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Current Research at the NIAM

The NIAM is currently engaged in clinical and basic science research projects which are at various phases in collaboration with the National Cancer Institute (Bethesda, MD), The Central Council for Research in Ayurveda and Siddha Medicine (New Delhi, India) and the Richard and Hinda Rosenthal Center for Alternative and Complementary Medicine at Columbia University (New York, NY). A brief summary of these research endeavors is given below.

The National Cancer Institute research involves the evaluation of an Ayurvedic medicine, Semicarpus anacardium (Linn.) for antitumor effects. Preliminary studies indicate that certain cancers are inhibited by the nut extract of this tree. The NCI is assessing direct cytotoxicity activity as a criteria for further studies.

The Central Council for Research in Ayurveda and Siddha Medicine research involves a specific herbal-yoga-meditation protocol for asthma, developed by Dr. Gerson, which is being evaluated in a placebo-controlled cross-over study.

The Columbia University project involves the collection of data on Ayurvedic herbal medicines used to treat various women's diseases and conditions including: perimenopausal symptoms, pre-menstrual symptoms and dysmenorrhea (painful menstruation) and others.

One of the most exciting studies in alternative medicine assesses the effect of Panchakarma Therapies on liver detoxification capacity. This four year project represents Dr. Gerson's Ph.D. research thesis.

The NIAM is preparing for publication the results from its study of the bark of the tree Terminalia arjuna (Wight & Am.). A series of 14 patients showed a 20% reduction in serum cholesterol after four months of treatment with this herb in dosages of 500 mg bid.

We also have completed two related studies on the effects of aromatherapy and Vedic meditation on EEG brainwave patterns in humans. Additional current research involves herbal protocols for asthma, hypertension, herpes genitalis, depression, type 2 diabetes mellitus and other multi-modality treatment protocols for obesity, fibroids and CFS.

THE NATIONAL INSTITUTE OF AYURVEDIC MEDICINE

About the NIAM



The National Institute of Ayurvedic Medicine rests on 6½ wooded acres.

National Institute of Ayurvedic Medicine is the largest and most authentic resource for information on Ayurveda in the United States. Established in 1982 by Scott Gerson, M.D., the nation's only physician to hold degrees in both Ayurveda and modern allopathic medicine, the NIAM today maintains the highest standards for Ayurvedic education, clinical practice and research in North America.

The NIAM is located in Brewster, New York, sixty miles north of Manhattan on 6½ acres of fertile land. The 7000 square foot facility houses the Research Center, Panchakarma Retreat Center and the Seminar Center. Many medicinal herbs used in Ayurveda grow in the Herb Garden and throughout the property. The NIAM Research Library is the largest collection of Ayurvedic literature in the United States and includes writings and research papers in English, Hindi, Sanskrit, Malayalam, Marathi, Tamil and several other languages. The kitchen and food preparation area was designed specifically for teaching purposes.

Our Mission

The NIAM was created to set and maintain the highest standards of Ayurvedic activities in the United States. We are an institution oriented towards both the scientific and the spiritual and strive to integrate the two. Our specific aims are:

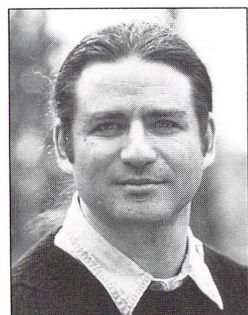
- to provide the lay public and scientific community with credible and accurate information regarding Ayurveda.
- to conduct basic scientific and clinical research aimed at objectively evaluating the safety and efficacy of Ayurvedic treatments.
- to provide information about Panchakarma Detoxification Therapy, which is available through Ayurvedic Medicine of New York, our sister group.

About Scott Gerson, M.D.

Scott Gerson, M.D., is one of the nation's leading authorities on Ayurveda and its integration with conventional modern medicine. He is well-versed in virtually all modalities of alternative medicine. He received his medical degree from the Mount Sinai School of Medicine where he helped establish that institution's first course for medical students on complementary medicine. Currently he lectures on Ayurveda at both Mount Sinai and Columbia Presbyterian College for Physicians and Surgeons. He has been a staff physician at the New York University Medical Center, Bellevue Hospital and New York Downtown Hospital, where he completed his residency in Internal Medicine.

Dr. Gerson received his formal training in Ayurvedic medicine at several institutions, including the Ayurvedic College at Trivandrum and The Arya Vaidya Sala in Kottakkal. He was awarded his Fellowship in Ayurveda from the Institute of Indian Medicine in Poona. He is the author of **Ayurveda: The Ancient Indian Healing Art** (Element Books, 1993), **Medicinal Plants of Ayurveda** (Spring 1999 release), in addition to numerous papers and articles on Ayurveda and alternative therapies. In addition to his private medical practice and his duties at the NIAM, he serves as the director of The Foundation for Holistic Medical Research, a 501c-3 non-profit group which evaluates complementary treatments from all corners of the globe. Finally, he co-hosts his very popular weekly radio show, *Integrative Healing: Ayurveda and Beyond* and gives occasional talks at local schools and hospitals.

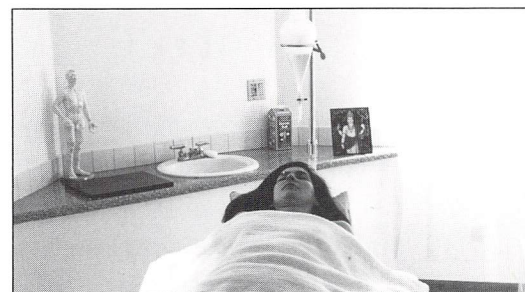
Dr. Gerson lives with his wife and two dogs in Brewster, NY, where he often gathers locally growing



Scott Gerson, M.D.

medicinal plants for his friends and patients throughout the year. He is a great believer in the healing power of humor which he satisfies by maintaining his membership in the American Medical Association and by coaching Little League.

Our Activities



Shirodhara treatments promote deep relaxation and detoxification.

Seminars and Workshops

Taught by authorities in their subjects, topics include: Ayurvedic Herbs, Ayurvedic Massage, Facial Techniques, Sanskrit Calligraphy, Ayurvedic Cooking, Current Research and treatments for specific conditions. Speakers are frequently professors or physicians from India.

Ayurvedic and Alternative Medical Research

Often in collaboration with other prestigious institutions such as the Central Council for Research in Ayurveda and Siddha Medicine, Center for Indian Pharmacological Studies, National Cancer Institute and others.

Panchakarma Chikitsa

Administered under the auspices of *Ayurvedic Medicine of New York* and Dr. Gerson, whose doctoral research was on this subject and who is widely regarded in India as an authority on these treatments.

Ayurvedic Herbal Supplements

The NIAM is committed to providing the highest quality herbal materials at the lowest cost possible. Often gathered by Dr. Gerson himself and directly imported, eliminating "middleman" fees.

Correspondence Course in Ayurveda

In association with The Institute of Indian Medicine, this certificate course is comprised of over 600 pages of material used in India's finest colleges of Ayurveda. Completion of a 250-question exam earns a certificate.

Ayurvedic Delegations to India

Dr. Gerson brings a small group to India each year to visit research facilities, botanical gardens, universities and panchakarma centers. Includes governmental agencies and access to sites otherwise unavailable. Usually 10 days, these excursions are life-transforming. Costs vary each year according to flight, hotel and other fees.

Vedic Meditation Initiation

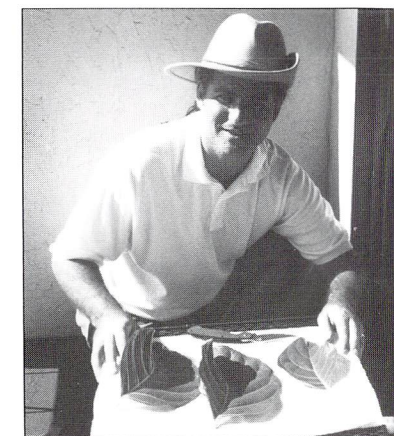
Considered the cornerstone of Ayurvedic health regimens, the NIAM offers these initiations to individuals who express desire to practice this daily meditation.

Physician Referral Service

Tell us where you live and we will inform you if there is a qualified Ayurvedic physician near you. Our standards are the highest and our list is currently small, but growing.

Referral to Scott Gerson, M.D.

Upon request we will advise you how to contact Dr. Gerson himself for any and all medical questions. We at the NIAM do not practice medicine or give medical advice. Dr. Gerson usually has a short waiting time and sees patients in both his Manhattan and Brewster offices.



Dr. Gerson preparing *Morinda citrifolia* for phytochemical analysis.