



## Pain Specialist Dr. P.S. Ajrawat Introduces a Revolutionary, Scientific, Meditation Therapy For the New Age.



**Dr. P.S. Ajrawat**

*Dr. Ajrawat's Air-Pulse Autonomic Meditation Therapy® is a patented, new non-denominational therapy that allows individuals to balance body and mind without the loss of identity many feel when adopting ancient mind-controlling meditative healings.*

Millions of individuals experiencing pain and stress suffer because they cannot find appropriate help. It was frustration with existing therapies and a desire to aid those suffering that led Dr. P.S. Ajrawat to create Dr. Ajrawat's Air-Pulse Autonomic Meditation Therapy®. This scientific, non-denominational, Kha-

listani meditation therapy is part of Dr. Ajrawat's Dynamic Model designed to effectively manage and treat pain and stress from a scientific perspective, bringing balance between the body and mind.

"As the world reaches a threshold with modern science and its failures to provide for a relaxed, functional state of mind, people are turning to old and ancient methods to achieve that paradigm," says Dr. Ajrawat. "Until now, nobody created a scientific meditation that held solid ground, reflecting its mechanism and therapeutic effects."

Dr. Ajrawat's Air-Pulse Autonomic Meditation Therapy® is based on the fact that the mind and body form one functional unit in which balance is essential for homeostasis. With the application of multiple components, the therapy brings changes in vital signs, such as a decrease in heart and respiratory rates; general vasodilatation and improvement of circulation; blocking of mental chatter; increased energy; improvement of focus; relaxation and increased insightfulness; and other benefits. It also helps an individual meditate upon self

and look inward for solutions, making her more aware and insightful. The therapy can be done in any posture (Kha-listani) and involves no auto-suggestion or mantra.

sound—people continue to feel more stressors in life, be they psychological, physical or social. Even in the medical field, the limitations of various methods, including various



### A Healing Tradition Meets Modern Science

The civilized world has used traditional meditation as a spiritual discipline for millennia, and many have believed it to be the ultimate way to relax and merge with universal consciousness. Nevertheless, ancient forms of meditation could never be incorporated into scientific modes of therapy because their conception, perception and projection were primarily spiritual, social or philosophical in nature, Dr. Ajrawat says.

Despite the assertions of various methods and theories of relaxation and the widespread use of associated techniques—application of certain postures, focusing on imaginary energy circles (chakras), autosuggestion (mantra) or use of

types of medication, are apparent. Often people in need of help for mental and physical ailments begin certain types of meditation but soon feel dissatisfied, or at times even violated or helpless, when they find themselves dragged into or trapped by a philosophy which they feel takes away their autonomy. This often results in further identity loss and more stress. Hence, a journey meant to bring about the realization of self and physical and mental health instead brings more self-alienation, dependency, misery and pain.

As a scientific invention, Dr. Ajrawat's Air-Pulse Autonomic Meditation Therapy® is non-denominational and open to all. Persons of any faith can participate without feeling intruded upon or violated. Though Dr. Ajrawat is a religious man, he believes autonomic meditation





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therapy is likely to transform some of the basic concepts of spirituality and faith. “The ultimate goal of this scientific meditation is to achieve sound mental and physical health and an empowerment of mind,” Dr. Ajrawat says.

## A New Medical Paradigm

Dr. Ajrawat’s Air-Pulse Autonomic Meditation Therapy® is based on his concept of Bi-directional Psychosomatic Autonomic Feedback and is designed to restore autonomic balance at will and improve the levels of hormones, neurotransmitters, sympathetic and parasympathetic functions and general circulation in the body. This meditation therapy helps both healthy individuals and those with medical conditions such as anxiety, panic disorder, post-traumatic stress disorder, depression, substance abuse, drug addiction, ADHD, bipolar disorder, hypertension, fibromyalgia, myofascial

pain syndrome, irritable bowel syndrome, cancer pain, Alzheimer’s disease and more, as a majority of these ailments involve imbalance of the autonomic nervous system.

Dr. Ajrawat has experimented and performed studies on patients using his autonomic meditation therapy and achieved promising results. Qualified as a pain specialist through his fellowship training and certification in pain management, Dr. Ajrawat’s has drawn on his knowledge of human anatomy, physiology, biochemistry, neural mechanisms, pain pathways, nerve endings, neurotransmitters, hormones, neuro-endocrinology and other areas to develop his meditation therapy. He has transformed his ideas into an effective scientific therapy in which the primary focus is on the body and mind; the organs and organ systems and their functioning; and the restoration of homeostasis—a new paradigm.

Hence, with Dr. Ajrawat’s Air-Pulse Autonomic Meditation Therapy® and Dr. Ajrawat’s Image Therapy, an individual receives new control and vision. In addition, incorporating strengthening and stretching exercises, employing ergonomics, eliminating pain-perpetuating factors, getting good nutrition, performing strengthening and stretching exercises daily, engaging in walking alternated with jogging and practicing correct principles can help improve mental and physical agility, which Dr. Ajrawat believes are essential.

“In this age of technology, humans are likely to be challenged by the very advancement they desire,

## About Dr. Ajrawat

Dr. P.S. Ajrawat is one of the first full-time qualified (fellowship-trained and certified) pain specialists. In July 1985, he introduced the new field of pain management to the Washington metropolitan area. Based on his training, Dr. Ajrawat introduced a new model for pain evaluation and treatment called the Bio-psychosocial Model. Over the years, through his efforts, the general frame of reference of the local medical community regarding pain management has changed. One-to-one treatment combined with conservative, quality care has been the mission of Dr. Ajrawat and his wife, Dr. S.K. Ajrawat, a board-certified psychiatrist. Positive treatment outcomes for various types of pain and pain-associated stress have been the result.

such as autonomy of computers to achieve certain solutions, which some people will find hard to accept and deal with, which in turn will be detrimental to their self-esteem and confidence,” Dr. Ajrawat says. “In that situation, it is only the relaxed mind, healthy body, creativity, awareness of self and following correct principles that can compete with the challenge of artificial intelligence and society at large. Cognitive therapies like Dr. Ajrawat’s Air-Pulse Autonomic Meditation Therapy®, Air-Pulse Meditation and Dr. Ajrawat’s Image Therapy will be the scientific tools to keep modern generations on the cutting edge.”

*For more information about Dr. Ajrawat and Dr. Ajrawat’s Air-Pulse Autonomic Meditation Therapy®, visit [www.PainManagement.com](http://www.PainManagement.com). Contact: Dr. P.S. Ajrawat Tel: M- 240-375-1205 Web: [PainManagement.com](http://PainManagement.com)*



## Meditation Therapy For the New Age

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### MEDITATION THERAPY

helps healthy individuals and those suffering from:

- Anxiety • Post-traumatic stress
- Depression • Substance abuse
- Drug addiction • ADHD
- Bipolar disorder • Hypertension
- Fibromyalgia • Myofascial pain
- Irritable bowel syndrome
- Cancer pain • Alzheimer’s & MORE!

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