

## 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 Ragam)

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 ||

## Sarali varisai

Raga: Mayamalavagowla (15th Melakarta Ragam)

Talam: Adi

Arohana: s r1 g3m1 p d1 n3 S Avarohana: S n3 d1 p m1 g3 r1 s

1. || s r g m | p d | n S || || S n d p | m g | r s ||
  2. || sr sr srgm | srgm | pdnS || ||SnSn Sndp | Sndp | mgrs ||
  3. || srg srg sr | srgm | pdnS || ||Snd Snd Sn | Sndp | mgrs ||
  4. || srgm srgm | srgm | pdnS || ||Sndp Sndp | Sndp | mgrs ||
  5. || srgmp- sr | srgm | pdnS || ||Sndpm - Sn | Sndp | mgrs ||
  6. || srgmpd sr | srgm | pdnS || ||Sndpmg Sn | Sndp | mgrs ||
  7. || srgmpdn- | srgm | pdnS || ||Sndpmgr - | Sndp | mgrs ||
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8. || srgm pmgr | srgm | pdnS || ||Sndp mpdn | Sndp | mgrs ||
  9. || srgm pmdp | srgm | pdnS || ||Sndp mpgm | Sndp | mgrs ||

10. ||srgm rgmp | srgm | pdnS || ||Sndp ndpm | Sndp | mgrs ||

11. ||rs gr mg pm | srgm | pdnS || ||nS dn pd mp | Sndp | mgrs ||

12. ||grs mgr pm | srgm | pdnS || ||dnS pdn mp | Sndp | mgrs ||

13. ||mgrs pm gr | srgm | pdnS || ||pdnS mpdn | Sndp | mgrs ||

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14. ||s r sg sm sp | srgm | pdnS || ||Sn Sd Sp Sm | Sndp | mgrs ||

15. ||sg rm gp mg | srgm | pdnS || ||Sd np dm pd | Sndp | mgrs ||

16. || smgr spmg | srgm | pdnS || || Spdn Smpd | Sndp | mgrs ||

17. || smgm rgsr | srgm | pdnS || || Spdp ndSn | Sndp | mgrs ||

18. || sp mp gm rg | srgm | pdnS || ||Sm pm dp nd | Sndp | mgrs ||

19. || sd pd mp gm | srgm | pdnS || ||Sg mg pm dp | Sndp | mgrs ||

20. || s Sndp mgr | srgm | pdnS || ||S srgm pdn | Sndp | mgrs ||

21. || srgm Sndp | pdnS | mgrs ||

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## Janda Varisai

It is rendering a note twice: plain the first time, and with force from the previous note (i.e. the note just below this note in frequency) in the raga the second time.

1. || ss rr gg mm | pp dd nn SS 11  
 || SS nn dd pp | mm gg rr ss 11

2. || ssrrggmm | rrggmmpp ||  
 || gg mm pp dd | mm pp dd nn 11  
 || pp dd nn SS | SS nn dd pp 11  
 || nn dd pp mm | dd pp mm gg 11  
 || pp mm gg rr | mm gg rr ss 11

3. || ss rr gg rr | ss rr gg mm 11  
 || rr gg mm gg | rr gg mm pp 11  
 || gg mm pp mm | gg mm pp dd 11  
 11 mm pp dd pp | mm pp dd nn 11  
 || pp dd nn dd | pp dd nn SS 11  
 || SS nn dd nn | SS nn dd pp 11  
 || nn dd pp dd | nn dd pp mm 11  
 || dd pp mm pp | dd ppmm gg ||  
 || pp mm gg mm | pp mm gg rr 11  
 || mm gg rr gg | mm gg rr ss 11

4.           ssr ssr sr | ss rr gg mm 11  
               rrg rrg rg | rr gg mm pp 11  
               ggm ggm gm | gg mm pp dd 11  
               mmp mmp mp | mm pp dd nn 11  
               ppd ppd pd | pp dd nn SS 11  
               SSn SSn Sn | SS nn dd pp 11  
               nnd nnd nd | nn dd pp mm 11  
               ddp ddp dp | dd ppmm gg 11  
               ppm ppm pm | pp mm gg rr 11  
               mmg mmg mg | mm gg rr ss 11

5.           || ss rr g srg | ss rr gg mm 11  
               || rr gg m rgm | rr gg mm pp 11  
               || gg mm p gmp | gg mm pp dd 11  
               || mm pp d mpd | mm pp dd nn 11  
               || pp dd n pdn | pp dd nn SS 11  
               || SS nn d Snd | SS nn dd pp ||  
               || nn dd p ndp | nn dd pp mm 11  
               || dd pp m dpm | dd ppmm gg 11  
               11 pp mm g pmg | pp mm gg rr 11  
               || mm gg r mgr | mm gg rr ss 11

6. || sss rrr gg | ss rr gg mm ||  
 || rrr ggg mm | rr gg mm pp ||  
 || ggg mmm pp | gg mm pp dd ||  
 || mmm ppp dd | mm pp dd nn ||  
 || ppp ddd nn | pp dd nn SS ||

	SSS nnn dd	SS nn dd pp	
	nnn ddd pp	nn dd pp mm	
	ddd ppp mm	dd pp mm gg	
	ppp mmm gg	pp mm mm rr	
	mmm ggg rr	mm gg rr ss	

7. || s , s r , r gg | ss rr gg mm ||  
 || r , r g , g mm | rr gg mm pp ||  
 || g , g m , m pp | gg mm pp dd ||  
 || m , m p , p dd | mm pp dd nn ||  
 || p , p d , d nn | pp dd nn SS ||

	S,S n,n dd	SS nn dd pp	
	n,n d,d pp	nn dd pp mm	
	d,d p,p mm	dd pp mm gg	
	p,p m,m gg	pp mm gg rr	
	m,m g,g rr	mm gg rr ss	

8. || ss, rr, gg | ss rr gg mm ||  
 || rr, gg, mm | rr gg mm pp ||  
 || gg, mm, pp | gg mm pp dd ||  
 || mm, pp, dd | mm pp dd nn ||  
 || pp, dd, nn | pp dd nn SS ||

	SS, nn, dd	SS nn dd pp	
	nn, dd, pp	nn dd pp mm	
	dd, pp, mm	dd pp mm gg	
	pp, mm, gg	pp mm gg rr	
	mm, gg, rr	mm gg rr ss	

9. || sm gm rg sr | ss rr gg mm ||  
 || rp mp gm rg | rr gg mm pp ||  
 || gd pd mp gm | gg mm pp dd ||  
 || mn dn pd mp | mm pp dd nn ||  
 || ps ns dn pd | pp dd nn SS ||

	Sp dp nd Sn	SS nn dd pp	
	nm pm dp nd	nn dd pp mm	
	dg mg pm dp	dd pp mm gg	
	pr gr mg pm	pp mm gg rr	
	ms rs gr mg	mm gg rr ss	

10. || sm gm rg sr | smgr srgm ||      || Sp dp nd Sn | Spdn Sndp ||  
 || rp mp gm rg | rpmg rgmp ||      || nm pm dp nd | nmpd ndpm ||  
 || gd pd mp gm | gdpm gmpd ||      || dg mg pm dp | dgmp dpmg ||  
 || mn dn pd mp | mndp mpdn ||      || pr gr mg pm | prgm pmgr ||  
 || ps ns dn pd | psnd pdns ||      || ms rs gr mg | msrg mgrs ||

11.            || ssr s,r srg r,g rggm | ssrrg srsrg srg srgm ||  
               || rrg r,g rgm g,m gmmp | rrggm rgrm rgm rgmp ||  
               || ggm g,m gmp m,p mppd | ggmmp gmgp gmp gmpd ||  
               || mmp m,p mpd p,d pddn | mm pp d mp md mpd mpdn ||  
               || ppd p,d pdn d,n dnnS | pp dd n pd pn pdn pdnS ||  
               || SSn S,n Snd n,d nddp | SS nn d Sn Sd Snd Sndp ||  
               || nnd n,d ndp d,p dppm | nn dd p nd np ndp ndpm ||  
               || ddp d,p dpm p,m pmmg | dd pp m dp dm dpm dpmg ||  
               || ppm p,m pmg m,g mggr | pp mm g pm pg pmg pmgr ||  
               || mmg m,g mgr g,r grrs | mm gg r mg mr mgr mgrs ||

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# Melsthayi Varisai

These are higher octave sequences, which increase the students' vocal or instrumental range. The first is a simplest exercise and every subsequent exercise adds a new phrase to the previous one. It progressively covers up to Pa.

1. || sr gm pd nS | S, , , | S, , , ||  
|| dn SR Sn dp | Sn dp | mg rs ||

2. || sr gm pd nS | S, , , | S, , , ||  
|| dn SR SS RS | SR Sn | dp mp ||  
|| dn SR Sn dp | Sn dp | mg rs ||

3. || sr gm pd nS | S, , , | S, , , ||  
|| dn SR GR SR | SR Sn | dp mp ||  
|| dn SR SS RS | SR Sn | dp mp ||  
|| dn SR Sn dp | Sn dp | mg rs ||

4. || sr gm pd nS | S, , , | S, , , ||  
|| dn SR GM GR | SR Sn | dp mp ||  
|| dn SR GR SR | SR Sn | dp mp ||  
|| dn SR SS RS | SR Sn | dp mp ||  
|| dn SR Sn dp | Sn dp | mg rs ||

5. || sr gm pd nS | S, , , | S, , , ||  
|| dn SR GM PM | GR Sn | dp mp ||  
|| dn SR GM GR | SR Sn | dp mp ||  
|| dn SR GR SR | SR Sn | dp mp ||  
|| dn SR SS RS | SR Sn | dp mp ||  
|| dn SR Sn dp | Sn dp | mg rs ||

\* The capital letters represents higher octave notes.

## Madhya Sthayi Varisai

1. || sr gm p, gm | p, , , | p, , , || gm pd nd pm | gmp g | mgrs ||
2. || S, nd n, dp | d, pm | p, p, || gm pd nd pm | gmp g | mgrs ||
3. || SS nd nndp | dd pm | p, p, || gm pd nd pm | gmp g | mgrs ||
4. || sr gr g, gm | pm p, | dp d, || mp dp dn dp | mp dp | mgrs ||
5. || sr gm p, p, | dd p, | mm p, || dn S, Sn dp | Sn dp | mg rs ||

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## Suladi Saptha Thala Alankaras

Alankaarams are multi-taaLam sequences which were originally composed in 35 taaLas, but usually only seven of these are taught.

Tala - Musical time or measure. Avartha is the completion of a tala angas or time measure. To make the calculation easy six angas have been devised - - - Laghu, Drutam, Anudrutam, Guru, Plutam and Kakapadam. Among these only three are used in Sooladi Saptha Thala Alankaras.

1. Laghu - - | 3/4/5/7/9-- beat + Count of the fingers (akshara varies depending upon jaaty)
2. Drutam (O) - One beat + One wave - Akshara-2
3. Anudrutam -- U -- one Beat of the Palm on the lap - Akshara- 1

However, Laghu varies in the number of aksharas depending upon it's Jaati. There are 5 Jaathis of Laghu with their corresponding akshara kalas here -

1. Trisra Jaati Laghu - 3 aksharas (Symbol) |3
2. Chaturasra Jaati Laghu - 4 aksharas |4
3. Kanda Jaati Laghu - 5 aksharas |5
4. Misra Jaati Laghu - 7 aksharas |7
5. Sankeerana Jaati Laghu - 9 aksharas |9

Because of this Jaati Bedam of Laghu, each of the Sapta Talas give 5 ThalAs, by varying the Jaathi of the laghu present. Thus the no: of thalas become 7 multiplied by 5 becomes 35.

### 1. Chaturashra jaati druva taaLam ( |4 0 |4|4 , 14 beats )

(4)	0	(4)	(4)
s r g m	gr	srgr	srgm
r g m p	mg	rgmg	rgmp
g m p d	pm	gmpm	gmpd
m p d n	dp	mpdp	mpdn
pd n S	nd	pdnd	pdnS

(4)	0	(4)	(4)
S ndp	dn	S ndn	S ndp
nd pm	pd	nd pd	nd pm
dp mg	mp	dp mp	dp mg
pm gr	gm	pm gm	pm gr
mg rs	rg	mg rg	mg rs

### 2. Chaturashra jaati maTya taaLam ( |4 0 |4 , 10 beats)

(4)	0	(4)
s r g r	sr	s r g m
r g mg	rg	r g m p
gm pm	gm	g m p d
mp dp	mp	mp dn
pd nd	pd	pd n S

(4)	0	(4)
S ndn	Sn	S n dp
nd pd	nd	nd pm
dp mp	dp	dp mg
pm gm	pm	pm gr
mg rg	mg	mg rs

**3. Chaturashra jaati roopaka taaLam ( 0 |, 6 beats)**

0  4	0  4
sr   srgm	Sn   Sndp
rg   rgmp	nd   ndpm
gm   gmpd	dp   dpmg
mp   mpdn	pm   pmgr
pd   pdnS	mg   mgrs

**4. Mishra jaati jhampa taaLam (| U 0 , 10 beats)**

7 U 0	7 U 0
srg sr sr   g   m ,	Snd Sn Sn   d   p ,
rgm rg rg   m   p ,	ndp nd nd   p   m ,
gmp gm gm   p   d ,	dpm dp dp   m   g ,
mpd mp mp   d   n ,	pmg pm pm   g   r ,
pdn pd pd   n   S ,	mgr mg mg   r   s ,

**5. Thishra jaati tripuTa taaLam ( |2 0 0 , 7 beats )**

2 0 0	2 0 0
srg   sr   gm	Snd   Sn   dp
rgm   rg   mp	ndp   nd   pm
gmp   gm   pd	dpm   dp   mg
mpd   mp   dn	pmg   pm   gr
pdn   pd   nS	mgr   mg   rs

**7. Chaturashra jaati Eka taaLam (|4)**

4	4
srgm	Sndp
rgmp	ndpm
gmpd	dpmg
mpdn	pmgr
pdnS	mgrs

**6. KhaNDa jaati ATa taaLam ( | | 0 0, 14 beats )**

5  5 0 0	5  5 0 0
sr , g ,   s , rg ,   m ,   m ,	Sn , d ,   S , nd ,   p ,   p ,
rg , m ,   r , gm ,   p ,   p ,	nd , p ,   n , dp ,   m ,   m ,
gm , p ,   g , mp ,   d ,   d ,	dp , m ,   d , pm ,   g ,   g ,
mp , d ,   m , pd ,   n ,   n ,	pm , g ,   p , mg ,   r ,   r ,
pd , n ,   p , dn ,   S ,   S ,	mg , r ,   m , gr ,   s ,   s ,