



'From Sutra & Samskara to Science'

an ancient, classical, traditional, authentic and pure divine knowledge as brought by BHAGAWAN DHANAWANTRI, carried forward by Eternal Sages Lineage - *Sanatana Rishi Parampara* and further taught by revered Masters - *Ayurveda Acharyas*

Master Classes of Ayurveda Modular Trainings



The very name of Ayurveda is 'Amrita' (Nectar)

BHAGAWAN DHANAWANTRI

appears from Ocean of Milk with the Pot of Nectar in HIS hands

BHAKTI AYURVEDA

Eyndovensteenweg 44; 2960 Brecht, Belgium +32 475 82 55 82

ayurveda108@gmail.com

www.bhakti-ayurveda.com

Naveen Gupta (ayurved acharya* - vaidya raja** - pundit ***)

*Formerly Professor, Scholar, Research Associate & Member **Dr. (B.A.M.S. India) at Ayurveda Shikshana Mandala ASM, Ashtavaidyan Ayurveda Foundation AAF; National Academy of Panchakarma and Research NAPAR and ***Bhagwana Dhanawantri NavaGraha Ayurveda Mandir BDNAM

B.A.M.S. Honours - Bachelor of Ayurvedic Medicine and Surgery, Department of AYUSH - Delhi University (1977 – 1983); P.G.C.R. - Post Graduate Certificate in Rehabilitation Techniques, All India Institute of Physical Medicine and Rehab., Mumbai, Ministry of Health & Family Welfare, Government India (1986); Post Graduate Certificate in Panchakarma - AVS, Kerala 1992

Ayurveda journey with Acharya ji begins with *Marma Morning Walk* called in Bhakti tradition as *Suprabhat Pheri*, which is the best symphony on the path of spiritual, mental and physical wellbeing. It infuses the mind with the divine energy that can only come from the Lord's name in the age of *Kali (Kaliyuga)*.

Health, Happiness and Harmony of Body, Mind and Soul is the ETERNAL MANTRA to ETERNAL HEALTH.



Vastu Vidya Samskara

Naveen Gupta, popularly known as *Acharya ji* paying obeisance to the lotus feet of Lord Dhanawantri by lighting a ghee lamp in front of the Deity and *agara* incense in the premises of Ayurveda congregation in The Netherlands

"A wise person has the world as their teacher." (Ashtanga Hridaya - Vaghbata's Heart of Medicine 6th CE)

Ayurveda is the most ancient system of Medicine known to the mankind. It emerged within the Vedic culture that arose on the foothills of Himalayas and further followed close to the banks of the great rivers of India. Ayurveda is based on the Vedic truths expounded by the ancient sages. Master Classes of Ayurveda MCA recognizes these sages as Vedic Masters, Acharyas and Vedic Scientists. The footpaths of these sages are followed in India, motherland of Ayurveda.

MCA initiates an effort to follow the footpaths of '*Ayurvedic Sanatana Rishi Parampara*' Ayurveda is a recognized system of Medicine in India. Collectively known as AYUSH; Ayurveda, Yoga, Unani, Siddha and Homeopathy, these systems are widely accepted and practiced system of Medicine in India. It is as simple as it is that the world has to or will follow sooner or later. It is just a matter of time. The only requisite is, the consciousness of Health, Food and Drugs Regulating Agencies in this part of the world which has to rise above the interest of multi-national pharmaceuticals and multi-national companies and awake to higher consciousness and safeguard the interest of humankind to bring absolute health.

Overview about MCA Bhakti Ayurveda Program

Perfection of Ayurveda is **Bhakti Ayurveda**, a pure wisdom that preaches to see body and mind as the temple of pure wisdom that preaches to see body and mind as the temple of individual being. Bhakti is described as an unconditional devotion of heart, body, and mind to please and serve Lord and through Lord your divine self, as God/Goddess are in you in other words you are **God/Goddess**.

In this 21st Century there have been diverse Ayurveda systems of learning in this stress driven mankind posed with complex challenges. The different approaches of teaching

of this wonderful worldwide wisdom (www) of Ayurveda popularized in the world has yet to develop, teach and practice the perfection of Ayurveda in most of the Ayurvedic Studies Programs designed and conducted for Westerners in and outside India. The diverse programs share the same literary narrative (*shabda-artha*) but not the same emotional narrative (*bhaava-artha*).

Then Ayurveda in the institutional settings are like the modern re-tellings that are more structural less reverent, more judgemental and less enquiring. I do admit that I also studied in an institutional setting but soon I realised this was not what I wanted. My institution made me a Doctor while I was looking for the subtle spiritual aspects of Ayurveda. My journey continued to small not so known villages in India at different states, away from my home state, Delhi to far east, far west, north and south and I found my *Acharya(s)*, completed my education. I must admit that the insitutional programs are designed and conducted by the best brains from India and rest of the world, at least better brains than of mine. After serving mankind as an Ayurveda physician for 30 years my inner-voice says to me to spread the message of Ayurveda not only as Medicine but also in the true sense the knowledge of life as holistic and wholistic as received from my *Acharya(s)* and guides me to the lotus feet of Lord and to serve Ayurveda with *Bhakti*.

'*Acharya*' is the Master/ teacher, '*Shishya*' is the disciple/ pupil/ student/ taught and '*Parampara*' is lineage. '***Acharya Shishya Parampara***' is the knowledge passed on in a lineage manner. This servant of servants (*dason ka dasa* Naveen Gupta) dedicates *Bhakti Ayurveda* in the service of Lord and to the world created by Lord. In MCA *Bhakti Ayurveda* Program, ***Acharya ji*** teaches directly the perfection of Ayurveda. Here you will not only gather the information but a vision and joy of life. If you actually want to participate in the perfection of Ayurveda you will learn the authoritative statements '*From Sutra & Samskara to Science*', which can be understood as scriptural evidences in the form of verses from *Vedas, Upanishads, Puranas and Brihadtryi* – the three great Ayurveda compendiums and *laghu tryi* – the three small Ayurveda compendiums known as *Samhita* from revered *Acharyas Charaka, Sushruta, Vagbhatta* and so on.

With *Acharya ji* at times during the program you will chant *Bhakti Ayurveda Sutras/ Verses* in Sanskrit, which are in two lines; the first line is composed by *Acharya(s)* - the *Vedic Masters* and the second line is composed by *GOD's* speech which makes it a complete verse - *Sutra*. *GOD* inspired by *GODDESS*, who is *Shakti*, the power behind *Lord's* speech chant those *Sutra(s)* from Universe to bless human beings and all living creatures; in sky *Nabha chara* – the flying birds, on earth *Thala chara* walking living beings on on *Bhu Devi/* mother Earth, mountains and forest and in water *Jala Chara* – aquatic lives in conscious lakes, rivers and ocean.

MCA Bhakti Ayurveda Program is for Ayurveda aspirants seeking for authentic, traditional and divine knowledge yet applying well-defined scientific parameters set by *Vedic sages* in day-to-day life. On one side it deepens your understanding of your own innermost core and deepest being by adapting to ***Bhakti Ayurveda*** into your day to day life and for a personal powerful experience that carries you away, and renews you from within. On other side *Acharya ji* will learn you to adapt the knowledge into your professional carrer as health practitioner, teacher, lecturer, author, diet-advisor, life style coach or devoted mentor by helping your existing and future clients for primary care

and/or extended learning to self-healing, into their spiritual growth, adapting to core Human values and practicing ethics in business.

MCA Bhakti Ayurveda Program schedules follow Vedic Panchanga - Astrological and Vaishnava Calender from Bhakti tradition on 3 Modules with abstracts & Dates:

Module 1 - Subject Theme – Karka evam Arbuda Roga – Cancer & Ayurveda - Scope of Ayurveda in integrative Oncology

January = Madhava Masa & March = Govinda Masa

Weekend 1: Saturday 24th and Sunday 25th January 2015

Weekend 2: Saturday 28th and Sunday 29th March 2015

Abstract

The term 'cancer' is not found in the 5,000-year-old Indian System of Medicine, which relies on natural substances and *Satvika* life-style for healing. But Ayurveda compendiums mentioned above address the clinical features, resembling cancer, with the names such as **Charmakeela, Apachi, Gulma, Granthi, Raktagulma, Valmika** and **Arbuda**.

Ayurveda prescribes numerous ways and means to overcome the chronic and incurable diseases and associated medical, psychological and social problems in a holistic way under the heading of *Rasayana*. The concept of *rasayana* is very applicable in preventing premature deaths due to cancers. This module focuses on understanding the cancer as regards to Ayurvedic Biology i.e., in terms of the theory of **Dosha, Dhatu, Agni, Ama, Srotaámsi**, and the generic sequence of events in the causation of a disease called as aetiopathogenesis (**Shatkriyakala**) and its role in integrative care.

An integrative approach to oncology is emphasised to add a step on to the preventive and curative aspects of cancers that have resemblance with diverse Ayurvedic clinical entities mentioned above.

This module shall highlight Ayurveda way of aetio-pathogenesis and *Srotasami Vikara* (pathological evaluation of channels of circulation from *Rasavaha Srotas* - lymphatic channel to *Shukravaha Srotas* – Reproductive Channels in Men), also management as anti-oxidants, free radical scavenging along with a positive role of Ayurveda remedies as an adjuvant or co-therapy along with chemotherapy or radiation therapy or proton therapy etc.

This module will not discuss *Arbuda* related to *Artava vaha Srotas* – Cancer related to Reproductive channels in Women, as this will be discussed in other module related to Women.

The main objective of this module is highlighting the cancer in ayurveda, its diagnosis, prevention, treatment and research by looking back in the *Sutra(s)* in the compendiums by adopting prescribed Ayurveda regimens for strengthening of immunity, healthy lifestyle, diet, exercise and access to the Divine Consciousness within, through *Satvika* disciplines, can correct the false information that triggers uncontrollable cell multiplication, and heal cancer from the quantum level of the body.

Module 2 - Subject Theme – Swastha Stri evam Stri Roga - Reproductive Health and Gynaecological disorders of Woman through Ayurveda

May = Trivikrama Masa & July = Vamana Masa

Weekend 1: Saturday 2nd and Sunday 3rd May 2015

Weekend 2: Saturday 4th and Sunday 5th July 2015

Abstract

Ayurveda has been widely recognized, as a system of natural health care congenial to the health needs of women. A woman in Ayurvedic teachings has been glorified as a mother of religion, culture, health and wealth of desire of the whole world.

A female has always embodied her highest esteem when she fulfils the simple, traditional role of "mother." This is because the feminine energy is the origin of all creations; she is the primeval force, *Prakriti* and *Shakti*; all that is divine and abundant. Ayurveda considers a woman to be the most important valuable jewel as the four fold objectives of life, progeny, happiness; all can be attained only through her.

Ayurveda way of life encourages woman to know her womanhood & express her feminine energy and power and giving her enough knowledge to use them on a day-by-day basis. While knowing & caring for herself in times of vulnerability she can maintain her individuality, energy, respect, power & health applying the Ayurvedic principles to her own individual situation.

This module will discuss Ayurveda way of aetio-pathogenesis and *Srotasami Vikara* (pathological evaluation of channels of circulation in *Artavavaha Srotas*– Reproductive Channels in Women), also throw light on different life phases of a woman seen from Ayurvedic perspective and will discuss the physiology of menstruation and menstruation related disorders such as pre-menstrual disorder, menopause etc.

This module will also discuss feminine sexuality, sub-fertility, infertility, pregnancy (*Garbha*) and month wise Ayurvedic care of expectant mother in entire pregnancy period and lactating period with care of breasts.

Ayurvedic diagnosis and management of Pelvic inflammatory diseases (PID) such as polycystic ovarian disease PCOD, endometriosis, myoma etc. will be discussed.

Module 3 - Subject Theme – Manas Vidya - concept of Ayurvedic psychiatry, Mental Health & Mental Disorders

September = Padmanabha Masa & October and November = Damodara Masa

Weekend 1: Saturday 12th and Sunday 13th September 2015

Weekend 2: Saturday 31st October and Sunday 1st November 2015

Abstract

Manas Vidya is a system of Ayurveda, which aims at discovering the exact nature of the relationship between the emotions and bodily function, affirming the principle that the mind and body are one. Ayurveda defines mental health as a state of mental, intellectual and spiritual wellbeing. Heart as well as brain is considered to be the locations of mind. Sensory and motor functions of mind are chiefly attributed to brain and psychological functions particularly the emotional aspects of psyche are attributed to the heart.

In this module we discuss *Manovaha Srotas* in detail and also various general Mental disorders viz. Depression, Fear, Lack of enthusiasm and happiness in day-to-day life,

Anxiety, Chronic Fatigue, Lack of energy, Sleeplessness, Feeling of hollowness of mind etc. and specific Mental disorders viz. Obsessive disorders, Addictions, Alzheimer's, Schizophrenia, ADHD etc.

An inclusive note from Acharya ji

These Modules has been designed to give you the required knowledge and skills to practice as an Ayurvedic doctor/ practitioner/ health professional on the three subjects as it encompasses a variety of pure Ayurvedic wisdom which as and when necessary includes short information, know how and practice of:

- ✓ *Nadi Vidya* - Pulse readings on 7 levels, Body-Mind type, *Ojas, Tejas, Prana, Chakra, Srotas* etc.
- ✓ *Marma Shastra* - 108 vital points in Human Physiology - Ayurveda *Abhyanga*
- ✓ Balancing the bio-energy principles (*Prakriti Sthapna*)
- ✓ Managing dis-balances in the bio-energy principles (*Vikriti Nivarna*)
- ✓ *Kaya Chitsa* (Internal Medicine)
- ✓ *Satvika Ahaara Vihaara Vichaara* - Pure Nutrition and Lively Lifestyle Practices with Devotion to Body & Mind as Temple.
- ✓ Single herb therapy (*Ek-aushadh Chikitsa*)
- ✓ Classical and proprietary complex herbal preparations (*Shastriya evam Prayogik Dravya* - ayurvedic herbal medicine)
- ✓ *Divya Aushadhi* - To prevent, manage or treat complex challenging disorders of this century, diverse applications of Sacred Ayurveda Herbs amply grown in the Holy Himalayas in their purest of pure forms, there lies the answer.
- ✓ *Ayur Astro Jyotish Veda* - Vedic rituals, Balance with Cosmos - 9 Planets (*Nava Graha*) & 27 Astronomical Constellations representing *Nakshatra Upavana* - Ayurveda Garden of Life.
- ✓ *Ayur Gandharva Veda* - *Sangeeta Mala* - Ayurveda Music of-and-for the Soul & Soulmate) and *Marma Nritya* - dissolution of self in wholesome.
- ✓ *Bhakti Ayurveda Panchakarma* - a Therapeutic process for Body, Mind, Energy and Consciousness. It is simple in its application yet powerful and effective unique, natural, holistic, health-giving series of therapeutic treatments that cleanse the body's deep tissues of toxins, open the subtle channels, bring life-enhancing energy thereby increasing vitality, inner peace, confidence and well-being.

Very important remark before you commit for the program

Please note that the subject headings above are discussed in Scriptures and Ayurveda *Samhita(s)* as authentic texts in very detail, so please donot expect these lessons as exhaustive and structural Ayurveda programs, we cannot cover all the details of subjects in few hours in a year's commitment. We donot supply any syllabus for the program. At times you may record (audio and video) to be circulated amongst the group for final editing in script work. As and when necessary Acharya ji will guide you to follow available writings (or text books) on Ayurveda in English or translated versions in your mother language as homework. And if you wish you might follow subsequent year/s to go further on different subject themes and later as per interests, dedication and devotion of MCA *Vidyarthi Varga* (MCA students and participants).

Seeing my curiosity to know everything fast and exhaustive, my revered Acharya(s) used to mention, we need 7 human lives to learn Ayurveda. So learn Ayurveda therotically, practically and also by chanting its *Sutra(s)* again and again till you reach to

perfection of **Ayurveda Sutra evam Samskara**. In this way your speech in the form of *Sutra(s)* are in *Akasha* (ether/sky) as *Shabda* (sound/speech) and these *Sutra(s)* will come back to you in your next life so you get whole wisdom from your infancy. The only thing you need to do when you leave this body you are in a state of joy with **Lord Rama**, with the last breath you say Lord's name **Govinda**, Lord's consort **Radha Rani** as *Tulasi Devi*/ Holy Basil leaves are on your lips and **Holy Ganges** water in your mouth.

Manas meh Ram, Shabda meh Govinda Naam! Mukh meh Ganga Jala, Hothon meh Tulsi Dala!!

About participation and other important details and remarks

If you want to participate, I kindly ask you to respond to phone to contact me (Acharya Naveen Gupta) by mailto: ayurveda108@gmail.com

For new MCA participants: Upon receipt MCA will provide you with recruitment reply form (rrf), which will need to be completed and returned to me by email. To enhance the value and quality of the modular trainings and to come to your expectations I would appreciate if you would write a motivation letter mentioning, why you are attracted to follow the trainings and what are your personal needs and expectations. If MCA is not able to come to your expectations you will be informed before you make any commitment and in this case without any obligation MCA will help you by mentioning some authentic scriptures on Bhakti and Ayurveda and you may join later in coming year/s when you are ready to learn **Ayurveda Sutra evam Samskara** from **Acharya ji**. On receiving your form and motivation letter and your expectations (if MCA can come close to your expectations) you shall be invited to have a face-to-face talk over a cup of Ayurvedic *Chai*, which is possible at Acharya ji's residence in Brecht in Belgium or on specific dates at Holisan.

Venue, Schedule of fees and Mode of payments and options

Merwede 30; 8226 NA Lelystad, The Netherlands (driving directions at www.holisan.nl)

You are free to sign for 1 subject theme for year 2015 and you may join subsequent year/s as and when it is possible to repeat the subjects. Since the seats are limited MCA follow the policy of first come first serve and preference shall be given to interested participants who shall follow the whole program.

(1 module = 1 subject theme = 2 weekends = 4 days = Euro 640 exclusive VAT

*No discounts.

2 modules = 2 subject theme = 4 weekends = 8 days = Euro 1216 exclusive VAT

**5% discounts offered. 3 modules = 3 subject themes = 6 weekends = 12 days = Euro 1728 exclusive VAT

***10% discounts offered.

One additional ego-less statement from MCA & Inclusive remarks

In India there are still millions of children (even young and adults) who only dream of going to school. MCA is helping some of them to realise this dream. For every participant 8% of the fees MCA contributes to its rural development initiative that supports among other projects, primary education and adult literacy programs in (unprivileged) villages in India. And this part of total price will be donated in your and your loved one names,

please let Acharya ji know if you choose this way. The other option is when you have some pure charity program in this life in your path then you may simply deduct 8% fees from above stated schedule of fees. For example if you would pay Euro 1728/- for attending whole sessions you deduct 8% and you pay to MCA 1580/- for whole sessions.

Inclusive remarks: The price includes Ayurvedic tea, snacks and mid-day Ayurvedic catering. When you wish to be involved in helping and/or bringing food to be shared by all of us, this gesture is heartily welcome. In this way by cooking/ helping/ preparing and having our drinks, snacks and meals altogether will emit pure signals and a pure Ayurvedic feeling of union of the group (*Vidyarthi Varga*) and by this way we come to know more about each other, teacher, organiser and knowing about each other's interests and sharing to make it a unique class room experience known in Vedic times as *Acharyakulam*.

Cancellations and Refunds and Disclaimer

Only committed and devoted students/ participants are welcome.

Please note that the modules, lessons and practical sessions are meant to be for your own development of knowledge in eastern wisdom and meant to be for your own spiritual path and are only for academic purposes. The sessions are based on Ayurveda, Indian system of Medicine and in no way the modules, sessions, lessons or trainings or practices should be understood as replacement or research of regular system of medicine as established by law in European Union and MCA and Bhakti Ayurveda, Master Classes of Ayurveda and/or myself Naveen Gupta do not claim that the course is recognised by any academic or health regulating agency of Government or private or any recognised professional association in European Union or or UK or Switzerland.

Script writing and Certificate of attendance

You are supposed to write notes (class notes and home work) and later on compile your notes so that it takes a shape of script writing. Script can be written by two or small group of *Vidyarthi Varga*. That script will belong to you as writer/s and *Acharya ji*. You will send a print and a digital copy of the script to cross check. *Acharya's* inputs and remarks will be added to it. Certificates of attendance will be awarded after a written and viva voce examination on last date of the sessions.

*Sarve bhavantu sukhinah,
Sarve santu niramayah!
Sarve bhadrani pashyantu,
Ma kashchit dukh bhag bhavet!!*

May all be happy,
May all be free from disabilities;
May all look to the good of others,
May none suffer from sorrow.



Na tvaham kameye rajayam, Na swargam na punarbhavam! Kamaye dukhtaptanaam, Praninaam arti nashnam!!

I don't desire lordship over others, nor do I aspire for heavenly pleasures, nor do I pray to be released from the bondage of birth and death, my only ambition is to become an instrument of relieving the sufferings of those who are groaning under the scourge of one or the other form of disease.

This is the motive by which, practitioners of Ayurveda are perpetually guided.

II AUM SHRI DHANAWANTRYE NAMAH II