

IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi Ayur Veda Health Professionals Worldwide

AUTUMN 2021



Dear Colleagues,

Here is your personal copy of the 19th edition of the IMAVF NewsMagazine!

On many fronts, Ayurveda continues to gain governmental recognition as a valuable and effective medical modality.

Bangladesh and Dubai, UAE, are among the latest countries to accord Ayurveda official status and pave the way for wider adoption of Ayurvedic treatments.

In this issue, Dr Bruno Renzi continues his deep dive into the philosophical context of Ayurveda, including its relationship to other systems of Indian Philosophy.

You'll also find details about the new online course *Practical Applications of Maharishi AyurVeda* led by Dr Ernst Schrott.

We are excited to report that the London School of Hygiene & Tropical Medicine will work with the All India Institute of Ayurveda to study Ashwagandha's effects on helping people recover from long covid. Plus, you'll find summaries of peerreviewed studies on TM and its benefits in treating post-traumatic stress and in reducing teacher burnout.

Alma Mater Europaea University's Postgraduate course in Ayurveda has been resoundingly successful, and a second course is announced for April 2022. You are invited to participate in the live introductory webinar on November 18, 2021.

Many thanks to all members of the extended Maharishi AyurVeda family for your perseverance during this past year.

With warmest wishes for continued perfect health and success!

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 <u>click here to enroll (or renew!)</u>



International Ayurveda Congress

Roadmap for Globalization of Ayurveda Kathmandu, Nepal

Postponed to Autumn 2022

Table of Contents

Topic	Page
NEWS	
• Double-blind clinical trials in UK on 'Asl	hwagandha'
for COVID-19 recovery	2
• Dubai, United Arab Emirates: Ayurveda	included
in basic government health insurance	olan 3
 Bangladesh's National Health Policy 20 	21
incorporates Ayurveda	3
 How can we bring Ayurveda into the m 	ainstream? 4
 MIU Masters in Maharishi AyurVeda and 	
Integrative Medicine now in Italy	
 Professor Bruno Renzi addresses World 	Health
Congress in Prague	5
Knowledge	
 Ayurveda and its philosophical background 	ound,
Part Two	
Research	
• A new study demonstrates Transcende	ntal
Meditation provides significant reducti	
PTSD symptoms in veterans	
• Transcendental Meditation reduces tea	
burnout and improves resilience	8
Courses and Services	
• Introduction to the Postgraduate Progr	ramme
in Maharishi AyurVeda	
Practical Applications of Maharishi Ayu	
Series · Live Online	
IMAVF Affiliate Programme	12
= Pr. 1 1	







Double-blind clinical trials in UK on 'Ashwagandha' for COVID-19 recovery

First-ever collaboration between AYUSH Ministry and UK university researchers

In July, the Indian Government's AYUSH Ministry All India Institute of Ayurveda, in collaboration with the United Kingdom's London School of Hygiene and Tropical Medicine agreed to conduct a formal study on Ashwagandha for promoting recovery from Covid-19.

The double-blind clinical trials will be conducted on 2,000 people in three UK cities, Leicester, Birmingham, and London (Southall and Wembley). "For three months, one group of 1,000 participants will be administered Ashwagandha tablets while the second group of 1,000 participants will be assigned a placebo, which is indistinguishable from Ashwaghanda in looks and taste. Both patients and the doctors will be unaware of the group's treatment in a double-blind trial" explained Dr Tanuja Manoj Nesari, AHA director, who is also a co-investigator in the project along with Dr Rajgopalan. Dr Sanjay Kinra of LSHTM is the principal investigator of the study.

This is the first time the AYUSH Ministry has collaborated with a foreign institution to investigate the efficacy of Ashwagandha on Covid-19 patients. Ashwagandha (Withania Somnifera), commonly known as 'Indian winter cherry,' is a traditional Ayurvedic herb known to boost energy, reduce stress, and strengthen the immune system. It is an easily accessible, over-the-counter nutritional supplement in the UK and has a proven safety profile, and positive effects have already been observed In Covid-19 patients.

The successful completion of the trial can be a major breakthrough and give scientific validity to India's traditional medicinal system.

Read more at:

<u>www.latestly.com/lifestyle/health-wellness/india-uk-to-conduct-clinical-trials-on-ashwagandha-for-covid-19-recovery-2696428.html</u>



(Photo Credits: Wikimedia Commons)



RESTORE YOUR HEALTH WITH



Maharishi Vedic Sound Technology*

Healing sessions in the comfort of your own home

By exposing the physiology to specific frequencies of Vedic Sound it is able to fully enliven its repair mechanisms.

Maharishi Vedic Sound Technology treatments are available for a wide range of health disorders including:

- Musculoskeletal disorders such as arthritis and back problems
- Gastrointestinal, cardiovascular, endocrine disorders
- Mental problems, such as anxiety, depression and insomnia etc
- View the complete list of disorders or book your healing session at: www.VedicSound.org

Specific Vedic Sounds match the vibrational quality of a particular area of the physiology to enliven its repair mechanism and help restore the original orderly pattern.

The Maharishi Vedic Sound Technology programme is not intended as a replacement for any medical care that might be necessary. Individuals who inquire about the programme are advised to follow the recommendations of his or her physician. In case of improvement of the condition, patients are further advised to consult with their doctors before reducing, changing or discontinuing any treatment they are receiving.

* BASED ON THE DISCOVERY OF PROF. TONY NADER MD, PHD • WWW.VEDICSOUND.ORG

Dubai, United Arab Emirates: Ayurveda now included in basic government health insurance plan

The Dubai Health Authority announced that effective in September, Ayurveda, Homeopathy and Acupuncture will now be accepted by the basic health insurance plan. In Dubai, Ayurveda is now as inexpensive as in India.

According to the revised plan, basic health cover in Dubai will now include mental health and psychiatry, Ayurveda and homeopathy, which were so far not covered in the basic insurance coverage for low-income workers.

Dr V L Shyam, Medical Director at Dr Shyam's Ayurveda Center in Dubai, said: "Ayurveda shouldn't be a treatment option only for the elite or limited to the expensive scheme. The 5,000-year-old wisdom should reach humanity without geographical and economical limitations and this move promises that."



He explained "It is not just the consumers who will benefit from the inclusion of alternative medicine in basic insurance plan. It is also an added advantage for the system of medicine and the healthcare delivery system in the UAE as it will offer a natural cost-effective approach that all can avail of irrespective of their salary bracket. Ayurveda clinics can now expect more outpatients and it will help the system to cater in the primary care level."

Read more here:

www.khaleejtimes.com/news/uae-health/dubai-mental-health-ayurveda-and-homeopathy-now-part-of-basic-insurance-plan-says-dha

Bangladesh's National Health Policy 2021 incorporates Ayurveda

On August 14, the High Court ruled that alternative medical therapies such as Ayurveda should be integrated into the country's public healthcare system.

To implement this, the court recommended the formation of a separate ministry to oversee alternative treatment methods. This ministry would be charged with ensuring quality in alternative medicine education by granting official recognition to qualified educational institutions and certificate programmes.



The 71-page ruling specified: "Therefore, one of the responsibilities of the government is to prepare the necessary legal framework for becoming an alternative or conventional physician."

For more details, click here.

www.bdnews24.com/health/2021/08/14/hc-recommends-separate-ministry-for-alternative-medicines





The Confederation of Indian Industry reaches out to the International Maharishi AyurVeda Foundation (IMAVF)

"How can we bring Ayurveda into the mainstream?"

The Confederation of Indian Industry (CII) in collaboration with the Ministry of AYUSH, Government of India, held the 5th CII Global Conference on AYUSH on 5th August 2021 and invited Lothar Pirc, Board Member of the International Maharishi AyurVeda Foundation (IMAVF) to offer suggestions on how to introduce Ayurveda to other countries and make it more mainstream.

Mr Pirc's presentation at the Plenary Session on Ayurveda Services (Medical): *Building Scale and Relevance as a Mainstream System of Healthcare* inspired the attendees with an overview of the worldwide activities of Maharishi AyurVeda, including its many training and public educational programs, numerous clinics and research studies.

In his talk, he highlighted key observations on the international status of Ayurveda and made practical recommendations:

1. China's investment in the promotion and research of Traditional Chinese Medicine (TCM) began over 50 years ago. As a result, in Germany, 18.000 MDS practice Chinese medicine, while only a few hundred practice Ayurveda. Mr Pirc recommended the development of a Marketing Strategy for Indian Embassies around the world to conduct lobbying efforts to promote Ayurveda by organising press activities and conferences for health professionals, Government officials and

- health insurance decision-makers. In addition, he underscored the importance of supporting local Ayurvedic practitioners.
- **2.** There is already a large volume of research available on Ayurveda; reviewing the best studies and publicising them, along with funding new evidence-based research in the USA and Europe at top Universities, would help promote the legitimacy of Ayurveda.
- **3.** Upgrading and standardising the training of Vaidyas by creating training courses or certifications that would be recognised in the West is essential for a broad acceptance of Ayurveda.
- **4.** Participating in World Health Organisation (WHO) annual assemblies, contacting government health ministers, presenting research and lectures by expert Vaidyas, and even offering them pulse diagnosis, will help increase the visibility and recognition of Ayurveda as a valid alternative health care modality at top levels of government.
- **5.** Setting the highest quality standards for Ayurvedic products and herbs and encouraging the adoption of industry standards will help ensure that only the best products enter the market.

Watch Lothar Pirc's presentation here: https://vimeo.com/584798161







MIU Masters in Maharishi AyurVeda and Integrative Medicine now in Italy

MCPHI, MIU and IMAVF collaborate to inaugurate the graduate programme

On the 6th of September, the MIU Masters in Maharishi AyurVeda and Integrative Medicine was offered online for the first time in Italy at **Ayurveda-practitioner.it**.

The Co-Directors of the Maharishi College of Perfect Health International (MCPHI), Professor Bruno Renzi, and Dottoressa Lorenza Garghetti, in collaboration with MIU and the IMAVF, inaugurated this programme to offer a high standard of training in Maharishi AyurVeda in Italy.

This Graduate programme is officially recognised by the Higher Learning Commission of the USA and is aimed at doctors, dentists, pharmacists and health practitioners. Details on the programme are available at **Ayurveda-practitioner.it**.

Professor Bruno Renzi addresses World Health Congress in Prague

Professor Bruno Renzi of Italy, Co-Director of Maharishi College of Perfect Health International and Co-director of the Maharishi AyurVeda Health & Prevention Centre in Milan, presented a talk on "Maharishi AyurVeda Integrated Medicine - A Preventative Integrated Approach to Covid-19" on 12 September 2021, in Prague, Czech Republic.

This second World Health Congress included presentations from world leaders in traditional, complementary and integrative

medicine. In addition to Professor Renzi's presentation on behalf of IMAVF and Maharishi AyurVeda, representatives from the European Ayurveda Association, the EuropeAyurvedaAcademy, the British Ayurvedic Medical Council and the Institute for Traditional, Complementary and Integrative Medicine gave presentations. The proceedings of the entire congress will be available online until mid-December at www.whc2021prague.com







KNOWLEDGE

Ayurveda and its philosophical background, Part Two

A deep dive into Ayurveda's integral connection with Vedic Science



Prof Dr Bruno Renzi, Psychiatrist and Director of Maharishi College of Perfect Health International and Co-director of the Maharishi AyurVeda Health & Prevention Centre in Milan, Italy, has contributed another chapter in his exploration of Ayurveda's profound interrelationship with Vedic Science and Philosophy.

Here are just a few highlights of Dr Renzi's insights:

"Ayurveda is the science of life and, within it, the concept of life (Ayus) and the definition of health (Svasta) refer to a panoramic vision that includes the psychophysical balance as well as the spiritual dimension of existence. Within this discipline, life is conceived as the dynamic integration of soul, mind and body: an individual is in good health, when they fully enjoy the harmonious integration of all these elements."

"Ayurveda does not actually consider perfect health as the aim but as a means. Charaka says that: 'Health is the supreme foundation of Dharma, Artha, Kama and Mokṣa.'"

"Dharma is the ethical striving for the purpose of our lives, while Artha is richness in the sense of accomplishing those economic opportunities that allow us to fully satisfy our needs; Kama is the achievement of pleasure as a result of satisfying our needs and, lastly, Mokṣa is spiritual liberation."

"In Ayurveda, there is a deep correlation between the concept of Dravya (substance) and that of Guṇa (qualities), so that the two principles are considered essential: the term Guṇa refers to what resides within a substance and characterises it in an intrinsic manner; it is, moreover, the quality from which every characteristic of the substance derives and is in itself inactive.

Ayurveda identifies three groups of Gunas: Vaiśeşika Guṇa, Sāmānya Guṇa and Atma Guṇa. In the classification of the Sāmānya Guṇa, the first twenty Guṇas are those that have an overriding importance in the physical, pharmacological and

application aspects of Ayurvedic medicine; the remaining ten provide the doctor with information on the success of the treatment. The reclassification proposed by Ayurveda has added qualities that characterise consciousness (Atma Guṇa), which we will consider in detail in a later article."

VAIŚEŞIKA GUŅA

Śabda (sound), Sparśa (touch), Rūpa (form), Rasā (viscosity, flavour), Gandha (smell).

SĀMĀNYA GUŅA

Laghu (light, minute), Sita (cold), Snigdha (oily), Manda (slow), Sthira (solid, stable), Mrdu (soft), Vishada (tender, not slimy), Slaksna (smooth), Sthula (large), Guru (heavy), Usna (hot), Ruksa (rough), Tiksna (acidic, acute), Sāra (fluid), Kathina (rigid), Picchila (slimy), Khara (active), Suksma (fine), Sandra (dense), Para (different), Yukti (union, application), Samyoga (compound, combination), Pythakatva, Samskara (purification), Drava (liquid), Apara (delay, decrease), Samkhyā (connect), Vibhāga (disconnect, section), Parimāṇa (measure), Abhyāsa (repeat, duplicate).

ATMA GUNA

Buddhi (intellect, perception), Icchā (desire), Dveṣa (avversion, hate), Sukha (pleasure), Duḥkha (sufferance, pain), Prayatna (activities, active projection).

The full article can be found here.

www.imavf.org//wp-content/uploads/pdf/Ayurveda and Its Philosophical Background Part 2.pdf







RESEARCH

A new study demonstrates Transcendental Meditation® provides significant reduction in PTSD symptoms in veterans.

A research study published in March 2021 in the *Journal of Traumatic Stress* showed that veterans with PTSD who practised the TM technique showed significant reductions in the severity of PTSD symptoms. A full fifty per cent of the meditating veterans no longer met diagnostic criteria for PTSD after 12 weeks, compared to only 10 per cent of controls who showed such improvement. Symptoms of depression, anxiety and sleep difficulties were also significantly reduced.

"Transcendental Meditation is a non-trauma-focused, easy-to-learn technique that was found in this study to improve PTSD symptoms, likely through the experience of physical rest," said Mayer Bellehsen, PhD, director of the Unified Behavioral Health Center for Military Veterans and their Families, Northwell Health, and study principal investigator.

"In contrast to commonly administered therapies for PTSD that are trauma-focused and based on a patient's recall of past traumatic experiences, this intervention does not require extensive review of traumatic history, which some individuals find difficult to engage in. This intervention may therefore be more tolerable for some individuals struggling with PTSD", Bellehsen concluded.

The randomised controlled trial was conducted at Northwell Health in Bay Shore, New York, USA. Forty veterans with documented PTSD were assigned to either the Transcendental Meditation (TM) group or to the treatment-as-usual control group. The TM treatment provided 16 sessions over 12 weeks, with twice-a-day daily home practice. PTSD symptom severity was assessed with the Clinician-Administered PTSD Scale for DSM-5 (CAPS-5), and patient self-report with the PTSD Checklist for DSM-5 (PCL-5).

"This trial corroborates the findings of a <u>large clinical trial</u> <u>published in The Lancet Psychiatry in 2018</u>. The current study further supports the effectiveness of Transcendental Meditation as a first-line treatment for PTSD in veterans. The availability

of an additional evidence-based therapy will benefit veterans, both by offering them a greater range of options and by serving as an alternative treatment strategy for those who don't want to engage in trauma-focused treatment or who aren't responding to a previous PTSD intervention" added Sanford Nidich, EdD, Study Co-Investigator and Director of the Center for Social-Emotional Health at Maharishi International University, Fairfield, Iowa, USA.

Transcendental Meditation holds significant promise as a low-cost, effective treatment for PTSD and may also improve associated factors, such as depressive and anxiety symptoms and sleep problems. Future larger, multisite trials would further the application of the present findings. Additional studies on specific subgroups such as female veterans, veterans with comorbid depression, or veterans with traumatic brain injury may provide additional information on the value of TM practice within these groups.

Click here to read the complete research paper: www.pubmed.ncbi.nlm.nih.gov/33734493/



Reference:

A Pilot Randomized Controlled Trial of Transcendental Meditation as Treatment for Posttraumatic Stress Disorder in Veterans

Mayer Bellehsen, The Unified Behavioral Health Center for Military Veterans and their Families, Northwell Health, Bay Shore, NY, USA; Valentina Stoycheva, Center for Traumatic Stress Resilience and Recovery, Northwell Health, Glen Oaks, NY, USA; Barry H. Cohen, Department of Applied Psychology, Steinhardt School of Culture Education and Human Development, New York University, New York, NY, USA; Sanford Nidich, Center for Social-Emotional Health, Maharishi International University Research Institute, Fairfield, Iowa, USA







A new study shows Transcendental Meditation® reduces teacher burnout and improves resilience.

Teachers who participated in a teacher development programme in San Francisco, California, USA, who utilised the Transcendental Meditation technique for four months showed significant improvements in measures of mental, physical, and emotional health. Specific benefits included reductions in emotional exhaustion (the leading factor in burnout), perceived stress, fatigue, depression and an increase in resilience, according to a new randomised controlled trial published in March in *Frontiers in Education*.

"This study demonstrates the benefits of meditation for strengthening teachers' mental and physical health," said Laurent Valosek, lead author of the study and executive director of the *Center for Wellness and Achievement in Education*.

These findings are consistent with past research on TM showing benefits related to stress reduction and emotional health. This was the first study to investigate the effects of a meditation-based teacher development programme on burnout and resilience, two key factors associated with overall mental health. "Teachers are under high levels of stress as they are asked every day to support their students' learning amidst numerous challenges. School districts are looking to give their teachers tools for reducing fatigue and emotional exhaustion to support a more effective, sustainable teaching experience and better student outcomes."

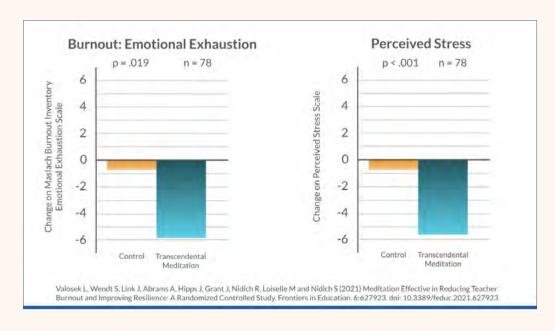
Burnout includes emotional exhaustion, depersonalisation, and a reduced sense of personal accomplishment. Signs of teacher burnout include absenteeism from work, impatience with students and colleagues, lack of commitment, poor job performance, and turnover.

It is no surprise that recent research has begun to show a direct link between teacher stress and the levels of stress in their students. Middle school students in British Columbia showed significant increases in blood cortisol levels linked to their teacher's level of burnout.

Teacher burnout is also associated with reduced student academic performance due to decreased commitment to students, less preparation, and absenteeism. Teacher absenteeism brings results in students learning from less qualified substitute teachers and eventually results in higher teacher turnover.

This most recent research on the benefits of meditation suggests that a meditation-based teacher development programme could promote emotional wellness and health in teachers, with the ripple effect of building a healthier emotional climate at school, which is associated with positive student learning.

Click here to read the complete research paper: www.frontiersin.org/articles/10.3389/feduc.2021.627923/full



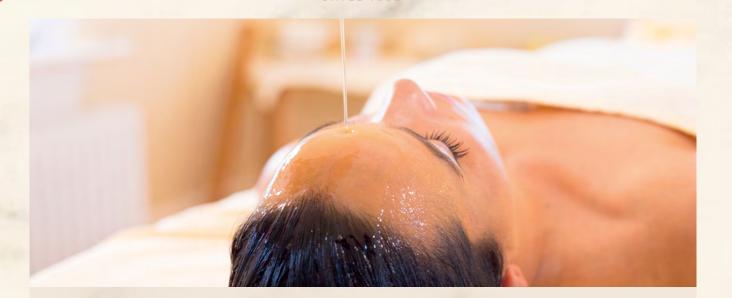
This graph shows significant reductions in emotional exhaustion and perceived stress for teachers practicing TM compared to controls over a four month period.© Center for Wellness and Achievement in Education.

Reference: Valosek L, Wendt S, Link J, Abrams A, Hipps J, Grant J, Nidich R, Loiselle M and Nidich S (2021) Meditation Effective in Reducing Teacher Burnout and Improving Resilience: A Randomized Controlled Study. Front. Educ. 6:627923. doi: 10.3389/feduc.2021.627923









Technician Training at the Maharishi Ayurveda Health Centre, Bad Ems

The Maharishi Ayur Veda Health Clinic in Bad Ems, Germany is offering training and employment as a Maharishi Ayur Veda Panchakarma technician.

"Being an Ayurveda Therapist gives me the opportunity to work in a spiritual environment that allows me to develop myself as a whole: spirit, body and mind." S.B.

Providing wonderful Ayurveda massages in silence allows the technician's mind to transcend while focusing on their work. As part of a coherent team of Meditators and Sidhas, technicians enjoy delicious subsidized ayurvedic lunches, group meditations in the in the refined atmosphere of the MAV Health Clinic, and the natural beauty that surrounds Bad Ems.

Please click here for details concerning the training and work program in the MAV Health Centre:

www.ayurveda-badems.com/the-centre/job-openings/





COURSES AND SERVICES

Introduction to the Postgraduate Programme in Maharishi AyurVeda

Webinar scheduled on Thursday, November 18



On Thursday, November 18 2021, at 7 pm CET, Dr Gordana Marković, Director of the programme, will give a 30-minute presentation on the "Postgraduate Programme in Maharishi AyurVeda for Medical Professionals at the Alma Mater Europaea University."

Based on the success of the first Postgraduate Certificate



Dr Gordana Marković

Programme in Ayurveda held over the past year, a second programme will be offered beginning April 2, 2022.

Dr Marković will present a preview of the syllabus and benefits of this programme and take questions during the live webinar, which will include the following topics:

- The basic principles of prevention and treatment
- How the new knowledge and skills of Maharishi AyurVeda can benefit your career as a health professional
- Pulse diagnosis Nadi Vigyan
- Protocols for common diseases
- Herbal treatment and Aromatherapy
- Tissues (Dhatus) and channels (Shrotas)

To participate in the live webinar please register here:

www.mgcwp.zoom.us/meeting/register/tJYtdqopzlrEt2S2BS6PGduJFcmaNBfBcrU

The first class of students from 9 countries and 3 continents will be completing their studies soon.

The next Post-Graduate Programme in Ayurveda is planned for April 2022, at Alma Mater University Maribor, Slovenia. If you are interested in more details, please click this link www.imavf.org/professional-training-2022/ and leave your full name, country of residence, email, and phone number in the form.

We publish the IMAVF Newsletter three times a year; please send in your news to editor@Imavf.org.







COURSES AND SERVICES

Practical Applications of *Maharishi AyurVeda Series*Live Online • 14 October to 23 December 2021

Consciousness-Based Modalities for Perfect Health and Enlightenment

Join Maharishi AyurVeda expert Dr Ernst Schrott, MD for an insightful series of weekend workshops on different modalities of Maharishi AyurVeda. Everything you learn in this practical series will be easily implementable, allowing you to effortlessly enhance your lifestyle and wellness.

This online course will be held on weekends, and the recordings will be available for three months.

It is open for everyone practising the TM technique. Practitioners of any of the five modalities of Maharishi AyurVeda will also find it valuable as a model for presenting the full range of MAV to newcomers.

The seminar series will be taught by Dr Ernst Schrott, MD, one of the most renowned Ayurveda specialists in Germany and Europe. He is Vice-President of the German Society of Ayurveda, Head of the German Academy of Ayurveda, and has written numerous bestsellers on Ayurveda.

The course will be taught in English, with Spanish and French translations available.

Course details, including schedule and fees, are being finalised.

Please click below to sign up for updates and application details!

www.meru.international/sign-up-info-on-upcoming-courses-wpam id25/



Dr Ernst Schrott, MD







ENJOY ON-GOING KNOWLEDGE & ON-GOING SUPPORT



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

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

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

KNOWLEDGE BENEFITS

- Free subscription to our regular NewsMagazine and news bulletins keep up with all the inspiring news about Maharishi AyurVeda from around the world, and in all the disciplines.
- Access to Affiliate-Only downloads, recorded webinars and presentations.
- Access to our online Professional Forums in the 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!

SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 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.*







IMAVF – NEWSLETTER EDITORIAL

Editorial Board:

Dr Rainer Picha, Dr Walter Mölk, Lothar Pirc, Dr Girish Momaya, Dr Kingsley Brooks, Dr John Fagan, Prof Dr Subhash Ranade, Prof Dr Bruno Renzi

Editor:

Thomas C. Selleck

Managing Editor: Silvia Hawkins

Contributing Editors: **Prof Dr Bruno Renzi**

NewsMagazine Designer: Hans-Jürgen Metz, Monika Schwarz

Webmaster: Rolf Gründler

Send Us Your News - and Your Ideas!

- Which topics or issues would you like us to report on?
- What results, news, discoveries or successes would you like to share?
- Share your news with other MAV professionals.
- We are eager to hear your suggestions for new articles or columns.

Just email your news and ideas to: editor@imavf.org



The IMAVF NewsMagazine is published three times a year. **IMAVF, Station 24, 6063 NP Vlodrop, The Netherlands.**

Send address changes to: editor@imavf.org





