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

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.

Classes are structured around lectures, discussions, and case exercises in a small class setting. In every course students also get to work on their clinical skills by practicing at the Integrative Wellness Center on campus. This wonderful opportunity allows students to practice what they are learning in class in a real world setting.
To be admitted to the MS in Maharishi AyurVeda and Integrative Medicine In-residence track, applicants must 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
- have previous education, training and experience in a health-related field
- have college level human anatomy and physiology course(s) or equivalent of those courses
- have two recommendations from professors or colleagues
- provide professional education transcripts, or verification of degrees

Accepted students will need to learn the Transcendental Meditation technique before beginning the MS program and are strongly encouraged to learn the TM-Sidhi program as soon as possible as well. The Transcendental Meditation technique and the TM-Sidhi program are practiced regularly as an integral part of one’s training in Maharishi AyurVeda.
To graduate with an MS in Maharishi AyurVeda and Integrative Medicine — In-residence track, students must successfully complete all requirements for the master’s degree.

In addition, students must:
• successfully complete an examination for each course at ≥ 70% performance
• 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
• pass the final clinical cases and examination

As part of the requirements of the In-residence track, all students must complete the following required courses totaling 40 credits:

PH 570 Introduction to Maharishi AyurVeda and Integrative Medicine: Foundations of Consciousness-BasedSM, Prevention Oriented Health Care. (2 credits)
Prerequisite: admittance to MS program - In-residence track

In this course students will have the introduction to the foundations of natural, prevention-oriented health care from the perspective of Maharishi AyurVeda, including ayurvedic anatomy, physiology, digestion and metabolism, and pulse assessment.
**PH 571 Principles of Prevention, Diagnosis, and Treatment in Maharishi AyurVeda: Enlivening the Inner Intelligence of the Body to Restore and Maintain Perfect Health.** (6 credits)
Prerequisite: PH 570

In this course students will study the foundations of natural, prevention-oriented health care from the perspective of Maharishi AyurVeda, including ayurvedic anatomy, physiology, digestion and metabolism, herbology, pulse assessment, mental health, and clinical approach to basic common disorders.

Students will also learn about digestive balance and imbalance, ayurvedic internal medicine (Kaya Chikitsa), Yoga Asanas, rejuvenation and purification therapies (Pancha Karma), Vedic architecture, biorhythms and Vedic prediction (Jyotish), and women’s health, and will get an introduction to the Total Heart Health program. This course also provides a short introduction to Traditional Chinese medicine and homeopathy. This course includes clinical cases.

**PH 572 Musculoskeletal System: Enlivening the Inner Intelligence of the Structural Systems of the Body.** (4 credits)
Prerequisite: PH 571

This course begins the in-depth study of the ayurvedic approach to the eight organ systems. In this course students will study the anatomy and physiology of the musculoskeletal system and the pathophysiology, prevention, diagnosis, and treatment of main disorders of the musculoskeletal system from the perspective of Maharishi AyurVeda and osteopathy. Students will also receive special training in the pulse diagnosis technique with respect to the musculoskeletal system. The course covers various types of muscular pain and myopathies, which are among the most common complaints in the modern society. This course includes clinical cases.

**PH 573 Cardiovascular/Renal System: Enlivening the Inner Intelligence of the Fluid Systems.** (4 credits) Prerequisite: PH 572

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. It also covers the main renal disorders, including renal failure, cystitis, kidney stones, and urinary tract infections. In this course students will study the anatomy and physiology of the cardiovascular and renal systems and the pathophysiology, prevention, diagnosis, and treatment of their main disorders from the perspective of Maharishi AyurVeda. Students will also receive special training in the pulse diagnosis technique with respect to the cardiovascular and renal systems. This course includes clinical cases.
PH 574 Digestive System and Metabolism: Enlivening the Inner Intelligence of the Nourishing Systems. (4 credits) Prerequisite: PH 573

The health of the digestive system is critical for immunity, strength, and healthy tissues. In this course students will study the anatomy and physiology of the digestive system and the pathophysiology, prevention, diagnosis, and treatment of main disorders of the digestive system 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. Students will also receive special training in the pulse diagnosis technique with respect to the digestive system. This course includes clinical cases.

PH 575 Pulmonary System and ENT: Enlivening the Inner Intelligence of the Systems that Sustain Prana – The Life Breath. (4 credits) Prerequisite: PH 574

This course investigates the main disorders of the respiratory system including common cold, influenza, asthma, and COPD. In this course students will study the anatomy and physiology of the pulmonary system and ENT, and the pathophysiology, prevention, diagnosis, and treatment of their main disorders from the perspective of Maharishi AyurVeda. This course covers imbalances in ears, nose, and throat and includes an introduction to other systems’ approach to respiratory imbalances. Students will also receive special training in the pulse diagnosis technique with respect to the pulmonary system ENT. This course includes clinical cases.

PH 576 Articular System: Enlivening the Inner Intelligence of the Gaps in the Physiology. (4 credits) Prerequisite: PH 575

Joint disorders are very common, often debilitating disorders in modern society. This course addresses different types of arthritis and joint disorders. In this course students will study the anatomy and physiology of the articular system and the pathophysiology, prevention, diagnosis, and treatment of main disorders of the articular system from the perspective of Maharishi AyurVeda. Students will also receive special training in the pulse diagnosis technique with respect to the articular system.

PH 577 Endocrine/Reproductive System: Enlivening the Inner Intelligence of the Hormones in the Physiology (2 credits) Prerequisite: PH 576

In this course students will learn about obstetrics and gynecology, men’s health, and pediatrics. The endocrine system, along with the nervous system, is the master controller of all physiological functions. In this course students will study the anatomy and physiology of the endocrine and reproductive systems and the pathophysiology, prevention, diagnosis, and treatment of main disorders of the endocrine and reproductive systems from the perspective of Maharishi AyurVeda. This course covers various hormonal and reproductive disorders, including thyroid, adrenal, and reproductive problems. Students will also receive special training in the pulse diagnosis technique with respect to the endocrine and reproductive systems. This course includes clinical cases.
**PH 578 Hematologic/Immunologic System: Awakening Ojas, the Inner Intelligence Responsible for Strength and Immunity.** (4 credits) Prerequisite: PH 577

In Maharishi AyurVeda the health of the blood and plasma is the basis for the nourishment and health of all the other systems. In this course students will study the anatomy and physiology of the hematologic and immunologic systems and the pathophysiology, prevention, diagnosis, and treatment of their main disorders from the perspective of Maharishi AyurVeda. This course covers the common disorders of the cellular components of the blood and immune system. Students will also receive special training in the pulse diagnosis technique with respect to the hematologic and immunologic systems. This course includes clinical cases.

**PH 579 Nervous System and Skin: Awakening the Main Control Systems of the Body.** (4 credits) Prerequisite: PH 578

The nervous system, along with the endocrine system, is responsible for controlling every physiological function, as well as our experience in consciousness. In this course students will study the anatomy and physiology of the nervous system and skin, and the pathophysiology, prevention, diagnosis, and treatment of their main disorders from the perspective of Maharishi AyurVeda. Students will also receive special training in the pulse diagnosis technique with respect to the nervous system and skin. This course includes clinical cases.

**PH 580 Maharishi Rejuvenation Therapy - Seasonal Purification for Healthy Mind and Body: Purification Leads to Progress.** (1 credit) Prerequisite: PH 579

Students will dive deep into the knowledge and application of Pancha Karma – the traditional full-body purification and rejuvenation therapy of Maharishi AyurVeda. Students will learn how to assess the need for Pancha Karma in clients and how to give recommendations based on different conditions. This course includes clinical cases.

**PH 581 Review, Clinical Cases and Examinations: Integrating and Expressing Total Knowledge of Health.** (1 credit) Prerequisite: PH 580

This intensive will give students an opportunity to review and practice the knowledge gained during the course of their studies by consulting live clients under the supervision of experienced clinical faculty. Didactic and clinical competence will be evaluated.
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:

- Maharishi AyurVeda anatomy and physiology in context of the eight major organ systems
- Comprehensive AyurVedic health assessment techniques, including traditional pulse diagnosis, tongue diagnosis, AyurVedic health history, assessment of mind-body type
- 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.

END OF COURSE EVALUATIONS AND EXAMINATIONS

At the end of each course students will evaluate their 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. At the end of each course there will be also 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 – SPRING 2017

Fall 2016

Basic Principles of Prevention, Diagnosis, and Treatment in Maharishi AyurVeda:

PH 570 Basic Principles of Prevention, Diagnosis and Treatment in Maharishi AyurVeda with Clinical Cases I

PH 571 Basic Principles of Prevention, Diagnosis and Treatment in Maharishi AyurVeda with Clinical Cases II

Anatomy, Physiology, Pathophysiology, Prevention, Diagnosis, and Treatment in Maharishi AyurVeda with Clinical Cases:

PH 572 Musculoskeletal System
PH 573 Cardiovascular/Renal System
PH 574 Digestive System and Metabolism

Spring 2017

Anatomy, Physiology, Pathophysiology, Prevention, Diagnosis, and Treatment in Maharishi AyurVeda with Clinical Cases:

PH 575 Pulmonary System and ENT
PH 576 Articular System
PH 577 Endocrine/Reproductive System
PH 578 Hematologic/Immunologic System
PH 579 Nervous System and Skin
PH 580 Review, Clinical Cases and Examinations

www.mum.edu/MS-Ayurveda
1.800.369.6480