



Ayurveda and Osteopathy

Complimentary systems of medicine



Maharishi Ayur-Veda (MAV)

- ▶ MAV is a systematically developed, carefully researched medical system based on the ancient Indian medical system known as Ayurveda. **The word 'ayurveda' means literally the knowledge or science (veda) of life (ayur).** Even historian skeptics estimate it to be at least 3000 years old.
- ▶ In its development it was a sophisticated system. Ancient texts describe circulation thousands of years before William Henry described it in the West in the 17th century. The ayurvedic practitioners described surgical procedures and the layers of skin as well as two types of diabetes.
- ▶ Western medicine (allopathy) as practiced in the US has a few significant problems. Iatrogenic causes of death number at least 250,000 per year. Adverse drug reactions account for 15 –19% of admissions to hospitals. Western medicine has very little to offer for “functional problems” except more medications.



Ayurveda

The following are derived from Ayurveda:

- Yoga
 - Breathing exercises
 - Aromatherapy
 - Meditation
 - Marma points and massage
 - Pulse diagnosis
 - Chelation
- 



How a clinician might use MAV

- ▶ For example, hypertension is a common disease and your diagnostic test results leave no doubt that your patient has hypertension. The standard medical treatment is medication with advice for dietary changes, exercise and stress reduction. Hypertensive medication has a significant incidence of side-effects including fatigue, impotence and depression. Some patients are refractory to the drug. In short, medication treats the symptoms not the cause.
- ▶ With MAV training and after the routine Western workup, you would try to address not only the symptoms, but their root causes.
- ▶ You might begin by assessing the state of balance of subtle homeostatic aspects of the patient's mind/body using non-invasive techniques. Hypertension can have many causes, but the root cause always involves some subtle inner imbalance; treating that can always help and in some cases solves the problem.
- ▶ Recommendations would include dietary changes in accordance with the patient's unique physiologic make-up. Ayurvedic herbal supplements designed for this condition can be recommended. **Panchakarma** a detoxifying therapy that has been very useful in treating high blood pressure and reducing other cardiovascular risk factors (Schneider, et.al. 1992,1995) could be recommended as well. It has also been proven that the consistent practice of transcendental meditation can reduce blood pressure.



Transcendental Meditation

- ▶ Transcendental Meditation (TM) was presented to the world in the 1960's by Maharishi Mahesh Yogi and has been continuing to expand over the last 6 decades.
- ▶ The most effective and significant part of meditation is the “transcendence of thought”. This is achieved when the practitioner obtains silence or “no thoughts” or arrives at the “source of thought”.
- ▶ Meditation without transcendence is also helpful, but the most lasting effect comes from complete silence of the mind.
- ▶ This is a key concept in ayurvedic healing.
- ▶ Although TM is trademarked by MAV, transcendence is also taught as “primordial sound meditation” developed by Deepak Chopra, MD based on vedic philosophy.
- ▶ One of the tenets of Ayurveda is the “unified field” of nature, that nature is not fundamentally objective. Rather, the most fundamental reality is said to be completely subjective – an unbounded and eternal field of pure, abstract intelligence or consciousness. This unified field is the home of all the laws of nature.

Review of Controlled Research on the **Transcendental Meditation** Program and Cardiovascular Disease Risk Factors, Morbidity, and Mortality

[Kenneth G. Walton](#), PhD, [Robert H. Schneider](#), MD, and [Sanford Nidich](#), EdD

- ▶ The prevalence of differential effectiveness among various meditation and relaxation techniques is not widely known, despite the results of hundreds of studies supporting marked differences.⁴⁰ An overview of 10 meta-analyses covering 475 studies found that approaches based on long traditions outperformed the newer, clinically derived ones on most measures, even though the latter tend to be patterned after the former.⁴⁰ Accumulated research now suggests that such variations in effectiveness are a major source of error in medical practice.
- ▶ Perhaps largely as a result of the ability of the TM program to reduce the long-lasting effects of stress, the program is clearly useful in the prevention and treatment of CVD. The results of ongoing studies will further clarify the extent of its usefulness. However, because of the wide variety of promising research already available, it seems appropriate that TM is considered a leading component of “mind–body medicine.”⁴¹ **Its applicability for CVD in high-risk, under-served populations is strongly supported,⁴² and although not yet directly tested, its cost-effectiveness for CVD is likely to be highly competitive with modern drug-based and surgical approaches.**

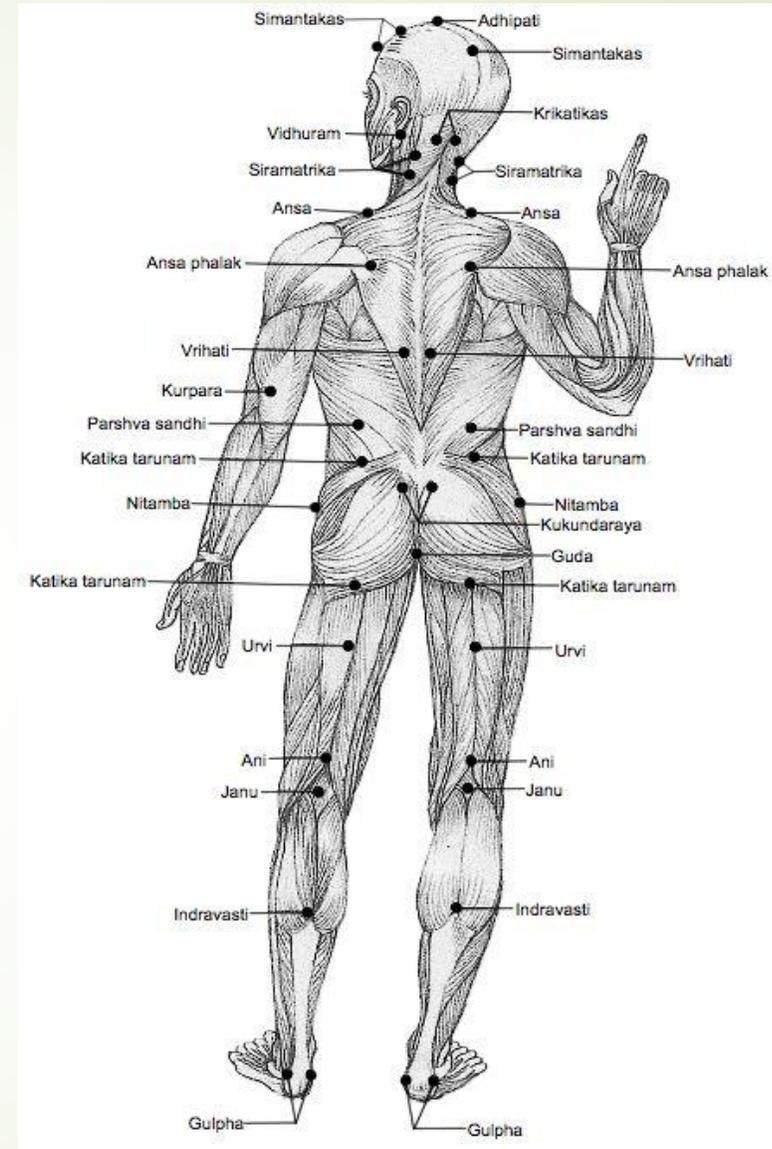
▶ Cardiology in Review. 12(5):262-266, SEPTEMBER-OCTOBER 2004

▶ DOI: 10.1097/01.crd.0000113021.96119.78 PMID: [15316306](#) Issn Print: 1061-5377

Marma points

Marma points are energy **points** in the body used for healing in Ayurveda. They can be compared to acupuncture **points** in Chinese Medicine. ... The focus of **marma point massage** is primarily to manipulate subtle energy or prana, but physically they're also very effective for relieving stiff muscles and boosting circulation.

By definition, a **Marma point** is a junction on body where two or more types of tissue meet, such as muscles, veins, ligaments, bones or joints.





The unified field and the laws of nature

- ▶ John Hagelin, PhD is a highly educated and respected physics professor and the president of Maharishi International University. He has researched the correlation of the unified field theory in the Vedic texts with Western thought of “quantum mechanics”. The relationships are fascinating.
- ▶ As all things are made up on “energy” and its physical manifestation, Maharishi Ayurveda teaches us how to evaluate these manifestations in our patients using a simplified approach.
- ▶ This physical manifestation is divided into three organizing principles called the “*doshas*”. The ancient Ayurvedic texts discuss the doshas in what we would recognize as homeostatic terms. These doshas are the first sproutings of the unmanifest field of consciousness into the manifest realm of matter.



The three doshas

- ▶ Three fundamental principles of nature:
 - ▶ All things in nature possess these doshas, including humans. They are:
 - ▶ **Vata**, the “main dosha”, represented by wind and gas
 - ▶ Increased by dry and cold
 - ▶ **Pitta** represented by fire and water
 - ▶ Increased by heat and sour
 - ▶ **Kapha** represented by earth and water
 - ▶ Increased by wet and cold



Vata – dry, cold, brittle, moving

Results of Balance

Mental alertness
Proper formation of body tissues
Normal elimination
Sound sleep
Strong immunity
Sense of exhilaration

Results of Imbalance

Dry or Rough Skin
Common fatigue
Constipation
Insomnia
Intolerance of cold
Anxiety, tension



Pitta – hot, sour, acidic

Results of Balance

Lustrous complexion

Strong digestion

Normal heat and thirst mechanism

Sharp intellect

Contentment

Results of Imbalance

Rashes, skin inflammation

Heartburn

Excessive body heat

Hostility, irritability

Visual problems

Premature gray or thinning hair



Kapha – wet, cold, slow

Results of Balance

Muscular strength

Vitality or stamina

Strong immunity

Stability of Mind

Affection, generosity, courage

Healthy, normal joints

Results of Imbalance

Obesity

Lethargy or dullness

Nasal allergies

Sinus congestion

Slow digestion

Oily skin



Clinical conditions and dosha imbalance

- GERD – Pitta
- Osteoarthritis – Vata, progresses to include Pitta
- Sinusitis – Kapha
- COPD – Vata, Kapha
- Obesity – Kapha
- Addictions – Pitta
- Stress – Vata (worry), Pitta (anger)
- Heart disease – vascular, can be all three depending on progress of disease
- Metabolic syndrome – all three doshas imbalanced

Pulse diagnosis

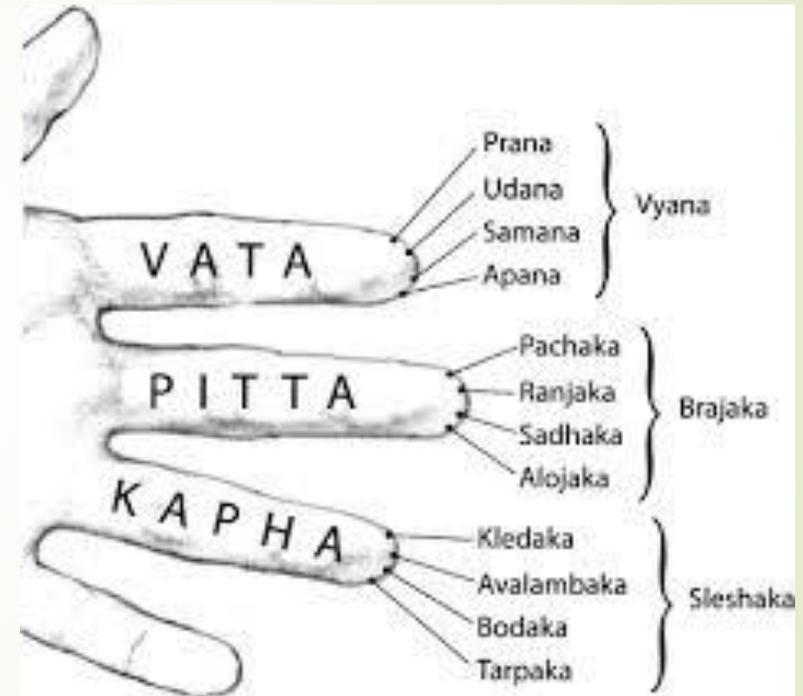
Pulse diagnosis allows one to retrieve detailed information about the internal functioning of the body and its organs through signals present in the radial pulse. This information involves not only the cardiovascular system but the other bodily tissues, the state of the doshas and aggravation of the doshas, and early stages of imbalance that precede full-blown symptoms.



Short questionnaire Dosha and possible imbalance

According to the Vasant Lad, it is convenient to divide the reading of the radial pulse into seven levels. (I was taught four levels at the MAV physician training course.) According to the Ayurvedic system of medicine, there are seven dhatus. (dhatus – fundamental elements of the body or tissues of the body).

According to Dr. Lad, “these seven levels are not explained in the Ayurvedic texts. There are various systems and methods of reading the pulse and every vaidya has his or her unique technique that has been developed from clinical practice. I respect all those methods.”





Short questionnaire - Your dosha and possible imbalance

We will do an expanded version in the workshops with more complete questionnaire and recommendations for balance.



Vata

- __ I often feel restless, unsettled.
- __ My sleep comes slowly or is easily interrupted.
- __ I tend to have dry skin
- __ I am easily fatigued
- __ I tend to be constipated
- __ I feel anxious and worry too much
- __ I am underweight
- __ Score - Vata



Pitta

- ▶ __ I tend to be demanding or critical
- ▶ __ I am a perfectionist
- ▶ __ I am often frustrated, angry
- ▶ __ I have skin rashes
- ▶ __ I'm often irritable and impatient
- ▶ __ My hair is permanently gray or thinning early
- ▶ __ I don't tolerate heat very well
- ▶ __ Score - Pitta



kapha

- ___ I often feel complacent or dull
- ___ My skin is oily
- ___ I often have slow digestion
- ___ I feel lethargic
- ___ I can be possessive, over attached
- ___ I tend to oversleep
- ___ I'm overweight
- ___ Score – Kapha



How to Prevent an Imbalance

Vata - *Keep a calming, regular routine.*

Here are some tips:

go to bed early

eat meals at the same time every day

have regular elimination

keep warm in cold weather

drink plenty of warm liquids

avoid stimulants

favor sweet, sour and salty foods



How to Prevent an Imbalance

Pitta - *Moderation and keeping cool is the key.*

It is best to **avoid**:

excessive heat or exposure to the sun

alcohol, smoking

stressful deadlines

excessive activity or overwork

spicy, sour or salty foods

skipping meals



How to Prevent an Imbalance

Kapha - *Stimulation is the key for you.*

To feel better:

avoid excessive rest and oversleeping

favor, spicy, bitter and astringent tasting foods

get plenty of exercise

seek out variety in life

don't eat too much heavy, oily foods

keep warm in cold, wet weather



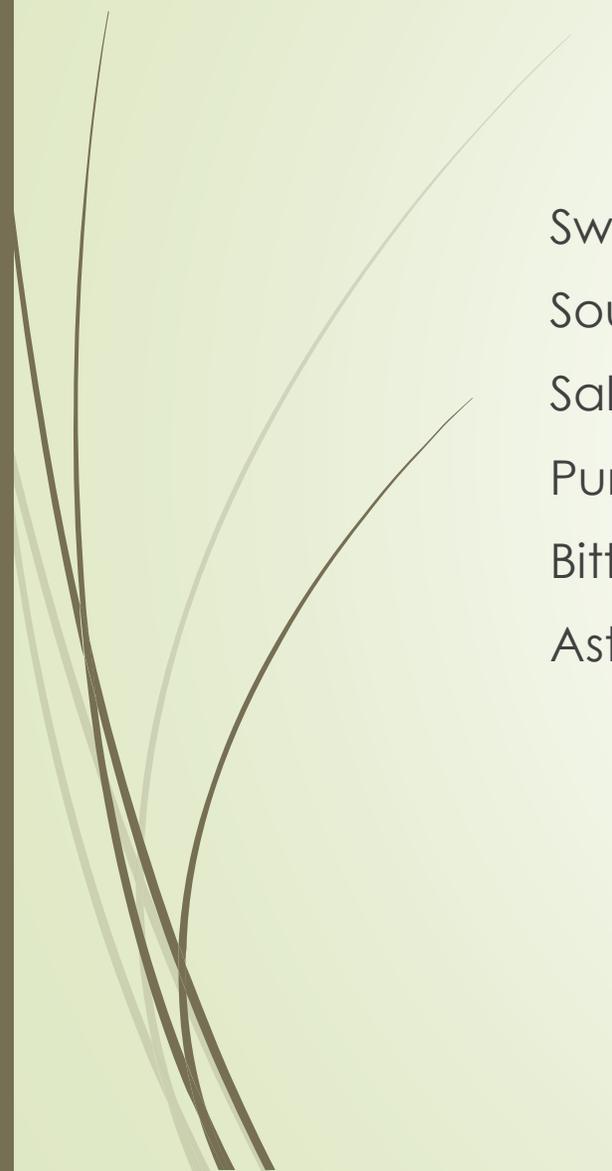
Diet



- ▶ Maharishi Ayur-Ved describes six tastes, which form the basis for a healthy diet.
- ▶ Inherent within each taste are certain properties of nature that influence Vata, Pitta and Kapha.
- ▶ Because each taste affects these doshas differently, to create a balanced diet all six tastes should be included in every meal – or least once every twenty-four hours.
- ▶ Special Ayurvedic teas and seasonings have been developed to assist in creating balance in Vata, Pitta and Kapha.



The Six Tastes and Examples



Sweet	Sugar, milk, butter, rice, breads, pasta
Sour	Yogurt, lemon cheese
Salty	Salt
Pungent	Spicy foods, ginger, hot pepper, cumin
Bitter	Green leafy vegetables, turmeric
Astringent	Beans, lentils, pomegranate



How to Use the Six Tastes

To decrease Vata

Sweet, sour, salty

To increase Vata

Pungent, bitter, astringent

To decrease Pitta

Sweet, Bitter, Astringent

To increase Pitta

Pungent, sour, salty

To decrease Kapha

Pungent, bitter, astringent

To increase Kapha

Sweet, sour, salty

In a dosha imbalance situation it is better to decrease the increased dosha, i.e. decrease Vata



Creating Balance through Proper Daily Routine

One of the central themes of Maharishi Ayur-Ved is that the individual and nature are very closely connected. Your body is like a finely-tuned clock that runs in synchrony with the cycles of nature.

All things in nature are composed of the properties of Vata, Pitta and Kapha. There are daily, monthly, seasonal and annual cycles that really influence your mind and body. Food and activities affect the doshas.

In the Ayurvedic daily routine, Maharishi Ayur-Ved gives detailed knowledge of which activity should be undertaken at what time of day so we can closely correlate our own individual biological rhythms with the daily rhythms of nature.



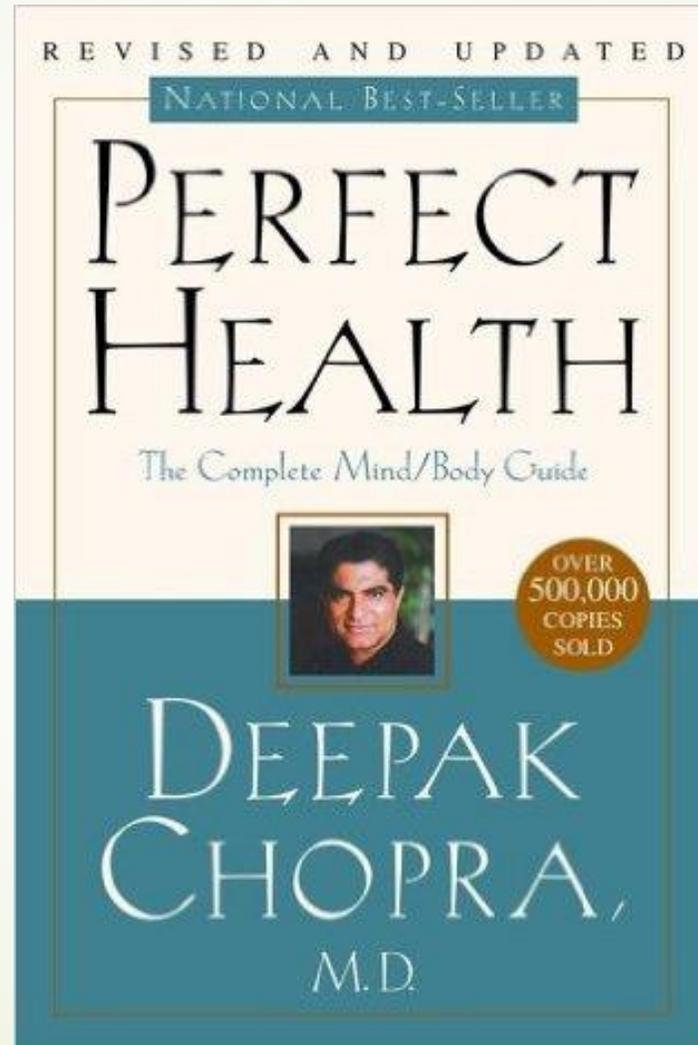
General Points

To balance the entire physiology, take the herbal food supplement Maharishi Amrit Kalash (an antioxidant) - an important part of any prevention program.

Take Maharishi Ayur-Ved Teas and Seasonings (designed to help balance doshas) at meals to ensure that your diet is balanced according to Ayurvedic principles.

Moderate exercise daily.

Perfect Health





References:

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 - ▶ Perfect Health, Infinite Possibilities, Primordial Sound Meditation
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- ▶ **Walton K, ,Schneider R, Nidich S**, *Cardiology in Review*. 12(5):262-266, Sept-Oct 2004
- ▶ Maharishi International University, Fairfield, Iowa
 - ▶ Ayurvedic physician training program, Transcendental Meditation
 - ▶ Consciousness based education, undergraduate and graduate programs
- ▶ **John Hagelin**, PhD, Foundations of Physics and Consciousness, 2009
- ▶ The Raj, Fairfield, Iowa
 - ▶ Panchakarma