

UNIVERSITY OF ILLINOIS
AT URBANA-CHAMPAIGN

Department of Physics
Loomis Laboratory of Physics
1110 West Green Street
Urbana, IL 61801-3080



To whom it may concern:

This is a letter of reference for Dr.R.Raghavan,of the International Foundation for Ayurveda and Yoga Research and Training Trust.

For many years I had had rotator cuff problems with both my shoulders. When I visited Kerala in January 2011, an Indian friend of the family suggested that I try a course of Ayurvedic treatment, and local contacts put me in touch with Dr.Raghavan. For the ten days I spent in Kerala he gave me an intensive course of treatment, often driving down from Kochi to Kottayam (no mean feat on Indian roads!) entirely for my benefit. While I cannot quantify the benefit I received from the treatment (since I did not do a "before" test to compare with the "after"), I have a very definite impression that not only my shoulders but my general health improved substantially as a result of his care and the follow-up procedures he recommended. In any case I can say unequivocally that he commands great devotion among his patients, and seems to me to doing a really tremendous job. I would very strongly recommend that a book be devoted to his methods and more generally to Ayurvedic techniques.

A. J. Leggett

A. J. Leggett

(Nobel prize in Physics,2003)