



Dr med. Rainer Picha  
IMAVF Chairman of the Board

*Dear Colleagues,*

Welcome to the 23rd edition of the IMAVF NewsMagazine!

We're delighted to announce that it's easier than ever to deepen your knowledge and training in many of our Maharishi AyurVeda modalities with online courses:

- Maharishi AyurVeda Aromatherapy, Phase 1
- Maharishi Light Therapy with Gems, Phase 1
- Maharishi Yoga Asana Masterclass
- New course on Ayurvedic Gardening
- Vedic Dance Webinar & Bharata Natyam Online Course
- Maharishi Vedic Astrology, Intro & Phase 1

In this issue, you'll find reports on presentations by our IMAVF representative Lothar Pirc at the 9th Annual World Ayurveda Congress in India, as well as highlights from the 7th International Ayurveda Congress co-sponsored by IMAVF in Kathmandu, Nepal.

You'll also read fascinating articles on Maharishi AyurVeda Aroma Therapy's use in treating trauma, a discussion of the connections between DNA, Doshas and Ayurvedic Prakriti, and gain medical insights into the importance of Sandhi Prakash – the blessings of the light of sunrise.

We wish everyone in our extended family of practitioners a springtime of growth and fulfilment!

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 \(or renew!\)](https://www.IMAVF.org)



**7th International Ayurveda Congress in Kathmandu, Nepal**

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## Ayurveda appears effective in increasing physical stability in Parkinson's patients *Shows promise as a supportive therapy at Evangelical Hospital in Hattingen, Germany*

"The principles and treatment methods of Ayurveda, together with conventional methods in primary Parkinson's disease, bring sustained stability. Patients become stable in their gait and other movements", says Dr Sandra Szymanski, chief neurologist and HOD for Neurology and Complementary Medicine at Evangelical Hospital, Hattingen, Germany.



Dr Sandeep Nair, Research Associate and Dr Sandra Szymanski, chief neurologist and head of the specialised Department for Neurology and Complementary Medicine at the Evangelical Hospital, Germany, at the World Ayurveda Congress and Ayush Expo In Goa, India

A 67-year-old patient at the Evangelical Hospital followed an Ayurvedic treatment and diet regime for five years, at the facility and at home. The result: She did not need high doses of dopamine, which is normally needed in such cases to activate neurotransmitters that guide our mobility. Her gait was more steady, and she had better control of her limbs.

Professor Dr Horst Przuntek, the founder of the Evangelical Hospital, Hattingen, Germany, began including Ayurvedic protocols for his patients as early as 2009 when he understood the link between gut health and Parkinson's Disease. Dr Przuntek travelled across India, where he came in touch with several Ayurveda practitioners and was impressed by their emphasis on the gastrointestinal system as the root cause of every single disease in the body.

"Now modern medicine is also understanding the gut microbiome and its importance", says Dr Sandeep Nair, Research Associate, Department of Neurology and Complementary Medicine, Evangelical Hospital, which now has a 60-bed separate department for the treatment of Parkinson's Disease.

"In 2019, we found that 7,650 Parkinson's patients had benefitted from Ayurveda as a complementary treatment alongside allopathy," he adds. Such has been the efficacy of the combined therapy that the hospital now gets patients from Europe and the Middle East as well.

Dr Nair has studied the benefits of Nasya and Ayurvedic daily and seasonal regimes in relation to integrative neurology, especially on non-motor symptoms in Parkinson's disease. He has also explored the function of the Ayurvedic concept of the different Agnis in the pathology of neurodegenerative ailments such as Alzheimer's and Parkinson's illnesses.

Ayurveda has already shown clinical benefits as a complementary modality, and future studies are expected to further validate Ayurveda's contribution to managing Parkinson's Disease and related neurodegenerative ailments.

Sources:

<https://indianexpress.com/article/lifestyle/health-specials/german-hospital-ayurveda-therapy-parkinsons-patients-8322047/>

<https://ayurveda-symposium.org/en/referenten/sandeep-nair-d/>

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## Research shows Ayurveda helpful for heart health

*"We want to 'Heal The World' through our scientific evidence-based Ayurveda"*

New research conducted by Dr Rohit Sane at Madhavbaug in Bengaluru, India, has revealed that Ayurveda treatments and therapies can reduce various cardio-metabolic risk factors. The study also found that the hospitalisation time was shorter, and the long-term survival rate longer among heart patients who sought Ayurveda remedies, compared to patients who took allopathic treatment. Madhavbaug is an Ayurveda clinic that specialises in treating and reversing cardio-metabolic disorders.



India's Prime Minister Narendra Modi visits the Madhavbaug exhibition in December 2022

The study was done over a period of three years on 572 patients with various comorbidities, including chronic heart failure, post-myocardial infarction, post percutaneous transluminal coronary angioplasty, hypertension, obesity, arthritis and diabetes. The research study was accepted for publication by the *Annals Of Clinical Cardiology*.

Dr Rohit Sane, the founder of Madhavbaug, explained the findings of the study at the 9th World Ayurveda Congress (WAC) held in Panjim, Goa.

"Heart patients who took 21 Panchakarma therapies and followed a strict diet high in antioxidants for three months, coupled with mild exercises like Pranayama and meditation, showed a significant improvement in lipid profile and an average 29% reduction in longitudinal plaque in their arteries.

"Our ancient healing science is under-utilised in terms of conquering the growing mortality and hospitalisation due to coronary artery disease. Our clinical studies showed that non-invasive and low cost Ayurveda remedies are effective in combating cardiac ailments. We want to make Ayurveda a standard treatment for cardiac ailments," explained Dr Rohit Sane.

Source: <https://www.apnnews.com/ayurveda-more-effective-than-allopathy-for-heart-health-says-new-study/>

## 40<sup>th</sup> anniversary celebration of the German Society for Ayurveda

*Deutsche Gesellschaft für Ayurveda (DGA) Congress 8-11 June in Bad Ems, Germany*

Forty years ago, the German Society for Ayurveda (DGA) was founded as the first medical association outside of India to promote Ayurveda. Since 1983 the DGA has been instrumental in popularising Ayurveda in Germany and has worked on many levels towards integrating Ayurveda as an integral part of the German health care system.

From 8 to 11 June, the DGA invites all German-speaking doctors, medical professionals and practitioners to attend a jubilee celebration that will include workshops, lectures, cultural and social programmes. The congress will be held at the Maharishi AyurVeda Clinic in Bad Ems, Germany.

"With our anniversary celebration, we are sending a clear signal that, even after 40 years, we continue to bring the knowledge of Ayurveda to the public, to government and to the medical community", explained Dr Ulrich Bauhofer, President of the German Society for Ayurveda.

The regular fee for the 4-day congress is 290 €, but IMAVF affiliates can attend for only 200 € if they apply before 1 April (270 € afterwards). Non-affiliates pay 250 € before 1 April.

Details on the congress workshops, speakers, schedule and registration can be found at:

<https://www.ayurveda.de/fortbildungskongress-40-jahre-dga/>



## 14 countries represented at 7th International Ayurveda Congress in Kathmandu, Nepal

*Nepal's Prime Minister attends; experts discuss ideal health, chronic disorder prevention, & natural approaches to age reversal*



Over 350 delegates, including scholars, researchers, physicians, academicians, and policymakers in Ayurveda and more than 100 Nepali Vaidyas, attended the Seventh International Ayurveda Congress (IACV) on 3-5 March 2023.

Three days of seminars and presentations on the medical, herbal, pharmaceutical, engineering, science, and application of Ayurveda were held.

“The Government of Nepal is willing to support Ayurveda for the research of indigenous medicinal plants, as well as to develop Nepal’s Ayurveda Pharmacopoeia and formulary”, said Honourable Pushpa Kamal Dahal, Nepal’s Prime Minister.



Opening Session of 7th International Ayurveda Congress, 3 March 2023, in the presence of Nepal Prime Minister, Honourable Pushpa Kamal Dahal.

Prime Minister Dahal added “The Government will promote Ayurveda Hospitals, Panchakarma and Wellness Centres for the promotion of medical tourism in Nepal”. The Nepali government will also assist Nepali Ayurveda companies in promoting the quality of Ayurvedic medicines in accordance with Good Manufacturing Practice Standards.

The International Maharishi AyurVeda Foundation, The Netherlands; the All India Ayurvedic Congress, New Delhi; the International Academy of Ayurved, Pune, India; and the Nepal Maharishi Vedic Foundation as the local host, led by honourable Deepak Prakash Baskota, former State Home Minister and executive chair of the National Cooperative Federation of Nepal; and the Ayurveda Doctors Association of Nepal collaborated on this congress. The Nepali Ayurveda Community, composed of more than 100 Vaidyas, doctors and Ayurvedic practitioners, participated enthusiastically in the congress.



John Hagelin, President of Maharishi International University, and KU Vice Chancellor Bhola Thapa sign Memorandum of Understanding in the presence of Nepal Prime Minister, Honourable Pushpa Kamal Dahal.

John Hagelin, President of Maharishi International University, and Bhola Thapa, Kathmandu University's Vice Chancellor, signed a broad agreement for joint research between MIU and KU's Himalayan Centre for Asian Studies.

The Dr D.Y. Patil College of Ayurved and Research Centre in Pimpri, Pune, India, also signed a Memorandum of Understanding with MIU to foster significant new joint Ayurvedic research by these two leading global Ayurvedic academic institutions.

Dr Tony Nader, Congress Patron, presented ancient Vedic technologies for resolving international conflicts and tensions to the Prime Minister and assembly delegates via live video conference.

At the conclusion of the Ayurveda Congress, a Resolution was adopted to formulate a "Roadmap for Holistic Health for All through Ayurveda". The Roadmap sets goals and objectives for increasing the acceptance and application of Ayurvedic methods all over the globe.

These include establishing the highest quality training in Ayurveda; promoting scientific research on Ayurveda to showcase its preventive and curative benefits; ensuring global availability of authentic Ayurveda products by overcoming regulatory hurdles and implementing procedures to guarantee safety and purity; and implementing public health campaigns to promote Ayurveda and Yoga for better health.

For more information on the Congress, please visit: <https://internationalayurvedacongress.com/nepal-2023/>

## Dr med Rainer Picha, Prof Dr Subhash Ranade and Prof Vaidya Rakesh Sharma receive Dhanvantari Awards at the 7th IAVC in Kathmandu, Nepal



Nepal Prime Minister, Pushpa Kamal Dahal awards Dr Rainer Picha & Prof Subhash Ranade



Dr med Rainer Picha, IMAVF Chairman and President of IAVC and Prof Dr Subhash Ranade, IMAVF Board Member and Chairman, IAA, Pune received Maharishi Dhanvantari Awards for outstanding contributions to the field of Ayurveda at the 7th International Ayurveda Congress held in Kathmandu, Nepal in March. The Prime Minister of Nepal, Pushpa Kamal Dahal presented the awards.



Prof Vaidya Rakesh Sharma receives award

Prof Vaidya Rakesh Sharma, President, Board of the Ethics and Registration for Indian System of Medicine, representing the Government of India, Ministry of AYUSH, also received the Dhanvantari Award from Prime Minister Dahal.

The award recipients were enthusiastically applauded by the more than 350 delegates from 14 countries who attended the Congress.

A video of the ceremony can be viewed here:

<https://internationalayurvedacongress.com/nepal-2023/>



## Dr Subhash Ranade and Dr Sunanda Ranade receive prestigious awards

*Couple active promoting Ayurveda around the world for decades*



Dr Subhash Ranade and Dr Sunanda Ranade were honoured once again for their many achievements in October 2022.

Dr Subhash Ranade received the “Ayurved Bramharshi Award” from Kavi Kulguru Kalidas Sanskrit University and the Dhanwantari Jayanti Smaroha Samiti, Nagpur.

Dr Sunanda Ranade was honoured with the “Best Nutritionist Award” from the Dr Subhash Waghe Health & Humanitarian Foundation and the Dhanwantari Jayanti Smaroha Samiti, Nagpur.

The Ranades have spent the last 41 years in service spreading Ayurveda globally and have been instrumental in promoting consciousness-based Maharishi AyurVeda around the world.

## IMAVF presents Maharishi AyurVeda at the 9th World Ayurveda Congress in Goa, India

*Prof Ranade, Vaidya Manohar, Ram Shrivastava & Lothar Pirc attended*

This past December, IMAVF Board Member Lothar Pirc gave three presentations to one of the most important Ayurveda gatherings of the year at the World Ayurveda Congress and Arogya Expo in Panjim, Goa, India. More than 5,000 delegates from 52 countries attended.

In three separate presentations, Mr Pirc reported on the worldwide achievements of Maharishi AyurVeda, gave updates on the progress of Ayurveda in Germany, and presented a proposal to the International Delegates Assembly on creating world peace through the ancient Vedic sciences of Ayurveda, Yoga and Yagya.

In July, a video message from Mr Pirc to the Prime Minister of India, Shri Narendra Modi, was broadcast nationally by the Indian State TV. This message was played during the International Delegates Assembly just before the Minister of AYUSH came. This inspiring message can be viewed at: [https://www.youtube.com/watch?v=uo\\_OdPBGFpg&t=9s](https://www.youtube.com/watch?v=uo_OdPBGFpg&t=9s)



## Lothar Pirc interviewed by Consulate General of India in Frankfurt *Consulate General's Newsletter highlights Indo-German promotion of Ayurveda*



Lothar Pirc, the Founder of the Maharishi AyurVeda Health Centre Bad Ems and IMAVF Board member, was featured in a 3-page interview by Amit Telang for the Economic and Commercial Newsletter of the Consulate General of India in Frankfurt.

Germany has been very active in promoting Ayurveda, and IMAVF has worked closely with the government of India's Health Ministry AYUSH programme to advance Ayurveda both in Germany and around the world.

Here are highlights of the interview with Mr Pirc:

*"While consumer attitude towards trying medicinal products from the complementary/alternative health sector such as Ayurveda has been steadily gaining ground, regulatory restrictions limit the usage of the products to the detrimental effect not only in the growth of the Ayurveda industry but also restricting consumers access to some of the best researched ayurvedic preparations meant for chronic ailments according to the ancient knowledge of Ayurveda. Making any health claims on Ayurveda remains a stumbling block."*

*"Visible promotion of Ayurveda by the Government of India as a medical system in the larger public interest within Europe would be highly beneficial along with close cooperation with the industry in understanding the regulatory challenges and finding ways to bring Ayurveda into the mainstream health system."*

*"Based on my observation of thousands of patients over the past 30 years, I firmly believe the knowledge of Ayurveda will not only make an enormous contribution to improving public health but also to reducing healthcare costs. It could start with simple Ayurvedic nutrition rules in schools up to the integration of Ayurveda in the training of health professions. Therefore every effort to spread this knowledge is worthwhile."*

Read the full interview here: [https://cgifrankfurt.gov.in/public\\_files/assets/pdf/frankfurt\\_27\\_09\\_2021.pdf](https://cgifrankfurt.gov.in/public_files/assets/pdf/frankfurt_27_09_2021.pdf)

### IMAVF Affiliate Benefits Update

*10% discount extended to new courses*

***IMAVF Affiliates now receive 10% course fee reduction for new courses  
from Maharishi College of Perfect Health International***

### Gardening in Light of Maharishi AyurVeda

Department of Maharishi Vedic Agriculture and Gardening

### Vedic Dance Therapy: Bharata Natyam and Kathak Courses

Department of Vedic Dance Therapy

For details on all IMAVF Affiliate discounts and benefits please see page 21

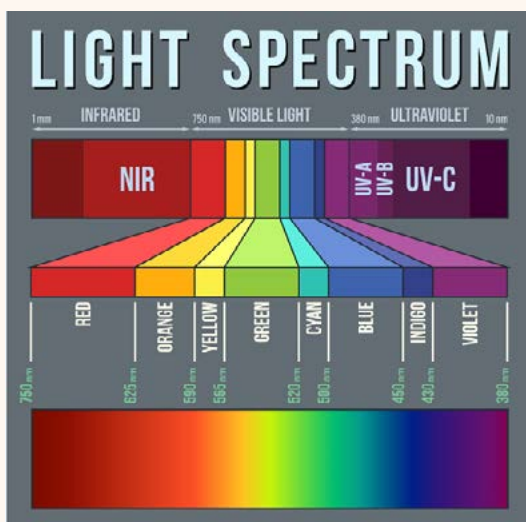
## Sandhi Prakash – the light at sunrise – shown to have medical benefits *Traditional Ayurvedic Wisdom validated by modern science*

*"Taking a walk during sunrise is the best single Ayurvedic recommendation" – Raj Vaidya Dr. Brihaspati Dev Triguna*

Ayurveda has traditionally lauded the benefits of early morning sunlight. Other Vedic traditions agree: the Hatha Yoga practice of Surya Namaskar is performed facing the rising sun; dwellings are oriented to the east, and rays from the rising sun help determine room placement in Vedic Architecture.

Modern science is catching up with these concepts, and at the 7th International Ayurveda Conference in Nepal this spring, Dr med. Rainer Picha reported on the latest support for Ayurvedic wisdom.

Dr Picha explained, "In 2017 the Nobel prize was awarded for research on circadian rhythms and the importance of aligning our 'inner clocks' with nature's rhythms – chronobiology. Yet for thousands of years, Dinacharya – observance of daily routines in accord with the different times of day – has been a fundamental behavioral guideline understood by Ayurveda. More recently in 2021, the health benefits of sunrise light on the physiology was scientifically demonstrated."



Near-Infrared Light (NIR) is the section of electromagnetic radiation wavelengths nearest to the normal range but just past what we can see.

The June 2021 issue of the respected scientific journal *Nature* reported on the beneficial effect of a specific type of early morning sunlight [1] that occurs only briefly at sunrise: Near Infrared Light (NIR).

This light is not visible to our eyes but has a measurable effect on our physiology.

The study showed that exposure to NIR releases tissue melatonin, which although chemically identical to hormonal melatonin, has a very different function and has nothing to do with encouraging sleepiness.

Tissue melatonin is produced in the mitochondria and functions as a free radical scavenger, which means it "cleans up" toxic waste produced by decaying or unhealthy mitochondria.

This process is called *mitophagy* and is needed to maintain a healthy population of mitochondria, which in turn is critical for generating cellular energy and, therefore, the overall vitality and well-being of the organism. In fact, the process of mitophagy has been linked to anti-ageing.

Dr Picha summarized, "Brief exposure to Near Infrared Light in the early morning rays of sunshine during *Sandhi Prakash* has now been scientifically demonstrated to have specific benefits on the health of our cells. In addition, in a separate study [2] by the European Society of Cardiology, 85,000 people were monitored over a period of up to 8 years. Those who were active in the early morning demonstrated the lowest risk of developing cardiovascular disease."

So once again, modern science has validated the traditional wisdom of Ayurveda that taking a walk in the early morning sunshine brings significant health benefits.

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1. Nature Translational Psychiatry 11, Article 339, June 2021
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## Quantum determinants of temperament

*An exploration of the connections between DNA, Doshas and Ayurvedic Prakriti*



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 a fascinating chapter in his exploration of Western Science's growing support for the foundational principles of Ayurveda.

*The following highlights are taken from Dr Renzi's article which explores some basic principles that underlie the system of Ayurvedic knowledge in the light of revolutionary new insights into the nature, role and function of DNA.*

*The full article is available here: <https://imavf.org/quantum-determinants-of-temperament/>*

*The new frontiers of quantum physics, cosmology and advances in our understanding of DNA are revolutionising paradigms that have dominated the perception of Man within the life of the cosmos.*

*Scientific progress is striding ahead and is facilitating the recovery of traditional knowledge and the validation of principles and insights that were previously relegated to the realms of esotericism according to outdated scientific criteria that dominated the last centuries.*

### **Ayurvedic basis of the individual personality and psychology**

Ayurvedic medicine describes certain factors involved in determining the structure of personality. Some of these factors are postnatal, others are prenatal and even may belong to a pre-conception period.

In Ayurveda, the Gunas are considered primordial organisers and are important from a morphogenetic point of view. The Gunas directly affect the neurophysiology and therefore influence the field of psychology by determining an individual's temperamental and emotional complexity.

This deterministic view is not in any way permitted by modern medicine, but the latest research in the field of wave genetics and the existence of morphogenetic fields may allow us to form new hypotheses regarding the origins of the personality structure of individuals.

### **A new, deeper understanding of the role of DNA**

Recent research in DNA has gone beyond the well-known "Double-Helix" model, which now seems outdated. A multidisciplinary study published in *Nature Communication* reveals with unprecedented detail the three-dimensional structure of deoxyribonucleic acid, DNA.

Thanks to a powerful microscopic technique and subsequent simulations conducted with supercomputers, researchers at the Baylor College of Medicine in Houston and the University of Leeds (UK) have demonstrated the dynamic nature of biologically-active DNA (i.e. present in the nucleus of living cells).

Far from being neatly framed within the rigid double-helix pattern that we have learned to know, this molecule twists and turns and ties in a knot and continually unwinds, assuming forms similar to a figure eight.

Sarah Harris says: "When Watson and Crick described the double-helix structure, they were observing a small part of the genome, just one convolution of the double helix, i.e. about twelve pairs of nitrogenous bases [...]. Our study considers several hundred nitrogenous bases and, even in this modest increase in scale where there are about three billion pairs of bases in the human DNA, it reveals a vast new array of molecular behaviour types." [1]

In fact, in establishing the constitutional elements of an individual, DNA is undoubtedly responsible for specific vulnerabilities that may be accentuated by certain lifestyles that create heavy imbalances in a person's physiology that can exacerbate a constitutional predisposition due to genetics.

DNA is not, therefore, a rigid molecular structure. Conversely, it manifests a certain plasticity which is determined, in an epigenetic sense, as a response to an "environment" that mediates information.

We may assume that these complex interactions and epigenetic influences determine a person's morphological and temperamental structure in an integrated manner.

This new understanding of DNA may give support to the Ayurvedic principles that biophysical factors are present at a pre-conception level and that they animate the morphological and temperamental differentiation of the individual.

**This raises a key question: Is it possible that an individual's temperament in all its complexity can be determined by morphogenetic fields at the level of DNA?**

Could the specific structure of morphic fields pervading DNA actually direct the expression of DNA's coding function, thereby influencing the morphological and temperamental characteristics of an individual?

Intriguing research by Piotr Gariaev, one of the founders of wave genetics, on the so-called "DNA phantom effect" [2] as well as work by the German biophysicist Fritz-Albert Popp, regarding the phenomenon of biophotons [3] offer potential additional support for this idea.

But simply based on the highly-respected leading-edge genetic research cited above, we could say this hypothesis is beginning to have solid scientific support.

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## **A fragrant pathway out of trauma** *Maharishi AyurVeda Aroma Therapy* by *Andréia Castilho*

Aromatherapy uses essential oils to treat a wide variety of imbalances, both psychological and physiological. Aroma Therapy based on Maharishi AyurVeda means personalised treatments based not only on symptoms and underlying imbalances, but also on the individual's constitution.

René-Maurice Gattefossé – the father of modern aromatherapy – maintained that essential oils offer a “life-enhancing action”: “they constitute the culmination of certain of the benefits provided by these plants, to which the ancients attributed rare properties.” [1] His groundbreaking work documented the effect of the aromatic molecules of essential oils on the limbic system – a complex system of nerves and networks in the brain – that controls basic emotions and drives. Gattefossé's work partially focused on whether their role in plants was the same as that of hormones in animals.

This is because hormones influence behaviour and mood - they control how you feel. Some are dubbed “feel-good hormones.” [2] Hormone levels can be improved with lifestyle changes - diet, exercise, and meditation [3] – and also with essential oils.

In addition, amino acids and neurotransmitters present in essential oils have been demonstrated to have sedative, anxiolytic (anxiety-reducing) and analgesic effects. [4]

Essential oils can be used to treat trauma and its resulting symptoms because they have been found to be natural tranquillizers, anti-depressant, nerve-strengthening and effective against stress, restlessness, anxiety, depression, shock. They may ease sleeping problems and promote calm, confidence, joy, and peace. Some are described as uplifting, inspiring, balancing, harmonizing, promoting happiness, emotional balance, and relieving melancholy and grief. [5]

Gattefossé's pioneering research revealed some of the mechanisms through which essential oils affect our emotions, healing psychosomatic diseases without conscious effort and relieving emotional as well as physical wounds. A growing body of evidence shows that through inhalation, the aromatic molecules present in essential oils travel up the olfactory cavity via “nasal-brain channels to act on the cerebral cortex, thalamus and limbic system in the brain [leading to specific physiological responses that] improve symptoms of anxiety, depression [6] and improve quality of sleep, “producing emotional wellbeing, tranquillity, relaxation”, with “psychological and behavioural effects... [modulating] mental disorders further.” [7]

Essential oils achieve this effortlessly without the side effects common with psychotropic drugs used to treat such disorders.

An added benefit of essential oils is that they are helpful for meditation, reinforcing our spiritual capacities.

Maharishi AyurVeda expands aroma therapy to its ultimate level, the field of all possibilities, the field of consciousness. Dr Tony Nader, MD, PhD, located the fabrics of immortality in human physiology – unmanifest consciousness at the basis of all manifestation, the basis of life. In a plant, the colourless sap gives rise to the green of the leaves, the pink petal, the round stem, etc., which are the manifest aspects arising from the sap.

Maharishi Mahesh Yogi explained: “The manifest value of the unmanifest universality has specific characteristics”, from which we know what will be the influence on the body. “Sap is the same... The non-expressed sap is the same for all. All the different values in creation they have the same source. But when it starts to manifest, the first expression of manifestation contains in itself some speciality that doesn't belong to the other.”

“And basically, we have those 8 values in the manifest: ego, mind, intellect and the 5 senses. And more basic than that, it's just three: Sattwa, Rajas and Tamas”, which correspond on the physiological level to Vata, Pitta, Kapha, the three Doshas.



Maharishi AyurVeda Aroma Therapy uses essential oils based on Ayurvedic principles to help create a healthy person by eliminating stress in the physiology. When stress is eliminated, so is trauma, and bliss is the result on all levels. When all stress is gone, enlightenment naturally arises, and the experience of bliss is not lost.

"This is the theme of the whisper of Ayurveda on the path of the individual gaining enlightenment - bridging the gulf between consciousness and body." [8]

**This knowledge is within everyone's reach. In the Maharishi AyurVeda Aroma Therapy Foundation Course, from 21 to 27 June, 2023 you can learn how to use essential oils according to the unique method of Ayurvedic Aroma Therapy.**

For more information, please visit: <https://mcphi.org/maharishi-ayurveda-aroma-therapy/> or contact us at [MAT@Maharishi.net](mailto:MAT@Maharishi.net).



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**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)**



## Ayurveda training courses available in German language for people in medical healing professions

The German Ayurveda Academy (DAA), based in Regensburg, Southern Germany, has been offering Maharishi AyurVeda training courses for people in medical healing professions in German for over 30 years. Experienced lecturers, including Dr Wolfgang Schachinger, Dr Ulrich Bauhofer, Dr Stephanie Lorenz and Dr Jasmin Blumenberg, share their wealth of knowledge and ensure that the knowledge can be applied in practice.

The main aim of the German Ayurveda Academy is to form a platform for the best and most experienced Ayurveda doctors, scientists and lecturers to teach Ayurveda at the highest level. Dr Ernst Schrott founded the German Ayurveda Academy together with Dr Wolfgang Schachinger, who now directs the Academy.



Besides the Maharishi AyurVeda doctor training course, which takes place once a year, there are regular evening webinars on the Ayurvedic approach to different areas of health - which are even free of charge.

### Upcoming topics include:

- 19 Apr 2023, 8:00 pm CEST: Infections & Allergies
- 10 May 2023, 8:00 pm CEST: Nutrition
- 14 Jun 2023, 8:00 pm CEST: Mental Health
- 12 July 2023, 8:00 pm CEST: Women's Health
- 13 Sep 2023, 8:00 pm CEST: Musculoskeletal System
- 11 Oct 2023, 8:00 pm CEST: Child Health

The "Maharishi AyurVeda Masterclasses" are also part of the course programme. They take place in various large cities in Germany. An experienced Maharishi AyurVeda Vaidya is also present at the Masterclasses and teaches the first steps of Ayurvedic pulse diagnosis. The Masterclasses are partly in English with optional German translation.

Advanced webinars and in-depth weekends for graduates of the Maharishi AyurVeda Doctor Training Course complete the course programme and ensure that graduates can deepen and really apply the knowledge they have learned.

You can find the entire course programme offered by the German Ayurveda Academy at [www.ayurveda-seminare.de](http://www.ayurveda-seminare.de).

For questions, please use the following contact options:

Phone: 0941 9428979

e-mail: [info@ayurveda-seminare.de](mailto:info@ayurveda-seminare.de)



## **Maharishi AyurVeda Aroma Therapy Foundation Course enrollment now open** *In-Residence course begins 21 June*

This weeklong in-residence course is for Meditators, Sidhas and Governors who want to know how to choose and apply a special selection of essential oils to balance their Doshas and to improve their own health and happiness, as well as the health and happiness of their family members and friends.

Course participants will experience the powerful effects of a number of pure essential oils first-hand and learn how to apply them to significantly increase their physical, mental and emotional well-being and promote spiritual growth. Participants will receive a wealth of interesting knowledge about essential oils, their properties and applications, their history and their chemistry. The course includes a review of scientific research on essential oils, including the unique EEG research conducted by Dr Keith Wallace and Dr Alarik Arenander.

Note: The MAAT Foundation Course is a prerequisite for the Maharishi AyurVeda Aroma Therapy Consultant Training courses in which you will learn to give MAAT Consultations.

**The course will be held from 21 – 27 June 2023 at MERU, Vlodrop, The Netherlands.**

For more information and to register, please visit: <https://mcphi.org/maharishi-ayurveda-aroma-therapy/>

## **Maharishi Aroma Therapy Consultant Training Course Phase 1 begins 6 August** *Online course qualifies participants to give consultations to family & friends*

After completion of the Maharishi Aroma Therapy Foundation Course, the next phase of training is the Maharishi Aroma Therapy Consultant Training Course Phase 1, to be held live online from 6 August to 10 September 2023.

In this course, participants will learn:

- How to conduct a Maharishi Aroma Therapy Consultation
- Comprehensive knowledge of specific oils to facilitate your choice for therapeutic purposes
- Systematic procedure for selecting the appropriate oils for particular concerns
- How the essential oils work with regard to their chemical components and Ayurvedic qualities
- How to use the essential oils for each of the 8 bodily systems, based on the principles of Maharishi AyurVeda
- An introduction to the use of hydrolates as an extension of Maharishi Aroma Therapy
- An introduction to the new line of essential oils

The course will cover the whole range of Maharishi Aroma Therapy from the gross physical to the most subtle energetic and spiritual levels. If you have completed the Foundation Course and want to give consultations to your family and friends or simply strengthen your knowledge of Maharishi Aroma Therapy, you are welcome to join!

For more information and to register, please visit: <https://mcphi.org/maharishi-ayurveda-aroma-therapy/>





## Maharishi AyurVeda Aroma Therapy Consultant Training Course Phase II

*In-residence course to be held 23 November – 4 December 2023*

The Phase II of the Consultation course, which will complete the basic training in Maharishi Aroma Therapy, will be held from 23 November – 4 December 2023. This comprehensive course qualifies participants to give Maharishi Aroma Therapy consultations and covers the complete revival of the Science of Holistic Health and Well-Being through the use of essential oils. Students will develop the skills to master the whole range of Maharishi AyurVeda Aroma Therapy practice.

For more information and to register, please visit: <https://mcphi.org/maharishi-ayurveda-aroma-therapy/>

**NOTE:** IMAVF Affiliates will receive a 10% discount on the course fee (not on accommodation and meals).

For more information on the IMAVF Affiliate programme and to enroll, please visit: <https://imavf.org/benefits/>

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](http://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](http://WWW.VEDICSOUND.ORG)

## Maharishi Light Therapy with Gems Course Phase 1 consists of 3 Parts *First two parts can be taken at home on your own schedule*



The in-depth course of Maharishi Light Therapy with Gems (MLG) Phase 1 will give you the opportunity to learn not only how to apply the beautiful and beneficial gem light to yourself but also how to give professional treatments to clients who are healthy or have minor imbalances. The Phase 1 course is divided into three parts:

**Part 1** (online on demand starting May 2023 – this part is a prerequisite for Part 3)

This first part will give you insight into how MLG was developed by Prof. Joachim Roller under the direct guidance of Maharishi Mahesh Yogi. The course will cover the properties of gemstones from modern science as well as the significance of gemstones in Ayurveda and their value in light of ancient Vedic Literature. The importance of light that is beamed through gems during MLG will be discussed, and the harmonising effect of MLG on mind and body supporting the development of higher states of consciousness will be explained.

**Part 2** (online on demand coming August 2023 – not a prerequisite for Part 3)

This section of the course will explore in detail the characteristics of each of the Navaratnas, the nine gems which are particularly praised in the Vedic Literature, and other gems that are used in the MLG treatment.

The relation of the gems to different elements, Doshas, Dhatus (tissues), and Grahas (principles represented in the planets) will be explained. The traditional effects of the gems as outlined in the Vedic texts will be explored: for example, some gems are considered to be more energising, others calming, some promote joy and humour, and others increase mental clarity. This course will deepen your knowledge and experience, however is not required for taking Part 3.

**Part 3** (in residence at MERU in Vlodrop, Netherlands, 3–19 June 2023)

At the end of Part 1, course participants will be eligible to take Part 3, a residence course where the course participants' knowledge and experience will be deepened, and they will learn the practical application of Maharishi Light Therapy with Gems in MLG treatments.

### Course Fees

MLG Course Phase 1 Part 1: **240 €**

MLG Course Phase 1 Part 2: **240 €** (169 € for MLG practitioners who want to take Part 2 as a refresher)

MLG Course Phase 1 Part 3: **1,500 €** (plus accommodation and meals)

For more information and to register, please visit: <https://mcphi.org/maharishi-light-therapy-with-gems/>

**NOTE:** IMAVF Affiliates will receive a 10% discount on the course fee (not on accommodation and meals).

For more information on the IMAVF Affiliate programme and to enroll, please visit: <https://imavf.org/benefits/>

## Live online Maharishi Yoga Āsana MasterClass starts 23 April *Includes new workshop sessions with personal guidance*



*“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 Mahesh Yogi 1972*

The Maharishi Yoga Āsana MasterClass Course is based on Maharishi’s 16-Lesson course on Yoga exercises. It presents complete guidance for the practice of Maharishi Yoga Āsanās (MYA), including anatomical and physiological considerations, supported by excellent demonstrations, charts, and interactive discussion. The 26-hour course presents detailed knowledge of the correct performance of Maharishi Yoga Āsanās, thereby ensuring a safe and beneficial practice for improved health and well-being and clearer experiences of Transcendental Consciousness.

The course will be invaluable for complete beginners, as well as those who have been practising the MYA for many years or are graduates of the 16-lesson course on Maharishi Yoga Āsanās. The live course will be available in both English and Spanish.

In addition to ten two-hour live online sessions, four live online workshops will provide the opportunity to practise with your MYA MasterClass Teachers. The teachers will carefully guide, adjust, and correct each student’s practice. This is a unique opportunity to learn the correct practice step by step, which has not been offered so far.

Because of individual coaching, the number of participants is limited, so students are encouraged to reserve their places as soon as possible. The course schedule includes two meetings per week (Monday and Thursday evenings, 7:30–9:30 pm CEST) and one workshop on Saturday afternoon of each week (3:30 – 5:00 pm CEST).

The standard course fee is 398 €, but discounts are available for residents of lower-income countries.

For complete details on the course programme, schedule, and registration, please visit: <https://mcphi.org/masterclass/>

**NOTE:** IMAVF Affiliates will receive a 10% discount on the course fee.

For more information on the IMAVF Affiliate programme and to enroll, please visit: <https://imavf.org/benefits/>



## Gardening in Light of Maharishi AyurVeda

*Live online course starts 8 April*

*“Do less & accomplish more”*



*“Nature always functions according to the principle of least action. Because the activity of Nature is balanced, it is able to accomplish its purpose economically, with least expenditure of energy.”*

*—Maharishi’s Master Plan to Create Heaven on Earth*

For the first time, the Maharishi College of Perfect Health International (MCPI) will offer the new live course Maharishi Vedic Science in Agriculture and Gardening, led by Dr Peter Swan, faculty of the Department of Maharishi Vedic Agriculture and Gardening.

The course will provide practical knowledge on how to start and maintain a garden, big or small, with the least effort, using the insights of Maharishi AyurVeda to make gardening simpler, more self-referral, easier, more intimate, and more fun. Course participants will discover how gardening can become an extension of our self-care through Maharishi AyurVeda. The course includes sections on favourite crops like tomatoes, cucumbers, and potatoes. Students will learn to garden in accordance with natural law, so their gardens are maximally self-sufficient and productive.

“Vedic agriculture is ‘agree-culture’ – it agrees with the culturing intelligence of Natural Law.”

Students will gain insight into the Ayurvedic knowledge of plant care, called Vriksh-Ayurveda, that applies the knowledge of the Doshas to plants and the soil to make gardening simple and easy.

For example, the Doshas can be in a state of balance or imbalance in the soil and plants, and we can easily learn how to balance them with compost, herbs, and water. The soil microbiome for plants functions similarly to our own Agni (digestive fire) which operates through our own intestinal microbiome. Students will discover how the same principles governing the management and care of Agni apply both to our own digestion and to the garden.

### LIVE ONLINE COURSE

8–29 April 2023, every Saturday, 10:30 am – 12:30 pm and 2:00 – 4:30 pm (CEST)

Course fee: 290 €

For more information and to register, please visit: <https://mcphi.org/vedic-agriculture/>

**NOTE:** IMAVF Affiliates receive a 10% discount on the course fee.

For more information on the IMAVF Affiliate programme and to enroll, please visit: <https://imavf.org/benefits/>

## The “Flowing Yoga” of Vedic Dance Therapy *Enlivening the relationship between consciousness and physiology*



*“Take dance as a system of medicine. Dance as therapy, as a system of health care.”*  
—Maharishi Mahesh Yogi

Vedic Dance Therapy is a powerful technique for health and well-being. Both practising Vedic dance and witnessing a Vedic dance performance can generate harmony, create bliss and balance, transform the physiology and nurture higher states of consciousness.

Vedic Dance Therapy increases mind-body coordination. This beautiful form of artistic expression provides an excellent exercise in a blissful way. Practitioners of Vedic Dance report a range of benefits:

- Increased strength and flexibility
- Improved circulation
- Enhanced feeling of energy and bliss

Practitioners of Vedic Dance also report a profound alignment of their physiology and consciousness with the cosmic rhythms and patterns of Total Natural Law. “My mind is clearer, my heart is expanded and my whole body is so stirred up in bliss. I feel more lively, more loving, more confident, stronger and so full of energy.” –J.G., Brazil.

Vedic Dance can be seen as “flowing Yoga”. It enlivens the inner energy and intelligence in the body, unifies silence and dynamism, wholeness and parts, and thereby creates health and balance in the individual and the environment.

The Maharishi College of Perfect Health International offers courses in two of the main forms of Indian Classical dance: Kathak and Bharata Natyam. While these two dance styles are different in their nature and technique, they have their foundation in ancient Vedic Literature. While Kathak originates from the Northern part of India, Bharata Natyam is a South Indian dance style. Both Kathak and Bharata Natyam involve storytelling elements and pure, abstract dance through the use of various Mudras (hand gestures) and body postures.



Kathak is characterised by a linear posture, energetic footwork, various rhythmic patterns, delicate face expressions and pirouettes or spins.

Yagyaa Srivastava, the Faculty of Kathak in the Department of Vedic Dance Therapy for the Maharishi Colleges of Perfect Health International leads the classes in Kathak.

A live online weekend Masterclass in Kathak taught by Yagyaa Srivastava will be held 22–23 April.

Course fee: 120 €

For more information, please visit: <https://mcphi.org/vedic-dance-therapy/>

# COURSES



Bharata Natyam is composed of rhythmic, geometric patterns of movement, a graceful language of gesture and expression, and a balance of abstract and storytelling elements.

Rebecca Busch, the director of Vedic Dance Academy, and Faculty of Bharata Natyam in the Department of Vedic Dance Therapy has written a fascinating article on Bharata Natyam that is available at:

<https://artsforenlightenment.org/dance-as-self-care/>

An online course in Vedic Dance style of Bharata Natyam will be held by Rebecca Busch over three consecutive weekends beginning 6 May.

Course fee: 175 €

For more information, please visit: <https://mcphi.org/vedic-dance-therapy/>

A live, in-person Bharata Natyam course will be held at MIU in Fairfield Iowa from 21 August to 1 September.

**NOTE:** IMAVF Affiliates receive a 10% discount on the course fee of courses offered by MCPHI.

For more information on the IMAVF Affiliate programme and to enroll, please visit: <https://imavf.org/benefits/>

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## Maharishi Jyotish courses available for self-paced study *Vedic Astrology at a Glance & Maharishi Jyotish Foundations courses now online*

The Maharishi Jyotish Courses are the latest to be made available in an on-demand online self-study format.

The introductory course for beginners, *Maharishi Vedic Astrology at a Glance* online seminar, is open to all practitioners of Transcendental Meditation. The course is taught by Dr Ann Crowell and offers students profound knowledge derived from the timeless Vedic Science of Jyotish as revived in its authenticity by Maharishi Mahesh Yogi.

Richly illustrated graphics and simple exercises provide a solid understanding of the connection between the individual and the universe, and give students a familiarity with the constituents of the birth chart. This seminar is a prerequisite to taking the more advanced courses on Maharishi Vedic Astrology.

The Maharishi Jyotish Foundations of The Science of Transformation and Technology of Prediction, Parts I and II offer more advanced instruction with 50 hours of tutorials by a Maharishi Jyotish Pandit, presentations by Dr Tony Nader, and talks by Maharishi Mahesh Yogi. The course provides deep insights into the mechanics of the relationship between the individual and the cosmos contained in the Science and Technology of Prediction and Transformation.

In addition, a lively Q&A session with the course leader and other Vedic scholars is held each week.

Both the introductory seminar and the Maharishi Jyotish Foundations courses are now available on demand.

For more information and to register, please visit: <https://mcphi.org/vedic-astrology/>





## 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.
- **“Ask the Vaidya” Service for MAV-trained Doctors:** Submit specific questions about Ayurvedic diagnosis or treatment for a patient's challenging condition to our senior Vaidyas in India and get a detailed reply within 3–4 days.

### ■ SAVINGS ON COURSES, WEBINARS & CONFERENCES

- 10% discount on International Ayurveda Congresses
- 10% discount on course instruction fees for all MCPHI courses (see <https://mcphi.org/courses-and-webinars/>), such as:
  - MLG online on-demand and in-residence training courses
  - MAT Foundation and Consulting training courses
  - MYA courses
  - Vedic Agriculture courses
  - Vedic Dance 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, USA*, <https://ayurveda-courses.org/professional-training/> (please contact [healthministryoffice@maharishi.net](mailto:healthministryoffice@maharishi.net) for the coupon code)
- 50% Discount on Vaidya Webinar Series — view on-demand

### ■ COMMUNITY SUPPORT

- 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
- List your MAV-certified consulting services in our global directory

**Enrollment in the IMAVF Affiliate programme gives you all these benefits for only 80 Euro per year.**

(40 Euro for professionals from developing countries, MERU staff, and Mother Divine.)

If you are not a Maharishi AyurVeda professional (yet), you may join IMAVF as a Supporter for only 80 Euro per year. (40 Euro for anyone from developing countries.)

To enroll as Affiliate or Supporter, please visit: <https://imavf.org/benefits/>.

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