

## COMMON SANSKRIT TERMS USED IN YOGA

### Directions:

- Adho (downward)
- Mula (base)
- Paschima (west, back)
- Parsva (side)
- Purva (east, front)
- Sama (upright)
- Urdhva (upward)
- Vama (left side)
- Viparita (inverted)

### Numbers & Geometry:

- Eka (one)
- Diwi (two)
- Tri (three)
- Chatur (four)
- Ardha (half)
- Sarva (whole)
- Kona (angle)
- Mandala (circle)
- Paripurna (complete)
- Sama (equal)
- Ubhaya (both)
- Vakra (crooked)

### People and Sages:

- Bharadvaja (a sage)
- Galava (a sage)
- Gheranda (a sage)
- Maharsi (a sage)
- Marichi (a sage)
- Matsyendra (person)
- Patanjali (author of Yoga Sutras)
- Raja (king)
- Sava (corpse)
- Siddha (a sage)
- Vasistha (a sage)
- Vira (hero)

### Actions:

- Baddha (bound)
- Lola (dangling)
- Mudra (seal)
- Niralamba (unsupported)
- Parivrtta (revolved)
- Pida (pressure)
- Prasarita (expanded)
- Prasvasa (expiration)
- Puraka (inhalation)
- Rechaka (exhalation)
- Salamba (supported)
- Sthiti (steady)
- Supta (reclining)
- Tan (stretch)
- Upavistha (seated)
- Ut (intense)
- Utkata (powerful)
- Utthita (extended)
- Vrtti (movement)

### Body Parts:

- Anga (limb)
- Angula (finger)
- Angustha (big toe)
- Bhuja (shoulder)
- Ganda (cheek)
- Hasta (hand)
- Karna (ear)
- Janu (knee)
- Jathara (abdomen)
- Meru-danda (spine)
- Mukha (face)
- Pada (foot, leg)
- Padangustha (big toe)
- Pincha (chin)
- Sarvangasa (body)
- Sirsa (head)

### Things:

- Chakra (wheel)
- Chandra (moon)
- Danda (staff)
- Dhanu (bow)
- Ha (moon)
- Hala (plow)
- Mala (garland)
- Nava (boat)
- Parigha (bolt)
- Parvata (mountain)
- Paryanka (bed)
- Pasa (noose)
- Pincha (feather)
- Setu (bridge)
- Surya (sun)
- Tada (mountain)
- Tha (sun)
- Vajra (thunderbolt)
- Vayu (wind)

### Plants & Animals

- Baka (crane)
- Bheka (frog)
- Bhramara (black bee)
- Garuda (eagle)
- Go (cow)
- Hanuman (powerful monkey)
- Kapota (pigeon)
- Krauncha (heron)
- Kurma (tortoise)
- Makara (crocodile)
- Matsya (fish)
- Mayura (peacock)
- Nakra (crocodile)
- Padma (lotus)
- Salabha (locust)
- Simha (lion)
- Svana (dog)
- Tittibha (firefly)
- Ustra (camel)
- Vrksa (tree)
- Vrschika (scorpion)

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### Ashtanga Yoga (8 Limbs of Yoga):

- Yamas (ethical discipline)
  1. Ahimsa (non-violence)
  2. Satya (truthfulness)
  3. Asteya (non-stealing)
  4. Brahmacharaya (sexual responsibility)
  5. Aparigraha (non-hoarding)
- Niyamas (personal discipline)
  1. Saucha (cleanliness)
  2. Santosa (contentment)
  3. Tapas (austerity, burning desire)
  4. Svadhyaya (self-study)
  5. Isvara Pranidhana (dedication and surrender)
- Asana (poses)
- Pranayama (breath control)
- Pratyahara (sense withdrawal)
- Dharana (concentration)
- Dhyana (meditation)
- Samadhi (pure consciousness)

### Yoga Philosophy:

- Abhyasa (dedicated practice)
- Atman (supreme soul)
- Bhakti (devotion)
- Bhoga (pleasure to be avoided)
- Gunas (qualities of nature)
  1. Sattva (illuminating)
  2. Rajas (active)
  3. Tamas (dull)
- Chitta (consciousness)
  1. Manas (mind)
  2. Buddhi (intelligence)
  3. Ahamkara (ego)
- Chitta-vrtti (flucuations of mind)
- Duhkha (sorrow)
- Jnana (knowledge)
- Karma (action)
- Klesa (5 causes of chitta-vrtti)
  1. Avidya (ignorance)
  2. Asmita (egoism)
  3. Raga (attachment)
  4. Dvesa (aversion)
  5. Abhinivesa (fear of death)
- Mantra (sacred thought)
- Prakrti (nature)
- Prana (energy)
- Pranidhana (dedication)
- Sadhana (quest)
- Sadhaka (seeker)
- Sukha (happiness)
- Vairagya (non-attachment)
- Yoga (union)