

MAHARISHI VEDIC APPROACH TO HEALTH

By Dr. Sandeep Chaudhary & Dr. Kulreet Chaudhary

What is Maharishi Ayurveda?

Maharishi Ayurveda is the revival of the traditional Vedic health care system of India, which dates back thousands of years, by Maharishi Mahesh Yogi. The Sanskrit root “*Ayu*” means life and “*Veda*” means pure knowledge. Ayurveda can thus be understood as the total knowledge of life and living.

In ancient times, Vedic sages, or Rishis, cognized the pure knowledge of the Veda—the structure of total natural law—deep within their own consciousness. They saw that Vedic knowledge has its source at the root of creation, in what modern physicists call the Unified Field, from where all matter and energy arise. Because the unified field gives rise to immutable laws of nature that govern biology, chemistry and physics, it naturally gives rise to universal laws of nature that govern health.

The Vedic Rishis recorded these laws for perfect health in six *samhitas*, or complete works on health, which summarize the essence of Ayurvedic knowledge. Even though Ayurveda has been in continuous practice for over five thousand years and is still practiced today in India, it is far removed from its original authenticity. Much of the original knowledge of Ayurvedic healing has been lost, along with the understanding of how consciousness and physiology, or mind and body, are connected.

Maharishi has recognized that the missing essence of Ayurveda is the knowledge of the deeper levels of human physiology, and the source of human physiology in the field of consciousness. The knowledge of how the field of consciousness gives rise to all the Laws of Nature governing human physiology is the most precious and practical aspect of traditional Ayurveda. This complete knowledge of consciousness is what is most fundamentally referred to by the term “*Veda*.” Thus, it is fair to say that what has been missing from Ayurveda in recent history is “*Veda*.”

How has Ayurveda evolved into Maharishi Vedic Approach to Health?

This generation has been fortunate to benefit from the profound revival of Vedic knowledge by Maharishi, who brought the effortless practice of Transcendental Meditation to the world over 50 years ago. This practical technology for developing consciousness is a foundational element to the practice of any Vedic Approach to Health, because fully developed consciousness is at the basis of a perfectly functioning physiology.

In the 1980s, Maharishi began to work with the most eminent of the Ayurvedic physicians of India—Vaidya V. M. Dwivedi, Vaidya B. D. Triguna, and Vaidya Balraj Maharishi, together with a team of expert western physicians—in order to raise Ayurveda to its rightful and holistic status. Under Maharishi’s careful guidance, the resulting body of knowledge has evolved into the Maharishi Vedic Approach to Health. Maharishi Vedic Approach to





Picture 1 on previous pages: The Raj, the premiere Maharishi Ayurveda Health Center and Spa in America, located in Maharishi Vedic City, Iowa

Health incorporates knowledge from all 40 aspects of the Veda and Vedic Literature, not just the Ayurvedic texts. It includes such healing therapies as the Transcendental Meditation program, yoga asanas, pranayama, Vedic sound and vibration therapies, Vedic Aroma therapy, Vedic astrology or Jyotish, Vedic Yagyas, Vedic architecture, Vedic food, and Vedic dance, along with techniques on a societal level to improve the health and peacefulness of humankind—all of which had either fallen out of use or continued only in a fragmented form.

But the real fulfillment came to the Maharishi Vedic Approach to Health when Prof. Tony Nader, Ph.D., M.D., neuroscientist and medical doctor (Harvard Medical School and M.I.T.) under the guidance of Maharishi, made a monumental discovery in his work, Human Physiology as an Expression of the Veda and Vedic Literature. This research work reveals one-to-one correspondences, in terms of both structure and function, between all aspects of the physiology and the Veda and Vedic Literature. Prof. Nader's work is considered the textbook of Maharishi Vedic Approach to Health. It brings to the forefront Maharishi's genius in all the Vedic sciences—that there is a unified understanding of Natural Law from the perspectives of both Vedic science and modern science—and thus established a model to authenticate the ancient knowledge through modern research methodologies.



One of the basic premises of Maharishi Vedic Approach to Health is that Nature knows best.

Picture 2: A pulse diagnosis and consultation with an Maharishi Ayurveda Vaidya or Vedic Health Expert

Nature's wisdom functions deep within our minds and bodies and guides our bodily functions in perfect balance, just as it upholds every aspect of the universe in complete harmony. The inherent wisdom of Nature, expressed through the application of the Vedic knowledge, is the foundation of the Maharishi Vedic Approach to Health, and represents the evolution of Ayurveda to its highest pinnacle.

Nature's intelligence is the coordinating force that holds the planets, stars, and cosmic bodies in space. It is the unifying force of evolution guiding all the infinite diversity of life forms in the universe itself. Left to itself, perfect balance reigns in our bodies and everywhere in Nature. In other words, naturally we are healthy. Naturally we can stay healthy or regain health. We simply have to begin to live in harmony with that inner intelligence of Nature that is already organizing our minds, bodies, behavior, and environment in perfect balance and perfect health.

Picture 3: Maharishi Ayurveda Health Center and Spa in Lancaster, Ma.



How do I learn more about Maharishi Vedic Approach to Health?

Today's Maharishi Vedic Approach to Health is a complete medical system with a theoretical basis that encompasses our modern biomedical model. MVAH emphasizes the development of consciousness as the foundation of health. The purer the consciousness, the more the mind and body function in harmony with Nature's intelligence. The Vedic Approach to Health encompasses every aspect of lifestyle and behavior, including eating habits, sleep habits, sensory input, exercise, herbs, and living space to support optimal health. Maharishi Vedic Approach to Health is enjoying tremendous success throughout the world, not only as a prevention orientated program to maintain perfect health, but as a curative program for many chronic and intractable diseases.

Dr. Sandeep Chaudhary and Dr. Kulreet Chaudhary are the health administrators for MVAH on the west coast. Dr. Sandeep Chaudhary is an Endocrinologist and Dr. Kulreet Chaudhary is a Neurologist. Both physicians work at Scripps Memorial Hospital in La Jolla, California. Together they oversee the activities of the MVAH clinics and organize scientific research to measure health outcomes of Maharishi Vedic Approach to Health. They are currently leading an endeavor to build MVAH Medical Clinics and Spas throughout California similar to The Raj and the Maharishi Vedic Health Center in Lancaster. The first of these new clinics and Maharishi Vedic Approach to Health Medical Colleges will be in San Diego, with future sites in Lake Arrowhead, California, and Albuquerque, New Mexico.

How do I become a trained practitioner of the Maharishi Vedic Approach to Health?

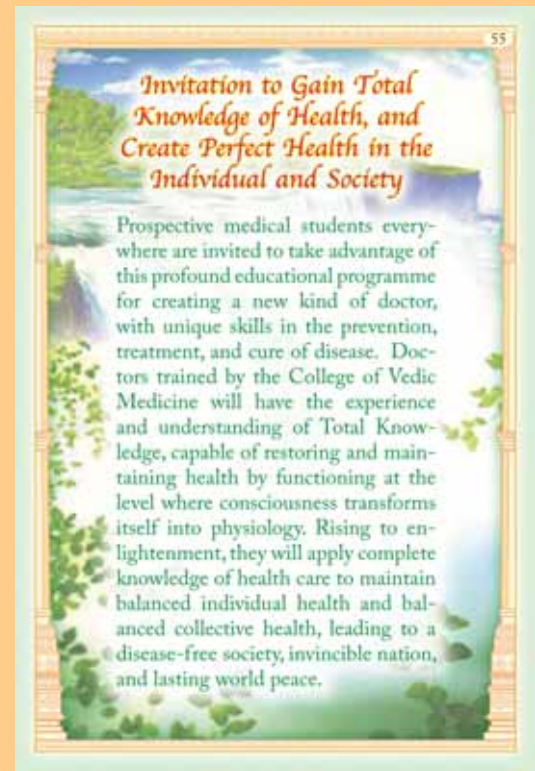
With the opening of the first of four Maharishi Vedic Medical Colleges in America in San Diego, California, a combined Vedic and modern medical curriculum will be available to students who wish to become practicing physicians of Maharishi Vedic Approach to Health. The four-year curriculum includes comprehensive training in Maharishi Vedic Approach to Health, Maharishi Ayurveda, and other alternative, natural and traditional medical practices as well as training in all the modern medical diagnostic and treatment modalities.

The goal of Maharishi College of Vedic Medicine is to fulfill the current global need to provide a complete and perfect scientific system of health care for prevention and cure.

Maharishi Vedic Approach to Health is a natural, prevention-oriented system of medicine, free from negative side effects. It offers technologies that enliven consciousness within the physiology and thereby restore balance in the body's functioning.

Maharishi Vedic Approach to Health also provides multiple, integrated treatment modalities to bring mind, body, and behavior in harmony with Nature for the prevention of disease, and promotion of longevity through perfect health. It takes into account all the factors that influence health, many of which are not usually considered by modern medicine. This most advanced knowledge and practical training opens the intellect and experience of the students to the whole process of health restoration, from disorder to order in a sequentially progressive manner.

Students will learn the refined, subjective procedures of Vedic diagnosis including Vedic pulse diagnosis, which enables students to locate subtle imbalances and disorders in the physiology at an early stage. Students will also learn to use modern diagnostic tools such as X-ray, CAT scan, PET scan, MRI, ultrasound, ECG, EEG, and endoscopy, as well as biochemical, microbiological, pathological, and serological analysis. In addition, continuing education training in the Maharishi Vedic Approach to Health will be available to physicians and health professionals who wish to incorporate these powerful, natural, and prevention-oriented procedures into their practices.



Curriculum Overview of Maharishi College of Vedic Medicine

Year 1—Total Knowledge of Health I: Structure, Function, and Development of the Body and Its Source in Consciousness

Year 2—Total Knowledge of Health II: Prevention, Health, and Disease—Principles and Programs for Health and Longevity

Year 3—Total Knowledge of Health III: Diagnosis and Treatment of Common Disorders—Principles and Programs for Re-establishing Perfect Balance in Physiology and Consciousness

Year 4—Total Knowledge of Health IV: Clinical Practice, Diagnosis, and Treatment of Chronic Disease—Re-establishing Perfect Balance in Physiology and Consciousness

Postgraduate Year—Perfection in Profession: Specializing in Clinical Practice to Establish a Disease-Free Society

'When the total intelligence of Natural Law—Veda—is lively in the individual physiology, there is perfect synchrony between the functioning of every individual cell and the holistic functioning of the body as a whole; and between individual intelligence and Cosmic Intelligence. In this state of complete integration, all thought and action are spontaneously in harmony with Natural Law and the individual enjoys perfect health.' —*Maharishi*

For more information on Maharishi Colleges of Vedic Medicine, Maharishi Vedic Approach to Health, Maharishi Vedic Vibration Therapy, or to schedule a health consultation please contact:

Dr. Sally Peterson
Phone: 760-788-5573
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For more information or to schedule a treatment program at the nation's premiere Maharishi Ayurveda Health Spas and Clinics please contact:

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