



## '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 Tutorials



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

**LORD DHANAWANTRI** appears from the Ksheersagar, the Ocean of Milk with the Pot of Nectar and the herb known as Amrita (*Tinospora cordifolia*)

## BHAKTI AYURVEDA

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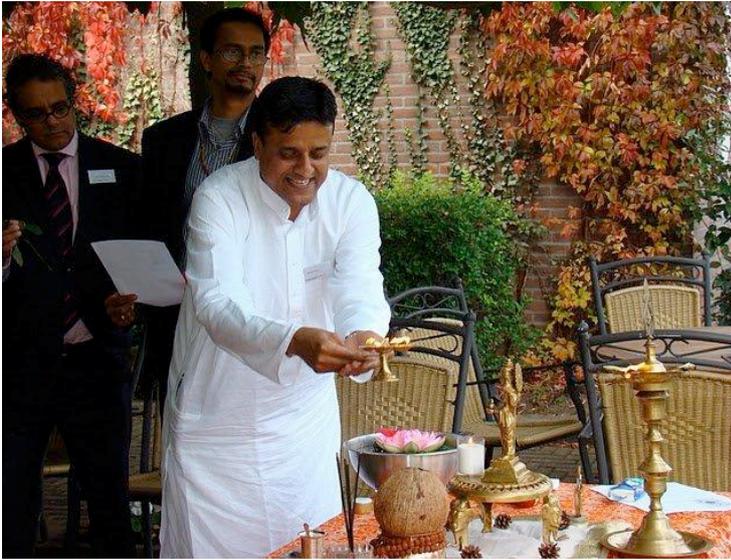
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B.A.M.S. Honours - Bachelor of Ayurvedic Medicine and Surgery, Department of AYUSH - Delhi University (1977 – 1983); P.G.C.R. - Post Graduate Certificate in Rehabilitation Techniques, All India Institute of Physical Medicine and Rehab., Mumbai, Ministry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

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



## Vastu Vidya Samskara

'Vaidya - Acharya Naveen Kumar Gupta, paying obeisance to the lotus feet of Lord Dhanawantri by chanting Sutra-s & Mantra-s and doing Aarti by lighting a ghee lamp to the Deity and Agara incense in the premises of Ayurveda Congress.

*"A wise person has the world as their teacher." (Ashtanga Hridaya - Vaghbatta'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 Tutorials

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.

In Acharya's own words, " I do admit that I was also enrolled 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. Then my journey continued to tiny and 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 for the western students 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 (*Vaidya ji* and *Acharya ji*) for 35 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 it is and as received from my *Acharya(s)* and guides me to the lotus feet of Lord and to serve Ayurveda with *Bhakti*.

He further adds, "Seeing my curiosity to know everything fast and exhaustive, my revered *Acharya(s)* used to mention, we need 7 human lives to learn Ayurveda and they further mentioned if we learn Ayurveda therotically, practically and also by chanting its *Sutra(s)* again and again till we reach to perfection of **Ayurveda Sutra evam Samskara**. In this way our speech in the form of *Sutra(s)* are in *Akasha* (ether/sky) as *Shabda* (sound/speech) and these *Sutra(s)* will come back to us in your next life so we get whole wisdom from our infancy. The only thing we need to do when we leave this body we are in a state of joy with **Lord Rama**, with the last breath we say Lord's name **Govinda**, Lord's consort **Radha Rani** as *Tulasi Devi*/ Holy Basil leaves are on our lips and **Holy Ganges** water in our mouth".

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

'*Acharya ji*' 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. Acharya ji dedicates *Bhakti Ayurveda* in the service of Lord and to the world created by Lord. In MCA *Bhakti Ayurveda Tutorials*, *Acharya* 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 shall be learning 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 known as *Samhita* from revered *Acharyas Charaka*, *Sushruta*, *Vagbhatta* and *laghu tryi* – the three small Ayurveda compendiums and so on.

With *Acharya* 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 Bhudevi/ mother Earth, mountains and forest and in water *Jala Chara* – aquatic lives in conscious lakes, rivers and ocean.

MCA Bhakti Ayurveda Tutorials 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 called as '**Dinacharya**'. On one side it deepens your understanding of yours' 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 and on the other side Acharya ji will guide you to adapt the knowledge into your professional career 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.

### # Topic: DravaGuna Vijnana and Classical Ayurveda Taila-s (Ayurveda Herbology)

**\*1st Tutorial - 27th September 2019 (\* Dates of subsequent tutorials and the interval between successive sessions shall be discussed after due considering the agendas of all interested participants)**

**Timings: 14.45 to 18.00 hours (arrival time: 14.30 hours & from 16.00 to 16.15 hours we have a chai break)**

**Venue: Rue de la Gare 3, 1030 Bussigny** (Free parking possible within the venue premise just facing and opposite to Bussigny Gare yet coming by train shall be a good option)

**An inclusive note from Acharya ji:** These Tutorials has been designed to give you the required knowledge and skills to practice as an Ayurvedic doctor/ practitioner/ health professional on the subject as it encompasses a variety of pure Ayurvedic wisdom, which as and when necessary includes short information, knowhow and practice of:

- ✓ Balancing the bio-energy principles through using right Ayurveda *Taila-s* in the practice of establishing Bio-constitution of the client (*Prakriti Sthapna*)
- ✓ Managing dis-balances in the bio-energy principles (*Vikriti Nivarna*)
- ✓ 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 with the company of divine herbs.
- ✓ As and when possible we shall make some practical and practice sessions as per the topic.

An important remark before you commit for the program: Please note that the topic

above is discussed in Scriptures and Ayurveda Samhita(s) being the authentic texts in very detail, so please donot expect these lessons as exhaustive and structural Ayurveda program. We cannot cover all the details of subjects in few hours of time frame.

MCA does not supply any syllabus for the tutorials and no direct translation from English to any language is possible yet we all help onre another to understand the gist of the discussion of the topic.

At times you may record by audio and video. 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 tutorials to go further on different subject themes might be announced later by MCA as per interests, dedication and devotion of MCA students and participants. About participation and other important details and remarks

If you want to participate MCA kindly ask you to respond to Acharya Naveen Kumar Gupta by mentioning your contact details and date of birth and your previous qualification and experience in Ayurveda Science and your expectations from the tutorials by mailto: [ayurveda108@gmail.com](mailto:ayurveda108@gmail.com)

You may also send a short text on WhatsApp at +447377336650

Suggested Tutorial fee per session is Sfr. 130.-

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 10% of the fees MCA contributes to its rural development initiative that supports among other projects, primary education and adult literacy programs in unpreviledged clusters and villages in India. And this part of tutorial fee paid by you shall 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 10% fees from above stated schedule of tutorial fee. In this case suggested tutorial fees is Sfr. 117.- per session.

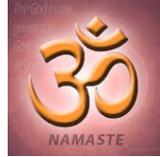
Remarks: The price includes Ayurvedic chai tea and snacks. When you wish to be involved in helping and/or bringing snacks to be shared by all of us, this gesture is heartlily welcome. In this way by having our drinks and snacks altogether will emit pure signals and a pure Ayurvedic feeling of union of 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 tutorials 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 tutorials, modules, sessions, lessons or trainings or practices should be understood as replacement or research of regular system of medicine as established by law in Switzerland.

Master Classes of Ayurveda MCA, Vaikuntha Sàrl, Bhakti Ayurveda and/or myself Naveen Kumar Gupta do not claim that the tutorials are recognised by any academic or health regulating agency of Federal or Cantonal Government or private or any recognised professional association in Switzerland. However certificate of attendance shall be awarded.

*Sarve bhavantu sukhinah,  
Sarve santu niramayah!  
Sarve bhadrani pashyantù,  
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**