



IMAVF NewsMagazine

International Maharishi AyurVeda Foundation (IMAVF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

SPRING 2022



Dr med. Rainer Picha
IMAVF Chairman of the Board

Dear Colleagues,

Welcome to the 20th edition of the IMAVF NewsMagazine!

International news from the World Health Organisation is a "green light" for greater worldwide acceptance of Ayurveda: The *WHO Benchmarks for the Practice of Ayurveda* has just been published!

India's Health Ministry's AYUSH has accredited several MERU courses on Ayurveda, which is a major step for the recognition of consciousness-based Ayurveda.

Other news includes Nepal's Prime Minister praise of Ayurveda, Australia's Western Sydney University establishment of a new academic chair in Ayurvedic medicine and the publication of numerous research studies.

We are delighted to report on the opening of the *soma* Maharishi AyurVeda Health Centre in Austria, the start of the second Postgraduate Certificate in Ayurveda programme at Alma Mater Europaea in April. In this edition you'll also find details on opportunities for deepening knowledge, including a new Veda Herbs course, and for the first time, a Maharishi Yoga Āsana Master Class will be offered.

This issue features a preview of the fascinating work Prof. Dr Bruno Renzi is doing on the philosophical context of Ayurveda, including its relationship to the six systems of Indian Philosophy.

Despite the many challenges of the past year, Maharishi AyurVeda continues to gain greater recognition and success worldwide, thanks to the dedication of everyone in our extended family of practitioners.

With warmest wishes,

Dr med. Rainer Picha
IMAVF Chairman of the Board

P.S. Please invite your colleagues to join IMAVF – and if you are not yet an IMAVF affiliate yourself, please [click here to enroll \(or renew!\)](#)

Next Postgraduate Programme in Maharishi AyurVeda begins 2 April

Alma Mater Europaea University offers first study block online

Based on the success of the first Postgraduate Certificate Programme in Ayurveda held over the past year, the second programme will begin 2 April 2022 with 14 new students.

This unique professional programme is open to students with training in medical or health science or related experience in the health care field.

To read the full article, click [here](#).

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Nepalese Prime Minister praises Ayurveda and Yoga

“The entire world has accepted Ayurvedic medicine which is beneficial to human life”

In Kathmandu, Nepal, this past November, Nepal Prime Minister Sher Bahadur Deuba praised the role played by Yoga and Ayurveda in addressing the health issues of people across the globe. He declared that the entire world has accepted the ancient Indian medicinal system as it is free of side effects.

He pledged to support the promotion of Yoga and Ayurveda in Nepal on the occasion of the inauguration of Patanjali Sewa Sadan, a kind of rest house for Yoga teachers.

The Prime Minister added “Yoga and meditation help to maintain an excellent healthy life, and people across the globe are these days pursuing yoga for sound physical and mental health.”



<https://thehimalayantimes.com/nepal/yoga-best-way-to-ensure-healthy-life-pm-deuba>

India’s AYUSH Ministry collaborates with Western Sydney University in Australia *New Academic Chair in Ayurvedic Medicine established*

Western Sydney University’s NICM Health Research Institute (NICM HRI) is Australia’s leader in integrative and complementary medicine research and policy. In September of 2021 Western Sydney University became the first Australian university to sign a memorandum of understanding (MoU) with the Indian Government’s Ministry of AYUSH to appoint an Academic Chair in Ayurvedic Medicine.

The academic chair’s research focus will include Ayurvedic herbal medicine, Yoga and meditation. The chair will also lead in the teaching, research and policy development related to Ayurveda – including the integration of scientifically validated Ayurveda medicine into conventional healthcare.

The virtual signing ceremony included AYUSH officials Professor Tanuja Nesari, Director, All India Institute of Ayurveda, Ministry of AYUSH, and Vaidya Rajesh Kotecha, Secretary from the Ministry of AYUSH, Government of India.

Professor Nesari said “We are delighted to progress further our partnership with Western Sydney University and our collaborative research endeavours. Prime Minister Narendra Modi said earlier this year at the Global Ayurveda Festival 2021, that ‘Ayurveda could rightly be identified as a holistic human science. The effect and power of Ayurveda and conventional medicine are tremendous, from the plants to your plate, from physical strength to mental wellbeing.’ Through such

international research initiatives, we aim to demonstrate how,” Professor Nesari concluded.

Western Sydney University Vice-Chancellor and President, Professor Barney Glover AO, said the new academic chair will elevate the existing research partnership between All India Institute of Ayurveda and Western Sydney University’s NICM Health Research Institute, and will have a significant impact on the scientific evaluation and internationalisation of Ayurvedic medicine.

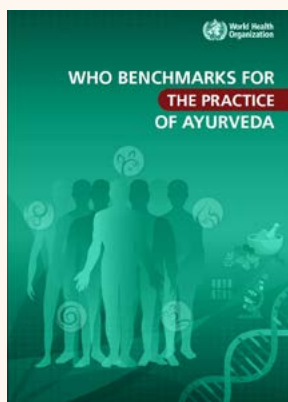
“The visiting AYUSH Academic Chair will provide leadership and work within the robust Australian regulatory framework to develop strategies to promote the translation and integration of evidenced-based Ayurveda medicine into conventional healthcare,” said Professor Glover. “We look forward to this partnership with the Ministry of AYUSH and strengthening the ties between Australia and India, our governments, researchers and industry.”

The chair will be based at Western Sydney University’s NICM Health Research Institute, located at on the Westmead campus with tenure for a period of three years.

The appointment of the chair is jointly funded by the Ministry of AYUSH and Western Sydney University and anticipated to commence early in 2022.

https://www.westernsydney.edu.au/nicm/news/new_academic_chair_to_be_appointed_for_research_into_ayurvedic_medicine

The World Health Organisation publishes *WHO Benchmarks for the Practice of Ayurveda*



Franz Rutz, Member of the International Maharishi AyurVeda community and President of the Swiss Ayurveda Umbrella Organization, helped draft the final version of this set of formal criteria for establishing the practice in Ayurveda in the WHO Member States.

Among other detailed technical guidelines, the document establishes requirements for quality assurance and regulation of Ayurveda practice, including the levels of training in Ayurveda, the different categories of Ayurveda health service providers, relevant requirements and considerations on the practice of the Ayurveda health interventions, health products and medical devices used in Ayurveda practice and the key elements for the safe practice of Ayurveda.

This represents a significant step in establishing recognised standards for Ayurveda and helps strengthen the evidence-based reputation of Ayurveda.

Beginning in 2019, Mr Rutz participated with a team of 49 experts from 22 countries to draft and finalise these guidelines by contributing the perspective from Maharishi AyurVeda of *Consciousness-Based Medicine*. He was instrumental in ensuring that the concept of consciousness was included as an essential aspect of effective holistic Ayurvedic assessments and treatments.

The final text included such language: "Clinical practice of Ayurveda is aimed at promotion and maintenance of health, prevention of diseases and treatment of diseases, with the eventual objective to sustain or restore the natural harmonious balance in the body-senses-mind-consciousness system."

The complete document is available for download at:
<https://www.who.int/publications/i/item/9789240042674>



Franz Rutz in November 2019 at the WHO meeting on benchmarks for the practice of Ayurveda

World Health Organisation & Government of India establish *Global Centre for Traditional Medicine*

The Government of India has approved the creation of a new *WHO Global Centre for Traditional Medicine* in Jamnagar, Gujarat, India. The Centre will provide leadership in applying traditional medicine to health issues and specifically to establish AYUSH healthcare protocols as effective modalities in addressing global health concerns.

In addition, the Centre will serve to:

- Ensure quality, safety and efficacy, accessibility and rational use of traditional medicine.
- Develop norms, standards and guidelines in relevant technical areas, tools and methodologies to collect data and assess the impact of traditional health protocols.

- Develop training programmes in residential, online distance-learning and through partnerships with the WHO Academy and other strategic partners.

The establishment of this Global Centre marks a significant step forward in the international recognition of Ayurveda and related traditional methodologies as valid and effective health programs.

For more information visit:

<https://pib.gov.in/PressReleasePage.aspx?PRID=1804289>

Several MERU Ayurveda Courses accredited by AYUSH at Sixth International Ayurveda Congress

“Bringing Ayurveda into the Mainstream”

On 23 November 2021, at Roermond, in The Netherlands, the Sixth International Ayurveda Congress presented a platform for all leading Ayurveda organizations in Europe and leaders in various fields of Ayurveda.

A highlight of the Congress was the announcement of the accreditation by AYUSH of several training programmes in Ayurveda offered by MERU. The accreditation was presented by the Guest of Honor, H.E. Dr Munjpara Mahendrabhai Kalubhai, Minister of State, Ministry of AYUSH, Government of India.

The Congress was held in the beautiful city of Roermond at the TheaterHotel *De Oranjerie*, a four-star hotel with international conference facilities.

The Congress had the honor of being addressed by H. E. Shri Pradeep Kumar Rawat, Ambassador of India to The Netherlands. Congress Moderator was Prof. Dr Sharda Nandram, Endowed professor at VU University, Amsterdam; Chair at the faculty of religion and theology, VU University, Amsterdam, and the inaugural congress address was presented by Dr med. Rainer Picha, Chairman, International Maharishi AyurVeda Foundation. Dr Tony Nader, MD, PhD, MARR, Patron of the Congress gave a presentation via video conference on *Ayurveda – Wholeness in Health*.

Distinguished presenters & Ayurveda experts from around the world included:

- Dr Anupam Srivastava, Director National Academy of Ayurveda, Ministry of AYUSH – *Quality initiatives for Ayurveda education and training*
- Dr Walter Moelk, Director, Stichting MERU and Maharishi College of Perfect Health International – *Ayurveda a foundation for Integrative Medicine*
- Prof. Dr Sumit Nathani, National Institute of Ayurveda, Jaipur, Ministry of AYUSH – *India's experience in mitigation of Covid-19: Ayush perspective*
- Dr Sachin Kumar, Assistant Advisor Ayurveda, Ministry of AYUSH – *An overview on major initiatives by Ministry of Ayush*
- Dr Joban Modha, Associate professor, Institute of Teaching and Research in Ayurveda (ITRA), Ministry of AYUSH, Jamnagar, Gujarat – *Initiative towards Standardization in AYUSH sector*
- Claudia Wagner, Managing Director, FIT Reisen Group – *Current Trends and Future in Ayurveda Tourism*



Dr Gordana Marković, PhD, Director, Social and Preventive Medicine Depart., Zemun Health Center, Serbia
Dr Sachin Kumar, Assistant Advisor Ayurveda, Ministry of AYUSH
Dr Anupam Srivastava, Director National Academy of Ayurveda, Ministry of AYUSH
H. E. Shri Pradeep Kumar Rawat, Ambassador of India to The Netherlands
Girish Momaya, Director, MERU The Netherlands
Dr Walter Mölk, Director IMAVF, MCPHI, Member of the Board of Directors, MERU, The Netherlands
Prof. Dr Sumit Nathani - National Institute of Ayurveda, Jaipur; Ministry of AYUSH
Franz Rutz, President, Swiss Ayurveda Umbrella Organization
Dr Joban Modha, Assoc Prof, ITRA-Institute of Teaching and Research in Ayurveda, ITRA, Jamnagar, Gujarat

- Franz Rutz, President, Swiss Ayurveda Umbrella Organization; Member and former Board member, Swiss regulatory body of alternative medicine; Former member of Cantonal Parliament, Switzerland
- Dr Simone Hunziker, Medical and Academic Director, Swiss Ayurvedic Medical Academy; President Indo-Swiss Ayurveda Foundation
- Gordana Markovic, MD, PhD, Member, State Expert Committee on Complementary Medicine, Ministry of Health of the Republic of Serbia; Director, Social and Preventive Medicine Department at the Zemun Health Center in Belgrade
- Dr Phil. Karin Pirc, Medical Director, Maharishi Ayurveda Health Centre, Bad Ems, Germany
- Dr Kiran Vyas, Founder and President, Tapovan Open University of Yoga and Ayurveda, Paris and Normandy, France
- Prof. Dr Madan Thangavelu, PhD, Cambridge, UK, General Secretary and Research Director, European Ayurveda Association; Genome Biologist at Cambridge University; International Advisory Board Member of AYU: International Quarterly Journal of Research in Ayurveda, Jamnagar, India
- Shantanu Banerji, Director, Maharishi AyurVeda Europe BV, The Netherlands

Watch the recordings of the conference sessions at:

<https://internationalayurvedacongress.com/roermond-2021/>

Bavaria's Minister of Health calls for closer cooperation between conventional medicine and evidence-based naturopathic treatments

"We need to focus more on naturopathic therapies and anchor them in university research, teaching and training."

Klaus Holetschek, Minister of Health, Bavaria, Germany



This summer, at the opening of the *International Congress on Naturopathic Treatment* in Bad Wörishofen, Bavaria, Germany, the Minister said "We have to more strongly integrate evidence-based naturopathy into medical care. In Bavaria, we need academic chairs for Integrative Health and Naturopathy. I have campaigned for such a chair at the medical faculty of the University of Augsburg. Research and teaching can make a crucial contribution to providing in-depth scientific knowledge on naturopathic practices and methods."

The Minister added "Chronic diseases will continue to increase in the coming years. And this is precisely where conventional medicine can reach its limits: in the treatment of diseases such as osteoarthritis, allergies, metabolic diseases, but also in the case of depression or chronic exhaustion. Here naturopathic treatments can be used successfully for the benefit of the patients."

Holetschek emphasised "One thing is clear, and I hear that again and again in my conversations: the need and demand for naturopathic treatments are great. Nevertheless, usually, only self-payers and those with private health insurance have access to the promising procedures. We have to change that. We need to make evidence-based naturopathy and complementary medicine accessible to everyone. They must become part of the statutory health insurance benefits catalogue."

The Minister explained "As Minister of Health, the crucial point is the best possible medical care for the citizens. We must therefore make even better use of the potential of evidence-based naturopathy in the future."



Prof Subhash Ranade & Dr Sunanda Ranade honoured on Shri Dhanvantari Day

Shri Dhanvantari Day was celebrated on November 2, 2021, at the Jupiter Ayurveda College and Tarini Medical hospital, India. During this occasion, Prof. Dr Subhash Ranade, board member of the International Maharishi AyurVeda Foundation, and his wife Dr Sunanda Ranade received several awards from the Presidents of different Ayurvedic Associations. Dr Subhash Waghe, Principal of the College, hosted the event, and Dr Vilas Mahatme, MP Rajyasabha, was the chief guest.

Lothar Pirc presentation featured at a webinar given by The Ayurveda Medical Association of India

On January 25, National Tourism Day 2022, Lothar Pirc, board member of the International Maharishi AyurVeda Foundation (IMAVF) and director of the Maharishi AyurVeda Health Centre Bad Ems, Germany, spoke to over a hundred doctors from Kerala, India, at a webinar on *Ayurveda Health Tourism – Possibilities & Limitations*, sponsored by The Ayurveda Medical Association of India (AMAI).

In his talk *Quality Management in an Ayurvedic Organization*, Mr Pirc outlined different levels of service quality and offered a special one-week course to doctors and Vaidyas in Kerala on the unique principles of Maharishi AyurVeda, including topics on Maharishi Vedic Science, Discovery of Veda in the Human Physiology and its application for good health, Maharishi Nadi Vigyan, Maharishi AyurVeda Products and Description of the seven steps of learning Transcendental Meditation.

New soma center in Austria combines Ayurvedic treatments with traditional thermal water therapies & leading-edge western medical care



"soma" The New Center for Maharishi AyurVeda and Holistic Medicine in Geboltskirchen, Austria opens its doors in March to offer panchakarma treatments, pulse diagnosis and European water spa treatments.

"We combine ancient knowledge with the newest technologies to provide our patients and guests with the best healing arts of both East and West," explains Dr med. Wolfgang Schachinger, general practitioner since 1983 and a pioneer of Ayurveda in Europe.

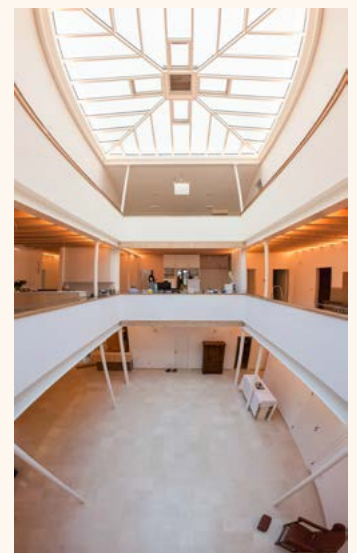
Thermal water from the *Dreikönigsquelle* ("Three King's Spring") in Haag in the *Hausruck* forest is used in *soma* for medicinal baths, water therapy and for the sustainable heating of the "green" clinic complex, which was built according to the principles of Vedic architecture by architect Herbert Schrattecker.

Regional, sustainable building materials such as wood from *Hausruck*, brick and glass were used, with organic wood furniture in the guest rooms. "In our center we do without

toxic and synthetic materials. These natural and sustainable principles contribute to the inner order and harmony of our patients and employees," explains Dr Schachinger. Guests enjoy woodland walks in the beauty of the *Hausruck* forest, the largest contiguous forest in Central Europe.

The *soma* center includes spacious treatment rooms for thermal baths, medicinal water and Ayurveda treatments, an Ayurveda shop, and a restaurant.

The center is truly a family affair: in the clinic, Dr Wolfgang Schachinger and his daughter Dr med. Valeria Schachinger offer patients modern micronutrient analyses and preventive medical check-ups in addition to Maharishi AyurVeda consultations. Wolfgang Schachinger's wife Gerda is managing director of the spa, responsible for the personal care of the spa guests, and daughters Jana and Sabrina Schachinger run the Ayurveda shop.



For more information visit: <https://www.somamed.at>

Ayurveda and its philosophical background, Part Three *Ayurveda in the light of the Six Systems of Indian Philosophy*



“Ayurveda is an extremely complex and profound system of medicine, so the use of investigative methods and deductive processes turned out to be particularly important for understanding the causes of imbalances that led to diseases as well as the course of pathological processes and the results thereof.”

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.

In his analysis, Professor Renzi reviews the many philosophical interconnections between Ayurveda and the six systems of Indian Philosophy: Sāṃkhya, Yoga, Nyāya, Vaiśeṣika, Mīmāṃsā and Vedānta. Here are a few gems from Dr Renzi's insights in this fascinating article:

“Sāṃkhya and Yoga are two complementary aspects of a unitary knowledge that synthesizes theory, practice, philosophy and religion; the Sāṃkhya relates a theoretical dimension, while Yoga deals with practical aspects that make up that practice that is essential for the achievement of the absolute.”

“The term Yoga and its implications are mentioned several times in the Charaka Saṃhitā. In defining Yoga, Charaka says: ‘Pleasure and pain are generated out of the interaction of the Self, the senses, the mind and the objects of the senses.’ When the mind is

firmly fixed in Ātman, as a result of inaction of the mind, sukha and duḥkha both cease to exist and the Ātman in its state of oneness becomes vase (acquires psychological powers) and this state is known as yoga. (C.S.IV 1,138-139).”

Regarding Nyāya: “The methods of dissertation or logical speculation, as well as the use of inductive and deductive processes represent a significant contribution that Ayurveda has incorporated from the Nyāya system.”

“Ayurveda has the merit of having brought certain metaphysical concepts, belonging to the Vaiśeṣika philosophical trend, within the sphere of practical usefulness, by including them within the organisation of certain basic psychological, physiological, biochemical and therapeutic principles and demonstrating that the importance of these concepts is not restricted to the merely metaphysical or philosophical field. Observation and knowledge is so profound that it recognises cellular units as the constituents of complex organisms and also the further composition of these, based on macromolecular complexes leads up to the intuition of atomic structures.”

Professor Renzi explains that the basic principles of Vedānta underlay the metaphysical thought of Charaka, while the approach of Mīmāṃsā can be found in other quotes from the texts.

“Ayurveda takes on board the Vedantic concept of Brāhman and the similarity between macrocosm and microcosm consisting of six substances; it does not highlight a two-tier approach, but considers a universal unitary dimension – a continuously dynamic self-referential oneness – and says that Man is responsible on his own behalf for his pleasures and pains. Liberation is achieved through knowledge of this oneness and the validity of the law of karma is confirmed within this oneness.”

The full article can be found at: https://www.imavf.org/wp-content/uploads/pdf/Ayurveda_and_Its_Philosophical_Background_Part_3.pdf

Next Postgraduate Programme in Maharishi AyurVeda begins 2 April

Based on the success of the first Postgraduate Certificate Programme in Ayurveda held over the past year, the second programme will be begin April 2, 2022.

This unique professional programme is open to students with training in medical or health science or related experience in the health care field.

The first eight days are normally held in residence at Alma Mater Europaea in Maribor, Slovenia, but this April the first block can

also be taken online. The subsequent study schedule will be approximately three months of online home study, alternated with eight days in-residence in Maribor, and will continue for the duration of the one-year course.

You can view an introductory webinar about this programme and download the prospectus here:
<https://www.imavf.org/professional-training/>

To learn how to apply, please visit: <https://en.almamater.si/-s420>.

Heal the Healers pilot study in hospitals published

TM reduced burnout for emergency medical staff during the Covid-19 pandemic



Despite the extreme stress of performing emergency medical care during the Covid-19 pandemic, doctors, nurses and physician's assistants successfully learned, practised and benefited from Transcendental Meditation as part of the *Heal the Healers* programme.

"The majority of subjects showed significant reductions in burnout as well as in related symptoms of depression, anxiety, stress and sleep disturbance," explained Dr Stuart Rothernberg, Medical Director of the programme. The study was led by Desiree R. Azizoddin, PsyD., a faculty member at Research Faculty at Brigham and Women's Hospital in Boston, Massachusetts, where the pilot study was conducted.

Heal the Healers: A pilot study evaluating the feasibility, acceptability, and exploratory efficacy of a Transcendental Meditation intervention for emergency clinicians during the coronavirus disease 2019 pandemic

Desiree R. Azizoddin PsyD; Noelia Kvaternik MS, PA-C; Meghan Beck BS; Guohai Zhou PhD; Mohammad Adrian Hasdianda MD, MSc; Natasha Jones EdM; Lily Johnsky BSc; Dana Im MD, MPP; Peter R. Chai MD, MMS; Edward W. Boyer MD, PhD

<https://onlinelibrary.wiley.com/doi/10.1002/emp2.12619>

Vaidya Manohar Palakurthi earns PhD at MIU for first diagnostic validation of Ayurvedic pulse assessment

Vaidya Manohar, a leader in Maharishi AyurVeda, was the main author on the first of its kind to systematically investigate the relationship between the clinical practice of Maharishi AyurVeda pulse assessment and traditional cardiovascular health measures. Together with co-authors Lee Fergusson, Sathya N. Dornala and Vaidya Manohar's thesis advisor, Robert H. Schneider, the study investigated the diagnostic validity of examining the pulse of patients using the technique of Maharishi Nādi-Vigyān compared to an objective measure of blood pressure and self-reports of other cardiovascular risk factors.

The findings showed diagnostic validity of 95% for hypertension by Maharishi Nādi-Vigyān compared to objectively measured hypertension. For elevated cholesterol, insomnia and psychological stress, the agreement was 76%.

Diagnostic Validity of Āyurvedic Pulse Assessment: Maharishi Nādi-Vigyān in Cardiovascular Health

Palakurthi, M., Fergusson, L., Dornala, S. N., Schneider, R. H.
Journal of Maharishi Vedic Research Institute, 17, 33-73, 2021

<https://editorialboardjournalofmaharishivedicresearchinstitute.academia.edu/research#papers>

MIU Faculty & PhD students complete studies on Ayurveda, Maharishi Vastu & TM

*Ayurvedic herbs — Maharishi Vastu health benefits —
The effects of TM for Blacks with high normal and normal blood pressure*

Meta-analysis of Ayurvedic herbs for cholesterol management

The first meta-analysis of Ayurvedic herbal preparations for cholesterol and prevention of heart disease. The lead author was Dr Dinesh Gyawali, advised by Dr Robert Schneider.

A Systematic Review and Meta-Analysis of Ayurvedic Herbal Preparations for Hypercholesterolemia

Gyawali D, Vohra R, Orme-Johnson D, Ramaratnam S, Schneider R.H. *Medicina (Kaunas)*. May 28;57(6):546, 2021

<https://www.mdpi.com/1648-9144/57/6/546>

Comparative review of cardiovascular benefits of TM and other meditation & Yoga practices

This is the first comparative review of TM and other meditation and yoga practices for prevention of cardiovascular disease.

Meditation in the Prevention and Treatment of Cardiovascular Disease: An Evidence-based Review

Marwaha K. and Schneider, R.H.

The Principles and Practice of Yoga in Cardiovascular Medicine, Basu-Ray et al. (ed), Springer Nature Publishing (in press).

<https://www.springer.com/us/book/9789811669125>

Controlled study on TM & prevention of hypertension in Blacks

This is the first clinical trial to use TM as a method of stress reduction to treat high normal BP in Black adults and was funded by the US National Institute of Health (NIH).

Preventing Hypertension in Blacks: A Randomized Controlled Trial of Meditation and Health Education in Black Adults with High Normal and Normal BP

Schneider R.H., Grim CE., Kotchen T., Marwaha K., Kotchen J., Salerno J.W., Alexander C.N.

American Journal of Preventive Cardiology (Oct 2021)

<https://www.sciencedirect.com/science/article/pii/S2666667721001343>

First comprehensive review of the science of Vastu for health

A Review of Theory and Research on a Traditional System of Healthy Architecture and Health: The Impact of Maharishi Vastu Architecture
Lipman J., Fergusson L., Bonshek A., Orme-Johnson D.W., Schneider R.H. *Global Advances in Health and Medicine* (provisionally accepted)

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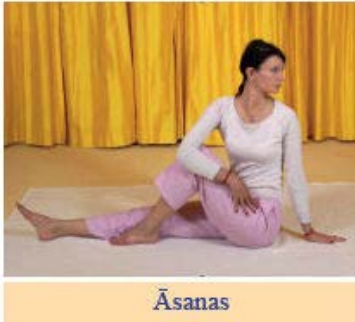
IMAVF is here to serve you – and to help you spread the news of your successes.

Maybe you have a published paper or article, a success story, a testimonial from one of your clients, or even a practical tip about running your practice that you would like to share with your colleagues.

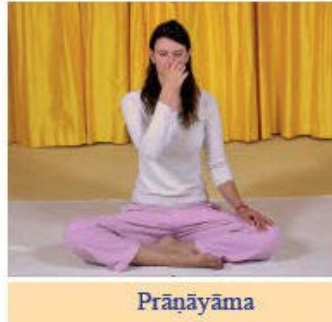
Send your news to editor@imavf.org with “news” in the subject line. Thank you!

Maharishi Yoga Āsana MasterClass

Advanced course on the practice of Maharishi Yoga Āsanās started on 1 March with 36 participants from 16 countries



Āsanās



Prāṇāyāma

*“Time spent on Āsanās and Dhyān (Transcendental Meditation) is a golden time of the day... practice of Yoga Āsanās is a must in the daily routine.”
—Maharishi, 1972*

For the first time, this new online course offered by the Department of Yoga Therapy of the *Maharishi College of Perfect Health International* (MCPHI) presents complete guidance for the practice of Maharishi Yoga Āsanās, including anatomical and physiological considerations, supported by excellent demonstrations, charts and interactive discussion.

Based on the 16-lesson course on Maharishi Yoga, this new course conveys detailed knowledge of the correct performance of Maharishi Yoga Āsanās, to ensure safe and beneficial practice for improved health and well-being, and clearer experiences of Transcendental Consciousness, the state of Yoga.

The course is open to Sidhas, Meditators and Governors and very beneficial for everyone. It is invaluable for those who have been practising the Maharishi Yoga Āsanās for many years as well as complete beginners. Because of individual guidance, the number of participants is limited, but the course will be held regularly to allow all who are interested in it to attend at a later date.

Reviews from Course Participants

“The way you’ll do Āsanās after taking the course will feel fundamentally different from the way you did Āsanās in the past. For the first time in 45 years, I feel I’m practising Āsanās correctly. Each time I practice an Āsana, I notice immediate benefit. Now, I really enjoy Yoga Āsanās.”

“I have done the Āsanās daily for 35 years, but it is the first time now that I really know how to perform them correctly. And it feels quite different. It gives an entirely new level of body-mind coherence, mental focus and spiritual development.”

“For me, the Yoga Āsana course meant bliss, the right knowledge of what Yoga means. I understood and learned how important details are. Details matter!”

The course is led by experienced Maharishi Yoga Asana instructors with detailed recorded demonstrations and live instructions



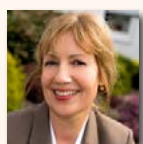
Livia Kaegi

With 13 years of experience as a Work-Life Balance Coach and 15 years as Master Trainer in business Livia will help everyone understand the profound principles in a simple and easy-to-follow way.



Cornelia Jung

Cornelia has been a certified physiotherapist and a teacher of Transcendental Meditation since 2013 and has nine years of experience with Maharishi ĀyurVeda Products.



Gudrun Buchzik

Gudrun is the head of the Maharishi Yoga Āsanās department of the MCPHI, who designed, implemented and taught the MYA-Instructor Training Courses and has prepared eighteen new videos for this new course. In addition, four live online workshops will give you the opportunity to practise with your Maharishi Yoga Āsana MasterClass Teachers.



Dr med. Walter Mölk

Dr med. Walter Mölk, guest speaker, brings more than 30 years of experience teaching Maharishi ĀyurVeda to health professionals worldwide. Dr Mölk is a member of the board of directors of MCPHI and IMAVF.

Clinical Use of Veda Herbs Online Course

May - July 2022



Live online, Saturday & Sundays, 28 May – 30 July 2022
3:00–6:00 pm CEST, with recordings available for 6 months.

This specialist course for doctors and health care practitioners with training in Ayurveda, offered through MERU, was developed by Maharishi AyurVeda experts and Vaidyas of the Maharishi College of Perfect Health International. It provides a unique opportunity to learn first-hand the use of classical Ayurvedic preparations from the Asthavaidya Mooss family, renowned experts in Ayurvedic herbs.

Course fee: €360

Reduced price for lower-income countries – please see the application form

Asthavaidya Divakaran Mooss and his son Asthavaidya Ravi Mooss come from a long tradition of renowned Vaidyas in South India. They have treated thousands of patients and trained hundreds of doctors worldwide and introduced the Veda Herb product line to the West. They have worked for many years closely with Maharishi Mahesh Yogi to enliven the full value of Ayurvedic principles for both prevention and cure.

In addition to the course leader, Asthavaidya Dr Ravi Mooss, Dr Walter Mölk and other physicians with clinical experience in the use of Veda herbs will be featured as guest speakers.



Asthavaidya Dr Ravi Mooss

Part 1 – Introduction

- Diagnostic Procedures of Maharishi AyurVeda
- The different categories of Veda Herbs, dosages & methods of use
- Guidelines for recommendations of Veda Herbs
- Dravya Guna Karma Shastra

Part 2 – Essential Veda Herbs

25 essential Veda Herbs in detail: ingredients, indications, contra-indications, overall effect, Dravya Guna and Karma of important ingredients.

Part 3 – Treatment Protocols

- Post-COVID
- Digestion
- Constipation
- IBS
- Headache
- Thyroid

Course Material & Enrichment Bonuses

All course participants will receive extensive handouts about all the herbs covered in the course and access to the Maharishi AyurVeda Vademecum. Furthermore course participants will enjoy several additional benefits:

1. Free access to 22 hours of videos from the historic in-residence Veda Herb Course in 2016, led by Asthavaidya Divakaran Moos and his son Asthavaidya Ravi Moss.
2. Six months free access to the Ask the Vaidya Forum where you can ask questions and get advice for your patients from Asthavaidya Ravi Moss and other experienced Vaidyas.
3. A 20% discount on the MAPE Veda Herbs for six months.

Who can join the course?

Health professionals who have already received training in Ayurveda and who are diagnosing and treating patients in their medical practice are eligible to take this live online course using the Zoom platform.

If you miss a lecture, the recording will be uploaded by the following Tuesday on the MERU course website and be available for six months after the course concludes.

For more information or to enroll, please visit:

<https://www.meru.international/online-courses/clinical-use-of-veda-herbs/>



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: November 2022 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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