

# Ayurvedakarmayoga

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## **Our experience of treating patients in foreign countries**

### **Tenth Article-10 – USA 1**



**United States of America** – The U.S. is a country of 50 states covering a vast land of North America, with Alaska in the northwest and Hawaii extending the nation’s presence into the Pacific Ocean. Major Atlantic Coast cities are New York, a global finance and culture centre, and capital Washington, DC. Midwestern metropolis Chicago is known for influential architecture and on the west coast, Los Angeles' Hollywood is famed for filmmaking.

**Ayurveda propagation** -Before writing our experience of travel, teaching and consulting several patients in USA, we feel it necessary to write about some very important individuals who are pioneers in the field of Ayurveda in USA and situation of Ayurveda, when we first visited USA in 1986.

**Pioneers in the field of Ayurveda** -In the 1970s and 1980s, the political and social environment was largely characterized by an effort and rebellion against the mainstream medicine (allopathic). During this time, Ayurveda came into public view primarily through the New Age movement that rallied around the work of a few individual spiritual leaders. The New Age movement is centered on the idea that a new epoch of human history is approaching and as a result teaches that humans must strive to achieve spiritual balance and wellness. Our contemporary

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Dr. Vasant Lad from Tilak Ayurveda College, Pune was the first to start Ayurveda teaching in USA. In 1984 he established 'The Ayurvedic Institute' in Albuquerque, Santa Fe, N.M. (<http://www.ayurveda.com>). The earliest successful promoters of Ayurveda in America included individuals like Maharishi Mahesh Yogi, Vasant Lad, Deepak Chopra, David Frawley and Subhash Ranade. ([https://en.wikipedia.org/wiki/Ayurveda\\_in\\_the\\_United\\_States](https://en.wikipedia.org/wiki/Ayurveda_in_the_United_States))

**Maharishi Mahesh Yogi** – He started spreading the knowledge of Yoga and Ayurveda from 1970. For first 15 years his activity was concentrated on promoting Transcendental Meditation and Yoga. The Maharishi has trained more than 40,000 TM teachers, taught the Transcendental Meditation technique to "more than five million people" and founded thousands of teaching centers and hundreds of colleges, universities and schools. Later on he started promoting Ayurveda. In 1974 he established Maharishi University of Management in Fairfield, Iowa, USA. In 1984 Maharishi accompanied with Vaidya Triguna ji, Vaidya Balaraj ji and Dr. V.M. Dwivedi through his project called as 'Maharshi Vedic Health Centers' established several Educational centers and clinics in all the five continents. For spreading Ayurveda Globally, Maharishi Ayurveda International Foundation has been established and at present I am one of the directors of this foundation (<http://www.imavf.org/country-reports/>)

Apart from India, his major centers are in European countries - Austria, Denmark, France, Germany, Israel, Italy, Swiss, the Netherlands, Norway, Spain, UK, Turkey and USA, New Zealand, South Africa and Japan.

### **His Holiness Maharishi Mahesh Yogi**



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**Subtle healing modalities** - When Ayurvedic medicines were not available freely in USA, these substitute healing techniques were very popular. Depending on Primordial pentads predominance they can be divided as – Earth-Smell –Aroma therapy; Air-Touch – Massage and its various types like Kundalini massage, Marma massage, Therapeutic healing, Reflexology, Reiki healing, Acupressure healing, Chakra healing, Magnet therapy; Water- Taste – Healing foods and tastes; Fire – Heat- Pranic healing, Sudation; Ether –Sound- Music therapy, Mantra chanting and Counseling. These healing modalities were in practice till 1990 after words many other were invented and are now in practice in USA and Europe.

The Body Code - is about finding and releasing all different kinds of imbalances that can happen in the human body such as pathogens, toxins, structural imbalances, nutritional issues, energetic imbalances (which includes emotional imbalances), circuitry in the body etc. The Body Code sessions can be done in person, over the telephone, via video chat (such as Skype) or proxy via email.

Quantum-Touch (QT) - is a hands-on, energy healing method that uses universal life-force energy to facilitate healing. The Quantum Touch practitioner amplifies and directs the life-force energy by combining specialized breathing techniques, intention and awareness. By placing this field of high energy around an area of pain, stress, inflammation, or disease, the body can entrain to the higher frequency, thus facilitating and amplifying the body's ability to heal itself. QT does not heal specific conditions, but helps to maximize the body's own capacity to heal. The effectiveness of Quantum-Touch is based on an individual's ability to heal and thus results will vary. Ultimately, if the body can, it will heal itself and Quantum-Touch may accelerate that process.

Flower essences -Bach, Israeli (*Gan-Ya*), Flower Essence Services (FES), Perelandra, Fox Mountain, Spirit-In-Nature Essences (formerly Master's Flower Essences), Meridian Gem Essences, Alaskan Essences, Australian Bush Flower Essences, Columbia Gorge Essences and Ancient Forest Essences.

TAT®, -Tapas Acupressure Technique®, was created by Tapas Fleming, an acupuncturist in California. It is a very simple, subtle, but very effective technique that can release stresses, traumas, anxieties, emotional and even physical pain.

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**Reiki** –The word literally means mysterious field. It is combination of two words - *rei* "soul, spirit" and *ki* "vital energy". Since originating in Japan, Reiki has been adapted into varying cultural traditions across the world. Reiki practitioners use a technique they call *palm healing* or *hands-on healing* by which a "universal energy" is allegedly transferred through the palms of the practitioner to a patient in order to encourage healing.

**Dhanvantari Center of Study of Traditional Asian Medicine** -We were invited to USA in 1986 on the invitation of 'Santa Cruz, California. Dr. Rosenthal was in charge of this Institute which was situated in Sunset Drive, Capitola. We were asked to conduct one day workshop on 'Fundamentals of diet, exercise and maintenance of brilliant health according to Ayurveda.' After our workshop we were introduced to Dr. Michael Tierra herbalist who later on founded 'Planetary Herbals' for manufacturing Ayurvedic medicines in California.

**Institute of Holistic Education** -Our second visit to USA was on the invitation of this Institution in Wilmot in 1987. The Institute is dedicated to the development of human potential through the integration of spirituality into daily life. The Institute focuses on exploring human evolution and creating opportunities for individuals to bring about meaningful change in their own lives and in human society. (<http://www.wholisticinstitute.org/>). Institute regularly organizes seminars on Yoga and Ayurveda.

**The World Research Foundation** -We were again invited in October 1990 by 'in Woodland Hills (Los Angeles) California. This Institute has been founded by Mr. Steve Ross and is non-profit organization. They have offices in Europe and China. We participated in International Seminar on 'New dimensions of medicine ---- focusing on solutions' (<http://www.wrf.org/>). It was 3 day seminar at Warner Center Marriot Hotel and many experts from Russia, China, Germany, UK and other countries were also invited as Speakers. We presented our views of various healing methods in Ayurveda. After the lecture delegates who had registered in advance were given audio/ video copies of the lectures.

**David Frawley** -We were fortunate to be introduced to David Frawley by Shri B. L. Vashta and Shri Anand Puranik of Shri Dhootpapeshwar Company Mumbai during his visit to India. Later on he kept on visiting India and then became our

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close friend who promoted our activities in USA. Initially he earned a Doctor of Oriental Medicine degree through a New Mexico-based correspondence course. He later studied with Vasant Lad and Ayurveda practitioner Subhash Ranade and decided to become a teacher of Ayurveda himself. Later on he studied Vedas, Jyotish and Yoga also in depth. His approach to Ayurveda is a conventionally a Traditional approach that relates Ayurveda to Indian astrology, Hinduism, and Vedic studies. He has done pioneer work in this field and has written books on Ayurveda, Yoga and Jyotish. Government of India awarded him 'Padmabhushan' title in the year 2016 for his noble work in the field of Vedic science. He has established American Institute of Vedic Studies. (<https://vedanet.com>).

### **Students of Ayurveda Course, Santa Fe, N.M.**



**First Residential Course of Ayurveda in Santa Fe (USA)** -In August 1993, we were invited by David Frawley as resource persons to teach in 7 days residential Ayurveda workshop at Santa Fe, New Mexico. It was the first break through for Ayurveda because for this program credit hours for all Medical doctors and other students were sanctioned by American Medical Association which is required for updating knowledge and continuing medical registration. We received good response for this course so much that we had to refuse admission to many

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delegates as the hotel had limited capacity. In all 62 Medical doctors from different corners of USA came to Santa Fe to attend this residential seminar.

### **David Frawely and Dr. Sunil Joshi**



### **Dr. Abbas Quatab and Dr. Subhash Ranade**

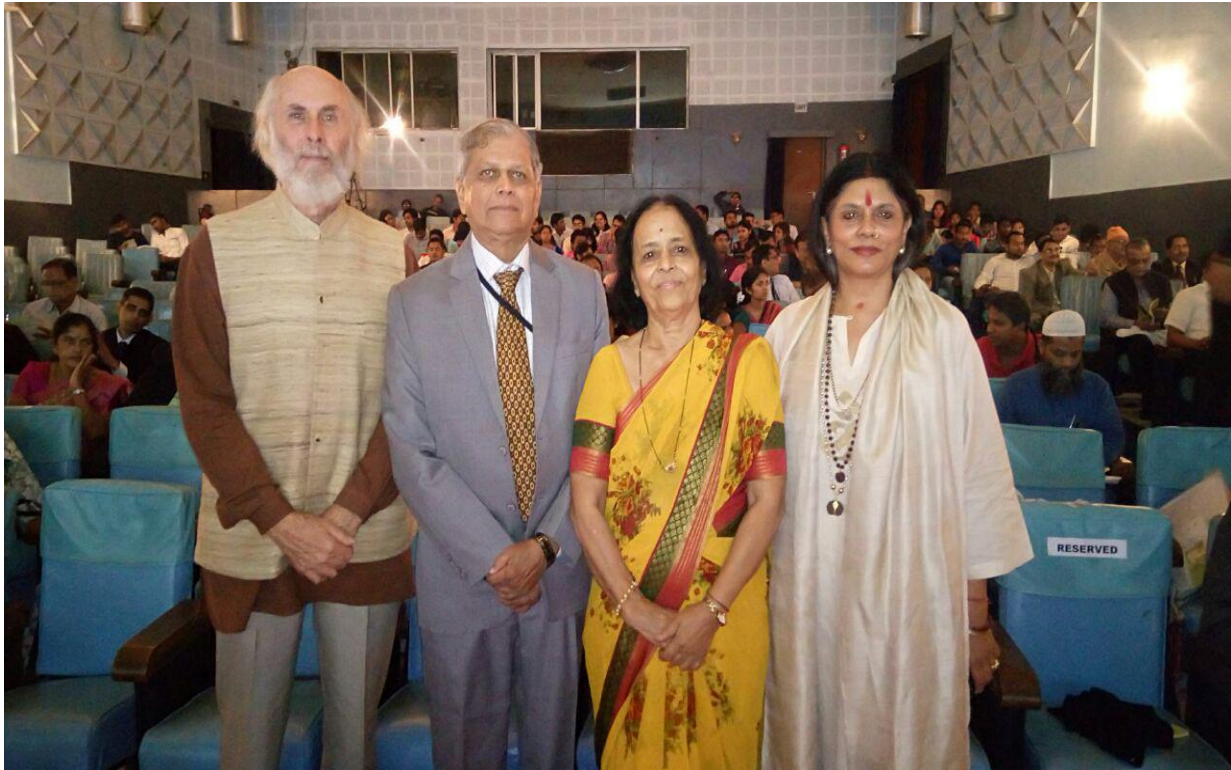


Other teachers who taught for this course were Dr. Sunil Joshi and Dr. Abbas Qutab. Many students who attended our residential training later on became good teachers of Ayurveda and started new Ayurvedic Schools and Institutions in USA,

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like Dr. Marc Halpern and Hillary Garivaltis who became teacher in Kripalu (<https://kripalu.org>). In 1993 our first book on Ayurveda was published in USA by Passage Press in Salt Lake city, Utah; the title is ‘Natural Healing through Ayurveda.’ Immediately after this program we were invited by Ayurveda Institute in Montreal, Canada; to organize 2 days Ayurveda seminar in Howard Johnsons Hotel.

**With David Frawley and Shambhavi ji**



**New England Institute of Ayurvedic Medicine** -In 1995 Dr. Abbas Qutab, started this Institute ‘in Worcester, M.A. near Boston. The Institute was conducting one year certificate course in Ayurveda. This was the first Ayurveda School on East Cost and attracted attention of many medical and Para -medical students. We were regularly visiting this Institute till 1997 with Dr. Avinash and Dr. Bharati Lele for imparting Ayurvedic education. In Boston we were guests of Mr. Atul and Mrs. Madhuri Nagras, who later on established ‘Sutra Systems’ – A software company in Pune, India. Later on Dr. Qutab, founded Elan Vital Institute for Health Spa. (<http://www.spadocs.com/index.asp>).

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In 1996 we again visited both teaching Institutes in USA –on West Cost and East Cost and gave consultation to several patients at both places. By this time several single herbal powders from Gaia herbs ([www.gaiaherbs.com](http://www.gaiaherbs.com)), compound herbal tablets of Himalaya company (<http://www.himalayastore.com>), and other products were available through various agencies. All Maharishi AyurVeda Products (MAP) were available since 1990 ([www.mapi.com](http://www.mapi.com)). There are several herbal shops in Boston area where you can get all single herbs, the best is Cambridge Naturals, which was founded in 1994 (<http://www.cambridgenaturals.com>)

**American Institute of Ayurveda** -By this time many of our students from Tilak Ayurveda College in Pune had migrated to the USA and had settled there. Some of them started Ayurveda Institutions while some started private practice of Ayurveda. One such successful student is Dr. Jay Apte. She graduated from Pune University in the year 1973. Later on she went to USA and did her Masters in Pharmacology in the year 1991 and take the degree of Naturopathy (Nutrition) in the year 1998. She started Ayurfoods company that manufactures Ayurvedic organic food products in the year (2006) She started her own school first in Houston, Texas in the year 2000 and then in Foster city, California. Since year 2000 we were being invited by Dr. Jay Apte regularly and we visited this Institute for teaching from 2001 to 2007. In all we have visited this Institute eight times as visiting Professors. Later on this Institute was renamed as **Ayurvediya College of America** (<http://www.ayurvediya.com>). Dr. Jay Apte is also successful Ayurvedic practitioner and has her own clinic where she has good Panchkarma setup also. (<http://www.hnwellness.com/>). She also started Ayurfoods company which is manufacturing Ayurvedic readymade organic Ayurvedic foods like *upama*, *kitchari* etc ([www.ayurfoods.com](http://www.ayurfoods.com))

In Houston Texas many patients of eczema came to us for health counseling. Houston is near Gulf of Mexico and is extreme hot and dry in Summer and extreme cold and dry in Winter. The climate is Vata and Pitta aggravating and so are the prevalent diseases. For Vata eczema for external application we gave hundred times washed ghee (*shatadhauta ghee*) with licorice or medicated oil of licorice. Internally we gave Tab. Manjishtha 500 mg. and Triphala 500 mg twice day. For Pitta eczema we gave bee wax with sandalwood powder and internally we used shatavari, sariva mixture in dose of 1 gm two time's day.



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Before going into details of other types of patients we treated, we must write few lines about the Family structure in USA. Unfortunately it is not sound at all. In America, there is one divorce approximately every 36 seconds. That's nearly 2,400 divorces per day, 16,800 divorces per week and 876,000 divorces a year. The average length of a marriage that ends in divorce is eight years. People wait an average of three years after a divorce to remarry (if they remarry at all). This creates many problems with their children and hence we learned many new relations while examining patients. Many young boys and girls explained that their parents were NOT biological. (An individual's biological parents are the persons from whom the individual inherits his or her genes. The term is generally only used if there is a need to distinguish an individual's parents from their biological parents, For example, an individual whose father has remarried may call the father's new wife their stepmother and continue to refer to their mother normally, though someone who has had little or no contact with their biological mother may address their foster parent as their mother, and their biological mother as such, or perhaps by her first name.)

Also we came to know that child abuse is big problem in American society. During 80's to 90's this was not at all problem in India. In Boston, young girl came to us for consultation and her first request was shocking for us. She said can you give consultation without touching me? After asking her about this she reluctantly said, that she was abused by her father in her childhood many times and hence she hates all males.

In Boston area the big problem was Hay fever or Allergic rhinitis. Modern medicine considers as autoimmune disorder. Many patients of Vata-Pitta constitution came to us for treatment. They were suffering from cough, fever, headache, sneezing and restlessness. We advised them to avoid mucous forming (Kapha aggravating) foods like yogurt, milk.

We also asked them to detoxify the body at the end of each season, before the new season begins and then clean the channel system mainly Pranavaha srotas. Starting detoxification program before spring always helps in this specific problem. Avoiding eating all Kapha and ama aggravating foods and drinks is must. Sipping hot ginger water or tulsi tea throughout the day always helps. We advised them to

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use regularly turmeric, ginger, fennel, tulsi, black pepper and coriander. Application of eucalyptus oil or ginger paste on forehead helped them.

Ashwagandha works as rasayana for these patients. We gave them dose of 150 mg. with ghee every day; slowly increasing the dose to 250 mg. two time's day. We also asked them Anu Tail nasya every day before going to bed. With proper Panchkarma and these medicines, many patients were benefited.