

# Holistic Yoga Therapy Institute

## Ayurveda Immersion Vocabulary List

**Abhyanga:** a massage technique much like Swedish massage, though coinciding with the flow of the vayus.

**Agni:** digestion, of which there are four states; high, low, variable, & balanced.

**Ahamkara:** the self identity, the ego.

**Allopathic:** from the noun allopathy; synonym for mainstream medicine. A system of medical practice that aims to combat disease by use of remedies (as drugs or surgery) producing effects different from or incompatible with those produced by the disease being treated.

**Ama:** toxins, by-products that clog the channels.

**Amaya:** signifies that which is born out of ama. The amalgamation of the doshas and tissue creates this toxic substance.

**Anabolic therapies:** those pertaining to expansion(brmhana), to enhance the natural growth of emaciated tissue.

**Anandamaya kosha:** bliss, pertaining to the karmic seed, connected to prana vayu (inward moving vital energy see Vayu).

**Annamaya kosha:** food, pertaining to the physical body, connected to apana vayu (downward moving energy).

**Atanka:** that which creates extreme stress on the physical, mental or emotion body.

**Anuloma Viloma :** alternate nostril breath.

**Anupasaya:** disease treatment which is unsuccessful, proving the diagnosis inaccurate.

**Artha:** prosperity, a pursuit of that which supplies support to attain a prosperous life.

**Ashtanga Hridayam:** a classical text written between 500-700 A.D. by Vagbhata.

**Asthavidha pariksha:** the methods of discovery from an eight-point examination.

**Atman:** the individual soul.

**Ayurveda:** the knowledge of life. Eight classical groups of practice; (1)Internal Medicine, (2)Obstetrics&Surgery , (3)Ophthalmology & Otorhinolaryngology , (4)Pediatrics, (5)Toxicology, (6)Psychology, (7)Rejuvenation, and (8)Aphrodisiacs.

**Brahman:** the original voice of Ayurveda; who taught Agnivesa.

**Brmhana:** see also bruhana; expansion, refers to anabolic therapies.

**Buddhi:** Intelligent judgment.

**CAM:** complementary alternative medicine; a group of diverse medical and health care systems, practices, and products that are not generally considered part of conventional medicine.

**Catabolic therapies:** those pertaining to contraction/reduction( langhana), that which removes excess, abnormal tissue growth, or kapha dosha.

**Charaka:** The author of the Charaka Samhita, a classical text written and considered the most important book on Ayurveda.

**Charaka Samhita:** classical text on Ayurveda.

**Chikitsa:** treatment, the administration of remedies, medicine, or any therapeutic regimen.

**Chitta:** conditioned consciousness.

**Darshan:** considered direct perception which leads us to truth.

**Dharma:** duty, a right to livelihood or divine purpose.

**Dharana:** mental concentration, one of the eight limbs of Patanjali's yoga aimed at self-realization and self-knowledge. Concentration calming the mind by focusing on an object.

**Dhatu:** the seven tissues, rasa, rakta, mamsa, medas, asthi, majja, shukra, ojas.

**Doshas:** 3 biological humors/energies used in Ayurveda to describe and determine constitution and imbalance.

**Dual Dosh:** a combination of two or more doshas present in the vikruti.

**Etiology:** is the cause of disease. This pertains to both gross and subtle causation.

**Gunas:** three basic qualities of nature, often more associated with the psychological analysis of the mind.

**Homeopathy:** an alternative therapy of "like cures like"—the notion that a disease can be cured by a substance that produces similar symptoms in healthy people; and "law of minimum dose"—the notion that the *lower* the dose of the medication, the *greater* its effectiveness. Many homeopathic remedies are so diluted that no molecules of the original substance remain.

**Jwara:** fever, a rise on body temperature, irritation of the body

**Kapalabhati:** is a traditional internal cleansing breathing technique (kriya), and can be used as a simple warm-up for formal pranayama. <http://www.yogajournal.com/poses/2452>

**Kapha:** dosha comprised of water and earth element.

**Kama:** pleasure, a primary goal of our senses.

**Langhana:** contraction or reducing overgrowth, refers to catabolic therapies.

**Mahat:** cosmic law that makes up the intelligence of the universe.

**Manas:** the limited mind, capacity of imagination

**Manomaya kosha:** senses, pertaining to the emotional body, connected to samana vayu.

**Mimamsa:** how we evolve, inner reality , author Jaimini.

**Moksha:** liberation, freeing ourselves for the karmic cycles.

**Naturopathy:** a holistic system, meaning that naturopathic doctors (N.D.s) or naturopathic medical doctors (N.M.D.s) strive to find the cause of disease by understanding the body, mind, and spirit of the person. Most naturopathic doctors use a variety of therapies and techniques (such as nutrition, behavior change, herbal medicine, homeopathy, and acupuncture).

**Nidana:** cause of disease; etiology

**Nidanam:** diagnosis

**Nirama:** little or no toxins.

**Nyaya:** material world, outer experience , author Gautama.

**Ojas:** is a superfine form of kapha. [Prana, Ojas and Tejas are the subtle counterparts of Vata, Pitta and Kapha. Prana relates to the air element and Vata; Tejas relates to the fire element and Pitta, and Ojas relates to the water element and Kapha. ]

**Palliation:** that which focuses on relieving and preventing suffering; shamana

**Pancha karma:** the five classical purification techniques; Vamana (vomiting), Virechana (anal purgation), Basti (enema), Nasya (nasal purgation) and Rakta Moksha (bloodletting).

**Pathogenic:** causing or capable of causing disease.

**Pitta:** dosha comprised of water and fire element.

**Pradhan karma:** main techniques for elimination of ama.

**Prakriti:** pure potential for matter( unmanifest), Yin, feminine.

**Prakopa:** disturbed dosha, typically formed in the 2<sup>nd</sup> stage of pathogenesis/samprapti.

**Prana:** a superfine form of vata, life energy coursing through the body. [Prana, Ojas and Tejas are the subtle counterparts of Vata, Pitta and Kapha. Prana relates to the air element and Vata; Tejas relates to the fire element and Pitta, and Ojas relates to the water element and Kapha. ]

**Pranamaya kosha:** breath (life force), pertaining to the respiratory system, mental cognition, connected to udana vayu (upward moving energy).

**Pranayama:** the regulation of the breath through certain techniques and exercises.

**Pratyahara:** the 'withdrawal of the senses' is the fifth element among the Eight stages of Patanjali's Ashtanga Yoga , as mentioned in his classical work, Yoga Sutras of Patanjali, 2 BCE

**Prana Prakopa:** the observation of the disturbance of the dosha involved with prana vayu (inward moving vital energy).

**Papma:** refers to sin, bad or unvirtuous action ie: negative thoughts or inappropriate lifestyle.

**Prakruti:** nature; The unique proportion of doshas found in each individual: "spiritual DNA."

**Prakrutika samprapti:** pathogenesis which occurs IN the season that corresponds to the aggravated dosha.

**Praschat karma:** rejuvenation action or rasayana technique.

**Purusha:** pure potential consciousness (unmanifest), Yang, masculine.

**Purva karma:** preparation w/snehana (oleation) and svedana (sweating).

**Purvarupa:** early symptoms, non distinguishable.

**Rajas:** action or a quality of distraction of the mind.

**Rasa:** taste, also one of the seven tissues (lymph).

**Rasayana:** restorative, rejuvenation action.

**Rig Veda:** one of the four vedas.

**Roga:** that which gives rise to pain.

**Rupa:** manifestation.

**Samkhya:** material world, outer experience , author Kaplia. A system of philosophy which lists 24 principles upon which creation rests.

**Samprapti:** pathogenesis, the pathway of the disease condition and how it unfolds in the individual.

**Sannipatika:** imbalance of all three doshas simultaneously.

**Sattva:** clarity.

**Secretory:** organ or process of segregating, elaborating, and releasing some material either functionally; specialized (as saliva) or isolated for excretion (as urine).

**Shad Darshan:** the six philosophies of life.

**Shamana:** chikitsa treatment, gentle palliation and pacification of the doshas; therapeutic technique used when all other are contraindicated.

**Shiro:** pertains to the head

**Shodhana:** chikitsa treatment, a form of cleansing, therapeutic technique when preparing for pancha karma.

**Sithali:** “serpent breath”; pranayama technique, refers to the sound caused when air is drawn in through the protruding tongue folded into a tube. Used to calm the body, mind, and emotions. Hyper-acidity, high blood pressure, nausea, anger, frustration and anxiety may all be alleviated with the practice. Contraindicated for low blood pressure.

**Sitkari :** similar to sitali without curling the tongue.

**Samadhi:** a state of intense concentration achieved through meditation. In yoga this is regarded as the final stage, at which union with the divine is reached (before or at death).

**Sub dosha:** A division of a dosha; each dosha has five subdoshas that carry out different the body.

**Sushruta:** The author of the Sushruta Samhita, considered the second most important text, known for its commentary on surgery and pitta dosha.

**Srota:** channels in the body through which nutrients and waste flow for body function, ranging from the gross to the imperceptible.

**Svastha:** perfect health/ established in the self.

**Symptomatology:** this is the way the body gives us signs that something is wrong or off balance.

**Tamas:** inertia or a quality of ignorance of the mind.

**Tanmatra chikitsa:** the five sense therapies, shabdha(sound), sparsha(touch), rupa(color), rasa(taste), gandha(smell); subtle therapies.

**Tejas:** is a superfine form of pitta. [Prana, Ojas and Tejas are the subtle counterparts of Vata, Pitta and Kapha. Prana relates to the air element and Vata; Tejas relates to the fire element and Pitta, and Ojas relates to the water element and Kapha. ]

**Tonification:** therapeutic process to build up the tissue and increases internal strength of the patient/client; shodhana.

**Trataka:** a practice of fixed gazing at a candle or soft light. Purification practice for the tear ducts.

**Upasaya:** an attempt to verify the diagnosis through clinical treatment; trail and error; that which gives comfort to the patient.

**Vagbhatta:** The author of the Ashtanga Hridayam and Ashtanga Samgraha.

**Vaikrutika samprapti:** pathogenesis which occurs in a season not related to the aggravated dosha.

**Vaisheshika:** material world, outer experience , author Kanada.

**Vasodilating:** an action of the widening of the lumen of blood vessels.

**Vata:** dosha comprised of ether and air element.

**Vayu:** channel or pathway in which dosha/qi/prana flows. Short descriptions of the five vayus below quoted from "Breath of Life: Yoga and the Five Prana Vayus" published by Yoga International.

[http://yogaclub.us/attachments/5\\_Prana\\_Vayus\\_Yoga\\_International\\_Himalayan\\_Institutue\\_Article.pdf](http://yogaclub.us/attachments/5_Prana_Vayus_Yoga_International_Himalayan_Institutue_Article.pdf)

**Prana Vayu:** "prana vayu is the fundamental energizing force. It is the inward moving vital energy that governs respiration and reception, allowing us to take in everything from air and food to impressions and ideas. Prana vayu is most active in the region of the lungs and heart. It provides propulsive energy, speed, motivation, and vitality."

**Apana Vayu:** "apana, which is most active in the pelvis and lower abdomen, governs the eliminative functions (excretion, urination, menstruation) and the downward and outward flow of energy in the body."

**Samana Vayu:** "the 'middle breath': samana vayu. Active at the navel center—midway between the realms of prana vayu in the chest and apana vayu in the pelvis—samana vayu is a concentrating, absorbing, and consolidating force. Its main function is assimilation of prana in all its forms—like a power station, samana collects energy absorbed through breath, food, sensory perception, and mental experiences and processes it to empower all aspects of life."

**Udana Vayu:** "Udana is the upward-moving breath, which directs the flow of prana from the lower to the higher planes of consciousness. An ascending and radiant force, udana vayu is responsible for taking the mind from waking to sleep and to deep sleep, as well as to higher planes of existence after death. It is active primarily in the region between the heart and the head, bringing prana to the energy centers deep in the brain. As the vayu moving through sushumna nadi (the central axis of the subtle body), udana is associated with kundalini shakti, the creative, blissful consciousness of enlightenment."

**Vyana Vayu:** "Vyana vayu, empowers the distribution and communication systems of the body. It integrates and coordinates the other four prana vayus, keeping them balanced and nourished. A pervasive and expansive force, vyana governs the movement of prana through the nadis (energy channels); the movement of energy through the circulatory system and the nervous system; and the free flow of thoughts and feelings in the mind. Vyana also controls the muscular system, coordinates balance, and regulates movement from the core to the periphery. While it permeates the entire body, vyana is particularly active in the limbs, helping them implement the powers of locomotion and manipulation."

**Vedanta:** how we evolve, inner reality, author Badarayana.

**Vedas:** the oldest writings in the world expounding on the knowledge of such subjects as grammar, phonetics, ritual, etymology( origin of words), and prosody( metrical verse). There are four Vedas: Rig, Artharva, Yajur, and Sama.

**Vikara:** distorted form. Refers to the expression of the general form of a part of the body.

**Vikruti:** the degree to which an individual has deviated (vitiated)

**Vijnanamaya kosha:** intellect, pertaining to thinking( higher function), connected to vyana vayu.

**Vyadhi:** disease; something that kills, tissues, cells, or organs, ultimately causing death.

**Yakshma:** consumption.

**Yoga:** how we evolve, inner reality , author Pantanjali.

**Yoga Chikitsa:** the use of Vedic science methods which include Ayurveda, Yoga and modern science (PT testing, pain registry scales, bodywork), thus striving to meet the demands within therapeutic protocols to aid in the improvement of conditions of human chronic diseases and disorders.

**24 Tattvas:** Prakruti, Mahat, Ahamkara( Origin of the Gunas), Pancha(5) Maha Bhutus(Element), Tanmatras(Sensory Experience), Pancha Jnanedriyanis (5 sense organs), Pancha Karmendriyas( Potential action/motor experience), Manas( the limited mind projected by ahamkara).