

Maharishi College of Perfect Health  
MERU, Vlodrop, The Netherlands

## **Postgraduate Training for Health Professionals in Maharishi Ayur-Veda**

Total Knowledge First  
Total Knowledge Every Day  
and  
*"Alpakal vidya sab pai"*  
Total Knowledge gained in a short time

Phase I of the training is an introductory course consisting of several modules. This course is open for physicians and health professionals, who can diagnose, treat patients, and prescribe the MAV herbal food supplements. Phase I is a basic course and the first step of a thorough training programme in Maharishi Ayur-Veda over 1500 hours. The entire degree course will take several years, depending on the schedule of the doctors. The final degree will be a Masters in Maharishi Ayur-Veda, or a postgraduate diploma in Maharishi Ayur-Veda.

### **Phase I: Basic Course**

The first phase includes an overview of all the different approaches of Maharishi Ayur-Veda, an introduction to the basic principles, and the use of clinical protocols for common diseases.

Physicians will learn about the specialty of Maharishi Ayur-Veda: The discovery that consciousness is the basis of the physiology, and the application of this knowledge for prevention and cure.

Course participants will also learn the basic principles of pulse diagnosis and how to apply dietary and behavioral recommendations according to the individual constitution of the patient. They will be able to prescribe selected Maharishi Ayur-Veda food supplements and will know how to refer their patients to other MAV modalities such as Transcendental Meditation, Maharishi Jyotish and Yagya, Maharishi Sthapatya Veda, and Maharishi Vedic Vibration Technology.

After this course, participants will receive a certificate of completion of the first phase. Further intensive training will enable them to become a Maharishi Ayur-Veda physician (see below).

The 10 modules of the phase I (12 days or 72 hours) can be taken in several blocks: 6 blocks of 2 days, 4 blocks of 3 days, or 2 blocks of 6 days.

The structure of the courses is laid out according to the Constitution of the Universe: The 10 modules correspond to the 10 Mandalas of RK Ved, the tenfold nature of Natural Law (Paraprakriti – 8 Prakritis – Purusha).

One General Module in the beginning (1):  
Overview and introduction to basic principles of MAV

Eight Special Modules (2-9):  
Diagnosis/treatment of disorders of the 8 organ systems

One General Module at the end (10):  
Review and summary; final examination; certificate of completion

Prevention, diagnosis and therapy of disorders of the 8 organ systems are taught in increasing detail in each module, with reference to more chronic or severe stages of disease. Each aspect of the theory and practice of Maharishi Ayur-Veda is always connected to the Self of the physician. The study of medicine is the study of physiology along with consciousness, which is the basis of the physiology.

The doctors are exposed to the whole field of Natural Law ranging from the unmanifest Unified Field of Natural Law to the expressed levels of Natural Law in the form of mind, body, behaviour, society, and environment, with all corresponding therapeutic approaches of Maharishi Ayur-Veda at each level.

Each block of the training is complete in itself and covers certain aspects of Maharishi Ayur-Veda in a thorough and practical manner so that they can be easily applied. The practice of Transcendental Meditation is not mandatory for taking the first phase of training, but is strongly recommended. Physicians who are interested in learning only the basic principles can take the first blocks, and can then continue training to become an expert.

The structure of the first phase makes it very easy for even a busy doctor to rapidly gain a comprehensive overview of the subject, including the ability to diagnose and treat several common disorders according to Maharishi Ayur-Veda.

The result will be greater success in treating patients in their medical practice by learning to attend to the root cause of any disorder – *Pragya Aparadha*, the mistake of the intellect, which is the result of losing connection with the inner intelligence of the body.

### **Typical topics in a block:**

- Introduction and overview of all approaches of Maharishi Ayur-Veda
- The Discovery of Veda in the Physiology by Maharaja Adhiraj Rajaraam, showing that the essence of the physiology is consciousness. Introduction of the textbook of the Maharishi College of Perfect Health, "*Human Physiology – Expression of Veda and the Vedic Literature*"
- The principles of Total Knowledge and Unified Field Based Medicine – the Constitution of the Universe – Total Natural Law – the Veda, which is the foundation of our medical curriculum
- Introductory lecture on Maharishi's Transcendental Meditation
- Special video and audio lectures from Maharishi Mahesh Yogi, Maharaja Adhiraj Rajaraam, quantum physicist Dr. John Hagelin, medical researchers and physicians

- Introduction to the basic principles of Ayur-Veda (Doshas, Dhatus, Agni, Ama, etc.)
- Diet, daily and seasonal routine, the ideal behavioural regimen to create perfect health
- Maharishi Ayur-Veda Pulse Diagnosis
- Workshop on diagnostic methods (patient assessment: individual constitution and disease - Prakriti/Virkriti)
- Case studies
- Research on Maharishi Ayur-Veda
- Use of selected Maharishi Ayur-Veda herbal preparations
- Disease protocols for common disorders of the 8 organ systems
- Examination
- Summary and conclusion

#### **Topics of the next several phases include:**

- Diagnosis, prevention, and therapy of chronic and severe stages of disorders (all the organ systems are again covered, but in more detail and depth)
- Pathology, pathogenesis, differential diagnosis
- Advanced pulse diagnosis
- Phytotherapy/materia medica, pharmaceuticals (Dravyaguna, Rasa Shastra, Bhaishajya Kalpana)
- Sanskrit
- Yoga therapy, aroma therapy, gem therapy, Vedic astrology (medical Jyotish & Yagya)
- Vedic approach to clinical practice, community health, health education and collective health of the society
- how to conduct research in MAV
- Maharishi Integrative Medicine (Integration of modern medicine and Maharishi Ayur-Veda and other natural systems of medicine)
- Pancha Karma training is optional in a 2-3 week block

#### **Complete training**

The complete training programme in Maharishi Ayur-Veda requires over 1500 hours of classroom theory and practical teaching, professional examinations, and 500 hours of internship training. The final degree will be a Masters in Maharishi Ayur-Veda, or a postgraduate diploma in Maharishi Ayur-Veda.