

## Sanskrit Yoga Terms

prāṇa	Life force, the vital force which links and enlivens the body and mind; the breath of life; the animating force circulating in the body. It has five major aspects: prana, apana, vyana, udana, and samana; and five minor aspects: naga, kurma, krikara, devadatta, and dhananjaya; also the cosmic vibratory power underlying creation
adho mukha śvānāsana	Downward facing dog posture of hatha yoga
agni sāra	A practice of hatha yoga in which the lower abdomen is drawn in and up with the breath; lit., essence of fire
ājñā cakra	Psychoenergetic center located between the eyebrows, the junction of ida and pingala nadis and the seat of the mind in the waking state; lit., command
ākuñcana prasaraṇa	A practice of hatha yoga in which the abdomen is alternately contracted and expanded with the exhalation and inhalation
anāhata cakra	Psychoenergetic center associated with the heart; lit., unstruck sound
ananta	Epithet of the thousand-headed cosmic serpent Sheshanaga who serves as a couch for Lord Vishnu as he sleeps after the dissolution of the universe; lit., endless, infinite, boundless

aṅga	Limb, part
apāna	Downward moving pranic force responsible for elimination; one of the five functions of prana
ardha candrāsana	Half moon posture; a standing balance pose of hatha yoga
ardha matsyendrāsana	Seated spinal twist posture of hatha yoga named for the sage Matsyendra
āsana	Postures of hatha yoga; lit., seat, position; the third of eight limbs of yoga according to Yoga Sutra
aśvini mudrā	Horse mudra or seal; a contraction of the buttocks and anal sphincter, a hatha yoga practice
baddha	Bound, tied, caught, restrained
baddha koṇāsana	Bound angle pose; a sitting posture of hatha yoga
bālāsana	Child's pose; a resting posture of hatha yoga

bandha	Bond; specific subtle positions (locks) in hatha yoga which direct flow of prana; the three most important locks are mula bandha, uddyana bandha, and jalandhara bandha
bhāradvājāsana	A seated twisting pose of hatha yoga named for Rishi Bharadvaja
bhastrikā	Bellows breath pranayama; a vigorous hatha yoga technique with forced inhalation and exhalation of equal length
bhekāsana	A reclining back bending posture of hatha yoga; lit., frog pose
bhrāmarī	Pranayama technique named after a bee
bhujāṅgāsana	Cobra posture; a prone back bending posture of hatha yoga
bhūta śuddhi	Purification of elements; visualization and pranayama techniques to purify body in preparation for higher states of consciousness
bindu	Drop, dot; seed or source; synonym for sexual potency which must be stabilized along with the mind and prana to achieve the goal of yoga
cakra	Psychosomatic energy centers in subtle body anatomy which serve as a map on the inward journey to the self; a center of consciousness; lit., wheel

candra	Moon; one of the two great powers (sun and moon) or aspects of being in the human body; the union of sun and moon is the goal of hatha yoga
caturaṅga daṇḍāsana	Four limbed stick posture of hatha yoga in which the body is held straight just off the floor
daṇḍa	Stick, staff. When carried by a sadhu, a representation of meru danda, the central axis of divine power; the spine or spinal chord
daṇḍāsana	A seated posture of hatha yoga
devadatta	Secondary prana; responsible for yawning
dhanañjaya	Secondary prana; responsible for hiccups, and esoterically, stays in body after death
dhanurāsana	Bow posture; a prone backward bending pose of hatha yoga
dhauti	A technique for cleansing the upper respiratory and digestive system by swallowing a length of cloth; one of shat kriyas of hatha yoga (six cleansing actions)
garuḍāsana	Eagle posture; a standing balance pose of hatha yoga named after Lord Vishnu's vehicle, the mythical eagle Garuda

gomukhāsana	A seated posture of hatha yoga, lit., cow face pose
granthi	Knot; refers to blocks in the free flow of the life force, prana; specially, brahma granthi at the muladhara (root) cakra (or sometimes the heart center), vishnu granthi at the throat or heart, and rudra granthi at the ajna cakra
halāsana	Plow posture, an inverted pose of hatha yoga
hasta	Hand; the trunk of an elephant
hasta pādāṅguṣṭhāsana	A standing balance posture of hatha yoga, lit., hand to big toe pose
haṭha yoga	Yoga system that works with asana, pranayama, and cleansing practices to balance the solar/lunar, masculine/feminine energies; the yoga of perfecting the body and energy system of the body; lit., forceful
idā nāḍī	Left-side axial energy channel in the subtle body; one of three principle energy channels governing states of awareness; terminates in the left nostril, associated with the lunar, feminine, cooling energies
jālandhara bandha	Chin lock; a hatha yoga practice of pressing the chin toward the base of the throat
jānu	Knee

jānu śīrṣāsana	A seated forward bending posture of hatha yoga; lit., knee-head pose
jaṭhara parivartanāsana	A reclining twisting posture of hatha yoga; lit., revolved abdomen pose
jñāna mudrā	Hand gesture of thumb touching the forefinger, used in meditation, also known as chinmudra
kapālabhāti	A pranayama technique in which the breath is rapidly and forcefully expelled. Corrects excess phlegm disorders. Lit., skull-shining
kapotāsana	Pigeon pose; a seated backward bending posture of hatha yoga
khecarī mudrā	Variouly described practices involving turning the elongated tongue back into the skull cavity and applying breath and mind control. Lit., moving in space gesture or seal.
koṇa	Angle
kṛkala	One the five secondary pranas in the body; responsible for sneezing
kumbhaka	Breath retention in pranayama practice

kuṇḍalinī śakti	Spiritual energy; primordial divine force; dormant divine force residing at the muladhara cakra, awakened by yoga practice
kūrma	Tortoise; one of the five secondary pranas in the body, responsible for opening and closing the eyes; a nadi whose activation gives stability of body and mind; runs from the perineum to the throat
kūrmāsana	A seated forward bending posture of hatha yoga; lit., tortoise pose
lolāsana	A seated balancing pose of hatha yoga; lit., dangling, quivering, hanging
mahā bandha	Great lock; a hatha yoga practice involving sitting on one foot while in half lotus, and applying mula bandha, uddiyana bandha, and jalandhara bandha while retaining the breath
mahā mudrā	Great seal; sitting on one foot, with the opposite leg extended, hold the toes and apply the three bandhas
makarāsana	Crocodile posture; a reclining pose of hatha yoga used for breath training and relaxation
maṇipūra cakra	Psychosomatic energy center associated with the navel and the element fire; lit., city of gems cakra
marīcyāsana	A seated twisting pose of hatha yoga named for Rishi Marichi

matsyāsana	A reclining back bending posture of hatha yoga; lit., fish pose
mayūrāsana	A prone balance pose of hatha yoga; lit., peacock pose
mudrā	Hand gestures used in postures, meditation, and tantric rituals; also in some contexts, practices similar to bandhas; lit. seal
mukham	Face, aspect
mūlabandha	Root lock; an important bandha which restrains downward flowing pranic energy and helps awaken kundalini
mūlādhāra cakra	Psychosomatic energy center associated with the pelvic floor and the base of the spine and the earth element; lit., root support cakra
nāda	Subtle inner sound. Different levels may manifest internally when the nadis are purified and the mind and prana are stabilized
nāḍī	Energy channel of the subtle body in which prana moves; conduit for the life force. The three main nadis are ida, pingala, and sushumna. Some sources say there are 72,000, but less than 20 are known by name
nāḍī śodhanam	A pranayama practice of inhaling and exhaling through alternate nostrils used to purify nadis and balance the nervous system; lit., channel purification

nāṭarājāsana	King dancer pose; a standing balance posture of hatha yoga
navli kriya	A practice for the navel center; a vigorous rotation of the abdominal muscles, one of the six cleansing actions of hatha yoga
nāvāsana	Boat pose; variously, a prone backward bend, or a seated hip balance posture of hatha yoga, also naukasana
neti kriya	Nasal wash; one of the six cleansing practices of hatha yoga
padmāsana	Lotus pose; a sitting posture of hatha yoga
parivṛtta	Revolved, turned round
pārśva	Side of the body; flank; side of the ribs
pārśvottānāsana	Side stretch pose; a standing forward bend posture of hatha yoga
paścimottānāsana	Posterior stretch pose; a seated forward bend posture of hatha yoga; lit., west (side) stretch

piṅgalā nāḍī	Right-side principle energy channel governing the flow of the life force and states of consciousness. Terminates in the right nostril. Associated with solar, heating, and masculine energies
prasārita pādottānāsana	Spread leg forward bend; a standing forward bending posture of hatha yoga
pūraka	Controlled inhalation of breath; inward flow of prana, one of aspects of breath control (pranayama)
pūrvottānāsana	Upward facing inclined plane pose; a posture of hatha yoga; lit., east (side) stretch
recaka	Controlled exhalation of breath; outward flow of prana; one of aspects of breath control (pranayama)
rudra granthi	Rudra's knot; one of the three knots which block pranic flow; located at the ajna cakra
sahasrāra cakra	Psychoenergetic center associated with the crown of the head and transcendental consciousness; the destination of awakened kundalini; lit., thousand-petalled lotus
samāna vāyu	One of five main pranas; governs digestion, nourishment and discrimination
sarvāṅgāsana	Shoulder stand pose; an inverted posture of hatha yoga; lit., all limbs pose

śalabhāsana	Locust pose; a prone backward bending posture of hatha yoga
śavāsana	Corpse pose; a reclining posture of hatha yoga used for relaxation
śīrṣāsana	Head stand posture of hatha yoga
shitali prāṇāyāma	A cooling pranayama practice
siddhāsana	Accomplished pose; a sitting posture of hatha yoga used for meditation
simhāsana	Lion pose; a seated posture of hatha yoga
sukhāsana	Easy pose; a seated posture of hatha yoga used for meditation and pranayama
supta	Sleeping, asleep
sūrya bhedana	A pranayama practice for enlivening the solar plexus and navel center

suṣumnā nāḍī	Axial channel of pranic flow in the subtle body; the path to unite the polar opposites and achieve unitary consciousness
svadhiṣṭhāna cakra	Psychosomatic energy center associated with the lower pelvis and uro-genital plexes, the sense of taste, pleasure, and the water element (bhuta); lit., her own abode
svastikāsana	Auspicious pose; a sitting posture of hatha yoga used for meditation
tāḍāsana	Mountain pose; a standing posture of hatha yoga
trikoṇāsana	Triangle pose; a standing side bend posture of hatha yoga
udāna	One of the five major pranas; upward moving; governs speech, carries consciousness upward
uddīyāna bandha	Upward flying lock; one of three important bandhas in hatha yoga in which the abdomen is drawn in and up
ujjayī	A pranayama practice in which the breath is regulated by a slight contraction of the throat resulting in a whisper-like sound; lit., victorious
upaviṣṭa koṇāsana	Seated angle pose; a seated spread leg forward bend posture of hatha yoga

ūrdhva	Upward, erect, upright, raised
ūrdhva dhanurāsana	Upward facing bow pose; a backward bending posture of hatha yoga, also known as chakrasana, the wheel pose
ūrdhva mukha śvānāsana	Upward facing dog pose; a backward bending posture of hatha yoga
uṣṭrāsana	Camel pose; a backward bending posture of hatha yoga
utkaṭāsana	Standing squat posture of hatha yoga, also known as chair pose; lit., powerful, mighty or fierce pose
uttāna (ottana)	Extended, stretched or spread-out, expanded
uttānāsana	Standing forward bend, hand to foot pose; a standing forward bending posture of hatha yoga
utthita	Raised, extended, stretched
vajra	Thunderbolt, diamond, adamant

vajrāsana	Thunderbold pose; a kneeling posture of hatha yoga
viparīta	Inverted, inverse
viparīta karaṇī	Inverted action pose; an inverted posture of hatha yoga in which the pelvis and legs are elevated relative to the chest
vīrabhadrāsana	Warrior pose; any one of several standing postures of hatha yoga; named after Virabhadra who is an aspect of Lord Shiva
vīrāsana	Hero pose; a sitting posture of hatha yoga
viṣṇu granthi	One of three knots or obstructions to pranic flow in the body, variously said to be located at the heart or the throat
viṣṇu mudrā	A hand position used in pranayama practice in which the index finger and middle finger of the right hand are folded and the thumb and ring finger are used to close the nostrils
viśuddha cakra	Psychosomatic energy center associated with the throat center, space (akasha or ether) element, hearing and speech; lit., purified
vṛkṣāsana	Tree pose; a standing balance posture of hatha yoga

nāga	Serpent; mythical serpent race; also a secondary prana which controls belching and vomiting
abhiniveśā	Survival instinct; fear of death or of non-existence of self; one of the five kleshas (afflictions); lit., deeply entered into
abhyāsa	Practice, constant vigilance of awareness, method; abhyasa and vairagya are essential aspects of spiritual life according to the Yoga Sutra
ahaṅkāra	Power of mind resulting in individuation; ego sense; I-am-ness; lit., I-doer
ahimsā	Non-violence; non-harming; a state of being without animosity; unconditional positive regard for all; one of the yamas (restraints) of Yoga Sutra's ashtanga yoga
aparigraha	Greedlessness, freedom from compulsion to possess; its practice lessens attachment; one of the yamas (restraints) of the Yoga Sutra; lit., not everywhere grasping
aṣṭāṅga yoga	The eight limbs of yoga expounded in the Yoga Sutra: yama, niyama, asana, pranayama, pratyahara, dharana, dhyana, samadhi
asmitā	Exclusive identification with the limited self; ego, I-am-ness; one of the five kleshas (afflictions)
asteya	Non-covetousness, avoiding misappropriation, non-stealing; one of yamas (moral restraints) of the Yoga Sutra

ātman	The center of pure consciousness which is shrouded by the five koshas; the individual inner self; soul
avidyā	Ignorance of true nature of self; limited knowledge; the indescribable force that veils the awareness of the true self; one of the afflictions (kleshas)
brahmacarya	Sensual moderation or control of sensual energies, particularly sexual energy, often translated as celibacy or chastity; lit., moving with Brahman; one of yamas (restraints) of the Yoga Sutra
citta	General term for the mind, heart, and intellect; also in a more specific sense, one of the four functions of mind, the mind-stuff and reservoir for samskaras and vasanas
dhāraṇa	Concentration, the sixth of eight limbs of the yoga system of the Yoga Sutra; the first stage of meditation marked by an inward turning of the mind and transcendence of body-awareness
dhyāna	Meditation, the seventh of eight limbs of the yoga system of the Yoga Sutra; the second stage of meditation marked by control of the mind, effortless concentration, and steady one-pointed awareness
īśvara	The in-dweller; the inner divine; the lord of life within
īśvara praṇidhāna	Surrender to Ishvara; practicing the presence of God; being near the lord of life; one of the five niyamas of the Yoga Sutra
kaivalya	Liberation of the individual being; emancipation

kleśa	Affliction, anguish, suffering. The Yoga Sutra describes five: ignorance (avidya), ego (asmita), aversion (dvesha), attachment (raga), and fear of death (abhinivesha)
kliṣṭa/akliṣṭa	Painful/not painful; said of the five types of mental activity: sleep, memory, right perception, wrong perception, imagination
manas	Mind; the outer or sensory aspect of the mind, one of the four functions of mind; also a general term for mind
moha	Delusion; one of the defects
mūḍha	Stupefied state of mind dominated by tamas guna; one of five states of mind
nirodha	Cessation, stilling; a perfectly controlled state of mind
niruddha	Fully controlled state of mind in which all thoughts are suspended at will for long periods of time; one of the five habitual states of mind
niyama	Observance, restraint, yogic disciplines and principles of personal behavior comprising the second limb of the eight limbs of yoga in the Yoga Sutra. The five niyamas are: shaucha, santosha, tapas, svadhyaya, Ishvara pranidhana
pāda	Foot; part or quarter; also chapter, as in the four padas of the Yoga Sutra

patañjali	Sage who compiled the Yoga Sutra around the second century BC. He also wrote an authoritative commentary on Panini's Sanskrit grammar, and an Ayurvedic text
pratyāhāra	Control or introversion of the mind and senses; withdrawing the senses from their objects; the fifth of the eight limbs of yoga of the Yoga Sutra
puruṣa	Inner spirit or self; soul; in-dweller; also man or person; lit., that which rests or sleeps in the body or city
samādhi	Spiritual absorption; oneness; ecstasy; eighth limb of Yoga Sutra's ashtanga yoga; highest state of meditation where the meditator is no longer identified with the limited self. Many grades of samadhi are described in the Yoga Sutra. The union of jiva and atman (the self); also the location or place of burial of an adept, maha smadhi being the conscious casting off of the body
saṁyama	The three stages of yoga meditation--dharana, dhyana, and samadhi, esp. as applied to a particular object or idea
santoṣa	Contentment; one of the niyamas of the yoga sutras; cultivation of equanimity
śauca	Purity; one of niyamas of Yoga Sutra; purification of body, mind and spirit
svādhyāya	Self-knowledge; self-study awakening a deeper understanding of the true nature of the self; one of five niyamas of Yoga Sutra
vairāgya	Detachment, dispassion, freedom from selfish desires; vairagya and abhyasa (practice) are the cornerstones of yoga practice

vikṣipta	Distracted, scattered state of mind; one of five habitual states of mind
vṛtti	Fluctuations in the mental field of consciousness; operations and modifications of the mind; controlling vrittis leads to samadhi; lit., vortex
yama	Restraint; the first of eight limbs of ashtanga yoga of Yoga Sutra; the five yamas are the moral observances: ahimsa, satya, asteya, brahmacarya, and aparigraha. They promote mental and emotional habits conducive to spiritual practice
yoga	A school of spiritual practices designed to control the mind and senses to achieve self-realization; one of six classical schools of Indian philosophy; lit., union
brahman	Absolute reality; pure consciousness; pure being; the cosmic self
duḥkham	Misery, suffering, grief; any kind of pain; lit., unconducive space or environment
jīva	Living being, the individual self; innermost aspect of self
sādhaka	Spiritual aspirant; seeker
sādhana	Spiritual practice; spiritual path to realization; spiritual discipline

so ham (saḥ aham)	Universal mantra articulating the subtle sound of the breath. 'So' is the sound of inhalation; 'ham' the sound of exhalation. Lit., I am that
prāṇāyāma	Breath control; restraint and augmentation of prana; the most important technique of hatha yoga; the fourth limb of ashtanga yoga of the Yoga Sutra
manomaya kośa	Sheath of the sensory, cognitive and active sense coordination aspect of mind, a mental field which interfaces with the physical world
prāṇamaya kośa	The sheath of prana, a field of life energy
mahā mṛtyuñjaya	The great conqueror of death; the form of Shiva that grants immortality and freedom from all pains and miseries; the famous healing mantra first mentioned in the Yajur Veda and further elaborated in tantric scriptures
mahābhārata	Famous Sanskrit epic attributed to Vyasa; tells the story of a great war fought over a kingdom in about 1500 BC; important presentation of yogic ideas and practices; includes the well-known Bhagavad Gita
mālā	Garland; rosary usually made of 108 beads and used for mantra recitation
maṇḍala	A circular yantra-like diagram with deities used for meditation or ritual; round, circular
mātrikā	The letters of the Sanskrit alphabet; lit., little mothers

māyā	Polarization, categorization, division; sometimes translated as illusion since by this power pure unitary consciousness becomes many; the twofold power to veil or reveal; the shakti of Brahma; lit., that which is not
mūla	Root, base, foundation, source, origin, cause
mūrti	Form; an image of a deity which is the object of worship and/or meditation
nidrā	Dreamless sleep; the vritti of sleep, a modification of mind; one of the five fluctuations of consciousness
nirvāṇa	State of realization of the highest self; lit., extinguished
paṇḍita (paṇḍit, hindi)	Learned, wise, skilled or proficient; a scholar
parā, param	Supreme, beyond, transcendent
paramahansa	Liberated adept; lit., supreme swan
prajñā	Wisdom, esp. of the highest kind, obtained from direct contact with pure consciousness; divine revealed knowledge

prakṛti	Unconscious material energy principle in sankhya philosophy; the creative potential; nature; primordial phenomenal world; comprised of three primary qualities (guna): sattva, rajas, tamas, whose interplay permeates the material and psychic worlds; in Ayurveda, an individual's inborn tendencies and inherent nature
pṛthivī	Earth; one of five bhutas, or elemental qualities comprising the gross cosmos
pūjā	Ritual worship, the act of worship; may include offering food, water, flowers, incense, light, praises, meditation, or mantra
purāṇa	Collection of legends and myth-like stories carrying the message and meaning of the Upanishads and Vedas; lit., ancient
rāga	Attachment, passion, attraction; one of the kleshas (afflictions)
rāja yoga	Royal yoga; refers to the classical yoga system of Patanjali's Yoga Sutra; ashtanga yoga, the eight-limbed system; also the last four limbs of that system
rajas	Cosmic force of action and motion; one of three fundamental attributes (guna) of nature (prakriti); dynamic transformative principle
rāmāyana	Much loved Sanskrit epic which tells the story of Lord Rama
ṛṣi	Seer, sage; esp. of Vedic times

rudra	Name for Lord Shiva, esp. in his fierce aspect; a Vedic deity
rudrākṣa	Seeds of a tree used to make rudraksha malas; the third eye, the ajna cakra; lit., Rudra's eye
rūpa	Form, nature, appearance
sādhu	An aspirant; one who practices sadhana (spiritual disciplines)
sāma veda	One of the four Vedas, a collection of hymns chanted during rituals
samsāra	Cycle of birth and death; the phenomenal world, worldly cycles, the constant flux of events which is the realm of karma, birth, death, suffering, and ordinary human life
samskāra	Habit, mental tendency, latent mental or behavior pattern produced by past experiences; impression or groove in the mind which incites action in consciousness; also any of Hindu rites of passage
saṅkalpa	Determination, will, intention, resolution, desire, volition; mental activity
sāṅkhya	Philosophical system related to yoga; one of six darshanas of Indian thought, based on duality of prakriti (material and mental nature) and purusha (pure spirit); systematized by Sage Kapila circa 600 BC

sanyāsa	Renunciation, a sanyasin is a monk or swami who has renounced the world and actions driven by desire
sanskṛta	The language of the spiritual tradition of the Indian subcontinent; lit., polished, refined, perfected
sarasvatī	Sacred river during Vedic civilization which then disappeared circa 1900 BC; Goddess of speech, learning and the arts
satsaṅga	Company of the wise; tradition of informal association with saints and the spiritually illumined
sattva	Sentient principle, clarity, one of three gunas or principles or qualities of nature; illuminating uplifting force, lucidity. By increasing sattva, an aspirant draws closer to the goal
śakti	Creative principle of existence; the feminine active power of a deity; the Divine Mother; consort of Shiva; the vibratory energy through which the universe evolves
śaṅkara	Epithet of Lord Shiva; also name of sage circa 6th century who revitalized Vedantic thought in India, authored many philosophical works and hymns, founded existing monastic orders of Hinduism. Lit., one who brings peace and auspiciousness. Also known as Shankaracharya.
śānti	Peace, tranquility; benediction at the end of prayer
śarīram	Body; the three bodies are the causal body (karana or linga sariram), the subtle body (suksma sariram), and the gross body (sthula sariram)

śāstra	Scripture, texts, traditional doctrine, textbooks
ṣaṭa kriya	Six cleansing actions to balance doshas (dhauti, vasti, neti, nauli kriya, kapalabhati, trataka); also six practices of tantra
śuddha, śuddhi	Pure, purification
śrī	Blessed, prosperity; usually as a title before a name, as in Sri Krishna, Sri Swami Rama; also name of Divine Mother as consort of Lord Vishnu
sthūlā śarīram	Gross body composed of material elements (bhuta)
sukham	Happiness, ease, pleasure; lit., conducive environment or space
sūkṣmā śarīram	Subtle body; inner or psychic level of existence which remains after death of physical body
svāmi, svāmin	Title of respect, title of renunciate; lit., master of one's self
tamas	Quality (guna) of nature (prakriti); attributes include stability, stasis, darkness, stupor

tanmātrā	The five sensory potentials or subtle elements, the subtle aspect of the material elements of sense experience; the potentials of sound, touch, form, flavor, and odor
tantra, tantrism	Spiritual path which includes philosophy and practical instruction in use of mantra, meditation, yantra, external rituals; also shastras (texts) related to tantric practice
trāṭaka	The practice of gazing at an object to improve concentration and purify the mind; one of the shat kriyas
turiya	Superconscious state of being which transcends the three states of waking, dreaming, and deep sleep; the fourth state of consciousness that is identical with Brahman; lit., the fourth
upaniṣad	Sacred revealed scriptures which purport the philosophical essence of the Vedas; the most recent of the Vedic texts
vārāṇasi	Ancient holy city located on the Ganga River in northern India, also known as Benaras
vāsanā	Traits of personality; combinations of samskaras (subliminal activators); inclinations produced by samskaras; lit., fragrance
vasiṣṭha or vaśiṣṭha	Vedic sage, seer of the Vedas; a prominent sage in the Puranas, Upanishads, and the Ramayana and Mahabharata
vāstu śāstra	Vedic architecture

vāyu	Air; sometimes refers to the five or ten pranas; also synonym for vata and prana
viññānamaya kośa	Sheath of intellect; buddhi; one of the five coverings or sheaths of pure consciousness; a field of mental energy; higher functions of mind
vīra	Hero, a high caliber spiritual practitioner
viṣṇu	All-pervading god of protection and nourishment; the sustaining force of the universe; lit., all-pervading
vyāna	One of the five principle flows of prana in the body, controls circulation of all kinds throughout the body and regulates tension and relaxation
vyāsa	A well-known sage (rsi); compiler of the Vedas, author of the Puranas and the Mahabharata, and author of a commentary on the Yoga Sutra
yāga, yajña	Ritual; yajna; sacrifice and offerings whether of herbs to a fire or of inner tendencies; ceremonial action