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**A FEW MORE SANSKRIT TERMS, PERTAINING TO PRANA VIDYA PRACTICES
BY CHRISTINE (CITRINĪ) WARE, Ph.D., E-RYT**

pranayama - "the control and expansion of prana;" breathing practices; from "prana," life energy, and "ayama," to control, to expand

sahaja - natural, innate, original

purna - complete; filled, full, filled; abundant

ujjayi - victory

kapalabhati - skull-shining; shining breath

nadishodhana; nadishuddhi - "purification of the nadis;" alternate nostril breathing; another name for surya candra; from "nadi" and "shuddha," pure, or "shodhana," purification

surya candra (pronounced chandra) - sun-moon breath; the left nostril represents the mind, the right nostril represents life-energy, both nostrils represent the soul

samata-vayu - balancing breath; "wind in equilibrium"

trivayu kriya - trinity breath kriya; "three wind kriya"

sh/sitali - cooling (pronounced with 's' sound that is "in between" an 's' and a 'sh')

sh/sitkari - hissing (pronounced with 's' sound that is "in between" an 's' and a 'sh')

vayu - wind; air; from the root "va," motion, that which flows

kumbha - pot; container; exercise involving the suspension of breathing

kumbhaka - breath retention

bahya kumbhaka; bahir kumbhaka - external retention (after the exhalation)

antar kumbhaka - internal retention (after the inhalation)

kevala kumbhaka - breath retention that occurs spontaneously due to deep concentration; from "kevala," whole, pure, the absolute unity of spirit

mula - root

mula kriya - root kriya; also known as asvini-mudra

agni - fire

agnisara dhauti kriya - fire wash kriya (from "agnisara," a medicine for the eyes, "dhauti," spring, well, and "kriya")

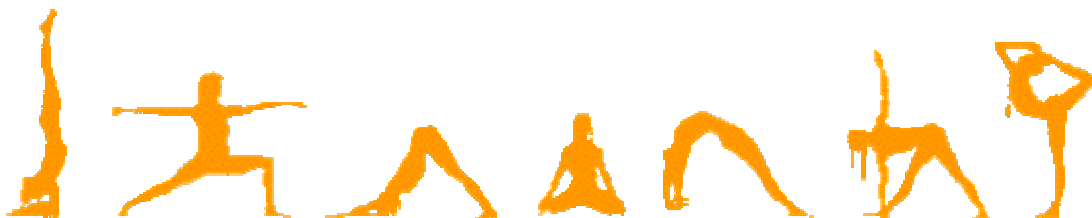
bandha - lock; a bond, tie, chain, fetter

uddiyana bandha - navel lock; bandha involving the raising of the diaphragm

mula bandha - root lock; bandha involving the root of the spine

jalandhara bandha - chin lock; bandha where the chin rests in a notch between the collar bones

tribandha - trinity locks; triple locks



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