



## **Maintaining Mental Health Through Ayurveda**

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Maharishi ĀyurVeda is a multimodality approach which includes diagnostic methods and treatments of modern medicine, and systems of natural medicine with a long tradition and/or scientific studies proving their effectiveness.

It takes into account also the development of consciousness in the individual and in the society (level of coherence in collective consciousness), the near environment (architectural design and city planning) and the distant environment (cosmic influences from our solar system and the stars). The goal of all these approaches is, besides addressing specific health concerns, to enliven the inner intelligence of the body and create an ideal atmosphere for good health, higher consciousness, and growth in a peaceful and affluent society.

Transcendental Meditation allows the conscious mind to identify itself with the inner intelligence of the body, at the source of our thoughts in self-referral consciousness (*Ātma*, Self) or the Unified Field or all the laws of nature in the language of modern Quantum physics.

The most fundamental level of Āyurvedic treatment is the state of Yoga or union, in which individual mind and cosmic intelligence are integrated. It is a dynamic state of perfect health where the person is established in himself, '*Swa-sthya*', '*...Swarupe avasthanam*' (Yoga Sutra 1.3).

Numerous studies in peer-reviewed international journals have shown far-reaching health benefits resulting from repeatedly becoming established in one's own SELF (*Swa-sthya*) during the practice of the Transcendental Meditation technique.

Some physicists describe the basic building blocks of creation in terms of qualities similar to those attributed to the Self (*Ātma*) in Vedic science (Hagelin 1989). A deeper analysis of the concepts of Āyurveda shows that they are in tune with the latest theories and principles of modern physics, self-organising systems, chaos theory, system biology, epigenetics, pharmacogenetics, genetic basis of the three Doshas, personalised and predictive medicine, etc.

Maharishi's Vedic Science and technology integrates these latest theories with ancient Vedic knowledge, and presents Āyurveda as a scientific prevention-oriented system of health care that can be globally implemented and integrated with every existing system of medicine.