

**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 Natural Medicine and Prevention
- David Sands, M.D., Associate Professor of Maharishi Vedic Medicine and Physiology, Director of Clinical Training
- Sanford I. Nidich, Ed.D., Professor of Maharishi Vedic Medicine and Psychology, Associate Director of the Center for Natural Medicine and Prevention
- Hemant Kumar Gupta, M.D. Ay., Associate Professor of Maharishi Vedic Medicine, Associate Director of Ph.D. in Physiology with Specialization in Maharishi Vedic Medicine
- Suhas Kshirsagar, M.D. Ay., Assistant Professor of Maharishi Vedic Medicine
- Manohar Palakurthi, B.A.M.S. Ay., Assistant Professor of Maharishi Vedic Medicine
- Mousumi Dey, M.B.B.S., D.P.H., M.Phil., Assistant Professor of Maharishi Vedic Medicine and Physiology
- Amparo Castillo-Richmond, M.D., Assistant Professor of Maharishi Vedic Medicine
- Jan Ramberg, Ph.D., Assistant Professor of Maharishi Vedic Medicine
- Paul Morehead, M.A., Instructor of Maharishi Vedic Medicine
- Liis Mattik, M.A., Instructor of Maharishi Vedic Medicine
- Maxwell Rainforth, Ph.D., Assistant Professor of Maharishi Vedic Medicine and Statistics
- John Salerno, Ph.D., Research Assistant Professor, Assistant Director of the Center for Natural Medicine and Prevention
- Richard Averbach, M.D., Adjunct Associate Professor of Maharishi Vedic Medicine
- Ken Walton, Ph.D., Senior Fellow for the Center for Natural Medicine and Prevention
- Jeremy Fields, Senior Fellow for the Center for Natural Medicine and Prevention
- 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 Rothenburg, M.D., Clinical Associate Professor of Maharishi Vedic Medicine
- Veronica Butler, M.D., Clinical Associate 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 weak-

ness—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, 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 dis-

ease arises through diet, daily and seasonal routines, and herbal preparations;

- The medical benefits of using Vedic sounds (Maharishi Vedic Vibration Technology and Maharishi Gandharva Veda music), vibrations of the field of pure intelligence—to restore balance to the physiology;
- Vedic Architecture (Maharishi Sthapatya 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 Vedic Astrology<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.
- All the courses in the Maharishi Vedic Medicine program include Sanskrit. Students are sequentially introduced to proper pronunciation and reading of classical Sanskrit, the language of the Vedic Literature. After mastering correct pronunciation and the ability to read Devanagari text, students conduct research in the Vedic Literature by reading entire texts. Students study, in Maharishi’s Vedic Science, his explanation of the role of Sanskrit as the language of Nature. Reading Sanskrit is included in the final exam, after the completion of the first two years of Maharishi Vedic Medicine.
- With faculty approval, third or fourth year Maharishi Vedic Medicine students may take the first three blocks of the graduate program as electives. These courses are in-depth reviews of the Foundation Program material. They integrate all of the theoretical foundations and apply them in more advanced clinical practice. This will give students more clinical practice and a taste of graduate level work. If they pass these courses with high marks, they may be able to waive them if they join the Ph.D. in Physiology with Emphasis in Maharishi Vedic Medicine.

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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 221 Sanskrit I
- 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 260 Maharishi Vedic Medicine I
- MVM 261 Maharishi Vedic Medicine II
- MVM 262 Maharishi Vedic Medicine III
- MVM 263 Maharishi Vedic Medicine IV
- MVM 300 Vedic Prevention I
- MVM 340 Maharishi Vedic Approach to Health: Anatomy & Physiology I
- MVM 341 Maharishi Vedic Approach to Health: Anatomy & Physiology II
- MVM 344 Fundamentals of Creating Wholeness I
- MVM 345 Fundamentals of Creating Wholeness II
- MVM 346 Fundamentals of Creating Wholeness III
- MVM 347 Fundamentals of Creating Wholeness IV
- MVM 348 Fundamentals of Creating Wholeness V
- MVM 370 Training as a Health Education Consultant
- MVM 380 Research Methods

- MVM 401 Fieldwork
  - MVM 402 Clinical Fieldwork
  - MVM 452 Maharishi Gandharva Veda
  - FOR 431 Higher States of Consciousness (2 units)
  - FOR 445 Discovery of Veda in Human Physiology
- 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 World 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
  - MVS 300 Source Documents in MVS I
  - MVS 310 TM Program Lecture and Checker Training
  - MVS 490 TM Program Teacher Training—Part I
  - MVS 491 TM Program Teacher Training—Part II
  - MVS 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 221 Sanskrit I
- 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 260 Maharishi Vedic Medicine I
- MVM 261 Maharishi Vedic Medicine II
- MVM 262 Maharishi Vedic Medicine III
- MVM 263 Maharishi Vedic Medicine IV
- MVM 300 Vedic Prevention I
- MVM 340 Maharishi Vedic Approach to Health: Anatomy & Physiology I
- MVM 341 Maharishi Vedic Approach to Health: Anatomy & Physiology II
- MVM 344 Fundamentals of Creating Wholeness I
- MVM 345 Fundamentals of Creating Wholeness II
- MVM 346 Fundamentals of Creating Wholeness III
- MVM 347 Fundamentals of Creating Wholeness IV
- MVM 348 Fundamentals of Creating Wholeness V
- MVM 370 Training as a Health Education Consultant
- MVM 380 Research Methods
- MVM 401 Fieldwork
- MVM 402 Clinical Fieldwork
- FOR 431 Higher States of Consciousness (2 units)
- FOR 445 Discovery of Veda in Human Physiology (2 units)

*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:*

- PHYSI 506 Review of Maharishi Vedic Medicine I
- PHYSI 507 Review of Maharishi Vedic Medicine II
- PHYSI 509 Neurophysiology I and Corresponding Vedic Neurophysiology
- PHYSI 510 Neurophysiology II and Corresponding Vedic

Neurophysiology

- PHYSI 511 Neurophysiology III and Corresponding Vedic Neurophysiology
- PHYSI 512 Molecular Cell Biology & Corresponding Vedic Physiology
- PHYSI 513 Molecular Cell Biology & Corresponding Vedic Physiology
- PHYSI 514 Modern and Vedic Embryology
- PHYSI 523 Respiratory System & Corresponding Vedic System
- PHYSI 524 Fluid & Lymphatic Systems & Corresponding Vedic System
- PHYSI 527 Digestive System & Corresponding Vedic System
- PHYSI 528 Circulatory System & Corresponding Vedic System
- PHYSI 529 Musculo-Skeletal Systems & Corresponding Vedic Systems
- PHYSI 532 Reproductive System & Urinary System & Corresponding Vedic Systems
- PHYSI 533 Colon & Corresponding Vedic System; Integumentary System & Corresponding Vedic System
- PHYSI 534 Endocrine System & Corresponding Vedic System
- PHYSI 536 Geriatrics & Corresponding Vedic Topics
- PHYSI 560 Vedic Prevention I
- PHYSI 561 Vedic Prevention II
- PHYSI 562 Vedic Prevention III
- PHYSI 575 Teaching Practicum
- PHYSI 580 Research Methods and Analysis of Experiments
- PHYSI 587 Fieldwork I—Clinical Applications of Maharishi Vedic Medicine
- PHYSI 588 Fieldwork II—Clinical Applications of Maharishi Vedic Medicine
- PHYSI 590 Preparation for Comprehensive Examination
- PHYSI 700 Specialization in Maharishi Vedic Medicine Dissertation Proposal Preparation
- PHYSI 701 Dissertation Research

*A written comprehensive examination at the completion of the required Maharishi Vedic Medicine Advanced Physiology Curriculum courses (PHYSI 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 advanced to Ph.D. candidate status.)

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**GRADUATE PROGRAM**

**SPECIAL FEATURES**

- Throughout the graduate program, students gain practical experience in research and clinical skills.
- 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. 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.
- Dissertation proposal (PHYSI 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 (PHYSI 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.*

## COURSE DESCRIPTIONS

**NOTE: 4-unit courses may be offered for 3 units during shorter blocks.**

### Undergraduate Courses

**MVM 232 Total Knowledge Course**

Students will understand “Total Knowledge,” its structure, range and the consequences of gaining Total Knowledge in their lives. They will learn that Total Knowledge means all knowledge; knowledge of silence and knowledge of all dynamism of life. Total Knowledge is a collection of all possible diversified values of life in one unified state. The students will learn that knowledge has organizing power and that Total Knowledge has infinite organizing power; they will discover that Total Knowledge is the total ability to achieve anything in space and time. (Not required for graduation)

**MVM 233 Perfect Man IA**

**MVM 234 Perfect Man IB**

This course will show that perfection is practical and possible in a simple way, that achieving the goal of evolution, optimum life in perfection, and living bliss consciousness in accordance with all the Laws of Nature, is available to everyone. Tony Nader M.D. Ph.D. reveals his discovery that there is a precise correspondence in structure and function between human physiology and the Veda. In this way he demonstrates that each of us is cosmic. (Not required for graduation)

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

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

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

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. (variable units)

**MVM 260 Maharishi Vedic Medicine I**

**MVM 261 Maharishi Vedic Medicine II**

**MVM 262 Maharishi Vedic Medicine III**

**MVM 263 Maharishi Vedic Medicine IV**

This series of courses introduces the student to the basic concepts and fundamental principles of Maharishi Vedic Medicine. These include understanding the physiology in terms of its own inner intelligence; Vedic principles of anatomy and physiology and their practical application; Self-pulse diagnosis; Maharishi Vedic Medicine approach to prevention of disease; fundamentals of Vedic approach to diet, digestion and nutrition; and Maharishi Yoga asanas. (variable units)

**MVM 300 Vedic Prevention I**

**MVM 301 Vedic Prevention II**

**MVM 302 Vedic Prevention III**

In these courses, students begin study of Maharishi Jyotish, the Vedic Science of transformation and prediction. Maharishi Jyotish reveals the relationship of individual life with cosmic life, and provides means for predicting trends and preventing unfavorable circumstances. Students learn to assess an individual's type and time for potential illnesses and thus know how to prevent diseases before they arise. (4 units each) (Only MVM 300 is required for graduation)

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

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

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 (dhatus) 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 Fundamentals of Creating Wholeness I**

**MVM 345 Fundamentals of Creating Wholeness II**

**MVM 346 Fundamentals of Creating Wholeness III**

**MVM 347 Fundamentals of Creating Wholeness IV**

**MVM 348 Fundamentals of Creating Wholeness V**

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 vaishamyā*), and then how the tissues are affected (*dhatu vaishamyā*). Topics include causative factors, pathophysiology, and signs and symptoms.

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.

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 each)

**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. (variable 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. (variable units—may be repeated. Not required for graduation)

**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. ( Course has variable units—7 units required for graduation.)

**MVM 499 Directed Study**

(variable units) Prerequisite: consent of the College faculty

**Graduate Courses**

**PHYSI 506 Review of Maharishi Vedic Medicine I**

**PHYSI 507 Review of Maharishi Vedic Medicine II**

**PHYSI 508 Review of Maharishi Vedic Medicine III**

These courses present the key purposes and fundamentals of Maharishi Vedic Medicine, including how the inner intelligence of the body expresses in all aspects of physiology. The enlivenment of the inner intelligence through Maharishi's technologies of consciousness is the basis of health. These courses give more in-depth understanding of Modern and Vedic Physiology (Dosha, Dhatu, Agni, Srota, Mala), review and extension of Pulse Diagnosis, modern and vedic pathophysiology (Samprap-ti), physiological systems (Srotas), causative factors (Nidan), diagnosis, and treatment of general disorders. Vedotpatti is the Vedic understanding of human embryology and development .

This science develops the theme that the human physiology is an expression of Ved, Total Knowledge of Natural Law. Vedopatti describes all the elements that contribute to the nature of the embryo—maternal, paternal, environmental, and individual. (PHYSI 508 not required for graduation for Ph.D. degree)

**PHYSI 509 Neurophysiology I & Corresponding Vedic Neurophysiology**

**PHYSI 510 Neurophysiology II & Corresponding Vedic Neurophysiology**

**PHYSI 511 Neurophysiology III & Corresponding Vedic Neurophysiology**

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 TM-Sidhi programs, (6) current theories of perception, learning and memory, (7) the relation between the structure and functioning of the nervous system and Veda and Vedic Literature, (8) Vedic definition of mind (Manovigyan), its qualities and functions, the senses, intellect, and relationship to Self (Atma), and (9) mental disorder (Manas Rog), cause, diagnosis, and balancing procedures.

**PHYSI 512 Molecular Cell Biology & Corresponding Vedic Physiology**

**PHYSI 513 Molecular Cell Biology & Corresponding Vedic Physiology**

**PHYSI 514 Modern & Vedic Embryology**

These courses present the fundamentals of Molecular Cell Biology along with corresponding Vedic Principles of the finer mechanics of creation. Molecular Cell Biology components include: (1) cellular structure (organelles, cell membrane and nucleus), (2) cell function and mechanics, (3) gene replication & expression, (4) protein structure, and biosynthesis of nutrients, (5) an overview of embryology.

The Vedic knowledge of the microscopic value of physiology includes: (1) the process of creation from consciousness (inner intelligence) to all the fundamental building blocks of creation, which is given in Samkhya, (2) the Vedic structure of matter (Dravya), quality (Gun), and function (Karma) at all levels of health. Every structure in the physiology has very specific qualities which are necessary for it to accomplish its unique function.

**PHYSI 523 Respiratory System & Corresponding Vedic**

**System**

This course studies the cellular and gross structure of the respiratory system, functions, and basic modern pathophysiology. Vedic Physiology includes organs, root (Mula) and functions of Pranavaha Srotas (Life breath carrying channel). Prana is the first expression of reverberating consciousness in the physiology. The vibratory quality of consciousness knowing itself gives rise to the in and out quality of the life breath, known as prana. Causative factors, diagnosis, and restorative procedures for the dysfunctions of Pranavah Srotas are studied.

**PHYSI 524 Fluid & Lymphatic Systems & Corresponding Vedic System**

Human physiology is mostly fluid and water. Fluid balance, electrolyte balance, and pH are critical factors in maintaining homeostasis. The Udakvah Srotas (Water carrying channels) are a major part of the physiology and have an impact on every cell and every pore, as well as general circulation. Udak ultimately represents the flowing and cohesive values of the inner intelligence as it expands to all parts of the body, and the cohesive quality which binds the physiology together. Causative factors, diagnosis, and restorative methods from the Vedic tradition are given.

**PHYSI 527 Digestive System & Corresponding Vedic System**

The digestive tract supplies nourishment to every cell and tissue. It is called the great (Maha) Srota in Maharishi Vedic Medicine. It will be studied from both modern and Vedic perspectives. Modern themes include gross and tissue structure, autonomic and hormonal control, and basic pathophysiology. Vedic themes include imbibing intelligence from the environment and from food, maintaining the tissues (dhatu), functions of the organs and root (Mula) of the system, causative factors of imbalance, and methods of diagnosis and restoration.

**PHYSI 528 Circulatory System & Corresponding Vedic System**

Cardiovascular health is among the greatest concerns of modern times. This course presents the structure and function of the heart, vasculature, pacemaker cells, and systemic circulation. Basic modern pathology is described. The Rasavah & Raktavah Srotas of Maharishi Vedic Medicine are the plasma and blood carrying channels which continuously flow throughout the physiology to bring the nutrient fluid (ras) and the strengthening component of blood (rakt) to every tissue and organ. Imbalances, causative factors, diagnosis and therapeutic procedures are considered in detail.

**PHYSI 529 Musculo-Skeletal Systems & Corresponding Vedic Systems**

The principal structural and functional systems of the body, musculo-skeletal, bone marrow, and adipose tissue, will be studied in this course. Their correspondences to the Mams, Med, Asthi, and Majja Vah Srotas will be examined. The Vedic perspective is that these tissues provide structure, strength, basis of movement, help immunity and many other functions. Imbalances in these tissues, signs and symptoms, and therapeutic modalities will be given.

**PHYSI 530 Nervous System, Vedic Physiology**

This course investigates the anatomy, physiology and pathophysiology of the respiratory system. The Vedic correlate pranavaha srotas or air-carrying channels are studied in detail, including Vedic physiology, pathophysiology, diagnosis and treatment.

**PHYSI 532 Reproductive System & Urinary System & Corresponding Vedic Systems**

The reproductive system will be studied from the modern and Vedic perspective. In Maharishi Vedic Medicine, the final tissue to be metabolized is Shukra, the reproductive fluid. Balance in this tissue gives rise to strength, stamina, vitality, and ultimately Ojas, the essence of the tissues, which is responsible for immunity, luster and longevity. The pathophysiology, diagnosis and restoration of this very important system will be presented.

**PHYSI 533 Colon & Corresponding Vedic System; Integumentary System & Corresponding Vedic System.**

The physiology, which is replica of the total intelligence of Ved, has vital and powerful mechanisms for maintaining balance at every level. In a natural system when we imbibe intelligence from the environment, there will be elements which nourish, and elements which are not required. Proper elimination of unneeded products of digestion are essential to health. The proper formation and elimination of Malas (waste products) promote balance, lightness, and maintenance of the tissues. Swedovah Srotas (sweat carrying channels), help purify as well as cool the physiology. Modern and Vedic physiology and pathophysiology are presented, and Maharishi Vedic Medicine procedures for diagnosis and restoration are given.

**PHYSI 534 Endocrine System & Corresponding Vedic System.**

The inner intelligence precisely controls the body's systems

through the powerful endocrine system. These microchemical messengers, guided by the higher brain nuclei, govern and intricately regulate virtually every autonomic function in response to an ever-changing environment. This course presents modern and Vedic perspectives on endocrine system structure, function, and dysfunction. Vedic diagnosis and treatments are emphasized.

A second theme is the nature and etiopathology of disorders of Vat. Vat is considered the "King Dosha" because it is the controlling principle of physiology that is most easily vitiated, through improper diet and routine. Vat (movement, communication, circulation) vitiation is responsible for 80 disorders, while Pitt (transformation, heat, metabolism) is responsible for 40 disorders, and Kaph (structure, binding, cohesion) only 20. Restorative procedures for Vat disorders will be studied.

**PHYSI 536 Geriatrics & Corresponding Vedic Topics**

Modern and Vedic mechanisms for aging, and Vedic procedures for reversal of aging will be studied.

The Vedic procedure for strengthening tissues to disallow recurrence of disease and promote longevity is called Rasayana therapy. Rasayana is that which nourishes every part of the body. Rasayana also promotes Ojas, which is the most subtle and important element in the physiology for maintaining balanced function, longevity, immunity and bliss. Means for promoting Ojas and specific Rasayana therapies for specific organs and systems will be presented.

**PHYSI 560 Vedic Prevention I**

**PHYSI 561 Vedic Prevention II**

**PHYSI 562 Vedic Prevention III**

In these courses, students begin study of Maharishi Jyotish, the Vedic Science of transformation and prediction. Maharishi Jyotish reveals the relationship of individual life with cosmic life, and provides means for predicting trends and preventing unfavorable circumstances. Students learn to assess an individual's type and time for potential illnesses and thus know how to prevent diseases before they arise. (4 units each)(Only MVM 300 is required for graduation)

**PHYSI 575 Teaching Practicum**

In this course, students mentor with faculty to prepare curricular materials and present topics in scheduled Maharishi Vedic Medicine courses. Students develop practical skills in lecture organization and delivery, development of main points and unifying principles, and student-centered learning activities within the

context of Consciousness-Based education. (Variable units—may be repeated)

**PHYSI 580 Research Methods and Analysis of Experiments**

This course emphasizes clinical trials research design, especially in the area of natural medicine. Topics include: conducting literature searches, hypothesis testing, subject selection criteria, measurement, data analysis, sample size estimate, and the design of experimental, cross-sectional, and case-control studies. Examples from natural medicine clinical trials are mainly used throughout the course. Students will also be introduced to the scientific conduct required for undertaking research on human subjects, including informed consent and privacy issues. (4 units)

**PHYSI 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. (Variable units—may be repeated)

**PHYSI 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)

**PHYSI 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

**PHYSI 700 Specialization in Maharishi Vedic Medicine 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

**PHYSI 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 provide 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