



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SUMMER 2020



INTERNATIONAL AYURVEDA CONGRESS 2021 – KATHMANDU

Roadmap for Globalisation of Ayurveda



Dear Colleagues,

Welcome to the 15th edition of the IMAVF NewsMagazine!

In this challenging health crisis, Ayurveda and especially Maharishi AyurVeda have a lot to offer to the world.

In this issue you'll find highlights from the *International Ayurveda Online Symposium on the Role of Ayurveda in the Current Pandemic* with insights from Dr Tony Nader, a summary of effective Ayurvedic protocols, updates from the extensive research AYUSH is conducting, and insights into 8 areas where Ayurveda parallels Modern Medicine.

You'll also gain a host of practical *Ayurveda Health Tips* in the time of the pandemic offered by IMAVF, Dr Wolfgang Schachinger, Dr Bruno Renzi, Dr Keith Wallace and Dr David Orme-Johnson. And you'll learn about the exciting *Heal The Healers Now* initiative from an in-depth interview with Dr Stuart Rothenberg.

It has been a time to consolidate and deepen our knowledge, and to find new practical applications for the powerful technologies of Maharishi AyurVeda.

We extend our heartfelt thanks to all the practitioners of Maharishi AyurVeda, Maharishi Marma Therapy, Maharishi Aroma Therapy, Maharishi Light Therapy with Gems, Maharishi Yoga Asana and Maharishi Panchakarma.

Stay safe and healthy,

Dr med Rainer Picha
IMAVF Chairman of the Board

P.S. IMAVF is here to serve you – please invite your colleagues to join IMAVF -- and if you are not yet an IMAVF affiliate yourself, please [click here to enroll \(or renew!\)](https://www.imavf.org)

NEW DATES

19-21 Nov 2021

Due to the Covid-19 pandemic the 6th International Ayurveda Congress in Kathmandu, Nepal has been postponed to 19-21 Nov of 2021.

The International Maharishi AyurVeda Foundation, in conjunction with its international co-sponsors, will hold the sixth in a series of International Ayurveda Congresses. This time it will be held in Kathmandu, Nepal.

International leaders in Ayurveda are expected to attend and make presentations; speakers and programme schedule are still being finalised. Mark your calendars – this promises to be an exciting event in one of the most scenic locations in the world.

IMAVF Affiliates will receive a 10% discount on the Congress fee.

For updates please check: internationalayurvedacongress.com

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The Role of Ayurveda in the Current Pandemic AYUSH Protocols & Scientific Perspectives in Combatting COVID-19 May 23, 2020

Organised by Maharishi AyurVeda Products India

Anand and Ram Shrivastava from Maharishi AyurVeda Products India organised an International Online Ayurveda Symposium to address the contributions Ayurveda can make during the COVID-19 pandemic.

Distinguished members of the Indian Government responsible for health, Dr Tony Nader, MARR, and more than 20 leading Ayurveda experts presented strategies and protocols from Ayurveda to overcome the current challenges for healthcare systems worldwide.

Special guests of honour were the honourable Shri Shripad Yesso Naik, Minister of AYUSH India; Dr Tony Nader, MD, PhD, MARR, World Leader of Maharishi's Movement; Padmashri Vd. Rajesh Kotecha, Secretary of the Ministry of AYUSH; Dr Sudhanshu Trivedi, Member of Parliament; and Mr Anurag Sharma, Member of Parliament, Chairman FICCI AYUSH Committee & Director of Baidyanath Ayurved Bhawan Pvt. Ltd.

HIGHLIGHTS OF THE SYMPOSIUM

Ayush, Ayu & Ayurveda in the time of Covid-19: How consciousness creates matter

Dr Tony Nader, MD, PhD, MARR,
World Leader of Maharishi's Transcendental Meditation Movement



In this fascinating video presentation Dr Nader offers deep insights into Maharishi's understanding of Ayurveda as the study of both life and Veda, starting from the most abstract level of life, pure consciousness, and how matter is created from consciousness.

View Dr Nader's
presentation here:
www.imavf.org/



Professional Training at Alma Mater Europaea University **NEW:** Postgraduate Certificate in Maharishi AyurVeda for Health Professionals Begins in Spring 2021

The International Maharishi AyurVeda Foundation, in collaboration with the international university Alma Mater Europaea ECM in Maribor, Slovenia, will offer a Postgraduate Certificate in Maharishi AyurVeda for Health Professionals beginning in Spring 2021.



University of Alma Mater Europaea ECM at Maribor, Slovenia

Health professionals who complete this part-time programme will be accredited by the International Maharishi AyurVeda Foundation to practice Maharishi AyurVeda in their home countries, if they are licensed by their national government to diagnose and provide treatment.

For more information and to register please [click here!](http://www.imavf.org/)

The Scientific Perspective and Efforts made by the AYUSH Ministry in Battling Covid-19 with Ayurveda

Shri Vaidya Rajesh Kotecha, *Special Secretary, Ministry of AYUSH, Government of India*



Shri Vaidya Dr Rajesh Kotecha is an Indian Ayurveda physician who received a Padmashri Award for Medicine in 2015. He is appointed as Special Secretary in the Ministry of AYUSH, Government of India and is the former Vice Chancellor of Gujarat Ayurveda University, Jamnagar.

The Indian Government's AYUSH Ministry is helping to battle the Covid-19 pandemic in India and around the world. It is supporting scientific research on several Ayurvedic and related integrative medicine protocols, and is providing "Self-Care Immunity Guidelines" to the public, with an estimated 100 million people already using these self-care protocols:

Shri Vaidya Rajesh Kotecha
Special Secretary, Ministry of AYUSH,
Government of India

These basic Ayurvedic recommendations for boosting immunity include:

1. Take warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and meditation for at least 30 minutes as advised by Ministry of AYUSH
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) are recommended in cooking.

In addition, AYUSH recommends three simple "Ayurvedic Immunity Promoting Measures":

1. Take Chyavanprash (1 teaspoon) in the morning. (Diabetics should take sugar-free Chyavanprash.)
2. Drink herbal tea / decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirsch (Black pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (natural sugar) and / or fresh lemon juice to your taste, if needed.
3. Goldeen Milk: half a teaspoon Haldi (turmeric) powder in 150 ml hot milk - once or twice a day.

Lastly, AYUSH recommends two daily Ayurvedic procedures:

1. Nasal application of sesame or coconut oil, or Ghee in both the nostrils (Pratimarsh Nasya) morning and evening.
2. Oil pulling therapy: Swish one tablespoon sesame or coconut oil in the mouth for 2 to 3 minutes without drinking it, then spit it out and rinse the mouth with warm water, once or twice a day.

AYUSH is also supporting several scientific research projects at 15 different medical colleges in India:

The first of these randomised controlled trials studies Ashwagandha as a prophylaxis for COVID. Another studies the benefits of Guduchi, Pippali (long pepper), Yastimadhu (licorice) and AYUSH 64 (a product of the AYUSH research council) as an add-on therapy for the standard treatment.

Another is a large scale observational prophylactic study of 80,000 police and law enforcement personnel in Delhi who are using the "AYUSH RAKSHA kit" that contains Chyawanprash, Sanshamani Vati, AYUSH Kwat and Anu Taila. And the AYUSH Central Council for Research is studying the benefits of applying Ayurvedic protocols to 35,000 people in the high-risk population category, also in Delhi. Lastly, across the country a study of a half million people is investigating the efficacy of different interventions of AYUSH Prophylaxis, with 350,000 receiving Ayurveda interventions and the rest different AYUSH systems. These research studies will provide valuable data on the effectiveness of Ayurveda and other integrative health protocols in strengthening immunity, and thereby reducing the spread of Covid-19.

Scientists from all parts of the world are invited to initiate any prophylaxis study or any small clinical study. The AYUSH ministry will be happy to coordinate, provide the material and share the protocol.

Download full AYUSH "Self-Care Immunity Guidelines" here: www.ayush.gov.in/docs/123.pdf



Dr Rainer Picha

Ayurveda and Modern Medicine: 8 key areas of integration

Dr Rainer Picha, Cardiologist, Chairman IMAVF

"I want to shed some light onto the growing evidence of research that verifies the ancient Ayurveda concepts, allowing us to consider Ayurveda as cutting-edge modern medicine."

Modern medicine is really and truly about to rediscover Ayurvedic concepts. Using Ayurvedic strategies could be a much-needed contribution in combatting Covid-19 disease. Consciousness-based medicine should be integrated in any holistic healthcare system.

Here are 8 areas where Ayurveda makes an important contribution:

1. AyuGenomics

AyuGenomics is a fascinating new area. This new molecular research discipline establishes the genetic basis for the constitutional body types such as Prakriti and Prakriti-based therapy, which is consistent with cutting-edge personalised medicine. Ayurveda is truly an epigenetic medicine because all the Ayurvedic lifestyle modifications, herbal remedies and approaches for the mind including Transcendental Meditation® operate on the epigenetic pathways to suppress or express genes that lead to better health.



www.pubmed.ncbi.nlm.nih.gov/18564959/

2. Apana Vata - The Gut Microbiome

In the last few years western science has begun to explore the gut microbiome, and has discovered that imbalances of the gut microbiome lead to a wide range of diseases, including immune disorders. This matches the Ayurvedic concept of Apana Vata as the source of most diseases.



3. Dinacharya and Ritucharya – Circadian Rhythm

Chronobiology has always been perfectly understood in Ayurveda in the techniques of Dinacharya and Ritucharya. Modern medicine strongly supports this understanding: in 2017, the Nobel Prize for medicine was awarded for the discovery of the effect of circadian rhythms.



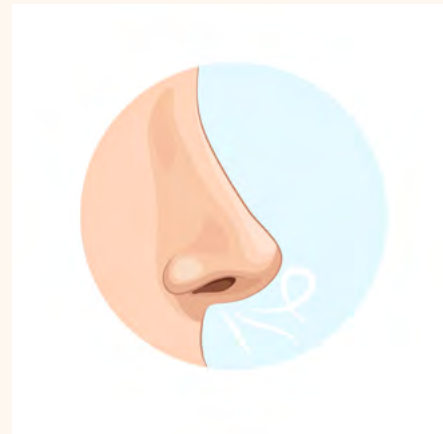
4. Ahara – Nutrition and Diet

Proper diet – Ahara – is a cornerstone of Ayurveda. It is interesting to note here that the World Health Organization (WHO) recently stated that unhealthy diet contributes to as much as 50% of all cardiac deaths, the leading type of death globally. This is a strong call for the western medical community to understand nutrition better. And there is nothing better in the world of nutrition than an Ayurvedic diet tailored to a person's situation and need.



5. Pranayama – Nitric Oxide

Another potent molecule involved in fighting infections is nitric oxide. Nitric oxide plays an important role in a wide range of processes in the physiology and especially in fighting infection. The main site for nitric oxide production is in the paranasal sinuses. Yogic routines such as Pranayama and the Ayurvedic recommendation to breathe through the nose during exercise have both been proven to produce more nitric oxide. Also the simple Ayurvedic technique of tongue scraping produces more nitric oxide in the mouth because the microbiome changes with repeated cleaning. Transcendental Meditation and other Yogic meditation techniques that reduce the breath rate also increase the formation of nitric oxide.



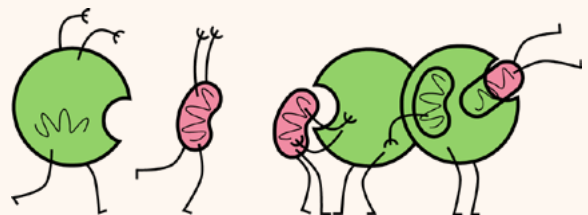
6. Nidra – Sleep

Ayurveda is at the cutting edge of modern medicine with its emphasis on the healing role of Nidra, sleep. The lymphatic system purifies the brain only during the night; when you experience lack of sleep, fewer protective molecules and cytokines for fighting infections are produced. Ayurveda offers a wide range of guidelines for treating sleep disorders and Transcendental Meditation and other techniques have been proven effective in resolving insomnia.



7. Ama Pachana & Panchakarma – Autophagy

Western science is studying Autophagy which means “self-devouring”; this is the natural cell cleaning process used by the body. This self-purifying process can also destroy viruses, which is relevant during this Covid-19 time. Recent research acknowledges the need for cell waste to be removed in order to stay healthy. This goes in line with Ayurveda, which offers some of the most profound systems of eliminating waste materials such as Ama Pachana or Panchakarma. The simple guideline of Ayurveda to “eat only when you are hungry” activates Autophagy.



8. Atma – Unified Field

Ayurveda is cutting-edge medicine because it is Unified Field based medicine. Modern physics postulates that the laws of nature are unified in one single field that has the same qualities as Atma or Pure Consciousness, which is aware of itself alone and self-interacting. Enlivening Atma is the basis of consciousness-based medicine.

Maharishi Mahesh Yogi said that Ayurveda would become a living reality when we not only follow the daily Ayurvedic routine, but when we follow the cosmic routine of diving within ourselves and experiencing oneness with that level of cosmic intelligence which upholds the whole universe.



To watch the whole International Ayurveda Online Symposium please go to: www.youtube.com

Navigating the Covid -19 Pandemic

International Webinar on Ayurveda now available for streaming

The International Academy of Ayurveda, Pune, India and TanMan Ayurvedic Research Center hosted experts in Ayurveda who offered advice and guidance for navigating the threat of Covid-19. The seminar was organised by Prof Subhash Ranade, Director, IMAVF and Chairman, IAA and Dr Sunanda Ranade, Vice-Chairman, IAA; and Prof Yeola, Principal, D.Y. Patil Ayurveda College was the moderator.

Topics include:

- **Understanding your Prakriti** – Dr Sujata Yeola
- **Daily Regimen** – Dr Mahesh Patil
- **Mental Strength by Building Sattva** – Dr Shilpa Thorat
- **Importance of Healthy Diet** – Dr Neelima Shisode
- **Exploring the Inner Beauty in the Current Scenario** – Dr Supriya Gugale

Other experts who gave updates on the Ayurvedic measurements taken in their countries included Dr Jose Rugue, Founder Director of Shudha Dharma Mandal, Sao Paulo, Brazil; Joaquim Jorge, founder Aamayur, Lisbon, Portugal; Mas Vidal, Founder Dancing Shiva, Encinitas, California, USA; Ismat Nathani, Founder, CAISH, Toronto, Canada; and Dr Abhijit Jinde, Director TARC TanMan Research Center, Pune, India.

www.m.facebook.com/

HEAL THE HEALERS NOW Initiative in the USA Providing Transcendental Meditation® to Medical Providers battling Covid-19



Heal the Healers Now brings the Transcendental Meditation® technique to medical providers who are battling the coronavirus pandemic. The initiative was launched on April 6, 2020 by the Center for Health and Wellness of the David Lynch Foundation and the US TM® Organisation.

CENTER FOR
HEALTH AND
WELLNESS

A DIVISION OF THE
DAVID LYNCH
FOUNDATION

Interview with Dr Stuart Rothenberg, MD, FAAFP, Medical Director of the *Heal the Healers Now* initiative, National Director of the Transcendental Meditation Health Professionals Program, National Medical Director of Maharishi AyurVeda Association of America, and Adjunct Professor of Ayurvedic Medicine at Maharishi International University.

IMAVF: We congratulate you and your team on this inspiring initiative in the USA during this world-wide crisis.

How did this Initiative come about?

Dr Rothenberg: The COVID pandemic had suspended virtually all teaching of TM in the United States. But we saw the terrible stress that the frontline healthcare providers were dealing with. The US TM® organisation and the David Lynch Foundation (DLF) came up with the idea to rollout an Initiative specifically focused on the healthcare professionals. We named it *Heal the Healers Now*.

We came up with that idea at the beginning of April and at the same time Bob Roth, the CEO of DLF, was invited onto one of the biggest morning TV talk shows in the US called *Good Morning America*. The co-hosts of that show are already practicing TM. Bob used the opportunity to announce the *Heal the Healers Now* initiative on national TV. The result was a huge wave of interest from hundreds of doctors, nurses, emergency medical technicians as well as a number of medical centres, hospitals and leading medical schools.

Can you describe this initiative in more detail?

The offer is very simple: teach the healthcare workers on the front lines of the COVID crisis the *Healthcare Provider Wellness* programme based on Transcendental Meditation at no cost to them. It will be paid for through donations that are raised locally with matching grants from the David Lynch Foundation.



Dr Stuart Rothenberg

Our focus on funding now is for programmes being organised in healthcare institutions, such as hospitals and medical centres.

There are two levels of projects within this initiative:

1. Large projects to conduct randomised controlled studies at selected academic medical centres. Formal proposals for *Randomised Control Trials on TM and Healthcare Provider Burnout in Front Line Healthcare Workers* have been submitted to *Duke University Medical Center* and the *University of California at Irvine Medical Center*, and others are in planning.
2. TM centres across the country have been invited to launch local projects with frontline healthcare workers. That has been set-up as a matching grant, with the David Lynch Foundation contributing equal funds to what is raised locally. Special reduced pricing from the national TM organisation is in place for this initiative. For instance, \$10,000 raised locally would be matched with \$10,000 from DLF, which would be enough to teach 33 individual healthcare workers, including doctors, nurses, respiratory

HEAL THE HEALERS NOW INITIATIVE

therapists, and emergency medical technicians. Even support staff who are not necessarily direct healthcare providers but who are exposed to the virus would be eligible.

Several dozen TM centres around the USA are participating, and the first group included 10 applications from TM centres. The second deadline for matching grant applications is July 15th. At the moment there is funding for 20 such matching grants and more money from donors is coming in so we may be able to expand beyond that.

These local projects are not necessarily going to be controlled studies, but in many cases we will track the outcomes with before/after standardised questionnaire tests of burn-out, depression, anxiety and insomnia. We anticipate that if the positive results are like those in previous studies on TM's effect on burnout, the local hospital will be interested in expanding the project, and hopefully pick up the funding. We also hope the programme would generate a wave of positive publicity if the workers are improving as a result of their TM practice, to spread the word about the value of TM in the healthcare community.

One aspect of the project is to conduct a feasibility study, which means we want to demonstrate that it is practical to implement TM for these frontline workers, even though they are under a lot of stress and their schedules are very irregular.

What is your role in this programme?

As the medical director I oversee three main activities:

First is helping with the initial contacts with the medical institutions, for example with their chiefs of staff, department chairs, and other institutional leaders.

Second is helping to design studies at each institution to make sure they are structured and conducted properly.

Third is to help the local TM Centres obtain local matching grants from the David Lynch Foundation: I assist the TM teachers in reaching out to their local medical institutions because they might not have experience doing that.

For instance, I help them identify how to get into a big hospital and talk to the leadership there. We encourage the TM teachers who are applying for the matching grants to form a local advisory board of at least five people, including at least one doctor and a nurse who can introduce the programme to the local hospital. We've found it is much easier to attract the interest of a hospital in such a programme if the initial outreach comes from a member of their own medical, nursing, or administrative staff.

How do you contact the medical institutions?

Sometimes an inquiry comes from the institution's side, from a faculty member, or someone on the medical staff or the nursing staff who has heard about the programme. Sometimes a member of the TM advisory board reaches out to their local

hospital where they are on staff. We provide them with sample emails and phone scripts for how to talk about the project.

As an example, in Miami, the TM Centre formed an advisory board which now has 13 members (the minimum requirement is 5) and through this group they quickly raised \$20,000, and the DLF has matched the funds. That's enough to train 66 frontline providers. Two local hospitals have recruited 25 healthcare workers on the frontlines and a third has recruited 15, so we have 65 participants. The directors of the hospitals are very supportive and, in fact, this has evolved to become a controlled study. One of the other doctors on the advisory board is a researcher on the faculty of the *University of Miami School of Medicine* with a research staff and access to an institutional review board so a formal controlled research study can be conducted. They will recruit 65 frontline workers to act as a matched control group.

How practical is it for frontline healthcare workers to find the time to learn the TM technique?

Before the COVID crisis hit we already had done three projects with doctors and nurses. They all went well. The one that is similar to *Heal the Healers Now* was conducted last year with 13 frontline doctors in the Emergency Medicine department at the *Weill Cornell Medical Center at New York Presbyterian Hospital*. We had to deal with their crazy hours including late night shifts, so we really had to accommodate their schedules with a variety of meeting times. We know from this experience that to give real support, we have to do at least as much here.

What is done to make it easier for frontline medical professionals to attend the sessions to learn TM?

The *Heal the Healer Now* programme includes four follow-up sessions following instruction in TM, once a month for four months after the original training, and additional support is available for those who need it. These follow-up support sessions can now be done remotely, for example via videoconference. The introductory talk can also be done by videoconference. We also will soon have the possibility of remote teaching via the new TM Instruction App, which will make it possible to teach the second, third, and fourth sessions of the TM course of instruction remotely. That will make it easier for people who are open to remote learning to take the course. The first session of the course, which is one-on-one personal instruction, will continue to be done in-person with the teacher.

The first training course in the US for teachers to use the new instruction App will be completed by the end of June. This is potentially a very timely option for this project. However, we are in the first stages of field testing the App and it may be a few months before it is used widely in this initiative with healthcare providers.

HEAL THE HEALERS NOW INITIATIVE

After a long and stressful day is it realistic for nurses or doctors to take time to regularly practice meditation? What do you do to inspire them?

We share with them all the research showing that TM reduces stress, anxiety, depression, and PTSD. We also have these new studies, showing that it helps healthcare providers reduce burn-out and increase resilience. So we share all that information with them to inspire them to be regular with their practice. We also provide them with a lot of follow-up support, including checking sessions in the first few months to get them stabilised in their practice.



For anyone interested in starting such an initiative in other countries please send an email to Dr Rothenberg at: Heroes@HealtheHealersNow.org

For anyone interested financially supporting this grand initiative please log on to: www.HealtheHealersNow.org

Can you tell us more about the studies, and how you will be able to get clear and significant results?

Due to the gradual easing of Covid-related restrictions, the plan is to start instructions for *Heal the Healers Now* by early July.

The scientific study proposed at Duke will be a randomised controlled trial on 128 subjects, one half of the group will learn TM and the other half will get an active control procedure that they will do. We will track different mental health measures, such as tests of burn-out and depression, insomnia, anxiety, PTSD and also resilience. There will also be some physical measures like blood pressure and heart rate variability which measure the degree of calmness or stress in the body. Every subject in the study will be given an Apple Watch that is going to measure their heart rate variability and that will also be programmed to remind them when it is time to meditate. It will also serve as a way to monitor their practice: they will push a button to mark when they start and stop their daily TM sessions.

A couple of times during the 4-6 month period they will complete written standardised tests on the different mental health measures that will take them 15-20 min to complete. They will do this before they start learning TM, once in the middle and then at the end of the study period.

In some of the projects, for example in three hospitals in Miami, they have already recruited the subjects. So they are ready to start by early July and then we will have the first results in about 3-4 months after they start practicing TM.

Another university that has submitted a proposal for a study is the University of California at Irvine. There will be 50 subjects, 25 randomised to learn TM and 25 to a control group. The controls in this study will just be living their lifestyle as usual; they won't be doing an active control procedure. In addition to the psychological testing, at Irvine they also are going to do immunology measures. The chief of the division of immunology at the University of California at Irvine is an eminent immunologist who is going to lead that part of the study. All the subjects there will have blood tests to determine their level of immunity at the beginning and then after they have been practicing TM for a few months. This is the first time we have ever done such in-depth immunological research with the TM technique.

It's a wonderful opportunity to help people and also to showcase what TM can do, especially to support these heroic individuals who have been helping others and are now suffering because of it.

Ayurvedic Protocols and Strategies to Battle Covid-19

During these times of the world pandemic IMAVF has created helpful guidelines to strengthen the immune system for our Maharishi AyurVeda trained health practitioners to share with their patients, family and friends.

Strengthening the Immune System through Maharishi AyurVeda during the Corona Virus Pandemic

April 11, 2020, with Dr Wolfgang Schachinger, Dr Walter Mölk, Dr Rainer Picha

The video discussion highlights several practical steps anyone can take to strengthen the immune system, including regular daily routine, appropriate diet, tongue scraping, Gandusha or Nasya, and good sleep. They also review herbal preparations that are appropriate at different stages: for prevention by reducing Ama; when an infection has already started; and for recovery after the infection.

Maharishi AyurVeda promotes a multi-modality approach to achieving and maintaining good health including Vedic Sound Therapies www.vedicsound.org

and Maharishi Vedic Recitations, especially the two recitations for general protection and against viral infections, to be found on Maharishi Veda App.



Dr med Wolfgang Schachinger, Director of the Maharishi AyurVeda Health Centre in Ried, Austria, Co-director of the German Ayurveda Academy and member of the board of the German Ayurveda Association.



Dr med Walter Mölk, Secretary of the International Maharishi AyurVeda Foundation (IMAVF) and Director of Maharishi College of Perfect Health International.



Dr med Rainer Picha, Chairman IMAVF, Director of Maharishi College of Perfect Health International and senior cardiologist from Austria.

To watch the full recorded webinar click here: www.imavf.org/mav-and-the-corona-pandemic/

Principles of Health and Immunity

Use This Health Crisis to Increase Your Ojas and Boost Your Bliss

Webinar with Dr Robert Keith Wallace

Dr Wallace reviews the essential role that the gut microbiome plays in health and especially in immune response. In this video presentation you'll learn about the microbiome in the lungs and how it communicates with the gut, the damage caused by the "cytokine storm", and learn tips on how to generate more Ojas and strengthen the immune system.

To watch the full recorded webinar [click here.](#)



Dr R. Keith Wallace, PhD, Professor & Chairman of the Department of Physiology and Health at Maharishi International University, USA.

How to Treat Stress and Distress in the Time of COVID-19 from a Perspective of Maharishi AyurVeda Integrative Medicine

By Prof Dr Bruno Renzi

In this article, Dr Bruno Renzi discusses how stress levels increase during a pandemic, and offers practical tips on how to manage psychological stress in light of the principles of Maharishi AyurVeda.

To view the article please [click here](#).



Prof Dr Bruno Renzi, Psychiatrist specialising in Ayurvedic medicine, Director of Maharishi College of Perfect Health International and Co-director of the Maharishi AyurVeda Health & Prevention Centre in Milan, Italy.

TM and Immunity – Ask a Scientist

By Dr David Orme-Johnson

In this interview, Dr Orme-Johnson answers probing questions about the science behind the TM technique's effect on reducing stress and strengthening the immune system.

www.enjoytmnews.org/does-tm-practice-strengthen-our-immunity/

Dr Orme-Johnson also shared a link to an informative overview of the risk factors for contracting Covid-19, and what practical steps we can take to reduce these risks:

www.erinbromage.com/post/the-risks-know-them-avoid-them



David W. Orme-Johnson, PhD Professor Emeritus of Psychology Maharishi International University, USA.

Effective health tips & resources from the Ayurveda perspective

This resource includes recommendations and links to further information on many topics:

1. Maharishi AyurVeda practical recommendations
2. Recommended Maharishi AyurVeda products
3. Dr Rainer Picha's talks on Coronavirus & prevention
4. Additional recommendations from conventional holistic practices
5. Herbal tea to help prevent viral infection
6. The Transcendental Meditation technique (TM)
7. Maharishi National Yagyas to restore balance
8. Maharishi Aroma Therapy recommendations for viral infections

To view all these resources, please click here: www.us7.campaign-archive.com/

PILOT STUDY

Effects of Maharishi Light Technology with Gems:

A random-assignment, placebo-controlled, blinded pilot study



Dr Fred Travis, Director, Center for Brain, Consciousness, and Cognition, MIU



Ayala Melzer-Scharf, MLG Technician and MAV Consultant



Dr David Scharf, Professor of Physics, MIU

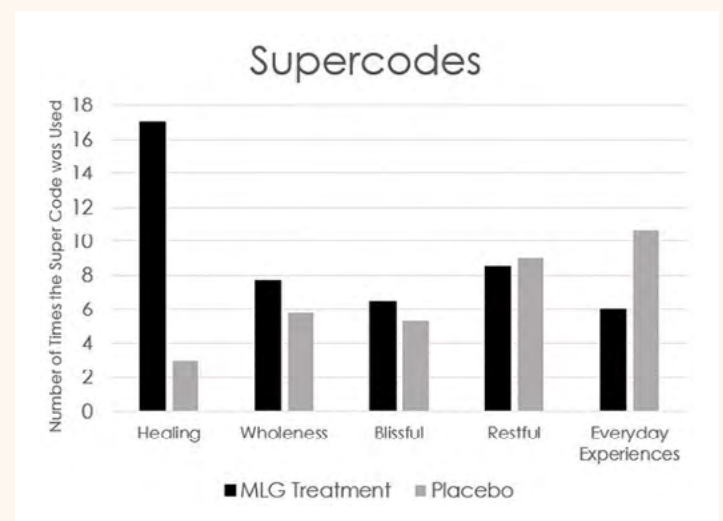
MLG was first introduced in the USA in 2008 at *The Raj*, the Maharishi AyurVeda Health Spa in Fairfield Iowa, and both meditators and non-meditators reported beneficial results – including long-term benefits. Ayala Melzer-Scharf and Keith Wegman, the first practitioners in the US, gave thousands of treatments and gathered and analysed clients' reports and collected statistics. Although the results were impressive, it was not possible to do a double-blind, placebo-controlled study at that time.

Then in September 2018 Dr Fred Travis of MIU stepped in and designed a robust scientific study in conjunction with Ayala Melzer-Scharf and Dr David Scharf, and Joachim Roller, who fabricated the placebo used in the study.

This double-blind random-assignment, placebo-controlled pilot study investigated the effects of Maharishi Light Technology with Gems on self-reported measures of healing, depth of awareness, and mood state. All 18 subjects were given placebo as well as real treatments, without knowing that the study included a placebo.

The results were statistically significant and indicated positive results on the measured variables.

This pilot is just the beginning of a research programme to test the beneficial effects of MLG therapy. Future research is also planned that will use physiological measures to further explore the effects.

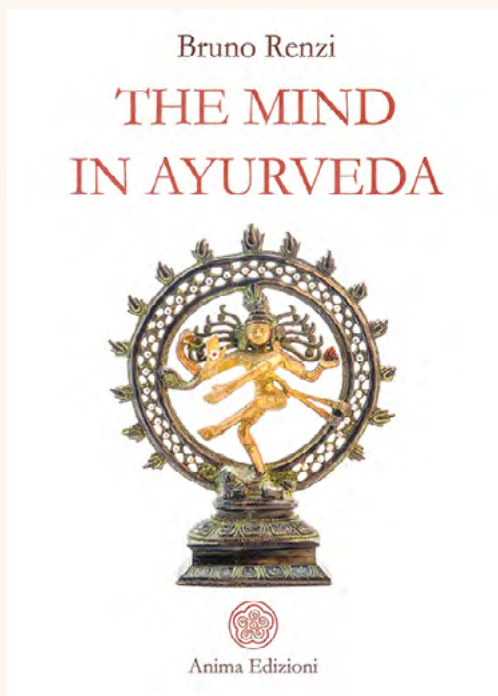


Click here to read the abstract for more details

www.journals.sagepub.com/

The Mind in Ayurveda

New book by Psychiatrist Dr Bruno Renzi explores the mind in light of Vedic Science



In the tradition of Vedic Knowledge, Consciousness is not a dimension consequent to the peculiar phylogenetic development of the human being, nor is it a configuration that emerges in relation to the organisation of the Central Nervous System, but it is considered, on the contrary, a basic dimension of nature.

It is an original nucleus at the base of existence, "a vast and unlimited unified field that originates and pervades every phenomenon expressed in nature." (Maharishi Mahesh Yogi, 1966)

Within the vision of the mind in Vedic Science, Dr Renzi highlights the importance of crucial preconceptional quantum factors that make up the "holographic memory," that morphogenetic field which, at the level of DNA, determines temperamental phenotypical expression, and the existential project of the individual within a well-defined flow of consciousness.

"My main intention is to present a vision of man within the Vedic system of reference, in which human beings have their own developmental system of planning structured within flexibly-defined

existential lines; people inserted in an eternal cosmic evolutionary cycle, in which the prevailing aspiration is to return and become absorbed once again within the original substance."

"Initially I discuss the concept of the mind in Ayurveda, piecing together a mosaic that includes the historical and philosophical roots of this concept, as well as a cosmogonical vision that is fundamental in trying to understand this concept. So, I describe the basic value of consciousness using a quantum physics kind of interpretation, but also the nature of the mind in Ayurveda, the structure of personality and the factors that are involved in determining such a structure: the quantum determinants of temperament and the relationship between the personality structure and existential plan."

"Subsequently, in my next book, I will discuss mental diseases according to the Ayurvedic classification with references to Western nosology; I will look more closely at various therapies with information about certain Ayurvedic preparations that are used in the treatment of such diseases, as well as a description of a series of ritual therapies that are also described in the classical texts."

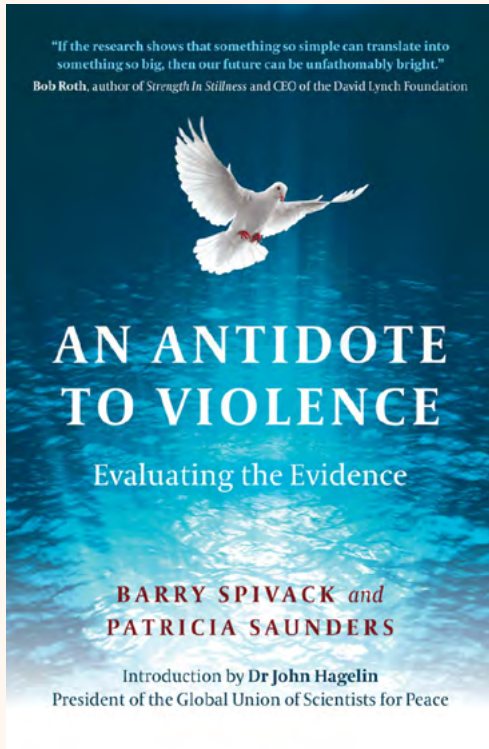


Prof Dr Bruno Renzi is a psychiatrist specialising in Ayurvedic medicine, Director of Maharishi College of Perfect Health International and Co-director of the Maharishi AyurVeda Health & Prevention Centre in Milan, Italy

***The Mind in Ayurveda* is currently available in a Kindle edition: www.amazon.de/mind-Ayurveda-English-Bruno-Renzi-ebook/
The printed edition will be available very soon.**

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Bob Roth, CEO of the *David Lynch Foundation* authored the foreword to the book, and Dr John Hagelin, President of the *Global Union for Scientists for Peace* wrote the introduction: You can read them here: www.anantidotetoviolence.org/maharishi-effect/foreword-by-bob-roth/

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