

SANSKRIT ROOTS

Adho	downwards
Alamba	a prop, a support
Anahata	heart
Ananta	Infinite
Anga	a limb or part of the body
Anjali	offering
Anuloma	with the grain, in regular gradation
Apana	one of the vital airs which move in the sphere of the lower abdomen
Asta	the number eight
Astanga Yoga	the eight limbs or stages of Yoga
Asva	a horse
Aum	all, conveys concepts of Omniscience, Omnipresence and Omnipotence.
Ardha	half
Asana	pose the 3rd stage of Yoga
Baddha	bound
Baka	a crane
Bala	child
Bandha	bondage or fetter. a posture where certain organs or parts of the body are contracted and controlled.
Bahya	restraint following exhalation
Bhairava	terrible

Bhakti	worship, adoration.
Bhastrika	bellows
Bhati	light, luster
Bheka	a frog
Bherunda	formidable, terrible, type of bird
Bhuja	arm or shoulder
Bhuja-pida	pressure on the arm or shoulder
Bhujanga	a snake
Chakora	a partridge
Chakra	wheel – Energy (prana) is said to flow in the human body through 3 main channels (nadis), the Susumna, Pingala and Ida. Susumna is situated inside the spinal column. Pingala and Ida start respectively from the right and left nostrils, move up to the crown of the head and course downwards to the base of the spine. These 2 nadis intersect with each other and also the Susumna. These junctions of the nadis are known as chakras which regulate body mechanism.
Chandra	moon
Chatur	the number four
Chaturanga	four limbs
Chitta	the mind in its total or collective sense, being composed of 3 categories; (a) Mind, having the faculty of attention, selection and rejection; (b) Reason, the decisive state which determines the distinction between things and (c) Ego, the I-maker.
Danda	rod or staff
Dhanu	a bow

Dharana	concentration or complete attention the 6th stage of Yoga
Dhyana	meditation the 7th stage of Yoga
Drishti	view, gaze
Dwi	the number two
Dwi-hasta	two hands
Dwi-pada	two feet or legs
Eka	one, single, alone, only
Ganda	cheek, whole side of the face
Garbaha	womb
Garuda	an eagle
Go	a cow
Gu	darkness
Guru	one who illumines the darkness of spiritual doubt (see Ru)
Ha	1 st syllable of the word Hatha which is composed of the syllables 'ha' meaning the sun and 'tha' meaning the moon. The object of Hatha Yoga is to balance the flow of solar and lunar energy in the human system.
Hala	a plow
Hamsa	a swan
Hasta	hand
Hatha	Sun/Moon balance
Hatha Yoga	the way towards realization through rigorous discipline.

Jala	net, web, lattice or mesh
Janu	knee
Jaya	conquest, victory, success
Jathara	stomach, belly
Kanda	bulbous root or knot
Kapala	skull
Kapota	a pigeon
Karna	ear
Kona	angle
Krouncha	a heron
Kukkuta	a rooster
Kumbhaka	retention of breath
Kundala	a coiled rope
Kundalini	(a coiled female serpent) divine cosmic energy symbolised as a coiled and sleeping serpent lying dormant in the lowest nerve center at the base of the spinal column, the Muladhara chakra. This latent energy has to be aroused and made to ascend the spinal nadi, the Susumna piercing the chakras right up to the crown chakra.
Kurma	a tortoise
Laghu	little, small, easy, lovely
Lola	tremulous, dangling
Loma	hair, grain, natural order
Mala	a garland
Mandala	a circle
Manipura	naval

Mantra	a sacred thought or a prayer
Meru-danda	spine
Matsya	a fish
Mayura	a peacock
Mudra	a seal, a hand position
Mukha	face, mouth
Mula	root, cause, source
Nadi	energy channel in the body
Nakra	a crocodile
Nara	man
Nama	name
Namas	bow to, to adore
Namaskara	salutation
Namaste	I honor that place in you where the whole universe resides. And when I am in that place in me and you are in that place in you, there is only one of us.
Nava	boat
Nidra	sleep
Nirodha	restraint, suppression
Niyama	self purification by discipline. the 2nd stage of Yoga
Pada	foot or leg
Padangustha	big toe
Padma	lotus
Parigha	a beam or bar used for bolting or shutting a gate

Pariapura	entire, complete
Parivartana	turning or rolling about
Parivrtta	revolved
Parsva	flank, side, lateral
Paryanka	bed, couch, sofa
Pasa	a fetter, trap, noose
Paschima	west, the back side of the body
Pida	pressure, pain, suffering
Pincha	feather, chin
Pinda	embryo
Prajna	intelligence, wisdom
Prana	breath, respiration, life, wind, energy
Pranayama	rhythmic control of breath. the 4th stage of Yoga
Prasarita	spread out, stretched out
Pratiloma	opposite grain
Pratyahara	freedom of the mind from the senses. the 5th stage of Yoga
Puraka	inhalation
Purva	east, the front of the body
Purvottana	intense stretch of the front side of the body
Raja	king, royal
Rechaka	exhalation
Ru	light

Sa	together with, accompanied by
Salabha	locust
Salamba	with support
Sama	same
Samadhi	a state in which the aspirant is one with the object of meditation, the Supreme Spirit pervading the universe, where there is a feeling of unutterable joy and peace. the 8th stage of Yoga
San	the number six
Sarva	all, whole
Sava	corpse
Setu	bridge
Siddha	sage
Simha	a lion
Sirsa	head
Sodhana	purifying or cleansing
Sukha	pleasant
Supta	sleeping, reclining
Surya	the sun
Svana	dog
Swastika	auspicious
Tada	mountain
Tan	to stretch, extend, lengthen out
Tapas	burning away impurities through self-discipline.

Tha	2nd syllable of the word Hatha which is composed of the syllables 'ha' meaning the sun and 'tha' meaning the moon. The object of Hatha Yoga is to balance the flow of solar and lunar energy in the human system.
Te	you
Tittibha	firefly like insect
Tola	a balance, a pair of scales
Tri	three
Trikona	a triangle
Ubhaya	both
Uddiyana	flying up
Ujjayi	a type of pranayama in which the lungs are fully expanded.
Upavistha	seated
Urdhva	raised, elevated, tending upwards
Ustra	a camel
Ut	a particle denoting intensity
Utkata	powerful, fierce
Utplatih	uprooting
Uttana	an intense stretch
Utthita	extended, stretched, raised up
Vajra	a thunderbolt
Vakra	to bend
Vikrama	step or stride
Viloma	against the grain

Viparita	inverted, reversed
Vira	a hero, brave
Virabhadra	a warrior hero
Visama	irregular, difficult
Visuddha	pure
Vrksa	a tree
Vrschika	a scorpion
Vritta	fluctuation
Vrtti	action, movement
Yama	the god of death. Yamas are universal moral disciplines transcending creeds, countries, age and time. The five Yamas are: Non-violence, Truth, Non-stealing, Continenence and Non-coveting. the 1st stage of Yoga
Yoga	union, communion
Yogi or Yogini	one who follows the path of Yoga

