

Vedic Health Care

Vedic Health Care

Prevention Oriented Health Care Free from Side-Effects

Āyur-Veda is the world's oldest, most perfect, and most comprehensive system of natural medicine. Āyur-Veda originated in the Vedic Civilization of ancient India and is officially recognized by the World Health Organization.

Maharishi Āyur-Veda, Maharishi's Vedic Approach to Health, and Maharishi Vedic Medicine represent the modern restoration by Maharishi of the complete and authentic practice of Āyur-Veda as recorded in the Vedic Texts.

Maharishi's Vedic Approach to Health offers programmes which are time-tested and free from harmful side-effects to prevent disease, restore health, and promote longevity by enlivening the body's inner intelligence, understood in Vedic Medicine to be the basis of all physiological self-repair healing mechanisms.

The benefits of Maharishi's Vedic Health-Care System have been validated by more than 600 scientific research studies, conducted in over 200 independent universities and research institutions, and published in over 100 peer-reviewed scientific journals.

'The centuries-old medicine-predominated approach to health has failed to eliminate sickness and suffering; this is because medicine alone is too superficial to influence all the innumerable values that constitute the structure of life and its evolution. Only a holistic approach that takes into consideration all aspects of mind and body together can be successful in handling health.'

—Maharishi

*Maharishi Forum of Natural Law and National Law for Doctors:
Perfect Health for Everyone—Disease-Free Society (480-page publication)*

[Read More about Maharishi's Vedic Approach to Health](#)

[Scientific Research](#)

[Maharishi's Books](#)

[Links to related websites:](#)

Maharishi Vedic Approach to Health: <https://www.vedicapproachtohealth.org/>

Institute for Natural Medicine and Prevention at MUM, USA: www.mum.edu/inmp

Maharishi College of Vedic Medicine, New Mexico, USA: www.mcvm-nm.org

Maharishi Vedic Vibration Technology: www.VedicVibration.com

Maharishi Āyur-Veda Products International (MAPI): www.mapi.com

Maharishi Technology Corporation (MTC): www.ayurveda.nl

Research Results: www.mum.edu/tm_research/tm_charts/welcome.html

Brain Research: www.istpp.org/news/bri.html

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Maharishi's Vedic Approach to Health

Maharishi's Vedic Approach to Health is the most ancient and scientific* system of natural medicine, using a variety of approaches that simultaneously influence mind, physiology, behaviour, and environment to maintain perfect health and promote longevity.

'Vedic Health enlivens the inner intelligence of the body and thereby maintains the vitality of the physiology, and also maintains a healthy relationship between the body and its counterparts in the physiology of the Cosmic Body—the sun, moon, planets, and stars—through Jyotish, Yoga, Sthāpatya Veda, Dhanur-Veda, and all other aspects of the Vedic Literature.'

'These values of health are not available in any of the prevailing systems of health care, due to which the present health care system is not only incomplete, but it has been found to be dangerous.'

'Discovery of the Veda and Vedic Literature at the basis of human physiology offers a perfect system of health care on the basis of the complete knowledge of Natural Law available within the intelligence of the body of everyone. This Vedic System of Health Care supports health from the level of the infinite organizing power of Natural Law.'

—Maharishi

Perfect health can only be achieved through a holistic approach that takes care of all the values that constitute health.

Each aspect of the body, as described by modern anatomy, has a quality of the inner intelligence of Nature associated with it. It is the lack of integration between the physiology and its inner intelligence that causes disorder and introduces disease.

Maharishi's Vedic Approach to Health enlivens all the forty qualities of intelligence—the forty structures of Natural Law, the Veda and the Vedic Literature—that are available in the *Ātmā*, the Self, and are the intelligence at the basis of the structure and function of the individual physiology.

* Over 600 scientific research studies, conducted at more than 200 independent universities and research institutions in 30 countries, have demonstrated the profound benefits of Maharishi's Vedic Approach to Health for all aspects of individual and collective health. Refer to: *Scientific Research on Maharishi's Transcendental Meditation Programme—Collected Papers*, Volumes 1–5 (Volumes 6–7 are in progress).

Maharishi's prevention-oriented Vedic Approach to Health is holistic and most basic; that is why it is free from harmful side-effects. It maintains balance between the body and its own inner intelligence, and between the inner intelligence of the individual, the collective consciousness of society, and the Cosmic Intelligence of the universe.

The Values that Constitute Health

The territory of Natural Law ranges from the infinite field of the unmanifest to the infinite field of the manifest; from the holistic value of infinity to the holistic value of infinity is the total value of Natural Law, which includes all the diversified values of different Laws of Nature within its holistic value.

That is why health, which is defined as WHOLENESS, is structured in both HOLISTIC and SPECIFIC values of Natural Law in a fully integrated and balanced state. Unless the knowledge of this total field of Natural Law is considered, holistic health will not be available, and total health—total balance—will always be lacking.

The use of the modern scientific approach to health has demonstrated the limitations of modern medicine. Medicine-oriented health care alone is not enough to offer perfect health. Health care should take care of the holistic value of health, and also all the specific values that constitute health:

- * Physiology
- * Intelligence at the basis of physiology
- * Influence of the environment
- * Influence of buildings in which one lives or works
- * Influence of the distant environment: sun, moon, planets, stars
- * Influence of collective health on society

Creating a Disease-Free, Healthy, Enlightened Society

The effectiveness of Maharishi's Vedic Approach to Health lies in its ability to utilize the total intelligence of Natural Law at the basis of the human physiology—to utilize that holistic value of Natural Law which structures the physiology and integrates the functioning of all aspects of body and mind. As a result, thought and behaviour are spontaneously more in harmony with Natural Law, which is the basis of good health.

Maharishi's Vedic Approach to Health proceeds on the road of balance between the holistic and specific values of Natural Law. It starts from any level of imbalance and, eliminating imbalance, arrives at the level of balance—integration of mind, body, behaviour, and environment.

A perfectly healthy person lives in the state of enlightenment, with the natural ability to spontaneously use the total organizing power of Natural Law to accomplish any goal without strain. Ill health is fundamentally due to violation of Natural Law caused by lack of knowledge of Natural Law. Lack of knowledge of Natural Law weakens the individual and creates stress in society.

Maharishi's Vedic Approach to Health promotes individual and collective health through knowledge of Natural Law, with all its expressions in material creation. It brings life increasingly into accord with Natural Law.

When the total intelligence of Natural Law is fully awake in every part of the physiology, then Maharishi's Vedic Approach to Health enjoys fulfilment. In this balanced state of health there is perfect synchrony between the functioning of every individual cell and holistic functioning of the whole body, and between the intelligence of the individual parts of the physiology, the holistic intelligence of the physiology, and Cosmic Intelligence, which manages the whole universe. With this complete integration all thought and action are spontaneously in harmony with Natural Law and the individual naturally enjoys good health.

Maharishi's Vedic Approach to Health is destined to create a disease-free, healthy, enlightened society.

[Scientific Research](#)

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