

# Maharishi AyurVeda and Ataxia

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# Namaste and Welcome

- Thank you everyone for attending my seminar on Maharishi AyurVeda and Integrative Medicine approaches to improving the progression of Ataxia.
- I am a 3rd year student of MAVIM, graduating in June.
- My first IAC/NAF Conference both as an attendee and speaker.
- I was recently diagnosed in 2021 with SCA-type 34.
- Feel free to type any questions in the chat regarding MAVIM or my experience with SCA-type 34. I will have time after my presentation to answer questions to the best of my ability.

# Wholeness

- Introducing the concept of Maharishi AyurVeda to those with Ataxia and their providers with hopes of slowing the progression of Ataxia.
- My presentation is for educational purposes. Please talk to your providers before beginning any alternative approaches to medicine.

# Ayurveda

- Ayurveda – Science of Life
  - Originated in India
  - Oldest and still practiced form of medicine
  - Yoga is the sister to Ayurveda
  - Connection to mind and body
  - Herbal remedies

# Maharishi Ayurveda

- Maharishi Mahesh Yogi
  - Founder of The Transcendental Meditation Technique in 1955
  - Revamped Ayurveda in 1985 by adding TM as a multimodality approach
  - Pragma Apahardh – mistake of the intellect
  - Consciousness base approach to health

# Practitioners / Vaidyas

- Practitioners are non-licensed Integrative Medical Professionals who have completed the necessary training through an accredited school.
  - Other titles depending on State Law
- Vaidyas are the equivalent to a Medical Doctor in Modern Medicine.

# Transcendental Meditation

- A meditation technique performed 2x's/day without effort
- Mantra and education – learned through a Certified TM Teacher
- Worldwide with astounding results
- [www.davidlynchfoundation.org](http://www.davidlynchfoundation.org) or [www.TM.org](http://www.TM.org) for additional information.

# Maharishi Ayurveda vs. Modern Medicine

- Ayurveda Practitioners and Vaidyas work alongside Modern Medical providers to see the client's needs are met.
- Modern Medical providers trump Ayurveda
- Ayurveda focuses on preventative care and the whole self



# What Practitioners and Vaidyas look for

- Prakriti/Vikriti - visual and Pulse Reading
- Level of Ama – questionnaire/Pulse Reading
- State of Agni – questionnaire/Pulse Reading
- Medical Hx – Health Hx form
- Srotas/Dhatus/Ojas

# Doshas/Dosha Imbalances

- Doshas – the nature/physiological make ups of the human physiology.
- An imbalance of any of the Doshas or Subdoshas are indicators of illness/disease/disorder
- Doshas are defined by the Earth's elements
  - Vata – Air and Space
  - Pitta – Fire and Water
  - Kapha – Earth and Water

# Subdoshas

- Each Dosha has five Subdoshas that represent various areas within the physiology.
- Vata Subdosha:
  - Prana – Head and Heart
  - Samana – Stomach, Intestines
  - Udana - Lungs, Throat, Brain
  - Apana – Intestines (downward movement)
  - Vyana – All segments of the physiology

# Considerations

- **Dosha times, seasons, and age ranges**
- “Age 0 - 30 years Kapha 30 - 60 years Pitta 60 + Vata
- After Meals 1st hour Kapha 2nd hour Pitta 3rd hour Vata
- Day 6 am - 10 am Kapha 10 am - 2 pm Pitta 2 pm - 6 pm Vata Night 6 pm - 10 pm Kapha 10 pm - 2 am Pitta 2 am - 6 am Vata” (PH500, 2020).

# Ama and Agni

- Ama – toxins within the physiology
  - Factors
  - Result – buildup of Ama in the Dhatus and Srotas will lead to imbalance
- Agni – digestive fire within the physiology
  - Vishama Agni – Vata
  - Tikshna Agni – Pitta
  - Manda Agni Kapha
  - Saam Agni – Balanced

# Ataxia

- **Identifying the Causative Factors (examples include but are not limited to):**
- **Genetics**
- **Underlying Conditions**
- **How the client lives (lifestyle/routine)**
- **Dietary**
- **Does the client live in an environment prone to pesticides, power plant, has had chemical exposure (warfare, works in a factory)**
- **Family Hx**
- **Smoker, heavy Drinker, Recreational Drug user**

# Ataxia

- A Vata aggravation causes any Neurological condition. Vata is the primary Dosha that governs the Nervous System. Vata governs movement within the physiology, which affects diseases such as Spinocerebellar Ataxia, or other Ataxias due to coordination and movement complications.

# Triple A – Ama/Agni/Ataxia

- Ama – Disruption of the Gut/Brain Axis
- “The gut-brain axis (GBA) consists of bidirectional communication between the central and the enteric nervous system, linking emotional and cognitive centers of the brain with peripheral intestinal functions” (Carabotti, Scirocco, Masselli, Severi, 2015).
- Agni - Vishama Agni
  - Vata's seat is in the Colon
- Ataxia - Symptomatic vs. Constipation



# Recommendations

- Depleting Ama and Kindling Agni (Vishama Agni)
- Diet – Vata Pacifying
- Lifestyle
- Routine
- Behavioral Rasanayas
- Multimodality

# Behavioral Rasanayas – Maharishi AyurVeda Products International

- "Love
- Compassion
- Speech that uplifts people
- Cleanliness
- Charity and regular donation
- Religious observance
- Respect toward teachers and elders
- Being positive
- Moderation and self-control, especially with regard to alcohol and sex
- Simplicity" (MAPI.com, 2021).

# Diet

- Diet is based on the Vikriti (state of imbalance).
- Recommended mealtimes 7, 12, and no later than 7.
- Lunch as the main meal.
- Favor warm, cooked unctuous organic foods that work in your budget.
- Favor digestible cooking herbs and spices.
- Soak nuts, seeds, and grains overnight.
- Consume in a silent, non-distracting environment.

# Dietary Avoidance

- Avoid:
  - Snacking
  - Processed food
  - Microwaving your food
  - Undercooked/Overcooked food
  - Limit red meat
  - Alcohol
  - Cold beverages

# Lifestyle/Routine/Multimodality

- Live blissfully
- Create a routine and stick to it
  - Avoid screen time after 8pm
- Symptomatic days = rest
- Listen to your Neurologist and others in your care team!

# Panchakarma

- Treatment protocol for refreshing and rejuvenating the body and mind depending on the client's overall health status.
- Ataxia Patients – recommendations are Shirobasti with Shiro Abhyanga - warm oil and head massage
- SCA - type 2 Study on Shirobasti with signs of improvement - <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4850777/>
- Panchakarma is expensive

# Research

- NIH.gov has published Ayurvedic research articles on Ataxia.
- "Over the short period of the present study, Ayurvedic therapy was found to be safe and, showed improvement in the balance in patients with progressive degenerative cerebellar ataxia. Further randomized placebo-control double-blind studies are needed to validate the results." (Sriranjini, Kumar, Devidas, Ganpathy, 2009).

# Ayurvedic Case Study

- "SARA score showed marked improvement in Gait, Stance and Speech. Improvement is also noted in the finger chase test, finger nose test and heel shin test. Overall, SARA score changed from 17.5 to 6" (Krishna, N.K, 2021).



# On the home front

- I have slowed the progression of a family member's Ataxia by implementing Ayurvedic herbs into food.
- The family member's former Neurologist (now retired) complimented that the progression slowed down.

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# Q&A

- Are there any questions?
- Thank you again for attending and thank you to the NAF for allowing me to present.