory of Karma in action in cellular activities. It also reviews Kundalini (individualized life force) in cells and what the activation of Kundalini means on cellular level affecting health.

Genotype – Purusha: In current understanding we have a genotype that is made of the DNA which comes from both parents, one strand from the male one from the female, and all the genes which are present are not necessarily expressing themselves. It is estimated there are 27 Trillion cells in the human body and all the nucleated cells contain DNA, but only part of the DNA is expressing. This Genotype is the inner non-changing pure intelligence – the Purusha value.

Phenotype - Prakriti: The Phenotype is the expressed part to the genetic code that keeps on changing and evolving, growing. Phenotype is the manifest Prakriti value, what we call constitution in Ayurveda. And what is the effect of that? Depending what we do, good or bad, the expression of the genotype will change. So this is Karma in action: If we do good things, the good part of the DNA will express; if we do wrong things, the wrong part of the DNA will express.

Epigenetics: Epigenetics is a change which does not basically change the DNA but it changes how it expresses itself. Some parts will not express other part will express. Epigenetics is basically Karma in life. 90% of life is controlled by Epigenetics.

Ayurveda: Ayurveda is about Epigenetics. Important concepts in Ayurveda are behavior and lifestyle; diet and nutrition; stress management; and environmental factors. When behavior is affected by anger, stress frustration and fear then the DNA becomes shorter and tighter and switches off many chords. It will not express. If you have feelings of gratitude, love and appreciation then the DNA relaxes and expresses. So however you behave, you affect yourself. Epigenetics and lifestyle all affect how the DNA expresses.

Kundalini: Kundalini is a force of energy that is transmitted and causes the DNA to open up and express more. So Kundalini is in every cell of the body, because you cannot get enlightened unless you create and change the nervous system. This is happening through the DNA. So really what is happening that rise of Kundalini correlates with degree of enlightenment.

"... It's an assembly of some of the best minds in the study and practice of Ayurveda and sharing of their experiences has been – I think, very informative and enlightening for everybody here."

Prof. Gerald Bodeker, UK

To find out how to access and review the full length videos of all Congress presentations please go to:
InternationalAyurvedaCongress.com/proceedings-2017/

Leading Edge Research Expands Evidence-Based Success of Ayurveda

Ama Pachana, Practical application, Clinical Results and Evaluation through HRV (heart rate variability) Measurement



Dr med Wolfgang Schachinger, Austria, President European Ayurveda Medical Association (EURAMA), Board German Ayurveda Association, Medical Director Maharishi AyurVeda Health Centre, Ried, Austria

Ama pachana (removal of toxic undigested material) and agni deepana (strengthening of digestive power) are important pillars of ayurvedic treatment. This lecture describes a simple, easy to apply 7 day ama pachana treatment that was prescribed 100 fold in daily practice. This treatment consists of herbal compounds, spices, and easy to follow dietary and life style recommendations.

DAILY MEDICATION DURING 7 DAY AMA PACHANA PROGRAM

- **Early morning (kapha period of day):**
MA 1010 (gokshura/ guduchi herbal complex for removal of ama from connective tissue, joints and mucus linings – effect on kaphasthan)
- **Before lunch (pitta period of day):**
MA 579 (punarnava/ bhumiamalaki herbal complex to strengthen and detox liver and gall bladder – effect on pittasthan)
- **Before dinner (vata period of the day):**
MA 2 (tiktagokshura/guduchi herbal complex to detox the urogenitary tract – effect on apana vata)
- **At bed time (beginning of main period of intestinal detoxification):**
MA 505 (triphala tablets to detox and strengthen the intestines and the digestive organs – agni deepana/ama pachana)
- **During & after all meals:**
Rasam made of a ready made mixture of ginger, cumin, corander, black pepper, salt, fenugreek.
Boil the spices with some lemon juice and cane sugar for 5-10 minutes, pour into a thermos flask and drink during and/or after meals
- **Contra-indications:**
Pitta Prakriti/Vikriti; Tikshna agni; Gastrointestinal ulcers, reflux (GERD); IBD (inflammatory bowel disease); Acute skin conditions except psoriasis or pyoderma

Clinical cases show that this treatment can be an effective start into a successful ayurvedic therapy when indicated. In the analysis through HRV (heart rate variability) signs of higher orderliness and autonomic stability could be found at the end of this 7 day treatment.

“Well organized, outstanding presentations, excellent update about trends and progress. I gained new perspectives and a broader vision and deeper understanding, also about the challenges and opportunities to propagate Ayurveda.”

Michel Hubert, Luxembourg

“The benefits I get from it is firstly a lot of inspiration for use in researching Ayurveda, more in my practice and for using Ayurveda more myself. Also, I got a lot of knowledge into different aspects which are not so obvious. I mean really deep knowledge about different aspects and the connections to such things as nuclear physics and consciousness and things that you don’t normally think of are connected to Ayurveda.”

Stephan Lagrosen, Professor of Management and Business at Linnaeus University, Sweden

“I started to know the big family of Ayurvedic practitioners and professionals at the highest level that are really concerned with upgrading who they are. They are students for life like I am.

I started to feel like in a family.”

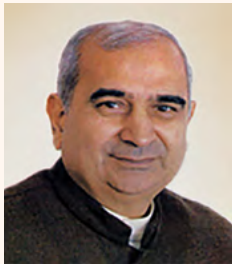
Daniels Stazione, Attorney at Law Romania

“My personal experience with this conference was that I met so many doctors and Indian vaidyas, it means experts in Ayurveda from India, with whom I now have a good contact and will continue working together in the future, and what I gained personally is a feeling of unity.”

Charlotte Beck, MD, Private Clinic, Copenhagen, Denmark

Leading Edge Research Expands Evidence-Based Success of Ayurveda

Researchers from all over the world presented their findings over the two-day Congress to over 300 Congress delegates.



Padmabhushan Vaidya Devendra Triguna, India
Ayurveda – The Prevention Oriented Health Care



Prof. Dr Subhash Ranade, India
Ayurveda Propagation Worldwide



Prof. Padma Shri Ram Harsh Singh, India
Shifting Paradigms of Ayurvedic Education in Global Perspective



Padma Shri Prof. Anant Darshan Shankar, India
Structure and logic underlying the Ayurvedic knowledge system



Mark Rosenberg, Germany
The Future of Ayurveda Education in Europe



Dr med Harsha Gramminger, Germany
Cost and Health Benefits from Integrating New Age Ayurveda into European Health Systems



Robert Verkerk, BSc MSc DIC PhD FACN, UK
The future of Ayurvedic botanicals in the EU



Renee Mann, UK
State of Ayurvedic education in UK



Dr Indira Anand, PhD, B.A.Hons Ayurvedic Medicine, UK
Combining therapeutic Yoga with Ayurvedic treatment



Dr. Vijay Murthy, PhD, UK
Healing Intentionality & Transferring Intentionality in consciousness based practice of Ayurveda in the management of Cancer



Ashtavaidya e.T. Divakaran Mooss, India
The Tradition of Panchakarma in Kerala, India



Vaidyaraj Sunil B. Patil, India
Ideal Panchakarma Center, Charaka's view



Ashtavaidyan A N Narayanan Nambi, MD (Ayu), India
Management of Hypothyroidism in Ayurveda



Dr Ajit Singh, Australia
- Treating mental Illness
- Ayurveda's Integrative Approach



Ranjit Anand Purnanik, India
"Quality First Programme"
- Implementing universally acceptable protocols in Quality Assurance



Anand Shrivastava, India
Role of Maharishi Ayurveda in Health-Care and Longevity



Dr med Oliver Werner, Switzerland
Regulatory challenges facing Ayurvedic products in the European Union



Dr Sunanda Ranade, India
Concept of immunisation in Ayurveda



Asmita Wele, MD (Ayurveda pharmacology), India
Ayurveda Bio-inorganicals – Promising New Genre of Medicine



Palitha Serasinghe, D.A.M.S., PG Cert He, PhD - Medicine & Pharmacology, FAMA, MIBiol, MAPA, UK
Recent Advances of Research on Rasayana Herbs



Dr Gaurang Joshi, BAMS India
Frontiers of Medicine in Ayurveda Dermatology - Psoriasis



Dr Bevan Morris, USA
Highlights of the Congress and concluding remarks

In addition to these presentations, over two dozen more leaders in Ayurveda gave stimulating talks. To find out how to access and review the full length videos of all Congress presentations please go to : internationalayurvedacongress.com/proceedings-2017/

Gandharva Music Concert

An exquisite musical experience

This exceptional evening concert of classical Indian music and song performed by accomplished musicians captivated the audience at the Congress.

This special event was sponsored by Maharishi European Research University (MERU), Ayurveda Journal, Amla Natur GMBH, and Maharishi Ayurveda Health Centre Bads Ems.

What is Gandharva Veda?

Traditional Indian music, or Gandharva Veda, is delightful to listen to, uplifts the spirits, and also promotes peace for the individual and society.

It is a key treatment modality of Ayurveda, the timeless system of natural medicine from India.

Roopa Panesar, Sitarist,

is considered one of the finest sitar players to emerge on the Indian music scene in the United Kingdom.

She has received accolades from both audiences and peers for her outstanding skill and sensitive interpretations.



Deepa Rasiya, a delightful vocalist, Rekesh Chuahan, pianist and composer, and Shabaz Hussain, virtuoso tabla player, contributed their artistry to this exceptional evening of Gandharva Veda Music.



Magical Nighttime River Cruise on the Thames Sunday Evening 2 April

Over 200 delegates enjoyed London's riverside attractions by boat during this 60-minute Thames River cruise.



© Dominique Lemoine 2017

Maharishi AyurVeda Global Health Summit

Session Highlights

Final planning session of the 2nd International Ayurveda Congress, 3 April 2017



Over 120 members of Maharishi AyurVeda attended the MAV Global Health Summit (in the presence of Amarjeet Bhamra Singh who represented the All Party Parliamentary Group of Traditional Indian Sciences), chaired by Dr Tony Nader, the Patron of the Congress and Dr Rainer Picha the Chairman of the International Maharishi AyurVeda Foundation. Top leaders of MAV participated in sharing their news and latest achievements from around the world and in planning together on how the MAV global organization can accomplish the ideals that are put in the Resolution that was agreed that day.

Dr Tony Nader, MD, PhD, MARR, Patron of the Congress:

"It is one thing to celebrate the knowledge and see how great it is; and it is another thing, or an extension, if you like, to spread the knowledge out. Our meeting now is to really see how together we can continue to make Ayurveda a household name a household word and make it available to all peoples around the world."

"We should concentrate on how can we use such conferences to produce the most effective growth and development and plans for society on all levels, consciousness all the way to habits and styles of life and of course food, nutrition, herbal medicine and social effects in creating peace in society and removing, these diseases of society."

John Hagelin, PhD: "This conference was an international conference in Ayurveda and most of the speakers present were not deeply familiar with Maharishi's deeper and more complete understanding of Maharishi AyurVeda and the Conference did accomplish that very beautifully. That's a great joy to all of

the guests who came to speak but they also got to hear from different angles how Maharishi brings the reality of Ayurved back to its wholeness and its completion and its power in its purity, bringing the Yoga and Veda back into Ayurveda. So it was very good. If every talk had been by a MAV expert those who are not MAV experts might have felt even left out or may be it would have been too much but the balance was perfect. It was really nicely organized."

Dr Neil Paterson: Two important points came out:

1. To establish a regulatory body, we can take the lead to draw in all the experts of Ayurveda to create a body to certify what is an ayurvedic practitioner and thereby help ensure quality.
2. To have a standardised curricula of Ayurveda it should contain all the disciplines of Vedic Science. We can take the lead to draw in all the academicians to create a comprehensive curriculum that fulfills Maharishi's vision of what Ayurveda really is.

Maharishi AyurVeda Global Health Summit

Session Highlights

Dr Walter Mölk: We will set up an internal MAV accreditation board, then we can go through all the MAV courses and curricula offered by MAV to ensure they are up to the required standards.

Dr Girish Momaya at MERU is developing a Master Degree in Ayurveda at MERU fully in accord with the accreditation rules of AYUSH. Girish has been meeting with the AYUSH Ministry to get this approval and at the same time is ensuring that the degree program meets the rules for Dutch accreditation.

Dr Bevan Morris: The Government of India actually wants to restore Ideal Vedic India, which is a huge thing in history of India to have a government with this intention. Dr Modi, the President of India met Maharishi in 1992 in Vlodrop and learned TM and is a very great supporter of Veda as the total knowledge of Natural Law. The fact that there is a Ministry of AYUSH is also highly significant.

Dr Luis Alvarez presented a comprehensive plan for Latin America to train doctors, nurses, health specialists, health educators, pharmacies, agronomists and to integrate Maharishi AyurVeda with local resources and traditional medical systems. Bolivia and Brazil are already willing to do it and then they will influence the other countries.

Carl Camelia from Curacao spoke about the Maharishi AyurVeda Integrative Medicine program in Curacao, and how through the accreditation process in 8 months we might be ready to have the whole program submitted for accreditation according to the Dutch/Flemish organization of accreditation. That means that our MAV program, will be accredited throughout the whole European Union.

Ayurvedic Products & Services

Congress delegates and the public had an opportunity to sample quality Ayurvedic products and learn about specialized services at the Health Fair held on site



RESOLUTION



**INTERNATIONAL
AYURVEDA CONGRESS**
1-2 APRIL 2017 – LONDON

**SECOND INTERNATIONAL AYURVEDA CONGRESS,
1 - 2 April 2017, London**

RESOLUTION

The Second International Ayurveda Congress on 1st and 2nd April 2017 in London, England, was one of the most significant assemblies of Ayurveda experts held to date outside of India, building on the success of the First International Ayurveda Congress, held in Roermond, The Netherlands, in April 2015. This year's Congress was co-organized by the International Maharishi AyurVeda Foundation, the All India Ayurvedic Congress, and the International Academy of Ayurveda, and hosted by Maharishi Foundation, UK.

Padma Bhushan Vaidya Devendra Triguna, President of the All-India Ayurvedic Congress, Dr Subhash Ranade, Chairman of the International Academy of Ayurveda, and Dr Rainer Picha, Chairman of the International Maharishi AyurVeda Foundation, served as the three Congress Presidents. The Congress was presided over by the Patron, Dr Tony Nader, MD, PhD, MARR.

The Congress was honoured with the presence of The Honourable Shri Shripad Naik, Minister of AYUSH, Government of India, along with a high level delegation from the Ministry, including Joint-Secretary Mr Ranjit Kumar.

300 delegates from 55 countries including government officials, leading physicians, researchers, and scholars exchanged research findings, case studies, and in-depth analysis of India's ancient system of natural health care.

For the past 38 years, largely inspired by the outstanding contribution of Maharishi Mahesh Yogi, Ayurveda has gained worldwide recognition as an effective, holistic and prevention-oriented approach to today's problems in the fields of individual and public health.

The International Maharishi AyurVeda Foundation, the All India Ayurvedic Congress, and the International Academy of Ayurveda together agreed on the following Resolution:

1 Contact all Ayurveda colleges and universities in India and throughout the world, introducing to them complete and authentic Ayurveda, which is Consciousness-based and supplemented with Maharishi's total knowledge of Ayurveda, including Transcendental Meditation, pulse diagnosis, prevention-oriented healthcare, collective health measures (including group practice of Maharishi's Technologies of Consciousness), and strategies to improve environmental influences through other Vedic disciplines, such as Sthapatya Veda, Jyotish and Yagya, and most importantly truly integrative healthcare; and offer to work together to implement this approach in their syllabus.

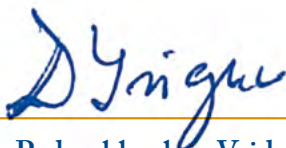
2 Work with, support, and endorse, the Ministry of AYUSH initiative to establish an academic chair in a university of each country – the chair to serve as a focal point for research on Ayurveda, course development, teaching, and practice in the country.

RESOLUTION

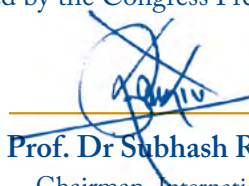
SECOND INTERNATIONAL AYURVEDA CONGRESS, 1 - 2 April 2017, London

- 3 Collaborate with the Indian Ministry of AYUSH and Indian Embassies to support the expansion of Ayurveda worldwide by developing a specific programme for each country. This will include identifying the hurdles in spreading Ayurveda outside India and solutions to them, including, for example, overcoming challenges in the areas of export and availability of Ayurveda preparations; encouraging health insurance companies to cover Ayurveda treatments; and supporting research on Ayurveda in each country.
- 4 Recommend to the Ministry of AYUSH, Government of India, to establish an “International Federation of Ayurveda and Yoga”, whose responsibility would be to propagate knowledge and practice of Ayurveda and Yoga throughout the world, with a co-ordinating office in New Delhi, India.
- 5 Create an international accreditation board for Ayurveda to ensure that the standards and the all-encompassing nature of Ayurveda and its many subsidiary disciplines are established and maintained in the areas of education, research, and practice.
- 6 Liaise with the authorities in different countries to generate awareness about Ayurveda, and encourage them to use the principles and practice of Ayurveda for better health and wellbeing of the people of those countries.
- 7 Garner support and co-operation of authorities in different parts of the world for the promotion and practice of Ayurveda.
- 8 Work with local communities in all countries to support the application of Ayurveda principles and practices in the daily life of the people.
- 9 Develop, promote, and present the *Maharishi Mahesh Yogi Dhanvantari Award for Ayurveda* in special recognition of outstanding accomplishment for propagation of Ayurveda and progress towards the creation of a disease-free society. Two such awards will be given at each Congress henceforth, one for an individual from India, the original home of Ayurveda, and one for an individual from the rest of the world.
- 10 In order to continue the tradition and build on the success the First and Second International Ayurveda Congresses, it is resolved to hold the Third International Ayurveda Congress in Brazil, at the kind invitation of the Ministry of Health, starting on 18 April 2018 for five days. The following Congress could be in Dubai in 2019, in recognition of the leading role of the leadership of UAE in supporting the development of integrative health care. The hope is that future Congresses are always co-hosted and co-sponsored by one or more universities and/or government departments of the host country.

Signed by the Congress Presidents:



Padmabhushan Vaidya
Devendra Triguna
President, All-India Ayurvedic Congress;
President, National Academy of Ayurveda,
Ministry of AYUSH, Government of India



Prof. Dr Subhash Ranade
Chairman, International
Academy of Ayurveda,
Pune, India



Dr Rainer Picha
Chairman, International
Maharishi AyurVeda
Foundation, Netherlands

Ayurveda for Everyone

Ayurveda for Everyone London 1-2 April 2017

World-Class Speakers and Health Fair

A full programme of presentations on Ayurveda and its many applications to common health concerns was organised for the general public at the same time as the International Ayurveda Congress in London.

Attendees from all walks of life were enthralled by the tips, practical guidelines and introductory knowledge about Ayurveda presented by a dozen world-class Ayurveda experts in a wide range of specialties.

Raising healthy children with the help of Ayurveda

Frederick Travis PhD, USA

Treating the cause of anxiety, panic attacks and depression from the Ayurvedic perspective

Dr Donn Brennan, MB BCH BAO, MRCGP, Ireland

Enlivening the inner intelligence of the body – Research and EEG demonstration of Transcendental Meditation

Frederick Travis PhD, USA

Ayurvedic approach to joint and back pain

Dr med. Wolfgang Schachinger, Austria

Maharishi AyurVeda Creating a Disease Free Society through Prevention, Rejuvenation, Revitalisation and Cure

Professor Dr Gunvant Yeola MA, MD, PhD and Dr Elizabeth Young BSc, MB.BS, DRCOG, MRCGP

The female monthly cycle – the Monthly Flow Programme of Classical Ayurveda

Dr Charlotte Bech

Ayurvedic home treatments for youthful skin including acne and eczema

Vaidyaraj Sunil B. Patil, India

How to treat menopause in Maharishi AyurVeda

Dr Charlotte Bech

Effortless weight management with Ayurveda

Dr Donn Brennan, MB BCH BAO MRCGP Ireland

Therapeutic essential oils antibiotics of Mother Nature

Dr phil. Malte Hozzel, Germany

Enliven your body's inner intelligence using the orderly light of gemstones: Ayurvedic wisdom combined with modern technology

Diana Harding, UK

Discovery of the Vedic sounds as the blueprint of human physiology – presentation of a unique electronic display of Vedic Physiology

Dr med Rainer Picha, Austria and Dr med Walter Moelk, The Netherlands

How to treat sleep disorders: reducing stress, fatigue and burnout with Ayurveda

Dr Charlotte Bech

AntiAgeing with Ayurveda and Yoga: Strategies for Long Life and Healthy Heart

Dr Robert H. Schneider, MD FACC, USA

Treating the cause of hay fever, asthma, chronic sinusitis and bronchitis from the Ayurvedic perspective

Karin Pirc, MD. PhD, Germany

Media Coverage of the Congress

Media Coverage of the Congress was extensive and positive



Cannel 4 will be doing a whole documentary on the idea of Ayurveda coming into health service. [more soon](#)

Business Standard

Another in-depth report was published in India's leading business daily Business Standard, entitled: „Researchers to work with India to promote Ayurveda globally“. [more](#)



„Over 90 experts in Western and Ayurvedic medicine will present scientific studies showing how Ayurveda can help address major modern health problems ...“ [more](#)



„Against a backdrop of an NHS in crisis, the largest-ever gathering in the UK of experts in Ayurveda finished with a resolution to help address major health problems and reduce medical costs in every country ...“ [more](#)



Could Ayurveda be the Key to the NHS Crisis? was published on 4 April 2017 by The Asian Today, who are also interviewing a GP and a practitioner of Transcendental Meditation about their experiences with Ayurveda. [more](#)



Outlook India reported: „The resolution calls for working with the Indian government's Ministry of AYUSH and Indian embassies worldwide to develop specific Ayurvedic programmes ...“ [more](#)



Britain's capital city London played host to Second International Ayurveda Congress. Experts from around the globe ... [more](#)



The London correspondent of the Indian CNN TV channel News 18 attended the Congress and interviewed many leading speakers. A 15-minute report was screened 6 times on the UK Edition of News ... [more](#)



Another thorough report from the Press Trust of India appeared in India Today, and quoted Congress patron Professor Tony Nader: „Our principal aim is to bring Ayurveda into more widespread use worldwide, ...“ [more](#)



Dr Vijay Murthy conducted five interviews with leading speakers which will be broadcast on his Unlock Your Health show on UK Health Radio, which has international following. [more](#)

FINANCIAL EXPRESS

Researchers from across the world have vowed to work with India to promote Ayurveda globally, saying the ancient Indian system of natural and holistic medicine can help address major health problems ... [more](#)



A radio interview (22 mins) on BBC Asian Network with Dr Elizabeth Young, a London GP who was a speaker at the health fair „Ayurveda for Everyone“, and Dr Kailash Chand, former Deputy Chair of the British Medical Association (BMA) [more](#)

EDITORIAL

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- Which topics or issues would you like us to report on?
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- We are eager to hear your suggestions for new articles or columns.

Just email your news and ideas to:

editor@imavf.org



The IMAVF NewsMagazine is published quarterly by

IMAVF, Station 24. 6063 NP Vlodrop, The Netherlands.

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How do you benefit when you join IMAVF??

Knowledge, Savings & Professional Support

The IMAVF was created to support your professional growth, whether you are a professional in Maharishi AyurVeda, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi PanchaKarma.

As an IMAVF Affiliate you are fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family.

As an IMAVF Affiliate you are entitled to a wide range of benefits and cost reductions on courses, webinars and conferences:

**IMAVF Affiliates:
Thank you for attending the 2nd
International Ayurveda Congress!**

**You will also be eligible for a fee
reduction at the 2018 Congress in
Rio de Janeiro.**

KNOWLEDGE BENEFITS

- Free subscription to our regular quarterly NewsMagazine and regular news bulletins – keep up with all the inspiring news about Maharishi AyurVeda from around the world, and in all the disciplines.
- Access to Affiliate-Only downloads, recorded webinars and presentations.
- Access to our online Professional Forums in the departments of Maharishi AyurVeda. Post your questions, receive answers by the experts, share your experience and tips of your practice.

SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 10% reduction on course instruction fees on all health-related MERU courses.
(This 10% discount is valid for course fees, not meals or lodging costs – not valid with other offers.)
- 50% reduction on advanced webinars.
- Congress fee reduction on the Third International Ayurveda Congress to be held in 2018 in Rio de Janeiro. Details coming soon!
- 10% savings on MLG balms.

PROFESSIONAL SUPPORT & COMMUNITY

- You will be able to announce your local or regional Maharishi AyurVeda health related events in our online events calendar.
- You will receive a Affiliate certificate plaque to display in your practice and an Affiliate ID card for your future course discounts.
- Share your news and research results with the extended community of Maharishi AyurVeda professionals worldwide.

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