

Anatomy

Anghusta: big toe
Anguli: fingers
Aunga: limb
Bhuja: arm, coil
Hasta: hand
Janu: knee
Karna: ear
Jathara: stomach

Mukha: face / mouth
Pada: foot / leg
Paschima: back side of body (western direction)
Prana: breath / life-force; heart
Purva: front side of body (eastern direction)
Shiirsa: head
Sarvaunga: all limbs or whole body;
Shava: corpse

Animals

Baka: Crane
Bheka: frog
Bhujaunga: snake / serpent
Garuda: eagle
Go / Bitil: cow
Kaka: crow
Kapota: pigeon / dove
Kurma: turtle, tortoise
Makara: crocodile
Matsya: fish

Mayura: peacock
Sasha: hare / rabbit
Shalabha: locust / grasshopper
Simha: lion
Svana: dog
Tiitibha: Firefly
Utkata: chair
Ustra: camel
Vajra: lightning bolt

Characteristics

Adho: downward
Ananda: bliss
Ardha: half
Baddha: tied / bound
Kona: angle
Mandal: circle
Nirlamba: without support
Parivrtta: revolved
Parsa: side
Pida: pressure
Prasarita: spread out
Salamba: with support

Sarava: everything
(sa= sentient; ra = mutative; va = static)
Sthiti: standing / stability
Sthira: stable / equipoise
Supta: reclining / supine
Sukha: easy, relaxed, happy
Upavistha: seated
Urdhva: raised/ upward
Uttana: intense stretch
Utthita: extended, stretched
Vinyasa: flowing sequence
Viparita: inverted

General Nouns

Asana: seat; pose / posture
Agni: fire
Bal: child
Chandra: moon
Chakra: wheel, circle, community
Dandha: staff, rod, pole
Dhanur: bow
Hala: plough
Mala: garland
Mudra: gesture

Nava / Noaka: boat
Padma: lotus
Parigha: gate latch
Raja: king
Setu: bridge
Surya: sun
Tada: mountain
Tola / Tula: scale
Vrksa: tree
Viira: hero

Numbers

Eka: one
Dwi: two, both
Tri: three
Chatur: four

Pancha: five
Asta: eight
Dasa: ten
Ekadashii: eleven