Naturally Trim
Maharishi Ayurveda
Approach to
Natural Weight Management

A Five Lesson Course
Maharishi University of Management ©2012
Course Overview

1. Introduction to Maharishi Ayurveda: Principles to Promote Balance, Consciousness, Self-Pulse
2. Physiology of Weight: doshas, agnis, ama, body types
4. Personalized approaches for balance for each body type
5. Specific programs, cooking, ideal meals
6. Additional Programs for Balance: Putting it all together
Lesson Topics

1. Introduction to Maharishi Ayurveda. Principles to Promote Balance, Consciousness, Self-Pulse. Group sharing / Chat, Challenge, Set goals, group support Pulse log
2. Physiology of Weight doshas, agnis, ama, types (dosha questionnaire)
3. General principles of diet, TM, daily routine, exercise, hot water, Agni questionnaire, HUNGER/Satisfaction Survey
4. Specific Approaches (personalized) for VPK types, diet, herbs, yoga & Surya, exercise, DETOX, diary, Ama questionnaire
5. Specific Dietary Programs cooking, ideal meals, Diet and routine journal
6. Additional Programs: Herbal supplements, yoga, courses, aroma, PK, putting it all together Personalized health plan

Each theory class has practical activities and interviews with participants on their results of following the recommendations.
Future Courses

• Introduction to Maharishi Ayurveda
• Exercise
• Diet and super foods
• Anti aging
• Heart health
• Beauty
• MAV Cooking
Definition of Perfect Health

‘When the total intelligence of Natural Law—Veda—is lively in the individual physiology, there is perfect synchrony between the functioning of every individual cell and the holistic functioning of the body as a whole, and between individual intelligence and Cosmic Intelligence.
Perfect Health (Cont.)

‘With this complete integration, all thought and action are spontaneously in harmony with Natural Law and the individual enjoys perfect health.’

—Maharishi, in Maharishi Forum of Natural Law and National Law for Doctors
What We Will Learn

- How to enjoy your food more
- Balance weight without following a calorie-counting diet
- Eat the right amount of food at the right time
- Improve your digestion
- Eliminate erratic and compulsive eating habits
- Identify foods appropriate for your body type
- Establish ideal balance in your physiology
- Determine when to start eating and when to stop eating
- Lose weight without suppressing your natural desire for food.
- Learn how to listen to your body – to create balance and to create health.
- You will gain practical knowledge that will help you feel vital and more energetic.
Ayurveda

- The oldest continuously practiced system of natural medicine is Ayurveda from ancient India.
- It literally means the Science of Lifespan
- And Ayurveda says to live long
  - Have a balanced diet
  - Exercise regularly
  - Live a purposeful life in harmony with Nature
Ayurveda

Ayus = Life

Veda = Science

Ayurveda = Science of Life
What Will We Learn in Maharishi Ayurveda?

- To eat delicious food that is fresh, organic and suited to our mind and body
- Have a balanced routine of life, in tune with the cycles of nature
- Learn to take our pulse to measure balance
- Understand how to adjust our diet and lifestyle to be in tune with the seasons
- Learn to unfold the hidden genius within by practicing meditation
- Learn to use some simple purification techniques to keep the body channels clear
- Natural behavior that nourishes us and everyone
Ayurveda

- In the 1980’s Maharishi Mahesh Yogi revived Ayurveda, with several of the greatest Ayurvedic physicians.
- This is called Maharishi Ayurveda.
Dr. Balraj Maharshi †
Leading Expert of Ayurvedic Phytomedicine (Dravyaguna)
Representative of the Government of Andhra Pradesh

B. D. Triguna
Leading Expert in Ayurvedic Pulse Diagnosis
Advisor of the Indian Government
Former President of the All India Ayurvedic Congress and Director of the National Academy for Ayurveda

Dr. V. M. Dwivedi †
Leading Expert in the production of Rasayanas
Former Professor of the Gujarat Ayurvedic University
Inner Intelligence of the Body

Maharishi restored the knowledge of consciousness - the “inner intelligence of the body” - as the basis of the mind-body system.
Maharishi Ayurveda awakens the body’s inner intelligence, restoring the link between the individual and the universe.
Maharishi’s Transcendental Meditation allows the conscious mind to identify itself with the Unified Field of all the Laws of Nature, the total potential of Natural Law, in Transcendental Consciousness.
The Inner Intelligence

• The inner intelligence of the body guides every function.

• It is easy to enliven that intelligence when we allow the mind to become calm, and connect with our own inner intelligence.
Enliven the Inner Intelligence

• This is easily accomplished by Transcendental Meditation.

• Anyone can practice it effortlessly.

• This wakes up our deep, inner intelligence which is part of nature’s intelligence.
Mind Approach of Maharishi Ayurveda: Transcendental Meditation Program
Self-Referral Hunger Level

4/4 Stuffed
3/4 Comfy
1/2 Digesting
1/4 Hungry
0 Very Hungry
Validation from Science

• Over 650 studies done in 33 countries show Maharishi Ayurveda and TM
  o Reduce stress
  o Reduce disease
  o Increase creativity and intelligence
  o Improve energy and
  o Increase longevity
Recent Study on Overweight Adolescents
Causes of Obesity

Stress and fatigue are probable causes of obesity.

When the brain is not functioning correctly it sends incorrect messages to the body resulting in abnormal food cravings, unneeded fat deposits, and an overly slow metabolism.

There are several different imbalances in the brain that may cause chemical changes that contribute to obesity.
Brain Chemistry and Obesity

• One common imbalance is low serotonin levels, caused by stress, fatigue, and an imbalanced diet.

• Another common imbalance is incorrect functioning of the hypothalamus, which can be triggered by many factors including stress and diet.
Effectiveness in Reducing Trait Anxiety
Meta-Analysis

- TM
- Placebo
- Other Relaxation
- Relaxation Response
- Other Meditation
- PMR
- EMG-Biofeedback
- Mantra Meditation
- Concentration

Journal of Clinical Psychology. 1989; 45:957-974
Effects of the Transcendental Meditation program on insulin resistance in CHD patients after four months

* a measure of insulin resistance

Meta-Analysis II: Decreased Blood Pressure

Through Transcendental Meditation Compared to Other Techniques

- Transcendental Meditation: p = .0002
- Muscle Relaxation: NS
- Stress Management: NS
- Bio-feedback: NS
- Combined Treatment: NS

Current Hypertension Reports, 9:520-528, 2007
Effects of Transcendental Meditation on Clinical Events-Mortality, MI, and Stroke

Natural Law

How to live in harmony with Nature?

- Nature is harmonious
- Nature moves in cycles
- All the laws of nature exist within us
- We can access the laws of nature in meditation
- Ayurveda gives simple guidelines to live in tune with nature
For example Maharishi Ayurveda explains that all imbalance is due to violation of natural law.

An imbalance in weight may be due to improper eating, improper daily routine, stress, eating wrong foods, eating at the wrong time, or accumulation of toxins.

We will address each of these factors in this course.

Fundamentally we want to create balance by enlivening the inner intelligence through meditation, diet, lifestyle, balanced exercise, daily routine, spices and herbs.
Living In Tune with the Cycles of Nature
Self Pulse Reading

- Reading the pulse allows us to see how balanced we are.
- We can also see the root cause of imbalance.
- And taking the pulse helps to balance the inner intelligence at the basis of all mind-body functions.
Taking Pulse
To take our pulse measuring balance in mind and body
Benefits of Pulse Reading

- It is highly health-promoting to feel the pulse innocently several times a day

- Even without the detailed intellectual knowledge about the pulse, feeling it will bring more balance.
Power of Attention

• Just by having one’s attention on the pulse, the inner intelligence and self-healing power of the body gets enlivened.

• In addition we become more alert to the needs of our body, and are thereby able to live spontaneously more in accord with all the Laws of Nature.
Self Pulse Reading Practice

• Take your pulse for a minute.
• What do you feel in the pulse?
• Write down what you felt.
• Hint: The pulse may feel fast or slow, clear or faint, soft or hard, warm or cool. Just innocently note your impression.
• We will learn more as we go through the course.
Health Tip for Today

• Maharishi Ayurveda recommends a good daily routine, in tune with the rhythms of nature.
• Take a brisk walk, or any gentle exercise you enjoy, until your breathing increases significantly and you begin to perspire. Be in nature if you can.
• Morning is the best time, but any time may work (except immediately after meals).
• Sit for a few minutes then feel your pulse. Does it feel clearer, more balanced or nicer to feel? If so, that exercise was just right for you.
Diet Log

- Keep a log of what you are eating
- Take pulse before and after meals
Next Lesson

- In the next lesson we will understand the importance of food, how you can enjoy your food more and still move toward optimum weight and increased vitality.