

Saptha Swaras

It means the basic seven notes: s, r, g, m, p, d and n. Along these notes when Thara sthayi Shadja is added it becomes an OCTAVE.

The basic lessons are set in Mayamalavagowla Raga and Adi Thala.

Raga: Mayamalavagowla (15th Melakarta Raga)

Talam: Adi

Arohana: S R1 G3 M1 P D1 N3 S

Avarohana: S N3 D1 P M1 G3 R1 S

First speed

x 1 2 3 x v x v
|| S--- r--- g--- m--- | p--- d--- | n--- s--- ||
|| S--- n--- d--- p--- | m--- g--- | r--- s--- ||

Second speed

X 1 2 3 x v x v
|| s-r- g-m- p-d- n-s- | s-n- d-p- | m-g- r-s- ||

Third speed

|| srgm pdns sndp mgrs | srgm pdns sndp mgrs ||