Sanskrit Translation - common terms

Anatomy

Pada: foot/ leg
Hasta: hand
Anguli: fingers
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

Svana: dog
Bheka: frog
Baka: crow
Ustra: camel

5. **Go**: cow

6. Bhujanga: snake/ serpent7. 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 became 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

Hala: plough
Vrksa: tree
Tola: scales
Tada: mountain
Setu: bridge
Nava: boat

8. **Mudra**: seal 9. **Dhanu**: bow

10. Danda: rod/ staff11. 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.

Parivrtta: revolved
Baddha: tied/ bound

6. **Supta**: reclining/ sleeping7: **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