



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SPRING 2021



Dear Colleagues,

Here is your personal copy of the 17th edition of the *IMAVF NewsMagazine*!

Uplifting progress continues on many fronts, including plans for a new Maharishi AyurVeda Centre in Nepal. Plus for the first time in

Europe, health professionals can now study Maharishi AyurVeda on a professional level at an accredited university, *Alma Mater Europaea ECM*, in Maribor, Slovenia.

In this issue, you'll learn about the new field of "P4 Medicine" and how Ayurveda offers an ideal system for predictive, preventive, personalised, and participatory health care.

You'll gain insights into how "Ayurgenomics" illuminates traditional concepts in Ayurveda with modern genetics research. And you'll hear from Drs Sharma and Wallace about the latest research on Ayurveda and Epigenetics.

Despite the influence of the pandemic, the knowledge and practice of Maharishi AyurVeda continue to spread around the world. We are grateful to all the practitioners of Maharishi AyurVeda in the different disciplines for their dedication and perseverance.

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](https://www.imavf.org/professional-training)

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Postgraduate Certificate in Ayurveda for Health Professionals

Alma Mater Europaea – ECM University (AMEU)

Maribor, Slovenia · 13 April 2021–10 April 2022



For the first time in Europe, health professionals can now study Maharishi AyurVeda on a professional level at an accredited university, *Alma Mater Europaea ECM*, in Maribor, Slovenia.

For more information, please go to:

www.imavf.org/professional-training

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Dr Nader presentation and Q&A with health professionals

Replays now available of two knowledge-filled webinars



Doctors, Maharishi AyurVeda practitioners, and health professionals of all kinds can now enjoy two in-depth presentations and discussions with Dr Tony Nader, MD, PhD, MARR.

The first, *Effectiveness of Transcendental Meditation for Dissolving Stress and Promoting Health*, from the Psychiatry Grand Rounds at Loyola University, Chicago, USA, was recorded 21 January 2021. youtu.be/Ag1fSxEaM6c

The second recording from 27 January 2021 features a lively Q&A on the Purpose of Meditation youtu.be/mZXOzCXaruo

Maharishi Ayurveda Health Centre Bad Ems, Germany Honored with the Relax Guide Spa Award 2021

The Health Centre Bad Ems has been awarded 2 Lilies by the *Relax Guide* for exceptional quality, which places it among the top 10 percent of wellness hotels in Germany.

The *Relax Guide's* report noted: "The Maharishi Ayurveda Health Centre Bad Ems has been a specialist in providing detoxification cures from the

oldest naturopathy in the world for more than a quarter of a century. It is the best proof that authentic Ayurveda cures (Panchakarma) do not require travel to India or Sri Lanka. The Health Centre is now the foremost and largest Ayurveda provider, adhering to highest quality standards and run as a



state-approved private clinic. It is situated in the east wing of *Häcker's Grand Hotel*, with both the spa and the richly furnished guest rooms located in the hotel area, reachable within a few steps. It has its own restaurant, so spa guests dine in a secluded atmosphere." www.ayurveda-badems.com

www.relax-guide.com/maharishi-ayurveda-privatklinik

Maharishi AyurVeda Centre *Vyas Retreat* to begin construction in Nepal

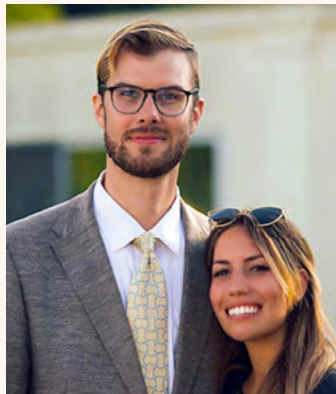
Luxury full-service retreat to open by 2023



View of Annapurna Range from the *Vyas Retreat* site



Drs Kingsley & Leslie Brooks



Hagen Rainbow & Jenna De Freitas



Rendering of the *Vyas Retreat* with 27 guest rooms and 10 treatment rooms

Drs Kingsley and Leslie Brooks, International Directors of Maharishi Vedic Foundation Nepal, together with Hagen Rainbow, MS in Maharishi AyurVeda and Integrative Medicine, MIU, and Jenna de Freitas, MBA, Académie Internationale de Management, Paris France, are leading a multimillion-dollar initiative: the construction of the Maharishi AyurVeda Centre in Pokhara, Nepal.

Formed to provide world-class Maharishi AyurVeda services, the *Vyas Retreat* will offer Panchakarma (PK) treatment and other healing modalities of Maharishi AyurVeda. Profits will go towards supporting the Maharishi Vedic Pandits and the Vedic traditions in Nepal.

The *Vyas Retreat* is located on a secluded location in one of the most natural and untouched forests within Pokhara Valley, with stunning views of the Annapurna Himalayan Range.

After Kathmandu, Pokhara City is Nepal's most popular destination, with over 250 restaurants and abundant geographical, cultural and tourist attractions, all within 7 km from the *Vyas Retreat* site.

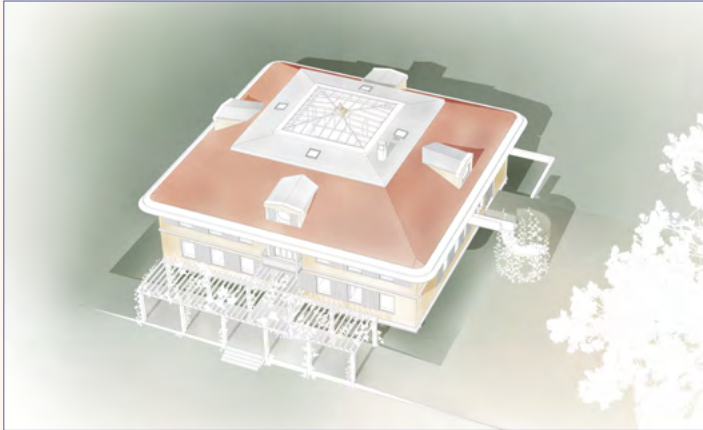


View of the *Vyas Retreat* from Lakeside, Pokhara

Construction is planned to commence summer-autumn 2021, with the official opening anticipated to be the end of 2022/ beginning of 2023.

If you are interested in becoming a partner and investing in this state-of-the-art Maharishi Vastu Panchakarma Center, please contact info@vyasretreat.com. For more information, please go to vyasretreat.com.

Construction speeding ahead on Maharishi AyurVeda Health Centre & Seminar Hotel Resort in Geboltskirchen, Austria



Architect's depiction of the *SOMA Vitality Medical & Thermal Spa*

Soma - Vitality Medical & Thermal Spa on track to open by January 2022

After breaking ground in July 2020, the building for *SOMA - Maharishi AyurVeda Vitality Medical & Thermal Spa* in Geboltskirchen, Austria, continues to be built according to plan.

Last winter in a nearby forest, the trees for lumber were felled, and the timber was processed in tune with the phases of the moon to ensure that the wood would contain optimal properties for both durability and living comfort.

Before Christmas, the foundation and the ground plan of the Vastu were completed. After the snow melted in February, construction activity resumed and is well under way.



From mid-October to December, the construction site was prepared, and the concrete foundation was poured.



Timber, processed in tune with the phases of the moon



March 2021, the outer walls for the first floor are in place.



Dr med Wolfgang Schachinger and his daughter
Dr med Valeria Schachinger, Initiators of
SOMA Vitality Medical & Thermal Spa

17,000 conference participants from Russia, Ukraine, Belarus and Kazakhstan

Lothar Pirc speaks about Maharishi AyurVeda

On February 20, Lothar Pirc, board member of the *International Maharishi AyurVeda Foundation (IMAVF)* and CEO of the *Maharishi AyurVeda Health Centre Bad Ems, Germany*, introduced Maharishi AyurVeda at the virtual conference *LIFTA.SPACE NO LIMITS: transform ACTION 2021*.

Over 17,000 participants from Russian-speaking countries, including Ukraine, Russia, and Kazakhstan, learned about Maharishi AyurVeda's contribution to healthy living.

"I was impressed and delighted by the audience's response" explained Mr Pirc. "It was rewarding to share the knowledge of Maharishi Ayurveda and how it can prevent the development of many common diseases."

Mr Pirc's presentation ([available on video here](#)) outlined the Ayurvedic understanding of how diseases result from imbalances that arise from the mind, body, wrong behaviour, and the environment. Those imbalances influence the Doshas, the Ayurvedic term for metabolic principles that govern our physiology. When the Doshas get out of balance, diseases develop in six stages. Unfortunately, despite significant advances, modern medicine generally can detect a disease usually only when it manifests at stage #4 or #5.



Maharishi AyurVeda offers a systematic way to recognise the earlier, subtler stages of a disease before the disease manifests by using Nadi Vigyan – Pulse Diagnosis.

By feeling the pulse, a fully trained and experienced Maharishi AyurVeda health practitioner can detect, in many cases, a disease before it arises. Treating imbalances before they manifest is much easier than treating the manifested disease.

Ama – the accumulation of toxins and metabolic waste – creates blocks in the channels of communication, the Shrotas.

Mr Pirc concluded his presentation by outlining how various Ayurveda routines, guidelines and treatments can reduce the levels of Ama in our physiology.



To watch Lothar Pirc's full presentation at *LIFTA.SPACE NO LIMITS: transformACTION 2021*, [click here](#).



**MAHARISHI
INTERNATIONAL
UNIVERSITY**

**Maharishi International University, Fairfield, Iowa, USA
MS in Integrative Medicine and Ayurveda programme
reports record enrollment of over 500 students**

Over 500 students are represented in the 3-year, part-time online programme, which is the only accredited Master of Science in Ayurveda in the USA.

The programme integrates ayurvedic knowledge with modern health science and features a flexible and relaxed schedule that can be completed with about 8 to 9 hours of work per week. Students connect with a supportive community of fellow students who share a passion for natural healthcare. Courses are taught by a team of professors who are experts in the field, led by Manohar Palakurthi, BAMS, a renowned Ayurvedic physician who currently serves as Clinical Professor of Physiology & Health at MIU.

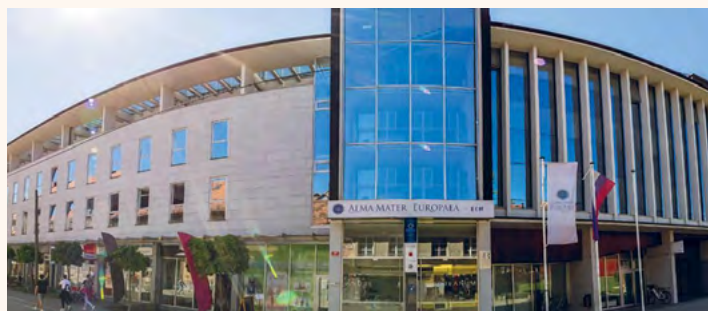
MIU is a member of the National Ayurvedic Medical Association, and completion of the programme satisfies the National Ayurvedic Medical Association's competencies to be recognised as an Ayurvedic Practitioner in the USA.

For more information, visit: www.miu.edu/online-ms-in-maharishi-ayurveda-and-integrative-medicine

Postgraduate Certificate in Ayurveda for Health Professionals

Alma Mater Europaea – ECM University (AMEU), Maribor, Slovenia

13 April 2021–10 April 2022



University of Alma Mater Europaea – ECM University (AMEU) at Maribor, Slovenia



For the first time in Europe, the *International Maharishi AyurVeda Foundation (IMAVF)* is offering the opportunity to study Maharishi AyurVeda on a professional level at an accredited university, *Alma Mater Europaea ECM*, in Maribor, Slovenia.

The certificate of this part-time distance and on-campus study programme, issued by *Alma Mater Europaea*, qualifies health professionals to integrate diagnostic and therapeutic modalities of Ayurveda into their medical practice.

Health professionals who complete this one-year programme will also be accredited by IMAVF to practice Maharishi AyurVeda in their home countries if licensed by their national government to diagnose diseases and provide treatment.



Dr Gordana Marković

You will learn the basic principles of prevention, diagnosis, and treatment, protocols for common diseases, and the Ayurvedic personalised approach to diet and daily routine, herbal preparations, aromatherapy – a complete package to take your practice to the highest level of effectiveness for your patients.

The programme will be taught by the principal professor Dr Gordana Marković, a Western medical doctor and the most experienced Maharishi AyurVeda practitioner in Southeastern Europe, and by international visiting Ayurveda experts, Emeritus Prof Dr Subhash Ranade, Dr Wolfgang Schachinger, Dr Rainer Picha, Dr Walter Mölk and other guest lecturers from Europe and USA.

To watch a very inspiring 30-minute webinar held by Dr Gordana Marković, [click here](#)

Introduction to the Postgraduate Training in Ayurveda for Medical Professionals at the Alma Mater Europaea University

For more information please go to:
www.imavf.org/professional-training

For questions please contact Silvia Hawkins at:
professional.training@imavf.org



Prof Subhash Ranade



Dr Wolfgang Schachinger



Dr Rainer Picha



Dr Walter Mölk



Ayurgenomics and Modern Medicine

Robert Keith Wallace, PhD

Department of Physiology and Health, Maharishi International University, Fairfield, IA, USA



Dr Wallace published this paper on 30 November 2020, in *The Future of Medicine: Frontiers in Integrative Health and Medicine*, a special issue of *Medicina*, the peer-reviewed scientific journal of the *Lithuanian University of Health Sciences* issued in collaboration with the *Lithuanian Medical Association*, *Vilnius University*, *Riga Stradiņš University*, the *University of Latvia*, and the *University of Tartu*.

Over the last ten years a new field has arisen in modern medicine, known as P4 medicine. Within the disciplines of modern medicine, P4 medicine is emerging as a new field that focuses on the whole patient. The four Ps are: predictive, preventive, personalised, and participatory. Ayurveda and other systems of traditional medicine have been patient-oriented and predictive, preventive, personalised, and participatory for many thousands of years. Long before the advent of epigenetic and other fields such as nutrigenetics, Ayurveda understood how diet and other lifestyle factors could affect our health. These traditional systems recognised what modern medicine is only beginning to comprehend, that prevention is key to health. Improvements in diet, sleep, exercise, and stress management are crucial for an effective preventative system of medicine.

One of the most difficult challenges today is correlating the ancient concepts of Ayurveda with modern science. Now we have a new way of understanding Ayurveda in light of leading-edge developments in medicine: the new field of “Ayurgenomics” helps give credibility to Ayurveda and other systems of traditional medicine by describing their concepts in terms of modern science.

Ayurgenomics integrates concepts in Ayurveda, such as Prakriti, with modern genetics research. It correlates the combination of three doshas, Vata, Pitta, and Kapha, with the expression of specific genes and physiological characteristics. Ayurgenomics also helps to interpret Ayurveda as an ancient science of epigenetics, which assesses the current state of the Doshas, and uses specific personalised diet and lifestyle recommendations to improve a patient’s health.

Dr Wallace’s review in *Medicina* provides an update of the emerging field of Ayurgenomics. It explores how the development of Ayurgenomics could greatly enrich P4 medicine by providing a clear theoretical understanding of the whole patient and a practical application of ancient and modern preventative and therapeutic practices to improve mental and physical health.

The full text of Dr Wallace’s article is available here:
[Keith Wallace Ayurgenomics Medicina 56-00661.pdf](#)

Ayurveda and Epigenetics

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Robert Keith Wallace, PhD

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Drs Sharma & Wallace published this paper on 11 December 2020, in *Medicina*, the peer-reviewed scientific journal of the *Lithuanian University of Health Sciences* issued in collaboration with the *Lithuanian Medical Association*, *Vilnius University*, *Rīga Stradiņš University*, the *University of Latvia*, and the *University of Tartu*.

Ayurveda is a comprehensive, natural health care system that originated in the ancient Vedic times of India. Epigenetics refers to the external modification of DNA that turns genes on and off, affecting gene expression. This occurs without changes in the basic structure of the DNA.

This gene expression can have transgenerational effects. The major factors that cause epigenetic changes are lifestyle and behavior, diet and digestion, stress, and environmental factors. Ayurveda addresses these factors, thereby affecting the Deha (body), Prakriti (psychophysiological Ayurvedic constitution), which corresponds to the phenotype, and indirectly the Janma (birth) Prakriti, which corresponds to the genotype. Thus, it is proposed that epigenetics is an important mechanism of Ayurveda. This article suggests a correlation of the ancient Ayurvedic concepts and terminology with the current understanding of cellular physiology.

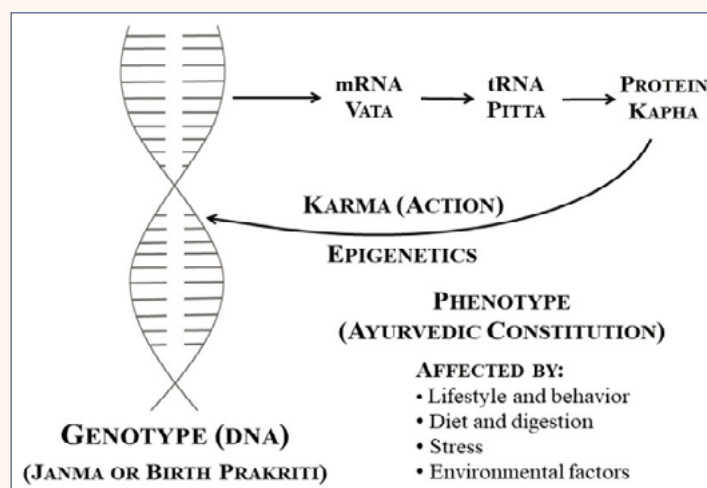
In Ayurvedic terms, it is the psychophysiological constitution or Deha Prakriti (body Prakriti), which changes and is dynamic.

The full text of Drs Sharma's and Wallace article is available here:

[**Sharma Wallace Ayurveda and Epigenetics Medicina 12-2020.pdf**](#)

The genotype corresponds to Ayurvedic birth Prakriti, and the phenotype corresponds to Ayurvedic Deha Prakriti. Disturbance in the Deha Prakriti is known as Vikriti in Ayurveda, which correlates with disorders and diseases in the current medical system.

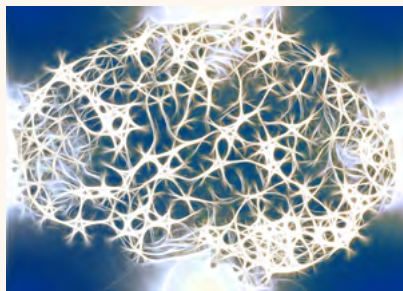
This paper proposes that in the expression of DNA, the Messenger RNA (mRNA), Transfer RNA (tRNA), and protein have features and properties that correlate with the three Doshas of Ayurveda: Vata, Pitta, and Kapha. Messenger RNA (mRNA) corresponds with Vata (transmission of information), Transfer RNA (tRNA) corresponds with Pitta (transformation), and protein corresponds with Kapha (structure).



DNA and cellular function and correlation with Ayurveda. mRNA, messenger ribonucleic acid; tRNA, transfer ribonucleic acid; DNA, deoxyribonucleic acid. Modified and reprinted from with permission from SelectBooks, 2018.

This correlation and understanding will lead to better communication and understanding with the current medical system, and lead to better integration of both sciences in the management of optimal health.

In addition, research on Ayurvedic modalities affecting gene expression will further increase correlation and understanding between the current medical system and Ayurveda.



Neuroadaptability and Habit: Modern Medicine and Ayurveda

Robert Keith Wallace, PhD and Ted Wallace

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Robert Keith Wallace, PhD



Ted Wallace

This paper was published on 21 January 2021, in *Medicina*, the peer-reviewed scientific journal of the Lithuanian University of Health Sciences issued in collaboration with the *Lithuanian Medical Association, Vilnius University, Rīga Stradiņš University, the University of Latvia, and the University of Tartu*.

In our increasingly stressed world, especially with the COVID-19 pandemic, the activation of the threat network in everyday situations can adversely affect our mental and physical health.

The human body has a remarkable ability to resist external change and maintain internal order and coherence through homeostasis, a concept at the foundation of physiology and medicine. Neuroadaptability provides a measure of how effectively these homeostatic mechanisms are working at the neural level. Neuroadaptability is defined as the ability of the nervous system to alter responsiveness over time to reoccurring stimuli. Neuroadaptability differs from neuroplasticity, which is more inclusive and refers to the ability of the nervous system to change and learn from any experience.

Neurophysiological response to the many threats/challenges coming at us from our environment depends on the type of challenge and the individual's neuroadaptability. In this paper,

the authors examine neuroadaptability and how it affects health from the perspective of modern medicine and Ayurveda.

Neuroadaptability covers a wide spectrum of responses to challenge and can produce positive and negative results in terms of health. At one end of the spectrum, there is the repeated inappropriate activation of the full fight or flight response, creating a state of chronic stress, while at the other end of the spectrum is the ability to respond appropriately to stress, and to recover quickly, returning to an ideal state of integrated function.

In this article, the authors highlight two key approaches to improve effective neuroadaptability. The first is meditation, specifically Transcendental Meditation (TM), and the second is Ayurveda. The TM technique appears to create a state of high internal stability and coherence, which results in more effective neuroadaptability and better physical and mental health.

The concept of stress is well described in Ayurveda. Each Prakriti or constitution reacts differently to stress: a Vata Prakriti, for example, reacts with anxiety, while a Pitta reacts with anger. The main preventative approach of Ayurveda is the recommendation of individualised lifestyle habits, including diets and daily and seasonal routines. The recent findings of the role of the gut microbiome in health help provide a scientific understanding of the importance of an individualised diet in Ayurveda.

The authors suggest that by combining Transcendental Meditation and Ayurveda with the latest knowledge of modern medicine, we can create a more complete and effective system to improve positive neuroadaptability, prevent disease and enhance physical and mental health.

The full text of this article is available here:

[Keith Wallace & Ted Wallace Neuroadaptability Medicina 57-00090.pdf](#)



International Journal of Integrative Medical Sciences <http://imedsciences.com/vol-7-7>

Novel Model for Integrative Medicine Curriculum

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Sateesh Babu Arja, *Avalon University School of Medicine (AUSOM)*, Willemstad, Curaçao;
Kumar Ponnusamy and Nimra Deivassagayame, *Universidad Integral del Caribe y América Latina (UNICAL)*, Willemstad, Curaçao.



Carl Camelia, President UMLAC

This paper was published in the *International Journal of Integrative Medical Sciences*, a peer-reviewed scientific journal published in Curacao.

While the use of *Traditional, Complementary, and Integrative Medicine (TCIM)* is substantial, it continues to exist at the periphery of mainstream allopathic medicine. This article reviews the strengths and weaknesses of the present health care systems, with special attention on availability, affordability, and accessibility of healthcare. The authors emphasize the need for mindset change from an illness/disease/drug-centric viewpoint to a more integrative person/health/wellness-centric approach. They examine the innovation deficit faced by conventional allopathic medicine and highlight the significant benefits of the integration of conventional medicine with traditional, complementary, and integrative therapies in the medical curriculum.

The authors review the progress made internationally in integrating various TCIM approaches, including Traditional Chinese Medicine, Ayurveda and Homeopathy, with allopathic medicine or “biomedicine.” They report on the unique integration of Ayurveda and Biomedicine into one Medical Doctor education curriculum that has been developed by the School of Integrative Medicine of the University *Universidad Maharishi de Latino America y el Caribe (UMLAC)*, established in Curacao, an island in the Caribbean.

The goal of this School of Integrative Medicine is to fulfill the current global need to provide a holistic and scientific system of health care for prevention and cure, for both individual and collective health. In this regard, Integrative Medicine is defined as a Patient-Centered Health Approach that uses modern medicine jointly with evidence-based Complementary and Alternative Medicine (CAM), in particular Maharishi AyurVeda. They examine the unique consciousness-based approach of Maharishi AyurVeda and review the numerous modalities that contribute to its effectiveness.

They report that Ayurvedic medicine in general and Maharishi AyurVeda in particular offer a wealth of economical healthcare therapies without the microbial resistance and adverse side effects often associated with modern drug therapy. Its treatments provide relief for many chronic illnesses for which modern medicine is still seeking a cure, including musculoskeletal disorders, rheumatoid arthritis, osteoarthritis, diabetes, obesity, and nervous disorders.

The authors propose that with the availability of a truly integrative curriculum in both Allopathic medicine and Ayurveda, medical schools can start offering integrative medicine programmes without having to compromise on the requirements for a well-trained conventional doctor. Such an innovative undertaking will benefit the patients by broadening the public health care as well as governments who are desperately seeking cost-effective measures.

The full text of the paper can be downloaded as a pdf from <http://imedsciences.com/vol-7-7>

Your news is our news!

Share your news to inspire our readers!

All of us in the many disciplines of Maharishi AyurVeda, as well as integrative health experts around the world are eager to hear of your successes.

If you have published a study, opened a clinic, taught a course (or even better are planning to teach a course!) let us know!



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. Maharishi charged Dr Rainer Picha with creating an organisation that would both strengthen and unite the different disciplines of Maharishi AyurVeda. With the collaboration and support of MERU and of Dr Walter Mölk, Lothar Pirc, Dr Girish Momaya, Dr Kingsley Brooks, and Prof Dr Subhash Ranade, IMAVF has grown into an internationally recognised authority on Ayurveda.

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

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- Access to Affiliate-Only downloads, recorded webinars and presentations.
- Access to our online Professional Forums in the department of Maharishi AyurVeda. Post your questions, receive answers by the experts, share your experience and tips of your practice.
- **Special Service!** "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!

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- 10% discount on International Ayurveda Congresses: October 2020 in Kathmandu, Nepal.
- 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.
- 10% reduction on MAV Online Training Programmes for Health Professionals offered by the Institute of Integrative Ayurveda Medical Education US
- Vaidya Webinar Series -- View Live or Stream on Demand. 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.
- 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 for anyone from developing countries.) **[Click here to enroll.](#)**

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