



'From Sutra & Samskara to Science'

an ancient, classical, traditional, authentic and pure divine knowledge as originated by BHAGAWAN DHANAWANTRI practiced by Ashwini Kumar(s), the Celestial Physicians and further carried forward by Eternal Sages Lineage - *Sanatana Rishi Parampara* and further taught by revered Masters - *Ayurveda Acharyas*

Master Classes of Ayurveda Tutorials



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

BHAGAWAN DHANAWANTRI

appears from Ocean of Milk with the Pot of Nectar in HIS hands for Health, Happiness and Harmony for Body, Mind and Soul for one and all

BHAKTI AYURVEDA SWITZERLAND

Rue du Lac 18; 1800 Vevey, Switzerland

GSM +41 79 191 37 32

ayurveda108@gmail.com

www.bhakti-ayurveda.com

Naveen Kumar Gupta (*ayurved acharya* - ashta vaidya raja** - pundit - siddhar****)

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

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

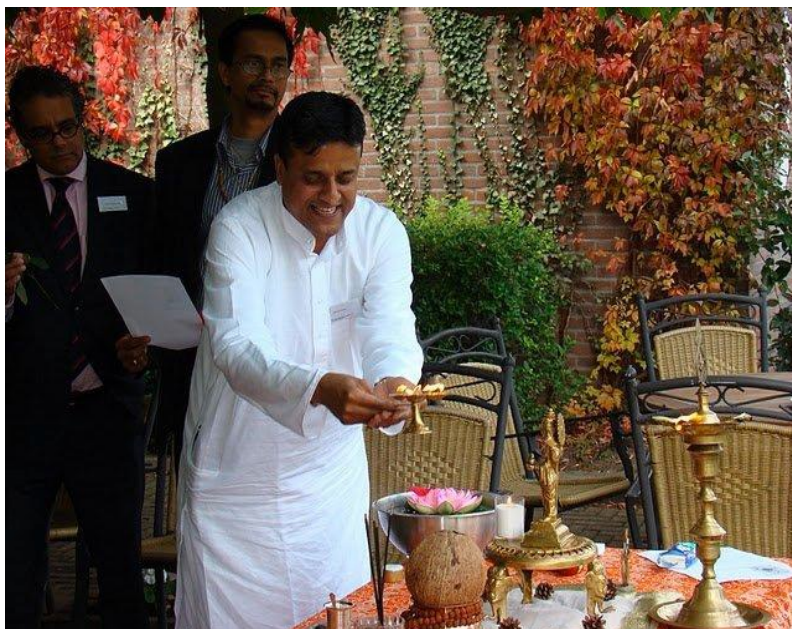


Bhakti Ayurveda/ Master Classes of Ayurveda/ Amrita Arogya Dhama
ayurveda108@gmail.com

www.bhakti-ayurveda.com

Ayurveda journey with Naveen Kumar Gupta (popularly called as 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.



Ayurveda Samskara and Sutra chanting on Jyotish Veda, Sthapatya Veda, Dhanur Veda and Gandharva Veda

Acharya Ji paying obeisance to the lotus feet of Lord Dhanawantri by lighting a ghee lamp and agara incense in the premises of Ayurveda Congress.

"A wise person has the world as his/her 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, Acharya(s) and Vedic Scientists with high esteem and respect. The footpaths of these sages are followed in India, motherland of Ayurveda.

Collectively known as AYUSH; Ayurveda, Yoga, Unani, Siddha and Homeopathy, these systems are widely accepted and practiced systems of Medicine in India. Simply the world has to or will follow sooner or later these systems of Medicine; 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 has to rise above the interest of multi-national pharmaceuticals, nutraceuticals and multi-national food and beverages chains and be awakened to higher consciousness to safeguard the interest of ecology, all living



Bhakti Ayurveda/ Master Classes of Ayurveda/ Amrita Arogya Dhama
ayurveda108@gmail.com www.bhakti-ayurveda.com

beings and humankind to bring absolute health. BHAGAWAN DHANAWANTRI arranged Ayurveda into eight divisions, called as 'Ashtanga Ayurveda' viz. :

1. *Kaya Chikitsa* (Internal Medicine)
2. *Shalya Tantra* (General Surgery)
3. *Shalakya Tantra* (Oto-Rhino-Laryngology and Ophthalmology)
4. *Kaumara Bhritya, Bala Roga Chikitsa* *evam Stri Swasthya* or (Babies' wellbeing, Children's Health, Paediatrics and Woman's health - Gynaecology)
5. *Bhuta-Vidya* or *Graha Chikitsa* (Psychiatry, Demonology and Psychology)
6. *Visha Tantra* *evam Vyavahar Ayurveda* (Toxicology and Ayurvedic Jurisprudence)
7. *Rasayana Tantra* (Geriatrics and the science of rejuvenation and regenerative therapies)
8. *Vajikarana Tantra* (The science of aphrodisiacs, sterility, impotency and the promotion of virility)

Overview about MCA Bhakti Ayurveda Tutorials

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

MCA initiates an effort to follow the footpaths of '**Ayurvedic Sanatana Rishi Parampara**'; the lineage of Ayurveda. 'Acharya' is the master/ teacher/ guide/ mentor, 'Shishya' is the disciple/ pupil/ student/ taught and 'Parampara' is the lineage. This servant of servants (*dason ka dasa*) Naveen Kumar Gupta dedicates Bhakti Ayurveda in the service of God and to the world created by God. In MCA Bhakti Ayurveda Tutorials, one not only gathers the information but a vision and joy of life. *Acharya ji* presents directly the perfection of Ayurveda. Here With Bhakti Ayurveda one shall learn the authoritative statements 'From *Sutra & Samskara* to Science', which can be understood as scriptural evidences in the form of verses from *Veda(s)*, *Upanishad(s)*, *Purana(s)* and *Brihad-tryi* – the three great Ayurveda compendiums and *Laghu-tryi* – the three small Ayurveda compendiums known as *Samhita* from revered *Acharya(s)* Charaka, Sushruta, Vagbhata, Bhava Prakasha, Madhavakara, Sharangdhara and so on.

In the 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 wisdom of Ayurveda popularized in the world has yet to develop, teach and practice the perfection of Ayurveda in most of the 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. Acharya ji did admit that he studied in an institutional setting until his Bachelors in Ayurvedic Medicine & Surgery but soon he realised it was not what he wanted. The institution made him an Ayurveda Doctor while he was looking for subtle spiritual aspects of Ayurveda. With this inspirational thought his journey continued to little villages (not so known) in India at different states, away from home state, Delhi to far east, west, north and south and he found his Acharya(s), continued (and ever continuing) his education as a blessed student of Acharya(s).

Acharya ji further admits that the insitutional programs are designed and conducted by the best brains in India and the rest of the world, at least better brains than of him. Now after serving society as an Ayurveda physician for over 32 years his inner-voice says to him to spread the message of Ayurveda not only as a Medicine but also in the true sense the knowledge of life as holistic and wholistic as received from his Acharya(s) and guides him to the lotus feet of God/Goddess and to serve Ayurveda with *Bhakti* (purest devotion) and this is his initiation into Bhakti Ayurveda. And here the lineage shall continue when you choose him as your Acharya.

Bhakti Ayurveda *Sutra(s)*/ Verses are in Sanskrit language which is called as God's own language. We all will chant together in one voice and this will bring Bhakti in the group of participants, a true way of learning Ayurveda. These verses follow the pattern of 2 lines per verse. The first line of Bhakti Ayurveda *Sutra(s)* is composed by Acharya(s) and the second line is composed by God's speech which makes it a complete verse called as *Sutra* and you follow these *Sutra* as *Samskara* and your journey begins from *Sutra Samskara* to Science.

Inspired by Goddess *Shakti*, the power behind God's speech God chants those *Sutra(s)* from Universe to bless human beings and all living creatures; in sky, *Nabha chara* - the flying birds, on earth, *Thala chara* – the walking living beings on *Bhu Devi* - mother earth, sacred mountains and forests and in water *Jala Chara* - the aquatic living beings in conscious lakes, rivers and ocean.

These tutorials are 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, renews you from within and enliven your vision. 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 Tutorials on 3 subject themes will be conducted in English and translation from English to French language will NOT be possible by Acharya ji. However at times for some parts the participants may help each other to understand the content and context better in english and french whatever the case may be.

Tutorial 1 - Subject Theme - *Swastha Stri, Garbha Samskara evam Stri Roga* - Reproductive Health, Science of pregnancy, Gynaecological disorders of Women through Ayurveda

Dates to be announced soon

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 a "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.



Tutorial 2 - Subject Theme – *Karka evam Arbuda Roga* – Cancer & Ayurveda - Scope of Ayurveda with special emphasis on Integrative Oncology in Women

Dates to be announced soon

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. Ayurveda *Samhita(s)* mention the clinical features, resembling cancer with the names such as **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, Dhātu, Agni, Ama, Srotā́msi**, and the generic sequence of events in the causation of a disease called as aetiopathogenesis 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 pathological evaluation of channels of circulation from Lymphatic Channels to Reproductive Channels, also cancer 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.

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 Sattvika disciplines, can correct the false information that triggers uncontrollable cell multiplication, and heal cancer from the quantum level of the body.

Note: This tutorial shall specifically discuss Arbuda related to Artava Vaha Srotas – Cancer related to Reproductive Channels in Women such as CA Breast, CA Ovaries, Myoma etc. with an Ayurveda viewpoint as these topics are not planned in **Tutorial 1**.

Acharya emphasis that cancerous process in woman begins with derangement of *Prana* or *Pranic* Energy and the Moon as the moon has a strong and specific influence on each and every *Marma* point of a woman. A *Marma* is a vital point can be compared to an ocean of energy. Just as the moon influences the tides of an ocean, the moon influences the ocean of



energy within each *Marma* point. During the waxing half of moon cycle increases and widens the flow of the energy in the *Marma* point increases and widens. During the waning moon, the flow of the energy in the *Marma* point. On the full moon light, the strongest accumulation of pranic energy is gathered within each *Marma* point.

Various Ayurvedic tips shall be provided for prevention and management through food, life style and emotional point of view and shall include **Practical Ayurveda Cuisine Workshops** with fresh fruits and some very specific green vegetables mixed with lentil soups and sprout salad related to moon energies.

Tutorial 3 - Subject Theme - *Manas Vidya, Rasayana evam Vajikarna Chikitsa* - Concept of Ayurvedic Psychiatry and Mental Health, Sexuality and Spirituality

Dates to be announced soon

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.

Ayurvedic scriptures cite sex as the highest pleasure on the material platform yet, if misused, sex can be the strongest binding attachment preventing us from elevating our consciousness to a higher spiritual reality. Ayurveda, the science of life, sheds illuminating wisdom on the relationship between sex, health and enlightenment. Acharya shares a view held by Hippocrates, "Individuals who do not regulate their sexual impulses are more prone to loss of strength, weak immune system, and various diseases owing to depletion of vitality. Those who regulate their sexual energy will have increased memory, immuno-modulation, strength, intelligence, health, and longevity".

According to the *Veda(s)*, life can be divided into four main concerns: spiritual duties (*dharma*), economic development (*artha*), love or pursuit of pleasure (*kama*) and liberation from the cycle of repeated birth and death (*moksha/ nirvana*). Vedic literature states that the wise choose ways of acting that allow them to achieve the four aims of life without letting the pursuit of pleasure lead them to ruin. One is advised to practise all four activities at different times and in such a manner that they may harmonise together and not clash in any way. With this aim in mind,



Ayurveda advises one follow certain observances in order to gain the maximum benefit from sexual union and to avoid detrimental effects.

An inclusive note from Acharya Ji

These tutorials has been designed to give you the pure Ayurvedic wisdom 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, and Srotas* etc. Balancing the bio-energy principles (*Prakriti Sthapna*)
- ✓ *Marma Shastra* - 108 vital points in Human Physiology - Ayurveda *Abhyanga*
- ✓ 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.
- ✓ *Ek-aushadh Chikitsa evam Divya Aushadhi* - Single herb therapy and classical and proprietary complex herbal preparations 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 body's deep tissues of toxins, open subtle channels, bring life-enhancing energy thereby increasing vitality, inner peace, confidence and well-being.

An 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 few weeks and in a year's commitment. We donot supply any syllabus for the program.

However at times with prior permission you may record (audio and video) for



your future references and 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 your interest and devotion.

About myself: 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 Acharya emphasised to 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 **God Rama**, with the last breath you say **HIS** name **Govinda**, God's consort **Radha Rani** as *Tulasi Devi*/ Holy Basil leaf is on your lips and **Holy Ganges** water in your mouth.

*Manas meh Ram, Shabda meh Govinda Naam!
Mukh meh Ganga Jala, Hothon meh Tulasi 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 Kumar Gupta) by mailto: ayurveda108@gmail.com

Upon receipt of your request MCA will provide you a form, which will need to be completed and returned to 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. On receiving this you shall be invited to have a face-to-face talk over a cup of Ayurvedic Chai only in case when Acharya ji and MCA can come close to your expectations.

Schedule and Mode of contribution and options

3 Tutorial Subject themes = 6 weekends = 12 days = Fr. 2700.-

(In exceptional circumstances you may contribute in 2 or 3 parts as per our agreement. Acharya Naveen Kumar Gupta, Master Classes of Ayurveda and Bhakti Ayurveda are not subject to VAT/TVA).

One additional ego-less statement from MCA



Bhakti Ayurveda/ Master Classes of Ayurveda/ Amrita Arogya Dhama
ayurveda108@gmail.com www.bhakti-ayurveda.com

In India there are still millions of children (even young and adults) who only dream of going to school. *Acharya ji* is helping some of them to realise this dream. For every participant 10% of the contribution is contributed to MCA rural development initiative that supports among other projects, primary education and adult literacy programs in (unprivileged) villages in India. And this part of your contribution will be donated in your and your loved one name. Please discuss with *Acharya ji* if you choose this way. When you have some pure charity program in your path in this life then you have another option that you may simply deduct 10% from above stated schedule of contribution and you pay Fr. 2430.-

An inclusive remark

The contribution 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 and knowing about each other's interests and sharing to make it a unique class room experience known in Vedic times as *Acharyakula*.

Cancellations, Refunds and Disclaimer

Only committed and devoted students/ participants are welcome. At any stage you may cancel and ask for applicable refund for un-attended sessions. Please note that the tutorials including practical sessions are meant to be for your own development of knowledge about the eastern philosophy and wisdom and meant to be for your own spiritual path and are only for academic purposes and should not be understood as replacement or research or education or trainings of regular system of medicine as established by law in Switzerland or in European Union.

Bhakti Ayurveda, Master Classes of Ayurveda and/or myself Naveen Kumar Gupta do not claim that the tutorials are recognised by any recognised professional association or any academic or health regulating agency of Government or private or Switzerland or in European Union.





Script writing and Certificate of attendance

You are supposed to write tutorial notes, homework and later on compile your notes to script writing. As a choice the script can be written by a group of *Vidyarthi Varga*. You will send a print and a digital copy of the script to cross check. *Acharya ji's* inputs and remarks will be added to it. That script will belong to you as an author and *Acharya ji*.

Certificates of participation will be awarded on the last date of sessions.

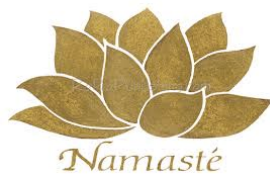
*Sarve bhavantu sukhinah,
Sarve santu niramayah!
Sarve bhadrani pashyantu,
Ma kashchit dukh bhag bhavet!!*

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 Kaameye Rajayam, Na Swargam Na Punarbhavam!
Kaamaye Dukhataptanaam, 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.



Namaste is Acharya's salutation to you. It is a reminder to bow to the Divine with Bhakti. Divine and Bhakti is in everything, in me and in you.



Bhakti Ayurveda/ Master Classes of Ayurveda/ Amrita Arogya Dhama
ayurveda108@gmail.com www.bhakti-ayurveda.com