



# IMA VF NewsMagazine

International Maharishi AyurVeda Foundation (IMA VF)

Serving all Maharishi AyurVeda Health Professionals Worldwide

AUTUMN 2023



Dr Rainer Picha  
IMA VF Chairman of the Board

Dear Colleagues,

Welcome to this 25th edition—our “silver anniversary” issue—of the IMA VF NewsMagazine!

We thank all our IMA VF members—those who have been with us from the beginning over seven years ago and those who have recently joined—for your continued support of Maharishi AyurVeda.

- In this issue, you’ll read about recent mainstream research demonstrating how science is catching up and validating Maharishi’s deep understanding of the interrelationship between individual and collective consciousness.
- We’re delighted to announce continued progress in the acceptance of professional training in Maharishi AyurVeda by the academic world: ECTS credits are awarded for both one and two-year programmes of study of Ayurveda at the accredited *Alma Mater Europaea University* in Maribor, Slovenia.
- Get an overview of the courses offered by Maharishi College of Perfect Health International (MCPHI) and learn about neurobiologists’ groundbreaking research on how essential oils boost cognitive health in older adults.

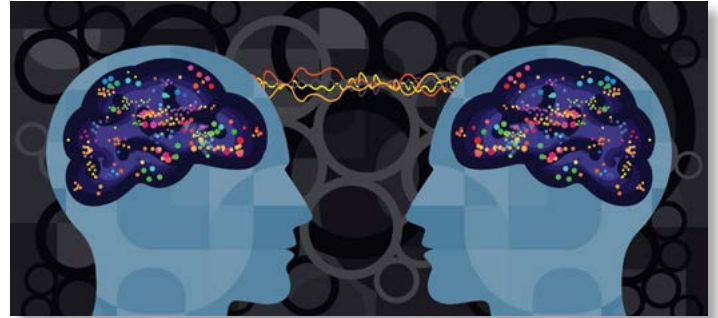
Wishing all members of the extended Maharishi AyurVeda family a rewarding autumn and upcoming holiday season!

With warmest wishes,

Dr Rainer Picha  
IMA VF Chairman of the Board

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

## New research explores the many powerful influences of collective consciousness



The emerging field of “collective neuroscience” can now demonstrate the reciprocal effects between an individual and social groups.

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## Mainstream scientists explore many powerful influences of collective consciousness Studies demonstrate reciprocal effects between individual & social groups

### Science starts to catch up

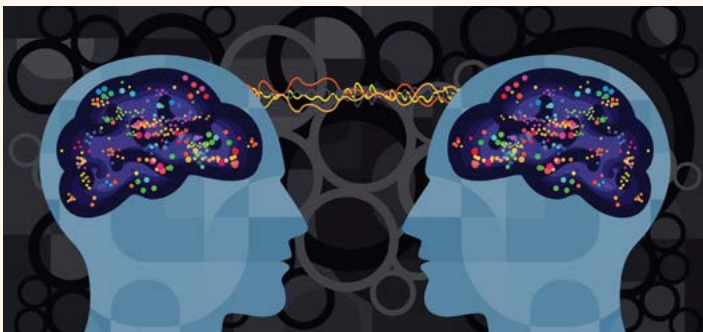
Recently, scientists have begun to validate the reciprocal importance of collective and individual consciousness.

Dr Hannah Critchlow, named as one of Cambridge University's "Rising Stars in Biological Sciences" by *Nature* magazine, has concluded that what she terms "collective intelligence" is more important than IQ.

She elaborates on this concept in her book *Joined-Up Thinking: "The Science of Collective Intelligence and its Power to Change our Lives"* and recently in a March 2023 presentation at the *Cambridge Festival* sponsored by Cambridge University in the UK.

This collective intelligence, or "C-factor", as neuroscientists call it, refers to how well groups of people can learn and solve problems together.

Dr Critchlow, in a video interview on BBC, explained: "So how does communal thinking or collaboration affect our individual brains? If you and I were working together and we both had our brains hooked up to an EEG machine so that we were analyzing electrical activity within our brains, if we were working together well and really solving puzzles and thinking in unison, then actually our brain waves would start to synchronize. They'd start to become in step with each other."



"And that degree of brain synchronicity can actually be used to predict how well a group is working together. If we look people in the eye directly, then that increases the chance that we'll get brain synchronicity. If we sing together or exercise together, that also seems to boost brain synchronicity. And there are even studies that show that brain health relies on this ability to synchronize with other people's brains, so that it helps to protect us against longer term illnesses of the brain like dementia or Alzheimer's." (Watch the interview here: <https://www.bbc.com/reel/video/p0gb61p0/the-science-of-synchronising-two-brains>)

### The Maharishi Effect

Over 70 years ago, Maharishi proposed that peace and harmony in society depended on the degree of coherence in collective consciousness. He maintained that the individual is the unit of collective consciousness and that TM was a highly effective method to increase coherence in the individual and thereby for all collective levels of society—family, city, state, national, and world. He predicted that when 1% of a local or national population practices TM, there would be a measurable positive effect on society—the "Maharishi Effect."

This effect was further developed with the introduction of the TM-Sidhis programme when the "Extended Maharishi Effect" was defined as the effect created by a group of the square root of 1% of the population practising the TM and TM-Sidhi programmes.

Since 1974, more than 50 studies have investigated the effect of the practice of TM & large groups practising the TM-Sidhi programmes on society, including reductions in crime, accidents, mortality, war, and terrorism and improvements in economic indicators and the general quality of life.

References:

*How individual coherence increases collective coherence with Dr. Tony Nader, Part One*

<https://youtu.be/4QXXAXhYf4s>

Field-Effects of Consciousness

<https://uk.tm.org/the-maharishi-effect>

<https://anantidotetoviolence.org>

**Join the 10,000 for World Peace Assembly  
from 29 December 2023 to 13 January 2024**

<https://worldpeace10000.org>



## Studies demonstrate reciprocal effects between individual & social groups

### Collective neuroscience is shedding light on the complex ways in which our brains synchronize during social interactions, deepening our understanding of human sociality

Brain Waves Synchronize when People Interact  
*Scientific American, July 2023*

“Collective neuroscience, a growing field of research, explores how the brains of individuals synchronize during social interactions. When people engage in conversations or share experiences, their brain waves align, creating matching patterns. This synchronization is seen as a marker of relationships and is linked to better learning, higher enjoyment in shared activities, and stronger bonds in romantic couples and close friends.

Beyond synchrony, researchers are investigating whether brain alignment can occur at the level of understanding and shared meaning during interactions. Preliminary findings suggest that shared cognitive processing may lead to increased brain synchrony.”

<https://www.scientificamerican.com/article/brain-waves-synchronize-when-people-interact/>

### “Collective Resonance” for trauma healing

In the applied field of *Trauma Therapy*, psychologists are finding new ways to leverage the healing benefits of groups that go far beyond the old idea of “group therapy.” Thomas Hübl, author of *Healing Collective Trauma*, often works with large groups using his *Collective Trauma Integration Process* to heal cultural and

social trauma and, in the process, help individual participants experience release of their personal trauma.

<https://www.youtube.com/watch?v=MBpfdOuLyg8&t=18s>

He has found that even small groups of three people who follow simple guidelines for empathic listening and support can dramatically hasten trauma healing in each individual. This process is based on a safe exploration of sharing and reflection, guided by a process that supports openness, transparent communication, and supportive, compassionate listening.

Hübl calls this process “co-regulation,” which allows resonance or alignment to happen with another’s emotional state and with their nervous system.

His new book *Attuned* serves as a road map to harness the power of our collective human consciousness as a source for healing our traumatized world.

### Research enriches our understanding of the many applications of Collective Consciousness

Researchers and clinicians continue to re-examine the many practical applications of collective consciousness in diverse areas, including therapy, human communication, family relations, social interactions, brain synchrony and creative collaboration. As these new discoveries evolve, we can take inspiration to see how these insights could be applied to our personal lives to further support our experience of the profound benefits of the expansion of consciousness through the TM and TM-Sidhi programmes.

## Join the 10,000 for World Peace Assembly from 29 December 2023 to 13 January 2024

All those practicing TM and the TM-Sidhi Programmes are invited to create a powerful Extended Maharishi Effect by participating in the 10,000 for World Peace Assembly from 29 December 2023 to 13 January 2024 in Hyderabad, India.

<https://worldpeace10000.org>

If you’re unable to go to Hyderabad, please join the assembly in Fairfield, Iowa, for those same two weeks—29 December 2023 to 13 January 2024—and contribute powerfully to the blast of coherence coming from India. Apply now for the “North American 2,000 Course for World Peace” in Fairfield.

<https://www.miu.edu/2000-course-for-world-peace/>

If you're unable to join us at either of these two assemblies, we invite you to make a meaningful impact by sponsoring someone who can be part of this important event. Your contribution can help promote world peace.

Please visit <https://worldpeace10000.org/donate/> to make a donation today. Thank you for your support!



## Maharishi College of Perfect Health International (MCPHI) celebrates the recent expansion of its course offerings

*The centuries-old medicine-predominated approach to health has failed to eliminate sickness and suffering; this is because medicine alone is too superficial to influence all the innumerable values that constitute the structure of life and its evolution.*

*Only a holistic approach that takes into consideration all aspects of mind and body together can be successful in handling health.*

—Maharishi Mahesh Yogi

Over 45 years ago, Maharishi's profound insights into the relationship between pure consciousness, the mind, the physical body, behaviour, society, and the environment led to the development of a profound healthcare system: Maharishi AyurVeda, also called *Maharishi Vedic Approach to Health*.

In 2001, Maharishi founded *Maharishi College of Vedic Medicine*, which he renamed in 2007 as *Maharishi College of Perfect Health International (MCPHI)*. In 2004, Maharishi appointed Dr Picha as the President of the Accreditation Board for regulating and authenticating the practice of the prevention-oriented perfect system of health care for everyone in our global family.

Over time, MCPHI started to offer more and more modalities, including Maharishi AyurVeda Aroma Therapy, Maharishi Yoga Therapy, Maharishi Light Therapy with Gems, Maharishi AyurVeda Panchakarma, Maharishi AyurVeda Marma Therapy, Maharishi Vedic Astrology and Vedic Dance.

These different courses have been offered since 2012 through the course platforms of MERU, MIU, UMLAC in Latin America, and in many different countries around the world. MCPHI provided MIU with the 4-year curriculum "Total Knowledge for Perfect Health" which had been worked out by Dr Picha and Dr Mölk under Maharishi's guidance over several years. MIU has successfully implemented and expanded this training and their MS in Maharishi AyurVeda & Integrative Medicine is now the fastest growing study at MIU.

MCPHI is a Dutch non-profit organization, a Foundation (Stichting) located at MERU, organized and operated exclusively

for charitable, educational, and scientific purposes. Its aim is to serve as a global platform for training health professionals and the general public in the different preventive and therapeutic modalities of Maharishi AyurVeda, and to make Maharishi AyurVeda a part of the public health care system.

Maharishi AyurVeda is consciousness-based and integrative medicine that includes aspects of modern medicine and other natural health care systems that are free from side effects.

The guiding textbook of the Foundation, in addition to the best research-based practices of modern medicine and the classical texts of Ayurveda, is "Human Physiology—Expression of Veda and the Vedic Literature" by Prof. Tony Nader. This text shows, based on the most recent research in physiology, that the body is a precise expression of Total Natural Law—Veda and the Vedic Literature—and has its basis in consciousness.

MCPHI was founded to develop and offer training programmes in these specific therapeutic modalities at several levels:

1. Introductory course and training to anyone interested in maintaining physical and mental health
2. Professional development and continuing education training to health professionals in Maharishi AyurVeda
3. On-going enrichment for health professionals trained in Maharishi AyurVeda in the form of knowledge updates, research articles, advanced knowledge courses, case studies and opportunities for clinical practices.

In addition, MCPHI is responsible for establishing and monitoring the highest quality standards of the worldwide practice of the many Maharishi AyurVeda modalities.

### Accredited Master's programme in Ayurveda

In addition to online and in-person courses, a 120 ECTS accredited two-year Master's degree in Ayurveda and a 55 ECTS credit one-year Postgraduate Certificate in Ayurveda for health professionals are now offered in a hybrid format at the Alma Mater Europaea University in Maribor, Slovenia in cooperation with MCPHI.

<https://mcphi.org>

## MCPHI celebrates the recent expansion of its course offerings

*"Yathā Piṇde tathā Brahmāṇde"*

*As is the atom, so is the universe;  
as is the body, so is the cosmic body.*



In the holistic approach of Maharishi AyurVeda, individual health and universal well-being are intimately connected.

### The Multi-Modality Approach of MCPHI

MAV's approach to holistic healing is rooted in the understanding that health includes the entire spectrum of natural law. One of the unique aspects of Maharishi AyurVeda is that it engages all five senses to create balance within the individual. Each therapy has specific effects on different levels of health, encompassing the physical, mental, and behavioural aspects, all aimed at enlivening the inner intelligence of the physiology.

This multifaceted approach ensures that individuals can experience comprehensive well-being, from their mental and physical health to their emotional and societal harmony.

As MCPHI celebrates the first anniversary of its new platform and expansion, it marks a milestone in the journey towards integrating the wisdom of the ages with modern healthcare practices in the various evidence-based modalities of Maharishi AyurVeda. MCPHI has been instrumental in bringing the profound benefits of Maharishi AyurVeda's truly holistic approach to health and well-being to health professionals and laypeople alike all around the world.

#### Contact Information:

Stichting Maharishi College of Perfect Health International  
MERU, Station 24, 6063 NP Vlodrop, The Netherlands

<https://mcphi.org>

[mavtraining@maharishi.net](mailto:mavtraining@maharishi.net)

### The Team behind (MCPHI)

MCPHI's success is due to the vision and dedication of its leadership team. The Board of Directors and department heads, along with administrators, all work harmoniously together and with great enthusiasm to make Maharishi AyurVeda accessible to a global audience.

#### Board of Directors:

- Dr Rainer Picha, Chairman
- Dr Walter Mölk
- Dr Bruno Renzi
- Dr Lorenza Garghetti

#### Department Heads:

- Dr Rainer Picha and Dr Walter Mölk – *Maharishi AyurVeda Doctor training and Marma Therapy training*
- Andréia Castilho – *Maharishi AyurVeda Aroma Therapy*
- Gudrun Buchzik – *Maharishi Yoga Asanas and Pranayama*
- Joachim and Iris Roller – *Maharishi Light Therapy with Gems*
- Dr Peter Swan – *Maharishi Vedic Agriculture and Gardening*
- Dr Ann Crowell – *Maharishi Jyotish*
- Rebecca Busch and Yagyaa Srivastava – *Maharishi Vedic Dance*
- Kathryn Nolan and Randol Oberson – *MAV Pancha Karma Massage Therapy*

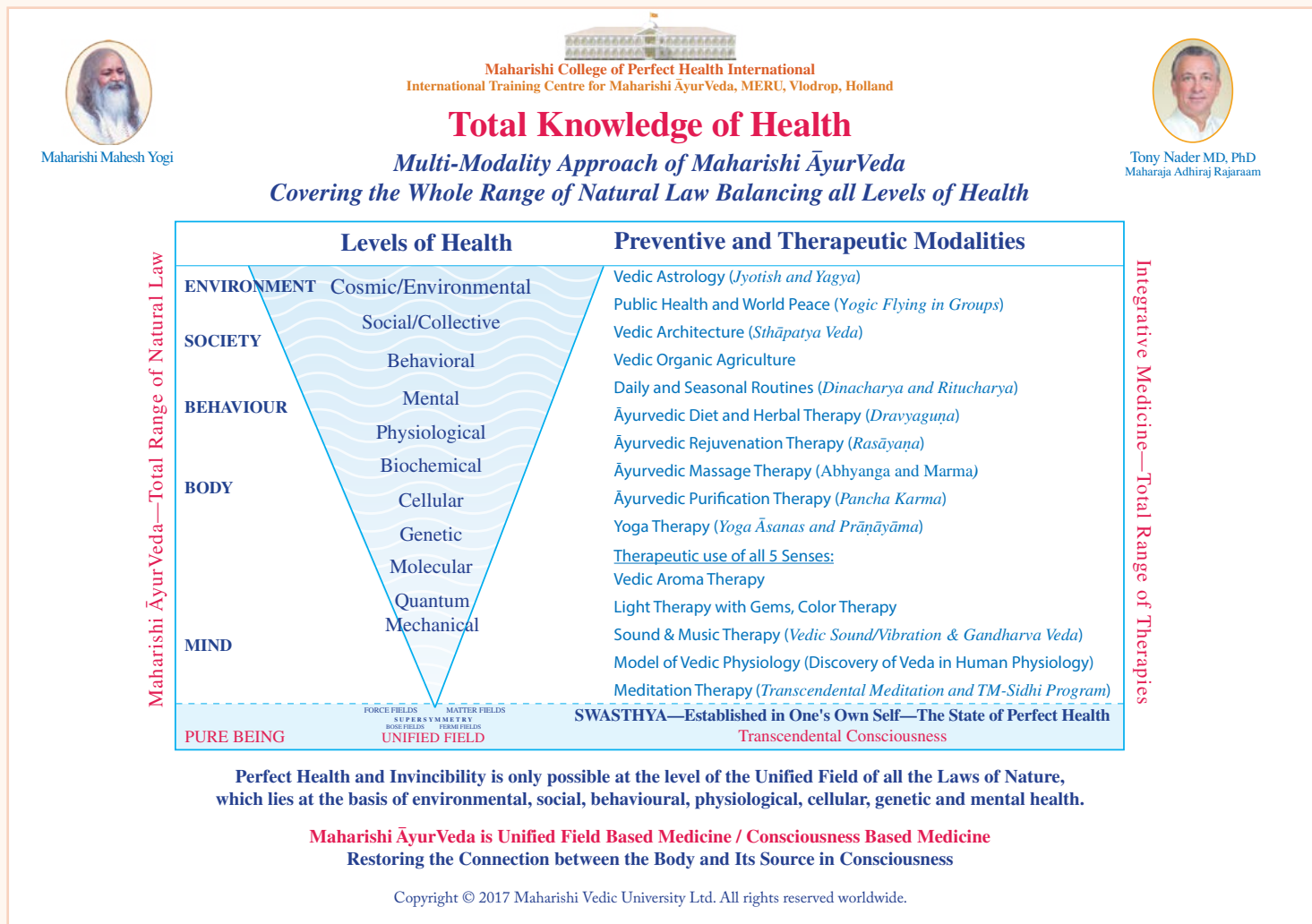
#### Administrators:

- Rolf Gründler
- Silvia Hawkins
- Martin Rickinger
- Ricarda Fuhge
- Attila Szilagyi
- Anita Tilly
- Anita Ruman

#### New MCPHI departments and courses in the pipeline:

- Department of Ayurvedic Family Care (Healthy, Happy Mother and Baby)
- Department of Ayurvedic Dental Health
- Department of Veda in Human Physiology (Vedic sound, Vedic vibration, Model of Vedic physiology)
- Department of Ayurveda and Sthapatya Veda

## The Total Knowledge of Health Chart



This chart, divided into left and right sides, offers a comprehensive view of health and the corresponding therapeutic modalities.

On the left side are the different levels of health, starting from Pure Being, which equates to pure consciousness or what modern science calls the *Unified Field of all the Laws of Nature*. This is followed by the areas of the mind, body, behaviour, society, and environment—the whole range of Natural law.

On the right side are the preventive and therapeutic modalities of Maharishi AyurVeda, which include the therapeutic use of all five senses.

MAV's approach to holistic healing is rooted in the understanding that health includes the entire spectrum of natural law. One of the unique aspects of Maharishi AyurVeda is that it engages all five senses to create balance within the individual. Each therapy has specific effects on different levels of health, encompassing the physical, mental, and behavioural aspects, all aimed at enlivening the inner intelligence of the physiology.

## Maharishi AyurVeda Courses at a Glance

**MAHARISHI AYURVEDA AROMA THERAPY** – <https://mcphi.org/maharishi-ayurveda-aroma-therapy/>

*Andréia Castilho*

- Foundation Course
- Consultant Training Course, Phase I
- Consultant Training Course, Phase II

**MAHARISHI AYURVEDA MARMA THERAPY** – <https://mcphi.org/maharishi-ayurveda-marma-therapy/>

*Dr Rainer Picha and Dr Walter Mölk*

- Maharishi AyurVeda Marma Training Course – for Self-help and Family Care
- Maharishi AyurVeda Marma Training Course – for Health Professionals
- Maharishi AyurVeda Marma Training Course – for Maharishi Panchakarma Technicians
- Maharishi AyurVeda Whole Body Marma Massage – for experienced Maharishi Panchakarma Technicians

**MAHARISHI YOGA THERAPY – ASANAS AND PRANAYAMA** – <https://mcphi.org/maharishi-yoga-ASANAS/>

*Gudrun Buchzik*

- Yoga Asanas and Pranayama – 16-lesson course
- Maharishi Yoga Asana MasterClass
- Maharishi Yoga Asanas Instructor Training Phase I
- Maharishi Yoga Asanas Instructor Training Phase II
- Maharishi Yoga Asanas Instructor Training Phase III

**MAHARISHI LIGHT THERAPY WITH GEMS** – <https://mcphi.org/maharishi-light-therapy-with-gems/>

*Joachim, Iris, and Orelia Roller*

- Phase I, Part 1 (online)
- Phase I, Part 2 (in-residence)
- Phase II (in-residence)

**MAHARISHI AYURVEDA PANCHAKARMA** – <https://mcphi.org/maharishi-ayurveda-panchakarma/>

*Kathryn Nolan and Randol Oberson*

- Technician Training Course Phase 1
- Technician Training Course Phase 2

**MAHARISHI VEDIC AGRICULTURE** – <https://mcphi.org/vedic-agriculture/>

*Dr Peter Swan*

- Gardening in Light of Maharishi AyurVeda

**MAHARISHI VEDIC ASTROLOGY** – <https://mcphi.org/vedic-astrology/>

*Dr Ann Crowell*

- Maharishi Vedic Astrology at a glance – an online seminar for beginners
- Maharishi Jyotish Foundations of the Science of Transformation and Technology of Prediction – Part I
- Maharishi Jyotish Foundations of the Science of Transformation and Technology of Prediction – Part II

**VEDIC DANCE THERAPY** – <https://mcphi.org/vedic-dance-therapy/>

*Yagyaa Srivastava and Rebecca Busch*

- Introduction to the Vedic Dance form *Kathak* – live-online with Yagyaa Srivastava
- Introduction to the Vedic Dance form *Bharata Natyam* – live-online with Rebecca Busch

## New Master's degree in *Health Sciences – Master in Ayurveda* starts at the end of October 2023



The Alma Mater Europaea University, in cooperation with the Maharishi College of Perfect Health International (MCPHI), now offers an accredited two-year Master's degree in Ayurveda with 120 ECTS. The Master's programme is set to commence in October 2023 and every October from hereon.

The programme is designed to give participants the knowledge and practical protocols to apply key consciousness-based Ayurveda techniques in their healthcare practice to promote wellness and prevent disease.

The training is delivered using an innovative hybrid learning format. It includes online studies alternated with on-campus blocks at the Alma Mater Campus in Maribor, Slovenia.

A bachelor's/undergraduate degree in a health study programme and English language proficiency are required for participation, but foundation courses will be available to those students who do not fully meet the standard admission criteria.

For more details and how to apply, please visit: <https://mcphi.org/health-sciences-masters-degree-in-ayurveda/>.

If you don't wish to enrol in the two-year Master's programme, you can take the one-year *Postgraduate Certificate Programme Part I and Part II*, starting in March 2024.



**The 55 ECTS Postgraduate Certificate in Ayurveda for health professionals at Alma Mater Europaea University has already been offered for the past three years, and more than 35 students from over 15 countries have participated.**

Beginning in the 2024-2025 academic year, the Postgraduate Certificate programme will consist of two parts, Phase I and II, with more courses and 25 more ECTS credit points. It will include training in MAV Marma Therapy, applied MAV Aroma Therapy and Advanced Herbal Therapy (Dravyaguna).

We invite all health professionals to take advantage of this opportunity to earn an accredited postgraduate certificate or a Master's degree while immersing themselves in the enriching world of Ayurveda. We look forward to receiving your application.

**Early Bird Discount on the tuition fee for the 2024/2025 Postgraduate Certificate programme in Ayurveda at Alma Mater Europaea University**

Enrolment for the 2024 Postgraduate Certificate Programme in Ayurveda is now open and a **5% discount** on the tuition fee is available to those who apply and pay the first instalment **before 15 December 2023**.

For more information about the one-year Postgraduate Certificate programme and to watch videos on what the graduates have to say, please visit: <https://mcphi.org/postgraduate-certificate-in-ayurveda-for-health-professionals/>.



If you have any questions, please do not hesitate to contact us at [professional.training@IMAVF.org](mailto:professional.training@IMAVF.org).



## Heart and Mind Journal calls for Unifying Systems Medicine Model with Meditation to address Clinician Burnout

Fairfield, IA - A new editorial published in the *Heart and Mind* journal proposes an innovative systems medicine approach to address the epidemic of clinician burnout and holistically improve clinician mental health and wellbeing.

(*Heart and Mind*, September 18, 2023.

DOI: 10.4103/hm.HM-D-23-00013, published ahead of print.)

In the US and globally, clinician burnout has reached epidemic levels, with over 50% of physicians and healthcare providers reporting symptoms. Besides impairing quality of life, burnout increases risk of mental health disorders, cardiovascular disease and impaired patient care. Annual costs of physician burnout in the US alone are estimated at \$4.6 billion.

“Healthcare provider burnout is a major threat to health care quality, patient outcomes, and the medical workforce,” said Robert Schneider, MD, FACC, Dean of the College of Integrative Medicine at Maharishi International University, and senior author. “Urgent action is required to alleviate this crisis.”

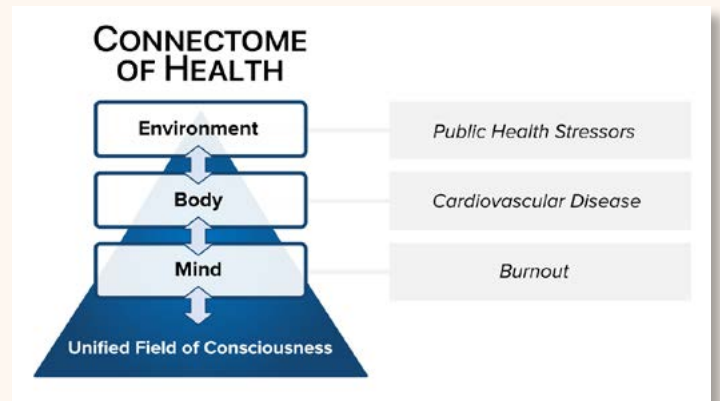
The new model incorporates biological, psychological, environmental and consciousness factors into an interconnected framework called the *Connectome of Health*. It emphasizes the role of Transcendental Meditation (TM) in enhancing resilience and preventing burnout and related mind-body conditions, such as cardiovascular disease.

“Transcendental Meditation allows the mind to experience a unique state of restful alertness, providing a buffer against the stresses of medical practice,” explained Fred Travis, PhD, co-author and Director of the University's Center for Brain, Consciousness and Cognition.

The authors reviewed studies showing TM reduced symptoms of burnout, anxiety, depression, and PTSD in healthcare providers. “After two weeks, symptoms of depression and anxiety decreased nearly 45%, while insomnia, emotional exhaustion, and well-being improved significantly. These changes became even more significant throughout the 3-month study,” reported Mark Nestor, MD, PhD, lead investigator and Voluntary Professor at the University of Miami Miller School of Medicine. The *Heart and Mind* authors suggest that TM's benefits stem from unique neural mechanisms that counter the brain patterns underlying burnout and simultaneously balance interconnections between body, mind, environment, and consciousness.

“This systems approach highlights the value of developing consciousness through meditation for cultivating mental, physical, and social health in an integrative manner,” said Tony Nader, MD, PhD, co-author, and Director of the Dr. Tony Nader Institute. “It offers a new paradigm for preventing disease and promoting whole health.”

The researchers call for continued investigation and application of this framework to tackle burnout and transform healthcare. “By incorporating evidence-based meditation programs, we can create a new wellness model that supports clinicians' health and improves care for all,” concluded Dr Schneider.



This figure illustrates our proposed systems medicine model of health, referred to as the *Connectome of Health*. This model incorporates four fundamental domains of health: Environmental Health (Environment), Physical Health (Body), Mental Health (Mind), and Spiritual Health (Unified Field of Consciousness). The spiritual domain corresponds to the unified field of quantum physics. In the *Connectome* model, the unified field is identified as a field of consciousness that underpins both mind and matter. As such, we term it the *Unified Field of Consciousness*. Each of these four domains interacts with the others, forming an interconnected whole system—*The Connectome of Health*.

To read the full editorial, please visit:

[https://imavf.org/wp-content/uploads/pdf/HM\\_Editorial\\_21Sep23.pdf](https://imavf.org/wp-content/uploads/pdf/HM_Editorial_21Sep23.pdf)

## Essential Oils boost cognitive health in older adults Neurobiologists publish groundbreaking research



Cognitive decline among older adults is a growing concern in our ageing society. For example, in the USA alone, one in 10 adults age 65 and older have dementia, while another 22% have mild cognitive impairment<sup>1</sup>.

Researchers at the University of California, Irvine, conducted a groundbreaking study<sup>2</sup> published in *Frontiers in Neuroscience* to see if essential oils would offer a drug-free and cost-effective solution.

Cynthia C. Woo and her team exposed participants (aged 65–80) to just one of seven essential oils (rose, orange, eucalyptus, lemon, peppermint, rosemary, and lavender) with a different essential oil for two hours during nighttime sleep for a total of six months. The study assessed the influence of this exposure on the participants' cognitive abilities. The results revealed dramatic improvements in memory and neural functioning, offering a promising approach to preserving cognitive health in ageing populations.

In this study, forty-three older adults were divided into two groups: Olfactory Enriched and Control. The Enriched group experienced nightly exposure to essential aroma oils, while the Control group

had minimal exposure. Neuropsychological assessments and brain scans were conducted before and after six months.

Participants in the Olfactory Enriched group showed a remarkable 226% improvement in cognitive function, particularly in memory, compared to the Control group. Olfactory enrichment also improved the functioning of the left uncinate fasciculus, a brain region associated with memory and language processing.

Olfactory enrichment during sleep offers a promising, cost-effective pathway to enhance cognitive health in older adults. Its simplicity and affordability make it an attractive option for in-home treatment.

This research by Cynthia C. Woo and her team sheds light on a potential solution to help combat cognitive decline, fostering a brighter future for the ageing population. Further research is needed to fully harness the benefits of olfactory enrichment in maintaining cognitive vitality as we age.

1. <https://jamanetwork.com/journals/jamaneurology/fullarticle/2797274>
2. <https://www.frontiersin.org/articles/10.3389/fnins.2023.1200448/full>

### Send us NEWS and UPDATES!

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

Maybe you have news, 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](mailto:editor@imavf.org) with “news” in the subject line. Thank you!



## 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.)

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

*Send address changes to: [editor@imavf.org](mailto:editor@imavf.org)*