



## Master Classes of Ayurveda Tutorials Holistic-Integrated- Intutional Medicine &

### Indian Mythology in Human Physiology

*- a path to reverse Pathology using Pure Ayurvedic Knowledge of Shastra, Sutra, Samskara, Mantra, Divine Herbs and Marma Science*

*'From Sutra Reciting & Mantra Chanting to Science'*

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



The very name of Ayurveda is 'Amrita' (Nectar). Lord Dhanawantri appears from Ocean of Milk with the Pot of Nectar in HIS hands

## AMRITA AYURVEDA

Rue du Lac 18, 1800 Vevey Switzerland

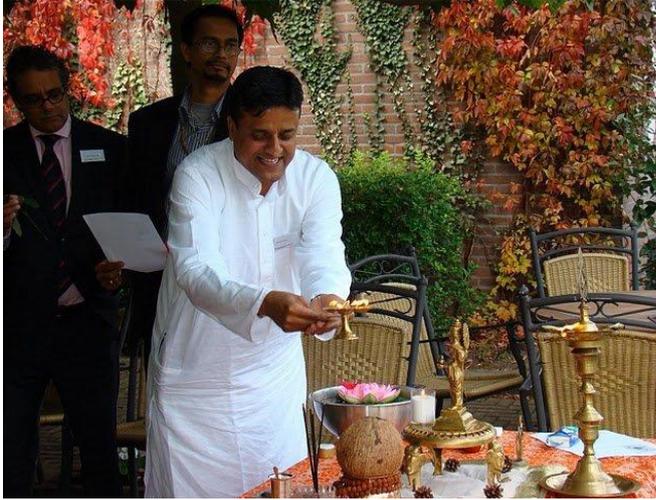
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**Naveen Kumar Gupta** (ayurved acharya\* - vaidya raja\*\*)

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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



## Vastu Vidya Samskara

Naveen Kumar Gupta - 'Acharya' 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 knowledge and wisdom of life known to the mankind. Ayurveda is a recognized, well-accepted and practiced system of Medicine in India. 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'.

### Overview about MCA Amrita Ayurveda Tutorials

Please note MCA Bhakti Ayurveda Tutorials are not an Ayurveda School and is not recognised by any official academic regulatory authority in Switzerland. certificate. If you are looking for a certified and recognised Ayurveda Education leading to Licenced and Certified Ayurveda Therapist please visit [www.usha.ch](http://www.usha.ch) for the same. 'Acharya' is one of the principal faculties at Usha Veda School located in Morges, Switzerland.

Master Classes of Ayurveda Tutorials & Trainings conducted by Acharya are for your own spiritual growth leading to and adapting to Amrita Ayurveda Art of living for you, your family and dear and near ones. The Tutorials are based on **Holistic- Integrated- Intutional Medicine with special reference to Indian Mythology in Human Physiology.**

The lessons with Acharya shall begin with a *Marma* Morning Walk in a park or by the lake at 9.30 A.M. close to the venue of the tutorials depending upon the weather conditions.

The Marma Morning Walk is called 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*). In these lessons emphasis will be given on integrating pure

and Authentic Ayurveda knowledge through Ayurvedic *Sutra-s*, specially selected from **Brihad tryi** – the three great compendiums by **Acharya-s Charaka, Sushruta** and **Vagbhatta** to live one's life according to **Acharya Rasayana** – Science and Art of Living with righteous attitude and right code of conduct from good morning to good night and vice versa from good night to good morning for bringing Health, Happiness and Harmony of Body, Mind and Soul.

MCA tutorials & teachings begin with the *Sutra-s* of Eternal Mantra to Eternal Health. These will be inter-tuned in **Adhyatma** –Mysticism, the secret learning of the ancients, **Purana Vidya**- Mythology, **Nadi Vidya**- Pulse Diagnosis, **Sharir Kriya**- Human Physiology, **Dravyaguna Vijnana**- Herbology, **Marma Shastra**- Science of Vitality & Rejuvenation etc.

*Acharya* believes that for achieving holistic healing we need to apply all principles of **Ayurveda- Holistic- Integrated- Intutional Medicine and with special reference of Mantra-s in Indian Mythology and Human Physiology with chanting Ayurveda Sutras and adapting to Ayurveda rituals known as Samskara-s.**

### **Overview about MCA Amrita Ayurveda Program**

Perfection of Ayurveda is **Amrita 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.

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 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 but not the same emotional narrative. Through Authentic Ayurveda techniques one learns aromatic herbs, secret recipes passed through generations, and the mysticism that India clenches under its laps. MCA program is an experience and an escape from the daily mundane and indulge into this complete sensory and motor rejuvenation as the beauty of mystical India entralls you.

Then Ayurveda in the institutional settings are like the modern re-tellings that are more structural and less reverent and at the same time more judgemental and less enquiring. Acharya does admit that he also studied in an institutional setting by the name Ayurvedic and Unani Tibbia College, Delhi University, India but after successful passing Bachelors in Ayurvedic Medicine and Surgery he realised this was not what he wanted. His institution made him a Doctor while he was looking for the subtle, spiritual, holistic, integrated and intuitional aspects of Ayurveda based on Wholistic philosophy. Acharya admits that the insitutional

programs are designed and conducted by the best brains from India and rest of the world.

“After serving mankind as an Ayurveda physician for 34 years my inner-voice communicates with 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 *Acharyas* and guides me to the lotus feet of Lord and to serve Ayurveda with dedication and devotion *and spread the knowledge as it is, like Amrita-nectar on earth*”, says *Acharya*.

**‘Acharya Shishya Parampara’** is the knowledge passed on in a lineage manner (*‘Acharya’* is the Master/ teacher, *‘Shishya’* is the disciple/ pupil/ student/ taught and *‘Parampara’* is the lineage). *Acharya* dedicates Amrita Ayurveda in the service of Lord and to the world created by Lord. In MCA Amrita 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 will learn the authoritative statements, which can be understood as scriptural evidences in the form of verses from **Veda-s, Upanishads and Samhita-s** and so on.

With *Acharya* at times during the program you will chant Ayurveda Sutra-s/ Verses in Sanskrit, which are in two lines; the first line is composed by *Acharyas* - 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 *Sutras* 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 on *Bhu Devi/* mother Earth, mountains and forest and in water *Jala Chara* – aquatic lives in conscious lakes, rivers and ocean.

MCA 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 Amrita 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* will help you with teachings to adapt the knowledge into your professional carrer as health practitioner, 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.

**Acharya here presents some glimpses of the MCA Tutorials**

**1- A glimpse about Adhyatma - Mysticism, the secret learning of the ancients:**

Ayurveda traces its origins to the **Rig Veda**, the world's oldest surviving book in

an Indo-European language. The Rig Veda, 3000 B.C., is a cosmological treatise that addresses not only the nature of life but also the foundations of health and causes of disease, including the three bio energy principles called as *Dosha-s*; *Vata*, *Pitta*, and *Kapha* and the uses of herbs for healing both physical and psychological ailments.

The science of health formulated by these seers was as intensely spiritual as it was practical. For those of us who are tired of the schism between mysticism and science, Ayurveda offers a comprehensive system that connects all the dots in a way that is both timeless and eternal. It is the only approach to healing that has always taken into account not only the effects of climate, diet, and life style on health but also the subtle ways in which well-being is impacted by emotional and spiritual issues. Through a wide range of procedures that include massage and detoxification, Ayurveda presents strategies for releasing energies that are blocked as well as for improving longevity.

This Ayurveda Knowledge is based on science of '*Atman jnana*' or '*Adhyatma*', knowledge of self or '*Atman*'. It has been stated that one should listen to spiritual wisdom, which is of immense help for the attainment of the knowledge of '*Adhyatma*'.

According to the Sankhya system, an individual mind is conceived to have five constituent parts: *Manas* (Mind), *Ahamkara* (Ego), *Chitta* (Consciousness), *Buddhi* (Intelligence), and *Atman* (Soul). It may, however, be noted that in this enumeration atman is not considered to be a finite category. These constituent parts of mind have been discussed at great length in ancient spiritual literature. These discussions provide a deep understanding of the structure and function of a normal human mind. Instead of living in fear and anxiety, aware of his innate powers he does everything he can to cultivate invincibility and counteract the negative energies.

## **2- A glimpse about *Purana Vidya*- Mythology:**

In these sessions Acharya talks about God and You and Acharya presents the Vedic vision of Divinity in the universe and reveals the sanctity of life. It teaches one to revere nature as sacred and bring the principles of inter-relatedness with the universe and on the different stages of human development – physical, emotional and cognitive. The goal of human life and the purpose of human birth are presented while the means to achieve the goal is also elaborated as per Ayurveda *Achara Rasayana*, the daily regimens in terms of *Ahara* (Food), *Vihara* (Life style) and *Vichara* (Thoughts) and *Achara* (Mental attitude) which will help in preventive and promotive health.

## **3- A glimpse about *Nadi Vidya*- Pulse Diagnosis:**

Each and every cell in our body has its importance and intelligence. In Nadi Pariksha, this intelligence, communication is studied in the form of vibratory frequency of the Pulse at various levels of the artery of the pulse where subtle vibrations are read at seven dissimilar levels vertically downward and by

rotational movements of 3 fingers of the Vaidya- the Ayurveda Doctor that help in determining various normal and abnormal functions in the body and mind. When examined, physical & mental features of the pulse are revealed through the pulse.

#### **4- A glimpse about *Sharir Kriya*- Human Physiology:**

According to Ayurveda tridosha-s plays important role in maintaining physiological state of an individuals. But *chaya*- accumulation, *prakopa*- aggravation and *shamana*- palliation of doshas take place naturally by seasonal changes. Blood plays important role in homeostasis of body e.g., during *sharad ritu* (autumn) blood becomes naturally impure.

#### **5- A glimpse about *Dravyaguna Vijnana*- Herbology:**

It is believed that the first attempt to organize and explain plants was made in the Vedic period as its description is found in *Oshadhi - Sukta* in Rigveda. In this portion of Rigveda, the characters, habitat, classification and usage of plants are described. It is clearly explained how the drugs after ingestion circulate in *Srotas*-channels of circulation and there happens intracellular and extracellular exchange of memory reaching organs and joints where they act.

Plants were also used as amulets to defend against evil spirits. In these sessions from time to time we shall deepen ancient science of making Herbal formulas in Practice e.g., which herbs to use for which indication, single herb and complex. For the herbology lessons more deep and also subtle, divine and vital information about many herbs, *rasa* (taste), *guna* (quality), *virya* (potency), *vipaka* (post-assimilitaive effect) and *prabhava* (specific action) etc. will be undertaken.

#### **6- A glimpse about *Marma Shastra*- Science of Vitality & Rejuvenation:**

Marmas or vital points are constituted of six vital elements - *soma* (sleshma, phlegm), *maruta* (vata, air), *tejas* (pitta, bile) and *triguna*- the three mental types: *rajas*, *tamas* and *satva*. *Marma adi* is the science of manipulating marmas those functions by pressing these points through which the *prana* flows. These are nerve junctures usually close to the skin surface. According to Sushruta, author of *Sushruta Samhita*, the ancient treatise on Ayurveda, human body contains 107 *marma* points which, when struck or massaged, produce desired healing or injurious results.

#### **An important remark before you commit:**

Please note that Acharya will begin the teaching session with all the subject headings above as intertwined teachings as 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. Secondly we do our best that on any given day's session we cover as much details as possible and we keep following on the sessions further from an ending note to a new beginning note. Further 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 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 the same lines or on different subject themes and later as per interests, dedication and devotion of MCA students/ 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- Holistic- Integrated- Intutional Medicine. 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 Kumar Gupta) by mailto: [ayurveda108@gmail.com](mailto:ayurveda108@gmail.com)

### **Tutorials fees for 6 weekend sessions is Sfr. 2400.-**

Schedule of fees and Mode and options of payments can be discussed in person.

**Venue:** Rue du Lac 18; 1800 Vevey

### **Dates:**

- 1<sup>st</sup> session: 13<sup>th</sup> & 14<sup>th</sup> January 2018
- 2<sup>nd</sup> session: 10<sup>th</sup> & 11<sup>th</sup> March 2018
- 3<sup>rd</sup> session: 12<sup>th</sup> & 13<sup>th</sup> May 2018
- 4<sup>th</sup> session: 14<sup>th</sup> & 15<sup>th</sup> July 2018
- 5<sup>th</sup> session: 8<sup>th</sup> & 9<sup>th</sup> September 2018
- 6<sup>th</sup> session: 9<sup>th</sup> & 10<sup>th</sup> November 2018

### **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 unprivileged villages in India. And this part of total price will be donated in your and your loved one names, please let *Acharya* 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 fees. In that case you would pay Sfr 2160.-

**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 *Acharya-Kulam*.

### **Cancellations and Refunds and Disclaimer**

Only committed and devoted students/ participants are welcome.

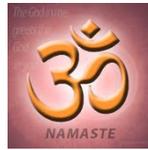
Please note that the modules, lessons and practical sessions are meant to be for your own development of knowledge in eastern wisdom and meant to be for your own spiritual path and are only for academic purposes. The sessions are based on Ayurveda, Indian system of Medicine and in no way the modules, 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 Amrita Ayurveda, Master Classes of Ayurveda and/or myself Naveen Kumar Gupta do not claim that the tutorials/ trainings are recognised by any academic or health regulating agency of Government or private or any recognised professional association in Switzerland or European Union.

### **Certificate**

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

*Sarve bhavantu sukhinah,  
Sarve santu niramayah!  
Sarve bhadrani pashyantu,  
Ma kashchit dukh bhag bhavet!!*  
suffer from sorrow.

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



***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**