

Sanskrit Translation - common terms

Anatomy

1. **Pada**: foot/ leg
2. **Hasta**: hand
3. **Anguli**: fingers
4. **Anghusta**: big toe
5. **Janu**: knee
6. **Sirsa**: head
7. **Mukha**: face
8. **Karna**: ear
9. **Jattara**: stomach
10. **Anga**: limb
11. **Bhuja**: arm
12. **Sarvanga**: whole body
13. **Sava**: corpse
14. **Prana**: breath/ lifeforce
15. **Paschima**: west direction (back side of body)
16. **Purva**: east direction (front side of body)

Animals

1. **Svana**: dog
2. **Bheka**: frog
3. **Baka**: crow
4. **Ustra**: camel
5. **Go**: cow
6. **Bhujanga**: snake/ serpent
7. **Kapota**: pidgeon/ dove
8. **Kurma**: turtle
9. **Matsya**: fish
10. **Shalabha**: locust/ grasshopper

Sages and Deities

1. **Bharadva**: a sage; also the father of famous archer, Drona, who trained the cousins who would later become rivals and fight the famous war that the Bhagavad-Gita was written about.
2. **Garuda**: was the king of the eagles; Garuda once provided transportation and carried Lord Vishnu to the aid of devotee, Gajendra who was in a life threatening situation.
3. **Marichi**: son of Brahma and grandfather of Surya the sun god.
4. **Matsyendra**: Lord of the Fishes; Shiva discovered a fish, who had completely learned his teachings of yoga. Shiva gave him divine form to then spread the knowledge of yoga.
5. **Surya**: Sun god

6. **Virabhadra**: the great warrior who sprang to Shiva's aid to seek revenge on his father-in-law.
7. **Nataraja**: one of the names of Shiva, the lord of the dance.
8. **Hanuman**: chief of the monkey army; one of Rama's greatest devotees who came to his aid. Hanuman made huge leaps across the sea- first to find Sita and then to save Rama's brother.

Objects

1. **Parigha**: gate latch
2. **Hala**: plough
3. **Vrksa**: tree
4. **Tola**: scales
5. **Tada**: mountain
6. **Setu**: bridge
7. **Nava**: boat
8. **Mudra**: seal
9. **Dhanu**: bow
10. **Danda**: rod/ staff
11. **Chandra**: moon
12. **Vira**: hero
13. **Asana**: pose/ posture

Numbers

1. **Eka**: one
2. **Dwi**: two, both (dwa in Polish, pronounced dva)
3. **Tri**: three (trios in French)
4. **Chatur**: four (cztery in Polish, pronounced ch-terry)
5. **Ashta**: eight

Characteristics

1. **Adho**: downward
2. **Urdhva**: raised/ upward
3. **Utthita**: extended, stretched.
4. **Parivrtta**: revolved
5. **Baddha**: tied/ bound
6. **Supta**: reclining/ sleeping
7. **Uttana**: intense stretch
8. **Sthiti**: stability
9. **Upavistha**: seated
10. **Prasarita**: spread out

11. **Ardha**: half
12. **Salamba**: with support
13. **Nirlamba**: without support
14. **Kona**: angle
15. **Pida**: pressure