MS in Maharishi AyurVeda\textsuperscript{sm} and Integrative Medicine Distance Education

Information Booklet

www.mum.edu
The Master of Science in Maharishi AyurVeda™ and Integrative Medicine offers graduate training in the anatomy and physiology of the eight organ system and the pathophysiology, prevention, diagnosis, and treatment of main disorders of the eight organ systems from the perspective of Maharishi AyurVeda. Students will also receive special training in the pulse diagnosis technique with respect to the eight organ systems. This program also covers an introduction to other major systems of natural medicine.

Ayurveda is the world’s oldest and most complete system of natural health care. Maharishi AyurVeda is a holistic formulation of Ayurveda that includes knowledge and technologies to restore health from the levels of mind, body, and environment. This is done by enlivening the inner intelligence of the body, which is identified in Maharishi AyurVeda as the field of consciousness, the unified field of natural law.

This degree is offered in three tracks:
1) An In-residence track at the MUM Fairfield, Iowa campus. The duration of this track is one year, full time.
2) A Distance Education track with online courses and one 5-day, in-residence, full-time clinical practicum intensive at the end of each year. The duration of this track is three years, part time.
3) A Dual Degree track (MD MS) in collaboration with the American University of Integrative Sciences, St. Maarten School of Medicine (AUIS), which offers the MD degree. Students will be earning the MS in Maharishi AyurVeda and Integrative Medicine and the MD simultaneously. The duration of the dual degree track is four years, full time.

Note: The three MS tracks are essentially the same in content and in outcomes. However, the tracks differ in duration, educational setting, mode of delivery, and organization of course content.

Ayurveda and integrative medicine are the future of medicine.

These days, patients are looking for a comprehensive and side-effect-free approach to prevention and healing. The Master of Science in Maharishi AyurVeda and Integrative Medicine provides students with clinically-effective, time-tested healthcare through a wide range of ayurvedic knowledge.

The distance education track is taught with online courses and one 5-day, in-residence, full-time clinical practicum intensive at the end of each year. The duration of the degree program is three years of part-time study.
To be admitted to the MS in Maharishi AyurVeda and Integrative Medicine - Distance Education track, applicants must either be licensed health professionals or have education, training, and experience in a health-related field. The admissions committee will use discretion in accepting applicants according to the following criteria.

Applicants must:
- hold a bachelor’s degree;
- be fluent in English
- be enrolled as a student in an accredited medical school, either allopathic, osteopathic, naturopathic, or chiropractic or be a licensed MD, DO, ND, DC, nurse practitioner, or physician assistant, or other licensed health practitioner or have previous education, training and experience in a health-related field;
- have two recommendations from professors or colleagues; and
- provide professional education transcripts, or verification of degrees.

Since the Master’s is a Consciousness-Based EducationSM program, accepted students are required to learn the Transcendental Meditation technique before beginning the MS program.
To graduate with an MS in Maharishi AyurVeda and Integrative Medicine — Distance Education track, students must successfully complete all requirements for the master’s degree.

**In addition, students must:**
- successfully complete an examination for each course at \( \geq 70\% \) performance;
- attend three 5-day, in-residence clinical sessions in the Fairfield campus;
- engage in at least 100 patient encounters, either observing a consultation, participating in a small group patient-oriented discussion, or conducting a one-on-one consultation; and
- pass the final clinical cases and examination.

As part of the requirements for the MS in the Distance Education track in Maharishi AyurVeda and Integrative Medicine, all students must complete the following required courses totalling 40 credits:
PH 500 Principles of Prevention, Diagnosis and Treatment in Maharishi AyurVeda I: Understanding the Foundations of Consciousness-BasedSM, Prevention-Oriented Health Care

This course presents the foundations of natural, prevention-oriented health care, including ayurvedic anatomy, physiology, digestion and metabolism, ayurvedic herbology, pulse assessment, mental health, and clinical approach to basic common disorders. (4 credits) Prerequisite: Acceptance to MS program – Distance Education track

Note: This course may be waived if student has completed equivalent training and passes a qualifying exam.

PH 501 Principles of Prevention, Diagnosis, and Treatment in Maharishi AyurVeda: Enlivening the Inner Intelligence of the Body to Restore and Maintain Perfect Health. (4 credits) Prerequisite: PH 500 or qualifying exam

In this course students will continue to study digestive balance and imbalance, ayurvedic herbology, diagnosis, and pulse. New topics include ayurvedic internal medicine (Kaya Chikitsa), Yoga Asanas, rejuvenation and purification therapies (Pancha Karma), Vedic architecture, biorhythms and Vedic prediction (Jyotish), women’s health, and introduction to the Total Heart Health program. The course also provides an introduction to Traditional Chinese medicine and homeopathy.

PH 502 Musculoskeletal System: Enlivening the Structural Intelligence of the Body (3 credits) Prerequisite: PH 501

This course begins the in-depth study of the ayurvedic approach to the eight organ systems. The focus is on the anatomy and physiology of the musculoskeletal system, and on the pathophysiology, prevention, diagnosis, and treatment of the main disorders in the system from the perspective of Maharishi AyurVeda. Disorders covered include various muscular pain and myopathies, which are among the most common complaints in modern society. This course also presents an introduction to other systems of natural medicine: osteopathy and chiropractic medicine.

PH 503 Cardiovascular/Renal System: Enlivening the Intelligence of the Fluid Systems of the Body

This course presents the knowledge of the anatomy and physiology of the cardiovascular and renal systems, and of the pathophysiology, prevention, diagnosis, and treatment of cardiovascular/renal disorders from the perspective of Maharishi AyurVeda and other natural health care approaches. This course goes deep into the Total Heart Health program, a comprehensive program to treat and prevent heart disease and its risk factors, including hypertension, obesity, diabetes, and stress; and covers renal disorders such as renal failure, cystitis, kidney stones, and urinary tract infections. (4 credits) Prerequisite: PH 502 for PH 503 part A; and PH 510 for PH 503 part B Note: PH 510 Clinical Intensive I must be taken between parts A and B of PH 503.
PH 504 Digestive System and Metabolism: Enlivening the Digestive Intelligence of the Body
The health of the digestive system is critical for immunity, strength, and healthy tissues. The focus is on the anatomy and physiology of the digestive system and metabolism, and on the pathophysiology, prevention, diagnosis, and treatment of their main disorders from the perspective of Maharishi AyurVeda. This course goes deeply into the principal disorders of the digestive system, including indigestion, hyperacidity, GERD, irritable bowel, and constipation. (4 credits) Prerequisite: PH 503 part B

PH 505 Pulmonary System and ENT: Enlivening Prana – the Life Breath
This course focuses on the anatomy and physiology of the pulmonary system and ENT, and on the pathophysiology, prevention, diagnosis, and treatment of their main disorders from the perspective of Maharishi AyurVeda. It investigates the main disorders of the respiratory system including common cold, influenza, asthma, and COPD. This course also provides an overview of imbalances in ears, nose, and throat, and an introduction to other systems’ approach to respiratory imbalances. (4 credits) Prerequisite: PH 504

PH 506 Articular System: Awakening the Intelligence within the Gaps of the Physiology
Joint disorders are very common, often debilitating disorders in modern society. This course addresses different types of arthritis and joint disorders, and investigates their causes, symptoms, and means of alleviation from the perspective of Maharishi AyurVeda and other natural systems. The focus is on the anatomy and physiology of the articular system, and on the pathophysiology, prevention, diagnosis, and treatment of the main disorders in the system from the perspective of Maharishi AyurVeda. (2 credits) Prerequisite: PH 505

PH 507 Endocrine/Reproductive System: Enlivening the Inner Intelligence of the Hormonal System in the Body
In this course the students will learn about obstetrics, gynecology, men’s health, and pediatrics. The endocrine system, along with the nervous system, is the master controller of all physiological functions. This course covers the various hormonal and reproductive disorders, including thyroid, adrenal, and reproductive problems. The focus is on the anatomy and physiology of the system, and on the pathophysiology, prevention, diagnosis, and treatment of its main disorders from the perspective of Maharishi AyurVeda. (4 credits) Prerequisite: PH 511
PH 508 Hematologic/Immunologic System: Enlivening Ojas – the Subtle Essence of the Tissues Responsible for Health and Immunity
In Maharishi AyurVeda, the health of the blood and plasma is the basis for the nourishment and health of all the other systems. This course presents the common disorders of the cellular components of the blood and immune system, and their causes, diagnosis, and treatment from the perspective of Maharishi AyurVeda and other systems of natural health care. (4 credits) Prerequisite: PH 507

PH 509 Nervous System and Skin: Enlivening the Master Controller System of the Body
The nervous system, along with the endocrine system, is responsible for controlling every physiological function, as well as our experience in consciousness. The focus is on the anatomy and physiology of this critical system, and on the pathophysiology, prevention, diagnosis, and treatment of its main disorders from the perspective of Maharishi AyurVeda and other systems of natural health care. (4 credits) Prerequisite: PH 508

PH 510 Clinical Cases Intensive I: Putting Knowledge of Prevention-Oriented Health Care into Practice
This five-day, in-residence intensive will give students an opportunity to review and practice all that has been learned in their first year of study by providing wellness consultations to live clients under the supervision of experienced clinical faculty. (1 credit) Prerequisite: PH 503 part A

PH 511 Clinical Cases Intensive II: Perfecting the Practical Application of Natural Health Care
This five-day, in-residence intensive will give students an opportunity to review and practice all that has been learned in their second year of study by providing wellness consultations to live clients under the supervision of experienced clinical faculty. (1 credit) Prerequisite: PH 506

PH 512 Review, Clinical Cases and Examinations: Integrating and Expressing the Total Knowledge of Life in Perfect Health
This five-day, in-residence intensive will give students an opportunity to review and practice all the knowledge gained during the course of their studies by providing wellness consultations to live clients under the supervision of experienced clinical faculty. The students’ didactic and clinical competence will be evaluated. (1 credit) Prerequisite: PH 509
PROGRAM LEARNING OUTCOMES

This degree will give systematic and advanced practical training in the many natural, time-tested modalities of Maharishi AyurVedaSM. The first courses provide an overview of the entire curriculum. The eight central courses each focus on one of the eight major organ systems of the body. Students will gain an understanding of the main disorders of that system from both modern medicine and Ayurveda perspective.

SPECIFICALLY, STUDENTS WILL LEARN:

- Individualized diet and lifestyle recommendations for mind-body types and disorders
- Therapeutics for mind, body, and environment from Maharishi AyurVeda to prevent and treat common and chronic disorders
- Herbal supplements especially beneficial for specific imbalances and organ systems
- Traditional purification therapies (Pancha Karma)
- Five sense therapies (smell, taste, sight, touch, sound)
- Principles of Maharishi Vedic ArchitectureSM
- Principles of biological rhythms and their effects on health – Maharishi JyotishSM
- Principles of Vedic exercise, including Maharishi Yoga asanas
- An introduction to the clinical applications of Traditional Chinese medicine, Homeopathy, Osteopathic manipulative therapy, and modern integrative medicine

Self-Pulse Log
Throughout the program, students are requested to take their own pulse several times per day and record at least three sessions per day on a self-pulse log. This log will be submitted every week. This is one of the best ways to learn pulse diagnosis, since taking the pulse frequently gives differing experiences of pulse that correspond to different activities, such as after meals, after exercise, after sleep, etc. Faculty will evaluate the self-pulse logs every week and give feedback.

Case Evaluation and Patient Diagnosis Evaluation Forms
At the end of the two courses introducing the principles of Maharishi AyurVedaSM (PH 500 and PH 501), students will be given three virtual cases. Students will evaluate the virtual patient using a standard case evaluation form. The evaluation will include pulse diagnosis, patient history, and other appropriate means of modern or natural diagnosis. Students will then give their recommendations for the treatment program, which will be evaluated by the faculty.

Case Reports
During the eight organ system specific courses (PH 502 through PH 509), students will also submit two or three actual cases from their own practice using the case evaluation form described above. They will give the pulse analysis, health history, Ayurvedic pathophysiology, and their diagnosis and treatment recommendations. Faculty will evaluate the diagnosis and give feedback and further recommendations for the case.

End of Course Examinations
At the end of each course there will be an exam to determine understanding of the concepts and familiarity with the preventive approaches and application of the protocols for disorders of that organ system. There will be a variety of written, multiple choice, and other exam questions.

Final Examination
During the final course, course participants will have an opportunity to demonstrate mastery of their knowledge with a final examination of the principles, diagnostic skills, and therapeutic skills, including sample clinical cases they must solve to the satisfaction of the faculty.
Fall 2016

August 17 – November 7th (12 weeks)
• PH 500 Basic Principles of Prevention, Diagnosis and Treatment in Maharishi AyurVeda I (4 credits)
• PH 503 Structure, Function, Pathophysiology, Prevention, Diagnosis and Treatment of the Cardiovascular / Renal System in Maharishi AyurVeda and Other Natural Systems (4 credits)

November 16 – December 19, 2015 (5 weeks)
• PH 501 (A) Basic Principles of Prevention, Diagnosis and Treatment in Maharishi AyurVeda II (2 credits – course is split between two semesters)
• PH 504 (A) Structure, Function, Pathophysiology, Prevention, Diagnosis and Treatment of the Digestive System and Metabolism in Maharishi AyurVeda and Other Natural Systems (2 credits – course is split between two semesters)

Spring 2017

January 11 – Feb 20, 2016 (6 weeks)
• PH 501 (B) Basic Principles of Prevention, Diagnosis and Treatment in Maharishi AyurVeda II (2 credits – course is split between two semesters)
• PH 504 (B) Structure, Function, Pathophysiology, Prevention, Diagnosis and Treatment of the Digestive System and Metabolism in Maharishi AyurVeda and Other Natural Systems (2 credits – course is split between two semesters)

April 4 – June 4, 2016 (9 weeks)
• PH 502 Musculoskeletal System: Structure, Function, Pathophysiology, Prevention, Diagnosis, and Treatment in Maharishi AyurVeda and Other Natural Systems (3 credits)

April 4 – June 16, 2016 (11 weeks)
• PH 505 Structure, Function, Pathophysiology, Prevention, Diagnosis and Treatment of the Pulmonary System and ENT in Maharishi AyurVeda and Other Natural Systems (4 credits)

See more details here.