



'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 MCA Tutorials Ayurveda Herbology & Marmani Taila-s



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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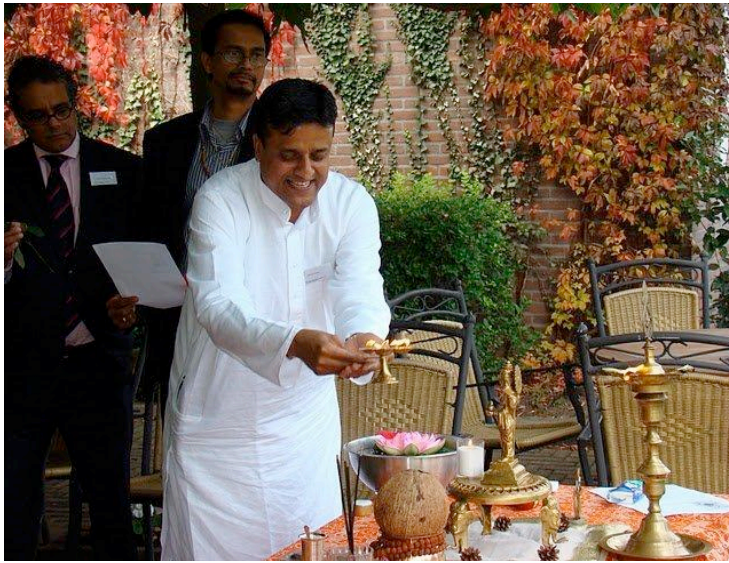
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B.A.M.S. Honours - Bachelor of Ayurvedic Medicine and Surgery, Department of AYUSH - Delhi University (1977 – 1983); P.G.C.R. - Post Graduate Certificate in Rehabilitation Techniques, All India Institute of Physical Medicine and Rehab., Mumbai, Ministry 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 in The Netherlands in the year 2008.

"A wise person has the world as their teacher." (Ashtanga Hridaya - Vagbhatta'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 Bhū Devi/ 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.

Dravyaguna Vijnana (Ayurveda Herbology) is the science, which deals with the *Guna* (principle) and *Karma* (action) of a *Dravya* (herbal drug). Dravyaguna can be considered both as a basic and an applied science and is interpreted as clinical pharmacology. It forms the backbone of rational therapeutics.

It provides the principles of Ayurvedic pharmacognosy and pharmacology dealing with the knowledge of nomenclature (*nama-jnana*), pharmacognosy (*rupa-jnana*), pharmacology (*guna-jnana*) and pharmacotherapeutics (*yukti-jnana*).

DravaGuna Vijnana and Classical Ayurveda Taila-s (Ayurveda Herbology)

- ✓ Subtle, divine and vital information about some selected single herb therapy (Ek-*aushadh Chikitsa*), classical and proprietary complex herbal preparations and classical Ayurveda and Marmani Taila-s (*Shastriya evam Prayogik Dravya* - ayurvedic herbal medicine and medicated oils)
- ✓ Ayurveda Energetics such as taste (*rasa*), quality (*guna*), potency (*virya*), post-assimilative effect (*vipaka*) and specific action (*prabhava*), indication etc.
- ✓ Balancing the bio-energy principles (*Prakriti Sthapna*) through herbal prescription
- ✓ Understanding the dominant qualities present (*guna-s*) in the client/ patient and using that quality to the corresponding herb to counteract dis-balances in the bio-energy principles (*vikriti nivarna*) through herbal prescription as principles of Internal Medicine (*kaya chikitsa*)
- ✓ Sacred Ayurveda Herbs (*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,
- ✓ Ayur Astro Jyotish Veda - Vedic rituals, Balance with Cosmos - 9 Planets (Nava Graha) & 27 Astronomical Constellations representing Nakshatra Upavana - Ayurveda Garden of Life.
- ✓ Making Herbal formulas in Practice

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

Total 8 number of Tutorials planned in 2019-2020

***1st Tutorial – 27th September 2019**

***2nd Tutorial – 22nd November 2019**

(* Dates of subsequent tutorials which will be held in 2020 and the interval between successive sessions shall be discussed after due considering the agendas of all interested participants)

Timings: 14.00 to 17.00 hours

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)

Suggested donation and fees for 8 Tutorial Sessions: Sfr. 1040,00

Option of participating in MCA Charity Program or simply deducting 10%: 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. 936,00

(Payment options and charity options may be discussed in person/ by mail/ phone)

One additional ego-less statement and an inclusive remark: 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 unprivileged 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 suggested tutorial fees.

Remarks: The price includes Ayurvedic chai tea and snacks. When you wish to be involved in helping and/or bringing snacks/ a dinner item to be shared by all of us, this gesture is heartily welcome. In this way by having our drinks, snacks and food 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/ Acharya ji, organiser and knowing about each other's interests and sharing to make it a unique class room experience known in Vedic times as *Acharya-kulam*.

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 philosophy and 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 The Netherlands or European Union.

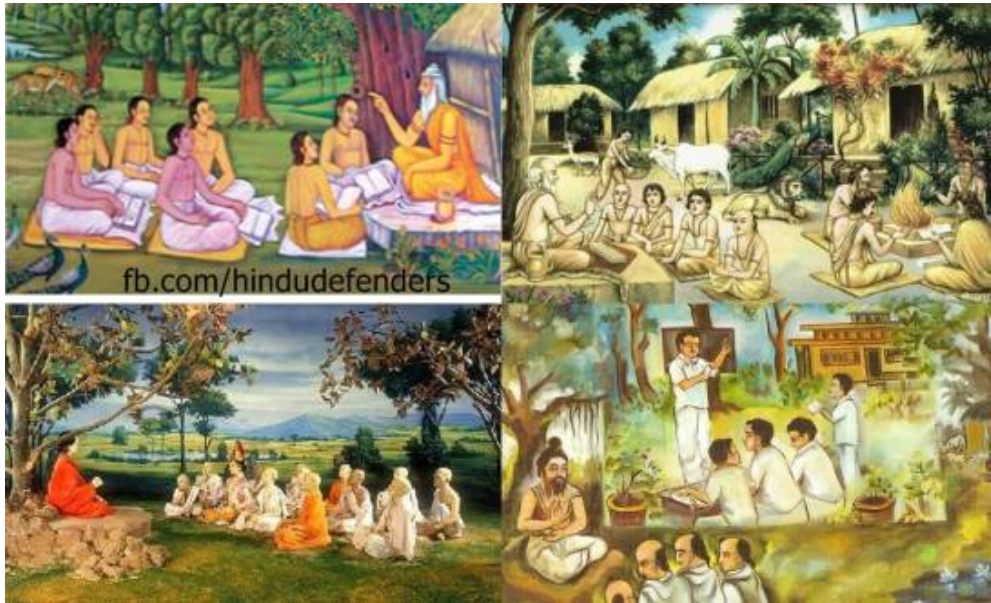
An important remark before you commit for the program: Please note that the topic above is discussed in Scriptures and Ayurveda Samhita(s) being the authentic texts in very detail, so please donot expect these lessons as exhaustive and structural Ayurveda program. We cannot cover all the details of subjects in few hours of time frame. MCA

does not supply any syllabus for the tutorials and the medium of instruction is English language.

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 or on WhatsApp at +44 7377336650

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



Acharya-kulam in Vedic times

Acharya-kulam prayer in Vedic and today's times says as,
“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