



Dr med. Rainer Picha  
IMAVF Chairman of the Board

Dear Colleagues,

Welcome to the 21st edition of the IMAVF NewsMagazine!

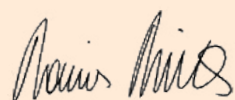
Ayurveda grows in prestige and popularity around the world, and Maharishi AyurVeda plays an important role:

- Dr Girish Mormaya and Lothar Pirc visited India to represent Maharishi AyurVeda at the groundbreaking ceremony for the WHO Global Centre for Traditional Medicine.
- The Maharishi AyurVeda Health Centre "soma" in Austria has now been launched and received with great enthusiasm.
- An important summary of the benefits of Maharishi Vastu has been published in a major journal.
- The first research has been completed on the successful "Heal the Healers" programme for nurses and doctors in the USA.
- Professor Subash Ranade & Dr Sunanda Ranade, longtime representatives of Maharishi AyurVeda, have been honoured with two prestigious awards.

In this issue, you'll also find an introduction to Professor Dr Bruno Renzi's fascinating work on applying the insights of Ayurveda to a new Personality Rating Scale.

We wish everyone in our extended family of practitioners a successful and relaxing summer!

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 enrol](https://www.internationalayurvedacongress.com) (or renew!)

## Seventh International Ayurveda Congress "Roadmap for Globalization of Ayurveda"



**SAVE THE DATE! Spring 2023, Kathmandu, Nepal**

This, the first International Ayurveda Congress in Asia, will be a forum for leading international experts and health professionals to expand their knowledge of Ayurveda. Workshops will cover medical applications, herbal, pharmacologic and engineering topics and will include in-depth explorations of the science of Ayurveda. Ideal Health, Prevention of Chronic Disorders, and Natural Approaches to the Reversal of Ageing will be the primary themes.

For details and updates on the final 2023 dates please visit: <https://www.internationalayurvedacongress.com>

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## Dr Girish Momaya and Lothar Pirc represent Maharishi AyurVeda in India at Groundbreaking Ceremony of WHO Global Centre for Traditional Medicine and Global Ayush Investment and Innovation Summit

In April of this year, Dr Girish Momaya of MERU and Mr Lothar Pirc of IMAVF were invited by the Ministry of Ayurveda and Yoga (AYUSH) of the Government of India to participate in two historic events.



India's Prime Minister Narendra Modi & WHO Director-General Dr Tedros Adhanom Ghebreyesus

The second event was the first *Global Ayush Investment and Innovation Summit*, held in the presence of a large, invited audience and more than 300,000 online viewers. Several thousand in-person attendees included ambassadors, heads of universities, members of the press, and Ayurveda experts from around the world.

The event was also live-streamed to over 700 Ayurveda colleges with an average of 500 students each. Mr Pirc presented a summary of 30 years of success of Maharishi AyurVeda, as well as his work at the Maharishi AyurVeda Private Clinic in Bad Ems.

The first was the Groundbreaking Ceremony for the first and only *WHO Global Centre for Traditional Medicine* in Jamnagar, India, which is being created as a global outpost for traditional medicine across the world. It will become an international hub for global wellness through Ayurveda and Natural Medicine.

In attendance were Indian Prime Minister Narendra Modi, WHO Director-General Dr Tedros Adhanom Ghebreyesus, Prime Minister of Mauritius Mr Pravind Jugnauth, Ayush Minister Shri Sarbananda Sonowal, Minister of State for Ayush Dr Munjpara, as well as ambassadors, international experts and a large audience.



View Lothar Pirc's presentation at the AYUSH Summit:  
<https://www.youtube.com/watch?v=E3J1urVCWjQ>



Mr Pirc was also invited to speak on the health benefits of TM at the Dr D. Y. Patil College of Ayurveda in Pune. More than 250 students and professors attended his one-hour lecture.



At the Summit, Mr Pirc and Dr Girish Momaya made many valuable connections with Ayurveda experts, government officials, ambassadors and professors.

Maharishi AyurVeda is an important contributor to the worldwide growth and acceptance of Ayurveda, and Mr Pirc and Dr Momaya's trip to these important events has helped to strengthen this status.



## Prof. Subhash Ranade & Dr Sunanda Ranade honoured with prestigious awards



Prof. Ranade receives award from Ayush Minister Hon Shri Sarbananda Sonoval

### *Professor Subhash Ranade receives Lifetime Achievement Award*

In April of this year, at the 25th Convocation ceremony of Rashtriya Ayurveda Vidyapeeth in Dehli, Prof Subhash Ranade received the Lifetime Achievement Award for his outstanding contribution throughout his life for the promotion and propagation of Ayurveda within and outside the country.

Prof. Subhash Ranade is a leading academician and physician in the field of Ayurveda, and a board member of the International Maharishi AyurVeda Foundation.

He is the author of 155 books on Ayurveda and Yoga. His many credentials include positions as Professor and Department Head of both the Interdisciplinary School of Ayurveda and the Ayurveda Pune University, as well as the post of Principal of Ashtang Ayurveda College, Pune, India.

Prof. Ranade received the prestigious award from Hon Shri Sarbananda Sonoval, Ayush Minister. Other dignitaries present were Vaidya Rajesh Kotecha, Secretary Ayush; Vaidya Devendra Triguna, President Rashtriya Ayurveda Vidyapeeth; and Vaidya Manoj Nesari, Advisor for Ayurveda, Govt of India.

## Prof. Subhash Ranade & Dr Sunanda Ranade receive award from the Governor of Maharashtra

On 2 June 2022, Prof. Subhash Ranade and Dr Sunanda Ranade received a prestigious Lifetime Achievement Award ("Parivartan Ayurveda Jeevan Gaurav Puraskar") for their 60 years of service in spreading Ayurveda in India and abroad.

The Ranades have been instrumental in promoting consciousness-based Maharishi AyurVeda around the world.

They received the award and Parivartan Trophy from the Governor of Maharashtra, Shri Bhagat Singh Koshyari-ji. Dr Bhushan Patwardhan, Chairperson of NAC, and Dr S B Mujumdar, Founder and President of Symbiosis University, and Dr Shailesh Gujar, President of Parivartan Ayurveda, also attended the ceremony.



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## ***soma*, new Maharishi AyurVeda Clinic in Austria officially inaugurated**



Unveiling of the memorial plaque during the official inauguration

In less than 18 months, a beautiful building was created in line with the principles of Vedic architecture and was fitted perfectly into the natural landscape of the *Hausruck* forrest.

In this unique peaceful environment, Dr med Wolfgang Schachinger, his daughter Dr med Valeria Schachinger and 35 employees treat people who want to improve their health and performance with natural methods.



The on-site restaurant serves Ayurvedic dishes to support vibrant health, and the clinic shop offers a range of natural products and gifts.

The Economics and Tourism State Councilor Markus Achleitner is enthusiastic about the opening of the *soma* health center: "Health, regeneration, vitality, joie de vivre – that's exactly the medicine we need in times like these. The unique *soma* center with its wide range of treatments – from the traditional Indian healing art of Ayurveda to healing water applications from the local thermal spring, as well as modern medicine – offers the ideal environment for this. I congratulate Dr Wolfgang Schachinger and his team on their *soma* center, with which they are further enriching the tourist attractions of this beautiful region."

The Managing Director of the tourism association *Vitalwelt Bad Schallerbach* Mag (FH) Philipp Haas emphasized the value for the region: "We are pleased that there is now a new health center with a new content and medical focus in addition to the existing health facilities in the seven locations of the *Vitalwelt* holiday region."

On 3 May 2022, the *soma* Center for *Maharishi AyurVeda and Holistic Medicine* in Geboltskirchen, Upper Austria, was officially inaugurated in the presence of Provincial Councilor Markus Achleitner, the Indian Ambassador in Vienna, Mr Jaideep Mazumdar, and many other guests of honour from all parts of the world.

*soma*, founded by the European Ayurveda pioneer Dr Wolfgang Schachinger is the first health facility in the world to combine classic Ayurveda medicine, thermal water treatments and modern medicine under one roof. "Strengthening health" is the motto at *soma* – not simply preventing or fighting disease.



Dignitaries cutting the Golden Ribbon, l. to r.  
Mr Jaideep Mazumdar, Indian Ambassador in Vienna; Mr Markus Achleitner, Provincial Council; Dr Wolfgang Schachinger; Fritz Kirchsteiger, Mayor of Geboltskirchen; Mag Christoph Schweitzer, District Governor

The facility, built with natural and non-toxic materials, was designed to be in tune with the natural surroundings and constructed to the highest standards of sustainability. Guests and patients at the clinic experience Ayurvedic therapies, conventional medical examinations, and thermal water treatments from the *Dreikönigsquelle Haag am Hausruck* to strengthen their health.



## ***Large crowds of visitors tour the soma clinic during May Open House***

A few days later, on 7 May, an open house was held to welcome residents from Geboltskirchen and the neighbouring communities, and large crowds of enthusiastic visitors attended. Cars lined the access roads for hundreds of meters on both sides, and between 1300 and 1500 women, men and families made the pilgrimage to **soma** throughout the day.



Guests crowded on all three floors during Dr Schachinger's presentation on "Detoxification the Ayurvedic way"

The Ayurvedic-vegetarian lunch was sold out at 12.15, but the **soma** staff was able to provide thermal water, juices, tea, coffee and cake to all the visitors.

Many guests took advantage of the free brief pulse diagnosis consultations offered by Dr Wolfgang Schachinger, and more than 130 visitors enjoyed valuable Ayurvedic nutrition and life tips from Indian Ayurveda expert Dr Abilash Anand and Ayurvedic dietician Gudrun Sowa. Orthopedist and sports physician Dr Philipp Schultes provided useful advice for the musculoskeletal system in 20 mini-consultations.

In the new seminar room and in the "Room of Silence", many visitors found out about the range of treatments at the clinic and about Transcendental Meditation. At the main lecture by Dr Wolfgang Schachinger, who spoke in the auditorium on "Detoxification the Ayurvedic way", the audience crowded on all three floors so as not to miss anything.

"Despite the large crowds, all visitors were very patient and considerate", said Anita Gmeiner, the practice assistant of Dr Schachinger. "We tried to give everyone an insight into our new environment and our activities. We were very touched by the admiration of the visitors for our new **soma** clinic."

"I led a large group of interested parties through our house every half hour", said Thomas Prammer, an employee of the Ayurveda shop. "It was amazing where the visitors came from. We had participants from Geboltskirchen and the neighboring communities, from all parts of Upper Austria and the neighboring federal states, from Bavaria and South Tyrol."



Guest Room



Therapy Room



Ayurveda Shop

"I was particularly impressed by the tour of the building", said visitor Mr Manfred L. "It enabled me to better understand the character of Vedic architecture. The therapy rooms with the unique Ayurvedic massage tables were very interesting for me."

"My opinion about Ayurvedic nutrition has changed today," said Ms Astrid G. "The lunch and the various desserts that were offered tasted fantastic!"

Guests have been enthusiastic about the integration of Ayurveda and traditional thermal water treatments. One patient, Francois H., explained: "Because of the pain in my left knee from arthrosis, I was only able to walk short distances. During my Pancha Karma treatment I had five thermal baths. Yesterday I was able to walk two hours on rough terrain without pain."

For more information on the **soma** Clinic, please visit <https://www.somamed.at>.

## Alma Mater Europaea University Awards Certificates to 11 Graduate Students in the Postgraduate Programme in Maharishi AyurVeda



Dr Gordana Marković surrounded by graduating students from 9 countries who are holding their *Postgraduate Certificates in Ayurveda for Health Professionals*

Students from the unique postgraduate professional programme at Alma Mater Europaea in Maribor, Slovenia, are already in the field offering Ayurvedic consultations to their clients.

The one-year programme led by Dr Gordana Marković included in-residence training and online home study.

You can view an introductory video about this programme here: <https://vimeo.com/710513081>.

And you can download the course Prospectus from: <https://imavf.org/wp-content/uploads/pdf/Prospectus-2023.pdf>



One student, Vesna Majes, part of the team that imports Maharishi AyurVeda products to Slovenia, says:

"I completed my postgraduate studies in Ayurveda in April this year at the European University of Alma Mater, under the watchful eye of Professor Dr Gordana Marković. After finishing these studies -- the exact theory of Ayurveda and the practical knowledge of reading the pulse -- a whole new world opened up. Dr Gordana has prepared each of us extremely well for the fact that immediately after studying we can start confidently and successfully performing the work of Maharishi Ayurvedic Therapist."

Another student was Medical Doctor Thirza de Jong, Mb.ChB (BE), PgD.Trop.Med.(SA), MPH (UK):



"As a medical doctor, I have always tried to look at health from a holistic perspective. Besides that, I always had a big interest in food and nutrition as well as herbal medicine, but it was only when I started learning more about Ayurveda, that everything fell into place. During the course I have learned so much from Prof. Marković. After completion I felt like I have all the knowledge needed to start practicing Ayurveda. We were encouraged by Prof. Marković to put everything we learned into practice immediately, which has been very valuable for the learning process. The Postgraduate taught me to approach health from a different, more holistic perspective, while still valuing allopathic medicine."

Dr de Jong concluded "It has also given me a different view on cause of disease and treatment, which for me has been very valuable as I now approach health and disease from a different perspective, including many treatment modalities and lifestyle interventions."



Dareen Shatila from Lebanon reported:

"Well, I noticed a very big benefit in my practice. my whole perspective in diagnosis has changed. Now I can tackle deeper root causes of every case study that I encounter in my clinic."

The next course will begin in March of 2023. For details please visit: <https://www.ayurvedatraining.eu>

## Prof. Bruno Renzi develops Personality Rating Scale based on Ayurvedic Gunas



Professor Dr Bruno Renzi, Psychiatrist, Director of the Maharishi College of Perfect Health International and Co-director of the Maharishi AyurVeda Health & Prevention Centre in Milan, Italy, has crafted a Personality Rating Scale that applies the characteristics enumerated in Charaka, the prime source of traditional Ayurvedic knowledge.

Here are a few highlights from Dr Renzi's detailed article on this fascinating topic:

Mental abilities (Sattva Sara) are considered an essential constituent of life and one of the main determinants for both the development of the organism and the development and formation of personality. Therefore, Ayurveda emphasises the importance of an adequate assessment of the mental disposition of an individual in order to assess their ability to work, their stamina, their emotional state and their receptivity to Ayurvedic treatment of a disorder.

Charaka says that the human psyche has three predominant tones: Suddha (Sattva), Rajasa and Tamasa (C.S, IV.4.36.). However, the division into clearly-defined mental types should not be taken rigidly; in fact, we can find some temperamental traits that belong to the three subdivisions in the same individual with variations related to time and various psychological contexts.

Charaka states that each of these temperamental types has an infinite number of variations. So, when we say that someone has a certain psychological disposition or constitution, we mean that he has a predominance or preponderance of that constitutional trait.

For instance, the interaction of Sattva and Rajas gives rise to the "spiritually active quality". When Rajas is restrained and guided by Sattva, people become ethical and noble in thought and action. The influence of the spiritually active quality in a person results in self-assuredness and spirituality.

Another example is the interaction of Rajas and Tamas, which is indicative of "materially active quality". When the active quality of Rajas combines with the material quality of Tamas, it supports the individual's ability to deal with people and events and helps in building relationships and achieving objectives. This can also be called "human relation" ability.

Prof. Renzi has created a 60-point "Personality Ratings Scale" based on his analysis of the traditional Ayurvedic texts. This is included in his article *Personality Rating Scale, Based On The Temperamental Traits Related To The Three Gunas In Ayurveda*, which you may view here: <https://imavf.org/wp-content/uploads/pdf/Personality-Rating-Scale.pdf>


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\* BASED ON THE DISCOVERY OF PROF. TONY NADER MD, PHD • [WWW.VEDICSOUND.ORG](http://WWW.VEDICSOUND.ORG)



## Transcendental Meditation® reduces burnout in doctors and nurses *Important Pilot Study on "Healing the Healers" Initiative published in Medscape*



In a randomized clinical trial, Sangeeta Joshi, MD, from the Division of Pulmonary, Allergy and Critical Care Medicine at Duke University in Durham, North Carolina and colleagues showed that Transcendental Meditation® (TM) can significantly improve burnout symptoms of emotional exhaustion, anxiety, and insomnia compared with other interventions, albeit without significant improvement in acute psychological distress.

Dr Joshi reported the results of the trial at the American Thoracic Society (ATS) 2022 International Conference. The ATS is the most prestigious society for critical care and ICU doctors and provides guidelines for the way critical care medicine is practised. The study was then published in Medscape in May 2022: *COVID Burnout? Turn Off Your Mind, Relax, and Float Downstream* by Neil Osterweil, 19 May 2022. <https://www.medscape.com/viewarticle/974305>

At baseline, almost all of the 80 participants in the study reported symptoms of burnout, with 91% reporting the onset of a mental health condition and 70% reporting a history of visiting a psychiatrist or other mental health workers. Only 30% reported

that their mental health condition had been resolved with previous treatment. Half the participants learned TM and were instructed to practice it twice daily, while half did not learn the practice.

After three months, there were significant improvements over baseline in the TM group compared with the control group: emotional exhaustion ( $P = .005$ ), insomnia ( $P = .029$ ), and anxiety ( $P = .010$ ) were all reduced.

The results show that "TM is a feasible, efficacious intervention in healthcare workers, especially during a pandemic," Dr Joshi said.

Future studies of TM in this setting should expand the number of participants and recruitment sites so as to have the necessary power to detect statistically significant changes in the numerical scales, she added.

To hear what medical professionals have to say about the *Heal the Healers* initiative, please view this 4-minute video: <https://vimeo.com/697598200/c020a51c42>

## The Cleveland Clinic published an introduction to Ayurveda

The Cleveland Clinic, headquartered in Ohio, USA, with additional branches both in the USA and internationally, has published an excellent introduction to Ayurveda. The Cleveland Clinic is a non-profit academic medical center that provides clinical and hospital care and is a leader in research, education and health information.

You can read the full article here: <https://health.clevelandclinic.org/what-is-ayurveda/>



## Review of research on Maharishi Vastu Architecture published in major journal *Significant improvements in physical & mental health reported*



Earlier this year, the international journal *Global Advances in Health and Medicine* published a comprehensive review of the research on the holistic benefits of living in dwellings designed in accord with the principles of Maharishi Vastu Architecture (MVA). MVA's principles include the development of the architect's consciousness, universal recommendations for building orientation, siting, and dimensions; placement of key functions; and occupants' head direction when sleeping or performing tasks.

The published medical and health-related literature was systematically surveyed for research on factors related to isolated principles applied in MVA as well as on the complete system. Published research suggests that incorporating MVA principles into buildings correlates with significant improvements in

occupants' physical and mental health and quality of life: better sleep, greater happiness of children, and the experience of a heightened sense of security and reduced stress. The frequency of burglaries, a social determinant of health, also correlates.

*Managing the Built Environment for Health Promotion and Disease Prevention with Maharishi Vastu Architecture: A Review*

Jon Lipman, AIA; Lee Fergusson, PhD; Anna Bonshek, PhD; Robert H. Schneider, MD, FACC

*Global Advances in Health and Medicine* Volume 11: 1–21

View the complete article here:

<https://journals.sagepub.com/doi/10.1177/2164957X221077084>

**Researchers & Clinicians: Please share your findings!**

**Conducting a formal study, or gathering patient testimonials?**

**All of us in the Maharishi AyurVeda community are eager to hear of your research and results.**

**Send your articles, reports or notes to: [editor@imavf.org](mailto:editor@imavf.org)**



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

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

**As an IMAVF Affiliate you are fulfilling Maharishi's desire to bring all the professions of Maharishi AyurVeda together into one family.** Maharishi charged Dr Rainer Picha with creating an organisation that would both strengthen and unite the different disciplines of Maharishi AyurVeda. With the collaboration and support of MERU and of Dr Walter Mölk, Lothar Pirc, Dr Girish Momaya, Dr Kingsley Brooks and Prof. Dr Subhash Ranade, IMAVF has grown into an internationally recognised authority on Ayurveda.

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

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- Access to Affiliate-Only downloads, recorded webinars and presentations.
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- 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

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(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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