Vaidya Mishra’s SVA Pulse and Marma Course

Table of Contents

MONTH ONE

I. Introduction to the Shaka Vansiya Ayurveda (SVA) Pulse and Marma Course

II. Understanding Ayurveda Directly from the Sutras
   A. What is Ayurveda? - from Bhava Prakasha
   B. Trisutra Ayurveda - from the Charaka Samhita
   C. What is Ayu (Life)? – from the Charaka Samhita
   D. What is Veda (Pure Knowledge)?

III. The Three Components of Prana
   A. Soma - The Moon is Soma
   B. Agni – Agni is in the Pitta of the Body
   C. Marut – What is Marut?

IV. Definition of Health from the Sutras (Sushruta Samhita) – What is Health?

V. Understanding more about the Significance of Prana
   A. Prana is Maha Rasayana – from the Charaka Samhita
   B. In-Depth Understanding of Prana
      1) The Soul is the Gem, the Satva (Light of Consciousness or Light of the Soul)
      2) How Prana is Connected to the Soul

VI. SVA Aditatva: The Relationship between the Pranic Components and the Doshas

VII. The Nadis: The Vibrational Channels
   A. What are the Nadis?
   B. The Most Important Nadis
      1) Sushumna (Spinal Column)
      2) Ida (Left Nostril)
      3) Pingala (Right nostril)
      4) Gandhari (Left Eye)
      5) Hastijihva (Right Eye)
      6) Yasasvini (Left Ear)
      7) Alambusa (Right Ear)
8) Loma Rondhra (Hair Follicles of Skin)
C. Understanding Sandhi, where all Transformational Activity Takes Place
D. Understanding Marma
   1) Definition of marma from the *Sushruta Samhita* and *Bhava Prakash* – What is Marma?
   2) How marma supports the gunas (satva, rajas, tamas)

Month One: Review of month one material, class website Q & A, and one-hour teleconference with Vaidya Mishra

MONTH TWO

VIII. Mantra Vigyan: Mantra Therapy
   A. Definition from *Sushruta Samhita*
   B. Sonocytology: Modern Scientific Reference Parallels the Vedic Concept of Sound
   C. Three Levels of Benefit from Mantras
      1) *Mano Shudhi*: Mental purification and Enhancing the unity between mind and consciousness
      2) *Siddhis*: Mantras can give siddhis (extraordinary powers)

IX. Sugandh Vigyan: Aroma Therapy
   A. Definition from *Sushruta Samhita*
   B. Use of Aromatherapy in SVA Transdermal Marma System™

X. Sparsh Vigyan: Touch Therapy

XI. Nadi Pariksha: Introduction to Pulse Assessment
   A. Famous Verse on Nadi from the *Nadi Pariksha*
   B. Relationship between the Pulse and the Nadis
   C. Sources of Validation for Pulse Assessment (Nadi Pariksha) from the *Yogaratnākara*
      1) Sastrena (Source)
      2) Sampradayena (Lineage)
      3) Svanubhavena (Self-experience)
   D. Basic Principles of SVA Pulse
   E. Main Objective of Pulse Assessment: Evaluating the Sanchar (Flow) of Prana from the Nadi Tantra
F. Left for Women and Right for Men from the *Yogaratnakara*

G. Where to Position the Fingers on the Client’s Pulse from the *Nadi Pariksha*

H. Which Finger for *Vata, Pitta* and *Kapha Dosha*?
   1) *Vata*: Index finger
   2) *Pitta*: Middle finger
   3) *Kapha*: Ring finger

Month Two: Review of month one and two material, class website Q & A, and one-hour teleconference with Vaidya Mishra

**MONTH THREE**

XII. *Sparsh Vidhi*: The Science of Touch - *Bala* (Strength), *Laya* (Rhythm), and *Poornata* (Volume)

A. Locating the Middle Level of the Pulse

B. *Nadi Bala*: Overall Strength of the Pulse
   1) *Balvati* (*Prabala*)
   2) *Nirbala*
   3) *Durbala*

C. *Laya*: Rhythm of the Pulse
   1) *Sama*
   2) *Sarala*
   3) *Prasanna*
   4) *Niyamita*
   5) *Vishama*
   6) *Vishama gamini*
   7) *Trutika*
   8) *Gati Kautilya*

D. *Poornata*: Volume of the Pulse
   1) *Sthool* (*sthula*)
   2) *Poorna*
   3) *Apoorna*
XIII. Month Three: Review of month one through three material, home practice of pulse assessment of Bala, Laya and Poornata, class website Q & A, and one-hour teleconference with Vaidya Mishra

MONTH FOUR

XIV. Evaluating the Doshas in the Pulse: Vata, Pitta and Kapha

A. Three Types of Pulse: Vata, Pitta, and Kapha from the Nadi Pariksha
   1) Vata
   2) Pitta
   3) Kapha

B. Locating the Vibrational Frequencies of Vata, Pitta, Kapha from the Nadi Vijnana
   1) Vata
   2) Pitta
   3) Kapha

XV. Role of the Nadis in Transforming Soma, Agni, and Marut to Vata, Pitta and Kapha

A. Soma
B. Agni
C. Marut

XVI. The Subdoshas of Vata, Pitta, and Kapha and the Marmas which Support Them

A. Pulse Assessment of the Vata Subdoshas: The Index Finger
   1) Prana Vata
   2) Udana Vata
   3) Samana Vata
   4) Apana Vata
   5) Vyana Vata
Month Four: Review of month one through four material, home practice of pulse assessment of Bala, Laya, Poornata, and overall Doshic imbalance of Vata, class website Q & A, and one-hour teleconference with Vaidya Mishra

MONTH FIVE

B. Pulse Assessment of the Pitta Subdoshas: The Middle Finger
   1) Pachaka Pitta
   2) Ranjaka Pitta
   3) Sadhaka Pitta
   4) Alochaka Pitta
   5) Bhrajaka Pitta

C. Pulse Assessment of the Kapha Subdoshas: The Ring Finger
   1) Tarpaka Kapha
   2) Bodhaka Kapha
   3) Kledaka Kapha
   4) Avalambaka Kapha
   5) Shleshaka Kapha

Month Five: Review of month one through five material, home practice of pulse assessment of Bala, Laya, Poornata, and overall Doshic imbalance of Vata, Pitta and Kapha, class website Q & A, and one-hour teleconference with Vaidya Mishra

MONTH SIX

XVII. Assessment of Bala, Laya and Poornata and Overall Doshic Imbalance of Vata, Pitta and Kapha in the Pulse, Before and After Application of the SVA Transdermal Samadhi Set.

A. The Middle Level Pulse Review: Bala, Laya, Poornata, and Overall Doshic Imbalance of Vata, Pitta and Kapha in the Pulse

B. Using the SVA Transdermal Samadhi Set: Assessment of the Bala, Laya, Poornata, and Overall Doshic Imbalance of Vata, Pitta and Kapha in the Pulse Before and After the Treatment

C. Mantras
   1) Prana Mantra
2) *Tryambakam (Maha Mrityunjaya)* Mantra: For the spine
3) Heart Lotus Mantra

XVIII. The Dhatus: The Seven Tissues and their Relationship to *Marmas, and the Doshas*

A. *Rasa: Plasma*
   1) *Dosha*
   2) *Subdoshas of Rasa Dhatu*
   3) Functions of *Rasa Dhatu*
   4) *Sukshma bhag and Sthula bhag for Rasa Dhatu*
   5) *Malas of Rasa Dhatu*
   6) *Upadhatu of Rasa Dhatu*
   7) *Marmas for Rasa Dhatu*

B. *Rakta: Blood*
   1) *Dosha*
   2) *Subdoshas for Rakta Dhatu*
   3) Functions of *Rakta Dhatu*
   4) *Sukshma bhag and Sthula bhag for Rakta Dhatu*
   5) *Malas of Rakta Dhatu*
   6) *Upadhatu of Rakta Dhatu*
   7) *Marmas for Rakta Dhatu*

Month Six: Review of month one through six material, home practice of pulse assessment of *Bala, Laya, Poornata,* overall doshic Imbalance of *Vata, Pitta* and *Kapha* before and after SVA Samadhi Set treatment, understanding the Dhatus, practice finding doshic imbalance in *Rasa* and *Rakta Dhatus,* the first two levels, class website Q & A, and one-hour teleconference with Vaidya Mishra

MONTH SEVEN

C. *Mamsa: Muscle Tissue*
   1) *Dosha*
   2) *Subdoshas for Mamsa Dhatu*
   3) Functions of *Mamsa Dhatu*
   4) *Malas of Mamsa Dhatu*
5) **Upadhatu of Mamsa Dhatu**
6) **Marmas for Mamsa Dhatu**

**D. Medha: Fat Tissue**

1) **Dosha**
2) **Subdoshas for Medha Dhatu**
3) **Functions of Medha Dhatu**
4) **Malas of Medha Dhatu**

*Sveda* (sweat)

5) **Upadhatu of Medha Dhatu**
6) **Marmas for Medha Dhatu**

**E. Ashti: Bone Tissue**

1) **Dosha**
2) **Subdoshas of Ashti Dhatu**
3) **Functions of Ashti Dhatu**
4) **Malas of Ashti Dhatu**
   a) **Kesha** (hair)
5) **Upadhatu of Ashti Dhatu**
6) **Marmas for Ashti Dhatu**

**F. Majja: Nervous Tissue and Bone Marrow**

1) **Dosha**
2) **Subdoshas for Majja Dhatu**
3) **Functions of Majja Dhatu**
4) **Malas of Majja Dhatu**
5) **Upadhatu of Majja Dhatu**
6) **Marmas for Majja Dhatu**

**Month Seven:** Review of month one through seven material, home practice of pulse assessment of *Bala, Laya, Poornata,* overall *doshic Imbalance of Vata, Pitta* and *Kapha* before and after SVA Samadhi Set treatment, understanding the *Dhatus,* practice finding *Doshic* imbalance in *Rasa, Rakta, Mamsa, Medha, Ashti, and Majja Dhatus,* the first six levels, class website Q & A, and one-hour teleconference with Vaidya Mishra.
MONTH EIGHT

G.  Shukra: Reproductive Tissue
   1)  Dosha
   2)  Subdoshas for Shukra Dhatu
   3)  Functions of Shukra Dhatu
   4)  Malas of Shukra Dhatu
   5)  Upadhatu of Shukra Dhatu
   6)  Marmas for Shukra Dhatu

H.  Ojas
   1)  Subdoshas for Ojas
   2)  Functions of Ojas
   3)  Marmas for Ojas

I.  Param Ojas
   1)  Subdoshas for Param Ojas
   2)  Functions of Param Ojas
   3)  Marmas for Param Ojas

XIX. Understanding Kurma, Dhatu in the Pulse, and Specific Marma Treatments

A.  Understanding Kurma
   1)  The Relationship between Kurma and the Pulse
   2)  How to do the Kurma Treatment
   3)  Kurma and EMF
   4)  Marma and Nadis for Counteracting the Effect of EMF
   5)  Evaluating the Impact of EMF in the Pulse

B.  The Nine Levels (“Gaps”) of the Pulse Examination
   1)  Rasa Dhatu
   2)  Rakta Dhatu
   3)  Mamsa Dhatu
   4)  Medha Dhatu
   5)  Ashti Dhatu
   6)  Majja Dhatu
7) **Shukra Dhatu**
8) **Apar Ojas**
9) **Param Ojas**

**Month Eight:** Review of month one through eight material, home practice of pulse assessment of Bala, Laya, Poornata, overall *doshic* imbalance of Vata, Pitta and Kapha before and after SVA Samadhi Set treatment, understanding the Dhatus, practice finding *doshic* imbalance in Rasa, Rakta, Mamsa, Medha, Ashti, Majja, and Shukra Dhatus, Ojas and Param Ojas, practice Kurma treatment, all nine levels, class website Q & A, and one-hour teleconference with Vaidya Mishra

**MONTH NINE**

**C. Specific Marma Treatments for the Heart, Mind, and for Stress Reduction**
   1) **Five Marmas for the Heart**
   2) **Seven Marmas for the Mind**
   3) **Eleven Marmas for Releasing Mental Stress**

**D. How to Modulate Women’s Hormonal Systems through Marma**
   1) **SVA Transdermal Creams and Herbal Memory Nectar Drops to use for Menstrual Cycle Issues, Pre-menstrual Syndrome (PMS), Pre-menopause, and Menopause**
   2) **Marma Points to use for Menstrual Cycle Issues, Pre-menstrual Syndrome (PMS), Pre-menopause and Menopause**

**E. Understanding the Sushumna Nadi and the Pulse**

**F. How to Improve Mental, Physical, Emotional and Sensual Stamina through Marma Protocols**

**G. How to Improve Spiritual Connection through Marma Protocols**

**H. How to Improve Joint Health through Marma Protocols**

**I. How to Improve Lower Back Health through Marma Protocols**

**Weekend In-Depth Pulse & Marma Practicum with Vaidya Mishra at his Prana Center in Chatsworth, CA - TBA**

**APPENDIX A: Guide to the Location of the Marma Points**

**A. Talahridaya Marmas: Palms of Hands and Soles of Feet**
1) Location
2) Function
3) Benefits
4) TD Creams

B. *Adhipati Marma:* Top of the Head
1) Location
2) Function
3) Benefits
4) TD Creams

C. *Sthapati Marma:* Midpoint between the Eyebrows
1) Location
2) Function
3) Benefits
4) TD Creams

D. *Phana Marmas:* Root of the Outer Nostrils
1) Location
2) Function
3) Benefits
4) TD Creams

E. *Apanga Marmas:* End of the Eyebrows
1) Location
2) Function
3) Benefits
4) TD Creams

F. *Shankha Marmas:* Center of the Temples
1) Location
2) Function
3) Benefits
5) TD Creams

G. *Kanth Marma:* The Sternal Notch
1) Location
2) Function
3) Benefits
4) TD Creams

H. *Hridaya Marma*: Mid-point of the Chest at Nipple Level
1) Location
2) Function
3) Benefits
4) TD Creams

I. *Nabhi Marma*: Umbilicus (Navel)
1) Location
2) Function
3) Benefits
4) TD Creams

J. *Kurma Marma*: The “Vibrational Turtle”
1) Location
2) Function
3) Benefits
4) TD Creams

K. *Manya Marmas*: Lower Neck
1) Location
2) Function
3) Benefits
4) TD Creams

L. *Ansä Marmas*: Back of the Shoulders
1) Location
2) Function
3) Benefits
4) TD Creams

M. *Ansä Phalaka Marmas*: Upper Back
1) Location
2) Function
3) Benefits
4) TD Creams

N. *Ani Marmas: Elbows*
   1) Location
   2) Function
   3) Benefits
   4) TD Creams

O. *Urvi Marmas: Thighs*
   1) Location
   2) Function
   3) Benefits
   4) TD Creams

P. *Janu Marmas: Knees*
   1) Location
   2) Function
   3) Benefits
   4) TD Creams

Q. *Krikatika Marmas: Base of the Skull*
   1) Location
   2) Function
   3) Benefits
   4) TD Creams

R. *Katik Taruna Marmas: Lower Back*
   1) Location
   2) Function
   3) Benefits
   4) TD Creams

S. *Shiro Griva Sandhi Marma: Occipital Area*
<table>
<thead>
<tr>
<th></th>
<th>Location</th>
<th>Function</th>
<th>Benefits</th>
<th>TD Creams</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1</strong></td>
<td><strong>Netra Karna Parasadhaka Marmas:</strong> Between C1-C2</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>2</strong></td>
<td><strong>Roop Danta Prasadhaka:</strong> Between C2-C3</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>3</strong></td>
<td><strong>Nasa Mukh Prasadhaka Marmas:</strong> Between C3-C4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>4</strong></td>
<td><strong>Swar Prasadhaka Marmas:</strong> Between C4-C5</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>X</strong></td>
<td><strong>Griva Ansa Prasadhaka Marmas:</strong> Between C5-C6</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>