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COLLEGE OF MAHARISHI VEDIC MEDICINE

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FACULTY

- Robert Schneider, M.D., Dean and Chair, Professor of Maharishi Vedic Medicine and Physiology, Director of the Center for Health and Aging Studies
- Sanford I. Nidich, Ed.D., Associate Professor of Maharishi Vedic Medicine and Education
- Richard Averbach, M.D., Associate Professor of Maharishi Vedic Medicine
- Amparo Castillo-Richmond, M.D., Assistant Professor of Maharishi Vedic Medicine
- David Sands, M.D., Assistant Professor of Maharishi Vedic Medicine and Physiology, Director of Clinical Training
- Hemant Kumar Gupta, M.D.Ay., Assistant Professor of Maharishi Vedic Medicine
- Evan Finkelstein, M.A., M.S.W., Instructor of the Science of Creative Intelligence
- Paul Morehead, M.A., Instructor of the Science of Creative Intelligence
- Tony Nader, M.D., Ph.D., Clinical Professor of Maharishi Vedic Medicine, International President of Maharishi Ayur-Veda Universities
- Barry Charles, M.D., Clinical Professor of Maharishi Vedic Medicine, President of Maharishi Colleges of Vedic Medicine
- Hari Sharma, M.D., Clinical Professor of Maharishi Vedic Medicine
- Stuart Rothenberg, M.D., Clinical Associate Professor of Maharishi Vedic Medicine
- Veronica Butler, M.D., Clinical Assistant Professor of Maharishi Vedic Medicine
- Christopher Clark, M.D., Clinical Assistant Professor of Maharishi Vedic Medicine

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INTRODUCTION

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**M**aharishi Vedic Medicine<sup>SM</sup> considers all the elements that constitute health. Its approach is natural and holistic, taking into account all the influences on health—ranging from the inner intelligence of the body, to the physiology, mind, behavior, environment, and the total managing intelligence of the universe.

Maharishi Vedic Medicine approaches the problems of prevention and cure from the source of health, the most fundamental field of intelligence in Nature—known in modern science as the Unified Field of Natural Law—which governs every level of existence, from sub-atomic particles, to the human body, to the galactic universe. It locates the lack of integration between the individual’s physiology and this underlying field of intelligence as the cause of disorder and disease.

All of the specific programs, procedures, and technologies used in Maharishi Vedic Medicine help restore this integration to create a balanced state of health—perfect synchrony between the functioning of every individual cell and the holistic functioning of the whole body, and between the holistic intelligence of the body and cosmic intelligence, which is managing the orderly evolution of the universe without a problem.

The effectiveness of Maharishi Vedic Medicine lies in its ability to enliven the total intelligence of Natural Law within the

physiology, and thereby integrate and balance the functioning of all aspects of body and mind. “Natural Law” refers to the integrated, balanced, and holistic functioning of all the Laws of Nature that are responsible for the whole manifest universe. As a result of enlivening Natural Law in the physiology, thought, behavior, and actions automatically become more integrated and balanced, and spontaneously move in accord with Natural Law—this is the basis of good health. Over 600 scientific research studies, conducted at 200 universities and research institutes in 30 countries, document the benefits of the programs of Maharishi Vedic Medicine for improved physiological, psychological, social, and environmental health.

Everywhere in the world today medical experts and the general public are recognizing the limitations and hazards of the prevailing system of health care. This means that the knowledge and approaches being taught in conventional medical education are incomplete and even dangerous. Clear evidence of this incomplete knowledge is in the report that 100 million Americans, or nearly 40% of the population, suffer from chronic diseases.

From the perspective of Maharishi Vedic Medicine, any failures of modern medicine result from one fundamental weakness—an isolated approach to knowledge and practice which fails to attend to the balance and integration of the physiology as a whole. Knowledge of Maharishi Vedic Medicine’s holistic approach is urgently needed by every health professional in the

world. The revival of this ancient knowledge of Maharishi Vedic Medicine opens the opportunity for a more advanced, complete, and authentic approach to medical education and health care. This advanced education in the Vedic health care system is now available at the university level for the first time at Maharishi University of Management College of Maharishi Vedic Medicine.

Students at the College of Maharishi Vedic Medicine train to approach health concerns utilizing natural principles that support health. They learn preventive and therapeutic modalities to enliven the body's inner intelligence and thereby enhance the body's own immune and self-repair mechanisms. They gain competence in maintaining the perfect, integrated health of the individual and society as a whole.

### Programs Offered

The College of Maharishi Vedic Medicine offers an undergraduate program leading to the Bachelor of Arts degree and a doctoral program leading to a Doctor of Philosophy in Physiology, Biochemistry, and Cell Biology with specialization in Maharishi Vedic Medicine.

Graduates of the bachelor's program may qualify to serve as consultants to physicians. Graduates of the doctoral program may qualify as consultants to physicians and/or may function as independent natural health care practitioners as permitted by state and federal laws.

The College of Maharishi Vedic Medicine also offers a Technical Training Program leading to a certificate in the Maharishi Rejuvenation<sup>SM</sup> program. This program is for students who wish to work as technicians at Maharishi Medical Centers or Centers for Chronic Disorders around the world.

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### SPECIAL FEATURES

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The College of Maharishi Vedic Medicine offers uniquely effective knowledge for prevention and treatment of disease. This comprehensive range of knowledge, not available in any other system of medical education, includes:

- Study of the precise relationship between the structures and functions of human physiology, and the fundamental structures of Natural Law contained in Veda and the Vedic Literature—and the application of this knowledge to maintain health;
- Pulse diagnosis—to detect balance and imbalance in the body by feeling the pulse and restoring balance before disease arises through diet, daily and seasonal routines, and herbal preparations;
- The medical benefits of using Vedic sounds (Maharishi Gand-

harva Veda music), vibrations of the field of pure intelligence—to restore balance to the physiology;

- Vedic Architecture (Maharishi Sthapayta Veda<sup>SM</sup> design), principles for designing and constructing buildings according to Natural Law—for the health, happiness, and good fortune of the inhabitants;
- Vedic system of predicting the future of one's health and other aspects of life (Maharishi Jyotish<sup>SM</sup> program), understanding the relationship between human physiology and its cosmic counterparts (the far-distant environment)—to avert potential problems and promote good health;
- Maharishi Transcendental Meditation and TM-Sidhi programs, including Yogic Flying—to give direct experience of the total field of intelligence and to promote deep rest, release of stress, and integrated functioning of body and mind; and
- Practice of this technology in large groups to purify collective consciousness and to bring life into harmony with Natural Law, the basis of perfect health for society.

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### DEPARTMENTAL REQUIREMENTS

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#### Entrance Requirements for the Bachelor of Arts Degree in Maharishi Vedic Medicine

Applicants should demonstrate preparation for college-level study as evidenced by previous academic performance, the SAT or ACT exam, letters of recommendation, and an interview with a representative of the College. Other factors considered in the application process include the applicant's degree of commitment to the educational goals of Maharishi University of Management College of Maharishi Vedic Medicine, enthusiasm for learning, and dedication to developing perfect health and a disease-free society.

#### Graduation Requirements for the Bachelor of Arts Degree in Maharishi Vedic Medicine

To graduate with a B.A. in Maharishi Vedic Medicine, students must successfully complete all general requirements for the bachelor's degree. (Please refer to "Degree Requirements" in "Academic Policies." *NOTE: NLS100, The Science of Creative Intelligence and the Natural Law Seminar requirements are waived for students in this major.*) Students are evaluated at the end of each semester of the MVM Core Curriculum for mastery of the material and at the end of the first year for eligibility to continue into the second year of the program. The requirements for the first two years of the major are listed below. The program for the

third and fourth years will be structured on an individual basis with the College faculty.

*84 units of required MVM Core Curriculum:*

- MVM 210 Self-Pulse Reading
- MVM 241 Vedic Anatomy and Vedic Physiology I
- MVM 242 Vedic Anatomy and Vedic Physiology II
- MVM 250 Prevention
- MVM 251 Diet, Digestion, and Nutrition
- MVM 290 Maharishi Yoga Asanas I
- MVM 340 Anatomy and Physiology I
- MVM 341 Anatomy and Physiology II
- MVM 344 Imbalance I
- MVM 345 Imbalance II
- MVM 348 Diagnosis of Imbalance
- MVM 349 Recommendations to Restore Wholeness
- MVM 370 Training as a Health Education Consultant
- MVM 380 Research Methods
- MVM 400 Preparation for Fieldwork
- MVM 401 Fieldwork
- MVM 402 Clinical Fieldwork (8 units)
- FOR 431 Higher States of Consciousness (2 units)
- FOR 445 Expression Veda and Vedic Literature (2 units)
- SCI 221 Sanskrit I
- SCI 222 Sanskrit II

*Remaining units for graduation (76) are to be taken from the following list, in consultation with the College faculty:*

- MVM 201–204 Fundamental Skills I–IV (2 units per course)
- BIO 250 Plant Science
- BIO 260 Living Systems
- BIO 261 Zoology
- BIO 317 Ecology
- BIO 322 Plant Taxonomy
- BIO 355 Evolutionary Biology
- BIO 367 Molecular Biology
- CHEM 201–203 General Chemistry I–III
- CHEM 311–313 Organic Chemistry I–III
- CHEM 350 General Biochemistry
- ED 308 Computer-Based Instruction
- ED 320 Educational Psychology
- ESS 210 Physiology of Fitness
- ESS 215 Foundations of Exercise and Sport Sciences
- ESS 220 Sport Medicine
- ESS 325 Leadership in Adventure Sports
- ESS 398 Research
- MGT 205 Maharishi's Absolute Theory of Administration
- PHYS 150 The Physical Word and SCI
- PSYCH 207 General Psychology
- PSYCH 305 Research Methods
- PSYCH 375 Seminar in Consciousness I

- PSYCH 376 Seminar in Consciousness II
- PSYCH 410 Vedic Psychology
- PSYCH 420 Statistics
- SCI 300 Source Documents in SCI I
- SCI 310 TM Program Lecture and Checker Training
- SCI 490 TM Program Teacher Training—Part I
- SCI 491 TM Program Teacher Training—Part II
- SCI 492 TM Program Fieldwork Internship

*NOTE: By the end of the first year in the program, a student's suitability for continuation in the program is evaluated by the College faculty.*

### **Entrance Requirements for the Ph.D. Degree in Physiology with Specialization in Maharishi Vedic Medicine**

Entering graduate students must have a bachelor's degree and demonstrate scholastic ability to function successfully at the graduate level as evidenced by previous academic performance, the Graduate Record Examination (GRE), letters of recommendation, an essay, and an interview with a representative of the College.

Applicants to the graduate program must successfully complete the two-year undergraduate Foundations in Maharishi Vedic Medicine curriculum with a grade of "B" or above in each course to gain a basis for graduate study in the field. This curriculum consists of the following undergraduate courses:

*84 units of required MVM Core Curriculum:*

- MVM 210 Self-Pulse Reading
- MVM 241 Vedic Anatomy and Vedic Physiology I
- MVM 242 Vedic Anatomy and Vedic Physiology II
- MVM 250 Prevention
- MVM 251 Diet, Digestion, and Nutrition
- MVM 290 Maharishi Yoga Asanas I
- MVM 340 Anatomy and Physiology I
- MVM 341 Anatomy and Physiology II
- MVM 344 Imbalance I
- MVM 345 Imbalance II
- MVM 348 Diagnosis of Imbalance
- MVM 349 Recommendations to Restore Wholeness
- MVM 370 Training as a Health Education Consultant
- MVM 380 Research Methods
- MVM 400 Preparation for Fieldwork
- MVM 401 Fieldwork
- MVM 402 Clinical Fieldwork (8 units)
- FOR 431 Higher States of Consciousness (2 units)
- FOR 445 Expression Veda and Vedic Literature (2 units)
- SCI 221 Sanskrit I
- SCI 222 Sanskrit II

*NOTE: After completing the two year MVM Core Curriculum, a student's suitability for continuation in the program is evaluated by the College faculty.*

### **Graduation Requirements for the Ph.D. Degree in Physiology with Specialization in Maharishi Vedic Medicine**

To graduate with a Ph.D. in Physiology with Specialization in Maharishi Vedic Medicine, students must successfully complete all general requirements for the doctoral degree. (Please refer to “Degree Requirements” in “Academic Policies.”) Program requirements are as follows:

*68 units of required MVM Advanced Curriculum courses:*

- MVM 501 Vedic Anatomy and Vedic Physiology I
- MVM 502 Vedic Anatomy and Vedic Physiology I
- MVM 503 Vedic Anatomy and Vedic Physiology III
- MVM 504 Vedic Anatomy and Vedic Physiology IV
- MVM 505 Vedic Anatomy and Vedic Physiology V
- MVM 506 Vedic Anatomy and Vedic Physiology VI
- MVM 531 Pathology and Pathophysiology
- MVM 532 Microbiology and Immunology
- MVM 533 Pharmacology and Therapeutics
- MVM 541 Practice of Maharishi Vedic Medicine I
- MVM 542 Practice of Maharishi Vedic Medicine II
- MVM 543 Practice of Maharishi Vedic Medicine III
- MVM 580 Research Methods
- MVM 587 Fieldwork I
- MVM 588 Fieldwork II
- SCI 525 Sanskrit I

*A written comprehensive examination at the completion of the MVM advanced curriculum (MVM 590)*

Immediately following completion of the MVM advanced curriculum, students prepare for a comprehensive examination. This examination represents an opportunity for students to consolidate and integrate knowledge gained in the core curriculum. (Students who successfully complete the written comprehensive examination are awarded a Master of Science degree and are advanced to Ph.D. candidate status.)

*12 units of advanced course work:*

- MVM 611 Advanced Maharishi Jyotish I
- MVM 612 Advanced Maharishi Jyotish II
- MVM 613 Maharishi Jyotish—Medical Applications
- MVM 641 Advanced Practice of Maharishi Vedic Medicine I
- MVM 642 Advanced Practice of Maharishi Vedic Medicine II
- MVM 643 Advanced Practice of Maharishi Vedic Medicine III

*Dissertation proposal (MVM 700) prepared and submitted for approval (When the proposal is accepted, the student is advanced to Ph.D. researcher status.)*

*Original research and dissertation preparation (MVM 701)*

*An oral defense of the dissertation*

*Acceptance of dissertation by the Graduate School and the Library*

### **Entrance Requirements for the Technical Training Certificate in the Maharishi Rejuvenation Program**

Before entering the Technical Training Certificate in the Maharishi Rejuvenation<sup>SM</sup> program, students must complete all application procedures. (Please refer to “Technical Training Admissions” in “Admissions.”) In addition to these procedures, students must also complete the Maharishi Rejuvenation program technician questionnaire and interview with both a faculty member and a technician trainer.

### **Graduation Requirements for the Technical Training Certificate in the Maharishi Rejuvenation Program**

To graduate with the Technical Training Certificate in the Maharishi Rejuvenation program, students must successfully complete the general requirements for a Certificate. (Please refer to “Degree Requirements” in “Academic Policies.”) In addition, students must complete the following courses by gaining mastery of the required skills and by displaying to the trainers and program directors behavior commensurate with the professional status of a Maharishi Rejuvenation program technician.

*Required courses:*

- MVM 001 Fundamental Skills I
- MVM 002 Fundamental Skills II
- MVM 003 Fundamental Skills III
- MVM 004 Fundamental Skills IV

*NOTE: Graduates of this program may receive 8 units (2 units per course) of academic credit toward a bachelor’s degree.*

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## **COURSE DESCRIPTIONS**

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### **Undergraduate Courses**

**MVM 201 Fundamental Skills I**

**MVM 202 Fundamental Skills II** Prerequisite: MVM 201

**MVM 203 Fundamental Skills III** Prerequisite: MVM 202

**MVM 204 Fundamental Skills IV** Prerequisite: MVM 203

The Maharishi Vedic Approach to Health technician administers the Maharishi Rejuvenation program—the procedures that have been shown to raise a person’s level of health and vitality. Students receive detailed instruction in the performance of specific massages, heat therapies, and elimination procedures, and then practice in the laboratory (clinic) under the supervision of master technicians to perfect these skills, to develop the highest standards of professional behavior, and to supervise other technicians. Stu-

dents also learn how to prepare the materials used in treatments, and how to maintain the cleanliness and safe operation of a Maharishi Rejuvenation program clinic. (2 units each) (Same as MVM 001, 002, 003, and 004)

#### **MVM 210 Self-Pulse Reading for Perfect Health**

This course provides the theory and practical technique for detecting balance and imbalance in the body through Self-Pulse Reading. Students gain a thorough understanding of how the intelligence within the physiology is reflected in the pulse. The course also describes measures to correct imbalances before disease arises. Students learn not only to detect states of physiological balance and imbalance; they also learn how the process of Self-Pulse Reading can create a balancing influence in any area of imbalance, spontaneously enhancing physiological integration. (4 units)

#### **MVM 231 Maharishi Vedic Science**

This course reviews the Vedic Literature at the basis of human physiology. It examines how the 40 qualities of consciousness are expressed in the 40 branches of the Vedic Literature and how these qualities can be enlivened in the mind and the body through regular practice of the Transcendental Meditation technique. (4 units)

#### **MVM 241 Vedic Anatomy and Vedic Physiology I**

#### **MVM 242 Vedic Anatomy and Vedic Physiology II**

#### **MVM 243 Vedic Anatomy and Vedic Physiology III**

#### **MVM 244 Vedic Anatomy and Vedic Physiology IV**

These courses use the following textbook: *Human Physiology: Expression of Veda and the Vedic Literature—Discovery under Maharishi's Guidance* by Tony Nader, M.D., Ph.D. These courses present the essence of the entire field of modern objective science and ancient subjective science. They bring to light the major discovery of the physiology in terms of its inner intelligence, whose impulses are available in the form of Veda and Vedic Literature. All the specialized components and organs of the human physiology are found to match the 40 branches of the Vedic Literature one to one, both in structure and in function. (4 units each)

#### **MVM 250 Prevention**

This course offers a holistic, prevention-oriented approach to good health that integrates principles from the 40 areas of Veda and the Vedic Literature to restore and maintain balanced health in mind, body, behavior, and environment. This course includes specific knowledge of daily and seasonal routines, diet, other health-promoting behavior, and development of higher states of consciousness—all of which bring life into harmony with Nat-

ural Law. Other topics of the course include self-referral consciousness as the basis for prevention of disease, maintaining balance in the physiology for prevention, importance of good digestion and metabolism, the Maharishi Jyotish and Maharishi Yagya™ programs for prevention of future imbalances, strengthening the immune system, reversing the aging process, and preventing collective health problems of society. (4 units)

#### **MVM 251 Diet, Digestion, and Nutrition**

This course provides profound principles and practical knowledge of how to promote good health through proper diet, digestion, and nutrition. Topics of this course include factors to consider in dietetics; the physiology of digestion and metabolism; balance and imbalance of digestion and metabolism, and their correction; the influence of mind, senses, emotions, and behavior on digestion; and the relationship of diet and digestion to the development of higher states of consciousness. (4 units)

#### **MVM 290 Maharishi Yoga Asanas I**

#### **MVM 291 Maharishi Yoga Asanas II**

The aim of these courses is to enhance physiological balance and mind-body coordination through simple Maharishi Yoga Asanas program postures and breathing exercises. This course gives a comprehensive understanding of the nature and attainment of Yoga, which is the unification of individual and cosmic life. Topics of the course also include: Yoga and integration of all aspects of life; the Bhagavad-Gita as the supreme textbook of Yoga; scientific research validating the benefits of Yoga postures; and higher states of consciousness—fulfillment of the practice of the Maharishi Yoga program, which enlivens the inner intelligence on all levels of the physiology. (4 units each)

#### **MVM 300 Maharishi Jyotish I**

#### **MVM 301 Maharishi Jyotish II**

#### **MVM 302 Maharishi Jyotish III**

In these courses, students begin the study of the Maharishi Jyotish program, the science of transformation and technology of prediction. Maharishi Jyotish reveals the relationship of individual life with cosmic life and enlivens their fundamental basis in consciousness, the Unified Field of Natural Law. (4 units each)

#### **MVM 310 Maharishi Sthapatya Veda**

Students study Maharishi Sthapatya Veda design, which is the most ancient system of country, town, village, and home planning, in accord with Natural Law—connecting individual life with cosmic life, individual intelligence with cosmic intelligence—to create ideal living conditions and better health. The course explains the three principles of Maharishi Sthapatya

Veda design: right direction, right placement of rooms and right proportion and other principles of Vastu Vidya—knowledge of the site. (4 units)

**MVM 320 Principles of Physiological Purification Through Maharishi Vedic Medicine**

Students study the theory and application of Maharishi Rejuvenation procedures and advanced training in the use of herbal preparations for pacification and balance of doshas. (4 units)

**MVM 340 Maharishi Vedic Approach to Health: Anatomy and Physiology I**

**MVM 341 Maharishi Vedic Approach to Health: Anatomy and Physiology II**

These courses develop a deep understanding of the application of Maharishi Vedic Approach to Health as they apply to diagnosis and treatment. The knowledge of physiology follows the expression of the body's inner intelligence sequentially from the subtlest levels (mind, senses, and the *doshas*) through the tissues (*dhatas*) and channels of biological communication and transportation (*srotas*). These courses explore how these concepts from Maharishi Vedic Approach to Health are related to modern knowledge of anatomy and physiology. (4 units each)

**MVM 344 Imbalance I**

**MVM 345 Imbalance II**

These courses unfold the understanding of how imbalance arises and manifests as signs and symptoms of disease. The sequence begins with the five traditional means of understanding imbalance (*pancha nidan*), then considers how the balance of *doshas* is disturbed (*dosha vaishamya*), and then how the tissues are affected (*dhatu vaishamaya*). Topics include causative factors, pathophysiology, and signs and symptoms. (4 units each)

**MVM 348 Diagnosis of Imbalance**

Students begin their training as consultants in Maharishi Vedic Medicine by learning to access the pulse of others for signs of balance and imbalance. They learn to connect the causes of imbalance with their manifestations and the means of restoring balance. (4 units)

**MVM 349 Recommendations to Restore Wholeness**

Students learn how to use Maharishi Ayur-Veda herbal food supplements, diet, and behavior to restore balance for many conditions that afflict people. They explore the means of determining the proper course for restoring balance in these different conditions on a system-by-system basis. (4 units)

**MVM 360 Preparation and Procedures to Promote Perfect Health**

Students study the practical application of Maharishi Vedic Medicine, including the recommendation of herbal food supplements. (4 units)

**MVM 370 Training as a Health Education Consultant**

Students receive further training with simulated and real patients and supervised clinical experience in the College of Maharishi Vedic Medicine clinic. (4 units)

**MVM 380 Research Methods**

This course introduces the knowledge and objective skills indispensable to scientific research. Topics include the scientific method, logical and practical considerations in experimental design and data acquisition, procedures for conducting literature reviews, selection of research topics, research ethics, and practical research aids such as computer-assisted data analysis. Particular emphasis is placed on clinical research design, including proper choice of control subjects and the prevention of bias in subject selection. (4 units)

**MVM 400 Preparation for Fieldwork**

Students prepare for fieldwork through training in 1) client education, 2) introductory lectures, and 3) clinic administration. Students practice explaining the recommendations given to a client by a consultant in Maharishi Vedic Medicine in mock client education sessions. Students also prepare introductory lectures on Maharishi Vedic Medicine and learn the fundamentals of clinic operations, particularly how to satisfy the needs and questions of clinic clients. (4 units—may be repeated)

**MVM 401 Fieldwork**

Students work in Maharishi Medical Centers or Centers for Chronic Disorders in various aspects of clinic operations including such areas as guest education, guest services, and clinic marketing. (4 units—may be repeated) Prerequisite: MVM 400 and consent of the College faculty and the Academic Standards Committee

**MVM 402 Clinical Fieldwork**

Students learn to conduct consultations and give recommendations under the direct supervision of the College faculty. They operate a students' clinic and gain experience with all aspects of clinic operations: administration, consultations, patient education, and publicity. (4 units—may be repeated)

**MVM 490 Thesis Proposal**

Students spend one term, usually in the senior year, examining a

specific area of the Maharishi Vedic Medicine program. They prepare and submit a thesis proposal to a member of the faculty. (4 units) Prerequisite: consent of the College faculty

**MVM 491 Thesis Preparation**

Students prepare a thesis based on study of the Ayur-Vedic texts and scientific research on Maharishi Vedic Medicine under the direction of a member of the faculty. (4 units—may be repeated) Prerequisite: MVM 490

**MVM 496 Research Practicum**

Students work with research faculty learning the practical application of research skills to clinical or laboratory research on any of the approaches of Maharishi Vedic Medicine, their applications and their effects. Students perform data collection and statistical analysis, literature review, and scientific writing as they contribute to the research endeavor. Students engaging in research must have mathematical skills appropriate to the level of research undertaken. (4 units—may be repeated) Prerequisite: MVM 380

**MVM 498 Clinic Management Practicum**

Students work alongside the staff of the College of Maharishi Vedic Medicine Health Center (or other such facility) learning the management skills required for clinic operations including client and staff scheduling, purchasing and inventory, and basic record-keeping. (4 units—may be repeated) Prerequisite: consent of the College faculty

**MVM 499 Directed Study**

(variable units) Prerequisite: consent of the College faculty

**Graduate Courses**

**MVM 501 Advanced Vedic Anatomy and Vedic Physiology I—Neurophysiology I**

**MVM 502 Advanced Vedic Anatomy and Vedic Physiology I—Neurophysiology II**

The nervous system occupies a central role in the human physiology as the master organizer and switchboard. These courses cover: (1) neuroanatomy, (2) membrane biophysics, (3) synaptic transmission, (4) information processing and the integrated activity of the nervous system, (5) EEG patterns and the practice of Transcendental Meditation and the TM-Sidhi programs, (6) current theories of perception, learning and memory, and (7) the relation between the structure and functioning of the nervous system and Veda and Vedic Literature. (4 units each)

**MVM 503 Advanced Vedic Anatomy and Vedic Physiology III—Gross Anatomy, Integumentary, Blood, Cardiovascular and Respiratory Systems**

This course covers three major themes: (1) composition of blood and blood plasma, hemopoiesis, blood clotting and gas exchange, (2) structure and functioning of the heart, the cardiac cycle and pacemaker cells and their relation to the integrating quality of intelligence which is fully expressed in Maharishi Gandharva Veda music, and (3) the cellular and gross structure of the respiratory system. (4 units)

**MVM 504 Vedic Anatomy and Vedic Physiology IV—Digestive, Endocrine, Immune, Reproductive, Renal-Urinary Systems**

This course covers the following themes: (1) gross and tissue structure of the digestive system, (2) nervous system and endocrine system regulation of all bodily functions, (3) immune system defense strategies that allow the body to maintain inner balance and invincibility to infection, (4) structure and function of the kidneys, and (5) structure and function of the female and male reproductive systems. Correspondences are found between these systems and the structure and function of Veda and Vedic Literature—the managing intelligence of Nature. (4 units)

**MVM 505 Graduate Vedic Anatomy and Vedic Physiology V—Biochemistry**

This course presents the key principles of biochemistry and molecular biology: (1) gene replication and expression, (2) protein structure and enzyme kinetics, (3) biosynthesis, storage and catabolism of carbohydrates, fats, and proteins, (4) biochemistry as an expression of the invincible quality of intelligence, which is fully expressed in Dhanur Veda, and (5) DNA as an expression of the all-knowing quality of intelligence, which is fully expressed in Jyotish. (4 units)

**MVM 506 Graduate Vedic Anatomy and Vedic Physiology VI—Cell Biology**

This course studies the structural elements of the cell, such as organelles, cell membrane and nucleus and how they are built and maintained by specific interactions between complex molecules. This knowledge will be related to the communicating, balancing and separating qualities of intelligence, which are fully expressed in Vagbhatt, Charaka, and Sushruta Samhita. Students learn how cells cooperate to make an organism as complex as a human being, including chemical signaling between cells, cell differentiation, cell cohesion and cell memory. (4 units)

**MVM 510 Biostatistics**

This course prepares students to understand probability and statistics and their practical application in clinical research by evaluating basic science research, clinical investigations and case studies, and epidemiologic evaluations. They learn how meta-analysis is useful for evaluating outcomes of multiple studies in various settings. Students also become familiar with the difficulties involved in objective research in clinical medicine and the study of higher states of consciousness. (4 units)

**MVM 521 Vedic Literature I****MVM 522 Vedic Literature II**

These courses provides a survey of the Vedic Literature at the basis of human physiology including the Samhitas of Ayur-Veda, Gandharva Veda, Dhanur-Veda, and Sthapatya Veda. The Vedic Literature is studied in terms of Maharishi's explanation of the self-interacting dynamics of pure consciousness—the managing intelligence of Nature. (4 units each)

**MVM 531 Pathology and Pathophysiology**

Students learn to clearly articulate the principle etiological factors and pathogenic mechanisms that lead to extreme imbalance and ultimate disease, and how the Maharishi Vedic Approach to Health restores balance to the physiology. Key concepts of these courses are: (1) identifying key etiological factors and pathogenic mechanisms that lead to disease, (2) discovering how imbalance and disease arises in the physiology and means to detect symptoms in term of the doshas, and (3) gaining understanding of how to assess and treat imbalance in the physiology. (4 units)

**MVM 532 Microbiology and Immunology**

This course deals mainly with microorganisms, their importance to public health and interaction with the human immune system. The main emphasis of the course will be on: (1) basic chemistry, structure, and functioning of different microorganisms such as bacteria, fungi, viruses and parasites, (2) different strategies of the human body to fight microorganisms and to restore balance, and (3) the relationship between invincibility of the body and Veda and the Vedic Literature.

**MVM 533 Pharmacology and Therapeutics in Modern Medical and Maharishi Vedic Medicine**

This course deals with the interactions and effects of drugs and herbs on the body. The students learn about drug kinetics, cellular receptors in messages, and the interaction between drugs. Furthermore the differences between the modern medical and Maharishi Vedic Medicine approaches to pharmacology and therapeutics will be brought out. (4 units)

**MVM 541 Practice of Maharishi Vedic Medicine I****MVM 542 Practice of Maharishi Vedic Medicine II****MVM 543 Practice of Maharishi Vedic Medicine III**

This series of the courses trains students in the practical knowledge of Maharishi Vedic Medicine. In each of these courses, students study the application of specific diagnostic and therapeutic techniques of Maharishi Vedic Medicine. The course emphasizes diagnosis (*asthavidhpariksha*—8 approaches to diagnosis), restoration of balance, purification procedures, assessment and treatment of disorders of agni, and prescription of the Maharishi Vedic pharmacopeia. Students also receive training in interpersonal skills appropriate in a clinical setting. (4 units each)

**MVM 580 Research Methods**

This course introduces the knowledge and objective skills indispensable to scientific research on the relationship between consciousness and physiology. Topics include: planning for data management and analysis, estimating sample size and power, selecting appropriate experimental controls, cohort studies, and cross-sectional and case-control studies. Research may be undertaken in any of the approaches of Maharishi Vedic Medicine or in areas of basic science including biochemistry, respiration, EEG, etc. Students may also study growth of intelligence and its effects on individual or collective (public) health. Students engaging in research must have mathematical skills appropriate to the level of research undertaken. (4 units)

**MVM 587 Fieldwork I—Clinical Applications of Maharishi Vedic Medicine**

In this course students learn how to apply the knowledge they have gained. They receive training with real patients and are supervised in providing clinical consultations in doctors' offices and/or Maharishi Medical Centers, in offering patient education, and in presenting public lectures. (4 units)

**MVM 588 Fieldwork II—Clinical Applications of Maharishi Vedic Medicine**

In this course, students work closely with a physician seeing patients and making recommendations to promote balance for each individual. Students may teach short Health Education courses. Admission to this course depends on demonstration of sufficient mastery of concepts and skills presented in the preceding courses. (4 units)

**MVM 590 Preparation for Comprehensive Examination**

This course provides the time necessary to study and integrate the course material in preparation for the written comprehensive examination. (4 units—may be repeated) Prerequisite: satisfactory completion of the required graduate courses.

**MVM 598 Directed Research**

(variable units) Prerequisite: consent of the College faculty

**MVM 599 Directed Study**

(variable units) Prerequisite: consent of the College faculty

**MVM 611 Advanced Maharishi Jyotish I**

**MVM 612 Advanced Maharishi Jyotish II**

Maharishi Jyotish looks at events in the macrocosm to predict corresponding events in the microcosm of an individual. It reads the story of the individual from the map of the universe. These courses provide students with advanced tools in the various branches of Maharishi Jyotish. (4 units each)

**MVM 613 Maharishi Jyotish—Medical Applications, Prasna and Muhurta**

This course provides students with the knowledge to answer any question based on the time and place the question is asked (Prasna) and to select the most auspicious moment to begin an event for maximum success (Muhurta), especially in clinical contexts. (4 units)

**MVM 641 Advanced Practice of Maharishi Vedic Medicine I**

**MVM 642 Advanced Practice of Maharishi Vedic Medicine II**

**MVM 643 Advanced Practice of Maharishi Vedic Medicine III**

These courses provide advanced training in the practice of Maharishi Vedic Medicine with an emphasis on the treatment of disorders of *agni* (digestive fire), the application of *dravya-guna* (Vedic pharmacopeia), and the use of specialized purification procedures. Students explore the specialized areas of pediatrics-obstetrics-gynecology (*kaumarya bhirtya*) and psychiatry (*budha vidya*). (4 units each)

**MVM 700 Dissertation Proposal Preparation**

Having successfully completed the courses required for the doctoral degree, the doctoral candidate prepares a proposal for a doctoral dissertation and selects a dissertation advisor and committee. The dissertation proposal must be formally presented to the candidate's doctoral committee. (4 units—may be repeated) Prerequisite: doctoral candidate status and permission of the dissertation advisor

**MVM 701 Dissertation Research**

Students conduct original research and prepare their dissertations during their third and fourth years in the program. Any changes in dissertation topic must be approved by the dissertation committee. (variable units—may be repeated until the dissertation is completed) Prerequisite: approval of the dissertation proposal by the dissertation committee

**Certificate Courses**

**MVM 001 Fundamental Skills I**

**MVM 002 Fundamental Skills II** Prerequisite: MVM 001

**MVM 003 Fundamental Skills III** Prerequisite: MVM 002

**MVM 004 Fundamental Skills IV** Prerequisite: MVM 003

This series of courses trains students in the technical knowledge of Maharishi Ayur-Veda. The Maharishi Vedic Approach to Health technician administers the Maharishi Rejuvenation program—the procedures that have been shown to raise a person's level of health and vitality. Students receive detailed instruction in the performance of specific massages, heat therapies, and elimination procedures, and then practice in the laboratory (clinic) under the supervision of master technicians to perfect these skills, to develop the highest standards of professional behavior, and to supervise other technicians. Students also learn how to prepare the materials used in treatments, and how to maintain the cleanliness and safe operation of a Maharishi Rejuvenation program clinic. (4 units each)

**MVM 005 Advanced Skills**

Extended instruction and practice within the clinic provides the student with the opportunity to perfect additional skills in the Maharishi Rejuvenation program and to master additional procedures beyond those included in the Fundamental Skills courses. (variable units) Prerequisite: consent of the College faculty

**MVM 098 Laboratory**

This course is for students who desire or require additional experience under the supervision of faculty to meet the graduation requirements for the Maharishi Vedic Approach to Health technician certification. (4 units—may be repeated) Prerequisite: consent of the College faculty

**MVM 099 Directed Study**

(variable units) Prerequisite: consent of the College faculty

