



Curriculum Vitae Dr. med. Ernst Schrott

Education

Study, Ludwig-Maximilians-Universität, Munich 1972-1978
Doctor of Medicine, Ludwig-Maximilians-Universität, Munich 1979

Medical Residency

Orthopaedics and Rheumatology, Orthopädische Klinik des
Rheumazentrums Bad Abbach (Chefarzt Prof. Dr. D. Wessinghage) 1980-1982

Anaesthesia
Orthopädische Klinik des Rheumazentrums Bad Abbach (Chefarzt Dr. Lutz) 1982

Natural Medicine and General Medicine 1982-1984
Joint Practice Dr. Ulf Evertz, Bad Abbach

Natural Medicine 1984
Akutklinik für Innere Medizin, Augsburg-Deuringen
(Chefärzte Dr. Martin Stübler / Dr. Kleindienst)

Additional Medical Education 1984-1990
Acupuncture, Homeopathy, Chirotherapy, Balneotherapy

Authorization for doctors training in natural medicine 1989-Present
administered by Bayerische Landesärztekammer
(Official Chamber of Medical Doctors)

Vedic Medicine

Veda in Physiology 1972-1979
Practical experience by intensive courses in the system of Yoga
including Maharishi Mahesh Yogis Transcendental Meditation
and TM-Siddhis-Programme

Ayurveda – Postgraduate Study 1984-1998
Maharishi Vedic University, The Netherlands

Specific doctors Training courses

Seelisberg, Switzerland; Como, Italy; Valkenburg, Surya, The Netherlands;
Schledehausen, Germany; Maharishi Ayurveda Arogyadham Hospital, Delhi, India

Ayurveda Pancha Karma Training Course, Surya, The Netherlands 1993

Teachers

Dr. Ramanuja Raju, Delhi / Hyderabad, India
Dr. Dev Triguna, Delhi, India
Prof. Ranga Rao, Hyderabad, India
Asthavaidya Narayanan Mooss, MVU, Niederlande
Dr. Kasture (Panchakarma)
Dr. P.K. Warriar, Calicut, India

Practice of Ayurveda

Medical director Maharishi Ayurveda Panchakarma Centre, Regensburg 1993-1998

Application of ayurveda in daily practice seit 1984



Scientific Research an Publications

Papers

- Clinical study on Meralgia paraesthetica in patients with coxarthrosis
Orthopaedic Clinic I, Bad Abbach (Prof. Dr. D. Wessinghage) 1981
- EEG, Consciousness and Transcendental Meditation 1982-1983
- Schrott, E et al: Extract from gum resin of *Boswellia serrata* decreases
IA(2)-antibody in a patient with „Late onset Autoimmune Diabetes of the
Adult“ (LADA). *Phytomedicine*. 2014 May 15;21(6):786.
doi: 10.1016/j.phymed.2014.02.004. Epub 2014 Mar 31. 2014
- Prof. K. Kairies / Dr .E. Schrott: Transzendenz – Basis für Kreativität im Management,
Arbeitspapier 44/00 FB Wirtschaft der FH Hannover, Februar 2000 2000
- Numerous further Publications on subjects in the field of Natural Medicine,
Ayurveda and Meditation 1990-2014

Books

- Several Books on Ayurveda, Nutrition, Meditation, Marmatherapy,
Vedic Music Therapy, etc. 1995-2014
- Editor (Schrott/Schachinger) of “Handbuch Ayurveda”, Thieme-Verlag,
A Handbook on Ayurveda for doctors and medical professions, with preface
of the Indian Health Minister, Mrs. Panabaka Lakshmi 2005
- Editor (Dr. E. Schrott /Prof. Ammon) of „Ayurvedische Heilpflanzen Indiens und
Europas – ein Vergleich“ (Wissenschaftliche Verlagsgesellschaft Stuttgart) 2007
- Digital Encyclopaedia „Ayurveda Heilpflanzen“ 2006
„Heilpflanzen und Präparate der ayurvedischen Medizin – Lexikon für Ärzte und
Apotheker“, Dr. E. Schrott / Dr. James Duke;
Software on 500 ayurvedic herbs and related ayurvedic preparations
- Dr. E. Schrott, Dr. J.R. Raju, Stefan Schrott: „Marmatherapy“, Goldmann bei Mosaik 2009
- Dr. E. Schrott / Prof. Ammon: „Heilpflanzen der Ayurvedischen und westlichen
Medizin – ein Vergleich“, Springer 2011

Status

- Co-founder of the German Association of Ayurveda
(Deutsche Gesellschaft für Ayurveda), the German Ayurveda Doctors Association 1987
- Vice-president German Association of Ayurveda seit 2005
- ounder and Director German Ayurveda Academy seit 2002

Awards

- „Ambassador of Ayurveda 2005-2006“, Peediyakkal Medical and Charitable Trust, Kerala, India 2006