

التوازن
هو سر
الصحة التامة

Maharishi Ayurveda for Health Professionals



Ayurveda For Health Professionals

Principles of Prevention, Diagnosis
and Treatment in Maharishi Ayurveda

Jointly organised by Maharishi Ayurveda Association of Lebanon and the International Maharishi Ayurveda Training Centre, Maharishi College of Perfect Health, The Netherlands

An introductory course taught in several 2-3-days blocks

Block 1: Dec 3 – 5 , 2010, Beirut-Lebanon

Block 2: Dec 10-12, 2010, Beirut- Lebanon

Remaining Blocks: Dates to be announced

A unique educational experience for all health professionals who want to expand the scope and effectiveness of their health care practice.

"This course provided a deep understanding of natural medicine and practical programs for use in daily practice. I found it highly relevant to my cardiology practice, for both prevention and treatment."

*John Zamarra, MD; Board-certified cardiologist,
Fullerton, CA, USA*

Course Introduction

Maharishi Ayurveda Association of Lebanon and the International Training Centre of the Maharishi College of Perfect Health, The Netherlands invite you for a fascinating journey into the principles and practice of Maharishi Ayurveda, the comprehensive and modern formulation of the world's oldest system of natural health care. Course participants will develop practical skills for the prevention, diagnosis and treatment of common diseases that can be immediately applied in their clinical practice. They will also learn personalized self-care programs to increase job satisfaction and general well being in their own personal lives. All participants will receive an extensive printed syllabus, including valuable protocols for addressing many common chronic conditions. This introductory course is the first phase of a planned thorough and extensive training program to become an expert in Maharishi Ayurveda. The faculty members are leading physicians in Maharishi Ayurveda who have helped introduce and popularize integrative medicine practices worldwide over the past 25 years.

Evidence-Based Practices

The changing environment of health care is now placing greater emphasis on integrative approaches to treating patients. These approaches have the potential to improve the health of a large number of patients, while reducing overall health care costs. However, it's important that physicians and other health care providers incorporate integrative practices that are evidence-based and supported in the published literature. This course will present an evidence-based approach to integrative medicine, providing training in the time-tested and practical approaches of Maharishi Ayurveda.

Educational Objectives

Upon completion of this introductory course, participants should be able to:

- Integrate fundamental principles and practical procedures of Maharishi Ayurveda into their healthcare practice.
- Understand the relationship between consciousness and health and discuss peer-reviewed published research on Maharishi Ayurveda including the Transcendental Meditation® technique.
- Increase their own stress tolerance, overall well being, job satisfaction and reduce symptoms of fatigue and burnout through personalized self-care programs including the practice of Transcendental Meditation.
- Evaluate a patient's constitutional type (*Prakriti*) and underlying patterns of imbalance (*Vikriti*) through Ayurvedic principles of diagnosis.
- Apply the fundamentals of Maharishi Ayurveda pulse diagnosis (*Nadi Vigyan*) in clinical practice.
- Utilize Ayurvedic principles to optimize digestive health and nutrition; restore biological rhythms through daily and seasonal behavioral regimens; and promote longevity through anti-aging modalities.
- Instruct patients in personalized self-care programs, including individualized dietary, behavioral, exercise, and detoxification regimens and methods of stress management
- Prescribe Ayurvedic herbal food supplements to enliven the self-repair and healing mechanisms of the body, to promote wellness and prevent disease.
- Implement multi-modality clinical protocols to address a wide range of common chronic conditions encountered in medical practice.

"The Maharishi Ayurveda training program has broadened my assessment abilities, taught me new educational methods for my patients, and allowed me to offer better treatment results."

Edwin Shockney, PhD; Board-Certified Specialist in Pain Management, Trauma, and Behavioral Health, Colorado Springs, CO, USA

Who Should Attend?

This educational course is for medical doctors, doctors of osteopathic medicine, chiropractic physicians, naturopathic physicians and other allied health professionals who are committed to providing optimal care for their patients

Course Topics and Clinical Protocols

This introductory course will provide a solid foundation of theoretical and practical knowledge of Maharishi Ayurveda, covering the basic principles of diagnosis, prevention and treatment.

Course Topics, Block 1

- Maharishi Ayurveda: Overview, origin, research and case reports
- Unified Field-based medicine: Correlations with modern quantum physics
- The role of *Vata*, *Pitta*, and *Kapha* in the physiology
- Maharishi Ayurveda pulse diagnosis (*Nadi Vigyan*), Part 1
- Veda and Ayurveda: the holistic foundation of Maharishi Ayurveda, Part 1
- Normalizing biological rhythms through balanced behavioral regimens, including Vedic exercise, Part 1
- Maharishi Ayurvedic approach to anti-aging medicine
- The role of consciousness for prevention and treatment of disease: Origin, practice and research on the Transcendental Meditation technique
- Optimizing digestive health and elimination, Part 1
- Personalized approach to nutrition and dietetics, Part 1
- Ayurvedic diagnostic approach, including assessment of individual mind-body type (*Prakriti*)
- Clinical workshop on diagnosis of mind-body type (*Prakriti*)
- Ayurvedic herbal food supplements including spices and home remedies, Part 1
- Clinical protocols for common digestive disorders
- Course summary and final exam

Course Topics, Block 2

- Veda and Ayurveda: The holistic foundation of Maharishi Ayurveda, Part 2
- Maharishi pulse diagnosis (*Nadi Vigyan*), Part 2
- Total Heart Health : a model holistic program
- Optimizing digestive health, elimination and detoxification, Part 2
- Personalized approach to nutrition and dietetics, Part 2
- Physiological purification and detoxification procedures (*Pancha Karma*)
- Normalizing biological rhythms through balanced behavioral regimens, including Vedic exercise, Part 2
- Ayurvedic diagnostic approach including assessment of underlying patterns of imbalance (*Vikriti*)
- Clinical workshop on assessment of imbalance (*Vikriti*)
- Ayurvedic herbal food supplements including spices and home remedies, Part 2
- Clinical protocols for cardiovascular disorders, mental health, and headache.
- Course summary and final exam

*"I'll never think of taking a patient's pulse the same way again. Maharishi Ayurveda has changed the way I think about medicine."
David Hubbard, MD; Neurologist and Director, Applied fMRI Institute, San Diego, CA*

Clinical Protocols, Phase 1

Course participants will learn clinical protocols for addressing the following disorders from the perspective of Maharishi Ayurveda.

Block 1

- Digestive disorders, including GERD, IBS, chronic constipation, and other functional digestive conditions

Block 2

- Cardiovascular disorders, including hypertension and coronary heart disease
- Mental/emotional disorders, including anxiety, depression, and sleep disorders
- Tension headache, migraine headache

Planned Topics for Blocks 3 & 4

- Respiratory disorders, including allergic rhinitis/sinusitis, asthma, URI/pharyngitis, and chronic bronchitis.
- Women's health disorders including menstrual disorders and menopausal syndrome
- Obesity and hypercholesterolemia
- Endocrine disorders, including diabetes and thyroid disorders
- Chronic fatigue, fibromyalgia
- Musculoskeletal disorders, including osteoarthritis, rheumatoid arthritis, and chronic back pain

Note: This introductory course is only the first phase of a planned thorough and extensive training program in Maharishi Ayurveda.

The topics of the next several phases will include:

Human Physiology - expression of Veda and Vedic Literature; Total Knowledge of Health (integration of modern science and Vedic science, common origin of all streams of medicine, Unified Field-based medicine, Total Natural Law – the Constitution of the Universe); Transcendental Meditation (theory and practice of neurophysiological health, brain development and higher states of consciousness); Ayurvedic diagnosis, prevention, and therapy of chronic and severe stages of disorders (all the organ systems and diseases discussed in Phase 1 are covered again, but now in increasing detail and depth); Ayurvedic pathology, pathogenesis, differential diagnosis; advanced pulse diagnosis; phytotherapy/materia medica, pharmaceuticals (Dravyaguna, Rasa Shastra, Bhaishajya Kalpana); Sanskrit of the Ayurvedic terminology; Yoga therapy (Asanas and Pranayama), music therapy (Gandharva Veda), aroma therapy, gem therapy, Vedic astrology (medical Jyotish & Yagya), Vedic architecture (Sthapatya Veda); Vedic approach to clinical practice, community health, health education and collective health of the society; principles of evidence-based medicine incl. how to conduct scientific research; Maharishi Integrative Medicine (integrative treatment programmes covering modern medicine, Maharishi Ayurveda and other natural health care systems); Pancha Karma training (optional)

The planned complete training will require over 1500 hours of classroom theory and practical teaching, professional examinations, and about 500 hours of internship training.

The final degree will be a Master in Maharishi Ayurveda or a postgraduate diploma in Maharishi Ayurveda.

Accreditation

Block 1 and 2 of Phase 1 held in the US have already been officially approved for Continuing Medical Education (CME). 16 hours of AMA PRA Category 1 CME Credit (8 credits per Block) have been designated for blocks 1 & 2.

"This course provides valuable information that you can easily put into practice, not only in your medical clinic, but also in your daily life."

Kulreet Chaudhary, MD; Medical Director, Wellspring Neurology Center at Scripps Memorial Hospital, La Jolla, CA, USA

Course Leaders

Dr. Walter Mlk (MD), Family medicine, International Deputy Director, Department of Health of Maharishi College of Perfect Health, the Netherlands. Dr. Mlk is also founder and president of the Austrian Society of Ayurvedic Medicine and founding medical director of the first Maharishi Ayurveda health clinic in Austria, and has more than 20 years of experience in teaching Maharishi Ayurveda training courses for health professionals worldwide.

Vaidya Pratmesh Vyas will join for teaching the second half of the course. He is belonging to a Vaidya family since 5 generations. His grand grandfather was a royal physician at state of Jabalpur. He received his graduation in Ayurvedic medicine and postgraduation in Kayachikitsa (internal medicine) from Nagpur University. In addition he received a postgraduate diploma in Ayurvedic education from Rajasthan Ayurvedic University, Jodpur. He has been practicing 5 years in Jaiselmer, Rajasthan and 5 years in Nagpur. Since 2007 Dr. Vyas is practicing Maharishi Ayurveda at Maharishi Vedic University in Vlodrop, Holland and is continuing to lecture in Ayurveda Colleges in India.

Curriculum Development Committee

The international health department of Maharishi College of Perfect Health in The Netherlands has developed the basis for these new training courses, which are now offered to health professionals worldwide. Under the guidance of **Maharishi Mahesh Yogi** a distinguished faculty of Vedic scholars, including experts in all the traditional branches of Vedic medicine, with the collaboration of medical specialists in the major disciplines of modern medicine have developed a complete postgraduate training program. Earlier versions of the courses have already been taught in the last two decades with great success to thousands of physicians worldwide. The ground breaking discovery of **Prof Tony Nader, MD, PhD** that the human physiology is the expression of the Veda and the Vedic Literature, forms the foundation for this curriculum, which integrates in a unique way objective and subjective approaches in medicine, creating a bridge between objective modern science and subjective ancient Vedic science.

In addition to an International Council of leading Vaidyas from India:

Dr. Rainer Picha, MD, Cardiologist, International Director, Department of Health of Maharishi College of Perfect Health, the Netherlands

Walter Moelk, MD, Family Medicine, International Deputy Director, Department of Health of Maharishi College of Perfect Health, the Netherlands

Robert Keith Wallace, PhD, Professor and Chairman of the Department of Physiology and Health at Maharishi University of Management USA and International Deputy Director, Department of Health of Maharishi College of Perfect Health, the Netherlands

Robert Schneider, MD, FACC, FABMR, Director, Institute of Natural Medicine and Prevention and Dean, Maharishi College of Perfect Health at Maharishi University of Management.

Stuart Rothenberg, MD, FAAFP

National Director of Health Professional Training of Maharishi Ayurveda Association of America, founding medical director of the first Maharishi Ayurveda health clinics in the United States

Richard Averbach, MD, FAAFP, Co-Director of Health Professional Training, Maharishi Ayurveda Association of America

Gary Kaplan, MD, PhD, Associate Professor of Clinical Neurology, New York University School of Medicine

What is Maharishi Ayurveda?

Ayurveda is the world's oldest continuously practiced tradition of medicine, and has been recognized by the World Health Organization (WHO) as a valid and sophisticated system of natural health care. Maharishi Ayurveda is the ancient and timeless Vedic approach to health brought to light in this scientific age for the full value of its theory and practice by Maharishi Mahesh Yogi in conjunction with the world's foremost experts in Ayurvedic Medicine and experts in modern medicine.

Maharishi Ayurveda is a natural, prevention-orientated system of medicine, free from negative side effects that takes into account all the factors that influence health and includes mental, physical, behavioural and environmental approaches for prevention and cure, for both individual and collective health. All the 40 aspects of Veda and Vedic literature are used to create balance in the different areas of life. The therapeutic modalities include meditation therapy, sound and music therapy, aroma therapy, colour and gem therapy, herbal and dietary therapies, daily and seasonal routines, pulse diagnosis, exercise and Yoga therapy, massage therapy, seasonal purification and detoxification procedures, Vedic astrology and Vedic architecture.

Maharishi Ayurveda is *Consciousness-Based Medicine*, founded on the recent scientific discovery that consciousness or intelligence is at the basis of the physiology. The goal of all the different approaches is to enliven the body's *inner intelligence*, which is understood to be a unified organizing principle at the basis of all physiological self-repair and healing mechanisms.

Over the past 30 years, many physicians have been trained worldwide and several hundred scientific research studies have been published in peer reviewed journals on the efficacy, safety, and treatment components of Maharishi Ayurveda, including the Transcendental Meditation technique, specific herbal preparations, and physiological purification procedures. The National Institutes of Health (NIH) in the US has funded over \$24 million in grant support for research on the Transcendental Meditation technique and other Maharishi Ayurveda modalities in the prevention and treatment of cardiovascular disease.

This course has given me a new approach to all my patients – simple and complete. It offers them a chance to participate in their own healthcare and to understand the healing process.”
Michael Clements, MD; Geriatric medicine, Ruidoso, NM, USA

Course Schedule of Phase 1

The introductory course (Phase 1) consists of 72 hours of instruction (about 12 days) presented in several 2 - 3 days blocks.

Block 1: Dec 3-5, 2010, Beirut, Lebanon

Block 2: Dec 10-12, 2010, Beirut, Lebanon

Remaining Blocks: Dates to be announced

Note: Successful completion of Block 1 is a prerequisite for attending subsequent blocks.

- **Schedule of Blocks 1 :**

Friday 3rd Dec 2010: 5:00 to 8:00 p.m.

Saturday 4th Dec 2010:

Morning session: 9:00 a.m. to 1:00 p.m.

Lunch break: 1:00 to 2:00 p.m.

Afternoon session: 2:00 to 6:00 p.m.

Sunday 5th Dec 2010:

Morning session: 9:00 a.m. to 1:00 p.m.

Lunch break: 1:00 to 2:00 p.m.

Afternoon session: 2:00 to 6:00 p.m.

- **Schedule of Blocks 2:**

Friday 10th Dec 2010: 5:00 to 8:00 p.m.

Saturday 11th Dec 2010:

Morning session: 9:00 a.m. to 1:00 p.m.

Lunch break: 1:00 to 2:00 p.m.

Afternoon session: 2:00 to 6:00 p.m.

Sunday 12th Dec 2010:

Morning session: 9:00 a.m. to 1:00 p.m.

Lunch break: 1:00 to 2:00 p.m.

Afternoon session: 2:00 to 6:00 p.m.

Course Fee: 500 \$ /per Block

Application:

For more information and to apply for the course, please Contact:

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