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To: demographics@treasury.gov.au
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Social Policy Division
The Treasury

I have read with particular interest the segment in the report on health in connection with the changing demographic, and in particular the extraordinary increase in health spending which is predicted over the next four decades.

The forecast 8% of GDP, especially in connection with the pharmaceutical benefits scheme(PBS) is too great an inpost on society to bear, particularly because of the huge range of negative side-effects which come as a result of many of these "helpful" medications. These pharmaceutical drugs are prescribed very often because of a lack of knowledge, and of documented proof, of any positive alternative.

I practise in the field of Ayur Vedic medicine, in particular, MAHARISHI AYUR VEDA(MAV). MAV utilizes more than 20 different approaches for achieving and maintaining health. One simple study, published in The Journal of Social behaviour and Personality 5 (1990): 1-27 found that people who participated in a Maharishi Ayur ved physiological purification program for only one week improved significantly in general well-being, energy and vitality, strength and stamina, appetite and digestive patterns, state of mind and emotions, and youthfulness and rejuvenation.

MAV is the most ancient and scientific system of natural medicine. Another study, published in Psyshosomatic Medicine 49 (1987)pp493 - 507 found that people who participated in a range of prevention programs of MAV were hospitalized 84% less than the norm. This really is a most astonishing figure, and if you simply do the maths on the projected figures in Australia's aged demographic in 10, 20 and 30 years time, you can see, the number of patient lives which would be improved, and the huge reduction in social and economic costs to our society, if MAV were adopted.

I would encourage the government to explore this modality, as there has been published research in many prestigious medical journals on MAV herbal compounds which increase resistance to disease and promote longevity and good health. Results include enhanced immune response, effective scavenging of free radicals, the improvement in age-related parameters, and even the reduction of cancer in laboratory animals.

MAV is a highly effective means of health maintenance and disease prevention because it restores balance to the mind, body and environment. It provides techniques to maintain balance which are free of harmful side effects and therefore do not create new problems for clients.

I know that funding directed to the support of programs in Maharishi Ayur Ved, particularly in connection with the preventative routines which have been proven to be effective, would have great results in improving health and happiness, and reducing illness, pain and suffering, with great benefits for the Australian economy and less drain on valuable health resources.

My desire is to know an Australian society which supports its senior citizens, however it is far better to educate the people on appropriate diet and routines to prevent ill health, than to struggle with illnesses which could perhaps have been prevented or at least lessened in their impact.

I would be happy to direct the unit to further research in support of these claims if desired.

Yours faithfully

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