

MODEL OF VEDIC PHYSIOLOGY - A PILOT STUDY



In 2015 Dr.med Rainer and Hildegard Waldschütz from South Germany used the Model of Vedic Physiology to assess possible changes in health parameters in a pre-/post-test comparison on 52 subjects over 1 year.

The pilot study showed a reduction of nearly 30% cortisol (in mucous tissue, before / after comparison) after 35 minutes of the first application of this Vedic Resonance Therapy. High levels of cortisol are related to all kinds of stress-related health disorders.



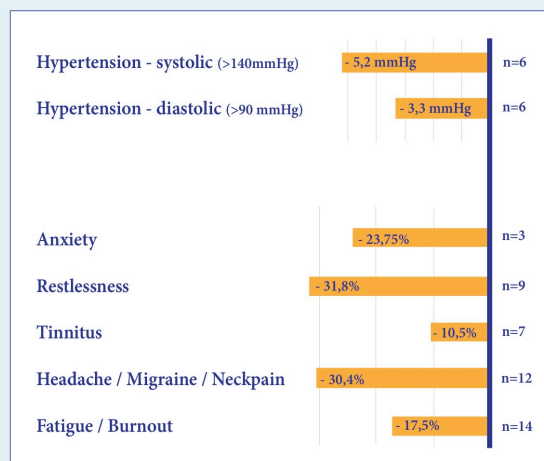
Pilot Study > 1 year

Before/after comparison

Number of subjects: 52

July 2015
Dr. med Rainer Waldschütz

Model of Vedic Physiology



The scientific view of human physiology: „everything is vibration“

As our body, so all matter, is structured in layers – from gross to subtle: the concrete visible up to the invisible aspects like molecules, atoms, subatomic layers etc.

Ultimately at the basis of our physiology nothing but vibration exists. Different vibrations express themselves on the gross level as tissues and organs.

The Vedic View of human physiology: Ultimately everything is sound

„According to the age-old tradition of Vedic wisdom –revived by Maharishi Mahesh Yogi– these basic vibrations are known as sequences of sound. These have been passed on until now and the correspondence between these sounds and the specific organs, parts and functions in human physiology are known.“ *

* Dr. Tony Nader: *Human Physiology - Expression of Veda and the Vedic Literature*, MUM Press, 5th Edition 2014

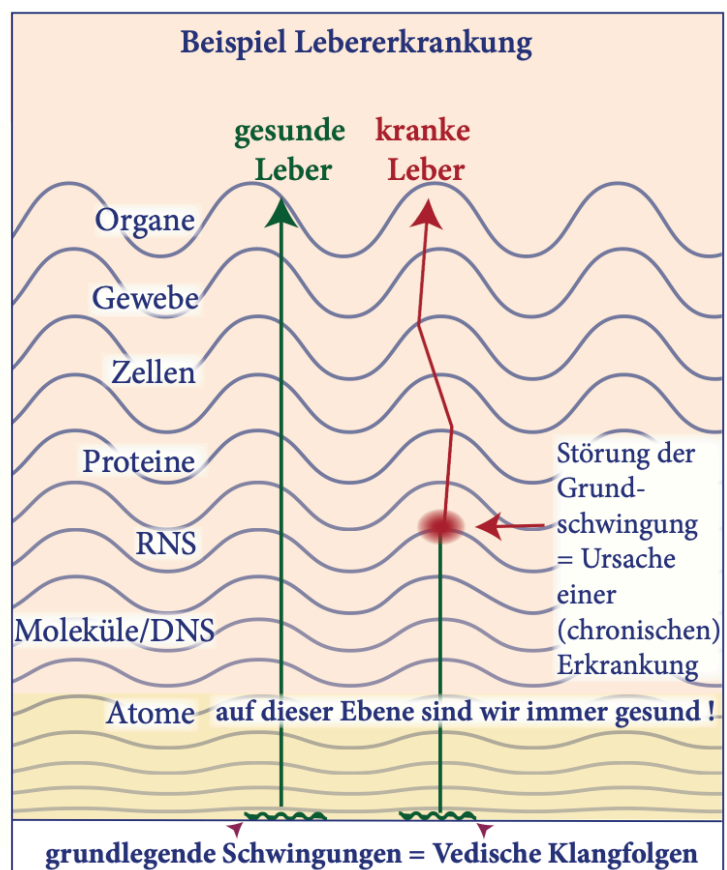
The sequence of these sounds is important: similar to the DNA where the sequence of the molecules is significant. Through this language the whole information about the structure and function of every aspect of our physiology can be understood.

At the basis we are always healthy

Disease emerges from an imbalance, blockage or deviation of the original vibration underlying a specific function or organ.

The cause might be chronic stress, fatigue or a trauma. However this disturbance usually does not affect the molecules or atoms, i.e. on this level we are always healthy.

In order to restore the healthy functioning, the imbalance or blockage has to be removed.



How does the Vedic Resonance Therapy function?

Our brain constantly modulates itself and adjusts itself to the demands in the physiology. Whenever some pathways in our body are blocked (caused by some stress or tension) the original order (basic vibration) in this area is “covered” or distorted.

Due to its enormous adaptability, the brain usually balances this out – stronger disturbances however cause an imbalance (disease) even on the gross level.

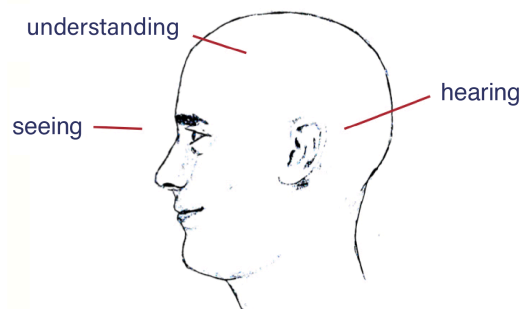
The Vedic Resonance Therapy restores the original healthy functioning by enlivening the corresponding underlying vibrations through the effect of resonance. This balances (and thereby removes) the cause of health disorders.

Practical application

The restructuring effect of the Vedic Resonance Therapy is induced through a combination of 3 inputs:

- acoustic perception
- visual perception
- intellectual understanding of hearing and seeing.

These 3 simultaneous aspects create the effect of resonance in the body.



The process of the application

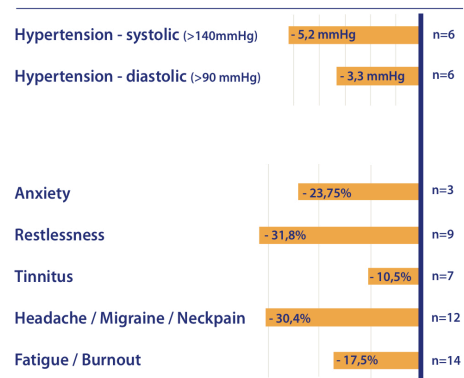
- while the person visually perceives a specific organ of the human physiology continuously highlighted and blinking on a large color board (the model), he or she listens
- first to a spoken description about the structure and function the highlighted organ,
- followed by the recitation of the vedic sounds* corresponding to the highlighted physiological part. (1. Sukta (verse) of the respective Mandala (section) of Rig Veda)

The time investment of the Vedic Resonance Therapy is about 35 minutes.

This chart shows reductions in overall blood pressure as well as improvements in anxiety, restlessness, Tinnitus, headaches/migraine/neck pain and fatigue/burnout

Model of Vedic Physiology

Application of Vedic Resonance Therapy
Number of Subjects: 52 · before / after comparison



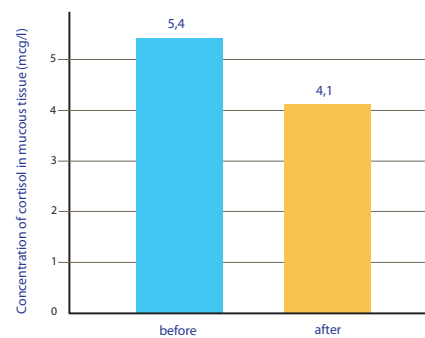
Pilot Study - July 2015, Dr. med. Rainer Waldschütz

Levels of subjective stress experience were assessed by measuring cortisol in oral mucous tissue: a reduction of nearly 30% was found after the application as compared to before.

Model of Vedic Physiology

Application of Vedic Resonance Therapy (n=5)

29,9 % reduction of cortisol in mucous tissue



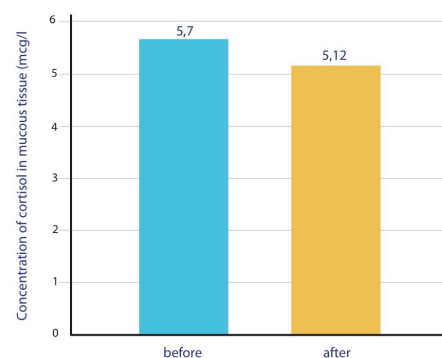
Pilot Study - September 2015, Dr. med. Rainer Waldschütz

A comparison study with listening to soft ocean music showed a smaller reduction of orally measured cortisol levels as compared to the Model of Vedic Physiology

Model of Vedic Physiology

Control group:
Application of DVD with relaxing ocean sounds (n=5)

8,2 % reduction of cortisol in mucous tissue



Pilot Study - December 2015, Dr. med. Rainer Waldschütz

In conclusion, the Model of Vedic Physiology shows positive effect on various aspects of health; future controlled studies with more subjects should be conducted for more clarification!

TESTIMONIALS

Tinnitus

I had several disorders, one of them was chronic tinnitus which I had for 18 years: a high pitch tone in high frequency, 24 hours a day. This is completely gone. I have no ringing in my ears anymore. It is really wonderful.

J.M. England

Inflammation with pain

I was afflicted by strong pain and exhaustion due to herpes zoster (shingles). After the first treatment my condition improved about 75% and I felt more calm and stronger inside. After a few treatments of the Vedic Resonance Therapy within 2 weeks the inflammation quickly healed. The discomfort completely disappeared ever since.

H.H. Öhningen, Germany

Migraine, insomnia and wellbeing

Whenever I got out of balance and my thoughts were running in circles I applied the Vedic Resonance Therapy. This helps me to find myself again. It gives me a deep self-confidence, positive courage and it is easier to accept the present as it is. This therapy balances my body and is also helpful concerning migraine and insomnia.

C. B. Rielasingen, Germany

Pain

For 40 years, I have had some pain and tenderness from a sports injury. Then, about 5 years ago, an injury occurred in the same region. After several applications of the Vedic Resonance Therapy it started to pulsate and the pain that had been with me for years disappeared and has been gone ever since.

R.G. Fairfield, USA