

*Aṣṭaka* (III)—a Rājaṛṣi who met Yayāti falling from Heaven and discoursed with him on several points: A grandson of Yayāti by his daughter; a Brahmiṣṭha, and Trayārṣeya with Viśvāmitra and Lohita; goes to Heaven with all his relations including Yayāti.

M. 35. 5; Ib. Chapters 37-41; 42. 14 & 28.

*Aṣṭaka* (IV)—a brother of Vasudeva.

Vi. IV. 14. 30.

*Aṣṭakā*—the name of Acchodā in Pitṛloka after she went from the earth. In her honour a river is named.

M. 14. 19-20; 141. 17.

*Aṣṭakāpatis*—are Kāvyaś.

Br. II. 28. 21; M. 141. 17.

*Aṣṭatāla*—the normal height of man, 84 inches. Nava-tāla is superior man.

Br. II. 32. 9; Vā. 59. 8.

*Aṣṭavān*—an *Amsa* of Skanda.

Vā. 101. 280.

*Aṣṭāṅga*—the name of a book on medical science.

M. 215. 34.

*Aṣṭāṅgaprāṇavṛtti*—action of vital airs in life.

Vā. 102. 90, 91.

*Aṣṭāṅgayoga*—consists of *āsana*, *prāṇarodha*, *pratyāhāra*, *dhāraṇā*, *dhyanā*, *samādhi*, together with *yamas* and *niyamas*.

Vi. 104. 24-25.