

MAHARISHI VEDIC MEDICINE

Maharishi Ayur-Veda

The science of life

Ayurveda is the oldest existing health care system, originating in the ancient Vedic civilization of India. The word Ayur-Ved is derived from two Sanskrit roots: „Ayus“, meaning life or life span, and „Veda“, meaning knowledge, science or Intelligence. Ayurveda is, therefore, translated as „science of life“.

Recognized by the World Health Organisation (WHO), Ayurveda has recently been undergoing an extensive revival under the auspices of Maharishi Mahesh Yogi, who introduced Transcendental Meditation in the world 1957, in collaboration with leading Ayurvedic physicians and scholars. This modern restoration of Ayurveda, called Maharishi Ayurveda, re-establishes the full integrity of all aspects of Ayurvedic therapy found in the classical system of Ayurveda. Maharishi Ayurveda is widely practiced throughout the world and is like a trademark, which guarantees the highest medical standards of diagnosis and therapy.

Maharishi Ayurveda is one of the 40 disciplines of Maharishis Vedic approach to Health. The main pillars which are called Maharishi Vedic Medicine are besides Ayurveda, Maharishi Yoga including the Technique of Transcendental Meditation, Maharishi Jyotish (Vedic Astrology) and Maharishi Sthapatya-Veda (Vedic Architecture).

„Medicus curat, natura sanat“

The goal of Maharishi Ayurveda is the activation of our physiology's inner intelligence (= „Veda“); it is a concept which is based on knowledge. Maharishi Ayurveda emphasizes non-pharmacological approaches to the prevention and treatment of disease, including stress management, behavioural modification, nutrition, and herbal therapeutics. It especially emphasizes the central role of consciousness in creating health - the mind-body-environment connection. The holistic therapeutical concepts in Maharishi Ayurveda are natural and without any harmful side-effects.

Scientific Research

Maharishi Ayurveda has been the subject of extensive scientific research and clinical experience which has verified its effectiveness in the prevention and treatment of disease. For example, a large-scale-study found that regular practice of stress management techniques of Maharishi Ayurveda results in an average 50% decrease in medical care utilization, both in-patient and out-patient. In addition, recent studies of traditional Maharishi Ayurveda herbal preparations have found significant effects which impact on the treatment and prevention of cardiovascular, rheumatic, lung, gastro-intestinal and other chronic diseases, as well as on the aging process.

Maharishi Ayurveda in medical practice

(Consultation, Pulsdiagnosis, Purification- and Rejuvenation-Treatments)

The first consultation takes about 1 hour; with the help of pulsdiagnosis and a medical questionnaire, imbalances in the physiology can be detected and according to this findings recommendations for diet, herbal preparations, Meditation and Yoga, music- and aromatherapy as well as purification-therapies like Panchakarma are given.

Costs

- * First consultation (about 1 hour): EURO 90,-
- * Follow up consultation (in average once a month through a 3 month period): EURO 40,- to 70,-, according to actual time needed
- * Herbal preparations, teas and spices: between EURO 20,- and EURO 200,-
- * Learning of Transcendental Meditation including follow-up programme: EURO 1.200,-/900,-/600,- (incl. VAT), according to income-situation
- * Outdoor treatments (rejuvenation and purification procedures, Panchakarma): EURO 140,- to EURO 270,- per treatment day. A test treatment including body herbaloil-massage (Abhyanga), antistress-treatment (Shirodhara) and pulsdiagnosis: EURO 210,- (takes about 3 hours). Special single treatments are also available (see www.ayurveda.at, "Unsere Angebote", Kurbehandlungen").

Literature:

- Hari Sharma, M.D./Christopher Clark, M.D.; Contemporary Ayurveda, Medicine and Research in Maharishi Ayurveda, Verlag Churchill Livingstone, ISBN 0-443-05594-7
- Hari Sharma, M.D.; Freedom from Disease; A scientist rediscovers prevention-oriented natural health care: Maharishi Ayurveda; ISBN 1-895958-00-8
- Nancy Loonsdorf, M.D., Veronica Butler, M.D., Melanie, Brown, Ph.D.; A Woman's Best Medicine, Tarcher/Putnam Verlag, New York
- R. Roth, Transcendental Meditation; Maharishi University of Management Press

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