



MAHARISHI  
AYURVEDA®



# Perfect Balance for Perfect Health

An introduction to Maharishi AyurVeda,  
the timeless health science of India

# Maharishi AyurVeda

## The Science of Life

AyurVeda – which means ‘the science of life’, - comes from the ancient Vedic tradition of India, and has been in continuous clinical use for more than 5,000 years. Unfortunately, most Ayurvedic physicians today use only a very limited range of this system’s complete and full riches. In recent decades, however, AyurVeda has been restored to its former completeness in a global effort inspired by Maharishi Mahesh Yogi, the founder of Transcendental Meditation™, and involving many of the world’s leading Ayurvedic experts.

## Utilising the natural links between mind and body

Maharishi AyurVeda is a revival of one of the most ancient and complete systems of natural health care. It clarifies the central importance of the mind-body relationship for health, and provides us with a wide range of time honoured practical techniques to enliven powerful natural healing responses in both mind and body.

Many doctors around the world are now convinced of the power of Maharishi AyurVeda which sees perfect health as man’s natural state, and recognises no limits to the healing potential inherent in the human body.



Maharishi Mahesh Yogi founder of the  
Transcendental Meditation organisation and  
Maharishi AyurVeda

# Maharishi AyurVeda

## Holistic approach

Maharishi AyurVeda is prevention orientated, free from harmful side effects and capable of treating disease at its source. It can legitimately claim to be both scientific and truly holistic, employing 20 systematic approaches to health from the angles of mind, body, behaviour and environment. Maharishi AyurVeda therapies do not conflict with either conventional or complementary methods, so they can be successfully employed alongside other systems of healing, if desired.

## Intelligence and Matter

The power of the Maharishi AyurVeda approach to health is that it looks beyond the changing physical structure of the human body to the value of intelligence that directs and orchestrates this continuous flow of matter. The self organising value of intelligence is the spark of life without which the body would be merely inert matter.

According to Maharishi AyurVeda the origin of all aspects of existence – mental and physical – is the field of pure intelligence or pure consciousness. Remarkably, this view is parallel to the position that modern science has now reached. The latest theories of quantum physics locate the basis of the physical universe in a single unified field, the properties of which are identical to those of the field of pure intelligence.

## Maharishi AyurVeda in the UK

In the UK there is a Maharishi AyurVeda Health Centre and the Maharishi AyurVeda Products company, located in Skelmersdale, Lancashire. Another Maharishi AyurVeda Health Centre has been opened in Rendlesham, Suffolk.

*The Maharishi AyurVeda Health Centres offer:*

- Personal health consultations
- Maharishi AyurVeda treatments, including Panchakarma revitalisation therapy
- Health and beauty products
- Educational videos, audios, books and courses.



# Consultations and Treatments

## Personal health consultations

The first step on the path to perfect health is a consultation with a practitioner trained in Maharishi AyurVeda.

A Maharishi AyurVeda consultation offers the chance to learn more about your own individual state of balance, and how to promote good health and prevent disease.

These consultations, which include pulse diagnosis, help determine your individual nature, or mind-body type. The practitioner can also locate any imbalances you might have.

Based on the consultation, the practitioner will then give you specific advice on:

- Diet and digestion
- Exercise and daily and seasonal routines
- Personalised strategies to improve health
- Detoxification treatments
- Maharishi AyurVeda herbal supplements.

## Maharishi Panchakarma

Due to diet, environmental pollution, stress, fatigue and lifestyle choices, toxins build up in our cells and tissues. According to AyurVeda, these toxins, called Ama, are the basis of most disease.

Panchakarma consists of a series of purification therapies designed to remove toxic Ama from our cells and tissues. In doing so, it supports the body's self-healing mechanisms and helps promote good health.

Panchakarma involves a series of carefully coordinated purification procedures, given in a specific sequence, to gently but effectively release and remove deep-seated toxins.

Profound and long-lasting regeneration is the result. Your mind and body become more balanced, which naturally creates the basis for increased efficiency, vitality and zest for life.



# The Three Doshas

*According to AyurVeda, our body and mind and the world around us are governed by three fundamental principles, or Doshas. These Doshas are called Vata, Pitta, and Kapha.*

**Vata** is the principle of movement.

The flow of air in our lungs, blood through our veins, thoughts within our mind, and every imaginable movement in nature, are governed by Vata Dosha.

**Pitta** is the principle of transformation and assimilation.

When we digest food and it becomes assimilated into our cells, or when our mind assimilates fresh ideas, Pitta Dosha is involved.

**Kapha** is the structuring principle that gives solid form to all creation, from atoms to planets. Kapha Dosha gives our body solidity and physical strength.

Every aspect of our body is governed by the interaction of the three Doshas. Yet each of us are born with a different proportion of these principles. In AyurVeda the proportions of Doshas within each person are classified into separate mind-body types.

Some people inherently have a higher proportion of the movement principle and tend to think and move quickly. Some have more of the transforming principle and usually have a keen appetite for food. Others have more of the structuring principle and tend to put on weight easily.



*Whatever balance of Doshas you were born with, as long as you stay in balance, you remain healthy. All the health strategies of AyurVeda are designed to help establish and maintain your Doshic balance.*

# Maharishi AyurVeda Panchakarma Treatments

Please note that the descriptions of treatments and preparations from this page onwards are provided for interest, and in practice one would have a consultation with a Maharishi AyurVeda Practitioner in order to design the best programme for one's individual needs (see page 14).

*Panchakarma therapy is probably the quickest and most effective way to remove the widest range of toxins from your body. It consists of:*

- Ayurvedic massages to soften up the cells and tissues, to help them expel accumulated toxins
- Heat treatments to open up the body channels and help move the toxic Ama into the circulatory system
- Nasal and intestinal cleansing treatments to fully expel toxins from the body, so they are not re-absorbed.

All the treatments can be integrated into longer therapy programmes. Most treatments are also available as single treatments. A 'One Day Wonder', which includes Abhyanga and Shirodhara, is a popular option.

## **Abhyanga** - full body massage

Synchronised full body massage using herbalised oils, performed by two Maharishi AyurVeda therapists. Abhyanga is normally given before other forms of Panchakarma treatment. As the oil penetrates your skin, it softens the cells and helps release toxins that accumulate in the tissues.

## **Udvardhana** - weight-reducing massage

Udvardhana is a stimulating and enlivening massage that reduces Kapha Dosha, promotes weight-loss, improves blood circulation, and cleanses the skin. Pastes made with coarsely ground flours, herbal powders and oils are used.

## **Vishesh** - deep muscle massage

A synchronised deep muscle massage for those who perform sports or who take part in physical exercise or work. Stronger pressure and less oil are used than in Abhyanga. This massage profoundly relaxes the muscles and has a powerfully stimulating effect on circulation within the tissues.

## **Nasya** - nasal and sinus treatment

This treatment combines a head, neck and shoulder massage with herbalised steam and purification procedures. It helps eliminate toxins from the sinuses and from the head and upper respiratory area. Besides clearing and calming the mind, Nasya is said to purify and detoxify the sense organs.



## Netra Tarpana - eye treatment

After a full head and face massage, treatment is applied to the eyes and surrounding tissues. It is recommended for eye strain, tired eyes, itchy eyes, bloodshot eyes and a range of other eye problems. The eyes are considered a Pitta or hot organ, and as Netra Tarpana helps balance Pitta Dosha, it also helps reduce anger. Netra Tarpana is said to promote one's inner eye, or intuition.

## Pizzichilli - royal treatment

During this luxurious royal treatment, two therapists pour a continuous stream of warm oil over your whole body, while also performing a synchronised massage. The combination of oil massage and heat treatment softens and releases deep-seated toxins and moves them out of the tissues ready for elimination. This massage is considered the best treatment for balancing Vata Dosha.

## Uzhichil - invigorating massage

This highly invigorating massage promotes the flow of Prana, life-force, and is traditionally given to bring us into peak condition. Enhancing one's energy, strength and vitality, Uzhichil is a vigorous massage and is highly recommended for those preparing for competition.



*more treatments overleaf...*

# Scientific Research

17.8%  
reduction  
in risk of  
heart  
attack

14 days of  
Panchakarma

*Reference: University of Freiburg  
Author: Dr (med.) Rainer Waldschütz*

Within two weeks, overall cholesterol dropped from 203.5 mg% to 179.5 mg%, while LDL-cholesterol fell by 8.7%, in 130 people undergoing Panchakarma.

58%  
reduction  
in pesticide  
toxicity

12 days of  
Panchakarma

*Reference: Alternative Therapies in Health and  
Medicine. Vol. 8, Nr. 5. S. 93-103, Sept. 2002*

58% of pesticides and herbicides, which typically stay in the body for 25 years, are eliminated after 12 days of Panchakarma.

4.8 years  
reduction in  
biological  
age

10 months  
of AyurVeda  
including  
10 days of  
Panchakarma

*Reference: 8th World Congress of the International  
College of Psychosomatic Medicine, Chicago, USA, 1985*

Over 10 months, people who underwent various preventive methods of Maharishi AyurVeda, including 10 days of Panchakarma, showed an average 4.8 years reduction in biological age.

### **Swedana** - steam treatment

Swedana normally follows on from a full body massage. Once the toxins are softened and released by massage, herbalised steam is applied within a wooden cabinet in which your whole body, apart from your head, is enclosed. This heat treatment opens up the body channels and helps move toxins out of the tissues ready for elimination. Swedana is particularly useful in balancing Vata and Kapha.

### **Pinda Swedana** - musculo-skeletal treatment

Small warm linen bags, or boluses, are filled with a specially prepared mixture of herbs, rice cooked in milk and medicated oils. The boluses are then either applied to specific parts of the body, or to the whole body. Pinda Swedana helps with musculo-skeletal pain and inflammatory conditions.

### **Basti** - enemas to eliminate toxins

Once toxins have been softened up and released by full body massage, and moved out of the tissues

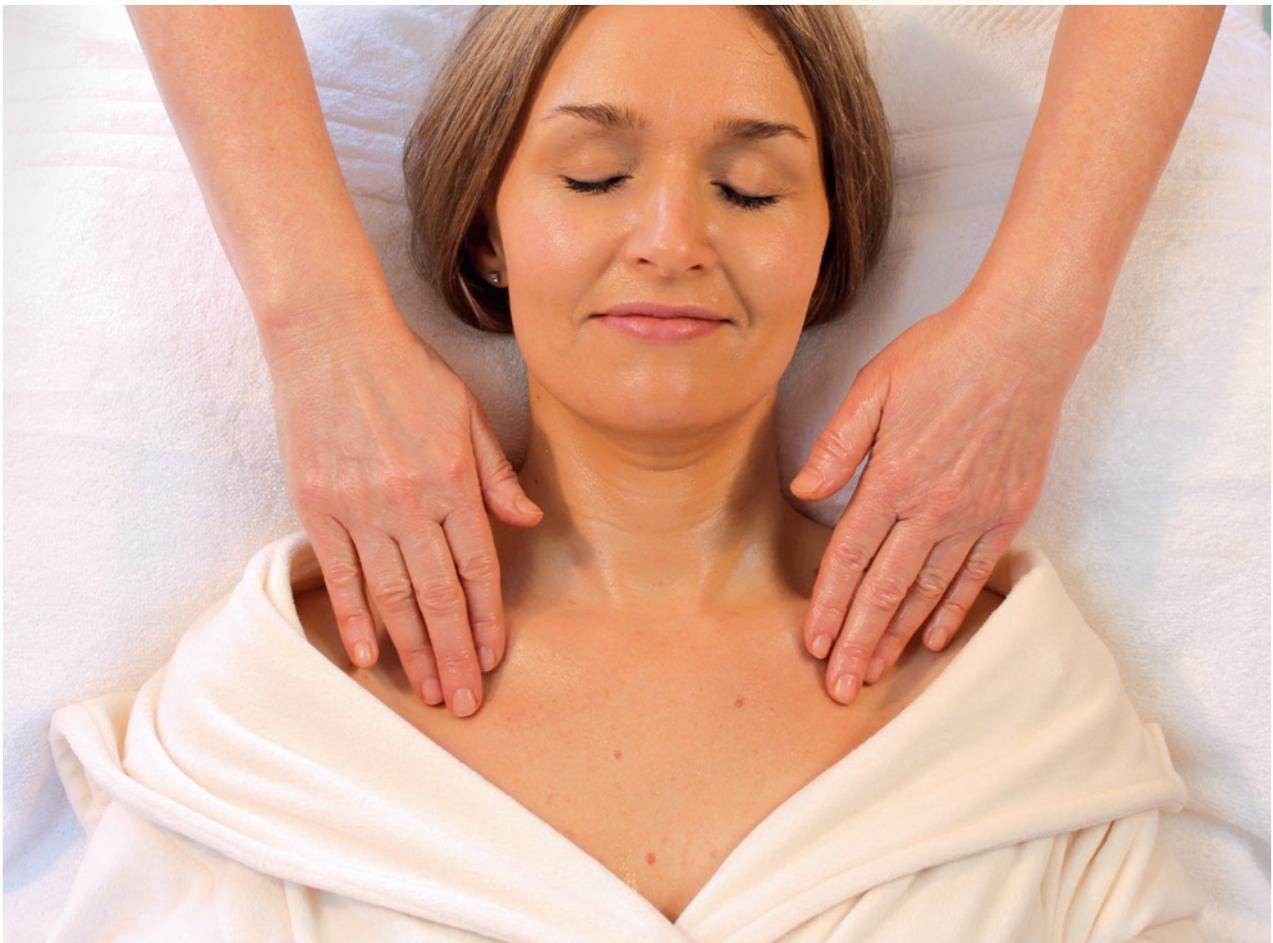
by heat treatment, elimination therapies such as Basti can be applied. Enemas help remove toxins from the body via the colon. The enemas we use are also designed to soothe and nourish the colon and intestines so that they can perform their functions more effectively. Besides removing toxic Ama, Basti treatment also eliminates excess Doshas and helps restore them to balance.

### **Other Bastis**

Maharishi AyurVeda offers a wide range of Bastis for conditions that affect different parts of the body. The herbalised oils used in the Bastis help balance the area they are applied to. The oils also penetrate through the skin and draw out toxins that have accumulated in that area.

### **Shirodhara** - mind calming treatment

This profoundly relaxing treatment usually follows on from Abhyanga massage. During Shirodhara,



a stream of herbalised oil is slowly and evenly poured over the forehead to promote a deep state of healing. Shirodhara is particularly balancing to a sub-dosha of Vata called Prana Vata, it calms an over-active mind and helps with insomnia, anxiety and depression.

### **Takradhara - mind cooling treatment**

Takradhara helps with anxiety, fatigue, insomnia, and psoriasis, as well as Pitta and Vata imbalances, particularly in the brain. Takradhara usually follows after a full oil massage using herbalised oils, to lubricate and soften cellular toxins. A cool herbalised liquid yoghurt is slowly poured onto the forehead. This therapy relaxes the nerves and is recommended for skin problems.

### **Karna Purana - ear treatment**

After a head massage, herbalised oil is applied within each ear. This treatment lubricates the delicate filaments of the ear canal. In the Ayurvedic tradition, Karna Purana is recommended to help calm the mind, sharpen the hearing, and remove impurities. It has been found to be useful for a range of ear conditions, including tinnitus.

### **Padabyanga - foot and lower leg massage**

This massage is designed to improve energy flow down the legs and through the feet towards the toes by clearing blocked channels (Shrotas and Nadis) and by stimulating vital energy points (Marmas). According to ancient AyurVeda texts, "Diseases do not go near one who massages his legs and feet from knee to toes before sleeping, just as snakes do not approach eagles."

### **Hrd Basti - heart treatment**

Enclosed in a dough ring, a soothing pool of oil is placed on the heart area. This treatment is recommended for physical conditions of the heart and emotional conditions, such as heartache, sadness and loss.

### **Kati Basti - lower back treatment**

The lower back is close to the seat of Vata Dosha and problems in this area indicate Vata imbalances. Oil application is one of the best treatments for Vata and Kati Basti involves maintaining a pool of oil on the lower back within a dough ring. This treatment helps with a wide range of lower back problems.

### **Shiro Picchu - mind and brain treatment**

In this treatment, herbalised oil is gently dripped onto the top of the head. Shiro Picchu helps to relieve stress, remove fatigue, enhance vitality, relieve insomnia, and calm and balance the mind. In AyurVeda it has been traditionally used to help a wide range of mental conditions.

### **Liver Basti - liver treatment**

A pool of oil is held, using a dough ring, on the liver area. This helps cool any overheating or inflammation in the liver and helps remove accumulated toxins.

### **Janu Basti - knee treatment**

Janu basti helps strengthen and improve the functioning of the knee muscles and joints. It helps remove toxic Ama which can build up in the knee joints and cause problems.



# Maharishi AyurVeda Supplements

Synergy,  
traditional  
preparation,  
purity



*The enlightened Rishis (seers) of AyurVeda had profound insight into the natural laws that underlie each aspect of creation, including the human body. This insight helped them create complex formulas, combining a variety of ingredients from the natural world, to address every type of physical condition.*

An example of the meticulous precision required can be seen in the preparation of one Maharishi AyurVeda formulation called Amlaberry.

Great care is taken to follow the traditional methods for harvesting and processing the Amla fruit used in Amlaberry. Only by using these methods can the refined qualities of the fruit be both preserved and enhanced.

The Amla fruit must be grown in a pure environment. Fruit used in the production of Amlaberry grows naturally in wild, pristine areas, and others (still of the wild variety) are grown in protected areas, far from the pollution of cities, and where the soil and water have not been damaged by agricultural chemicals or industrial waste containing heavy metals.

It is required that those who care for the plants must be of a *Sattvic* (pure and uplifting) disposition. Maharishi AyurVeda employees, who tend and harvest the plants, practise Transcendental Meditation each day, and handle their plants with love.

Traditional processing methods, described in the Ayurvedic texts, are used. With Amlaberry, this involves drying and crushing the Amla into powder, then dipping it in the fresh Amla juice, then again drying the mixture. This dried mixture is again ground into a powder and mixed with fresh juice.

This procedure is repeated 21 times! This painstaking process enhances the nourishing and rejuvenating qualities of the Amla fruit.

Care is also taken to adhere to the exact proportions and correct processing methods mentioned in the ancient texts, or passed down in Ayurvedic family traditions.

Each of the herbs or minerals used in traditional Ayurvedic formulas have their own benefits, and many of the individual ingredients have wide-ranging health effects. When combined together, utilising the enlightened wisdom of the ancient Ayurvedic Rishis, the whole becomes far greater than the sum of the parts and a synergistic effect is created.

This synergy of the parts into a holistic effect is why the benefits of a particular Maharishi AyurVeda formula can be of a far broader range than those of the individual herbs and minerals they contain.



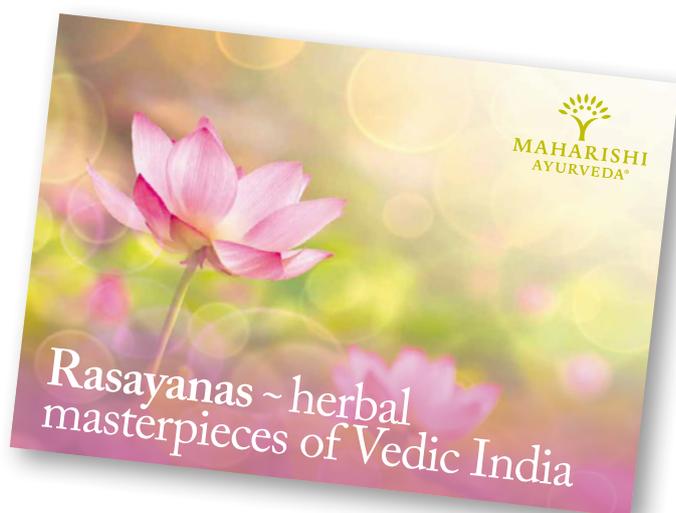
*see a selection of our supplements overleaf..*

# Maharishi AyurVeda Supplements



## Sound Sleep

Maharishi AyurVeda provides herbal supplements to support sleep and help with specific types of sleep problems related to imbalances in the body's three controlling elements, or Doshas: Vata, Pitta and Kapha.



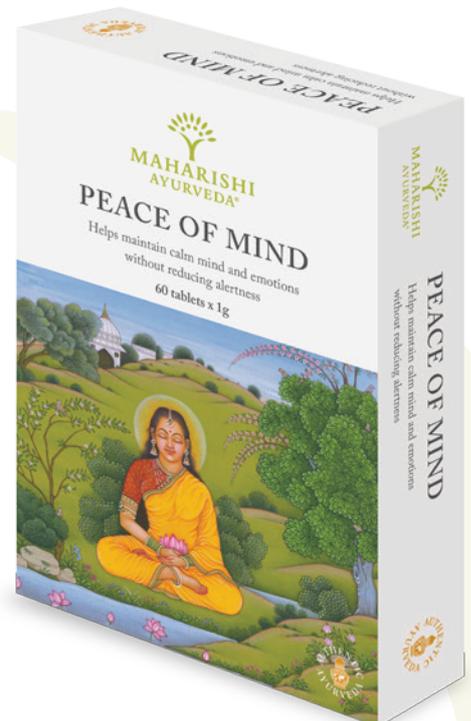
## Men & Women

Because the physiologies of men and women are different, Maharishi AyurVeda has gender-specific remedies to cater for the different health conditions they can experience.



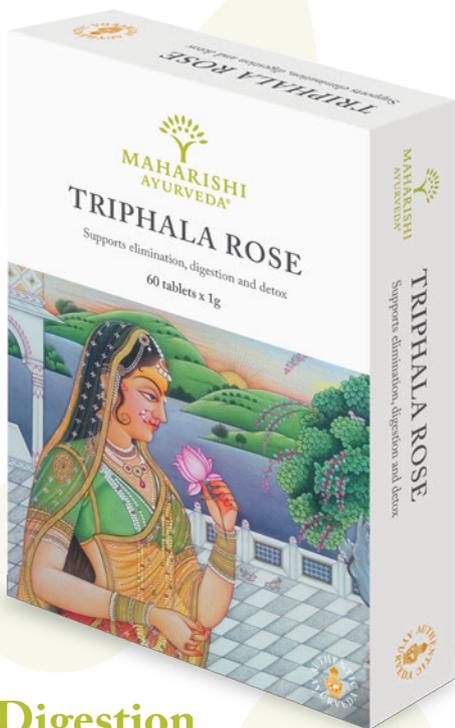
## Weight Balance

If digestion, assimilation and metabolism are out of balance, it is difficult to lose weight. Maharishi AyurVeda offers herbal supplements to help balance body weight, support the liver, and help with fat metabolism.



## Mind & Emotions

Lifestyle and diet affect the mind. AyurVeda provides herbal formulas to balance the emotions and enhance all aspects of mental functioning, including learning and comprehension, processing and retention, and memory recall.



## Digestion

Even a healthy diet is ineffective if digestion is poor. Maharishi AyurVeda Digest supplements help promote every stage of digestion, from better appetite, to improved absorption of nutrients, to good elimination of toxins and waste.



## Teas & Drinks

Maharishi AyurVeda sells a great range of beverages that help keep your body in balance and promote detoxification and revitalisation. These include herbal teas, Raja's Cup and Almond Energy.



## Rasayanas

Maharishi AyurVeda Rasayanas are potent tonics designed to enliven the innermost intelligence of both mind and body. In a deep yet gentle way, they promote vitality, balance and health holistically.



## Heart Health

Mental stress, physical strain, and poor diet and eating habits can disrupt the heart. Maharishi AyurVeda has a number of herbal preparations that promote heart health on the physical and the emotional levels.

# Courses

## Maharishi AyurVeda, food and cooking

*Maharishi AyurVeda offers a day course on how to create good health through the food you eat.*

- Learn how to prepare a tasty vegetarian meal that is simple and quick to make, nutritionally balanced, health promoting and satisfying
- Discover your Ayurvedic body type and how to select foods that create balance and good health for you as an individual
- Discover simple ways to improve digestion, remove toxins, and increase your absorption of essential nutrients
- Learn simple tips to eliminate food cravings and addictions that may lead to excess weight and ill health
- And learn much, much more... Suitable for beginners, and those more experienced in AyurVeda.

## Creating a Balanced Breakfast, Lunch and Supper



*Peter Brown*

*Maharishi AyurVeda day course with Dr Donn Brennan and Peter Brown on food, digestion, cooking, and eating for better health.*

- See how to create breakfasts, lunches and suppers suitable for different body types
- Learn how to make meals for weight loss, weight gain, or maintaining your ideal weight
- Learn how to incorporate all six tastes into your meals, so that your body feels satisfied and does not crave snacks during the day
- Discover Body Intelligence Techniques to improve digestion, remove toxins and increase your absorption of essential nutrients
- Find out how the “fat cycle” works and how to exit it
- And learn much, much more... suitable for beginners, and those more experienced in AyurVeda.

# Maharishi AyurVeda Practitioners

Maharishi AyurVeda treatment begins with a personal health evaluation from a qualified practitioner.

This takes about 60 minutes, and enables the practitioner to assess your health requirements.

The practitioner will give personal advice on a range of methods for improving your health and on natural measures to rectify any underlying imbalances that are identified.

Our two Maharishi AyurVeda practitioners are Dr Donn Brennan and Susan Lincoln.



*Dr Donn Brennan*

Dr Donn Brennan is the founding President of the Ayurvedic Practitioners Association in the United Kingdom, which is the representative body of Ayurvedic practitioners and is currently

assisting in government proposals for regulating the standards and practise of AyurVeda in the UK.

He is also a director of the European Herbal Practitioners Association.

To book a Personal Consultation with Donn, please contact 01695 735351 or mahc@maharishi.co.uk.



*Susan Lincoln*

Susan has a Masters degree in Complementary Health Sciences (AyurVeda) which is recognised by both the Indian and UK Governments as a medical degree.

Her final qualification in clinical practice, was completed with three months in South India.

For the past thirty years, Susan has been working as a teacher of Transcendental Meditation, latterly based in East Anglia.

To book a Personal Consultation with Susan, please contact 01394 549985  
slincoln@ayurveda-rendlesham.co.uk



