

## *53. Raga Gamanashrama*

Gamanashrama is the 53 Melakarta or Sampoorna raga of Karnatic music tradition. Arohana and Avarohana of this raga :-

Arohana : Sa Ri<sub>1</sub> Ga<sub>3</sub> Ma<sub>2</sub> Pa Dha<sub>2</sub> Ni<sub>3</sub> Śa

Avarohana : Śa Ni<sub>3</sub> Dha<sub>2</sub> Pa Ma<sub>2</sub> Ga<sub>3</sub> Ri<sub>1</sub> Sa

Swaras in this raga are Shuddha Rishaba, Antara Gandhara, Prati Madhyama, Chatushruti Dhaivata and Kakali Nishada.

Compositions in this raga :

Idu neeku nyamama Sri Mysore Vasudevacharya

Sri Chakra puravasini by Sri Muthiaha Bhagavataru