

# Glossary of Sanskrit Terms for the Ayurvedic Practitioner

November 2004

by

Marisa Laursen  
and Robert Talbert

This reference guide evolved naturally out of our studies of Ayurveda and deepening interest in the original language of this sacred science. It was compiled with the loving intent of helping to make the ancient language of Sanskrit more accessible to students and practitioners of Ayurveda. This reference contains the terms used in the primary textbooks utilized by the California College of Ayurveda plus terms drawn from a variety of other sources. The language of Sanskrit is vast, and this guide represents only a starting point for one's studies. It is the intention of the authors to provide updated versions as a continuing reference.

O m

N a m a s t e

## A

abadha		That which produces constant discomfort.
abhyanga	abhyaṅga	Ayurvedic massage; specifically, the application of herbal oils to the body and its subsequent absorption into the body.
abhyantara krimi		Internal parasites.
abhyantara snehana	ābhyāntara snehana	Internal oleation.
abhysyandis		Herbs which block the channel of rasavaha srota, causing congestion.
Advaita Vedānta	Advaita Vedānta	One of the three systems of thought in Vedanda philosophy popularized by Shankara. It teaches that the manifest creation, the soul, and God are identical. This non-dualist form argues that we are the whole and that parts are simply illusion.
agni		Fire; the force residing within the body that creates digestion; responsible for the transformation of one substance into another; metabolism. Agni is contained within pitta.
agnidosa		faulty agni
agnisadana		Herbs which reduce appetite.
aham brahmasmi		I am Brahma (in Vedanta philosophy)
ahamkara	ahamkāra	Sense of self or separateness; loosely translated as ego
ahara rasa	āhāra rasa	The elemental form, or essence, of food (the quality of the food as opposed to the food itself).
ajna	ājñā	Command
ajna chakra	ājñā chakra	The sixth chakra, located in the region commonly called the "third eye" between the eyebrows. The "command station" of the body and mind. Contains the qualities of subtle ether.
akasha	ākāsha	Ether; the idea of connectedness or space; the space that exists between all things.
akruti	ākṛuti	The volume and tension of the pulse
aksepaka		Convulsions.
alochaka pitta	ālochaka pitta	Subdosha of pitta. Digests light/visual impressions. On higher level, related to perception. Resides in eyes (pupils).
ama	āma	Toxic residue that is left behind as a by-product of poor digestion.

ama vata	āma vāta	Rheumatoid arthritis (vata carrying ama into the joints).
amadosha		The vitiation of poorly digested food.
amasaya	āmāhaya	Stomach
amavataghana		Anti-rheumatic herbs.
amavatham		Anti-rheumatic herbs.
ambu		Water
ambuvaha srota		The channel that carries water; also called the udakavaha srota; the water metabolism system of the body, consisting of all the metabolic functions that regulate retention and elimination (those functions residing outside of the urinary system including the production of ADH by the pituitary gland, insulin by the pancreas, and the desire for water contained within the palate); it originates in the kloman (pancreas) and the palate.
amla		Sour
amrit		Sacred nectar; the highest form of ojas; the source of immortality and eternal bliss. Also called soma.
anada	ānada	bliss, absolute joy
anagni sveda		Non-direct fire fomentation; therapeutic actions that do not require a formal source of heat, including exercise, wearing heavy clothing, wrapping a patient in blankets, exposure to the sun, and fasting.
anahagna		Laxative
anahata chakra	anāhata chakra	The fourth chakra, located at the center of the chest. Contains the qualities of the air element.
ananda	ānanda	Bliss
anandagni	ānandagni	The agni that metabolizes ether, which in this context is pure joy. Faulty metabolism causes diseases that are spiritual in nature such as unhappiness, dissatisfaction and a feeling of separation from God.
anandamaya kosha	ānandamaya kosha	The bliss sheath; it makes up the majority of the causal body; contains the anandagni, which is responsible for metabolizing ether.
ananta		An atypical migraine headache (atypical due to the pattern of pain). Ananta is the name of the serpent upon which Lord Vishnu rests; in pictures of the great God, the serpent rises up from the back of Lord Vishnu's head; so does a headache of this type.

anga		Root meaning "limb, portion", as in Ashtāṅga Yoga
angamarda-prashamana		Anti-rheumatic, analgesic herbs.
anna		Food
annagni		The agni which metabolizes food. The annagni consists of the jathagni, the dhātu agnis and the bhūta agnis and is responsible for metabolizing the earth element and converting it into the building blocks of the body. Faulty metabolism causes physical disease.
annakitta		The remains of food in the large intestine.
annamaya kosha		The food sheath or food body; our physical body which is built from the food we eat. The dominant element within its structure is the earth element. Contains the annagni which is responsible for metabolizing the earth element.
annapurna	annapūrṇā	"One who gives nourishment", The Goddess of Food.
annavaha srota		The channel that carries food; originates in the stomach; the first half of the digestive channel (from the mouth to the end of the small intestine).
antaragni		Internal fire; the most important of all the agnis. Also called jatharagni (digestive fire) and antaragni (internal fire).
antarayama		See dhanusthambha.
antarmukhi yoni vyapat		Severe vaginal pain that is supposedly due to engaging in sex after a heavy meal and/or unusual sexual position.
anubandha		That which transmigrates from one body to the next (the subtlest aspect of who we are; our soul).
anuloma		Mild laxative, carminative.
anulomana-vilomana		Alternate nostril breathing.
anupana		The medium used to carry herbs into the body. Examples include water, milk, honey, alcohol, ghee, and sesame oil.
anupasaya		See upasaya.
anupasaya		Discomfort; also called asatmya.
anuvasana basti		Tonifying basti.
apana vayu	apāna vāyu	Subdosha of vāta. Downward and outward moving air. Responsible for elimination of waste. Resides in the colon.
apara ojas		One of the two types of ojas (the other being para ojas). Dwells in the vessels next to the heart, and when diminished, affects the immune system, resulting in illness.

apas	āpas	Water; the idea of flow and liquidity.
apasmara		Epilepsy.
apatanaka		See dhanusthambha.
apatantraka		See dhanusthambha.
ardhavabhedaka		Pain in half the head.
ardita		Hemifacial paralysis or facial palsy, a condition caused by injury to cranial nerve VII. It has the appearance of a stroke and may be caused by gross trauma such as a head injury or minor trauma such as sleeping on an uncomfortable pillow. Also called <i>ekayama</i> . The term can also mean tetanus.
arishta	āriṣhṭha	Medicated wine made with a decoction.
arka		Water extract prepared from distillation.
arocaka nidana	arocaka nidana	Diagnosis of anorexia (loss of appetite)
artava	ārtava	Egg
artavaha srota	ārtavaha srota	The channel that carries menstrual fluid and ovum; consists of the fallopian tubes, uterus and vaginal canal; originates in the ovaries and uterus (the female reproductive system).
artavajanana	ārtavajanana	Herbs which promote ovulation/menses.
artha		Prosperity
aruci		anorexia
asana	āsana	Posture, the third limb of Yoga. Refers to yoga postures.
asara		Non-useful components of metabolism.
Asatmya		Discomfort; also called anupasaya.
asava	āsava	Medicated wine made with freshly pressed herbal juice. A popular example is Kumari Asava, which is useful for reproductive and digestive complaints and liver tonification.
ashaya	āshaya	Vessel
ashta		The number eight (8). Example: Ashtāṅga Yoga (the eight limbs of yoga).
Ashtanga Hridayam	Ashtāṅga Hridayam (Aṣṭāṅga Hṛdayam)	One of the three most important books in Classical Āyurveda (the other two are the Caraka Samhita and the Sushruta Samhita). Written by Vagbhat in the 7th century AD, Vagbhat may be the same author who wrote Ashtanga Samgraha (although this is uncertain; there may be two Vagbhats).

Ashtanga Samgraha	Ashtānga Samgraha	One of the three supplemental (or "lesser") classical Āyurveda books (the other two are the Madhava Nidanam and the Sarangadhara Saṁhitā). Written by Vagbhat in the 7th century AD, this may be the same author who wrote Ashtanga Hridayam (although this is uncertain; there may be two Vagbats).
Ashtanga Yoga	Ashtānga Yoga (Aṣṭānga Yoga)	"Eight limbed yoga", The term refers specifically to Rāja - Yoga which contains eight limbs or steps. See Rāja Yoga.
ashtapana		Corrective enema.
ashya	asṭa	Prefix meaning eight; e.g. ashtānga means eight limbed
asmari	āśmarī	Urinary stones.
asmari bheda		Lithotrope.
asthi		Bone
asthi agni		A dhātu agni; helps build asthi (bone); the health of this agni determines the health of asthi. Resides in the purisha dhara kalā, the membrane that precedes asthi.
asthi dhatu	asthi dhātu	One of the seven "dhātus" or tissues; consists of bones, nails, teeth, hair. Composed of air and earth; provides framework. Psychological function is to "stand tall", attain stature.
asthi saushirya		Osteoporosis
asthila		Prostrate gland; also called paurusha granthi.
asthivaha srota		The channel that carries posaka medas or unstable medas prior to becoming asthi dhātu; originates in the fatty tissues of the hips and buttocks; carrier of vāta (bone porosity) and kapha (bone element) doshas.
atanka		That which makes life miserable.
aticarana yoni vyapat		Swelling and pain in the vagina caused by excess intercourse (physical irritation).
atisara	atīsāra	Diarrhea
atma vichara		The process of dispelling of illusion
atman	ātman	In Sāṅkhya philosophy, the aspect of god that resides within each of us; our spirit or soul.
atulygotriya		Embriology.
atyagni		High agni; when the strength of the digestive fire is too high. Also called tikshnagni.
atyagni		Hyperactive agni.
audbhida		Salt from the earth

aum		see Om
avabahu		Paralysis.
avagha sveda		A treatment in which a person reclines in a bathtub filled with hot water and herbal decoctions. Oils may be added as well.
avalambaka kapha		Subdosha of kapha. Protects lungs and respiratory tissues. Related to attachment and holding on to things and to weight gain. Located in chest (heart and lungs).
avaleha		Sweet candy, jam or jelly.
avila	āvila	Cloudy
Ayurveda	Āyurveda	Knowledge of life; ayus (life) and veda (knowledge).
<b>B</b>		
baddhodara		Intestinal obstruction.
bahaya krimi		External parasites.
bahirayama		See dhanusthambha.
bala		The strength or force of the pulse.
balya		Herbs which increase strength and are tonifying.
basti		Basti literally means bladder, and in Āyurveda the term is used to mean enema (a bladder was traditionally used as the device that holds the liquid used in enemas). Enemas fall in two categories, either purifying (niruha basti) or tonifying (anuvasana basti).
basti shodan		Herbs which cleanse the bladder.
bayha snehana		External oleation
bhagat		Native healer.
bhasma		An oxide prepared by purifying a substance, usually a metal, then cooking it until it becomes an ash. These are more expensive and powerful than herbs. Most are not allowed in the USA. Not considered a traditional part of Ayurvedic medicine.
bhayaja		Fear
bhedana		Mild purgative, laxative.
bhedaniya		Mild purgative, laxative.
bhrajaka pitta	bhrājaka pitta	Subdosha of pitta. Digests touch, temperature, pressure, pain. Resides in skin.
bhritya		The term for a parent, child caretaker or guide.
bhuta	bhūta	element, "that which manifests as matter"

bhuta agnis	bhūta agnis	The elemental agnis; there are five, one for each element (akashagni, vayagni, tejagni, jalagni, and prithviagni).
bhutonmada		Possession by evil spirits.
bija mantra	bīja mantra	A seed mantra; the essence of all other mantras. Thus, of all mantras, they have the most power. The ancient people of India described chakras as having the shape of a lotus flower. At the center of the lotus is a primary energy that is symbolized by a letter in the Sanskrit alphabet. Chanted, this is called a bija mantra. Chanting a bija mantra increases the rotation of the chakra or the frequency of prāna moving through the chakra and enhances and heightens its functions.
bodhaka kapha		Subdosha of kapha. Moistens mouth; saliva. Protects mouth from heat of food and roughness of food and chewing. Responsible for aesthetic taste. Located in mouth.
brahaman		The combination of unmanifested pure potential and pure consciousness that exists prior to creation
brahmacharya	brahmacharya	Sexual restraint
brihat panchamula		The five great roots; part of the dashmool formula used for niruha basti.
Brihat Treya		The three most important books in Classical Āyurveda. Consists of the Caraka Samhitā, Sushruta Samhitā, and the Ashtanga Hridayam.
brimhana		Make heavy; increases fat and muscle tone; tonifying pancha karma treatment.
brimhana chikitsā		Tonification therapy, the purpose of which is to increase the internal strength of the patient.
buddhi		Intellect
buddhi smruti prada		Herbs which benefit the intellect and memory.
C		
Caraka Samhita	Caraka Samhitā	Considered the greatest of all the classical texts on Āyurveda. Written by Caraka, it contains the teachings of the sage Agnivesa, who was one of the six students of the great sage Atreya. It is Agnivesa's teachings which makes up the bulk of what is known about classical Āyurveda. Caraka was himself a great physician.



catur		The number four (4). Example: caturtha ("fourth"; in Vedanta, a technical term referring to the transcendental Self beyond the three states of waking, dreaming and sleep).
chakra		Part of the subtle nervous system (the nādis are another part). There are seven charkas, and these chakras serve as an energetic template of the nerve plexuses that function in the physical body. Chakras have the potential to generate two qualities of energy; ordinary subtle energy and a heightened subtle energy.
chakradhara		An oil treatment in which oil is poured over the chakras.
chakshushva		Herbs that benefit the eyes, promote vision.
chaksu		Eyes.
chala		Mobile
chardi		Herbs that induce vomiting.
chardi-nigrahana		Anti-emetic herbs (reduce vomiting)
chedana		Herbs that scrape away ama; also an expectorant.
chidrodera		A condition of perforation of the intestine resulting in abdominal swelling. Usually caused by the intake of sharp objects, wood, sand, bone or nails. Also called ksatodara.
chikitsa	chikitsā	Treatment
chinamsuka		Piamater (The delicate and highly vascular membrane immediately investing the brain and spinal cord).
chinna		Cheyne stokes respiration which occurs in terminal states of illness; a type of breathing that occurs near death.
chit		Consciousness absolute; the ocean within which we all are connected.
churna (choorna)	chūrṇa (cūrṇa)	Powdered herb; usually a powdered formula of herbs
cikitsa	cikitsā	see chikitsā
citta		Consciousness
śūla		Colic pain
<b>D</b>		
daha-prashamana		Herbs that are refrigerants; cooling to the body.
dahashamaka		Herbs which alleviate burning sensations.
dakodara		See udakodara.

dandaka		A condition in which there is gross stiffness of the body; vata and kapha invade all channels and tissues of the body; considered incurable.
darshana		Philosophy; observation; looking for signs and symptoms of disease by observation
dasha		The number ten (10). Example: dashmula (the ten roots formula).
dasha-	daṣa-	prefix meaning 10, e.g. the herbal compound daṣamūla (dashamula) "ten roots"
dauhrda		The heart-to-heart connection between a mother and her embryo whereby the embryo is able to communicate its desires to the mother through the channels which carry nutrients; in this way the heart of the mother and the heart of the fetus are connected. Also called a Bi-cardiac state.
deha-samshodanas		Herbs that induce vomiting.
desa		Habitat
dhamini		Artery
dhamini		See nadi.
dhamini		Arteries.
dhammillaka		Cerebellum.
dhanustambha		Tetanus. Another term sometimes used for tetanus is <i>ardita</i> .
dhanusthambha		Sometimes means tetanus, sometimes refers to a type of convulsion. Also called <i>apatantarka</i> or <i>apatataka</i> . There are two kinds; <i>antarayama</i> , where the body bends forward and <i>bahirayama</i> , where the body bends backward.
dhara	dhārā	To pour or flow
dharana	dhāraṇā	concentration, the sixth limb of Yoga. The mental contemplation and retention of information into memory.
dhari		That aspect of life that keeps the body from decaying
dharma		God-given purpose
dhatu	dhātu	Tissue
dhatu agni	dhātu agni	Tissue agnis; there are seven, one for each of the major tissues of the body.
dhatu srotas	dhātu srotas	Channels through which the dhātus move as they are being formed; there are seven in all, and each leads to a kalā (membrane).
dhuma	dhūma	smoke inhalation therapy
dhyana	dhyāna	Meditation, the seventh limb of Yoga. Endurance

dinacharya		Rejuvenation of the mind; daily practices.
dipana (deepana)	dīpana	Digestive stimulant, the action of kindling agni
dosha	doṣha	Three main forces which govern the body (vāta, pitta and kapha); literally means faulty or to cause harm, although they only do so when they are functioning abnormally. When functioning normally, they maintain the good health of the body and guide all of the normal bodily functions
draksha	drakṣha	Medicated wine; a fermented decoction or infusion.
drava		Liquid
dravya		Substance; matter
dravya guna		The qualities of a substance. The term is used synonymously with pharmacology, although the principles of dravya guna are the foundation for all sensory treatments, the basic knowledge necessary for treating all imbalances in the body.
dravyagunashastra		The branch of knowledge that deals with the dravyas (drugs as well as diet) that help in the maintenance of health and alleviation of diseases in the purush (human body), which is a concomitance of panchamahabhootas and atma (the soul or the consciousness). It also deals with the properties, actions, dose, time of administration and various preparations of these dravyas. Food items, like drugs, are also considered in these dravyas.
dugdha dhara		Milk as the base (instead of oil) in shirodhara.
durgandhyanashana		Deodorant.
dvi		The number two (2). Example: dvipada sirasana (two feet to head yoga pose).
E		
eka		Prefix one, the singular reality or transcendental Self beyond the multiplicity experienced by the unenlightened ego-bound individual. The number one (1). Example: ekamūla (one root theory).
ekamula	ekamūla	Literally means "one root". A herbal therapy technique where only one herb is given to the client ("putting all your eggs in one basket"). Haritaki(Terminalia chebula) and Guduchi (Tinospora cordifolia) are often candidates for this technique.
ekayama		See ardita.

ela	elā	Cardamom
<b>F</b>		
flatus		Excessive accumulation of gas in the intestines.
<b>G</b>		
galaugha		Pharyngitis, laryngitis.
gandha		Smell; odor
gandusha		The practice of gargling with medicated oil to strengthen the gums and voice.
garbhada		Herbs which increase fertility.
garbharoga		Diseases of the uterus.
garbhashayya		Herbs which stimulate labor.
sankochaka		
gati		The movement of the pulse; a description of its movement based on comparing it to the movements of different animals.
ghana		Pill; powder of a dried liquid.
ghee		The clarified oil of butter. It is sattvic and has the unique prabhava of raising agni without aggravating pitta. It's easy to digest, benefits all three doshas, and carries into the body whatever it is mixed with.
ghrita		A perparation of ghee (clarified butter) in which herbs are infused or boiled into the ghee.
grahani		1. Small intestine disease. 2. Ulcers.
grahi		Anti-diarrhea, binds stool.
grishma	grīshma	The summer season
guhyaaroga		Diseases of the female reproductive system.
gulma		Tumor, lump or diverticulosis.
gulma		Abdominal tumor
guna		Quality or properties.
gunas		Three basic qualities of nature; tamas, rajas, sattva.
guru		Teacher; one who removes the darkness of ignorance; one through whom one finds a channel to God; heavy.
guti (gutika)	guṭi	Tablet or pill.
<b>H</b>		
hṛdaya		Mind
halimaka		Hepatitis C or malignant jaundice
hamsa gati		The quality of the pulse is likened to the movement of a swan; the primary description of a kapha pulse.

hara		(suffix) Reduces as in vāta hara, pitta hara, and kapha hara.
haram		Pacifies
haridra	haridrā	Turmeric
haridra meha		A type of prameha in which the urine is pungent and yellow-orange.
hasta		Upper extremity.
hasti meha		Vata-type diabetes insipidus; a type of prameha in which the urine is passed continuously, without force, and is mixed with lasika (lymph).
hemanta		The winter season
hidhma or hikka	hidhmā or hikkā	Hiccups
hikkanigrahaka		Reduces hiccups.
hima		Cold infusion (aka shita kashaya).
hrdroga	hṛdroga	Heart disease.
hrdya	hrdayam	Heart.
hrid roga		Heart disease.
hridaya		Herbs which aid the heart.
hridaya dhara kala	hridaya dhārā kalā	The pericardium and endocardium (the membrane which surrounds the heart).
<b>I</b>		
ida nadi	īda nādi	The nādi that runs from the base of the spine (the muladhara chakra) to the left nostril . It is also called the "lunar nādi", as it is associated with the water element. Its energy is cool, and increased movement within it increases the "watery" emotions such as love, attachment, and deep feeling.
ikshū		Sugar cane
iksu meha		Type 2 diabetes; the urine is very sweet like sugar, typical of kapha-type diabetes mellitus.
Indra		An ancient Vedic deity; cosmic prana
<b>J</b>		
jala neti		See neti
jalodara		See udakodara.
jatghni yoni vyapat		This is a condition where each baby a woman tries to bear dies at birth or shortly thereafter.
jatharagni	jātharagni	The digestive fire; the most important of all the agnis. Also called kayagni (bodily fire) and antaragni (internal fire).

jatismara		Sattvic individuals who can recollect the events of past lives.
jentaka sveda		A special hut, built according to specific instructions, with a clay oven inside in which special herbs are burned. A well-oiled patient lies down on a bench in the hut for 20 minutes.
jihva		Tongue.
jiva	jīva	Individual consciousness; soul; a reflection of the Divine.
jivaniya		Restorative, vitalizer.
jivanmukta	jīvanmukta	Liberated soul
jivatman	jīvātman	The lower aspect of the soul, connected to the physical plane, according to Mimāṃsa philosophy.
jivita		That which keeps us alive
jnana	jñāna	Knowledge or wisdom.
jnānendriya	jñānendriya	In Sāṅkhya philosophy, the five sense faculties (hearing, touch, vision, taste, smell).
jvara		That which torments.
jwara		Fever
jwaraghna		Reduces fever.
jwarahara		Reduces fever.
jyotish		Vedic astrology.
<b>K</b>		
kala	kalā	1) Membrane 2) Time 3) Black
kala meha	kāla meha	A type of prameha in which the urine is like black ink.
kalashanja		Chorea; other terms include arditā and tandava.
kalka		Herbal paste.
kalpa		World cycle, world age
kama	kāma	Pleasure (as a goal, it means the pursuit of pleasure and ecstasy, the primary goal of the senses).
kamala	kāmala	Jaundice or hepatitis A.
kampa vata	kampa vāta	Parkinson's disease; also called vepathu.
kampana		Tremors.
kampavata		Tremors due to vata; often the term used for Parkinson's disease.
kanda		Prolapsed uterus.
kandughna		Anti-pruritic.
kanthya		Demulcent, aids the throat.

kapalabhati		A fairly aggressive form of prāṇayama involving forcibly expelling air from the lungs as the diaphragm and abdominal muscles contract.
kapha		The force behind the structure and stability of the body; the elements are water and earth; its qualities are heavy, cold, moist, static, smooth and soft; its root is in the upper stomach. Also a term for mucous.
kaphaja krimi		Parasites in the digestive tract. Also called purishaja krimi.
karaṇa		Method of processing; one of the eight factors determining the utility of food.
karam		Aggravates
karma		1) The force that binds the soul to the cycle of life and death. 2) The action of a substance.
karmendriya		In Sāṅkhya philosophy, the five faculties of action (speech, grasping, walking, procreation, elimination).
karna purana		The practice of placing oil drops in the ear.
karnini yoni vyapat		Decreased or absent menses.
karsana		Cleansing
kasa	kāsa	Cough
kasa roga	kāsa roga	Bronchitis
kasahara		Reduces cough.
kasa-svasahara		Expectorant, aids breathing and cough.
kashaya (kashayam)	kashāya	Astringent taste or decoction.
kathina		Hard
kathinya	kāthinya	The consistency of the blood vessel wall.
katti basti		The application of an oil pool to the back.
katu		Pungent taste.
kayagni		Bodily fire; the digestive fire; the most important of all the agnis. Also called jatharagni (digestive fire) and antaragni (internal fire).
keshya		Promotes healthy hair.
kha	khā	Space
khara	khāra	Rough
khavaigunya	khāvaigunya	A weak or defective space within a tissue or organ where a pathological condition is likely to begin; a potential site of relocation.
khya		To realize.

kitchari, kitcheree	kicharī	A meal of basmati rice cooked with split yellow mung dal ( 3 : 1 : 0.25 water:rice:dal). Part of samsarjana karma.
kledaka kapha		Subdosha of kapha. Protects lining of stomach against acids. Located in stomach.
klesha		The five affliction of humanity (ignorance, egoism, attachment, hatred, clinging to life), according to Vedanta philosophy.
kloman (kloma)		Pancreas
komar bhritya		Pediatric Ayurveda; that part of Ayurveda which deals with child rearing, childhood illness and their treatment.
komar, kumar		A title by which a child is addressed.
kopana		(suffix) Increases, as in vāta kopana, pitta kopana, and kapha kopana.
kosha	kośa	Sheath or layer; energetic fields of vibration that correspond to the five elements in their subtle form which are physical manifestations of creation. There are 5 koshas, and each is a layer of our existence; they are annamaya kosha, prānamaya kosha, manomaya kosha, vijñanamaya kosha, and anandamaya kosha. There are two additional layers, "Sat" and "Chit" which are not physical.
krimi	kṛmi	Parasites
krimighna		Anthelmintic, antiparasitic.
krimija-siratapa		A type of headache which is due to a parasitic infection which arises due to an overindulgence in unhealthy foods and improper food combining.
ksara meha		A type of prameha in which the urine is like alkali (strongly basic and caustic such that there is burning).
ksataja		Cough due to chest injury.
ksatodara		See chidrodara.
ksaya		Consumption; tissue depletion; to diminish; wasting of the body associated with tuberculosis.
kshara		Alkali, alkaline extract.
kshaya		Decreased dosha.
kshira		Plant exudate or resin.
ksudra		Heavy breathing.



kumbhi sveda		A treatment in which a bowl is placed in the ground and filled with a decoction of herbs. The herbs are heated with hot iron balls. A patient sits on a chair or lies in a bed over the bowl. There are openings in the bed or chair to allow heat to penetrate into the body.
kundalini energy	kundalinī energy	An energetic template of physical sexual energy. At its heightened level, though, it is not sexual but is the force that activates the chakras and causes them to function on a higher level, thereby altering perception and experience. Kundalini moves through the central nādi called the sushumna nādi, upon which the charkas are often stated to be "strung like lotuses".
kushtagna		Herb which eliminates skin disease.
kwatha (kwath)	kwātha	Decoction (made by boiling the hard parts of herbs).
L		
laghu		Light
laghu panchamula	laghu pañchamūla	The five lesser roots; part of the dashmool formula used for niruha basti.
laghu treya		The three supplemental (or "lesser") Classical Āyurveda books, consisting of the Ashtanga Samgraha, Madhava Nidanam and the Sarangadhara Samhitā.
lagnu (lagu)		Light
laksana		
lala meha		A type of prameha in which there is slimy urine with threads like saliva.
langhana		Make light; reduces bulk; purifying pancha karma treatment.
langhana chikitsa	laṅghana chikitsā	Reduction therapy, the purpose of which is to either decrease the quantity of a dhātu or purify a dhātu.
lavaṇa		Salt
lavana		Salty.
lekhana		Herbs which reduce fatty tissue and support weight loss.
lepa		Body paste; used for strains, sprains and arthritis.
lingum		Penis; also called medra.
lohama		Iron, as used in a bhasma made of iron.
lohitaksya		A condition resulting in amenorrhea accompanied by burning and emaciation.

## M

madakaraka		Herbs which create sleep.
madakari		Narcotic herbs.
madhava nidanam		One of the three supplemental (or "lesser") classical books on Āyurveda (the other two are the Ashtanga Samgraha and the Sarangadhara Samhitā). Written by Madhavakara, it is considered the major text on pathology and the diagnosis of disease.
madhu		Honey
madhu (madhura or mathura)		Sweet taste.
madhu meha		Vata-type diabetes mellitus (type 1); a type of prameha in which urine resembles honey and is sweet.
madhumeha		Diabetes insipidus; juvenile diabetes; glycosuria.
maha-	mahā-	great
Mahad		Intelligence; the cosmic aspect of the intellect which also contains the individual intellect (Buddhi, ego).
mahan	mahān	"The great dyspnea" (difficult breathing); also occurs in terminal illness.
mahasneha		A medicated oil consisting of the four fats ghee, sesame oil, muscle fat and bone marrow.
mahat		All the cosmic laws that make up the intelligence of the universe according to Sāṅkhya philosophy.
mahavaha srota	mahāvaha srota	The Great Channel, consisting of the annavaha srota and the purishavaha srota (the entirety of the digestive channel from mouth to anus).
mahayoni vyapat		Similar to vatiki yoni vyapat, this is a type of vaginal pain specifically described to be due to a prolapse of the uterus and vaginal muscles.
majja agni	majjā agni	A dhātu agni; helps build majjā; the health of this agni determines the health of majjā. Resides in the majjā dhara kalā, the membrane that precedes majjā.
majja dhara kala	majjā dhārā kalā	The membrane that holds bone marrow and the majjā agni.

majja dhatu	majjā dhātu	One of the seven "dhātus" or tissues; consists of the nervous system and anything that fills an empty space within the body, such as the brain, spinal cord, bone marrow. Also includes the sclera of the eyes. Composed of water and earth. Psychological function is fullness, completeness, peacefulness, calm, anxiety, depression, grief.
majja meha		A type of prameha in which the urine is mixed with marrow.
majjavaha srota	majjāvaha srota	The channel that carries posaka asthi or unstable asthi prior to becoming majjā dhātu; originates in the bones and joints of the body and supplies the nerves and bone marrow; primary carrier of vāta dosha.
mala		Waste
mala stambhana		Herbs that stop the flow of waste (urine, feces, blood).
mamsa	māmsa	Muscle
mamsa dhara kala	māmsa dhārā kalā	The membrane that holds māmsa (muscle) and the māmsagni.
māmsa dhātu	māmsa dhātu	One of the seven "dhātus" or tissues; consists of muscles, ligaments and skin. Composed mainly of earth and some water and fire. Psychologically, provides courage, fortitude, self-confidence.
mamsa sarpi		Medicated meat soup.
māmsagni	māmsagni	A dhātu agni; helps build māmsa; the health of this agni determines the health of māmsa. Resides in the māmsa dhara kalā, the membrane that precedes māmsa.
māmsavaha srota	māmsavaha srota	The channel that carries posaka rakta or the unstable rakta prior to becoming māmsa dhātu; according to Caraka Samhitā it originates in the ligaments and skin (the upadhātu of māmsa dhātu); according to Sushruta Samhitā it originates in the nerves, serum and capillaries; a carrier of kapha dosha.
managni		The agni which is responsible for the metabolism of fire, which in this context takes the form of sensory impressions; it is constantly metabolizing the energies coming from our environment into our bodies and our mind. Faulty metabolism causes mental disease.

manas		The limited mind projected by ahamkara. Faculty of cognition and action.
manasika		Conditions which originate in the mind.
manda		1)slow, dull 2) A meal of drinking only the lukewarm water in which white basmati rice is boiled ( 16:1 water:rice). Part of samsarjana karma.
mandagni		Low agni; when the strength of the digestive fire is too low.
manduka gati	mandūka gati	The feel of the pulse is likened to the movement of a frog; the primary description of the pitta pulse.
manipura chakra	manipūra chakra	The third chakra, located in the region of the solar plexus just above the umbilicus. Its related tissues are the liver, spleen, pancreas and small intestine. Contains the qualities of the fire element.
manjista meha		A type of prameha in which the urine smells foul and is slightly red like manjista.
manobuddhivaha srota		Channel of understanding.
manomaya kosha		The mind sheath; the primary astral body. It contains the managni, which is responsible for metabolizing fire.
manovaha srota		The channel that carries thought; refers to the entire mind, so it is the carrier of feelings and emotions as well. Has no physical location; resides within the mind, yet it is subtler. It is the channel through which the body is created; it can be seen as the channel that exists between the physical body and the astral body and through which astral impressions move. According to Caraka Saṁhitā, these are the channels that connect the mind to the senses, which has led some authors to include the brain as a part of manovaha srota.
mantha		A mixture of flour, sugar, and ghee.
mantra (mantram)		A sacred syllable or sequence of syllables (sometimes a name, a word, or a phrase) that is used in meditation, often assigned by one's guru, and believed to tune one into the Divine. One of the most well known is the sacred sound Om (or Aum).
marica		Black pepper

marma		Points on the body where veins, arteries, tendon bone and flesh meet. Also it can be where vāta, pitta, kapha, sattva, rajas and tamas meets. There are 108 marma points in our body. These points can be used to heal or to harm. They are strong energy centers and are somewhat similar to acupuncture points. Massaging these points helps to remove energy and toxic blocks from the body, also improving the function of internal organs.
mastiska, matulungua		Brain and cerebrum.
mastulunga avarnana		Meninges.
kala		
medagni		A dhātu agni; helps build medas (fat); the health of this agni determines the health of medas. Resides in the medo dhara kalā, the membrane that precedes medas.
medas		Fat; the fatty tissues of the body.
medas dhatu	medas dhātu	One of the seven "dhātus" or tissues; consists of fat (composed primarily of water). Lubricates tissues of body through oiliness. Psychological function is the ability to love and receive love.
medhya		Herbs which promote intellect.
medhya rasayana		Herbs which are rejuvenatives for the mind.
medo dhara kala	medo dhārā kalā	The membrane that holds fat and the medagni.
medohara		Reduces blood lipids.
medovaha srota		The channel that carries posaka māmśa or unstable māmśa prior to becoming medas dhātu; originates in the kidneys and adipose tissues of the body; carrier of kapha dosha.
medra		Penis; also called lingam.
Mimamsa	Mīmāṃsa	One of the six orthodox doctrines of philosophy (shad darshan) of Hinduism, founded by Jaimini. It can be seen as the ritualistic path of Vedic knowledge.
moksha		Liberation of the soul from the cycle of life and death; the goal of our higher nature.
mridu		Soft.
mrudu		Soft
mudhagarbham		Malposition of the baby in utero.
mudra	mudrā	A gesture or arrangement of the fingers used in meditation for communication between body, mind and consciousness.

mukka paka		Ulcer
mula	mūla	Root
muladhara chakra	mūlādhāra chakra	The first, or root, chakra. Located at the base of the spine, it creates the foundation for a person's psycho-spiritual development. Contains the qualities of the earth element.
mutra	mūtra	Urine.
mutra jathara		The habitual holding of urine which causes vata to move upwards causing severe pain and distention.
mutraghāta	mūtrāghāta	Urinary retention syndromes.
mutragranthi	mūtrāgranthi	A tumor occurring inside the bladder which produces symptoms similar to a urinary stone.
mutra-jnana	mūtra-jnana	Herbs which increase urine formation.
mutrakṛcchra	mūtrakṛcchra	Dysuria or painful urination.
mutrakrichra	mūtrakrichra	Dysuria, difficulty passing urine.
mutraksaya		Diminished urine in the aged, debilitated, and dehydrated.
mutrala	mūtrala	Diuretic.
mutrasada		Thick, non-unctuous (non-sticky) urine.
mutra-samgrahaniya	mūtra-samgrahaniya	Urinary astringent; reduces urination.
mutrashaya	mūtrāshaya	The urinary bladder.
mutrashukra		The mixing of urine and semen in those who engage in sexual intercourse while having the urge to urinate.
mutratita		Mild pain in the bladder due to the holding of urine.
mutratsanga		Residual urine left in the bladder, urethra, or penis causing the penis to feel heavy.
mutravaha srota	mūtravaha srota	The channel that carries urine; consists of the kidneys, ureters, bladder and urethra; according to the Sushruta Samhitā, it originates in the bladder and penis, although it is commonly understood to originate in the bladder and urethra; carries water (kapha) out of the body.
mutra-virechaniva	mūtra-virechaniva	Strong diuretic, urinary purgative.
mutra-vishodana	mūtra-vishodana	Urinary antiseptic.

N

nadi	nādi	Part of the subtle nervous system (chakras are another part). nādis are subtle nerve channels; an energetic template of the nerves through which prāna (subtle energies) flow. These channels permeate the entire subtle body. The mind is the sum total of all the nādis. Classical yogic texts state that there are 72,000 nādis. Nadi bears different meanings in different texts; it is commonly translated to mean nerve, but can also mean subtle channels or channels in general. Other terms used synonymously with nadi include <i>dhamini</i> , <i>sira</i> and <i>srota</i> .
nadi dhatu		Some texts refer to the brain, spinal cord and nerves as a separate dhatu.
nadi pariksha	nādi pariksha	Pulse diagnosis.
nadi svedana	nādi svedana	A special type of steam therapy in which steam is applied through a hose connected to a pressure cooker while the patient is either lying on a massage table or sitting in an upright position.
nadi vijñanam	nādi vijñānam	The reading of the pulse; used to detect existing or potential states of health and disease in a person's body, mind or spirit.
nasa		Nose.
nashta rakta		Amenorrhea (lack of bleeding)
nasya		Nasal drops; clears nasal passages and sinuses. Alleviates all the doshas from the neck up, maximizes absorption of prāna, treats diseases of the head, sinuses and nasal passages.
nava		The number nine (9). Example: nava karna dravya (the nine causative factors of the universe in the Vasisheshika school of philosophy).
nīla	nīla	Blue
neti		Cleansing of the nose with warm salty water using a special neti pot.
netra basti		The application of an oil pool over the eyes.
netrahitā		Herbs which aid the eyes.
nidana		Cause; similar to Western term etiology; understanding the causative factors of a condition.
nidanam		Diagnosis
nidrajnana		Hypnotic

nidrakara		Herbal sedatives; brings on sleep.
nila meha		A type of prameha in which the urine is blue.
nirama		Without ama
niruha basti		Purifying basti.
nirvana	nirvāna	State of pure existence; no-mind state
nisarika		Arachnoid membrane.
niyama		Observances, the second limb of Yoga
Nyaya	Nyāya	One of the six orthodox doctrines of philosophy (shad darshan) of Hinduism, founded by Gautama. It means argument or analysis. It outlines four methods of arriving at the truth (pramānas) which are direct perception, inference, analogy and testimony.
<b>O</b>		
odana		A meal of plain basmati rice ( 2:1 water:rice). Part of samsarjana karma.
ojas		The subtle immune system; the essence that gives the tissues and the mind strength and endurance; the force that keeps the tissues healthy. Composed primarily of earth and water (qualities similar to kapha). Produced from the essence of shukra. When strong, no disease can affect the body. The energetic template of kapha.
Om (aum)		The primal sound; the sound or vibration from which the entire universe emanates. According to the Vedas, "om" is the most sacred of all words. Used by Hindu yogis to represent the vibration which pervades the entire universe; the same sound as the one heard internally as a result of practicing yoga.
<b>P</b>		
pachaka pitta	pāchaka pitta	Subdosha of pitta. Most important fire. Converts food to the form that can be absorbed; the fire of digestion. Regulates body temperature. Resides in the small intestines and lower half of stomach (the home of pitta).
pachanas		Herbs which digest ama.
pada		Lower extremity.
padadaha		The sensation of burning in the toes.
padaharsa		The sensation of pins-and-needles in the feet due to a vata and kapha disturbance.



padma gati		The pulse of enlightenment, felt under the kapha finger.
pañca		The number five (5). Example: pañca karma (the five actions).
paka	pāka	prefix meaning five, e.g. pañcha karma
pakvashaya shula	pakvāshaya shūla	The five sense organs
pancha	pañcha	Also called Shodhana. Strong reduction therapy; the single most powerful healing therapy utilized in Āyurveda. Used only on strong patients; eliminates ama and excess doshas, then rebuilds internal strength (ojas). There are three components to the process; purva karma, pradhana karma, and prashat krama.
pancha jnanendriya	pañcha jñānendriya	The five potentials for action (potential organs for motor experience); the five associated organs are the anus, penis, feet, hands and mouth; other texts state the five sense organs.
pancha karma	pañcha karma	Five primary preparations of herbs including swarasa (fresh juices), phanta (hot infusions), hima (cold infusions), kwatha (decoctions) and kalka (moist bolus or paste).
pancha karmendriyas		Five motor organs.
pancha karmendryani	pañcha karmendryani	The five great elements: ether, air, fire, water & earth.
pancha kasayas	pañcha kasayas	Digestion
pancha maha bhutus	pañcha maha bhūtus	Colic
pantha		Passage
papma		That which is born from sinful acts.
para		beyond
para ojas		One of the two types of ojas (the other being apara ojas). This is the superior type; it dwells in the heart, and is the container of life itself. Any diminishment in volume would result in instantaneous death.
paramatman		The higher aspect of the soul, connected to purusha, according to Mīmāṃsa philosophy.
paravak		The speech of eternal wisdom.
parinama		Transformation and decay due to time and motion.
paripluta		A condition in which the vagina becomes swollen and painful, with a yellow or blue discharge.

pariseka sveda		A shower of medicated decoctions used after an oil massage. The decoction is poured through a hose or a can with many small holes above the patient's head.
pashat krama		Rejuvenation; see rasayana.
Patanjali	Pātañjali	Name of the celebrated sage who created The Yoga Sutras.
pattiki yoni vyapat		This is a condition of burning and ulceration in the wall of the vagina. This is most likely a vaginal infection that has become systemic resulting in fever. Herpes simplex is a form of pattiki yoni vyapat.
paurusha granthi		Prostrate gland; also called asthila.
payu		Rectum.
peya	peyā	A meal of drinking thin rice liquid ( 8:1 water:rice). Part of samsarjana karma.
phanta	phāṇṭa	Hot infusion.
picchila		Oily, sticky.
pinda sveda		The local application of a pinda or bolus (small round mass) which is warm.
pingala nadi	pingalā nādi	The nādi that begins at the base of the spine within the muladhara chakra and ends at the right nostril. It is also called the "solar nādi" and is associated with the fire element. Its energy is warm, and stimulation of this nādi increases the fire of the intellect increasing reason, perception, and discrimination.
pista meha		A type of prameha in which the urine is thick like corn flour and white in color.
pitta	pitta	The force in the body that is responsible for digestion and metabolism; its elements are fire along with a small amount of water; its principal quality is heat, although it is also light, slightly oily, unstable and sharp.
pitta dhara kala	pitta dhārā kalā	The membrane that holds pitta and the raktagni.
pittaka		
pittodara		
pizzichilli		An oil treatment in which oil is poured onto the body through a hose and massaged into the body. This is the heaviest oil treatment and therefore the most nourishing.
pliha	plihā	Spleen
pliodara		Splenic (plihā) enlargement.
posaka dhatu	posaka dhātu	The unstable portion of ahara rasa

posya dhatu	posya dhātu	The stable portion of ahara rasa
prabhava	prabhāva (prabhāv)	Special action of a substance, an action not easily explained by its qualities; gives substances unique healing capabilities.
pradara		Leukorrhea; a white discharge from the vagina.
pradarahara		Herbs which aid menstrual and vaginal disorders.
pradhan karma		The five classical actions of pancha karma (vamana, virechana, basti, nasya and rakta mokshana).
prajashatapana		Herbs that promote conception, reduce miscarriage.
prajnaparadha		Intellectual blasphemy; the failure of the intellect; crimes against wisdom
prakarana yoni vyapat		Pain following intercourse in the back, calves, and thighs occurring in girls too young for intercourse.
prakriti	prakṛiti	Pure potential for matter (unmanifested potential); the soul's guna (sattva, rajas or tamas) in its seed form.
prakruti		The inherent ideal balance of the three doshas within an individual; this is determined at conception and does not change throughout a person's lifetime.
pramanas	pramānas	Literally means "proof". The four methods of arriving at truth as outlined in the Nyāya philosophy; these include direct perception, inference, analogy and testimony.
pramanthi		Herbs that remove excess doshas at a cellular level; considered a prabhava of some herbs.
prameha		Polyuria (excessive urinary volume) and diabetes. There are 20 types of prameha. Not all types of prameha are diabetes, but diabetes is a type of prameha.
pramehaghna		Herbs that reduce blood sugar.
prana	prāna	1) Life-force energy 2) One of the subdoshas of vāta 3) Breath 4) One of the energies controlling the functioning of the subtle body (the other two are tejas and ojas); the energetic template of vāta responsible for circulation within the subtle energy field and for the movement of the subtle body through the subtle universe.
prana vaha srota	prāna vaha srota	Respiratory system.

prana vayu	prāna vāyu	Subdosha of vāta; inward moving air. Original or primary vāyu because life force energy (prāna) must first come into the body. Associated with movement of thought and intake of emotions. Resides in the brain and moves downward into the chest.
pranagni	prānagni	The agni which metabolizes water (water is the container that prāna is held within when it is confined to the body). Faulty metabolism disturbs the prāna and causes physical and mental disease.
pranamaya kosha	prānamaya kosha	The breath sheath; the bridge between the physical body (annamaya kosha) and the astral body (manomaya kosha). It contains the prānagni, which is responsible for metabolizing water.
pranavaha srota	prānavaha srota	The channel that carries prāna; usually refers to the respiratory system (nasal passages, sinuses, bronchi and lungs); also relates to the colon which, through the process of digestion, also extracts and absorbs a large amount of prāna; originates in the heart.
pranayama	prānāyāma	Cultivation of breath, the fourth limb of Yoga. Breathing practices such as alternate nostril breathing, lunar prānāyāma, solar prānāyāma, kapalbhati.
prasada		The useful components of metabolism.
praschat krama		Rasayana; rejuvenation following pancha karma.
prastara sveda		A special bed in which a patient lies after oleation. The bed is made with warming grains and leaves combined with spices and herbs.
pratyahara	pratyāhāra	Withdrawal of the senses, the fifth limb of Yoga
pratysyaya	pratyśyāya	Common cold
pravahikahara		Herbs which manage dysentery.
prevepana		Excessive shaking.
prithvi	prithvī	Earth; the idea of solidity and mobility
pūjā	pūjā	Ritualistic meditation, done with devotion and affection; a Hindu ritual worship designed to concentrate on God.
purisha dhara kala	purisha dhārā kalā	The membrane that holds feces and bone; it is where asthiagni resides; it is where vāta is metabolized.
purishaja krimi		See kaphaja krimi.

purishavaha srota		The channel that carries feces; consists of the large intestine and rectum, which together make up the excretory system and is the second half of the mahavaha srota; the home of vāta dosha.
Purusha		Pure potential for consciousness (unmanifested potential); God.
purva karma	pūrva karma	Preparatory techniques for pancha karma; brings ama and any excess doshas present in the body back to their sites of origin in the digestive tract so that they can be removed by the procedures of pradhan karma.
purva rupa	pūrvarūpa	Early signs and symptoms of a condition; in Western terminology this is called the prodrome.
<b>Q</b>		
<b>R</b>		
Raja - Yoga	Rāja - Yoga	"The royal yoga", one of the four most important yogic paths towards union with God; its system is presented by Patañjali as described in the Yoga-Sūtra. The path contains the following eight steps: yama (restraint), niyama (observance), asana (posture), prāṇāyāma (cultivation of breath), pratyahāra (sense withdrawal), dhāraṇā (concentration), dhyāna (meditation), samādhi (integration)
rajah		Menstruation
rajas		Action, turbulence, distraction; one of the three gunas, or basic qualities of nature. Applied to the mind, rajas is the state of mind dominated by lots of activity, which distracts people from their true nature as spirit.
rajata		Silver, as used in a bhasma made of silver.
rajayaksmadi	rājayakṣma	Tuberculosis. Also called rogarat, sosa, or ksaya.
rajoni vriti, rajonivrit		Menopause.
rakta		Blood
rakta bhrisaranas		Emmenagogue (promotes menstruation).
rakta capa vriddhi		Hypertension (high blood pressure).
rakta dhatu	rakta dhātu	One of the seven "dhātus" or tissues; consists of blood/ red blood cells. Also involves blood vessels, liver and spleen. Contains the fire element; invigorates tissues and the mind.
rakta meha		A type of prameha in which the urine is blood red.
rakta mokshana		Bloodletting. The purpose is to remove toxic blood from the body and stimulate new blood formation.

rakta pradhara		Abnormal menstrual bleeding.
rakta prasadana		Blood purifying, alterative herbs.
rakta rodaka		Hemostatic herbs (astringent herbs that stop bleeding).
rakta samgrahaka		Hemostatic herbs (astringent herbs that stop bleeding).
rakta shodaka		Blood purifying, alterative herbs.
rakta shodana		Blood purifying, alterative herbs.
rakta stambhana		Hemostats; astringent herbs that stop bleeding.
rakta stambhana		Hemostat (stops the flow of blood).
rakta vardhana		Herbs that increase blood, aid anemia.
raktagni		A dhātu agni; helps build rakta; the health of this agni determines the health of rakta. Resides in pitta dhara kalā, the membrane that precedes rakta.
raktaja krimi		Systemic parasites that travel through the blood.
raktasthivi sanniat		Pneumonia
raktasthivi sanniat		Pneumonia
raktavaha srota		The channel that carries posaka rasa (the unstable portion of rasa prior to becoming rakta). Also called rudhira or that which carries the red blood cells and hemoglobin; often used synonymously with blood vessels; originates in the liver and spleen; primary carrier of pitta dosha.
ranjaka pitta	rañjaka pitta	Subdosha of pitta. Imparts color. Resides in liver, gall bladder, spleen, blood.
rasa (rasam)		1) Taste; 2) bodily fluid; "the juice of life"; plasma (the watery component of blood). It can also mean sap, mercury or vitality. In the subtle body, rasa is the substance that provides satisfaction.
rasa dhatu	rasa dhātu	One of the seven "dhātus" or tissues; consists of all bodily fluids (plasma, lymph, chyle, breast milk, menses). In the subtle body, provides a sense of satisfaction.
rasa shastra		Medicinal use of metals
rasa vidya		The application of alchemy toward healing.
rasagni		A dhātu agni; helps build rasa; the health of this agni determines the health of rasa. Resides in the sleshma dhara kalā, the membrane that precedes rasa.
rasavaha srota	rasavaha srota	The channel through which ahara rasa flows; originates in the heart and blood vessels and includes lymphatic vessels; primary carrier of kapha dosha.
rasavahini		Capillary

rasayana	rasāyana	Rejuvenative tonic; nourishes all dhātus and builds ojas. A specialized form of tonification that follows purification such as pancha karma; a special term meaning "that which promotes longevity by preventing aging and by making the body young again". Also called pashat krama.
rasayani		Lymphatic
rasi		Quantity
rechana		Strong purgative.
rishi		A seer; an enlightened Vedic sage.
rochana		Herbs which stimulate appetite or a flavoring agent.
roga		Pain; that which gives rise to pain or disease. The terms tapa and shula are also used synonymously for pain.
rogarat		That which overpowers.
roma kupa	roma kūpa	Sweat glands; one of the openings of the ambu vaha srotas
roma sanjanana		Herbs that promote hair growth.
roma-satana		Depilatories.
roopana		Vulnerary (firms tissues and organs)
ruchya		Herbs that stimulate taste.
rudhira		See rakatavaha srota.
ruksha (ruksham)	rūksha	Rough quality, dry.
rukshana		Roughening.
rupa	rūpa	Signs and symptoms; clinical manifestation of disease; sight
rutu		The seasons of the year.
rutu		Season or time of the month.
<b>S</b>		
sadhaka pitta	sādhaka pitta	Subdosha of pitta. Digests and makes sense of sensory input; burns illusions away from truth. Fire of sādhaika pitta gives off light and heat; heat provides passion, courage, anger and the light provides wisdom and clarity. Resides in the mind, brain.
sadhana		The process of making action sacred (for example, food sadhana is the action of making the consumption of food sacred).
sadhyasadyata		Prognosis.

sahasra padma chakra		The seventh chakra, located at the crown of the head (also called the crown chakra). It's meaning is "thousand petaled lotus". Contains causal ether, the subtlest ether of all, the ether of the ocean of consciousness itself.
saindhava		Rock salt
sakara		Urinary gravel (pieces of stone passing through the urine that may cause mild pain and blocked flow).
sama		1. With ama 2. Balanced.
sama prakruti		The ideal, tridoshic, balanced prakruti. A balanced state of body, mind and consciousness.
samadhi	samādhi	integration, the eight limb of Yoga. Absorption and pure awareness; a balanced state of supreme intelligence.
samagni		Normal (balanced) agni
samana vayu	samāna vāyu	Subdosha of vāta; moves from periphery to center. Balancing air. Carries sensory impressions to the brain, venous blood to the heart, nutrients and oxygen into the bloodstream. Governs absorption. In the mind, balances and stabilizes the other vāyus. Resides in small intestine; it's the "air that stokes the fire".
samanya		Purvarupa which disappear at the onset of the actual disease.
samjna-stapana		Resuscitative.
samjnavaha srota		Channel of consciousness.
samprapti	samprāpti	Pathogenesis of disease; the disease process from its earliest causal stages until complete manifestation.
samsarjana karma		Graduated re-administration of diet; rekindling of agni. Usually used after pradhan karma (the five actions) of PK.
samskaras		Generated by karma, they set the stage for our life, giving us our tendencies and creating our basic reactions to the world; they lie deep within our personality and affect our deepest belief systems.
sāmudra		Sea salt
samyoga		Combination, as in food combining.
san		Truth
sanair meha		A type of prameha in which the urine passes slowly with little effort.



sandha yoni vyapat		In the ancient texts it was observed that some women, as they grew to maturity, did not like men. The condition was considered incurable, and could be an observation made of lesbian women.
sandhaniya		Healing.
sandhi vata	sandhi vāta	Osteoarthritis
sandra		Dense
sandra meha		A type of prameha in which the urine is thick when kept overnight, with no sugar present.
sangya sthapana		Herbs that restore consciousness.
sankhaka		Temporal headache.
Sankhya	Sāṅkhya	One of the six orthodox doctrines of philosophy (shad darshan) of Hinduism, founded by the sage Kāpila. As a dualistic philosophy, it teaches that the universe arises through the union of prakriti and purusha. Literally means "enumeration".
sannipatika (sannipata)		Tri-dosha (all three doshas are involved)
sannipatika yoni vyapat		This condition, which is the result of all three doshas becoming vitiated, results in menorrhagia (painful menstruation); leads to infertility.
sannipatikodara		
santosh		Contentment; the cultivation of satisfaction.
sapta		The number seven (7). Example: sapta dhātus (the seven tissues).
sara	sāra	Healthy essence
sarangadhara saṁhitā		One of the three supplemental (or "lesser") classical books on Āyurveda (the other two are the Ashtanga Samgraha and the Madhava Nidanam). Written by Sarangadhara sometime between 1200-1500 AD, it is famous for its reference to pulse diagnosis and is the first to bring mention to this art.
sarkara	śarkarā	Urinary gravel (pieces of stone passing through the urine that may cause mild pain and blocked flow).
sarpa gati		The feel of the pulse is likened to the movement of a cobra; the main description of the vata pulse.
sarva		general
sarvaroga nidanam		The general understanding or diagnosis of pain or disease.

sat		All-encompassing, absolute truth; it is what exists beyond the illusion of creation.
sat-chit-ananda	sat-chit-ānanda	Where the distant edge of the anandamaya kosha (the subtlest aspect of human creation) blends with the final two layers of existence (sat and chit), these three layers make up the three-fold reality of Purusha itself. Sat-chit-ananda is literally absolute existence-pure consciousness-perfect bliss (on lower levels, in the subtle body, this corresponds to prāna-tejas-ojas, and in the physical body, to vāta-pitta-kapha).
satmya		Comfort; see upasaya.
satsang		The company of the wise; the support of others on our journey.
sattva		Clarity, purity. One of the three gunas, or basic qualities of nature. Applied to the mind, sattva is the state of mind that is clear, pure, absent of any distraction, turbulence, ignorance; a transcendent state of mind immersed in the perfection of creation.
satva		Sun-dried paste prepared from a cold infusion which is set in the sun until all the water has evaporated and the concentrated herbs become solid.
shabdha		Sound
shad		prefix meaning six, e.g. shad darshan
shad		The number six (6). Example: shad darsana (the six philosophical systems).
Shad Darshan		The six philosophies of life: Sāṅkhya, Nyāya, Vasisheshika, Mīmāṃsa, Yoga and Vedānta
shamana (samana)		Make balanced; palliation therapy (tonifying while purifying); pacifies doshas without expelling them.
shamana chikitsa	shamana chikitsā	Palliation therapy; a mild reduction therapy which is generally performed on a patient who is not strong enough for pancha karma procedures. Its overall effect is that of a gentle cleanse.
shankhaka		A type of headache precipitated by a pitta-provoking lifestyle and low ojas.
shanti		Peace of mind; the cultivation of bliss.
sharada		The autumn season.
sharbata		Syrup

shastra		Science
sheeta (seetha)	shīta	Cold
sheetali		A form of pranayama.
shirah shula		Headache; also called shiro roga or shiro tapa.
shiro	śhiro	head
shiro		Head.
shiro roga		Headache; also called shirah shula or shiro tapa.
shiro tapa		Headache; also called shiro roga or shirah shula.
shirobasti	śhirobasti	A head oil application where oil is held on top of the head for some time.
shirodhara	śhirodhārā	Warm oil poured onto the forehead.
shishira		Medicated oil applied to the shaved head.
shita kashaya		The application of warm medicated oil to the forehead over the sixth chakra.
shita purva jvara	shīta pūrva jvara	The late winter season.
shita virya	shita vīrya	Cold infusion (aka hima).
shitali	shīтали	1) Cooling virya. 2) A type of pranayama that is cooling to the system; inhalation is through a curled tongue.
shlakshna		Slimy, smooth.
shlesma		To hug
shodana		Purifying.
shodhana		Make go away; reducing; includes main practices of P.K.
shodhana chikitsa	shodhana chikitsā	See pancha karma.
shonitasthapana		Hemostat; promotes clotting.
shoolahara		Pain-relieving herb.
shotha		Swelling in both feet.
shothaghna		Herbs that reduce swelling; anti-inflammatory.
shothahara (sothahara)		Herbs that reduce swelling; anti-inflammatory.
shramsanas (sramsanas)		Laxatives; expel feces prior to complete digestion.
shuddhi		Pure
shukra		Reproductive tissue; the most refined of the seven dhatus, containing the essence of all other dhatus.
shukra agni		A dhātu agni; helps build shukra; the health of this agni determines the health of shukra. Resides in the shukra dhara kalā, the membrane that precedes shukra.

shukra dhara kala	shukra dhārā kalā	The membrane that holds semen and creative potential. Contains that shukra agni.
shukra dhatu	shukra dhātu	One of the seven "dhātus" or tissues; consists of reproductive tissue, sperm, semen, prostrate fluids, seminal vesicles, prostate gland, ovum, ovaries. Composed of highly refined water; contains the essence of all other dhātus. Psychologically, the ability to sustain creativity (sexually and creative projects).
shukrala		A Sanskrit term for an herb that increases sperm count, a category of herb specific to Āyurveda.
shukra-shodana		Purifies the semen.
shukrasmari	śukrāśmari	Seminal types of asmari (urinary stones).
shukravaha srota		The channel that carries posaka majjā or unstable majjā dhātu prior to becoming shukra dhātu; according to the Caraka Saṁhitā it originates in the testes and pudendum, according to the Sushruta Saṁhitā it originates in the testes and breasts, and according to David Frawley it originates in the testes and uterus; the path that sperm travels from the testes until ejaculated by the penis; carrier of kapha dhātu.
shukravridhikara		Herbs which increase sperm count.
shula		Pain; the terms roga and tapa are also used synonymously for pain.
shula prasamana		Intestinal antispasmodic.
shūnya		The number zero (0). Example: shūnyatā, the emptiness or void; a central notion of Buddhism.
siddha dugdha		Medicated milk.
siddha ghrita		Medicated ghee
siddha taila		Medicated oil
siddhas		Mystical powers
sikita meha		A type of prameha in which the urine contains sand-like particles.
sira		Vein; head. Also see nadi.
sirakampa		Head tremor.
sirasakta, siroroga		Head disease.
sirsa jala		Cerebrospinal fluid.
sisā		Lead, as used in a bhasma made of lead.
sita		Cold

sita meha		A type of prameha in which the urine is sweet and very cold.
slaishmika yoni vyapat		Itching in the vagina accompanied by the discharge of pale, slimy blood (mucous mixed with blood).
sleshaka kapha		Subdosha of kapha. Provides lubrication in joints, allows for "fluid" motion, provides joint stability. Located in joints.
sleshma		Mucous or phlegm; synonymous with kapha.
sleshma dhara kalā		The membrane that holds kapha and the rasagni.
smriti		Loss of memory.
sneha		medicated ghee and oil
snehana		1) Oleation or fat; the term for oil therapy 2) Love
snigdha		Unctuous, oily.
so-hum	so-hum	A mantra used in harmony with inhalation and expiration to enter into meditation; "I am that".
sokaja		Grief
soma		See amrit.
soma roga		Endometriosis
sonita sthapaha		Hemostat
sosa		That which causes drying up and loss of tissue
spandin		Quivering.
sparsha		Touch
sramahara		Energy compensator, stimulant.
srota		Channels in the body; some are gross and some are subtle. In some texts, <i>srota</i> is used synonymously with <i>nadi</i> . The ears are also called srota.
srotāmsi		Bodily channels; plural for "srotas" (bodily systems or channels).
stambhana		Obstruction; restrains or stops flow; astringent.
stanya vaha srota		The channel that carries breast milk; consists of the lactation ducts within the breast, but has its origins in the wall of the uterus (so there is a direct connection between the breasts and the uterus and both should be treated when there is a problem with milk production).
stanya-jnana		Lactagogue; increases milk.
stanya-shodana		Purifies mother's milk.
sthira		Static
sthūla	sthūla	Gross
sucimuki yoni vyapat		This is a condition where the vaginal canal is narrowed.

sukra meha		Considered the second most important book in Āyurveda (the first is the Caraka Saṁhitā). Written by Śushrut, it is best known for its expositions on surgery. It also contains much information on anatomy and physiology and on philosophy. It is the only classical text to list the names and locations of the marma points.
sukshma (sookshma)	sūkshma	A type of prameha in which the urine is mixed with sperm.
sundara		Subtle, penetrating quality; permeates small spaces.
sura meha		Beautiful, beauty
surya	sūrya	1) A type of prameha in which the urine looks like beer with a clear head and thicker bottom part. 2) Sun.
suryavarta	sūryāvarta	1) Headache following exposure to the sun. 2) The sun, the sun god.
suryavarta		A headache which is worse with exposure to the sun.
sushka yoni vyapat		Vaginal dryness leading to pain.
sushruta samhita	suśruta saṁhitā	A migraine headache.
sushumna kanda		Spinal cord.
sushumna nādi	sushumnā nādi	Arises from the first chakra (muladhara chakra) and is the energetic template of the spinal canal. Its significance is given the highest importance as all of the charkas are understood to be strung upon it like lotuses. Awakened kundalini energy flows through the sushumna nādi. As it does, it interacts with the chakras resulting in the transformation of consciousness.
sushumna sirsaka		Medulla oblongata.
sva		Self
svadhishtana chakra		The second chakra, located in the region just above the pubic bone. Contains the qualities of the water element.
svarabheda nidana	svarabheda nidana	Diagnosis of hoarseness of voice.
svasa	śvāsa	Dyspnea (difficulty breathing). Also can refer to asthma.
svastha		Perfect health, "established in the self" - "sva" means self and "stha" means established.
svedana chikitsā	svedana chikitsā	Heat therapy; increases body temperature, causing an increase in circulation.
svedavaha srota		The channel that carries sweat; the sebaceous system of the body consisting of hair follicles and skin pores; originates in the adipose tissue of the body.

swarasa		Fresh juice.
swarya		Herbs that are beneficial to the voice.
swasahara		Herbs that make breathing easy.
swedana (svedana)		Herbs that induce sweating; diaphoretic; fomentation.
swedanajnana		Herbs that induce sweating; diaphoretic; fomentation.
swedu		Sweet taste.
<b>T</b>		
taila		Oil
takra		Indian buttermilk; watered down yogurt, usually mixed with spices.
takra dhara		Indian buttermilk as the base (instead of oil) in shirodhara.
tala	tāla	Rhythm ( as with pulse diagnosis).
tamaka / tamaka svasa	tamaka / tamaka śvāsa	Bronchial asthma
tamas		Inertia, darkness, ignorance; one of the three gunas, or basic qualities of nature. Applied to the mind, tamas is a state of mind where there is little activity; the mind is dull and ignorant of its connection to God.
tamogunas		Herbs that dull the mind.
tamra		Copper, as used in a bhasma made of copper.
tandava		Chorea; other terms include ardita and kalashanja.
tanmatras	tanmātras	The potential for sensory experience on the subtlest level; root energies for sensory experience; sound (shabdha; the guna of ether), touch (sparsha; the guna of air), sight (rupa; the guna of fire), taste (rasa; the guna of water) and smell (gandha; the guna of earth).
tapa		Pain; the terms shula and roga are also used synonymously for pain.
tapa sveda		The use of dry sources of heat such as bricks or sand to apply fomentation (best for kapha).
tapamana	tapamāna	The temperature of the pulse.
tarpaka kapha		Subdosha of kapha. Protects (lubricates) mind, brain, nerves from heat generated by critical thinking and heated emotion and from movement of thought and nerve impulses. Resides in head/brain.
tarpana		An oil treatment in which an oily cotton ball is inserted into the ears, vagina, or over the eyes, using medicated oils.
tat twam asi		Thou are that (Vedanta philosophy)

tattvas		"Truth, true being, fundamental principle", Principles upon which all of creation rests. Every Indian philosophy contains a certain number of tattvas as the basis of its system of thought. In Sāṅkhya, there are twenty-five tattvas or fundamental principles.
tejas		1) Fire 2) The idea of light, heat and transformation 3) One of the energies controlling the functioning of the subtle body (the other two are prāṇa and ojas); the energetic template of pitta. Tejas is responsible for metabolizing psychic or subtle impressions.
tikshna	tikshna	Sharp, irritant.
tikshnagni	tikshnagni	High agni; when the strength of the digestive fire is too high. Also called atyagni.
tikta		Bitter
tikta ghrita		Bitter ghee; a special Ayurvedic preparation of ghee and bitter herbs.
til		sesame
trataka	trāṭaka	Candle gazing; the focal point is a ghee lamp placed one arm's length away.
tri		The number three (3); prefix three. Example: tridosha (the three doshas).
tridosham (tridosha)		Alleviates all three doshas.
trishna	trīṣṇā	Thirst
trishna-nigrahana		Reduces thirst.
twachaya		Herbs that aid the skin.
twak		Skin.
U		
udakā		Water
udaka meha		Kapha-type diabetes insipidus; a large volume of urine that is cold, white or clear, odorless, not sweet, and has a possible slight sliminess and turbidity.
udakavaha srota		See ambuvaha srota.
udakodara		A condition of ascites or a fluid-filled abdominal cavity. Also called jalodara or dakodara.
udana	udāna	Pushes upward.



udana vayu	udāna vāyu	Subdosha of vāta. Upward and outward moving air. Energy that motivates action; motivates expressions through the use of the muscles and voice. Resides in the throat and chest.
udara roga		Abdominal pain; a generalized term for a wide variety of problems that might occur in the digestive system.
udarda-prasamana		Anti-allergy; reduces hives.
udavarta		Belching, "upward moving air".
udvritta yoni vyapat		Frothy menstrual blood caused by the suppression of natural urges.
unmada	unmāda	Mental disorder; psychotic disease; insanity.
upadhatu	upadhātu	Secondary tissues.
upadravya		Complications
upanaha		Poultice. A hot herbal decoction or infusion is added to flour. The paste is then applied hot to the skin or joint.
upanaha sveda		The local application of a poultice used to bandage an affected limb.
upasaya		Literally, "that which gives comfort to the patient". An attempt to verify the diagnosis through the proper administration of treatment. If successful (upasaya), the diagnosis is confirmed. If unsuccessful (anupasaya), additional information has been gained through the trial, which is useful for altering the treatment plan. Trial and error. Also called satmya.
upashta		Genital organs.
upayogasamstha		Rules of intake (guidelines for healthy eating).
upayoktra		Responsibility
urdhva		Prolonged expiration and an inability to exhale.
urdhva jatru granthi	ūrdhva jatru granthi	Hyperthyroidism.
urdhvarga amlapitta		Gastritis; hyperacidity.
urustambha		Paraplegia
ushma svedana		Sweatbox or steam tent.
ushnodaka		Regular intake of hot water throughout the day; a general vāta alleviating measure suggested for Raynaud's Disease.
usna (ushna)		Hot; also anger, digestion, cleansing, judgement.
usna virya	usna vīrya	Warming virya.
usnavata		Hot vata.

usnisaka	Pons (a rounded eminence off the ventral surface of the brainstem. The origins of cranial nerves V, VI, VII and VIII are at the border of the pons).
uttara basti	1. Urinary enema. 2. A basti applied to the vagina (vaginal douching).
<b>V</b>	
vacate gana	A group of herbs used in a similar fashion to the vataskadi group of herbs. These herbs are similar to calamus in their qualities and include ginger and turmeric. They are known to correct kapha, fat, stiffness of the thighs, and breast milk disorders.
vaidya	Ayurvedic physician
Vaisheshika	One of the six orthodox doctrines of philosophy (shad darshan) of Hinduism, founded by Kanāda. It means "difference" and organizes the world into nine dravyas or substances.
vajikarana	Reproductive tonic; aphrodisiac (literally, "the sexual power of a horse").
vajikarana therapy	Tonification with herbs and formulations usually used in rasayana therapy but not applied after purification; very strong tonification, however, the extent of the nourishment ends at the shukra dhātu (when tonification is applied without prior purification, ojas is generally not produced in great quantities).
vajra	Diamond; Indra's flash of lightning or his "thunderbolt," said to have been made from the bones of the seer Dadhichi.
vak	Speech.
vṛkkā	Kidney
valaya	Sore throat.
vamana	Vomit; also a category of herbs that induce vomiting.
vamini yoni vyapat	This is a condition where semen is discharged from the vagina a week after intercourse.
vanga	Tin, as used in a bhasma made of tin.
varasika	Dura mater (the outermost, toughest and most fibrous of the three membranes (meninges) covering the brain and spinal cord).
varnya	Herbs that aid the complexion.
varsha	varshā The rainy season or monsoon season.

Varuna		Someone who is sattvic, loving, compassionate.
vasa		Muscle fat.
vasa meha		A type of pramena in which the urine is mixed with muscle fat.
vasanta		The spring season.
vata	vāta	The force within the body responsible for all motion; its elements are air and ether; its qualities are light, cold, dry, mobile, subtle and rough; its root is the large intestine.
vata asthila	vāta asthila	A condition whereby a tumor forms between the rectum and bladder which blocks urination.
vata basti	vāta basti	Difficulty urinating due to the habit of suppressing the urge to urinate.
vata gulma	vāta gulma	Diverticulosis
vata slaishmika jwara	vāta slaishmika jwara	Influenza.
vata vyadhi		Diseases of the nervous system.
vatakantaka		Sprained or strained ankle.
vatakundalika		Circular movement of urine in the bladder.
vataskadi		A group of herbs that pacify vata, pitta and kapha. Includes kutki, black pepper, calamus, and vidanga; good for abdominal tumors, rhinitis, fever, colic and hemorrhoids.
vati	vaṭi	Pill
vatiki yoni vyapat		This is a condition where there is a pricking pain in the vagina along with the expulsion of gas and a discharge of frothy menstrual blood that is red or blackish.
vayasthapana		Herbs that promote longevity.
Vayavya	Vāyavya	A rajasic personality type.
vayu	vāyu	Air; the idea of motion
veda		Knowledge; teaching
vedanasthapana		Herbs that reduce pain; analgesic.
Vedanta	Vedānta	One of the six orthodox doctrines of philosophy (shad darshan) of Hinduism, founded by Bādarāyana. It is the basis of Jñāna Yoga or the Yoga of Knowledge.
vedas		India's ancient books of wisdom
vega	vega	Rate (as with pulse diagnosis).
vepathu	vepathu	Parkinson's disease or tremors; also called kampa vāta.
vepathu		Shaking as in being off track or out of alignment.

vidahi		Potency or action (warming or cooling). Virya has two meanings depending on context; the other is strength, although this is a less common definition. Sweet, bitter and astringent rasas (tastes) have a cool virya and generally pacify pitta and decrease agni. Pungent, sour and salty rasas have a warm virya and generally pacify vāta and kapha and increase agni.
vidaryadi gana		A group of herbs that is nourishing and alleviates vata and pitta; useful for tumors, weight loss, body aches and coughs. Vidari kand is an example of this group.
vijnagni		Gastric irritant.
vijnamaya kosha		The agni responsible for metabolizing air (air in this context is knowledge and its organization in the mind). Faulty metabolism results in confusion, disorganization and poor discrimination.
vikasi	vikāsi	The intelligence sheath; the bridge between the astral and causal bodies. Contains the vijnagni which is responsible for the metabolism of air. The buddhi (intellect) resides within this sheath, which provides the capacity to reason, deduce, discriminate, and discern.
vikruti		Expansive
vikruti	vikṛuti	current doṣha imbalance (as differentiated from prakṛiti or life constitution)
vilepi	vīlepī	A meal of drinking thick rice soup ( 4:1 water:rice). Part of samsarjana karma.
vipaka (vipakam)	vipāka	Doshic imbalance
vipluta yoni		Dysmenorrhea (painful menstruation)
vipluta yoni vyapat		Vaginal itching likely caused by a mild and sometimes chronic vaginal infection.
virechena		Post digestive effect. Comes from the root "paka", meaning digestion. This is the long-term action that a substance will have on the body after it is digested. There are three long-term actions noted in Āyurveda; nourishing (sweet taste), digestion-increasing (sour taste) and purifying (pungent taste).
virya (veerya, veeryam)	vīrya	Purgation; forceful elimination of feces.
visaghna		Anti-poison.
vishada		Clear

vishmagni	viṣhmāgni	Variable agni; sometimes the agni is high, sometimes low.
vishuddha chakra	viṣhuddha chakra	The fifth chakra, located in the region of the throat. Contains the qualities of the ether element.
vishva		Universe; a synonym for the pulse.
visista		Purvarupa which do not disappear at the onset of the actual disease.
visphota		Herpes zoster or shingles.
vistambhi		Anti-carminative
vranarupana		Herbs that aid the healing of wounds; vulnerary.
vrata		Vows, an ancient Vedic spiritual tradition of women.
vrata katha		Vow stories, told to pass cultural and spiritual knowledge from generation to generation.
vridhhi		Increased dosha.
vrikka shotha		Nephritis (inflammation of the kidney).
vrishya		Herbs that increase virility; aphrodisiac.
vrittis	vṛttis	Disturbances within the mind.
vyaasthambhana		Herbs that reduce pain; analgesic.
vyadhikshamatva		Forgiveness, literally forgiveness of disease; immunity.
vyana vayu	vyāna vāyu	Subdosha of vāta. Moves from center to periphery. "Diffusing air". Major role in circulation (arterial circulation, nerve energy, movement of thought, carries sweat to outside of body). Force the moves the joints. Resides in the heart (center of circulation).
vyavis		Herbs that act rapidly.
W		
XYZ		
yakrdhalayudara		Liver (yakrit) enlargement.
yakrit		Liver.
yakrtottejaka		Liver stimulant, choleagogue.
yakrut		The liver.
yakrut roga		Liver disorders.
yaksma		Symptom complex or syndrome.
yama		restraint, the first limb of Yoga
Yama		The name of the god of death.
yatra		Holy journey.
yava		Barley

yoga		1) Union or balance; a holistic system of refining the body, the mind, and the spirit in unison. Ultimately, it is well-being, peace and bliss. 2) "Combination" when used in reference to herbs.
Yoga		One of the six orthodox doctrines of philosophy (shad darshan) of Hinduism, propounded by Pātañjali. It outlines an eight fold path that includes: yama (restraint), niyama (observance), asana (posture), prāṇāyāma (cultivation of breath), pratyahāra (sense withdrawal), dhāraṇā (concentration), dhyāna (meditation), samādhi (integration)
yogi		One who is enlightened, blissful. One who practices yoga.
yonī		Vagina.
yonī vyaapat		Disorders of the genitourinary tract, specifically of the vagina.
yonivyad		Diseases of the female genital tract.
yusha	yūṣha	A meal of rice and split yellow mung dal soup. Part of samsarjana karma.

## **References**

Feuerstein, Georg, *Shambala Encyclopedia of Yoga*, Shambhala Publications, Inc., Boston, Massachusetts, 1997.

Fischer-Schreiber, Ingrid, *The Encyclopedia of Eastern Philosophy and Religion*, Shambhala Publications, Inc., Boston, Massachusetts, 1986, translation 1989.

Halpern, Marc, *Principles of Ayurvedic Medicine*, 5<sup>th</sup> edition, Student's Textbook, Part One, California College of Ayurveda, Grass Valley, California, January 2003.

Halpern, Marc, *Clinical Ayurvedic Medicine*, 4<sup>th</sup> edition, Student's Textbook, Part Two, California College of Ayurveda, Grass Valley, California, August 2003.

Lad, Vasant, *Secrets of the Pulse*, The Ayurvedic Press, Albuquerque, New Mexico, 1996.

Lad, Vasant, *Textbook of Ayurveda*, The Ayurvedic Press, Albuquerque, New Mexico, 2001.

Macdonell, Arthur Anthony, *A Practical Sanskrit Dictionary with Transliteration Accentuation and Etymological Analysis Throughout*, Manohar Publishers & Distributors, New Delhi, 2001.

Tirtha, Swami Sada Shiva, *The Ayurveda Encyclopedia*, Ayurveda Holistic Center Press, Bayville, New York, 1998.