

Supporting Materials

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

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# The Ayurvedic Classical Texts

## The Brihat Trayi:

the 3 major texts

Charaka Samhita  
Sushruta Samhita  
Ashtanga Hridaya Samhita (Vagbhata Samhita)

## The Laghu Trayi:

the 3 minor texts

Bhava-Prakash Samhita  
Sharngadhar Samhita  
Madhav Nidan Samhita

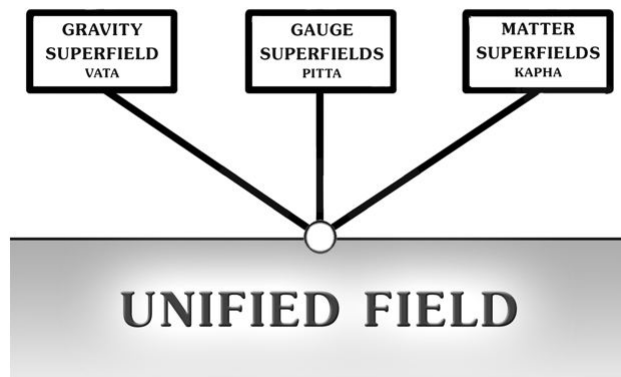
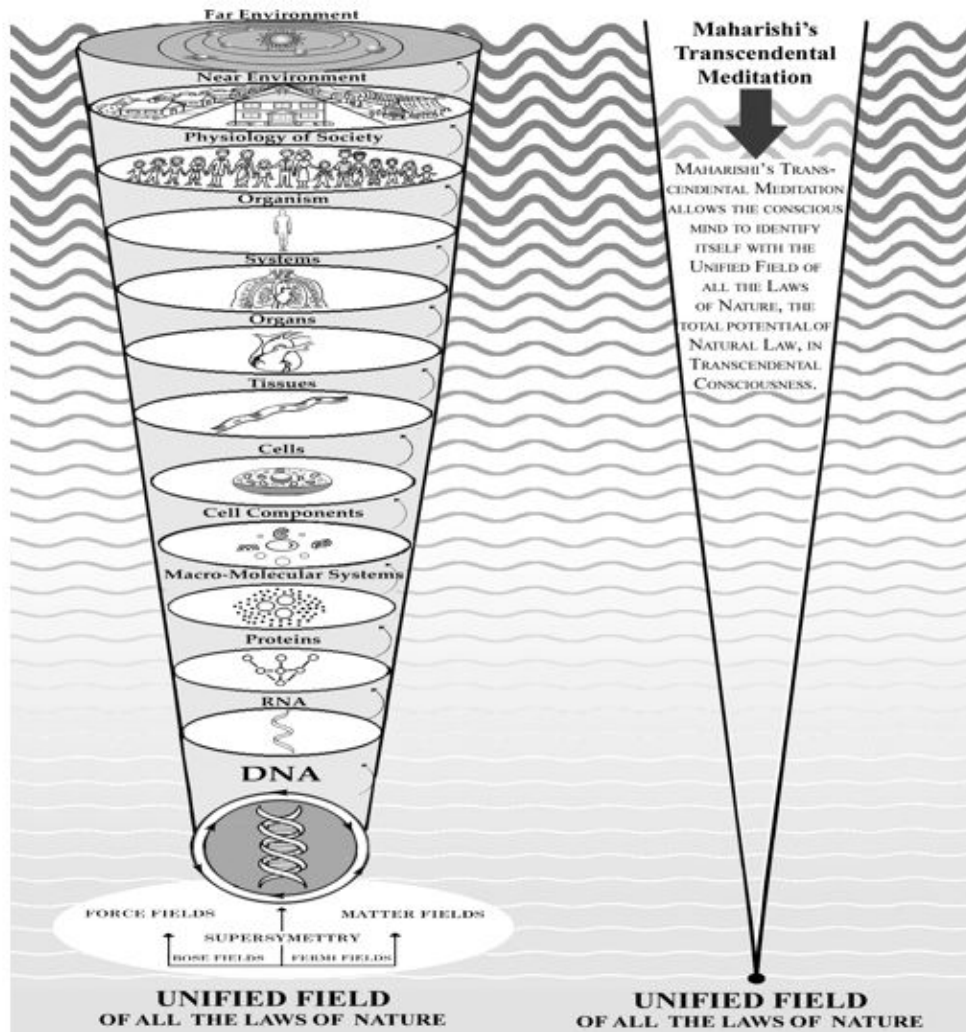
## Other Classical Texts

Kashyap Samhita  
Bhel Samhita  
Harita Samhita

“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

<p>1. Consciousness/ Stress-reduction: Transcendental Meditation™ technique and advanced techniques</p> <p>2. Diet and nutrition</p> <p>3. Herbal preparations</p> <p>4. Physiological purification procedures (<i>Panchakarma</i>)</p> <p>5. Vedic Vibration and Vedic Sound therapy</p>	<p>6. Vedic exercise / <i>Yoga asanas</i></p> <p>7. Behavioral regimens, daily and seasonal routines to normalize biological rhythms</p> <p>8. Environmental Health, near environment (<i>Sthapatya Veda</i>)</p> <p>9. Environmental Health, distant environment (<i>Jyotish</i>)</p> <p>10. Collective health measures</p>
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## **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](https://www.amazon.com) and [BarnesandNoble.com](https://www.barnesandnoble.com) .

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