

Common Sanskrit Words, Definitions, + Examples

Numbers

Ardha = half

*Aṣṭa = eight

Chatur (Chatush) = four

Dvi = two



Utthita Trikoṇāsana

Eka = one

Sarva = whole

Tri = three



Ekapāda Sarvāṅgāsana

Anatomy

Anga = limb

Guṣṭha = thumb

Hasta = hand

Jānu = knee

Karna = ear

Mukha = face



Ūrdhva Hastāsana

Pādā = foot

Pādānguṣṭha = big toe

Paśchima = West, back body

Sarvāṅga = whole body

Śava = corpse

Śīrṣa = head



Paśchimottanāsana

Animals + Nature

Chandra = moon

Go = cow

Parvata = flat topped mountain

Śalabha = locust



Ardha Chandrāsana

Śvana = dog

Tada = mountain

Uṣṭra = camel

Vṛkṣa = tree



Adho Mukha Śvanāsana

Descriptive Words

Adho = downward

Asana = posture

Baddha = bound

Bandha = formation

Paripūrṇa = full

Parivṛtta = revolved

Pārśva = side

Pīḍa = pressure

Prasārita = spread out, stretched

Sālamba = supported



Utthita Pārśvakoṇāsana

Sukha = happy or easy

Supta = supine

Upaviṣṭha = seated

Ūrdhva = upward

Utkāṭa = powerful, fierce

Uttāna = intense stretch

Utthita = extended

Viparīta = inverted

Yoga = union



Prasārita Pādottānāsana



Utkāṭāsana

Setubandha Sarvāṅgāsana
(supported)

Objects

Daṇḍa = stick or staff

Hala = plow

Kona = angle



Halāsana

Nava = boat

Parigha = gate

Setu = bridge



Baddha Koṭāsana

People

Bharadvāja = a sage

Marīchy = a sage

Raja = king



Chair Bharadvājāsana

Vīra = hero

Vīrabhadra = a powerful mythic warrior



Vīrabhadrāsana II

*note: ś = sh, ṣ = sh