A New Wave in Integrative Medicine: Ayurvedic Medicine for the Modern Practitioner

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### The Ayurvedic Classical Texts

<table>
<thead>
<tr>
<th>The Brihat Trayi: the 3 major texts</th>
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</thead>
<tbody>
<tr>
<td>Charaka Samhita</td>
</tr>
<tr>
<td>Sushruta Samhita</td>
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<tr>
<td>Ashtanga Hridaya Samhita (Vagbhata Samhita)</td>
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</tbody>
</table>

<table>
<thead>
<tr>
<th>The Laghu Trayi: the 3 minor texts</th>
</tr>
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<tr>
<td>Bhava-Prakash Samhita</td>
</tr>
<tr>
<td>Sharngadhar Samhita</td>
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<tr>
<td>Madhav Nidan Samhita</td>
</tr>
</tbody>
</table>

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<tr>
<th>Other Classical Texts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kashyap Samhita</td>
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<td>Bhel Samhita</td>
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<tr>
<td>Harita Samhita</td>
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"Good health stands at the very root of virtuous acts, acquirement of wealth, fulfillment of desires, and ultimate emancipation. Diseases are destroyers of health, well-being, and life. This has manifested itself as a great obstacle in the way of human life. What could be its remedy? With this end in view, they (the sages) entered into meditation…"

-Charaka Samhita, Sutrasthana 1.15-16
12. Correlation with Modern Physics: Unified Field Theory (super-symmetric superstring theory)
# PREVENTION AND TREATMENT MODALITIES OF MAHARISHI AYUR-VEDA

| 1. Consciousness/ Stress-reduction: Transcendental Meditation™ technique and advanced techniques |
| 2. Diet and nutrition |
| 3. Herbal preparations |
| 4. Physiological purification procedures (*Panchakarma*) |
| 5. Vedic Vibration and Vedic Sound therapy |
| 6. Vedic exercise / Yoga *asanas* |
| 7. Behavioral regimens, daily and seasonal routines to normalize biological rhythms |
| 8. Environmental Health, near environment (*Sthapatya Veda*) |
| 9. Environmental Health, distant environment (*Jyotish*) |
| 10. Collective health measures |
MAHARISHI AYURVEDA: RECOMMENDED READING

*Ayurvedic Healing: Contemporary Maharishi Ayurveda Medicine and Science*, by Hari Sharma, MD and Christopher Clark, MD

*Total Heart Health: How to Prevent and Reverse Heart Disease with the Maharishi Vedic Approach to Health*, by Robert Schneider, MD, FACC and Jeremy Fields, PhD

*Transcendence: Healing and Transformation through Transcendental Meditation*, by Norman Rosenthal, MD

*Heaven’s Banquet: Vegetarian Cooking for Lifelong Health the Ayurveda Way*, by Miriam K. Hospodar

All of the above titles are available at Amazon.com and BarnesandNoble.com.
Ayurvedic Medicine Bibliography

Selected References

General principles:

3. Mishra LC (ed.): Scientific Basis for Ayurvedic Therapies. CRC Press (USA); 2003. 635 pgs.


**Three-dosha theory and constitutional typology**


Lifestyle Medicine: Daily Routine/Chronobiology


Diet


**Digestion**


Detoxification (Panchakarma)

Herbal Preparations


1999;64:91-93.
42. Singh DD, Dey CS, Bhutani KK. Downregulation of p34cdc2 expression with aqueous fraction from Withania somnifera for a possible molecular mechanism of anti-tumor and other pharmacological effects. Phytomedicine . 2001;8:492-494.
43. Gupta YK, Sharma SS, Rai K, et al. Reversal of paclitaxel induced neutropenia by Withania


