

Levels 1 to 4

Varisais & Sapta Tala Alankarams



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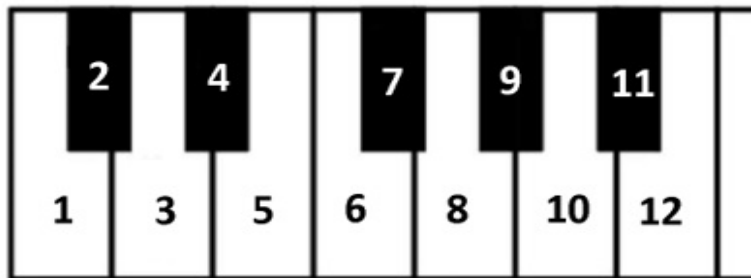
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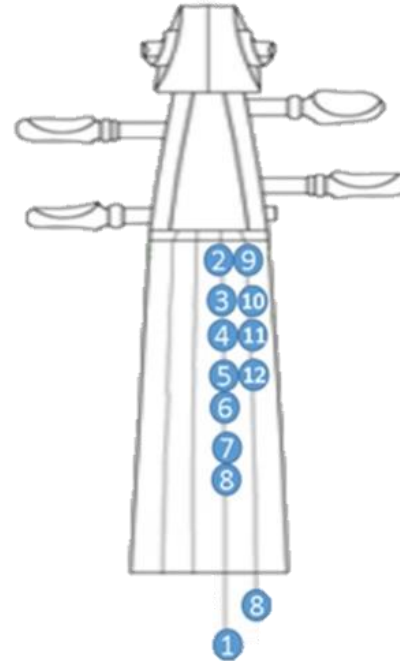
Explaining Notes

#	Note	Name of the Note	Western
1	S	Shadjam	C
2	R1	Suddha Rishabham*	C# / Db
3	R2/ G1	Chatu-shruti Rishabham/ Suddha Gandharam	D
4	R3/ G2	Shat-shruthi Rishabham / Sadharana Gandharam*	D# / Eb
5	G3	Antara Gandharam	E
6	M1	Suddha Madhyamam	F
7	M2	Prati Madhyamam*	F# / Gb
8	P	Panchamam	G
9	D1	Suddha Dhaivatam*	G# / Ab
10	D2/ N1	Chatu-shruti Dhaivatam/ Suddha Nishadam	A
11	D3/N2	Shat-shruti Dhaivatam / Kaishiki Nishadam	A# / Bb
12	N3	Kakali Nishadam*	B
	Ś	Shadjam (Upper Sthayi/ Higher Octave)	C

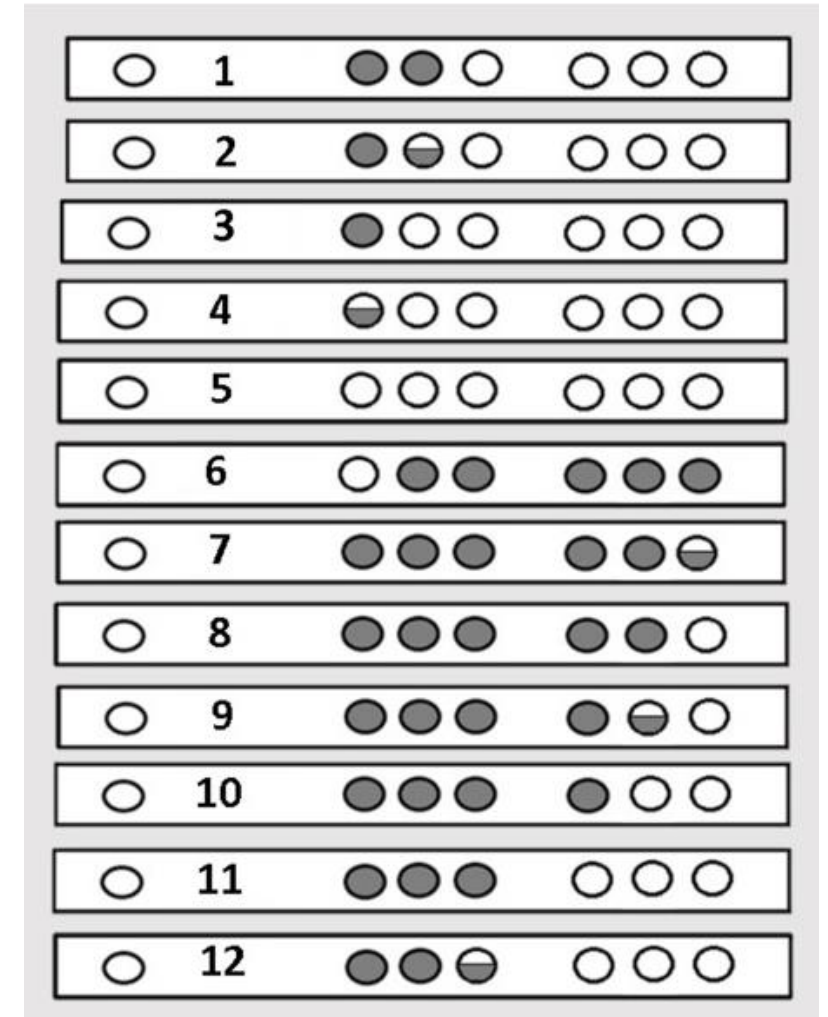
* Half-Note in Carnatic Flute



KEYBOARD



VIOLIN



FLUTE

Conventions Used in this Document

* **(Asterik)** denotes a **Half Note** in Carnatic Flute.

Example: N*

Underlined phrases to be played in **Double-Speed**

Example: PP

A **Dot Above/Higher Case** the note indicates **Higher** Octave Note

Example: Š

A **Dot Below/Lower Case** the note indicates **Lower** Octave Note

Example: p

A **Shaded Phrase** is to be played in a Single Blow

Example: GRS,



Level - 1

Sarali Varisais

Level – 1 Sarali Varisais (1 to 9)

FLUTE:

Harikamboji (No ½ Notes)

Sankarabharanam (½ R)

Maya Malava Gowla (½ R, D, N)

1	1	SR GM	PD	NŚ
	2	ŚN DP	MG	RS
2	1	SR SR	SR	GM
	2	SR GM	PD	NŚ
	3	ŚN ŚN	ŚN	DP
	4	ŚN DP	MG	RS
3	1	SRG S	RG	SR
	2	SR GM	PD	NŚ
	3	ŚND Ś	ND	ŚN
	4	ŚN DP	MG	RS
4	1	SR GM	SR	GM
	2	SR GM	PD	NŚ
	3	ŚN DP	ŚN	DP
	4	ŚN DP	MG	RS
5	1	SR GM	P ,	SR
	2	SR GM	PD	NŚ
	3	ŚN DP	M ,	ŚN
	4	ŚN DP	MG	RS

6	1	SR GM	PD	SR
	2	SR GM	PD	NŚ
	3	ŚN DP	MG	ŚN
	4	ŚN DP	MG	RS
7	1	SR GM	PD	N ,
	2	SR GM	PD	NŚ
	3	ŚN DP	MG	R ,
	4	ŚN DP	MG	RS
8	1	SR GM	PM	GR
	2	SR GM	PD	NŚ
	3	ŚN DP	MP	DN
	4	ŚN DP	MG	RS
9	1	SR GM	PM	DP
	2	SR GM	PD	NŚ
	3	ŚN DP	MP	GM
	4	ŚN DP	MG	RS

Level – 1 Sarali Varisais (10 to 14)

FLUTE:

Harikamboji (No ½ Notes)

Sankarabharanam (½ R)

Maya Malava Gowla (½ R, D, N)

10	1	SR GM	P ,	GM
	2	P , , ,	P ,	, ,
	3	GM PD	ND	PM
	4	GM PG	MG	RS
11	1	Ś, ND	N ,	DP
	2	D, PM	P ,	P ,
	3	GM PD	ND	PM
	4	GM PG	MG	RS
12	1	ŚŚ ND	NN	DP
	2	DD PM	P ,	P ,
	3	GM PD	ND	PM
	4	GM PG	MG	RS

13	1	SR GR	G ,	GM
	2	PM P,	DP	D ,
	3	MP DP	DN	DP
	4	MP DP	MG	RS
14	1	SR GM	P,	P,
	2	DD P,	MM	P,
	3	DN Ś,	ŚN	DP
	4	ŚN DP	MG	RS



Level - 2

Janta Varisais

Level – 2 Janta Varisais (1, 2, 5, 8)

FLUTE:

Harikamboji (No ½ Notes)

Sankarabharanam (½ R)

Maya Malava Gowla (½ R, D, N)

1	1	SS RR GG MM	PP DD	NN SS
	2	SS NN DD PP	MM GG	RR SS

2	1	SS RR GG MM	RR GG	MM PP
	2	GG MM PP DD	MM PP	DD NN
	3	PP DD NN ŠŠ	ŠŠ NN	DD PP
	4	NN DD PP MM	DD PP	MM GG
	5	PP MM GG RR	MM GG	RR SS

5	1	SS RR GG RR	SS RR	GG MM
	2	RR GG MM GG	RR GG	MM PP
	3	GG MM PP MM	GG MM	PP DD
	4	MM PP DD PP	MM PP	DD NN
	5	PP DD NN DD	PP DD	NN ŠŠ
	6	ŠŠ NN DD NN	ŠŠ NN	DD PP
	7	NN DD PP DD	NN DD	PP MM
	8	DD PP MM PP	DD PP	MM GG
	9	PP MM GG MM	PP MM	GG RR
	10	MM GG RR GG	MM GG	RR SS

8	1	SSS RRR GG	SS RR	GG MM
	2	RRR GGG MM	RR GG	MM PP
	3	GGG MMM PP	GG MM	PP DD
	4	MMM PPP DD	MM PP	DD NN
	5	PPP DDD NN	PP DD	NN ŠŠ
	6	ŠŠŠ NNN DD	ŠŠ NN	DD PP
	7	NNN DDD PP	NN DD	PP MM
	8	DDD PPP MM	DD PP	MM GG
	9	PPP MMM GG	PP MM	GG RR
	10	MMM GGG RR	MM GG	RR SS

Level – 2 Janta Varisais (3, 4)

FLUTE:

Harikamboji (No ½ Notes)

Sankarabharanam (½ R)

Maya Malava Gowla (½ R, D, N)

3	1	SSR SSR SR	SS RR	GG MM
	2	RRG RRG RG	RR GG	MM PP
	3	GGM GGM GM	GG MM	PP DD
	4	MMP MMP MP	MM PP	DD NN
	5	PPD PPD PD	PP DD	NN ŠŠ
	6	ŠŠN ŠŠN ŠN	ŠŠ NN	DD PP
	7	NND NND ND	NN DD	PP MM
	8	DDP DDP DP	DD PP	MM GG
	9	PPM PPM PM	PP MM	GG RR
	10	MMG MMG MG	MM GG	RR SS

4	1	SS RR G SRG	SS RR	GG MM
	2	RR GG M RGM	RR GG	MM PP
	3	GG MM P GMP	GG MM	PP DD
	4	MM PP D MPD	MM PP	DD NN
	5	PP DD N PDN	PP DD	NN ŠŠ
	6	ŠŠ NN D ŠND	ŠŠ NN	DD PP
	7	NN DD P NDP	NN DD	PP MM
	8	DD PP M DPM	DD PP	MM GG
	9	PP MM G PMG	PP MM	GG RR
	10	MM GG R MGR	MM GG	RR SS



Level – 2 Janta Varisais (6, 7, 9)

FLUTE:

Harikamboji (No ½ Notes)

Sankarabharanam (½ R)

Maya Malava Gowla (½ R, D, N)

6	1	SS, RR, GG	SS RR	GG MM
	2	RR, GG, MM	RR GG	MM PP
	3	GG, MM, PP	GG MM	PP DD
	4	MM, PP, DD	MM PP	DD NN
	5	PP, DD, NN	PP DD	NN ŠŠ
	6	ŠŠ, NN, DD	ŠŠ NN	DD PP
	7	NN, DD, PP	NN DD	PP MM
	8	DD, PP, MM	DD PP	MM GG
	9	PP, MM, GG	PP MM	GG RR
	10	MM, GG, RR	MM GG	RR SS

7	1	S,S R,R GG	SS RR	GG MM
	2	R,R G,G MM	RR GG	MM PP
	3	G,G M,M PP	GG MM	PP DD
	4	M,M P,P DD	MM PP	DD NN
	5	P,P D,D NN	PP DD	NN ŠŠ
	6	Š,Š N,N DD	ŠŠ NN	DD PP
	7	N,N D,D PP	NN DD	PP MM
	8	D,D P,P MM	DD PP	MM GG
	9	P,P M,M GG	PP MM	GG RR
	10	M,M G,G RR	MM GG	RR SS

9	1	SS MM GG RR	SS RR	GG MM
	2	RR PP MM GG	RR GG	MM PP
	3	GG DD PP MM	GG MM	PP DD
	4	MM NN DD PP	MM PP	DD NN
	5	PP ŠŠ NN DD	PP DD	NN ŠŠ
	6	ŠŠ PP DD NN	ŠŠ NN	DD PP
	7	NN MM PP DD	NN DD	PP MM
	8	DD GG MM PP	DD PP	MM GG
	9	PP RR GG MM	PP MM	GG RR
	10	MM SS RR GG	MM GG	RR SS



Level - 3

Dhatu Varisais

&

Upper-Sthayi Varisais

Level – 3 Dhatu Varisais

FLUTE:

Harikamboji (No ½ Notes)

Sankarabharanam (½ R)

Maya Malava Gowla (½ R, D, N)

1	1	SR SG RG RM	S MGR	SR GM
	2	RG RM GM GP	R PMG	RG MP
	3	GM GP MP MD	G DPM	GM PD
	4	MP MD PD PN	M NDP	MP DN
	5	PD PN DN DŚ	P ŚND	PD NŚ
	6	ŚN ŚD ND NP	Ś PDN	ŚN DP
	7	ND NM DP DM	N MPD	ND PM
	8	DP DM PM PG	D GMP	DP MG
	9	PM PG MG MR	P RGM	PM GR
	10	MR MS GR GS	M SRG	MG RS

2	1	SM GM RG SR	SG RG	SR GM
	2	RP MP GM RG	RM GM	RG MP
	3	GD PD MP GM	GP MP	GM PD
	4	MN DN PD MP	MD PD	MP DN
	5	PŚ NŚ DN PD	PN DN	PD NŚ
	6	ŚP DP ND ŚN	ŚD ND	ŚN DP
	7	NM PM DP ND	NP DP	ND PM
	8	DG MG PM DP	DM PM	DP MG
	9	PR GR MG PM	PG MG	PM GR
	10	MS RS GR MG	MR GR	MG RS

Level – 3 Upper-Sthayi Varisais

FLUTE:

Harikamboji (No ½ Notes)

Sankarabharanam (½ R)

Maya Malava Gowla (½ R, D, N)

1	1	SR GM PD NŚ	Ś , , ,	Ś , , ,
	2	DN ŚR ŚN DP	ŚN DP	MG RS

2	1	SR GM PD NŚ	Ś , , ,	Ś , , ,
	2	DN ŚR ŚŚR Ś	ŚR ŚN	DP MP
	3	DN ŚR ŚN DP	ŚN DP	MG RS

3	1	SR GM PD NŚ	Ś , , ,	Ś , , ,
	2	DN ŚR ĠR ŚR	ŚR ŚN	DP MP
	3	DN ŚR ŚŚR Ś	ŚR ŚN	DP MP
	4	DN ŚR ŚN DP	ŚN DP	MG RS

4	1	SR GM PD NŚ	Ś , , ,	Ś , , ,
	2	DN ŚR ĠM ĠR	ŚR ŚN	DP MP
	3	DN ŚR ĠR ŚR	ŚR ŚN	DP MP
	4	DN ŚR ŚŚR Ś	ŚR ŚN	DP MP
	5	DN ŚR ŚN DP	ŚN DP	MG RS

5	1	SR GM PD NŚ	Ś , , ,	Ś , , ,
	2	DN ŚR ĠM ṖM	ĠR ŚN	DP MP
	3	DN ŚR ĠM ĠR	ŚR ŚN	DP MP
	4	DN ŚR ĠR ŚR	ŚR ŚN	DP MP
	5	DN ŚR ŚŚR Ś	ŚR ŚN	DP MP
		DN ŚR ŚN DP	ŚN DP	MG RS



Level - 4

Sapta Tala Alankarams

Level – 4 Sapta Taala Alankarams (Theory)

Basic Angas (Constituent Units) of a Talam (Rythmic Cycle)

#	Name of the Anga	Symbol	Duration (Aksharas)	Showing it
1	Anu-dhrutham	U	1 (Single)	One beat (Dhruvakam)
2	Dhrutham	O	2 (Double)	One beat (Dhruvakam) and Waving (Visarjitam)
3	Laghu	1	3 or more (Multiple)	One Beat (Dhruvakam) and counting of fingers starting with little finger (pinky)
4	Guru	8	8	
5	Plutham	1 or 1 S 8	12	
6	Kaaka Paadam	+	16	

Five Varieties / Jaathis, relating to Laghu

#	Name	Number of beats/ aksharas
1	Thisra Jaathi	3
2	Chathirashra Jaathi	4
3	Khanda Jaathi	5
4	Misra Jaathi	7
5	Sankeerna Jaathi	9
<i>There's no 6 & 8 as they can be represented by two 3's and 4's respectively</i>		

Representing a Talam: Example: Chathurashra Jaathi Dhruva Taalam

Tala Signature: 1 0 1 1 1 = 4 (Chathurashram) 0 = 2

= 14 0₂ 1₄ 1₄ = 4 + 2 + 4 + 4 = 14 Beats / Aksharas

Level – 4 Sapta Taala Alankarams (Eka & Rupakam)

Chathurashra Jathi Eka Talam (14)

#	14
1	S R G M
2	R G M P
3	G M P D
4	M P D N
5	P D N Ś
6	Ś N D P
7	N D P M
8	D P M G
9	P M G R
10	M G R S

Sankeerna Jathi Eka Talam (19)

#	19
1	S , R , G , M P D
2	R , G , M , P D N
3	G , M , P , D N Ś
6	Ś , N , D , P M G
7	N , D , P , M G R
8	D , P , M , G R S

Chathurashra Jathi Rupaka Talam (O₂ 14)

#	O ₂	14
1	S R	S R G M
2	R G	R G M P
3	G M	G M P D
4	M P	M P D N
5	P D	P D N Ś
6	Ś N	Ś N D P
7	N D	N D P M
8	D P	D P M G
9	P M	P M G R
10	M G	M G R S

Level – 4 Sapta Taala Alankarams (Tripura & Matya)

Tisra Jathi

Tripura Talam (1₃ 0₂ 0₂)

#	1 ₃	0 ₂	0 ₂
1	S R G	S R	G M
2	R G M	R G	M P
3	G M P	G M	P D
4	M P D	M P	D N
5	P D N	P D	N Ś
6	Ś N D	Ś N	D P
7	N D P	N D	P M
8	D P M	D P	M G
9	P M G	P M	G R
10	M G R	M G	R S

Chathurashra Jathi

Matya Talam (1₄ 0₂ 1₄)

#	1 ₄	0 ₂	1 ₄
1	S R G R	S R	S R G M
2	R G M G	R G	R G M P
3	G M P M	G M	G M P D
4	M P D P	M P	M P D N
5	P D N D	P D	P D N Ś
6	Ś N D N	Ś N	Ś N D P
7	N D P D	N D	N D P M
8	D P M P	D P	D P M G
9	P M G M	P M	P M G R
10	M G R G	M G	M G R S

Level – 4 Sapta Taala Alankarams (Jhumpa & Dhruva Talam)

Misra Jathi

Jhumpa Talam (17 U 02)

#	17	U1	O2
1	SRG SR SR	G	M,
2	RGM RG RG	M	P,
3	GMP GM GM	P	D,
4	MPD MP MP	D	N,
5	PDN PD PD	N	Ś,
6	ŚND ŚN ŚN	D	P,
7	NDP ND ND	P	M,
8	DPM DP DP	M	G,
9	PMG PM PM	G	R,
10	MGR MG MG	R	S,

Chathurashra Jathi

Dhruva Talam (14 02 14 14)

#	14	O2	14	14
1	S R G M	G R	S R G R	S R G M
2	R G M P	M G	R G M G	R G M P
3	G M P D	P M	G M P M	G M P D
4	M P D N	D P	M P D P	M P D N
5	P D N Ś	N D	P D N D	P D N Ś
6	Ś N D P	D N	Ś N D N	Ś N D P
7	N D P M	P D	N D P D	N D P M
8	D P M G	M P	D P M P	D P M G
9	P M G R	G M	P M G M	P M G R
10	M G R S	R G	M G R G	M G R S

Level – 4 Sapta Taala Alankarams (Ata Talam)

Khanda Jathi Ata Talam (1₅ 1₅ 0₂ 0₂)

#	1 ₅	1 ₅	0 ₂	0 ₂
1	S R , G ,	S , R G ,	M ,	M ,
2	R G , M ,	R , G M ,	P ,	P ,
3	G M , P ,	G , M P ,	D ,	D ,
4	M P , D ,	M , P D ,	N ,	N ,
5	P D , N ,	P , D N ,	Ṣ ,	Ṣ ,
6	Ṣ N , D ,	Ṣ , N D ,	P ,	P ,
7	N D , P ,	N , D P ,	M ,	M ,
8	D P , M ,	D , P M ,	G ,	G ,
9	P M , G ,	P , M G ,	R ,	R ,
10	M G , R ,	M , G R ,	S ,	S ,



Appendix - 1

Sadhaka Varisais

Appendix-1 Sadhaka Varisais

#	S-1
1	SR,
2	SRG,
3	SRGM,
4	SRGMP.
5	SRGMPD,
6	SRGMPDN,
7	SRGMPDNŚ,
8	SRGMPDNŚŖ,
9	SRGMPDNŚŖĠ,
10	SRGMPDNŚŖĠĤ,
11	SRGMPDNŚŖĠĤĤ,

#	S-2
1	ĤM,
2	ĤMĠ,
3	ĤMĠŖ,
4	ĤMĠŖŚ,
5	ĤMĠŖŚN,
6	ĤMĠŖŚND,
7	ĤMĠŖŚNDĤ,
8	ĤMĠŖŚNDPM,
9	ĤMĠŖŚNDPMĠ,
10	ĤMĠŖŚNDPMĠŖ,
11	ĤMĠŖŚNDPMĠŖS,

#	S-3
1	RS,
2	GRS,
3	MGRS,
4	PMGRS,
5	DPMGRS,
6	NDPMGRS,
7	ŚNDPMGRS,
8	ŖŚNDPMGRS,
9	ĠŖŚNDPMGRS,
10	ĤŖŚNDPMGRS,
11	ĤMĠŖŚNDPMGRS,

Appendix-1 Sadhaka Varisais

#	S-4
1	R SS,
2	G RR,
3	M GG,
4	P MM,
5	D PP,
6	N DD,
7	Ś NN,
8	Ṛ ŚŚ,

#	S-5
1	S, R SS,
2	R, G RR,
3	G, M GG,
4	M, P MM,
5	P, D PP,
6	D, N DD,
7	N, Ś NN,
8	Ś, Ṛ ŚŚ,

Practive this (S-5) by repeating the **RSS**, part multiple times.

Example:
S, RSS, RSS, RSS,

#	S-6
1	SRGR R SS,
2	RGMG G RR,
3	GMPM M GG,
4	MPDP P MM,
5	PDND D PP,
6	DNŚN N DD,
7	NŚṚŚ Ś NN,
8	ŚṚḠṚ Ṛ ŚŚ,

Practive this (S-6) by repeating the **SRGR** part multiple times.

Example:
SRGR SRGR SRGR RSS,

#	S-7
1	G RR SS,
2	M GG RR ,
3	P MM GG,
4	D PP MM,
5	N DD PP,
6	Ś NN DD,
7	Ṛ ŚŚ NN,
8	Ḡ ṚṚ ŚŚ,

#	S-8
1	RG RR SS,
2	GM GG RR ,
3	MP MM GG,
4	PD PP MM,
5	DN DD PP,
6	NŚ NN DD,
7	ŚṚ ŚŚ NN,
8	ṚḠ ṚṚ ŚŚ,

Appendix-1 Sadhaka Varisais

#	S-9
1	G RR SS,
2	M GG RR SS,
3	P MM GG RR SS,
4	D PP MM GG RR SS,
5	N DD PP MM GG RR SS,
6	Ś NN DD PP MM GG RR SS,
7	Ṛ ŚŚ NN DD PP MM GG RR SS,
8	Ḡ ṚṚ ŚŚ NN DD PP MM GG RR SS,
9	Ṣ ḠḠ ṚṚ ŚŚ NN DD PP MM GG RR SS,
10	Ṗ ṢṢ ḠḠ ṚṚ ŚŚ NN DD PP MM GG RR SS,

#	S-10
1	SRSS RGRR GMGG RGRR SRSS
2	RGRR GMGG MPMM GMGG RGRR
3	GMGG MPMM PDPP MPMM GMGG
4	MPMM PDPP DNDD PDPP MPMM
5	PDPP DNDD NŚNN DNDD PDPP
6	DNDD NŚNN ŚṚŚŚ NŚNN DNDD
7	NŚNN ŚṚŚŚ ṚḠṚṚ ŚṚŚŚ NŚNN
8	ŚṚŚŚ ṚḠṚṚ ḠṢḠḠ ṚḠṚṚ ŚṚŚŚ
9	ṚḠṚṚ ḠṢḠḠ ṢṖṢṢ ḠṢḠḠ ṚḠṚṚ



Play this Exercise downward (1 to 9)
and then upward (9 to 1)

Appendix-1 Sadhaka Varisais

#	S-11
1	SRGR nRGR dRGR R SS,
2	RGMG SGMG nGMG G RR,
3	GMPM RMPM SMPM M GG,
4	MPDP GPDP RPDP P MM,
5	PDND MDND GDND D PP,
6	DNŚN PNŚN MNŚN N DD,
7	NŚRŚ DŚRŚ PŚRŚ Ś NN,
8	ŚRĞR NRĞR DRĞR Ř ŚS,

#	S-12
1	SRGR nRGR dRGR pRGR R SS,
2	RGMG SGMG nGMG dGMG G RR,
3	GMPM RMPM SMPM nMPM M GG,
4	MPDP GPDP RPDP SPDP P MM,
5	PDND MDND GDND RDND D PP,
6	DNŚN PNŚN MNŚN GNŚN N DD,
7	NŚRŚ DŚRŚ PŚRŚ MŚRŚ Ś NN,
8	ŚRĞR NRĞR DRĞR PRĞR Ř ŚS,

Appendix-1 Sadhaka Varisais

#	S-13
1	S,R, G,MG R,GR S,
2	R,G, M,PM G,MG R,
3	G,M, P,DP M,PM G,
4	M,P, D,ND P,DP M,
5	P,D, N,ŚN D,ND P,
6	D,N, Ś,ṚŚ N,ŚN D,
7	N,Ś, Ṛ,ḠṚ Ś,ṚŚ N,
8	Ś,Ṛ, Ḡ,MḠ Ṛ,ḠṚ Ś,

#	S-14
1	S,R, G,MG R,GR S,RS
2	R,G, M,PM G,MG R,GR
3	G,M, P,DP M,PM G,MG
4	M,P, D,ND P,DP M,PM
5	P,D, N,ŚN D,ND P,DP
6	D,N, Ś,ṚŚ N,ŚN D,ND
7	N,Ś, Ṛ,ḠṚ Ś,ṚŚ N,ŚN
8	Ś,Ṛ, Ḡ,MḠ Ṛ,ḠṚ Ś,ṚŚ

#	S-15
1	S,R, G,MG GR R,GR RSS,
2	R,G, M,PM MG G,MG GRR,
3	G,M, P,DP PM M,PM MGG,
4	M,P, D,ND DP P,DP PMM,
5	P,D, N,ŚN ND D,ND DPP,
6	D,N, Ś,ṚŚ ŚN N,ŚN NDD,
7	N,Ś, Ṛ,ḠṚ ṚŚ Ś,ṚŚ ŚNN,
8	Ś,Ṛ, Ḡ,MḠ ḠṚ Ṛ,ḠṚ ṚŚŚ,

Appendix-1 Sadhaka Varisais

#	S-16
1	SR SG RS
2	RG RM GR
3	GM GP MG
4	MP MD PM
5	PD PN DP
6	DN DŚ ND
7	NŚ NR ŚN
8	ŚR ŚG RŚ

#	S-17
1	SR SG RM GP MG RS
2	RG RM GP MD PM GR
3	GM GP MD PN DP MG
4	MP MD PN DŚ ND PM
5	PD PN DŚ NR ŚN DP
6	DN DŚ NR ŚG RŚ ND
7	NŚ NR ŚG RĀ GR ŚN
8	ŚR ŚG RĀ ĠP MĠ RŚ

#	S-18
1	SRSG RMGP MDPN DŚNR ŚNDP MGRS
2	RGRM GPMD PNDŚ NRŚG RŚND PMGR
3	GMGP MDPN DŚNR ŚGRĀ ĠRŚN DPMG
4	MPMD PNDŚ NRŚG RMGP MGRS NDPM

Appendix-1 Sadhaka Varisais

#	S-19		
1	SG PN RM DŚ	SR GM	PD NŚ
2	RM DŚ GP NR	RG MP	DN ŚR
3	GP NR MD ŚG	GM PD	NŚ RG
4	MD ŚG PN RM	MP DN	ŚR GM
5	PN RM DŚ GP	PD NŚ	RG MP
6	GP NR MD ŚG	GM PD	DN ŚR
7	MD ŚG PN RM	MP DN	NŚ RG
8	PN RM DŚ GP	PD NŚ	ŚR GM
9	GP NR MD ŚG	GM PD	RG MP
10	MD ŚG PN RM	MP DN	DN ŚR

#	S-20		
1	SS GG PP NN	SR GM	PD NŚ
2	RR MM DD ŚŚ	RG MP	DN ŚR
3	GG PP NN RR	GM PD	NŚ RG
4	MM DD ŚŚ GG	MP DN	ŚR GM
5	PP NN RR MM	PD NŚ	RG MP
6	RR MM DD ŚŚ	RG MP	DN ŚR
7	MM DD ŚŚ GG	MP DN	NŚ RG
8	PP NN RR MM	PD NŚ	ŚR GM
9	RR MM DD ŚŚ	RG MP	RG MP
10	MM DD ŚŚ GG	MP DN	DN ŚR

Appendix-1 Sadhaka Varisais

#	S-21		
1	MS RS GR MG	SS RR	GG MM
2	PR GR MG PM	RR GG	MM PP
3	DG MG PM DP	GG MM	PP DD
4	NM PM DP ND	MM PP	DD NN
5	ŚP DP ND ŚN	PP DD	NN ŚŚ
6	PŚ NŚ DN PD	ŚŚ NN	DD PP
7	MN DN PD MP	NN DD	PP MM
8	GD PD MP GM	DD PP	MM GG
9	RP MP GM RG	PP MM	GG RR
10	SM GM RG SR	MM GG	RR SS

#	S-22		
1	SSR S,R SRG R,G SRRG	SSRRG SGR	G SRG SRGM
2	RRG R,G RGM G,M RGGM	RRGGM RMG	M RGM RGMP
3	GGM G,M GMP M,P GMMP	GGMMP GPM	P GMP GMPD
4	MMP M,P MPD P,D MPPD	MMPPD MDP	D MPD MPDN
5	PPD P,D PDN D,N PDDN	PPDDN PND	N PDN PDNŚ
6	ŚŚN Ś,N ŚND N,D ŚNND	ŚŚNND ŚDN	D ŚND ŚNDP
7	NND N,D NDP D,P NDDP	NNDDP NPD	P NDP NDPM
8	DDP D,P DPM P,M DPPM	DDPPM DMP	M DPM DPMG
9	PPM P,M PMG M,G PMMG	PPMMG PGM	G PMG PMGR
10	MMG M,G MGR G,R MGGR	MMGGR MRG	R MGR MGRS

Appendix-1 Sadhaka Varisais (Diamond Exercises)

S
SRS
SRGRS
SRGMGRS
SRGMPMGRS
SRGMPDPMGRS
SRGMPDNNDPMGRS
SRGMPDN\$R\$NDPMGRS
SRGMPDN\$RGR\$NDPMGRS
SRGMPDN\$RGMGR\$NDPMGRS
SRGMPDN\$RGM\$MGR\$NDPMGRS
SRGMPDN\$RGM\$MGR\$NDPMGRS
SRGMPDN\$RGR\$NDPMGRS
SRGMPDN\$R\$NDPMGRS
SRGMPDN\$NDPMGRS
SRGMPDNDPMGRS
SRGMPDPMGRS
SRGMGRS
SRGRS
SRS
S

S
SnS
SndnS
SndpdnS
SndpmpdnS
SndpdnS
SndnS
SnS
S

Practive this
starting with
S, R, G, M and so on

R
RGR
RGMGR
RGMPMGR
RGMPDPMGR
RGMPDNDPMGR
RGMPDN\$R\$NDPMGR
RGMPDN\$RGR\$NDPMGR
RGMPDN\$RGMGR\$NDPMGR
RGMPDN\$RGM\$MGR\$NDPMGR
RGMPDN\$RGM\$MGR\$NDPMGR
RGMPDN\$RGR\$NDPMGR
RGMPDN\$R\$NDPMGR
RGMPDNDPMGR
RGMPDPMGR
RGMGR
RGR
R

R
RSR
RSnSR
RSndnSR
RSndpdnSR
RSndpmpdnSR
RSndpdnSR
RSndnSR
RSnSR
RSR
R

Diamond Exercises starting with S

Diamond Exercises starting with R



Appendix - 2

72 Mela-Karta Ragas

72 Mela-karta Ragas (Sudha-Madhyama Ragas)

CHAKRA 1 - INDU			
#	Mela Name	Arohanam	Avarohanam
1	Kanakangi	S R ₁ G ₁ M ₁ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₁ G ₁ R ₁ S
2	Ratnangi	S R ₁ G ₁ M ₁ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₁ G ₁ R ₁ S
3	Ganamurti	S R ₁ G ₁ M ₁ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₁ G ₁ R ₁ S
4	Vanaspati	S R ₁ G ₁ M ₁ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₁ G ₁ R ₁ S
5	Manavati	S R ₁ G ₁ M ₁ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₁ G ₁ R ₁ S
6	Tanarupi	S R ₁ G ₁ M ₁ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₁ G ₁ R ₁ S

CHAKRA 2 - NETRA			
7	Senavati	S R ₁ G ₂ M ₁ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₁ G ₂ R ₁ S
8	Hanumatodi	S R ₁ G ₂ M ₁ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₁ G ₂ R ₁ S
9	Dhenuka	S R ₁ G ₂ M ₁ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₁ G ₂ R ₁ S
10	Natakapriya	S R ₁ G ₂ M ₁ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₁ G ₂ R ₁ S
11	Kokilapriya	S R ₁ G ₂ M ₁ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₁ G ₂ R ₁ S
12	Rupavati	S R ₁ G ₂ M ₁ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₁ G ₂ R ₁ S

CHAKRA 3 - AGNI			
13	Gayakapriya	S R ₁ G ₃ M ₁ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₁ G ₃ R ₁ S
14	Vakulabharanam	S R ₁ G ₃ M ₁ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₁ G ₃ R ₁ S
15	Maya malava gawla	S R ₁ G ₃ M ₁ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₁ G ₃ R ₁ S
16	Chakravakam	S R ₁ G ₃ M ₁ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₁ G ₃ R ₁ S
17	Suryakantam	S R ₁ G ₃ M ₁ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₁ G ₃ R ₁ S
18	Hatakambari	S R ₁ G ₃ M ₁ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₁ G ₃ R ₁ S

CHAKRA 4 - VEDA			
#	Mela Name	Arohanam	Avarohanam
19	Jhankaradhwani	S R ₂ G ₂ M ₁ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₁ G ₂ R ₂ S
20	Natabhairavi	S R ₂ G ₂ M ₁ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₁ G ₂ R ₂ S
21	Keeravani	S R ₂ G ₂ M ₁ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₁ G ₂ R ₂ S
22	Kharaharapriya	S R ₂ G ₂ M ₁ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₁ G ₂ R ₂ S
23	Gowrimanohari	S R ₂ G ₂ M ₁ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₁ G ₂ R ₂ S
24	Varunapriya	S R ₂ G ₂ M ₁ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₁ G ₂ R ₂ S

CHAKRA 5 - BANA			
25	Mararanjani	S R ₂ G ₃ M ₁ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₁ G ₃ R ₂ S
26	Charukesi	S R ₂ G ₃ M ₁ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₁ G ₃ R ₂ S
27	Sarasangi	S R ₂ G ₃ M ₁ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₁ G ₃ R ₂ S
28	Harikambhoji	S R ₂ G ₃ M ₁ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₁ G ₃ R ₂ S
29	Dheera-shankarabharanam	S R ₂ G ₃ M ₁ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₁ G ₃ R ₂ S
30	Naganandini	S R ₂ G ₃ M ₁ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₁ G ₃ R ₂ S

CHAKRA 6 - RUTU			
31	Yagapriya	S R ₃ G ₃ M ₁ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₁ G ₃ R ₃ S
32	Ragavardhani	S R ₃ G ₃ M ₁ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₁ G ₃ R ₃ S
33	Gangeyabhushani	S R ₃ G ₃ M ₁ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₁ G ₃ R ₃ S
34	Vagadheeswari	S R ₃ G ₃ M ₁ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₁ G ₃ R ₃ S
35	Soolini	S R ₃ G ₃ M ₁ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₁ G ₃ R ₃ S
36	Chalanata	S R ₃ G ₃ M ₁ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₁ G ₃ R ₃ S

72 Mela-karta Ragas (Prati-Madhyama Ragas)

CHAKRA 7 - RISHI			
#	Mela Name	Arohanam	Avarohanam
37	Salagam	S R ₁ G ₁ M ₂ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₂ G ₁ R ₁ S
38	Jalarnavam	S R ₁ G ₁ M ₂ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₂ G ₁ R ₁ S
39	Jhalavarali	S R ₁ G ₁ M ₂ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₂ G ₁ R ₁ S
40	Navaneetam	S R ₁ G ₁ M ₂ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₂ G ₁ R ₁ S
41	Pavani	S R ₁ G ₁ M ₂ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₂ G ₁ R ₁ S
42	Raghupriya	S R ₁ G ₁ M ₂ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₂ G ₁ R ₁ S

CHAKRA 8 - VASU			
43	Gavambodhi	S R ₁ G ₂ M ₂ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₂ G ₂ R ₁ S
44	Bhavapriya	S R ₁ G ₂ M ₂ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₂ G ₂ R ₁ S
45	Subhapantuvarali	S R ₁ G ₂ M ₂ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₂ G ₂ R ₁ S
46	Shadvidhamargini	S R ₁ G ₂ M ₂ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₂ G ₂ R ₁ S
47	Suvarnangi	S R ₁ G ₂ M ₂ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₂ G ₂ R ₁ S
48	Divyamani	S R ₁ G ₂ M ₂ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₂ G ₂ R ₁ S

CHAKRA 9 - BRAHMA			
49	Dhavalambari	S R ₁ G ₃ M ₂ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₂ G ₃ R ₁ S
50	Namanarayani	S R ₁ G ₃ M ₂ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₂ G ₃ R ₁ S
51	Kamavardhini	S R ₁ G ₃ M ₂ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₂ G ₃ R ₁ S
52	Ramapriya	S R ₁ G ₃ M ₂ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₂ G ₃ R ₁ S
53	Gamanasrama	S R ₁ G ₃ M ₂ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₂ G ₃ R ₁ S
54	Viswambari	S R ₁ G ₃ M ₂ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₂ G ₃ R ₁ S

CHAKRA 10- DISHI			
#	Mela Name	Arohanam	Avarohanam
55	Syamalangi	S R ₂ G ₂ M ₂ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₂ G ₂ R ₂ S
56	Shanmukhapriya	S R ₂ G ₂ M ₂ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₂ G ₂ R ₂ S
57	Simhendramadhyamam	S R ₂ G ₂ M ₂ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₂ G ₂ R ₂ S
58	Hemavati	S R ₂ G ₂ M ₂ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₂ G ₂ R ₂ S
59	Dharmavati	S R ₂ G ₂ M ₂ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₂ G ₂ R ₂ S
60	Neetimati	S R ₂ G ₂ M ₂ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₂ G ₂ R ₂ S

CHAKRA 11- RUDRA			
61	Kantamani	S R ₂ G ₃ M ₂ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₂ G ₃ R ₂ S
62	Rishabhapriya	S R ₂ G ₃ M ₂ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₂ G ₃ R ₂ S
63	Latangi	S R ₂ G ₃ M ₂ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₂ G ₃ R ₂ S
64	Vachaspati	S R ₂ G ₃ M ₂ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₂ G ₃ R ₂ S
65	Mechakalyani	S R ₂ G ₃ M ₂ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₂ G ₃ R ₂ S
66	Chitrambari	S R ₂ G ₃ M ₂ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₂ G ₃ R ₂ S

CHAKRA 12- ADITYA			
67	Sucharitra	S R ₃ G ₃ M ₂ P - D ₁ N ₁ Ś	Ś N ₁ D ₁ P M ₂ G ₃ R ₃ S
68	Jyotiswaroopini	S R ₃ G ₃ M ₂ P - D ₁ N ₂ Ś	Ś N ₂ D ₁ P M ₂ G ₃ R ₃ S
69	Dhatuvaradhini	S R ₃ G ₃ M ₂ P - D ₁ N ₃ Ś	Ś N ₃ D ₁ P M ₂ G ₃ R ₃ S
70	Nasikabhooshani	S R ₃ G ₃ M ₂ P - D ₂ N ₂ Ś	Ś N ₂ D ₂ P M ₂ G ₃ R ₃ S
71	Kosalam	S R ₃ G ₃ M ₂ P - D ₂ N ₃ Ś	Ś N ₃ D ₂ P M ₂ G ₃ R ₃ S
72	Rasikapriya	S R ₃ G ₃ M ₂ P - D ₃ N ₃ Ś	Ś N ₃ D ₃ P M ₂ G ₃ R ₃ S

Sudha-Madhyama / Prati-Madhyama Raga Correspondence Table

#	M1	Notes/ Scale	#	M2
CHAKRA1 - INDU			CHAKRA7 - RISHI	
1	Kanakangi	S R ₁ G ₁ M P - D ₁ N ₁ Š	37	Salagam
2	Ratnangi	S R ₁ G ₁ M P - D ₁ N ₂ Š	38	Jalarnavam
3	Ganamurti	S R ₁ G ₁ M P - D ₁ N ₃ Š	39	Jhalavarali
4	Vanaspati	S R ₁ G ₁ M P - D ₂ N ₂ Š	40	Navaneetam
5	Manavati	S R ₁ G ₁ M P - D ₂ N ₃ Š	41	Pavani
6	Tanarupi	S R ₁ G ₁ M P - D ₃ N ₃ Š	42	Raghupriya

CHAKRA2 - NETRA			CHAKRA8 - VASU	
7	Senavati	S R ₁ G ₂ M P - D ₁ N ₁ Š	43	Gavambodhi
8	Hanumatodi	S R ₁ G ₂ M P - D ₁ N ₂ Š	44	Bhavapriya
9	Dhenuka	S R ₁ G ₂ M P - D ₁ N ₃ Š	45	Subhapantuvarali
10	Natakapriya	S R ₁ G ₂ M P - D ₂ N ₂ Š	46	Shadvidhamargini
11	Kokilapriya	S R ₁ G ₂ M P - D ₂ N ₃ Š	47	Suvarnangi
12	Rupavati	S R ₁ G ₂ M P - D ₃ N ₃ Š	48	Divyamani

CHAKRA3 - AGNI			CHAKRA9 - BRAHMA	
13	Gayakapriya	S R ₁ G ₃ M P - D ₁ N ₁ Š	49	Dhavalambari
14	Vakulabharanam	S R ₁ G ₃ M P - D ₁ N ₂ Š	50	Namanarayani
15	Mayamalavagaula	S R ₁ G ₃ M P - D ₁ N ₃ Š	51	Kamavardhini
16	Chakravakam	S R ₁ G ₃ M P - D ₂ N ₂ Š	52	Ramapriya
17	Suryakantam	S R ₁ G ₃ M P - D ₂ N ₃ Š	53	Gamanasrama
18	Hatakambari	S R ₁ G ₃ M P - D ₃ N ₃ Š	54	Viswambari

#	M1	Notes/ Scale	#	M2
CHAKRA4 - VEDA			CHAKRA10 - DISHI	
19	Jhankaradhwani	S R ₂ G ₂ M P - D ₁ N ₁ Š	55	Syamalangi
20	Natabhairavi	S R ₂ G ₂ M P - D ₁ N ₂ Š	56	Shanmukhapriya
21	Keeravani	S R ₂ G ₂ M P - D ₁ N ₃ Š	57	Simhendra Madhyamam
22	Karaharapriya	S R ₂ G ₂ M P - D ₂ N ₂ Š	58	Hemavati
23	Gowrimanohari	S R ₂ G ₂ M P - D ₂ N ₃ Š	59	Dharmavati
24	Varunapriya	S R ₂ G ₂ M P - D ₃ N ₃ Š	60	Neetimati

CHAKRA5 - BANA			CHAKRA11- RUDRA	
25	Mararanjani	S R ₂ G ₃ M P - D ₁ N ₁ Š	61	Kantamani
26	Charukesi	S R ₂ G ₃ M P - D ₁ N ₂ Š	62	Rishabhapriya
27	Sarasangi	S R ₂ G ₃ M P - D ₁ N ₃ Š	63	Latangi
28	Harikambhoji	S R ₂ G ₃ M P - D ₂ N ₂ Š	64	Vachaspati
29	Dheera	S R ₂ G ₃ M P - D ₂ N ₃ Š	65	Mecha-Kalyani
30	Naganandini	S R ₂ G ₃ M P - D ₃ N ₃ Š	66	Chitrambari

CHAKRA6 - RUTU			CHAKRA12- ADITYA	
31	Yagapriya	S R ₃ G ₃ M P - D ₁ N ₁ Š	67	Sucharitra
32	Ragavardhani	S R ₃ G ₃ M P - D ₁ N ₂ Š	68	Jyotiswaroopini
33	Gangeyabhushani	S R ₃ G ₃ M P - D ₁ N ₃ Š	69	Dhatuvaradhini
34	Vagadheeswari	S R ₃ G ₃ M P - D ₂ N ₂ Š	70	Nasikabhooshani
35	Soolini	S R ₃ G ₃ M P - D ₂ N ₃ Š	71	Kosalam
36	Chalanata	S R ₃ G ₃ M P - D ₃ N ₃ Š	72	Rasikapriya

Happy Learning !