



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SPRING 2018

Dear Maharishi AyurVeda Professional and Friends,

We are only into the first half of 2018, and already we are experiencing an unprecedented, worldwide burst of interest in and support for Ayurveda.

Equally importantly, as a result of our participation in the 1st International Congress of Integrative Medicine and Public Health held this April in Rio de Janeiro, Brazil we are witnessing an upsurge of harmony, cooperation and coordination between Maharishi AyurVeda and many of the natural health modalities represented at the Congress.

The International Maharishi AyurVeda Foundation was a co-sponsor of the 3rd International Ayurveda Congress, which was a major part of the larger Congress on Integrative Medicine.

Many international leaders in Ayurveda and Maharishi AyurVeda addressed up to 5,000 delegates, and their inspiring presentations about the many aspects of Ayurveda and the unique consciousness-based approach of Maharishi AyurVeda were enthusiastically well-received.

Please enjoy the reports and summaries we have prepared for you.

As we reach out to cooperate with other modalities in Integrative Medicine, we invite you to strengthen your connection with all aspects of Maharishi AyurVeda.

Please invite your colleagues to join IMAVF – [click here](#) to enroll (or renew!).

Wishing you a very successful year!

Rainer Picha
IMAVF Chairman of the Board

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1-2 September 2018 - Leiden, The Netherlands

4th International Ayurveda Congress

Traditional Herbal Remedies from India and Europe Exploring a 340 Year Relationship between Netherlands and India [more...](#)

LEIDEN 2018



21-23 September 2018 - Ljubljana, Slovenia

11th European Congress for Integrative Medicine & 5th International Ayurveda Congress

The Future of Comprehensive Patient Care [more...](#)

LUBLJANA 2018



1st International Congress of Integrative Medicine and Public Health

3rd International Ayurveda Congress

Maharishi AyurVeda Joins Forces with a Coalition of Natural Health Modalities In Brazil: Integration, Cooperation, Progress and Inspiration

Inspired by the success of the 2nd International Ayurveda Congress in London April 2017, Dr Saraiva Felipe and the Health Minister of Brazil, Ricardo Barros, offered to host the 3rd International Ayurveda Congress in Rio de Janeiro, Brazil.

Quickly, this initiative evolved into a much grander project: The Health Ministry of Brazil decided to organize the 1st International Congress of Integrative Medicine and Public Health, in which the 3rd International Ayurveda Congress would be a key part.

More than 5000 health professionals and medical students from all over Latin America and the world were invited to discuss the integration of traditional systems into Brazil's national health care system.

Dr José Luis Alvarez Roset, President Maharishi Foundation Latin America, and Joan Roura, National Director of Maharishi AyurVeda, Brazil and their team were instrumental in coordinating the 3rd International Ayurveda Congress with the larger Congress sponsored by the Brazilian government.



Ministers, Congressmen, Health Officials and Congress Organizers on Stage of the 1st International Congress on Integrative Medicine and Public Health, Rio de Janeiro, Brazil March 2018

1st International Congress of Integrative Medicine and Public Health

March 12-15 at RioCentro, Barra da Tijuca, in the west of Rio de Janeiro.

Over 5000 people from 25 countries attended the Congress, with over 1000 being turned away for lack of seats. Fourteen different halls presented a wide variety of the nineteen different officially recognised healing modalities, all at the invitation of the Brazilian Government:

- **Ayurveda**
- **Yoga**
- **Medicinal Plants & Phytotherapy**
- **Homeopathy**
- **Traditional Chinese Medicine/Acupuncture**
- **Anthroposophic Medicine**
- **Naturopathy**
- **Social Therapy**
- **Crenotherapy**
- **Reiki**
- **Art Therapy**
- **Music Therapy**
- **Biodance**
- **Circular Dance**
- **Osteopathy**
- **Chiropractic**
- **Reflexotherapy**
- **Shantala**
- **Integrative Community Therapy**



National PICS Coordinator Daniel Miele Amado, Health Minister Ricardo Barros, Federal Congressman Giovani Cherini, Congress President João Salame present the official integration of 10 new healing modalities into the Brazilian Health System

During the inauguration of the Congress, the Brazilian Minister of Health, Ricardo Barros, officially signed and integrated ten additional healing modalities into the Brazilian National Health System, bringing the total up to 29.

1st International Congress of Integrative Medicine and Public Health

3rd International Ayurveda Congress

Minister of Health Ricardo Barros explained that "Brazil is now the world leader in offering integrative modalities in public health, with 5 million users in 9,350 establishments in 3,173 municipalities." According to Barros, such practices are "investments in health prevention, so that people do not get sick."

He underscored the importance of the Congress and of Brazil's commitment to alternative therapies: "We are now the country

that offers the most integrative practices available in primary care." "We're talking about traditional medicine: over the millennia, these modalities have worked. Most medicines are based on the active principle in plants. Before, tea was taken from a certain plant and today it is taken as a pill of an extract from that plant, which has exactly the same effect."

New Modalities Officially Added During the Congress

- Aromatherapy
- Apitherapy
- Bioenergetics
- Family Constellation
- Chromotherapy
- Geotherapy
- Hypnotherapy
- Healing Touch
- Ozonotherapy
- Floral Therapy



Congress Delegates in Plenary Hall represented 25 countries and numerous integrative healing modalities



Dr José Saraiva Felipe

Congressman Dr Saraiva Felipe recounted how in London, after the 2nd International Ayurveda Congress during the planning for the 3rd International Ayurveda Congress, the participants decided that Brazil was on the forefront – that Brazil was moving forward and it was the most advanced country in the implementation of the integrative practices in its health system.



Susanne Camelia-Römer

The Health Minister of Curaçao, Susanne Camelia-Römer, introduced herself by emphasising that she is the Minister of Health, not the minister of disease.

"In Curaçao we support alternative and complementary medicine and ... we can also bring and implement the knowledge in our own context within the island of Curaçao, which means "curacon" or "healing." We want to be focused on the wellness of people and health. Health is a state of body, wellness is a state of being of the Self."



Carissa F. Etienne

The Director of the Pan American Health Organization (PAHO/WHO), Carissa F. Etienne, presented a brief overview of role of traditional medicine in the Americas and the importance of studies and recognition of the effectiveness of these types of treatments, and announced the establishment of an online virtual reference library.

Many Brazilian government representatives addressed the Congress during the opening ceremonies:

Giovani Cherini - Federal Congressman of Brazil

Alex Canziani - Federal Congressman of Brazil

Luis Antonio Teixeira Júnior - Secretary of State for Health of Rio de Janeiro

Enrique Beteta-Acevedo - the Deputy Health Minister of Nicaragua

Daniel Miele Amado - National PICS Coordinator, Health Ministry Brazil

Zhang Qui - Director of traditional complementary integrative practises, WHO

Zhang Julyang - representing the Health Ministry of China

Marco Antônio Toccolini - National Secretary of Indigenous Health

Roberta Cerri - Coordinator of Programs and Projects for Indigenous Health, Health Ministry Brazil



Dr med. Rainer Picha, Dr Robert W. Schneider, Giovanni Cherini, Vaidya Devendra Triguna, Dr David Orme-Johnson

Following the Opening Ceremonies on March 12, representatives from Maharishi AyurVeda inspired all the delegates in a Plenary Session of the Congress with Ayurveda's many solutions to health care challenges

Dr Tony Nader, PhD, MD, MARR

Patron of the International Ayurveda Congress

Disease-free Society (see page XX)

Vaidya Devendra Triguna

President of the All Ayurveda Congress of India

The Value of Ayurveda

Dr José Luis Alvarez Roset

President Maharishi Foundation Latin America

The Objective of Integrative Medicine

Dr med. Rainer Picha

Chairman of IMAVF

Stress Management and Cardiovascular Disease

Dr Robert Schneider

Dean Maharishi College of Perfect Health

Mind over Aging – Modern Science Discovers Ayurveda

Dr David Orme Johnson

Institute of Science, Technology, and Public Policy

***Transcendental Meditation and Maharishi AyurVeda
to Reduce Individual and National Health Care Expenditures***

3rd International Ayurveda Congress

3rd International Ayurveda Congress

The Ayurveda Hall showcased the 3rd International Ayurveda Congress with 600 seats, and more delegates visited this hall than any other.

Over 50 Ayurvedic experts, including 28 from Maharishi AyurVeda, addressed the delegates in numerous sessions both in the Ayurveda Hall and in the main Plenary Sessions of the 1st International Congress of Integrative Medicine and Public Health.



Around 600 Congress Delegates attending the Ayurveda Hall

Maharishi Planted the Seeds for Cooperation Among Different Natural Approaches to Health Care in 1985

Dr José Luis Alvarez, President. Maharishi Foundation Latin America

“Maharishi came to Brazil in 1985 and he asked us to gather all the physicians that worked with natural medicines that were available -- homeopathy, naturopathy, osteopathy, Chinese medicine, all kinds of indigenous medicine.”

“He held a conference at Hotel Nacional in Brasilia where he equated the natural medicine from Brazil and Latin America with Ayurvedic medicine in India. He also connected the concept that there is a natural intelligence that can be activated through such medicines.”

“When Maharishi did that, we could have never imagined that soon afterwards the public powers would show interest in herbal medicine, in acupuncture, homeopathy. Now, over 30 years later,

there are more than 4000 people working with Ayurvedic medicine in Brazil today!”

“Now in 2018, what does Ayurveda propose for Brazil?”

First, cooperate with the 29 areas that have been created by the Ministry of Health.

We need to work all together giving the best of ourselves and never feeling that anybody is better than anybody else. The only person that should be better is the patient! It does not matter how we achieve that.

That is the objective of integrative medicine.”



Dr José Luis Alvarez addressed the whole Congress



From left to right:

Prof Carl Camelia

President UMLAC, Curaçao

Susanne Camelia-Römer

Minister of Health, Environment and Nature, Curaçao

Dr José Luis Alvarez Roset

President Maharishi Foundation Latin America

Ricardo Barros

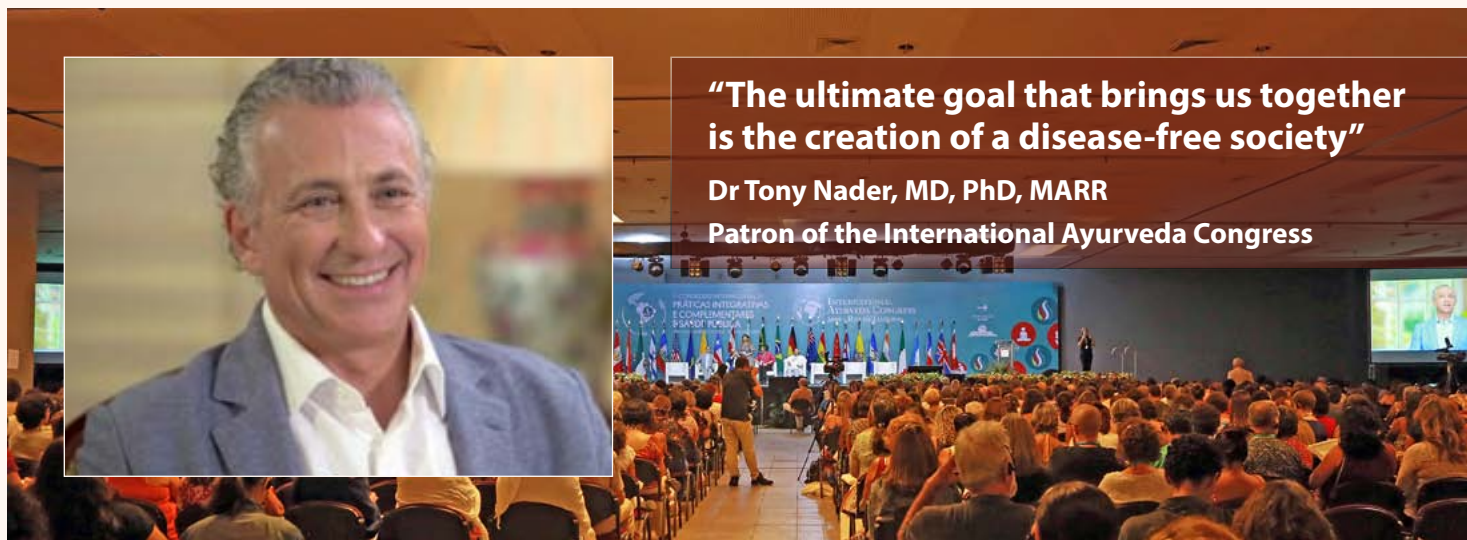
Health Minister of Brazil

Dr José Saraiva Felipe

Federal Congressman, Brazil

© Erasmo Salomão/Health Ministry Brazil

Highlights of the Congress - Dr Tony Nader



“The ultimate goal that brings us together is the creation of a disease-free society”

Dr Tony Nader, MD, PhD, MARR

Patron of the International Ayurveda Congress

Dr Nader gave a comprehensive introduction to consciousness-based Ayurveda and its relationship to health and healing to all 5000 attendees at the **1st International Congress of Integrative Medicine and Public Health**, of which the **3rd International Ayurveda Congress** was a key part. Among the audience members were government ministers, congressmen, health officials and health practitioners of the many healing modalities that were represented at the Congresses.

“With a vast variety of topics, angles and approaches we are all here to be inclusive, comprehensive and miss no opportunity to raise life above suffering, above problems, above conflicts and disease.”

Dr Tony Nader, MD, PhD received his MD degree from the American University of Beirut. His PhD is in the area of Brain and Cognitive Science from the Massachusetts Institute of Technology (MIT), and he completed post-doctoral work as a Clinical and Research Fellow in Neurology at the Massachusetts General Hospital, Harvard Medical School.

“We wish together to explore and apply the know-how not only of scientists and researchers, but also of experienced and wise teachers, of mothers and grandmothers, and all ancient and new knowledge, that has proven to be effective.”

“The ultimate goal that brings us together is the creation of a disease-free society with individuals who can think and act according to the most evolutionary forces of nature and be able thus to live in fulfillment, with no suffering and no conflict.”

“Traditional healers have acquired from their ancestors many procedures and methods including the use of herbs, natural medical supplements as well as chants, songs and melodies that can prevent and cure disease.”

“More time and focus have to be spent on prevention.”

“Exercise, Yoga postures, breathing techniques and meditation strengthen and balance the mind and the body. Such health

procedures can be more effective and have no side effects when compared to some of today's widely used medical approaches.”

“Maharishi encouraged research in all fields that show serious promise for health and for prevention.”

“In my medical and scientific career I have had the great fortune to learn from and work with a great sage, scientist and well-wisher of humanity who comes from the ancient Vedic tradition of Masters -- His Holiness Maharishi Mahesh Yogi -- who revived the Vedic science of health called Ayurveda.”

“Maharishi, like any modern scientific scientist has wished to validate the approaches and the procedures. He welcomed the contributions of the most knowledgeable people in every area. From India as well as traditional doctors and healers from all over the world.”

“One of the major conferences and meetings actually has happened in Brazil and in 1985 with top experts in herbal and natural medicine. Maharishi encouraged research in all fields that show serious promise for health and for prevention.”

“I was fortunate myself to participate in some of this research showing the effectiveness of Ayurvedic approaches including herbal medicine, Vedic sound and particularly Transcendental Meditation in preventing and curing disease.”

Highlights of the Congress - Dr Tony Nader

"All of the approaches, the healing methods and techniques that Maharishi emphasized he most stressed and put an importance and attention on the approach from the level of consciousness."

"In the Vedic tradition consciousness is the ultimate source of everything. In modern science physicists have located energy and force fields at the basis of all matter, probing into the reality of fields, scientists uncovered a deeper unity leading to the understanding that all that we call matter comes from a unified field of all the laws of nature.

"The unified field is the singularity from which multiplicity emerges. This is equivalent to the Vedic teaching that singularity is at the basis of multiplicity. The singularity is the field of pure consciousness, pure awareness. Pure consciousness is the same as the unified field of all the laws of nature and therefore pure consciousness is the true self of everything and of everyone."

"We should not neglect consciousness as it is the most fundamental aspect of all health, happiness and the ability to think and act in accordance with natural law."

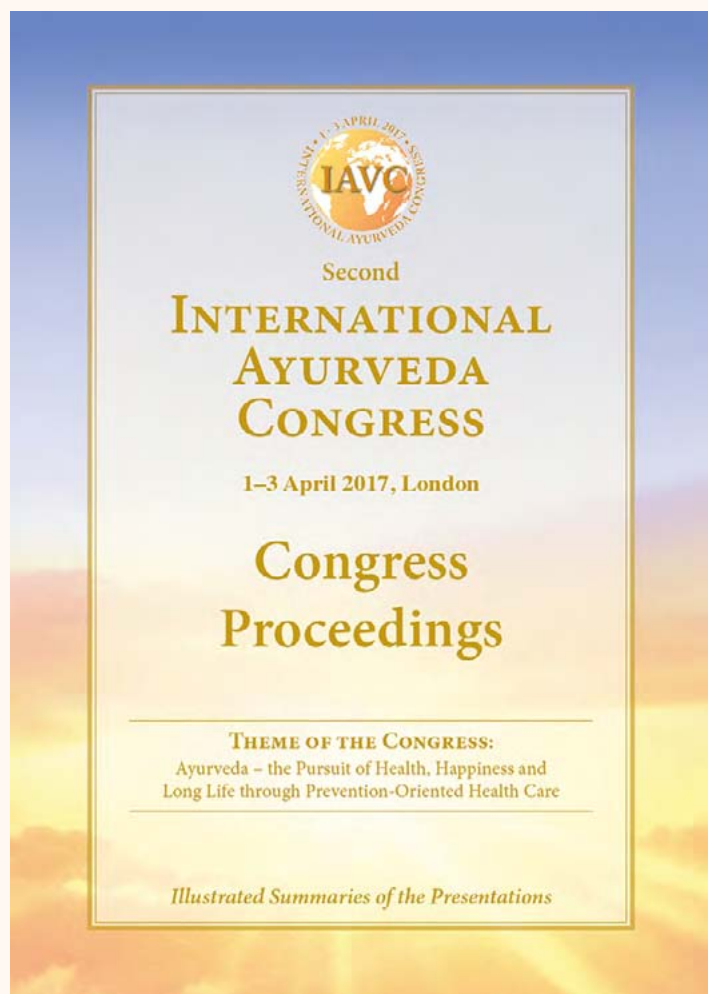
"In Vedic terms every transformation is a transformation in consciousness."

"A plant or herb can be considered superficially as being made of molecules but plant or a herb has also a structure within it of a relationship between these molecules. These can be considered as patterns. We can say patterns of intelligence, patterns of consciousness."

"Hundreds of scientific studies from prestigious universities and scientific institutions around the world published in peer reviewed journals have shown the effectiveness of Transcendental Meditation and other Maharishi AyurVeda techniques in curing diseases, prevention, rejuvenation, combating aging and solving even social problems and international conflicts."

"Ultimately the development of consciousness is the most essential approach to ensure that all methods of treatment become effective."

To view Dr Nader's full 16-minute video presentation [click here](#).



Congress Proceedings Now Available

2nd International Ayurveda Congress, London, April 2017

Every serious Ayurveda professional should have a copy of this knowledge-filled resource of the latest research and in-depth thinking in Ayurveda from leading experts, scientists and doctors from all over the world.

The Congress Proceedings book presents full colour illustrated summaries of all 80 Congress presentations on glossy paper. Limited copies are available.

Topics include:

- Epigenetics
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- Ageing
- Spinal Disorders
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- Osteoarthritis
- Hypothyroidism
- Cancer
- Heart Disease
- Irritable Bowel Syndrome
- Diabetes
- Consciousness-Based Unified Field-Based Medicine
- Theoretical Aspects & the Future of Ayurveda

To order your copy of the London Congress Proceedings for only 25Euro, go to:

www.imavf.org/proceedings-iavc-london-2017

Highlights of the Congress - Dr John Hagelin



“Ayurveda is ultra modern, quantum mechanics-based, unified field-based medicine”

Excerpts from the address to the Plenary Session of the 1st International Congress on Complementary & Integrative Medicine & Public Health by **Dr John Hagelin, PhD, renowned Quantum Physicist, Director of the Institute of Science and Technology and Public Policy at MUM and President of the Global Union of scientists for Peace.** His presentation provided a new and inspiring perspective on Ayurveda to the delegates from the many disciplines represented at the Congress.

Ayurvedic medicine is based on such a deep level of nature, the level of the three Prakritis -- and even beyond these three essences it is fundamentally rooted in the unified field itself, the field of absolute unity.

This makes Ayurvedic medicine vastly more powerful, vastly more fundamental, vastly more holistic, and as a consequence automatically free of the negative side effects of modern medicine. It is therefore in my opinion the future of medicine.

The exact same structure of the universe is described in the different languages of modern physics, the cutting edge of modern science, and in the language of ancient Vedic science.

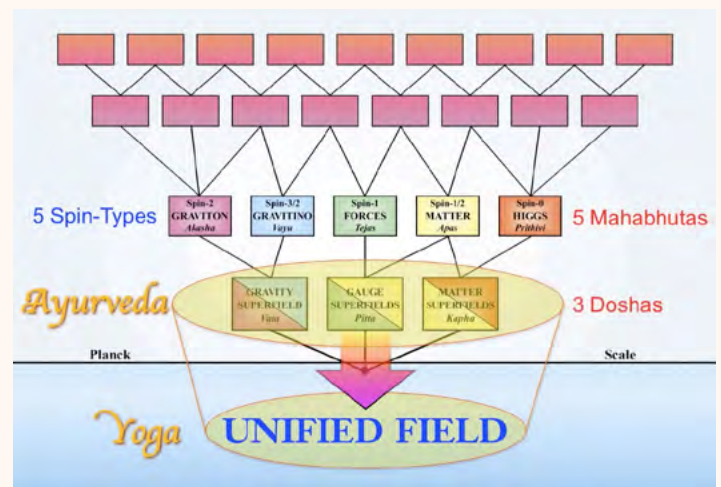
These five fundamental elements (Mahabhutas) in Ayurveda correspond to the five spin types of physics and just as in physics Ayurveda describes a pairing of these five fundamental elements into three more fundamental, more holistic entities called Prakritis, also called Doshas.

Ayurvedic medicine fundamentally concerns itself not so much with the superficial physiology but with the physiology at its core at its essence.

Ayurveda diagnoses and treats the human physiology from the fundamental level of the three Doshas, also called the three Prakritis depending upon the context.

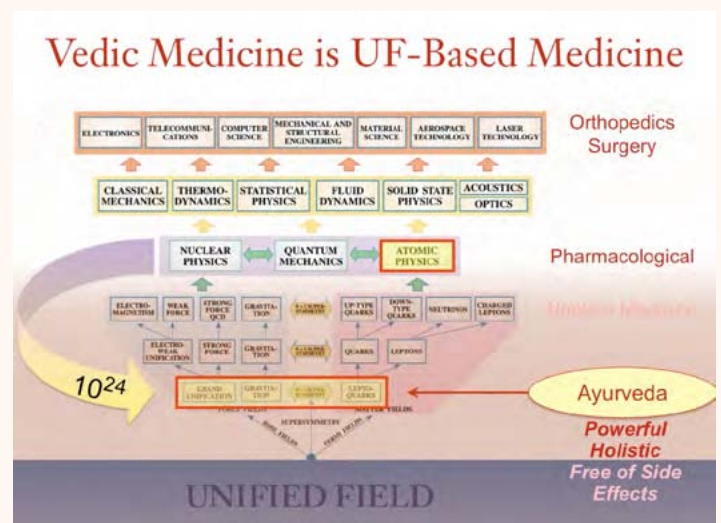
Pharmacological medicine, modern medicine, attempts to adjust the concentration of certain of these thousands of molecules by adding for example a particular chemical. This may have a positive benefit but it also risks upsetting the balance of tens of thousands of other molecules in the body leading to medical side effects.

In comparison to this modern chemical approach to medicine, we see that Ayurvedic medicine is not based on the chemical level of the human physiology or cellular level primarily. It is based on the deep level of the Prakritis of the three Doshas. And as we see from this chart Ayurvedic medicine based on the three Doshas is a million, million, million, million times more fundamental than modern medicine and potentially therefore millions of times more powerful.

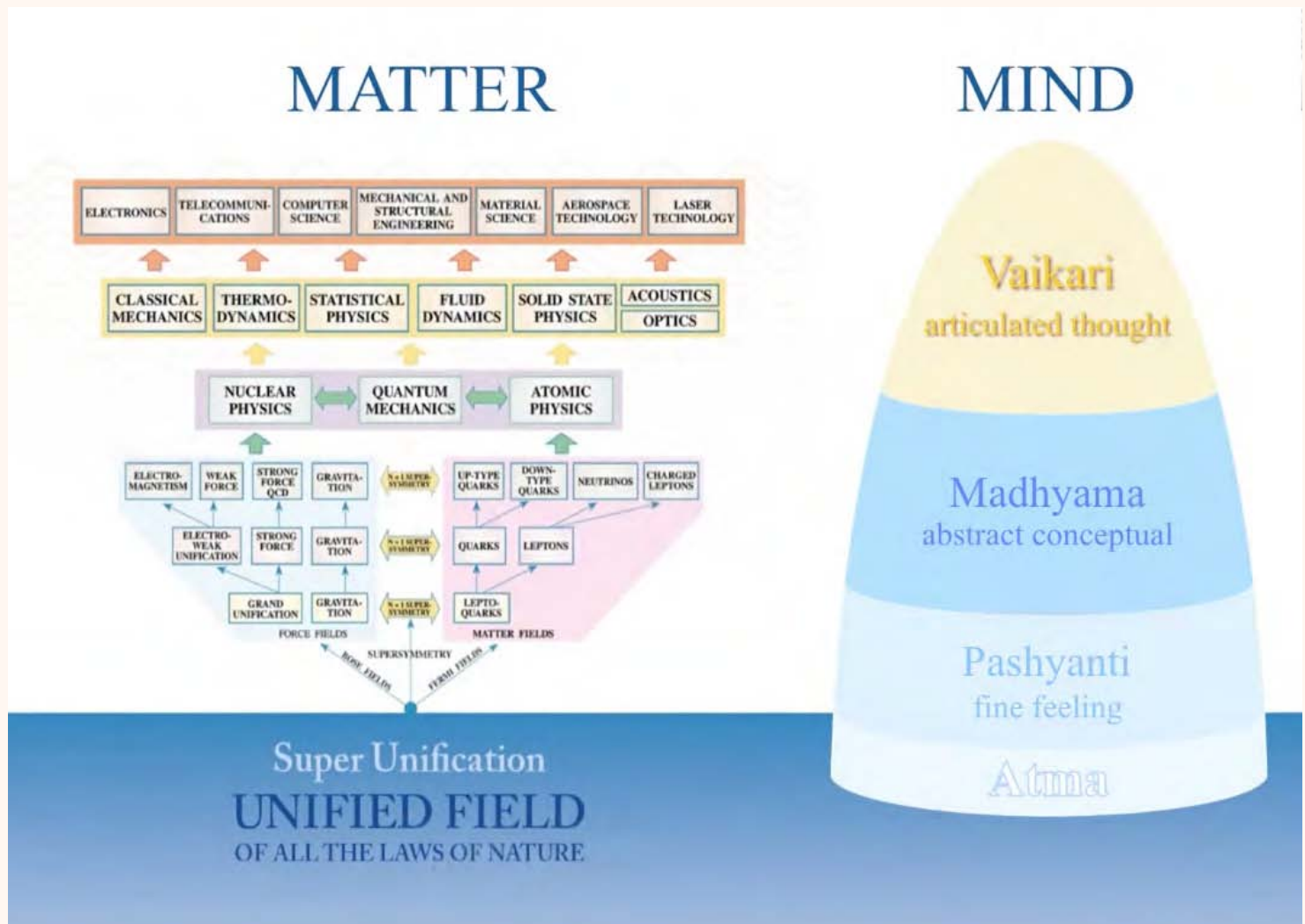


This is the deepest level of human physiology according to our Ayurvedic medicine -- the same deepest level of physical reality that has been identified by modern physics.

These five fundamental elements called Mahabhutas in the Ayurvedic language correspond exactly to the five spin types described by modern particle physics. And similarly, deeper than these five Mahabhutas (Akasha or space, Vayu or air, Tejas (Agni) or fire, Apas or water and Prithivi or earth).



Highlights of the Congress - Dr John Hagelin



We are normally absorbed in what we could call surface mind, surface thoughts, concrete thoughts that in the Vedic literature is called Vaikari -- articulated thoughts that are not literally spoken out loud, such as the thoughts that you can hear inside.

There are deeper levels of thought, abstract, conceptual thought, fine feeling level and even beyond fine feeling is pure being -- pure awareness or pure consciousness.

Ayurveda according to Maharishi Mahesh Yogi incorporates what is called Yoga or transcending -- the experience of the absolute, of pure consciousness, of the unified field.

Now today modern physiological science, modern medical science has confirmed that the meditative state is a fourth major state of human consciousness that few people ever experience.

But it is as simple and natural a state of consciousness as a waking dreaming or sleeping and literally as easy to attain with simple training in Transcendental Meditation. This meditative state is a state of very deep rest -- much deeper than sleep.

As a consequence of the state of very deep rest, profound physiological relaxation and relief from stress result. As a consequence of this extremely powerful antidote to stress that provides extreme rest and deep relaxation, stress and stress related disease is easily avoided and quickly corrected.

At its root Ayurvedic medicine or Maharishi AyurVeda is a unified field based medicine. It incorporates Yoga, the experience of Atma, the unified field.

To view Dr Hagelin's full 22-minute video presentation [click here](#).

Speakers of the 3rd International Auyurveda Congress

The 3rd International Ayurveda Congress featured more than 50 Ayurvedic experts from 18 countries, presenting a wide range and depth of knowledge

Plenary Sessions – Presentations to the 1st International Congress of Integrative Medicine and Public Health

USA: Prof Tony Nader, MD, PhD, MARR,
Patron of the International Ayurveda Congress, The Netherlands
“Creating a Healthy Society Together”

India: Padmapushan Vaidya Devendra Triguna
President, All India Ayurvedic Congress, New Delhi
“The Value and Effectiveness of Ayurveda”

Brazil: Dr José Luis Alvarez Roset, PhD
President Maharishi Foundation Latin America
“The Objective of Integrative Medicine”

Austria: Dr med Rainer Picha
Chairman International Maharishi Ayurveda Foundation, The Netherlands,
“Stress Management in Cardiovascular Disease”

USA: Dr Robert Schneider, MD, FACC,
Dean, Maharishi College of Perfect Health, Maharishi University of Management, Fairfield Iowa
“Mind over Aging, Modern Science Discovers Ayurveda”

USA: Dr David W. Orme Johnson, PhD
Institute of Science, Technology, and Public Policy
“Transcendental Meditation and Maharishi AyurVeda to Reduce Individual and National Health Care Expenditures”

Argentina: Dr Jorge Luis Berra
Prema Health Foundation, Argentina
“Ayurveda and Chronic Diseases”

India: Prof Vd Arpan A. Bhatt
Faculty Shri Gulabkunverba Ayurved Mahavidyalaya, Gujarat Ayurved University, Jamnagar
“The Role of Ayurveda in Public Health Challenges”

USA: Dr Alarik Arenander, PhD
Brain Research Institute (Presented by Joan Roura)
“Brain Health in Higher Stages of Human Development – Vedic Theory of Consciousness”

USA: Dr Sandford Nidich, EdD
Center for Social Emotional Health and Consciousness, Maharishi University of Management Research Institute, Fairfield, Iowa
“Mental Health, Stress, and Resilience: Prevention and Treatment through a Consciousness-Based Approach”

Curaçao: Susanne Camelia-Römer
Minister of Health, Environment and Nature of Curaçao
“Wellness”

USA: Dr John Hagelin, PhD
GUSP Global Union of Scientists for Peace
“Perspectives of a Theoretical Physicist on Ayurveda and Collective Health”

USA: Dr Bevan Morris, PhD
International President of Maharishi Universities of Management
“Congress Summary”

USA: Hari Sharma, MD
DABihM, DABP, FRCPC, Ohio State University
“Turmeric”

USA: Sivarama Prasad Vinjamuri, MD
(Ayurveda), MAOM, MPH American Public Health Association, Southern California University of Health Sciences
“Self Care for Mental Health through Ayurveda and Yoga”

Brazil: Ana Maria de Araújo Rodrigues
Centre for Brazil-India Studies at Federal University of Minas Gerais.
“Women’s Health from the Perspective of Ayurveda”

Switzerland: Dr med Oliver Werner
Director Maharishi AyurVeda Products Europe BV
“Legal Regulations of Ayurvedic Products”

Brazil: Luiz Guilherme Correa Neto
Albert Einstein Hospital
“Adult Health in the perspective of Ayurveda”

Brazil: Dr Danilo Maciel
Director of Ayurveda in the National Centre of Reference of Integrative Medicine
„The Similarity of Medicinal Plants of Brazil and India“

Speakers of the 3rd International Ayurveda Congress

The 3rd International Ayurveda Congress featured presentations by a wide range of Ayurveda Experts & Researchers in the Ayurveda Hall

Theme: Integrative Medicine 's solutions for chronic diseases



Dr Hari Sharma, Dr Vivek Vadjikar, Dr Rainer Plcha (moderator), Dr Vanita Sharma, Prof Dr Adhijit Jinde

Australia: Dr Vanita Sharma Vice President, Australasian Association of Ayurveda	<i>"Ayurveda & Epigenetics: Can the Genes be Changed with Ayurvedic Diet & Lifestyle?"</i>
India: Dr Vivek Vadjikar, MD (Ayurveda) Pune, LN Ayurveda College and Hospital	<i>"Ayurveda for Cancer Prevention"</i>
India: Prof Dr Abhijit Jinde SVM Ayurveda College, Karnataka	<i>"Ayurveda for Chronic Rheumatoid Arthritis"</i>
USA: Dr Hari Sharma, MD DABIH, DABP, FRCPC Prof Emeritus, Ohio State University	<i>"Dynamic DNA and Ayurveda"</i>

Theme: How Ayurveda and Integrative Medicine can increase longevity, improve prevention of disease, promote health and reduce side effects



Ronice Maria Pereira Franco de Sá, Dr John Fagan, Dr Rainer Plcha (Moderator), Dr German Martina, Dr Wolfgang Schachinger, Dr Ana Isabel Sacristán

Brazil: Ronice Maria Pereira Franco de Sá (UFPE)	<i>"Health Promotion and Ayurveda: Promotion of Health and Social Development"</i>
Argentina: Dr German Martina Director of Argentina Association of Meditation	<i>"Maharishi Vedic Approach to Health"</i>
Austria: Dr med Wolfgang Karl Schachinger European Ayurveda Medical Association -EURAMA	<i>"Caloric Restriction and Longevity: are Ojas and Spermidin Identical?"</i>
Mexico: Dr Ana Isabel Sacristán PhD in Maharishi Ayurveda and Integrative Medicine	<i>"25 Years of Experiences with Maharishi AyurVeda in Mexico"</i>
USA: Dr John Fagan, PhD Chief Scientist, Health Research Institute, Fairfield, Iowa	<i>"Transcendental Meditation, a Consciousness-based Ayurvedic Modality Operates at the Level of Gene Expression"</i>

Theme: Multiple approaches for the promotion of health and improvement of quality of life



Dr Peter Swan, Berenice Brendler, R. M. Pereira Franco de Sá (Moderator), Prof M. Bhaskar, Eva Bergman, Eliza Kozasa

The Netherlands: Eike Hartmann Institute of Vedic Architecture and City Planning and Berenice Brendler David Lynch Institute, Brazil	<i>"Benefits of Building your Health: Vastu Vidya"</i>
Denmark: Eva Bergman MLG Therapist	<i>"Maharishi Light Therapy with Gems"</i>
Brazil: Elisa Kozasa Researcher, Institute of Brain-Israelite Hospital Albert Einstein	<i>"Brain and Meditation"</i>
India: Prof Matcha Bhaskar Rector and Professor of Zoology, University of Tirupati	<i>"Sri Venkateswara University"</i>
Ireland: Dr Peter Swan MERU	<i>"Vedic Organic Agriculture"</i>

Theme: New perspectives and innovations from Ayurveda and Integrative Medicine for disease prevention and treatment



Dr Pooja Sabharwal, Lothar Pirc, Dr Maria Cristina Gabrieloni, Supriya Gugale, Dr Vanita Sharma

India: Dr Pooja Sabharwal, MD, PhD (Ayurveda) CBPACS, New Delhi	<i>"Epigenetic Potential of Non-Pharmacological Intervention in Oncology"</i>
Germany: Lothar Pirc CEO Maharishi AyurVeda Health Centre, Bad Ems	<i>"25,000 Panchakarma Treatments in Europe"</i>
India: Supriya Gugale Tanushree Garbhasanskar	<i>"Pre- and Postnatal Care"</i>
Australia: Dr Vanita Sharma Vice President, Australasian Association of Ayurveda	<i>"Can Ayurveda be the Solution to Diabetes?"</i>

Speakers of the 3rd International Ayurveda Congress

Theme: Ayurvedic treatments for chronic diseases



Amrika R. Anroedh, Prof Dr Mandar Bedekar, Prof Mahesh Sabade, Vaidya Manohar Palakhurti

India: Prof Dr Mandar Bedekar *"Ayurveda for Mental Health and Stress"*
International Academy of Ayurveda, Pune

Brazil: Prof Dr Aderson Moreira da Rocha *"Main Causes of Death in the West"*
Ass. Brasileira de Ayurveda - ABRA

Suriname: Amrika R. Anroedh, AP, Psychologist *"Ayurveda in Suriname: Experience and Some Facts"*
Consultant to the Vice-Presidency on Traditional Health Practices



Dr José Rugué

USA: Vaidya Manohar Palakurthi
Center of Natural Medicine, Maharishi University of Management, IA

Brazil: Dr José Rugué *"Ayurveda, the Science of Long Life: The way to Achieve Self-Responsibility and the Right to Health"*
Sri Vājera Foundation

India: Prof Mahesh Sabade, MD
International Academy of Ayurveda, Pune



Prof Dr Aderson Moreira da Rocha

"The Role of the Mistake of the Intellect in Chronic Disorders from the Perspective of Maharishi AyurVeda"

"The Role of Ayurveda in Malaria, Chikungunya and other Mosquito Borne Diseases"

Theme: Integration of modern medicine with traditional complementary medicines



Franz Rutz, Prof Dr Rodolfo Romero Caballero, Prof Carl Camelia, Dr German Martina (Moderator), Dr Maria Cristina Gabrielloni, Dr med Walter Mölk

Paraguay: Prof Dr Rodolfo Romero Caballero *"Integration of Modern Medicine and Complementary Medicine"*
Dean, UPE, Alto Paraná

Curaçao: Prof Carl Camelia, PhD *"The Need to Integrate Modern Medicine with Complementary Medicine. The Development of an Integrative Curriculum, based on Maharishi AyurVeda"*
President UMLAC

Switzerland: Franz Rutz *"Ayurveda, Officially Recognized in Switzerland's Health System: The History Behind and Conclusions for Other Countries"*
President, Swiss Professional Association of Ayurveda Practitioners - VSAMT

Brazil: Dr Maria Cristina Gabrielloni *"Traditional and Complementary Obstetrics and Medicines"*
Associate Prof Department of Nursing in Women's Health
Unifesp - São Paulo (already translated)

Austria: Dr med Walter Mölk *"Ayurveda – The Basis for Integrative Medicine and Public Health"*
Director, International Maharishi AyuVeda Foundation & MCPHI, The Netherlands

France and Germany: Dr Malte Hozzel, PhD *"Aroma Therapy"*
International Renowned Author & Lecturer on essential oils

Theme: Successful applications of Ayurveda to public health



Dr Suzan Andrews, Prof Erick Schultz, Dr Sohaku Bastos

Brazil: Prof Erick Schultz *"Applicability of Ayurveda in Brazil"*
Naradeva Shala

Brazil: Dr Suzan Andrews, PhD *"Contribution of Yoga to the Promotion of Health"*

Brazil: Sohaku Bastos, MB, OMD, PhD *"Experiences of Successful Application of Ayurveda in Public Health in Sri Lanka"*



The Ayurveda Hall presentations concluded with a lively discussion on the challenges and possible solutions for the implementation of Ayurveda in Brazil.

Summary of the Congress - Dr Bevan Morris



Dr Bevan Morris, International President of Maharishi Universities of Management, addressed the entire assembly of delegates to the 1st International Congress of Integrative Medicine and Public Health at the conclusion of the historic event.

His succinct overview and inspiring call to action helped to motivate the participants to join hands together across their different disciplines towards the goal of implementing Integrative Medicine into the health care systems of their nations.

Here are excerpts from this presentation.

Brazil is the World Leader in Integrative Medicine

The Health Ministry of the Government of Brazil has adopted 29 modalities of Integrative Medicine and is now offering Integrative Medicine in over 3,000 towns in Brazil.

Top practitioners of Integrative Medicine from all parts of the world were invited to Rio de Janeiro for the First International Congress of Complementary & Alternative Medicine & Public Health.

“Integrative Medicine” Means:

- Utilizing the most successful medical programs from every tradition that do no harm
- Natural Law-based, holistic, prevention oriented, scientifically verified, cost effective, & free of harmful side-effects
- The dawn of a new healthy age for the human race long, happy life for everyone born in our beautiful world

Implementation of Complementary & Integrative Medicine by governments means the coming of a disease-free society & collective good health, including peace & prosperity to everyone.

Our nations will look back with amazement on this age of so many diseases and so much suffering, and say: “it was not necessary!”



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João Salame, President of CONGREPICS, **Zhang Qi**, Director of Traditional Complementary Integrative Practises, WHO, **Alex Canziani**, Federal Congressman Brazil, **Prof Carl Camelia**, President UMLAC, Curaçao, **Susanne Camelia-Römer**, Minister of Health, Environment and Nature, Curaçao, **Giovani Cherini**, Federal Congressman Brazil, **Carissa F. Etienne**, Director of PAHO, **Ricardo Barros**, Health Minister of Brazil, **Padmapushan Vaidya Devendra Triguna**, President AIAC, **Dr med. Rainer Picha**, Chairman IMAVF

Maharishi AyurVeda: Consciousness-Based Medicine

The revival of total Ayurveda was inspired by his Holiness Maharishi Mahesh Yogi, with three great Vaidyas of India, and introduced by Maharishi in Brazil in the Conference of Natural Medical Practitioners in 1985.

Maharishi AyurVeda offers successful natural therapies for many chronic diseases, including heart disease, hypertension, cancer, arthritis, malaria, ageing, Alzheimer's & mental diseases; also support for women's health & obstetrics. Maharishi AyurVeda is grounded in the concept of "Swasthya" – Establishment in the Swa, the Self, the Unbounded Ocean of Consciousness.

In Maharishi AyurVeda, the key to health is "Samadhi" -- the experience of Transcendental Consciousness, available through Transcendental Meditation.

The Goal of this total Ayurveda is: "Ayurveda Amritanam" – "Ayurveda is for Immortality"
"Raam Raj Dukh Kahuna Vyapa" – "In the reign of Raam suffering belongs to no-one"

The precise correspondence between the fundamental structures described by Ayurveda and the fundamental structures of creation described in Super String Theory establishes Ayurveda as Unified Field-based medicine.

A key insight of Maharishi AyurVeda is that "Human Physiology is Consciousness." Human Physiology is structured by the same laws of nature that run the universe; in fact, the whole universe is in the human body – every individual is cosmic, with cosmic creative potential.

Maharishi AyurVeda Offers Many Health Technologies, Tailored to the Individual Patient Such As:

- Pulse Diagnosis
- Proper Diet
- Daily & Seasonal Routine
- Rasayana
- Herbal Remedies
- Pancha Karma
- Music Therapy
- Aroma Therapy
- Maharishi Light Therapy with Gems
- Maharishi Vedic Vibration & Vedic Sound Therapies
- Knowledge to eliminate "Pragyaaparad" –
"The Mistake of the Intellect" & Live in Brahmī Chetānā
- Yoga Asana
- Pranayama
- Surya Namaskar
- Health-Creating Housing
- Vedic Astrology
- Maharishi Vedic Organic Agriculture
- Maharishi Yagya to Avert Oncoming Dangers
- Group Yogic Flying for Healthy Collective Consciousness
- Maharishi Marma Therapy



Summary of the Congress - Dr Bevan Morris

Integrative Medicine:

Replacing the Old Principles of the Current Medical System with New Principles

Chart excerpted from presentation by Dr Bevan Morris to all Congress delegates

Old Principle Modern Medicine:	New Principle Integrative Medicine:
Disease-Care System	Prevention-Oriented Medicine, Creating a Positive State, Good Health & Strength
Medicine Focused on Symptoms, When Disease has Already Manifested & Become Acute, & Hard to Treat	Create Balanced Functioning of the Physiology, So Disease Does Not Arise; Eliminate Disease at its Source; & if Disease Does Begin to Arise, Detect it Before It Manifests, & Treat It When It is Still Easy to Treat
Medicine Based on Partial Values of Natural Law, Using Drugs that Create Multiple Serious Side Effects & New Diseases	Treatments Based on Holistic Values of Natural Law, Including Medicines that Use the Whole Intelligence of Plants
Dismissal of the "World's Ancient Wisdom of Health," & the Local Traditional Medical Knowledge	Honoring & Incorporating the Most Ancient Systems Medicine: Ayurveda, Chinese Traditional Medicine, & the Local Traditional Knowledge of Brazil & All Other Countries
Focus on the Physical Body Only	Holistic Medicine, including Consideration of Near & Far Environment, Body, Mind & Consciousness the Self
Only Focus on Matter; Ignore the Huge Intelligence at the Basis of Physiological Functioning	Programs to Awaken the Inner Intelligence of the Body to Enhance Immune Function & Healing
Digestion & Food have Minimal Relevance to Maintaining Good Health	Strength of Digestive Fire, & Eating Pure, Healthy Food According to the Patient's Requirement Is Essential to Good Health & Long Life
Toxic Food OKt	Organic Food, Full Nutrients, Essential for Holistic Health
Same Treatment for Everyone, Irrespective of Age, Gender, Physical Constitution, & Physiological Condition	Individualized Treatment, According to the Patient's Requirement, with Proper Time & Kind Attention Given to Each Patient, Considering Them from a Holistic Perspective, Including Their Environment, Body, Mind, & Consciousness
Collective Health Not on the Radar the Governments of the World	Developing Highly Coherent Collective Consciousness, Free of Stress & Strain, in Harmony with Natural Law, Full Peace & Happiness, Enriching the Health of Each Individual
Government Spends 97% or more of the National Health Budget on Modern Medicine & its Technologies	Equal Funding Given to Integrative Medical Treatments & Integrative Medicine Practitioners, with the Additional Cost Covered by Reduced Health Care Costs Realized by Integrative Medicine Preventive Approaches & Less Expensive Natural Therapies
Historical Experience & Scientific Research on the Effectiveness of Integrative Medicine Ignored By Governments & Health Authorities	A New Generation of Enlightened Medical Authorities is Coming with Open Minds & Hearts To Objectively Evaluate the Proven Power of Integrative Medicine to Improve National Health & Reduce National Health Care Costs
Stress Reduction Very Difficult, & Stress Very Problematic for Individual Health	The Technique of Transcendental Meditation, Especially Combined with Yoga Asanas & Pranayama, Provides a Simple Method Experiencing the Fourth Major State of Consciousness, Restful Alertness, Which Dissolves Stress in Mind & Body
Schools Only Develop Parts of the Brain, Never the Total Brain; this Partial Development Leads to Violations of Natural Law, the Fundamental Cause All Sickness	Consciousness Based Schools Develop the Total Brain Functioning of the Children, & Give Them Knowledge about Diet, Routine etc., So that They Spontaneously Live in Harmony With Natural Law, & Do Not Commit Mistakes & Cause Themselves Sickness as Students or as Adults
Doctors responsible for patient's health	Everyone is Responsible For Their Own Health, & Given All the Knowledge & Techniques to Manage Their Own Health Successfully

Summary of the Congress - Dr Bevan Morris

The First International Congress of Complementary & Alternative Medicine & Public Health & 3rd International Ayurveda Congress

Proposed Conclusions

Presented by Dr Bevan Morris

1. Every government to fully authorize & fund Integrative Medicine
2. Further research to be published on Integrative Medicine's effects & cost-benefits, & publicized worldwide
3. Implementation of international training programs in Integrative Medicine for all medical professionals & medical students
4. Sharing knowledge of herbal medicines & other integrative technologies between all nations
5. Establishment of a global network of Integrative Medicine clinics & hospitals
6. Close connections & information exchange maintained between all Integrative Medicine practitioners in all nations & the ministry of health Brazil, the AYUSH Ministry in India, the International Maharishi AyurVeda Foundation, the All-India Ayurvedic Congress, the PAHO & the WHO
7. Publish the proceedings & make a video
8. Organize annual international congresses on Integrative Medicine around the world

Ayurveda Leader from Switzerland present symbolic gift to all of Brazil's Complementary & Alternative Medicine Practitioners Franz Rutz, President, Swiss Professional Association of Ayurveda Practitioners (VSAMT). The traditional Swiss cow-bell symbolises connection and community.



Franz Rutz, President, Swiss Professional Association of Ayurveda Practitioners (VSAMT)
Joan Roura, National Director of Maharishi AyurVeda, Brazil, Dr José Luis Alvarez Roset, President Maharishi Foundation Latin America



Franz Rutz, President, Swiss Professional Association of Ayurveda Practitioners (VSAMT)



Franz Rutz, Dr José Luis Alvarez Roset and Congress organizers

Enjoy On-Going Knowledge & On-Going Support



Become an Affiliate of the International Maharishi AyurVeda Foundation Receive Valuable Benefits All Year Long:

Whether you are a professional in Maharishi AyurVeda, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana or Maharishi PanchaKarma, IMAVF was created to serve all your needs.

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

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

■ KNOWLEDGE BENEFITS

- Free subscription to our regular NewsMagazine and 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.
- **NEW!** "Ask the Vaidya" Service: Submit your questions about any aspect of Ayurveda to our senior Vaidyas in India and get a detailed reply within 3-4 days. FREE to all IMAVF Affiliates!

■ SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 10% Discount on International Ayurveda Congresses in 2018 in Leiden, The Netherlands, and in Ljubljana, Slovenia"
- 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.
- **NEW!** 10% reduction on MAV Online Training Programmes for Health Professionals offered by the Institute of Integrative Ayurveda Medical Education US
- **NEW!** Bi-monthly Vaidya Webinar Series. 50% Discount

■ 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.

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

[Click here to enroll.](#)

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

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

Vaidya Webinar Series with Vaidya Manohar Starts Saturday June 16

Maharishi AyurVeda-trained health professionals invited to participate in advanced seminar on Hypertension

This webinar is the first in an advanced series designed to give Maharishi AyurVeda-trained health professionals specific knowledge and training in treating common chronic disorders using consciousness-based medicine.

During this first Webinar on Hypertension, Vaidya Manohar will give a half hour presentation on how to apply proven solutions from Maharishi AyurVeda, and will take questions for a half hour.

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

IMAVF Affiliates pay only €10 per webinar or may purchase a subscription of 10 webinars for only € 80.

If you are not yet and IMAVF Affiliate please [click here](#) to read about the many benefits and how to enroll.

The Vaidya Webinar Series will continue with twice a month Saturday seminars for Maharishi AyurVeda-trained doctors and consultants. See detailed schedule on the right.

Each Webinar will provide condition-specific training in treating common diseases such as hypertension, cancer, auto-immune disorders, sleep disorders, headaches etc. in the light of consciousness-based medicine.

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

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

Please [click here](#) to find out how to enroll as an IMAVF Affiliate if you are not one already.

This is a precious chance to learn practical applications of consciousness-based Ayurveda from one of the world's most experienced Vaidyas.



Vaidya Manohar Palakurthi is a leading Maharishi AyurVeda expert, who worked directly with Maharishi for three decades. Vaidya Manohar has taught numerous Maharishi AyurVeda courses, including Maharishi Nadi Vigyan, all over the world, and currently teaches at Maharishi University of Management, USA. He is a consultant for Maharishi AyurVeda course development

for physicians in the USA, Japan, and Europe, and for the development of Maharishi AyurVeda herbal products.

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

Webinar Schedule for the first 10 Webinars:

Each hour-long Webinar includes ½ hour for questions.
Each webinar starts at 15:00 European Central time

On Saturdays	Theme
June 16	Hypertension
June 30	Back pain
July 14	Coronary artery disease
July 28	No webinar - Guru Purnima Weekend
August 11	Diabetes Type 2
August 25	Thyroid disorders
September 15	Upper respiratory tract infection
September 29	Obesity
October 13	Gastritis
October 27	Depression
November 10	Chronic obstructive lung disease

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