# DECODING ASANAS

Asana – posture    Asan - seat

## BODY PARTS
- Adho - face
- Anga – limb/or part of a limb
- Angustha – big toe
- Hasta – hand
- Janu – knee
- Jathara – stomach, belly
- Karna – ear
- Muhka – face
- Pada – foot
- Sirsa – head

## NUMBERS/AMOUNTS
- Ardha – half
- Chatur – four
- Eka – one
- Tri - three

## OBJECTS
- Alamba – a prop, a support
- (Salamba – supported/propped up)
- Chakra – wheel
- Danda - staff
- Dhanu - bow
- Hala – plough
- Nava – boat/vessel
- Padma - lotus
- Parigha – beam/cross bar used for shutting a gate
- Pinda - embryo
- Salamba – with support
- Setu - bridge
- Tada – Mountain
- Vira - hero
- Vrksa – Tree

## ANIMALS
- Bhujanga – serpent
- Go – Cow
- Salabha – locust
- Svana – dog
- Ustra – camel

## BODY ACTIONS/DIRECTIONS
- Baddha – bound, restrained, caught, withheld
- Kona – angle
- Lola – moving to and fro or dangling like an earring
- Paschima – the west (back of the body that faces the sun)
- Parsva – side/flank/sideways
- Parivartana – turning, rolling about , turning around
- Pavrtta – revolved, turned round, back
- Pida – pain, discomfort or pressure (knees to ears in halasana)
- Prasarita – expanded, spread, extended
- Purva – east – front of the whole body from forehead to toes
- Sa – together/accompanied by (Salamba)
- Sarva – all, whole, entire, complete
- Supta – supine, lying down
- Tan – to extend, stretch, lengthen
- Udbhaya – both
- Upavistha – seated
- Urdhva - upward
- Ut – intense
- Uttana – intense stretch
- Utkata – powerful, fierce, uneven
- Uttihita – extended, stretched

## MYTHOLOGY
- Garuda – eagle, king of birds
- Marichi – son of Brahma (creator), grandfather of Surya (Sun God)
- Virabhadra – great hero from Hindu Mythology

---

*D.J. Cummins, MA, RYT*