

FOR HEALTH ENHANCEMENT AND LONGEVITY

New Programs Address Chronic Disorders

The Raj, Maharishi Ayur-Veda® Health Center, is now offering a program to address chronic disorders including back pain, arthritis, insomnia, chronic fatigue and many more. This two-part program, called the Veda Intensive Program, works on the fundamental causes of disease and offers a comprehensive approach to lasting health.

Less than one third of the U.S. population reaches old age without having contracted a major disease. Even more suffer from the discomforts of arthritis, insomnia, chronic fatigue, back pain and more. With all of our modern methods of treatment, Western medicine knows little about how to prevent these disorders or how to treat them without adverse side-effects.

In the Maharishi Ayur-Veda health program, an Eastern system of natural, preventative health care, disease is considered primarily the result of imbalances that accumulate in the body over time. By understanding how and why disease develops in the system it then becomes possible to remove the root causes.

The evolution of disease

According to the Maharishi Ayur-Veda health program, there are four main contributors to the evolution of disease:

- aggravated doshas
- ama (impurities)
- weaknesses in the body
- lack of knowledge

Aggravated doshas

The body is governed by three fundamental biological principles—called doshas—that control all of the body’s functions. The three doshas are Vata (which regulates movement), Pitta (which regulates metabolism and transformation) and Kapha (which regulates structure). When all three doshas work together in a balanced manner our system remains healthy. But many factors, including diet and lifestyle, can aggravate the various doshas, creating imbalances. However, aggravated doshas alone are not enough to cause serious-disease or chronic disorders.

Ama

When food is not properly digested, due to the quantity of food taken, the quality of food

(such as heavy, or processed foods), or due to a weakness in the digestive process, a sticky, toxic residue is created called ama.

This ama can combine with aggravated doshas. For instance, if we eat an excess of foods that are cold, rough or dry—all Vata qualities—the excess Vata can combine with the ama to create samavata. (The word *samā* is derived from a combination of sa, meaning “with”, and ama, meaning “toxin”. *Samā* should not be confused with the word *sama* which means “balance”) *Samāvata* circulates throughout the body until it comes to a weak spot in the physiology and begins to accumulate in that area.

Weaknesses in the body

Weak spots in the body come about due to heredity, stress, pollution or mistakes in diet and lifestyle. Day after day, aggravated doshas and ama cir-

culate in the body and get stuck or deposited in a particular area. Eventually the ama makes its way deep into the tissues or cells, causing further obstruction and structural changes.

Where the obstruction is in the body, and which dosha gets accumulated in that area, determines what type of imbalance will occur in what particular system in the body. For instance, if the weakness is in the respiratory system, accumulated *samāvata* in that area can lead to vata aggravated asthma, accumulated *samāpitta* can lead to inflammation, and accumulated *samākapha* can lead to excess mucus and phlegm. These symptoms are the body’s way of telling us that something is wrong.

Lack of knowledge

If we are not aware of the language of our body or if we do not understand how our diet, behavior, and daily and seasonal routines effect our mind/body system, we will continue doing whatever is causing the problem. This is how the accumulation of ama keeps going to create a chronic disorder.

Thus, the Maharishi Ayur-Veda health program identifies the ultimate cause of disease as the lack of connection with ourselves and our lack of knowledge of how to live in tune with our own nature.

The Veda Intensive Program at The Raj addresses all four components of disease and gives participants the tools to maintain health at the deepest level.