



## SAVE THE DATE:

3rd International Ayurveda Congress  
12-16 March 2018  
in Rio de Janeiro, Brazil

### *Dear Maharishi AyurVeda Professionals and Friends,*

We are delighted to share this special knowledge issue on Ayurveda and Digestion with our IMAVF Affiliates and Maharishi AyurVeda practitioners in all the areas.

In these pages you'll hear from Dr Keith Wallace, Vaidya Vyas and Vaidya Sharma on how the different branches of Maharishi AyurVeda address the field of optimizing health through balanced digestion.

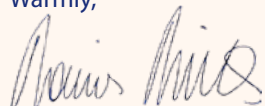
You'll also hear from Dr Paul Morehead about Maharishi Yoga Asana's contribution to digestive health.

To further your own practice and knowledge, we are pleased to announce the "Ask the Vaidya" service for our IMAVF Affiliates who are Maharishi AyurVeda-trained Health Professionals and Wellness Consultants.

On page 4 you'll find details on how to get specific answers to your questions about any aspect of Maharishi AyurVeda from Dr Saurabh Sharma, senior Maharishi AyurVeda Vaidya.

This is one more way IMAVF helps you, our Affiliates, to strengthen your knowledge. We hope you take advantage of this unique new free service!

Warmly,



Dr Rainer Picha  
IMAVF Chairman of the Board

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## SAVE THE DATE! 12-16 March 2018

The Brazilian Government has stepped forward to host the 3rd International Ayurveda Congress in Rio de Janeiro in 2018 as part of the First International Congress on Integrative Practices and Public Health. This is an important step in the integration of Traditional and Complimentary Medicines, such as Ayurveda, into the national health system and we applaud the Brazilian government for its progressive thinking. The government of Brazil will provide a venue for 3.000 - 5.000 delegates, and both the Health Minister and the Minister of AYUSH of India are planning to attend. Watch for details in upcoming IMAVF NewsMagazines and IMAVF Bulletins.

### British Members of Parliament honoured Prof Tony Nader MD PhD MARR, leader of Maharishi's worldwide TM movement at International Yoga Day celebration in the Houses of Parliament in London.

A celebration of International Yoga Day in the Houses of Parliament, London, on 10 July 2017, hosted by the All Party Parliamentary Group [APPG] for Indian Traditional Sciences and sponsored by the High Commission of India, explored the value of introducing Yoga in the NHS and other areas of the life of society.

A highlight was the honouring of Prof Tony Nader MD PhD MARR, leader of the worldwide Transcendental Meditation organisation, with a special award for his achievements and those of Maharishi Mahesh Yogi, the founder of Transcendental Meditation.

Special guest His Excellency Mr Y K Sinha, the High Commissioner of India in the UK, paid tribute to the work of the All Party Parliamentary Group and the way they constantly look for opportunities to introduce Yoga and Ayurveda and other disciplines into the mainstream of public life, especially in the health field.



Prof Nader receives the Kala Yugandhara award from the All Party Parliamentary Group on Indian Traditional Sciences. Left to right: Tanmanjiit Singh Dhinsa MP, Prof Nader, His Excellency YK Sinha, Armajeet Singh Bhamra

He pointed out that Yoga is being practised more and more widely in the UK and other Western countries, even though its profound spiritual aspects are not always acknowledged. He described the success of the High Commission's week of International Yoga Day 19-23 May, with well-attended events at Alexandra Palace, the London Eye, Trafalgar Square, and the Nehru Centre.

The Award to Prof Nader was presented by the High Commissioner and Mr Tanmanjit Singh Dhesi MP. Explaining the title of the award, Amarjeet S Bhamra, APPG Secretariat, said: Kala Yugandhara, means Universal Enlightened Master of All Arts and Sciences. Responding, Prof Nader said: 'This is entirely unexpected, and the credit should go to His Holiness Maharishi Mahesh Yogi, from whom the profound knowledge of the full value of Yoga comes.'

During his keynote address Prof Nader proposed that in a scientific age it was important to bring out the scientific basis of Yoga and show the rationale behind Yoga's benefits.

The All Party Parliamentary Group on Indian Traditional Sciences is a group of over 30 MPs and Lords in the UK Parliament who are interested in making the benefits of Yoga and Ayurveda etc incorporated in the National Health Services.



Following his keynote presentation, Prof Nader received a standing ovation

## Maharishi Yoga Asanas Increase Happiness and Deepen Meditation First Scientific Study on Maharishi Yoga Asanas completed by MUM PhD Student



Maharishi Yoga Asanas (MYA) were designed as a preparation for the Transcendental Meditation (TM) practice.

In a pilot study conducted in 2016, Sonja Gobec, a doctoral student at Maharishi University of Management in Fairfield Iowa asked if the practice of MYA

affected the subjective experience of meditation.

In the interviews, several participants mentioned that MYA made them happier. So a larger controlled study was done to answer the question: does the practice of MYA increase happiness? The answer was a decisive "Yes!"

The subsequent research study showed that the practice of MYA appeared to enhance the depth of meditation in three areas:

1. Personal Self, including experiences such as being aware of one's own center, or having intuitive insights;
2. Transpersonal Qualities, including experiences such as time disappearing, alert and clear mind, feelings of love, devotion, acceptance, and joy;
3. Transpersonal Self, including experiences such as unity, or expansion of the mind.

In addition, it showed that happiness was correlated with MYA practice, and that MYA significantly decreased tension and depression.

The interviews supported the findings of the questionnaires; several participants in the test group reported that MYA make them happier, and all observed enhanced meditation. For example: "My meditation has become deeper, clearer, easier, finer; big, big difference."

Across the group, participants observed numerous improvements in their mental and physical state, daily activities, and in the subsequent TM practice. This study confirmed that regular practice of Maharishi Yoga Asanas significantly increases happiness, decreases tension and depression and enhances the subsequent Transcendental Meditation practice.

## Maharishi Yoga Asana Teacher Training Course Graduates 30 New Certified Instructors

The first Maharishi Yoga Asana Teacher Training Course in the USA ended with a splendid and warm-hearted graduation celebration.

Almost 30 graduates have been certified to teach the 16-lesson Maharishi Yoga Asanas in the USA, Mongolia and many other countries with expertise and confidence.

All the course participants enjoyed this intensive course, led by Gudrun Buchzik, Dr. Paul Morehead and Carol Morehead.

Check out the following facebook site for **new courses in 2018**, planned at **MERU/Holland and MUM USA**.



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## Renowned Expert on Alzheimer's Disease Recommends TM

Dr. Dale Bredesen, internationally recognised leader in Alzheimer's research is now integrating TM into his comprehensive treatment programme – known as the Bredesen Protocol. A large-scale observational study on the effectiveness

of the integrated TM + Bredesen Protocol is currently being launched, with planned participation for several thousand individuals from across the country. This study will be the first to provide data on the potential effects of TM on Alzheimer's. More details at: [www.tm.org/bredesen-announcement](http://www.tm.org/bredesen-announcement)

**His bestselling book is The End of Alzheimer's:**

[The First Program to Prevent and Reverse Cognitive Decline](#)

### **“Ask the Vaidya” Service Now Available**

All Maharishi AyurVeda-trained Health Professionals and Wellness Consultants that are active IMAVF Affiliate are now able to use this new online service.

Ask specific questions to our experienced Vaidyas in India and get an answer within 3-4 days. Dr Saurabh Sharma (B.A.M.S, PGDHM), is the senior Vaidya who supervises this service; he will personally provide answers to questions submitted from IMAVF members. He is widely respected as one of the most experienced Ayurvedic Doctors in the field of lifestyle disorders

and chronic diseases and has received the ‘Best Ayurveda Doctor’ by Bharitya Chikitsak Ratna Award.

The “Ask the Vaidya” Service is free to all IMAVF affiliates trained as MAV Doctors and MAV Wellness Consultants.

To access this special service, simply log in with your user name and password to the IMAVF platform at [www.IMAVF.org/login](http://www.IMAVF.org/login) and go to the "MAV Forum" (via the "Forums" menu option).

To enroll in IMAVF Affiliate program and receive discounts on courses, seminars and other benefits, including access to the “Ask the Vaidya” Service, please [click here](#)

### **A Conversation with Vaidya Dr Saurabh Sharma (Ayurvedacharya)**

#### **What are the most interesting or exciting recent developments in Ayurveda?**

One of the most exciting areas in Ayurveda is the development of Ayurvedic research methods and laboratory-based research studies on stress control, growth hormones, where researchers are updating the age-old wisdom of Ayurveda by focusing on its pharmacologic and therapeutic potential.

The Ministry of AYUSH has introduced schemes to boost research, and better access to AYUSH services and the strengthening of AYUSH education institutions also facilitates the enforcement of quality control of Ayurveda medicines and the sustainable availability of quality Ayurveda raw materials worldwide. International cooperation is also growing: Many Ayurveda seminars and conferences have been continuously organized around the globe to increase awareness about Ayurveda and to spread the Vedic knowledge for ancient wisdom.

#### **What do you see as the most promising areas of intersection between Western medicine and Ayurveda?**

Ayurveda and western medicine actually complement each other. On one hand where Western medicine is most effective in treating acute disorders and handling emergencies; on the other hand Ayurveda brings permanent cure for the sufferings by penetrating deep into the cells or organs that cause ill health. Western allopathic medicine is preferred in the treatment of trauma and emergencies, while alternative medicine systems such as Ayurveda are used as support systems. Allopathic medicines are evidence-based approaches that come into the market only after having undergone tests and clinical trials at different stages. Alternative methods of treatment like acupressure, Yoga therapy, Aroma Therapy, Ayurvedic medications, homoeopathy, current therapy, heat therapy are also known as holistic therapies and are undergoing research as well. In certain situations modern medicine may be necessary, but in many other situations, Ayurveda works better.



Dr Saurabh Sharma (B.A.M.S, PGDHM), is a senior Vaidya with extensive knowledge of Pulse Diagnosis and has worked as a Medical Superintendent at the Maharishi AyurVeda Hospital, Delhi for 9 years. He is widely respected as one of the most experienced Ayurvedic Doctors in the field of lifestyle disorders and chronic diseases and has received the ‘Best Ayurveda Doctor’ by Bharitya Chikitsak Ratna Award.

#### **In Western medicine there is a new interest in the microbiome. How does this relate to Ayurveda?**

Microbiome is basically the bacterial DNA in the gut which inhabits the digestive system. (This is the Modern research). In Ayurveda texts the maximum emphasis is given to the digestive fire, Agni. According to Ayurveda, the root cause behind most of the diseases is Ama (undigested food or toxins), which is the result of improper digestion due to weak Agni. So this theory of the importance of proper digestion in any kind of disease was mentioned 5000 years back in Ayurveda texts, which we are now restating as microbiome theory.

#### **In the light of this microbiome research, which Ayurvedic guidelines would you see as priorities?**

Ama is basically the ultimate result of an imbalanced microbiome, where undigested food or bacteria enters into the mucous membrane and becomes Ama, the root cause behind many diseases. The concept of Ama and Agni is actually

the Microbiome theory. So according to dietary guidelines in Ayurveda, one should put more focus on the digestive fire and eat according to his or her Dosha so that the Agni (digestive fire) is strong and the Ama doesn't accumulate and produce gas, bloating or acidity.

### **Are specific spices, herbs or particular foods known to encourage gut health?**

There are many herbs and spices which help balance the Agni and stop accumulation of Ama. These spices and herbs are called as Deepana–Pachana, which means the appetizers and the digestives. So if they are used in proper quantity and with proper combinations they help the digestion and also aid in proper elimination of toxins as well. Some of these commonly used spices are Cumin, Coriander, Cinnamon, Black Pepper, Himalayan salt, etc. Yoghurt and Lassi both act as natural probiotics as well as digestive aids if they have cumin, salt, pepper added with them.

### **Can you explain the role of nutritive Bastis and their impact on our microbiome?**

Panchakarma is a most essential part of treatment in Ayurveda and according to the ancient texts, Bastis (herbal enemas) are themselves half the treatment for any disease. According to the Dosha imbalance and the status of Agni, there are certain nutritive Bastis which could be administered through the anal orifice to the patient for improving the intestinal flora and the quality of digestion in the intestines.

These Bastis are called nutritive Basti as they have certain herbal preparations which increase the absorption power of the intestine giving them more strength and nutrition. These Bastis increase and balance the Agni in our gut.

### **In Western medicine antibiotics are commonly used to fight infections but they destroy healthy gut bacteria. Do you have any advice for Ayurvedic supplements or procedures to mitigate any negative side effect from the use of antibiotics?**

Regarding antibiotics, it is clear that along with acting against harmful bacteria they also destroy the healthy bacteria in our gut so the digestive system becomes weak. For this Ayurveda always mentions the usage of spices and herbs (Deepana–Pachana herbs) which are the digestive aids herbal mixes. They take care of the gut in terms of nullifying the harmful effect of antibiotics and they improve the quality of digestion during the course of these medicines. Some special herbal preparations, according to the Dosha of the person can be suggested during and after the usage of antibiotics to take care of the digestion and save the intestinal flora and healthy bacteria.

### **What is the value of Aroma Therapy?**

The texts of Ayurveda state "Nasa Hi Shirso Dwaram" which means "Nose is the gateway to the Brain" so if we breathe some fragrance, it basically and directly affects the brain functions

which further acts for the whole body. So Aroma Therapy is a very important treatment modality in Ayurveda.

Inhaling essential oils stimulates the olfactory system, the part of the brain connected to smell, including the nose and the brain. Molecules that enter the nose or mouth pass to the lungs, and from there, to other parts of the body. As the molecules reach the brain, they affect the limbic system, which is linked to the emotions, the heart rate, blood pressure, breathing, memory, stress, and hormone balance. Aroma oils have a subtle, deep and very powerful effect on the body.

Aroma Therapy is a very effective alternative medicine that involves the use of volatile plant materials, also known as essential oils which can be aromatically inhaled by patients for various health conditions. Some essential oils are well known for their efficiency in treating minor ailments, such as eucalyptus and peppermint oil to help promote effective respiration, and tea tree oil for its antimicrobial action. Peppermint oil is beneficial in neuralgia symptoms & tension, headaches. As an Ayurvedic Doctor, I personally use aroma oils for myself as well as for my patients and I highly recommend their usage.

### **From your perspective as an Ayurvedic doctor, what value do you see in the practice of Yoga Asanas?**

Ayurveda and Yoga are interrelated as they both originated from the Vedas and follow the principles of Trigunas (Sattva, Rajas, Tamas) and Panchabhutas (five elements of earth, water, fire, ether and air). Yoga is important for dissolving physical stress and calming the mind before meditation, and is central to daily routine, the ayurvedic routine. Ayurveda and Yoga both aid in healing the body in a more natural way. Both are the natural ways of healing. Yoga is mentioned in Ayurvedic texts such as the Charaka

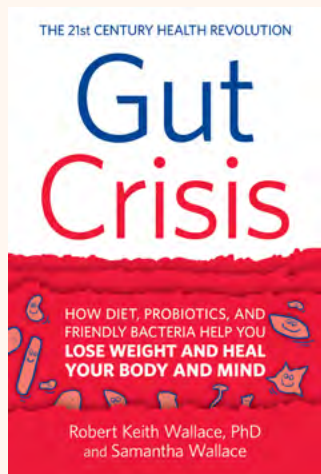
Samhita as the ideal Ayurvedic exercise, because it rejuvenates the body, improves digestion, and removes stress. Asanas form the core part of Yoga; they help to attain unity of mind and body which is the primary objective of practicing Yoga. Every posture of Yoga epitomizes a kind of mental attitude. This attitude can vary from surrendering to the Almighty or empowering the creation of a sort of physical prayer or more simply, the will of the body.

Ayurveda provides the medical foundation and Yoga Asanas the physical-spiritual practices. Asanas bring back the balance of the Tridoshas. By performing the various Yogic Asanas, you can not only invigorate your body but can also revitalize your mind as well as the soul. Classification of Asanas is according to the humors (doshas) that they stimulate. Asanas appropriate to the specific Doshas subsequently influence human health. So Yoga Asanas are one of the most important pillars in treating any diseases appropriate to the specific Doshas subsequently influence human health. So Yoga Asanas are one of the most important pillars in treating any diseases. With regular practice of prescribed Yoga Asanas one could attain a perfect health and stay disease-free as well.

### Microbiome Research in light of Ayurveda

Part one of two parts

*“You are not an individual – you are a microbiome republic with 30 trillion citizens living inside of you”*



#### R. Keith Wallace, PhD

#### Founding President of Maharishi International University

Author of *The Gut Crisis: How Diet, Probiotics, and Friendly Bacteria Help You Lose Weight and Heal Your Body and Mind* with Samantha Wallace

#### Who are we?

On a physical level, we are quite different than we previously thought. We have a huge number of friendly bacteria inside and on our body.

Recent research has shown that we have as many good bacteria as we have cells in our body. We've always had this aversion to

bacteria – this fear of bacteria, and yet it turns out that only a very small percentage (1-5%) of the bacteria in our body are harmful.

#### Most of the bacteria in our body are very important for our health.

Everywhere we go there are bacteria. They surround us and live within us.

We did not know about all these bacteria and other microorganisms because we could not measure them. Only recently have we been able to identify them through gene sequencing. So the whole genetic revolution has allowed us now to study these bacteria. As a result, scientists are finding more about our microbiome everyday.

#### Where are all these microorganisms located?

In the nasal cavity, oral cavity, skin, gastrointestinal and urogenital systems, with by far the hugest percentage in the large intestine. In the stomach and small intestine there are relatively few species of bacteria present.

The friendly bacteria contribute to the health of many different organs. They educate and help the formation of the gut immune system, synthesize certain vitamins, synthesize enzymes, regulate appetite, regulate blood sugar, regulate hormone metabolism, synthesize neurotransmitters, increase mineral bioavailability and especially disallow the harmful bacteria from getting into our system. These good bacteria help control pathogens and to a large extent influence the levels of inflammation in the gut, as well as other parts of the body.

If the friendly bacteria in the gut are disrupted then harmful bacteria and viruses can break through the wall and create havoc in the body.

## Glossary of Important Terms

- Microorganisms:** The oldest form of life on Earth dating from 3.5 billion years ago, microscopic organisms represent about half of all life on earth. They include bacteria, virus, fungi, and even microscopic plants or animals. (On your palm alone you'll find more microorganisms than there are people on the planet!)
- Microbiota:** All the microorganisms living within us –from 30 - 100 trillion of them.
- Genome:** All the genetic information inside your body – we have about 22,000 genes.
- Microbiome:** All the genetic material in the microorganisms in your body or your microbiota – approximately 8 million genes in the bacteria in our gut.

### What factors affect the gut bacteria or microbiome?

The single most important factor is diet and this validates everything we know from Ayurveda and other systems of traditional medicine.

Food affects the microbiome, and in turn the microbiome affects our immune system and our nervous system. The microbiome influences everything from inflammation to obesity.

Antibiotics are probably the second most important factor affecting the microbiome. Antibiotics have saved millions of lives, but most doctors now agree that they are over-prescribed with the result that our gut health needs to be restored.

When we take an antibiotic, it is like setting an atomic bomb off in our gut and destroying a huge number of both friendly and harmful bacteria.

Other aspects of lifestyle also have a big effect on the composition of the microbiome. If we exercise, for example, this can influence the types of cells within the gut. Someone who exercises will have one particular predominant type of bacteria, and some else who doesn't exercise will have another.

Hygiene is also a major factor. Many experts feel we live in a world that is too sterile. As a result, our immune system does not get properly educated as to what are good and bad bacteria.

### What about Probiotics?

Probiotics are foods that contain friendly bacteria, Important studies have shown that they do help restore gut health in people with gut disorders.

Prebiotics are specific foods that are not digested in the small intestine and go to the large intestine where they feed bacteria. There are many question still to be answered about how probiotic work and which are the most effective ones. A large number of clinical research studies are currently being conducted.

### How does all this relate to Ayurveda?

Ultimately the discovery of the microbiome helps verify many important concepts of Ayurveda.

First of all it shows us that "Food is Medicine," which is a critical concept in Ayurveda. It also helps us understand Ayurveda concepts like Ama and Vata.

Ama represents undigested food in Ayurveda, which can get into the body and cause problems. An important finding in digestive disorders is that a gut imbalance can allow undigested foods to leak into the bloodstream and then cause inflammation.

Vata is one of the three doshas: it governs movement and the activities of the nervous system. Its primary location is in the lower intestine. It is said that Vata imbalances account for 80% of disease. The microbiome is located in the lower intestine and it has a profound influence on the nervous system. Many diseases are now thought to be caused by an imbalanced state of the microbiome.

An important Ayurvedic procedure is Panchakarma and one of the treatments used is a basti. Doctors are now recommending probiotic enemas, which are very similar to bastis, especially nutritive bastis that can contain yoghurt, as well as various spices and oils, all of which can have a very positive effect on the gut.

More research needs to be done on how all the different herbs affect the microbiome. Also research needs to be done on how TM affects the gut bacteria. My guess is that we will find it has a very positive effect.

### "We are one with the world"

So the final message is that this understanding of microbiome is changing modern medicine. We are beginning to understand the importance of our symbiotic relationship with all aspects of nature, and how our friendly bacteria are essential to our physical and mental health.

Prebiotics are specific foods that are not digested in the small intestine and go to the large intestine where they feed bacteria.

There are many question still to be answered about how probiotic work and which are the most effective ones. A large number of clinical research studies are currently being conducted.

We now realize the critical value of gut health, a concept that Ayurveda understood many thousands of years ago.

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**"It really is a new age of understanding. I think it is going to change the way people appreciate Ayurveda and give us a much more profound understanding of why food is so important."**

**Look for Part 2 of this article in the next IMAVF NewsMagazine.  
To purchase a copy of Dr Wallace's book, The Gut Crisis, [click here](#)**

## Vaidya Vyas on the Role of Agni in Digestion



### Vaidya Prathmesh Vyas

Ayurveda Consultant at Maharishi AyurVeda Health Center Bad Ems  
Diploma in Ayurvedic Health Education and Nadi Pariksha – Pulse Diagnosis Specialist  
Vaidya Prathmesh Vyas is known for his deep knowledge and his precisely articulated presentations of Ayurveda. He is a fifth generation Vaidya (Ayurvedic expert); his grandfather was a royal doctor in the Indian Jabalpur.

The whole science of Ayurveda is based on the principle of balance – the balancing of the different elements including Agni.

The Agni living in the Pitta of the body is the fire element of the body. The strength of the body, the glow of the body, enthusiasm of the body, health, growth, Ojas, Tejas – all this depends on the Agni.

Agni in the body is like a Yagya. When we do the Yagya by means of the Yagya we try to alleviate/purify Rajas Tamas element and increase the Sattva in the environment.

In the body also, this heat, this fire element which is there, is responsible to create Sattva in the body, always functioning as to alleviate Tamas and Rajas of the body. So there is a kind of Yagya going on in the body and every day we offer to this Yagya to nurture, to continue to elevate Sattva of the body and to remove Tamas and Rajas element out of the body.

If the Agni is weakened then the body is getting decay and it can lead to various kinds of disorders. Ayurveda says that most of the disorders we see are due to the dullness or weakness of Agni.

If the Agni is in a balanced condition body will be long life body. So if it acts in a balanced condition, Agni has the capacity to increase the Sattva; the strength of your psychology and the strength of your physiology are both enhanced when Agni functions in a balanced way.

To keep this Agni in balance we have to follow, according to Ayurveda, the principle of Trividukshi.

This means to eat in three portions in the stomach.

One part – almost 50% – should be solid food

Second part – 25% – is the liquid which we drink

Third part – 25% – should remain empty.

If we feel satisfied and don't feel pressure on the belly, if we don't feel any pressure on our respiration, if we don't feel obstruction in the sleep, and we maintain our strength – then it is a right proportion. What you eat in the morning should be digested by the evening and what you eat in the evening should be digested by the morning.

### Agni can be disturbed:

- When you eat too much
- When you eat at an irregular time
- If you are sleeping less
- If you are drinking too much
- You are eating very heavy items

### Recommendations to Balance Agni

It is very simple to correct disturbed Agni, but you have to become conscious and pay attention to your diet.

#### Light diet

To keep the Agni perfect always eat a light diet. Light means after eating you should not feel heavy in your belly, you feel satisfied, and your mind is happy.

#### Warm food

Always have a warm diet; if you eat always from the fridge with the cold temperature this will always reduce Agni because Agni requires warmth to maintain it.

### Other Recommendations

In addition, to help digestion and assimilation walk for around 200m to 500m after lunch; take easy exercise according to your Dosha; practice Pranayama; and add spices to your food (again, according to your Dosha).

#### Lubrication

Food should always be with lubrication. It is a Yagya. Take Ghee with a light diet, soup with one teaspoon, the Agni will go up. If your fire (Agni) is increasing with the help of Ghee then this has a strong power to digest. Spices only make the fire but Ghee also gives strength to your tissues. Therefore it is more powerful to use Ghee.

The Ghee should not be made from sweet milk, it should be made from yogurt. Only this has the power to increase your fire because with the fermentation process there are so many enzymes and due to those enzymes it has a more powerful effect on your Agni. (If you eat Ghee made from sweet cream it can make your appetite lower.)

**Please see Ghee Recipe on page 11.**

### The Role of Maharishi Aroma Therapy in Digestion

Vaidya Prathmesh Vyas

Ayurveda Consultant at Maharishi AyurVeda Health Center Bad Ems

Our senses play a major role in affecting the functions of the Autonomous Nervous System, especially the activation of Parasympathetic Nervous system. The Sympathetic nervous system is the primary mechanism in control of the fight-or-flight response and the Parasympathetic Nervous System's main function is to activate the "rest and digest" response. In this regard, the sense of smell and aroma oils play a great role. So aroma oils produce relaxation of the body and organs, stimulate secretion of enzymes and juices from digestive glands like Parotid, gastric cells, Pancreas etc. also enhances peristaltic movement.

We have three Doshas in our body: Vata, Pitta, Kapha and different micro-organisms are part of these Doshas. Some micro-organisms have their place and amount in the body, but when they increase they create problems such as E.Coli, H. Pylori or other enzyme-producing bacteria. So we can say an the increase in Doshas increases these micro-organisms, and a decrease in Doshas decreases the problematic micro-organisms.

Here are some aroma oils which affect the digestive system and can be used either for inhalation or directly for oral intake:

### Oils for Inhalation

(In Diffuser, on forearm, in oil lamp or directly from bottle) – especially before meals.

These help to enhance the Gastrointestinal (GI) Tract juice, and the enzymes.

They help to relax the GI Tract organs and address spastic condition, stress, lack of appetite.

1. Neroli
2. Mandarin
3. Grape fruit
4. Limette

If these oils are inhaled after meals, then they help digestion by increasing secretion in the stomach and intestine.

### Oils for Internal Use (Also can be inhaled)

(Take 1-2 drops oil with lemon water or any digestive tea or ½ teaspoon honey) 5 minutes before meals

5. Mint – releases gases, reduces nausea
6. Fennel – improves peristaltic movement, helps digestion, increases appetite
7. Cardamom – refreshes mind, carminative, relaxes intestinal muscle before meal
8. Anise – increases appetite, softens, helps remove small worms
9. Ajwuyan – strong effect against different parasites, great antispasmodic

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### Maharishi Yoga Asana, Balanced Digestion and Metabolism



**Paul Morehead, PhD**

Maharishi University of Management,  
Associate Chair and  
Assistant Professor of  
Physiology and Health

***“Time spent on Yoga Asanas  
is a golden time of the day.”***

***Maharishi Mahesh Yogi***

Yoga means union. Yoga asanas have become popular today because they can elicit a state of settled mind and body, and the coordination or unification of mind and body, if done properly, without strain. This ancient technology is enjoying a revival around the world. An estimated 7.4 million Americans currently practice some form of Hatha yoga. Most (64%) individuals who practice yoga report doing so for well-being.

A number of significant health benefits have been documented scientifically. In the last 10 years over 400 peer-reviewed studies have been published on the effects of Yoga Asanas, including benefits for:

- Stress reduction, PTSD, anxiety, and obesity
- Cardiovascular conditions including hypertension
- Pain syndromes - arthritis, headaches and low back pain
- Auto-immune conditions - asthma, type II diabetes and multiple sclerosis
- Immune conditions - HIV and breast cancer
- Aging - balance

The ancient Yoga literature predicted that Yoga Asanas will create a mental and physical state of steady pleasantness. The Yoga Sutra is “sthiram sukham asanam.” Asana (seat or pose) is that which creates steady (sthiram) pleasantness (sukham). This would directly impact digestion by reducing sympathetic tone (fight or flight) and increasing parasympathetic tone (rest and digest – mainly conducted by the vagus nerve). Research shows that Yoga Asanas result in higher vagal tone, and autonomic and metabolic resilience, so settling the mind and body would naturally enhance digestive function.

Many specific asanas are predicted in the ancient literature (Hatha Yoga Pradipika) to enhance digestion directly. For example Bhujang Asana (cobra) is said to enhance the digestive fire (Agni) and thus help remove all diseases. Most of the asanas, by bending or twisting the abdomen, gently massage the digestive organs. This enhances blood flow, helps remove blockages and impurities, and opens channels of circulation and communication.

In the Maharishi Yoga Asana course, the flow of attention of the practitioner enhances the effects. When the attention is naturally allowed to go to the area of the body that is getting stretched, this enlivens the ‘inner intelligence of the body,’ and stimulates circulation, communication and blood flow. Attention also stimulates the autonomic nervous system and the local neurohormones and neuropeptides which mediate the subjective experience of pleasantness or well-being. Increased nitric oxide production and reduced oxidative stress are potential mechanisms in the relationship between yoga and well-being.



Bhujang Asana – Cobra Pose

When the abdominal organs are gently massaged, compressed or twisted, the flow of attention will likely be toward these organs, as well as the surrounding muscles and tissues.

From the perspective of Ayurveda, the ancient Vedic system of health, there are additional descriptions of how Yoga Asanas may affect digestion and metabolism. Vaidya Manohar Palakurthi, Professor of AyurVeda at Maharishi University of Management, describes these mechanisms:

*“Among the three controlling principles of physiology the one giving structure, cohesion and lubrication is called Kapha. Nourishing is the main nature of Kapha – giving strength. All the asanas help keep channels clear, shroto shuddhi. If the channels are clear then nourishment goes through the channels. Asanas are Vedic postures. They mainly bring integration of mind and*

body, but wherever blockage is found in the srotas or channels, wherever the gates, Asana opens those gates, from micro to macro. This provides a great entry for Kapha. Kapha can move beautifully through the srotas. We see great lubrication, nourishment, glow, youthfulness, nourishment of the nervous system and brain - all these qualities flowing through this Yoga."

Another controlling principle – Pitta – is the heat, digestion and metabolism principle of the body. And the digestive aspect of Pitta is the main digestive fire in the duodenum, called Agni.

### Vaidya Manohar further explains:

"Digestion and metabolism are sustained by balanced Agni. Asanas influence transformation of Agni. Quality of transformation. There is a technique to be learned - Loss of effort and dawn of unboundedness, Infinite intelligence, has excellent transformation. Effort has only limited intelligence. When we practice Asana the instruction is 'through relaxation of effort, the dawn of unboundedness.' Once we gently move into a posture, we settle and innocently allow the attention to go the area of stretch. The stretch is replaced by pleasantness. The pleasantness spreads, and this is the 'Dawn of unboundedness.' No effort is required."

"An innocent human being is a Divine human being. Innocence, no effort. Divinity is his nature. A person with mastery of this is a Yogi. One has to experience how to practice this. In asanas, thinking, speaking, acting, eating. Everything. No effort. In eating, we often exert a big effort - what to eat, selecting and quantity and drinking – this is limited intelligence. Going innocently with grace to the meal. Whatever you see, experiencing that bliss, no negativity, brings unbounded experience, infinite intelligence; completes balanced nutrition. Every principle in this course is to be applied to the whole life: routine, thought, speech and action. These are principles of Yoga from Patanjali."

### 16-Lesson Maharishi Yoga Asana Course

The first class of Maharishi Yoga Asana Teacher Training Course concluded this October and soon the 16-lesson Maharishi Yoga Asana course will be available live in the TM centers, under the personal guidance of these new experts. Please take advantage of this rare opportunity.

### References:

Appl Psychophysiol Biofeedback. 2016 Dec;41(4):381-393.  
Adv Mind Body Med. 2008 Fall;23(3):10-8.

## Cultured Ghee - Traditional Ghee Recipe

### Ingredients:

- 1 litre = about 1 quart of sweet cream
- 50 gr = about 2 tablespoons of yoghurt
- 500 ml = 2 cups of chilled water



### Procedure:

1. Boil cream and let it cool till it has reached body temperature. (Boiling the cream will make it lighter).
2. Add 50g of yoghurt (about 2 tablespoons) and stir.
3. Keep the yogurt/cream mixture covered for 8+ hours at room temperature at about 25 degrees celsius = 77 degrees Fahrenheit.  
(Tip: put it in oven and turn the oven light on – this creates the right warmth).
4. Put yoghurt/cream mixture into blender and churn until curds form.  
Remove liquid - it makes delicious buttermilk which you can drink.
5. Wash the Ghee: Add 1 glass of chilled water from the fridge and blend. Remove liquid. Keep blending and pour out water until water is clear.
6. Boil butter on low heat until all water is evaporated.
7. Strain Ghee through a sieve into a glass container.

**Note:** The sourness in the cream, due to fermentation, will create heat and increase the digestive fire. Ghee will last one month.

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# Upcoming Courses

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7 November - 28 November MERU Holland

This advanced course is for trained Maharishi Light Therapy with Gems (MLG) practitioners to strengthen their knowledge and expand the range of applications of MLG.

This will allow them to most effectively support the creation of perfect health for the individual – the basis of full enlightenment, an ideal society, and peace on earth. During the course, the most highly successful Maharishi Light Therapy with Gems practitioners will be invited to give their experiences and share publicity materials.

Course leaders: Joachim and Iris Roller, who developed Maharishi Light Therapy with Gems under Maharishi's guidance.

For more information and how to apply please go to: [www.MERUcourses.com](http://www.MERUcourses.com)

### Note:

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## Online Courses

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The 66 hour online course **Maharishi AyurVeda Training Program for Health Professionals** offered by the Institute of Integrative Ayurveda Medical Education USA is now available online. This clinical certificate training program is designed for physicians and other licensed health professionals who want to incorporate Ayurvedic medicine into their practices.

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**See page 14 for more details**

### Wellness Consultant Online Training Program

This 55-hour certificate training program is designed for Yoga Teachers, Health Coaches, Ayurveda Consultants and those who wish to be trained as Ayurveda Wellness Educators. It covers similar material that is included in the Training Program for Health Professionals and is offered by the Institute of Integrative Ayurveda Medical Education USA and is now available online.

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### PROGRAM DIRECTORS

Stuart Rothenberg, MD, FAAFP  
Nancy Lonsdorf, MD, ABIHM

[www.integrative-ayurveda.org](http://www.integrative-ayurveda.org)

This online course is composed of 66-hours of videos and over 600 pages of supporting printed material including all the forms needed to do an Ayurveda consultation practice.

The course is taught by two of the most experienced Maharishi AyurVeda trained Medical Doctors in the world – Stuart Rothenberg, MD and Nancy Lonsdorf, MD.

Drs. Rothenberg and Lonsdorf have each practiced Maharishi AyurVeda for over 30 years and each has seen over 10,000 patients. In this course they integrate the profound knowledge of Maharishi AyurVeda with evidenced based medicine and modern clinical practice.

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(Curriculum and teaching materials with videos and charts will be provided.)

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