

## ASANA INDEX

- [The 84 “Best” Asanas According to the Hatha Ratna Avali](#)
- [Asanas in the Yoga Sutra](#)
- [Asanas in the Hatha Yoga Pradipika](#)
- [Asanas in the Gheranda Samhita](#)
- [Asanas from the “Treasure of Truth” \(Shri Tattva Nidhi\)](#)

### THE 84 “BEST” ASANAS ACCORDING TO THE HATHA RATNA AVALI

There are eighty-four hundreds of thousands of Asanas described by Shiva. The postures are as many in number as there are numbers of species of living creatures in this universe. Among them eighty-four are the best; and among these eighty-four, thirty-two have been found useful for mankind in this world.

*Gheranda-Samhita 2.1-2*

\* Confirmed (52): described in either HRA or other source

? Unknown (32)

^ Poses described by Gheranda (19) (omitted: Bhujanga, Garuda, Gupta, Makara, Matsya, Mukta, Sankata, Ustra, Utkata, Uttana manduka, Vriksha, Vrisha, Yoga)

NAME	WHAT IT MEANS	MODERN EQUIVALENT	DERIVATION /OTHER
? Akasha	Space, Ether		–The subtle and ethereal fluid supposed to fill and pervade the universe and be the vehicle of life and sound
* Angushtha	Thumb (or Big Toe)	VARIATIONS: 1) Padangushtha 2) Supta Padangushtha 3) Sit in Vajra with the toes turned under	
? Ardha narishvara	Hermaphrodite (ardha = half; nari = woman; ishvara = Lord)		–“The male principal is ... Fire, the devourer, while the female principle is Soma, the devoured offering. The Hermaphrodite is then the embodiment of the cosmic sacrifice, the image of the universe” (Danielou, <i>The Gods of India</i> , 203)
? Baddha pakshi ishvara	Bound Lord of Bird		
* Baka	Crane or Heron	Same	–Also a “hypocrite, cheat, rogue, the crane being regarded as a bird of great cunning and deceit as well as circumspection”
*^ Bhadra	Auspicious, Prosperous	Baddha kona	–Also “blessed, fortunate, happy, gracious, excellent, beautiful, lovely”

* Bhairava	Terrible	Mula bandha (stage 1)	–Derived from <i>bhiru</i> , “fearful, timid, cowardly”
? Brahma	Immense Being		–Derived from <i>brih</i> , “to expand, increase, make strong”; the one impersonal universal spirit manifested as a personal creator and as the first of the triad of personal gods; he never appears to have become an object of general worship
? Brahma prasadita	Brahma Pleasing		
* Chakra	Wheel or Circle	Urdhva dhanu	
? Chandra	Moon		–Literally “glittering, shining; a lovely or agreeable phenomenon of any kind”
? Chandra kanta	Beautiful Moon		–The Moon Stone, a gem supposed to be formed from the congelation of the moon’s rays and to dissolve under the influence of its light  The moon’s white rays the smiling night illumine, And on the moon-gem concentrated fall, That hangs in woven nets in every hall; Whence cooling dew drops upon the fair descend, And life renewed to languid nature lend. - Meghaduta
* Chaurangi	Name of a maha siddhi (see HYP 1.5)	Squat with raised heels on balls of feet. Lean torso between arms and spread palms on floor. Hold elbows by sides of torso. <sup>1</sup>	
? Chitra pitha	Excellent Seat		
? Chitra karani	Excellent Instrument		
*^ Dhanu	Bow	Akarna dhanu (in GS = dhanu)	
? Dharavaha	?		
* Dridha	Firm	Like Ananta, but top leg not raised (called dridha lying on left side; lying on right is dakshinasana)	–Also “whole, complete; steady, resolute; confirmed, established; intense, violent”
* Eka padaka	One Foot	Bhairava	

*^ Gomukha	Cow Face	Same (legs only)	
*^ Goraksha	Cow Herder	1) In padma, stand on knees 2) From bhadra, sit on heels 3) Like siddha (in Gheranda)	
* Hamsa	Swan or Goose	Like Mayura, but feet stay on floor	–A bird of passage; sometimes a mythic or poetic bird, the vehicle of Brahma; soul, typified by the pure white color of a goose or swan, and migratory like a goose; sometimes the Universal Soul, identified with Viraj, Narayana, Vishnu, Shiva, Kama, and the Sun; resolvable into <i>aham sa</i> , “I am That”
? Indrani	Wife of Indra		–One of the 8 mothers or divine energies; also called Divine Grace (Shachi); the pupil of the left eye (Indra is the pupil of the right eye) - I am the banner and the head, a mighty arbitress am I ... Rig Veda 10.159
? Kabandha	?		
* Kama dahana	Desire ( <i>kama</i> ) Consumed	Mula bandha (stage 2)	-Literally the “burning up of the god of love (Kama) by Shiva”; the “gods, perturbed by the power of the antigod Taraka, sent Kama to awaken Shiva from his meditation. The angry god, disturbed by Lust, reduced him to ashes with the fire that flashed from his central eye. Hence Lust became the Bodiless (Ananga). Moved by the complaints of Desire (Rati), Shiva allowed Lust to be reborn as Pradyumna, the son of Krishna ...” (Danielou, <i>The Gods of India</i> , 313)
? Kanta	Beloved		
? Kanthava	?	In Padma, cross arm in front of torso and hold big toes	
* Karmuka	Bow		
* Khaga	Moving in the Air (i.e., Bird)	In Padma, lie prone, lift the chest and head off the floor, hold ribs with hands	–The “chief of birds,” Garuda, Vishnu’s vehicle
* Krauncha	Curlew or Osprey (Heron)	Same	
Kukkuta (5 types)	Rooster		

1) *^ Akarita k''	Rooster-like	Kukkuta	
2) ? Bandhachuli k''	Bound Crest		
3) ? Eka pada k''	One Foot	Possibly equivalent to Pangu	Kukkuta, performed by balancing on one hand
4) ? Panchaculi k''	Five Crest		
5) ? Parshva k''	Side		
*^ Kurma (3 types)	Tortoise	Sit in vajra, evert feet (from Gheranda)	–The earth considered as a tortoise swimming on the waters; Vishnu’s second incarnation, who descended to support the mountain Mandara at the churning of the ocean
2) * Baddha k''	Bound Tortoise	Sit in kurma, cross arms behind back, grasp feet (or simply grasp each foot with same-side hand)	
3) ^ Uttana k''	Extended Tortoise	Garbha pinda (either sitting or lying on back; according to some sources holding earlobes is called Garbha, wrapping hands behind neck is Uttana Kurma)	
*^ Manduka	Frog	Wide-knee Vira (hands can be inserted under knees)	
* Markata	Monkey	Like Uttana	
*^ Matsyendra (3 types)	Lord of Fish	Ardha matsyendra ?	
2) ? Baddha m''	Bound Lord of Fish		
3) * Parshva m''	Side	Sit right buttock on right heel, set left foot to outside of right hip; twist left, right back shoulder to outer left knee, clasp hands behind back; reverse	
Mayura (6 types)	Peacock		
1) * Bandha m''	Bound	Hamsa (another source: legs in Padma)	
2) *^ Danda m''	Staff	Mayura	–Also “scepter as symbol of power and sovereignty, rod as a symbol of punishment”

3) * Eka pada m”	One Foot	Eka pada koundinya I?	
4) * Parshva m”	Side	Dvi pada koundinya	
5) * Pinda m”	Ball	Eka pada koundinya II	–Also “embryo in early stage of gestation”
6) ? Sahaja m”	Natural		–Derived from <i>saha</i> “jointly, in common”; <i>ja</i> “born or descended from”
? Mushtika	Handful		
* Nabhi lasita padaka	Foot Playing at Navel	From bhadra, grasp feet with hands, lift heels to navel (see next)	
* Nabhi tala	Sole to Navel	See previous	
* Naga pitha	Serpent-Demon Seat	Possible Bhujanga or Sarpa	–Nagas are a race of serpent demons inhabiting the waters or city of Bhogavati under the earth; they are supposed to have a human face with serpent-like lower extremities, their kings are Shesha, Vasuki, and Takshaka
? Narjava	?		
* Niralambana	Unsupported	Like Makara, but chin supported the palms joined “like a lotus”	
* Pada pindana	Foot Press	In Tada, bend one knee, bring heel to buttock, hold ankle with both hands	
Padma (4 types)	Lotus		
1) *^ Bandha	Bound	Same	
2) ? Kara	Making		
3) * Samputita	Bowl-Shaped	In padma, stack cupped hands in lap	
4) ? Shuddha	Pure		
* Pani patra	Drinking Out of the Cupped Hand ( <i>pani</i> )	Kanda	
*^ Pashchimatana	West	Same	– <i>Pashchima</i> , “being behind, later, last, final”; <i>pashchima sandhya</i> , “evening twilight”; <i>pashchima avastha</i> , “last state,” i.e. verging on death
* Phani indra	Serpent King	Dvi pada shirsha	–Phanindra is another name for Shesha
? Raja	King		–Cognate with “royal” and “regal”
? Ratna	Jewel		–Also “gift, present, wealth, riches”

* Saura	Sacred Sun, Divine	Perform utkata, squatting on raised heels; then extend one leg	–Derived from <i>sura</i> , “wise person,” and <i>surya</i> , “sun”
*^ Sharabha	Deer or Grasshopper	1) Like shalabha 2) From vajra, lean forward, place forehead on floor, stretch arms behind back	–Fabulous animal supposed to have 8 legs and inhabit snowy mountains, stronger than the lion and the elephant
*^ Shava	Corpse	Same	–Derived from <i>shvi</i> , “to swell”
* Shayita pashchimatana	Reclining West	Urdhva mukha pashchima II	
*^ Shilpa simha	Ornament Lion	Same, called Simha	
? Shuddha pakshi	Pure Bird		
*^ Siddha	Accomplished	Same	–Also “fulfilled, effected, gained, acquired; one who has attained the highest object; perfected, endowed with supernatural faculties; holy, divine; true or right, proved; effective, powerful, miraculous; a semi-divine being of great purity and perfection and said to possess the eight supernatural faculties; any inspired sage or prophet or seer, any great adept in magic”
*^ Simhasana	Lion	Same	
? Sudha asara	Shower of Nectar ( <i>sudha</i> )		– <i>Sudha</i> , literally “good drink,” the beverage of the gods; honey of flowers; juice, water, milk
? Sumandraka	Very Slow		
*^ Svastika	Auspicious, Fortunate	Like siddha	–Mystical cross or mark made on persons or things to denote good luck (it is shaped like a Greek cross with the extremities of the four arms bent round in the same direction; the majority of scholars regard it as a solar symbol; that is, as representing a curtailed form of the wheel of the solar Vishnu, consisting of four spokes crossing each other at right angles with short fragments of the periphery of the circle at each end of each spoke turning round in one direction to denote the course of the sun ...)
? Utpada tala	Emerging Sole		
? Utphalaka	Jumping		

*^ Vajra	Thunderbolt, Adamantine	Sit on heels (from Gheranda)	–The “hard or mighty one,” thunderbolt, especially that of Indra, said to be formed out of the bones of the rishi Dadichi, and shaped like a circular discus, or in later times regarded as having the form of two transverse bolts crossing each other thus: X
? Vichitra nalina	Beautiful Lotus ( <i>nalina</i> )		
* Vidhunana	Trembling	Squat on raised heels, stretch one leg out, touch the toes with the same-side hand	
*^ Vira	Hero	1) Ardha padma 2) One leg in ardha vira, the other in ardha padma (from Gheranda)	
* Vrishchika	Scorpion	Same	
* Vyaghra	Tiger	1) Like simha, hands on floor beside hips, torso leaned slightly forward 2) On all fours, round back, draw one knee toward head, then reverse (from Dharma Mittra)	
* Yoga nidra	Union Sleep	Same	–Meditation-sleep, which admits of the full exercise of mental powers; it is peculiar to devotees; the sleep of Vishnu at the end of a yuga; Vishnu’s sleep personified as a goddess; the great sleep of Brahma during the period between the annihilation and reproduction of the universe

## ASANA IN THE YOGA SUTRA

Stable-and-easy posture. Patanjali, *Yoga Sutra* 2.46

The word *asana* means either that whereon a man sits [that is, a seat] or the manner in which he sits [that is, a posture] (Vachaspati Mishra).

### Commentators:

Vyasa (“Arranger”) (V), *Yoga Bhashya*

(Discussion on Yoga, 5<sup>th</sup> century CE): just names some poses

Shankara (attributed to) (S), *Yoga Bhashya Vivarana*

(Gloss on the Discussion on Yoga, 9<sup>th</sup> century CE?)

Vachaspati Mishra (VM), *Tattva Vaisharadi*

(Autumnal Clarity on the Categories [of existence], mid-9<sup>th</sup> century CE)

Swami Hariharananda Aranya (HA), *Yoga Philosophy of Patanjali*, 1963

Swami Veda Bharati (VB), *Yoga Sutras of Patanjali*, 2007

### Benefits:

Wards off illnesses (cf. 1.30)

Prevents other impediments, such as idleness and languor (cf. 1.30) and their accompaniments, such as unsteadiness of the limbs and erratic breath (cf. 1.31)

SANSKRIT	ENGLISH	DESCRIPTION
<b>BHADRA</b>	Propitious	This is what we call BADDHA KONASANA. Bring the soles together and the heels close to the perineum. Make a hollow of the hands (right cupped above left, palms facing, or back right hand resting in palm of left) and place them over the feet in the shape of a tortoise (VM). Over the centuries Bhadra has been described in countless ways: the toes are turned down and pressed to the floor, or turned back so that the practitioner sits on the outside edges of the feet (see Light on Yoga, #165), or the pose is performed much like what we call BHARADVAJASANA II (see LoY, #113).
<b>DANDA</b>	Staff	Sit down with the legs pressed together (VM, S). Like the previous pose, this one has numerous variations: especially the practitioner lies supine on the ground, arms stretched over head.
<b>PADMA</b>	Lotus	The lotus posture is well known (VM). Set the left foot on the right leg and the foot on the left leg. Firm the hips, chest and neck, fix the gaze on the nose tip, close the lips like the cover of a round casket, teeth not grinding, the chin a fist’s breadth away from the chest, tip of the tongue resting against the inside front teeth. Rest the joined hands on the heels in the position called the Tortoise or the Brahma anjali (S).
<b>PARYANKA</b>	Bed, Couch, Sofa	1) Lie down with the arms stretched around the knees (VM). 2) Lie down stretching the thighs and hands; also called Shavasana (HA). 3) Other versions describe the pose as similar to what we call SUPTA VIRASANA, with the hands either resting on the navel, on the thighs, or the forearms crossed over head, head resting on the crook where they cross. There’s also a description of the pose that sounds very much like our URDHVA DHANURASANA.
<b>SAMA SAMSTHANA</b>	Even or Balanced Shape	Press the soles against each other, place the hands on the respective knees.

<b>SOPASHRAYA</b>	Support	1) Support the arms with a yoga table ( <i>yoga pattaka</i> ). 2) Squat or lie on your back and tie the back and the two legs with a piece of cloth (HA). <i>pattaka</i> = a board; bandage, ribbon, piece of cloth; an armrest ( <i>bairagin</i> )
<b>SVASTIKA</b>	Auspicious	Insert the left foot between the contracted thigh and calf of the right leg, the right foot between the contracted thigh and calf of the left leg (VM).
<b>VIRA</b>	Hero	1) Rest one foot on the ground and place the other over the partially contracted knee (VM). 2) Bend one leg and rest the sole on the ground, rest the other leg from the knee to the toes on the ground (S). Other texts describe numerous variations. Some consider VIRA to be similar to PADMA. There are several other sitting variations: one heel under the perineum, the other leg forward of the first, knee bent and lying on the floor; legs crossed as for SIMHA; one leg extended forward like DANDA, the other foot resting on the extended knee. There's even a standing variation in which one sole is placed against the opposite knee.
<b>KRAUNCHA</b>	Heron	These seats may be understood by actually seeing a curlew and the other animals seated (VM).
<b>HASTI</b>	Elephant	
<b>USHTRA</b>	Camel	

Favorite (Stable-and-Easy, As-is-Easiest): That arrangement in which one finds entire stability and ease (S).

## **PRACTICE WITH THE YOGA SUTRA**

With only about 11 asanas—three of which aren't described—practice with the Yoga Sutra can be very short. We'll have to make a few additions to make the practice interesting. We'll include variations of Bhadra, Danda, Paryanka, and Vira. Then we'll have to include the three asanas that are named by Vyasa but not described: Krauncha, Ushtra, and Hasti. The first two have well-known modern equivalents, so we'll use those (or variations of them) in our practice. As for the third asana, there is a modern equivalent that in some schools is called the Elephant (but *gaja*, not *hasti*), but it's much better known as Adho Mukha Shvanasana, Downward Facing Dog.

### **SEQUENCE**

<b>DANDA (1)</b>	Lie down with the arms stretched overhead
<b>PARYANKA (1)</b>	Supta Vira with hands on navel, thighs, or forearms crossed
<b>HASTI</b>	Down Dog
<b>VIRA</b>	One leg in Half Hero, bend the other leg, stand the foot on the floor
<b>BHADRA (1)</b>	Bound Angle; kurma mudra
<b>DANDA (2)</b>	Staff
<b>KRAUNCHA</b>	Heron
<b>HASTI</b>	Down Dog
<b>PADMA</b>	Beginners substitute Svastika
<b>HASTI</b>	Down Dog
<b>USHTRA</b>	Camel
<b>BHADRA (2)</b>	Bharadvaja 2 (beginners substitute Bharadvaja 1)
<b>SOPASHRAYA</b>	
<b>PARYANKA (2)</b>	Corpse

## ASANAS IN THE HATHA YOGA PRADIPIKA

**KEY:**

● = Kantha bandha (Throat Bond)

▼ = Nasa agra drishti (stare at nose tip)

▲ = Bhru madhya drishti (stare at mid-brow)

SANSKRIT	ENGLISH	IYENGAR EQUIVALENT	COMMENT
<b>BHADRA</b>	Auspicious, Happy	Baddha konasana	Compare GS; alternate name: Goraksha
<b>DHANU</b>	Bow	Akarna dhanu	Compare GS
<b>GOMUKHA</b>	Cow Face	Similar, but no mention of the arms and hands	
<b>KUKKUTA</b>	Cock	Same	For variations, see HRA
<b>KURMA</b>	Tortoise	Like Vajra (see GS), but feet everted (i.e., toes turned out)	
<b>MATSYENDRA</b>	Lord of Fish	Ardha matsyendrasana I	Compare GS
<b>MAYURA</b>	Peacock	Same	For variations, see HRA
<b>PADMA ▼●</b>	Lotus	Baddha padma	Compare GS
<b>PASHCHIMOTTANA</b>	Intense-Stretch-of-the-West (i.e. the back of the body)	Same	The “foremost” among asanas
<b>SIDDHA ▲●</b>	Accomplished, Perfect	Same	The “best” of all asanas
<b>SIMHA ▼●</b>	Lion	Similar, but no mention of the characteristic “roar” exhale	Facilitates the three major bandhas (mula, uddiyana, kantha)
<b>SVASTIKA</b>	Fortunate, Prosperous	Like Siddha	Place the soles inside the thighs and knees. Sit up straight
<b>UTTANA KURMA</b>	Extended Tortoise	Similar to Garbha Pinda, but performed on back	Compare GS; alternate name Uttana kukkuta
<b>VIRA</b>	Hero	None	Compare GS; alternate name Ardha (Half) One leg in Manduka (see GS), the other in Ardha Padma
<b>SHAVA</b>	Corpse	Same	

## PRACTICE WITH SVATMARAMA

<b>KURMA</b>	Like Vajra, but feet everted; beginners sit in Vajra
<b>SIMHA ▼●</b>	Same
<b>BHADRA</b>	Baddha konasana
<b>MAYURA</b>	Same
<b>GOMUKHA</b>	Similar
<b>PASHCHIMA</b>	Same
<b>DHANU</b>	Akarna dhanu
<b>MATSYENDRA</b>	Ardha matsyendrasana I
<b>VIRA</b>	None            One leg in Manduka, the other in Ardha Padma
<b>PADMA ▼●</b>	Baddha padma
<b>KUKKUTA</b>	Same
<b>UTTANA KURMA</b>	Garbha Pinda            alternate ?
<b>MATSYENDRA</b>	Ardha matsyendrasana I
<b>SIDDHA ▲●</b>	Same
<b>SHAVA</b>	Same

## ASANAS IN THE GHERANDA SAMHITA

### KEY:

● = Kantha bandha (Throat Bond)

▼ = Nasa agra drishti (stare at nose tip)

\* In Svatamarama, Hatha Yoga Pradipika

▲ = Bhru madhya drishti (stare at mid-brow)

SANSKRIT	ENGLISH	IYENGAR EQUIVALENT	COMMENT
<b>BHADRA ▼●</b>	Auspicious, Happy	Mula Bandha	Compare HYP
<b>BHUJANGA</b>	Serpent, usually called Cobra	Same	
<b>DHANU</b>	Bow	Same	Compare HYP
<b>GARUDA</b>	Devourer or Eagle	Name used for different pose, but like Vira	Sit in Vira with the feet everted (similar to Kurma, see below)
<b>GOMUKHA *</b>	Cow Face	Similar, but no mention of the arms and hands	Compare HYP
<b>GORAKSHA</b>	Cow Herd	Name used for a different pose	Put the feet in plain view between the calves and thighs, cover the heels with the upturned hands
<b>GUPTA</b>	Hidden	None, but similar to Siddha	Conceal the feet between the calves and thighs, set the anus on top of them
<b>KUKKUTA</b>	Cock	Same	
<b>KURMA</b>	Tortoise		Like Vajra (see below), but with feet everted (i.e., toes turned out, heels together)
<b>MAKARA</b>	Sea Monster, Dolphin	Similar	Hold the head in the arms
<b>MANDUKA</b>	Frog	Like wide-knee virasana	Toes together, heels apart, sit on the inner feet. Spread your knees at least as wide as, or wider than, the hips.
<b>MATSYA</b>	Fish	Similar, but no lifted chest	Assume an “unbound” Padma, lie flat, wrap the arms around the head
<b>MATSYENDRA ▲</b>	Lord of Fish	Ardha matsyendrasana I	Compare HYP Put the elbow on the up-pointing knee, rest the chin in the hand
<b>MAYURA</b>	Peacock	Same	
<b>MUKTA</b>	Liberated		Similar to Manduka (see below), but stack one ankle on the other and then sit on the top heel
<b>PADMA ▼●</b>	Lotus	Baddha padma	Compare HYP

<b>PASHCHIMOTTANA</b>	Intense-Stretch-of-the-West (i.e. the back of the body)	Same	
<b>SANKATA</b>	Critical	Like Gomukha, but sit on heels	
<b>SHALABHA</b>	Locust, Grasshopper	Similar leg position only	Place the hands on the floor beside the chest, raise the legs
<b>SIDDHA ●▲</b>	Accomplished, Perfect	Same	
<b>SIMHA ▼●</b>	Lion	Similar, but no mention of the characteristic “roar” exhale	
<b>SVASTIKA *</b>	Fortunate, Prosperous	Like Siddha	
<b>USHTRA</b>	Camel	Similar to Dhanu	From Dhanu, cross the ankles and hold each with opposite hand, lift the head and upper torso, thighs stay on floor. Draw in the belly and the mouth
<b>UTKATA</b>	Superior, Hazardous	Similar	Squat on the balls of the feet, buttocks supported on the raised heels. Stretch your arms straight forward, parallel to the floor, raise them perpendicular to the floor, or touch the palms in anjali mudra.
<b>UTTANA KURMA</b>	Extended Tortoise	Garbha Pinda	
<b>UTTANA MANDUKA</b>	Extended Frog	None	“Hold the head by the elbows, and stand up like a frog” (Gheranda). Sit in Mandukasana, raise the arms, bend the elbows, hands press scapulas. In one version the hands are placed on the same-side shoulder blades; in another the forearms are crossed and the hands placed on the opposite shoulder blades. VARIATION: Cross the forearms above the head, hold the elbows
<b>VAJRA</b>	Diamond	None	Sit on your heels with the tops of the feet on the floor. VARIATIONS: 1) Lean back, press the hands to the floor slightly behind the feet, lift the chest 2) Sit with the toes turned under 3) In either (1) or (2), lift the buttocks off the heels

<b>VIRA</b>	Hero	Similar to the leg position for Bharadvajasana II	Compare HYP Sit on your buttocks. Bend the left knee and draw the leg back into Half Hero (ardha virasana). Bring the right leg into Half Lotus (ardha padmasana). Beginners bring one leg into Half Hero and the other into Half Bound Angle (ardha baddha konasana). This version of Virasana is called the Bull Posture (vrishasana).
<b>VRIKSHA</b>	Tree	Same	One leg in Manduka (see above), the other
<b>VRISHA</b>	Bull	None	
<b>YOGA ▼</b>	Union	Like Padma	Sit in Padma, lay the backs of open hands on the floor
<b>SHAVA</b>	Corpse	Same	

## ASANAS FROM THE “TREASURE OF TRUTH” (*Shri Tattva Nidhi*)

Sri Tattva Nidhi was compiled in the early nineteenth century from hundreds of old texts under the direction of Krishnaraja Wodeyar III (1780-1865), Maharaja of Mysore. It contains about 1500 pages divided into nine sections (called “treasures,” *nidhis*), describing traditional poetry, arts, music, as well as contemporary games and entertainment. It also includes 122 asanas.

An earlier text of gymnastic exercise, Vyayama Dipika (Light on Exercise) is very similar to the Sri tattva nidhi. Vyayama Dipika is a compilation of English exercise, gymnastics, trapeze, and parallel bars, and the Indian system of bodybuilding, wrestling, and the use of weapons.

### ASANAS FOUND IN IYENGAR (\*found in Iyengar but names a different pose)

ENGLISH	Sanskrit	Iyengar equivalent
ACCOMPLISHED	Siddha	Similar
BANNER	Dhvaja	Parshva Sarvangasana
BOAT	Nauka	Similar (spelled nava)
BOW*	Dhanu	Akarna Dhanurasana
CHARIOT	Ratha	Like Parshvottanasana?
CORPSE	Shava	Same
COUCH*	Paryanka	Urdhva Dhanurasana
COW	Dhenuka	Gomukhasana legs
CRANE	Baka	Same
CROW	Kaka	Malasana
EAGLE*	Garuda	Like Vatayanasana
ELEPHANT	Gaja	Adho Mukha Shvanasana
ELEPHANT GOAD	Ankusha	Bhairavasana
EMBRYO	Garbha	Pashchimottanasana
ENDLESS*	Ananta	Bhairavasana
EXTENDED TORTOISE	Uttana Kurma	Garbha Pindasana
FACE DOWN	Nyubja	Parshva Dhanurasana
FISH*	Matsya	Like Bhujangasana
FOOT/HAND JOINED	Padahastamyoga	Padangushtha Dhanurasana
FOREST SPARROW	Aranaya Cataka	Like Dvipada Shirshasana
FORTUNATE	Bhadra	Like Baddha Konasana
GARLAND*	Mala	Tittibhasana
GOAT	Aja	Adho Mukha Vrikshasana
GOOSE*	Hamsa	Like Kukkutasana
GOOSE	Kadamba	Like Malasana I

HALF MOON*	Ardha Chandra	Vrikshasana
HALF WEST	Ardha Pashchima	Janu Shirshasana
HEAD	Kapala	Shirshasana II
HELL	Naraka	Like Shirshasana
HERO*	Vira	Simhasana legs?
HIP GIRDLE	Kanchya	Like Malasana II
LION	Simha	Same
LORD OF FISH SEAT	Matsyendra Pitha	Marichyasana IV
LOTUS	Padma	Same
LOVE SEAT	Kama Pitha	Setu Bandha
MEDICINAL PLANT	Parpata	Like Dandasana, hands clasped below thighs
MOUNTAIN*	Parvata	Simhasana legs (?), arms crossed in front of torso
NOOSE	Pasha	Similar
PARTRIDGE	Tittirya	Like Ganda Bherundasana
PEACOCK	Mayura	Same
PILLOW	Ucchirsaka	Like Yogadandasana
PLANET	Graha	Like Malasana I
PLOW	Langala	Same but called Halasana
NORTH STAR	Dhruva	Like Utthita Hasta Padangushthasana
PRESS	Utpida	Like wide-knee Utkatasana
REED	Vetra	Like Setu Bandha
ROLLING	Luntha	Viparita Chakrasana?
ROOSTER	Kukkuta	Same
SANDAL	Panduka	Like Pada Hastasana
SERPENT	Sarpa	Bhujangasana
SKYLARK*	Bharadvaja	Like Tolasana
SNAKE	Sarpa	Shalabhasana
SPIKE	Shula	Shayanasana
STRETCHED OUT LEGS	Uttanapada	Samakonasana
SUPERIOR	Utkata	Similar, in deep squat
THREE STEPS	Trivikrama	Durvasana
UNION	Yoga	Yogamudra
UPPER WEST	Urdhva Pashchima	Skandasana
WHEEL*	Chakra	Vrishchika

WOMB	Yonya	Mula Bandha
------	-------	-------------

### NOT FOUND IN IYENGAR

- Name found in Iyengar but asana is different

ENGLISH	Sanskrit	What?
ARROW	Shankva	Standing, lift each heel in turn to buttock
AUSPICIOUS	Svastika	Sitting like "loose" Padmasana
BALL	Kanduka	Supine, roll into "ball"
BEAR	Riksha	Step from Adho Mukha Shvanasana to lunge
BOAR	Varaha	Elbows and knees on floor, hands on head, heels to buttocks
BOUND FINGER	Hastangulibaddha	Kneeling, stretch arms with clasped hands behind
CAMEL*	Ushtra	Stand on balls of feet, stretch arms up
CHILD HUG	Balalinga	Standing, hug one knee to chest
CROOKED	Kubja	Sitting cross legged, place chin on navel
DEER	Harina	Jump up, kick buttocks with heels
DIAMOND	Vajra	Heels press perineum
EASY	Sukha	Sitting cross legged
EMBRACER	Alinga	3 forearm lengths from wall, touch wall with chest
EXTENDED CAT	Marjari Uttana	Supine, clasp hands behind neck, elbows pressed by drawn up thighs
FLYING ROOSTER	Kukkuta Udana	Palms and soles on floor, "raise up and fall" repeatedly
FRANTIC DANCE	Tandava	Stand on one foot, raise other
GATE LATCH*	Parigha	Supine, legs straight on floor, hands clasp on neck, perform kumbhaka
HATCHET	Parashvada	Supine, elbows on navel, stretch each hand to nose tip, lift hips from floor
HARE	Shasha	In Adho Mukha Shvanasana, repeatedly bend knees
HAWK	Shyena	From Adho Mukha Vrikshasana, touch nose to floor, raise up again
HEART-KNEE JOINED	Hrijjanusamyoga	Sitting, cradle foreleg in arms
HORIZONTAL BOAT	Tiryannauka	Like Viparita Karani Mudra
HORSE MAKER	Ashvasadhana	Sitting, hands on floor, feet on top, move "body like a horse"?
HYENA	Tarakshva	From Adho Mukha Shvanasana, twist head repeatedly towards armpits; do same from Plank position

INTENSE STRETCH*	Uttanasana	Supine, knees to navel, wrap arms around neck, elbows to knees, rock back and forth
KICKING THE BULL FOOT	Vrshapada Kshepasana	Supine, clasp hands on neck, elbows together, buttocks on floor, stretch out one leg, rotate other
MONKEY	Vanara	Stand upright on knees, clasp arm with opposite hand
PESTLE	Musala	Standing, repeatedly raise arms
PIGEON*	Kapota	Standing, bring hands down backward to knees
POTTER'S WHEEL	Kulalachakra	Stretch out, rotate hands
PURE	Vimala	Squat on one raised heel, place free foot on bent knee
RAM	Mesha	In Adho Mukha Shvanasana, strike floor with each arm
REVERSE DANCE	Viparitanritya	In Adho Mukha Vrikshasana, "dance on hands"
SANDAL	Paduka	Sitting, knees bent, feet on floor, place hands under soles, walk forward
SHAKER	Preksha	(1) In Dandasana, press hands on floor, lift legs (2) Then lift feet over head, buttocks on floor
SPARROW	Cataka	Forearms and shins on floor, draw knees to navel
STAND UP	Utthana Utthana	Knee bends
STONE	Drishada	In Kandukasana, roll side to side
SWORD	Khadga	?
THREE PEAKS	Trikuta	Supine, knees bent, feet on floor, rest raised torso and head on forearms by sides
TRIPLE STRIKE	Kuttanatraya	Strike arms, thighs, sides of body "and so on"
TWO HEAD	Dvishirsha	Raise the shoulders to the ears
WOLF	Vrka	Supine, soles on floor, stand up
WOMB	Shuktya	Heels to navel, thighs together?

**UNKNOWN ASANAS from the Shri Tattva Nidhi: sequence**

<b>SUPINE</b>		
BALL	Kanduka	Supine, roll into “ball”
STONE	Drishada	In Kandukasana, roll side to side
INTENSE STRETCH*	Uttanasana	Supine, knees to navel, wrap arms around neck, elbows to knees, rock back and forth
EXTENDED CAT	Marjari Uttana	Supine, clasp hands behind neck, elbows pressed by drawn up thighs
THREE PEAKS	Trikuta	Supine, knees bent, feet on floor, rest raised torso and head on forearms by sides
HARE	Shasha	In Adho Mukha Shvanasana, repeatedly bend knees
HYENA	Tarakshva	From Adho Mukha Shvanasana, twist head repeatedly towards armpits
BEAR	Riksha	Step from Adho Mukha Shvanasana to lunge
BOUND FINGER	Hastangulibaddha	Kneeling, stretch arms with clasped hands behind
<b>SQUAT</b>		
PURE	Vimala	Squat on one raised heel, place free foot on bent knee
<b>STANDING</b>		
POTTER’S WHEEL	Kulalachakra	Stretch out, rotate hands
PESTLE	Musala	Standing, repeatedly raise arms
CAMEL*	Ushtra	Stand on balls of feet, stretch arms up
CHILD HUG	Balalinga	Standing, hug one knee to chest
ARROW	Shankva	Standing, lift each heel in turn to buttock
STAND UP	Utthana Utthana	Knee bends
EMBRACER	Alinga	3 forearm lengths from wall, touch wall with chest
PIGEON*	Kapota	Standing, bring hands down backward to knees
<b>SITTING</b>		
EASY	Sukha	Sitting cross legged
TWO HEAD	Dvishirsha	Raise the shoulders to the ears
HEART-KNEE JOINED	Hrijjanusamyoga	Sitting, cradle foreleg in arms
SANDAL	Paduka	Sitting, knees bent, feet on floor, place hands under soles, walk forward
SHAKER	Preksha	(1) In Dandasana, press hands on floor, lift legs (2) Then lift feet over head, buttocks on floor
<b>INVERTED</b>		
HORIZONTAL BOAT	Tiryannauka	Like Viparita Karani Mudra