

## Sanskrit Breakdown of Asana Names

The names of the asanas (postures) can be divided into different groups- instructions, lifeless forms, animal forms, human forms, and divine forms.

Animals	
Kurma	Turtle
Matsya	Fish
Svana	Dog

Object	
Asana	Pose/Posture
Danda	Staff/stick
Dhanur	Bow
Hala	Plough
Mudra	Seal/Mark
Nava	Boat
Padma	Lotus
Parigha	Gate/Latch
Setu	Bridge
Tola	Scales
Vriksha	Tree

Numbers	
Ekam	One
Dwe	Two
Trini	Three
Chatvari	Four
Pancha	Five
Shat	Six
Sapta	Seven
Ashtau	Eight
Nava	Nine
Dasha	Ten

Deities and Sages	
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
Marichi	Son of Brahma and grandfather of Surya (the sun god)
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
Marichi	Son of Brahma and grandfather of Surya (the sun god)
Matsyendra	Lord of the Fish. Shiva discovered a fish, who had completely learned his teachings of yoga. Shiva gave him divine form to then spread the knowledge of yoga.
Nataraja	The lord of the dance. One of Shiva's incarnations
Virabhadra	The great warrior who sprang to Shiva's aid to seek revenge on his father-in-law

Characteristics	
Adho	Downward
Ardha	Half
Baddha	Bound
Kona	Angle
Nirlamba	Unsupported
Parivrtta	Revolved/Twisted
Pida	Pressure
Poorna	Full
Prasarita	Spread out/Wide
Salamba	Supported
Samas	Equal
Supta	Reclining/Sleeping
Uttan	Intense Stretch
Utthita	Extended/Lifted

Anatomy	
Anga	Limb
Anghusta	Big toe/thumb
Anguli	Fingers
Bhuja	Shoulder
Garba	Womb
Hasta	Hand
Janu	Knee
Karna	Ear
Mukha	Face
Pada	Foot/leg
Paschima	West (back side of body)
Pinda	Embryo
Purva	East (front side of body)
Sarvanga	Whole body (all limbs)
Sava	Corpse
Sirsa	Head

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Using this breakdown you can start to understand and memorise the names of even complicated Asana, See examples

<p><b>Ardha Baddha Padma Paschimottanasana</b> Ardha+Baddha+Padma+Paschim+Uttan+Asana (to make the sounds flow better, when uttan is joined with other words it becomes ottan.) Ardha – Half Baddha – Bound Padma – Lotus Pachim – West (Back side of the body) Uttan – Intense Stretch Asana – Posture</p>	<p><b>Trianga Mukkhaikapada Paschimottanasana</b> Tri+Anga+Mukkha+Eka+Pada+Paschim+Uttan+Asana Tri (Trini) – Three Anga – Limb/Body Part Mukkha – Face Eka (Ekam) – One Pada – Foot Pachim – West (Back side of the body) Uttan – Intense Stretch Asana – Posture If you see the posture the torso and both arms face the front foot while the other leg is bent back out of the way.</p>
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