

Philosophy	Darshanas	ダーシャナ	
	Astika Darshana	アスティックダーシャナ	
	Nastika Darshana	ナスティカダーシャナ	
	Vedas	ヴェーダ	Differentiation of Nastika and Astika
	Sankhya	サーンキヤ	Dualistic philosophy
	Yoga	ヨーガ	
	Nyaya	ニヤヤ	Social rule
Astic Darshana	Shad Darshana	シャドダルシャナ	https://www.yogapedia.com/definition/7239/sage
	1 Nyaya	ニヤヤ	SAGE means wise person
	Gautama Rishi	ゴウタマリシ	
	2 Vaiseshika	ヴァイセイシカ	
	Kanada Rishi	カナダ リシ	
	3 Sankhya	サーンキヤ	25 principles
Philosophy propounded Kaivalya	Sankhya Sage Kapila	サーンキヤ セージ カピラ	Buddhism also has Kaivalya
	25 categories or Principles		
	Sage Kapila	カピラ	
	Kapila Muni	カピラムニ	
	1) Prusha	ブルシャ	The principle of consciousness or Principle of spirit without material
	2) Prakriti	プラクリティ	The principle of matter , Principle of all material
	3) Mahat	マハット	Huge, Great, (Intellect)
	4) Ahamkara	アハンカーラ	Ego
	Five subtle objects		Subtle (敏感な)
	5) sights		光
	6) sounds		音
	7) smells		匂い
	8) tastes		味
	9) textures		手触り
	Five sense organs		
	10) eye		目
	11) ear		耳
	12) nose		鼻
	13) tongue		舌
	14) skin		肌
	Five organs of action		
	15) speech		話す
	16) arms		腕を動かす
	17) legs		足を動かす
	18) anus		排泄をする、肛門
	19) genitalia		生殖系
	Five elements : Mahabhuta	マハブタ	Mahabhuta: five great elements
	20) 1) earth		地球
	21) water		水
	22) fire		火
	23) wind		風
	24) space		宇宙
	The organ of intellect		意, 思量, 心, 知性, 思惟しい.
	25) Manas	マナス	Mind

	4 Yoga Mharashi Patanjali	ヨーガ マハラシ パタンジャリ	Yoga : Practices for realization
	5 Purva Mimamsa Maharishi Jaimini	ブルフミマンサ マハラシジャミニ	
	6 Vedanta or Uttara mimamsa Badarayana Vyasa	ヴェダンタ ウットウラ ミマンサ バドラー・ヤナ ヴィヤーサ	Uttara and Purva : direction
Nastika Darshana	Nastika Darshana	ナスティカダーシャナ	
	1 Buddism 2 Janism 3 Charvaka	ブディズム ジャニズム チャルバーカ	Philosophy
How to learn	Pratyaksha Arumana Shada	プラッティクシャ アルマーナ シャダ	Direct perception Drawing Verbal
Essentials	Prusha Prakriti	ブルシャ プラクリティ	精神原理 物質原理
Nature of human (性質)	Sattva guna Tamas guna Rajas guna	サットバグナ タマスグナ ラジャスグナ	樂、喜、純 悲哀、翳 激、怒
Learn from	Adhibhautic Adhidaivic Aadhyatmic	アディブオーティック アディディヴィック アディハートミック	Outside natural world Super world Internal
Goal	Samadhi Kaivalya Bodhi	サマーディ キャイヴァラーヤ ボーディ	Peaceful body, Peaceful mind 輪廻転生 悟り
Three physical doshas	Vata Pitta Kapha	ヴァタ ピッタ カファ	Sky, Wind, Air, Ether Fire, Water Earth, Water
Three psychic components	Sattva Rajas Tamas	サットヴァ ラジャス タマス	Healthy Bipolar disorder Dullness
Learn from	Adhibhautika Adhidivika Samadgu Ashtanga	アディブオーティカ アディディヴィカ アシュタンガ	Other animals Disasters

Text book 1	Maharishi Patanjali Patanjali Sutra	マハラシ パタンジャリ パタンジャリスutra	Refer to sutras sheet
	1 Samadhi Pada	サマディーパダ	
	Five Vrittis	ヴリッティ	There are five kinds of mental modifications which are either painful or painless
	Pramana	プラマナ	Correct knowledge
	Viprayaya	ヴィパルリヤー	Misconception, incorrect knowledge
	Vikalpa	ヴィカルバ	Verbal delusion, imagination
	Nidra	ニドラ	Sleep
	Smriti	スマッティ	Memory
	2 Sadhana Pada	サーダナバダ	
	Kriya yoga	クリヤヨガ	Method
	3 Vibbuti Pada	ヴィブティバダ	
	Samyama	サムヤム	Practice
	4 Kaivalya Pada	キャイヴァーラーヤバダ	
	Kaivalya	キャイヴァーラーヤ	Birth - Life - Death - Rebirth
Ashtanga yoga	Ashtanga Yoga	アシュタンガ	
	1 Yamas	ヤマ	Take care of our social equation (refer to 5 yamas)
	2 Niyamas	ニヤマ	Refer to observance and restraint which govern an individual's personal life.
	10 yama and niyamas		Correctly activities
	3 Asana	アーサナ	Practice (for activate body and concentration)
	4 Pranayama	プラナヤマ	Breathing technic (for peaceful mind)
	5 Pratyaharas	プラヤッタアハラ	Shutout signal from outside
	6 Dharana	ダーラナ	Concentration
	7 Dhyana	ダーナ	Meditation
	8 Samadhi	サマディ	Peaceful body, Peaceful mind
For path of yoga	For path of yoga		Way of the life
	1 Jana	ジャーナ	Wisdom, Knowledge
	2 Bhakti	バクティ	Divine's love
	3 Karma	カルマ	Action
	4 Rajas	ラジャ	Theory and practice

Hatha yoga Text book 1 Text book 1	1. Hatha Pradipika Swami Swathmarama	ハタプラディピカ スワミ スワトマラマ	
Chaturanga yoga	Chaturanga yoga 1 Asana Mitahara Yogic diet 10 yama and niyamas 2 Pranayama Shatkarma 3 Mudras Bnadas Kundalini 4 Nudanusandhara Nada	チャトゥランガヨガ アーサナ ミタハラ ヨガの食事 10 ヤマとニヤマ 2 プラナヤマ シャトカルマ ムードラ バンダース クンダリニ ナダヌゥー サンダーナ (Research) ナダ	Practice (concentration and activate body) The measured food Breathing technic (for peaceful mind) Refer to Shat kriya Lock Energy Nada, prana, samdhi
Dieting	Mitahara Pathya Apathya The yogic Aahar	ミタハラ パッタヤ アパッティア アヘル	適量 Prescribed and prohibited foods Prescribed and prohibited foods In yog, food is traditionally classified by to its effect on the mind and body, using the Three GUNAS (attributes). SATV (the quality of love, light & life). RAJ (the quality of activity & passion, lacking stability) TAM (the quality of darkness and inertia, dragging us into ignorance & attachment).
Hatha yoga Text book 2	2. Gheranda Samhita Sage Gheranda Saptanga yoga Shat karma Shat kriya	ガエーハンダサムヒタ セージ カエーハンダ サプタンガヨガ シャットカルマ シャットクリヤ	Text book Author Cleaning technique Trataka,Neti,Dhauti,Kapalbati,Nauli,Basti, Trataka,Neti,Dhauti,Kapalbati,Nauli,Basti,
Saptanga yoga	Saptanga yoga 1 Shatkarma 2 Asanas 3 Mudras 4 Pratyahara 5 Pranayama 6 Dhyana 7 Samadhi	サプタンガヨガ クリヤ アーサナ ムードラ プラッタヤハラ プラナヤマ ダーナ サマディー	Cleaning technique Practice Mood Shutout signal from outside Breathing technic (for peaceful mind.) Meditation Peaceful body, Peaceful mind
ShatKriya	ShatKriya Trataka Neti Dhauti Kapalbati Nauli Basti	シャットクリア トラタカ ネティ ダウティ カバールバティ ナウリ バステイ	Eye Nose Up to stomach Lung Stomach Colon

The results of asanas			
	Arogyam Sthairyam Angalaghavam	アロギヤム ステールウヤム アンガラーガウアム	Good health Stability Lightness of the body
Ghata	Ghata Ghata Shuddhi	ガタ ガタシュッディ	Concept of body along with the mind Process
Text book	3. Hatha ratnavali	ハタラタナーバリ	Instead of Shat Karmas
Text book	4. Siva Samhita	シヴヤサムヒタ	
	Sattvic Rajasic Tamasic	サートヴィック ラジャシック タマシック	Vegetarian food
Patanjali			
	Ashtanga Yoga Upanishads Sankhya Patanjali Sutra	アシュタンガヨガ ウパニシャッド	Maharishi Patanjali バラモン教
Antahkarana	Antahkarana	アンタカラナ	The antahkarana (Sanskrit: "the inner cause") refers to the totality of two levels of mind, namely the buddhi, the intellect or higher mind, and the manas, the middle levels of mind which (according to theosophy) exist as or include the mental body.
	1 1 Chitta 2 2 Buddhi	チッタ ブッディヒ	Storehouse of samskaras or The memory bank Decision faculty
	3 3 Ahamkar 4 4 Manas	アハンカーラ マナス	Ahankar (Ego) Hankar is the Gurmukhi word originated from a Sanskrit word Ahankara (Hindi or Sanskrit: अहंकार) which translates to mean ego or excessive pride due to one's possessions, material wealth, spirituality, beauty, talents, physical strength, intelligence, authoritative powers, charity work etc. The synthesizing faculty

Nature of human	Trigunatmaka	トリグナタマカ	
	Rajasic	ラジャシック	激怒
	Tamasic	タマシック	悲哀翳
	Sattvic	サトヴィック	喜楽
Five states of Chitta	Five State of Chitta		Mood
	1 Kshipta	シップタム	Disturbed (rajastic)
	2 Mudha	ムーダハム	Dullness (tamastic)
	3 Vikshipta	ヴィクシップタム	Distracted (lite rajastic)
	4 Ekagra	エカグル	Attachment , one point (satvic)
	5 Nirodha	ニロダ	Mastered (satvic)
Chitta Bhumis (Sage Vyasa)	Chitta Bhumis	チッタブーミ	Mood (Sage Vyasa speaks)
	1 Kshipta chitta	シップタ	Restless and roving
	2 Moodha chitta	ムーウドウハ	Forgetful
	3 Vikshipta chitta	ヴィクシップタム	Distracted
	4 Ekagra chitta	エカグル	One point
	5 Nirudhah chitta	ニロダ	Mastered
Chitta Vrittis	Chitta Vrittis	チッタヴリッティ	Modifications of the mind ,
	1 Pramana	プラマナ	Correct knowledge
	2 Viparya	ヴィパリヤー	Misconception, incorrect knowledge
	3 Vikalpa	ヴィカルバ	Verbal delusion, imagination
	4 Nidra	ニドラ	Sleep
	5 Smriti	スマッティ	Memory
Chitta Vrittis	Chitta Vrittisnirodhopaya	チッタヴリッティニロダパヤ	Stop modifications of the mind ,
Chitta Vikshepas (Antarayas)	Chitta Vikshepas (Antarayas)	チッタ ヴィクシップ (アノタリア)	Internal obstacles
	Vyadhi	ヴェアディ	Physical diseases
	Styan	スタン	Mental lethargy
	Samshaya	サムシェ	Doubt
	Pramada	プラマーダ	Heedlessness
	Alasya	アラッセ	Physical laziness
	Avirati	アビィラティ	Stubborn attachment
	Bhranti darshana	ブハアンティ	Illusion
	Alabdha bhumikatva	アラッドウハ ボシットウワ	Non-attachment of a firm ground
	Anastitatva	アナスティットワ	Instability of mind
Vikshepa Sahabhuvas	Vikshepa Sahabhuvas	ヴィクシッ-パ サハーヴォヴャー	Symptoms
	Dukha	ドウク	Unhappiness
	Daur manasya	ドゥール マナッセ	Despair or bad state of mind
	Angamejayana	アダマジャーナヤ	Tremors in the body
	Shvas-prashvas	シュワース ブレッシュユアース	Erratic breathing pattern

Kleshas	Khishta Vrittis Karma Samskaras Kleshas	クリスタヴリッティ サムスカーラ クレシャス	Suffering Decency, palatability, dignity are all somewhat synonyms used situationally. Pain
Cause of matter	Pancha Kleshas 1 Avidya 2 Asmita 3 Raga 4 Dvesha 5 Abhivivesha	パンチャクレシャス アビッタヤー ¹ アスミタ ² ラガ ³ ドゥベーシャ ⁴ アビニヴェシャ ⁵	Cause of matter False knowledge, ignorance Ego Pleasure , desire Dislike, aversion Fear of death
Kleshas degrees	Prasupta Taru Vichhina Udara	プラスッブ(ト) タヌ ヴィッチィン ウダルン	Dormant (休眠状態) Weak or enfeebled (弱い、弱める) Oscillating (振動する) Abundant (大量の)
Yama	Ahimsa Satya Asteya Brahmacharya Aparigraha	アヒンサ サッテ アステーヤ ブランマチャルヤ アーバリグラハ	non-violence in thought, word and deed truthfulness non-stealing of material as well as non-material things in a very narrow context, this is understood 25 celibacy or sexual abstinence. However, it can be understood as moderation in sensual and sexual pleasures non-possessiveness or non-hoarding
Niyama	Shauch Santosha Tapa Swadhyaya Ishwara Pranidhana	ソーチャ サントーシャ タバ スワッディヤヤ イシュワラ ブランダヤーナ	physical and mental purity contentment an ever-present happy state of mind austerities, penances, vows, self-study complete surrender to Ishwara
Nine system	Nine system Skeletal system Muscular system Nervous system Endocrine system Respiratory system Circulatory system Digestive system Excretory system Reproductive system	骨格系 筋肉系 神経系 内分泌系 呼吸器系 循環器系 消化器系 排泄系 生殖系	Bone,ligaments,tendons Muscles Brain, the spinal cord, nerves Hormones Lungs, Bronchioles, nose Heart, vessels, Veins Stomach, Colon Kidney Sexual organ

For controlling mind	Pancha Koshas	パンチャコーシャス	Sheath (Layer, 鞘、輪), Prakriti cover our Real self
	1. Annamaya kosa	アナヤマ	Physical body
	2. Panamaya kosa	プラナマヤ	Vital, Energy(活力)
	3. Manomaya kosa	マノマヤ	Mental
	4. Vijnanamaya kosa	ヴィジナマヤ	Faculty Wisdom(能力、知恵)
	5. Anandamaya kosa	アナムダマヤア(ビニヴェシャ)	Bliss(至福)
For understanding body	Panchamahabutas	パンチャマハブタ	Tangible body
	Akasa	アカサ	Sky Akasa dravya
	Vayu	ワユ	Air Vayaya dravya ヴァイア
	Agni	アグニ	Fire Taijasa dravya
	Apya/Jala	アピヤ・ジャラ	Water Apya/Jala dravya
	Prithvi	ブリット	Earth Parithiva dravya ブリットヴァ
Sukushma yoga	Sukshma Vyayama Maharshi Karthikeyaji Mahaji Swami Dhirendra Brahmachari(1924-1994)	スクシュマヴァヤヤム マハリシ カリティケア スワミ デランダ ブランマチャリ	Minor exercise Concept Author
	1. Breathing		
	2. Concentration point		
	3. Actual exercise including motion		
	Greevasanchalana	グレーバーサンチャーラン	Neck movements
	Skandhasanchalana	スカンダ (ハ) サンチャーラン	Shoulder movements
	Mudras	ムードラ	Sign, seal or symbol
	Bandhas	バンダース	Bondage, lock
ShatKriya	ShatKriya	シャットクリア	
	Trataka	トラタカ	Eye
	Neti	ネティ	Nose
	1) Jal Neti	ジャルネティ	Warm salty water
	2) Sutra Neti	ストーラネティ	
	Dhauti	ダウティ	Up to stomach
	1) Vaman dhauti	ヴァマンダウティ	
	2) Vastra dhauti	ヴァストラダウティ	
	Kapalbhati	カバールバティ	Lung
	Nauli	ナウリ	Stomach
	Basti	バスティ	Colon
Sukushma yoga	Sukshma sarira	スクシュマサリア	Subtle body (神秘体)
	Sthula sarira	ストーラサリア	Gross body
	Vigour	ヴィガー	energy
	Kriyas	クリア	
	Asana	アーサナ	
	Nadis	ナディ	
	Chakras	チャクラ	

Major asanas	Sarvangasana	サルヴァンカーサナ	Shoulder stand
		Benefit	Balance, Mental, emotional stress Stimulates the thyroid and parathyroid glands Spine elastic Sexual continence Circulation of blood to the brain Stretches the heart Coiled divine energy
		Kundalini <i>Jalandhara Bandha</i> (ジャーランダバンダー)	
		Contra-indication	abnormal blood pressure glaucoma (緑内障) retina (網膜), thyroid disorders neck of shoulder injuries
		Notes	Matsyasana
	Halasana	ハラーサナ	Plough 鋤
		Benefit	Massage internal organs Prevents degeneration of bones Spinal nerves, bones, and muscles of the back myalgia ()
			Muscular rheumatism Enlargement of the spleen (脾臓) and Liver 肝臓
		<i>Meru Danda</i> (ミルダンダ)	Spinal nerves, bones, and muscles of the back
		Contra-indication	Hernia, Back problem, Neck problem Lumbago, high blood pressure Menstruating
	Matsyasana	マツヤーサナ	Fish
		Benefit	Stretch abdominal ailments (腹部疾患) Stretch the chest and dorsal portion for breathing Spasms from bronchial tubes Asthma Thyroid, pituitary(下垂体), pineal glands (松果体) Pelvic joints (骨盤)
		Contra-indication	Heart disease High or low blood pressure Migraine Insomnia Lower back or neck injuries
	Paschimottanasana	パスクモットナーム	The sitting forward bend
		Benefit	Flexibility Reduce abdominal fat enlargement of the spleen (脾臓) and Liver 肝臓 Internal sound
		<i>anahat nada</i> (アナハットナダ)	
		Contra-indication	Hernia, Shipped disc (椎間板ヘルニア)

	Bhujangasana	ブージャンガ	The cobra
		Benefit	Deepens breathing, spine hunchback back pain lumbago, constipation (便秘) Kundahini Shakti (sleeping dormant in the Muladhara Chakra or the root chakra) digestive fire ovaries and uterus
		Contra-indication	Hernia, internal tuberculosis Pregnant women abdominal surgeries
	Shalabhasana	シャラブ-	Locust
		Benefit	Abdomen, legs the intestines of the accumulated decaying faecal matter (腸) visceral fat, liver, pancreas, kidneys hunchback (猫背) lumbago (腰痛) apetite(食欲)
		Contra-indication	Pregnant women abdominal surgeries
	Dhanurasana	ダヌーラ	The bow
		Benefit	Abdominal organs, Weight reduction gastro-intestinal diseases dyspepsia (消化不良) Sluggishness of liver hunchback legs knee-joints and hands body fat prevents premature ageing of bones menstrual disorder
		Contra-indication	Weak heart, high blood pressure hernia, neck injury, lower back pain, headache, migraine pregnancy women
	Ardh Matsyendrasana	アルドウマツエンドラ	The half spinal twist
		Benefit	stretch side of the back lumbago (腰痛) elasticity of the spine Massages the muscles and organs of the abdominal region constipation (便秘) dyspepsia (消化不良) nervous system
		Contra-indication	pregnant women menstruating women

	Kakasana/Bakasana	カカーラ・バカーラ	Crow
		Benefit	stretch the wrists and forearms
		Contra-indication	high blood pressure wrists and arm injuries
	Padahasthasana	パダースーサナ	The standing forward bend
		Benefit	massages tones, the digestive organs Tamas or laziness fat around the abdomen
		Contra-indication	Strengthens Sushumna Nadi hernia, back problem, high blood pressure
	Trikonasana	トウリコーナーサナ	The triangle
		Benefit	balance, stretch on the side Meru Danda or spine flexible anxiety (不安), stress, back pain and sciatica (坐骨神経痛) bowels, appetite
		Contra-indication	back problem Migraine, low and high blood pressure, neck and back injuries
	Tadasana	タダーサナ	Palm tree
		Benefit	body flexibility of the ankles, knee and hip joints spine supple balance visceroptosis (内臓下垂) or pain in the backbone respiration, digestion and excretion of waste muscular movements nervous system
		Contra-indication	giddiness(めまい) vertigo, low blood pressure, headache
	Utkatasana	ウッカタアーサン	Chair
		Benefit	Muscles of the spine, hip, and chest Muscles of the torso and lower back Muscles of the thighs, knees, calves and ankles Balance body and mind flat feet heart, diaphragm, abdominal organs
		Contra-indication	chronic knee pain, arthritis, sprained ankles, damaged ligaments headache, insomnia lower back pain
	Ushtrasana	ウッシュトラ	Camel
		Benefit	digestion open chest, torso mental
		Contra-indication	low blood pressure, insomnia, or migraine lower back or an injury in neck

	Pavanamuktasana	パバナムッタ	Wind-Releasing
		Benefit	acidity (辛さ) ,indigestion (消化不良) ,constipation abdominal organs, gastro-intestinal diseases back pain flab around the abdomen menstruation problems
		Contra-indication	abdominal surgery hernia, piles
	Vrikshasana	ヴィリーケシュ	Tree
		Benefit	warm up the body
		Contra-indication	high blood pressure
	Sirhasana	セールシャアーサン	Headstand
		Benefit	physical disturbances (asthma, hay fever(花粉症) , diabetes (糖尿病) etc.), nervous and glandular disorders
		Contra-indication	neck problems, headache or migraine high blood pressure heart disease trombosis,artiosclerosis, catarrh, constipation kidney problem weal blood vessels, any form of blood haemorrhage in the head pregnancy or menstruation
	Myurasana	マユーラアーサン	Peacock
		Benefit	Skin conditions digestive organs, kidneys, liver, endocrine system mental and physical balance muscles of the whole body
		Contra-indication	high blood pressure any heart ailment hernia peptic or duodenal ulcer pregnancy

Suryanamaskar	Suryanamaskar	スーやナマスカーラ	Sun salutation
	1. Pranamasana	プラナーム	ミッテラーヤ
Inhale: Reach arms overhead and arch	2. Hastottanasana	ハストターン	ラヴァエー
Exhale: Forward fold	3. Padahastanasana	パダハースン	スーリヤエー
Inhale: Step left foot back into lunge	4. Vama Asvasancalanasana	バマ アシュアサンチャーラレ	ヴァーナヴィエー
Exhale: Step right foot back into plank	5. Parvatasana	パルターサナ	カガーヤ
Exhale: Lower the body	6. Sashtangaasana	サスタンガ	ブッシャネー
Inhale: pull your chest up shoulders back Flip toes	7. Bhujangasana	ブージャンガーサナ	ヒランネガルバーヤ
Exhale: Lift hips and shift back to down dog	8. Parvatasana	パルターサナ	ムリッチエー
(Inhale) : Bring left knee in toward chest. Plant to foot into low lunge			
Step left foot up top to left	9. Dakshina Asvasancalanasana	ダクシーナ アシュアサンチャーラレ	アディターヤ
Exhale: Forward fold	10. Padahastanasana	パダハースン	サビトレー
Inhale: Round spine up then reach arms overhead and arch back slightly.	11. Hastottanasana	ハストターン	アルカーヤ
Exhale:	12. Pranamasana	プラナーム	バスカラーヤ
Pranayama	Pranayama		
Kumbhaka	クンバッカ		Retention of breath
Siddhasana	シッドハーサン		The Accomplished pose, Right foot on left foot
Padmasana	パダムヤーサン		The Lotus pose
Ardha Padmasana	アドウ バドムアーサナ		The Half Lotus pose
Swastikasana	スワッティカアーサナ		The Auspicious pose, Left foot on right foot
Sukhasana	スッカアーサナ		Simple comfortable cross-legged pose, 胡坐
Vajrasana	ヴァジュラアーサナ		The Adamantine pose, 正座
Anulom Vilom pranayama	アノヴィローマブラヤマ		Alternate breathing right hand
Nadi shodhan	ナディショーダン		Alternate breathing right hand
Pingala nadi	ピングラナーディ		Right nostril represents
Ida nadi	イダ ナディ		Left nostril represents
Bhastrika pranayama	バストリカ		Both nostril breathing and Suyahedana
Suryahedana pranayama	シューリアベーダナ		Inhale right, Exhale left, Warming
Chandrabhedan or Chandrabhedi pranayama	チャンドラヴェーダム チャンドラヴェーディ		Inhale left, Exhale right, Cooling
Ujjayi pranayama	ウジャイ		Cardiac (心臓) generation of a hissing whispering sound
Bhramari pranayama	ブラマリ		Humming bee
Sheetali (tongue)	シータリ		
Sheekari (teeth)	シーカリ		

Meditation	Dhyana	ダヤーナ	
	Thumb		Fire
	Index		Air
	Middle		Sky or Space
	Ring		Earth
	Little		Water
Mudras	Mudras	ムードラ	
	Jnana Mudra	ジャナムードラ	
	Chin Mudra	チンムードラ	
	Prana Mudra	プラナムードラ	Alternate breathing right hand
	Padma mudra	パダンムードラ	
meditation	Controlled blood pressure		
	Better blood circulation		
	Normalised heart rate		
	Slower respiration		
	Less anxiety		
	Delay in onset of mental ailments (such as)		
	Depression		
	Alzheimer's		
The goal of meditation	Sharpen awareness		
	Discover his or hers essence		

Pancha Bhootas	Pancha Bhootas	パンチャ ブタ	Elements (Space,Air,Fire,water,Earth)
Pancha Pranas	Pancha pranas	パンチャ プラナ	
	1. Prana	プラナ	喉と横隔膜の間、上向きの力
	2. Apana	サマナ	横隔膜とへその間、消化
	3. Udana	アバナ	生殖、排泄の力
	4. Samana	ウダナ	知覚の力
	5. Vyana	ヴィヤナ	全体のバランス
Ashta Chakras	Ashta Chakras	アシュタチャクラ	輪
	Sahasrara	サハスラーラ	Crown 脳天
	Anja	アージュニヤー	Brow 眉間
	Vishuddhi	ヴィシュッダ	Throat 喉
	Anahata	アナーハタ	Heart 心臓
	Manipura	マニブーラ	Solar 太陽 (navel)
	Swadhisthana	スヴァーディスチーナ	Sacral 性器
	Muladhara	ムーラダーラ	root 尾骶骨
Nadis	Nadis	ナディ	
	1 Ida	イダ	
	2 Pingala	ピングラ	
	3 Sushumna	スシュマ	
Pancha Bhootas	Pancha Bhootas	パンチャ ブタ	Elements (Space,Air,Fire,water,Earth)
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	5. Vyana	ヴィヤナ	全体のバランス

Patanjali sutras	Patanjali sutras		
Sankhya			
	1.2		
	1.5		
	1.6		
Ishwara		イーシュヴァラ	
Ishwara Pranidhana			イーシュヴァラ : 人格神で、最高神；二元論的ベーダーンタ哲学(dvaita Vedantism)では梵ぼん(Brahman)の中に、世界と個我(Atman)と共に包含されていると考えられている。
	1.23		
	1.29		
	2.1		
	2.2		
	2.32		
	2.45		
Vikshepas			
	1.30		
	1.31		
	1.32		
Chitta prasadana			
	1.33		
	1.35		
	1.39		
Kleshas			Significance in Yoga
	2.3		
Ashanga yoga			
	2.29		

Guideline	Questions	Answers
1.4 General Introduction to Darshanas with Special Reference to Sankhya and 1.5 General to four path of Yoga	1 Define Yoga in your own words 2 Write short note on the Yoga Sutras 3 Name the eight limbs of Ashtanga Yoga	Yoga is a way of life. Corresponding to changing outer side, My mind were always waving too much. Yoga is methodology for getting peaceful mind, peaceful body and peaceful life. YOGA CHITTA VIRITTI NIRODAH. 1.Yama 2.Niyama 3.Asana 4.Pranayama 5.Pratyahara 6.Dhyahara 7.Dhyana 8.Samadhi
1.3 Yoga- Aims and Objectives	4 List the key aims and objectives of Yoga	The ultimiate aim of Yoga is to set the individual free from the sufferings of life. 1. Physical : For getting active body and peaceful body. Asana,Shutkriya etc. 2. Mental : For getting active mind and peaceful mind. Self mind control. Pranayama,Dhyana etc. 3. Social : For conforming to society. Niyama, etc 4. Spiritual : For being strong and love for myself, others, and nature Darshana, Sankya,Ghata etc.
	5 Enlist some obstacles in the path of Yoga as defined by Maharishi Patanjali along with their Sanskrit names.	Antarayas:Vyadhi,Styan,Samshaya,Pramada,Alasya,Avirati,Bhranti darshana,Alabdhha bhumikatva,Anastitatva

Guideline	Questions	Answers
	1 Discuss the origin and history of Yoga.	<p>Yoga's original is Darshana. Yoga was developed as a one of the astika darshana. We can learn yoga from text books written by some sage and swami.</p> <p>Yoga sutras:Maharishi Patanjali, Sankhya:Sage Kapila mini, Hata pradipika: Swami Swatmaharama, Gheranda Samhita: Sage Gheranda, Siva samhita,Hata navalı etc.</p> <p>Yoga was influenced by Sankya. In my opinion, Yoga have history. It's depend on changing out side of human being. In other words, out side of human are variable. Yoga have adjusted to social rule, economy, era, and natural environment. However, human being's mechanism are not change at least since 5000 years ago. Why yoga have long time history ? Because, Yoga teach us truth and principles of way of life, I think.</p>
	2 What are the Shad Darshana? Elaborate on the relation between Sankya Darshana and Yoga Darshana	<p>Shad Darshana is six nastic darshana. Nastic darshana's common sense is Veda.</p> <p>1.Nyaya : Gautama Rishi 2.Vaiseshika : Kanada Rishi 3.Sankya : Sage Kapila 4.Yoga : Maharishi Patanjali 5.Purva Mimamsa : Maharishi Jaimini 6.Vedanta or Uttara mimamsa</p> <p>Yoga teach us more practical theory and practices for realisation of Sankya darshana.</p>
	3 What are different paths of Yoga? Discuss each path briefly.	<p>1. Jana yoga is focus on knowledge. I think, Jana yoga address to our memory as correctly knowledge.</p> <p>2. Bahkti yoga is focus on divine's love. I think, Bahkti yoga teach us, human being are part of the nature. We are lived in nature.</p> <p>3. Karma yoga is focus on action. I think, It teach us not only doing yoga practice, but also, correctly activities in our life.</p>
	4 Discuss the Yamas and Niyamas of Patanjali	<p>1.Ahimsa saryasteya branacaryaaparigraha yamah Yama consists of nonviolence, truthfulness, non-stealing, continence and non-greed</p> <p>2.SAUCHA SAMTOSHA TAPAH SVADHYAYESVARAPRANIDHANANI NIYAMAH Niyama consists of purity, contentment, accepting but not causing pain, study of spiritual books and worship of God [self-surrender]</p>

Guideline	Questions	Answers
2.2 Important Hatha Yoga Texts with Special Reference to Hatha Pradipika and Gheranda Samhita	1 Write down the meaning of Hatha Yoga	Ha means sun, and The means moon.
2.7 Purpose and Utility of Asana in Hatha Yoga	2 Name the benefits of asanas as per Hatha Pradipika	Arogyam (good health) Sthairyam (stability) Angalaghavam(lightness of the body)
2.3 Concept of Diet according to Hatha Yoga Texts	3 Name the different texts of Hatha Yoga	1.Hatha Pradipika : Swami Swathmarama 2.Gheranda Samhita : Sage Gheranda 3.Siva Samhita 4.Hatharatnavali
	4 What is a yogic diet?	Eat mitahara amount of pathya/Apathya food and vegetarian's food . For physical health and spiritual health.
	5 What is Ghata in Ghata Shuddhi	Ghata is concept of body along with the mind. (Ghata Shuddhi is process) by Sage Gheranda
	1 Discuss the differences between asana and physical exercises	Asanas covered not only physical health but also spiritual health. Some asana's aims are for relaxation, healing and control kundalini
	2 Explain the significance of shat kriyas	Shatkiyas : significance of shat kriyas is cleaning body from inside. Trataka, : eyes Neti, : nose Dhauti, : up to stomach Nauli, : abdominal muscles massage Kapalbati, : lungs Basti : colon
	3 Explain the significance of pranayama	Physical,Physiological,mental and spiritual health are benefit of pranayama. Pranayama can connect breathing and mind, rise up prana, so we can control our mind.
	4 Explain the significance of bandhas and mudras	Physicaly,Physiologaly,mentaly and spiritually we can control ourselves prana is significance of bandhas and mudras.

Guideline	Questions	Answers
	5 Discuss the prescribed (pathya) and prohibited (apathyya) foods in Hatha pradipika	<p>Pathya : Sattvic food : vegetables, beans, ghee, milk etc.</p> <p>Apathya : Tamastic food : alcohol,fish,meat,curds,buttermilk,kulattha,berries,oil cakes, etc.</p>

Guideline		Questions	Answers
3.2	Concept of Chitta and Chitta Bhumis; Chitta Vrittis and ChittaVrittinirodhopaya (Abhyasa and Vairagya)	1 What is the definition of Yoga in Patanjali's Yoga Sutras?	YOGA CHITTA VIRITTI NIRODAH.
3.6	Kleshas and Their Significance in Yoga	2 Name the Ashtangas of Patanjali's YOGA Sutras	<p>1.Yama 2.Niyama 3.Asana 4.Pranayama 5.Pratyahara 6.Dhyahara 7.Dhyana 8.Samadhi</p>
3.7	Ashtanga Yoga of Patanjali: Its Purpose,Effects, and Significance	3 Write down the five yamas and Niyamas in Patanjali's Yoga sutras	<p>Yama 1.Ahimsa (non-violence) 2.Satya (truthfulness) 3.AsteYA (non-stealing) 4.BrahmaHarya (sexual abstinence) 5.Aparigraha (non-possessiveness)</p> <p>Niyamas 1.ShauchtaL puritya (physical and mental purity/hygiene) 2.Santosha (contentment - an ever-present happy state of mind) 3.Tapa (austerities,penances,vow) 4.Swadhyay (Self study) 5.Ishwara Pranidhana (complete surrender to Ishwara)</p>
		4 Name the five Kleshas in Patanjali's Yoga sutras.	<p>Pancha Kleshas 1.Asmita : ego 2.Avidya : ignorance 3.Raga : attachment 4.Dvesha : aversion 5.Abhinivesha : fear of death</p>

Guideline	Questions	Answers
	5 What are the five Chitta Bhumis ?	Chitta Bhumis 1.Kshipta : disturbed 2.Mudha : dullness 3.Vikshipta : destructed 4.Ekagra : attachment 5.Niruddha : mustered
	6 Name of four state of kleshas	1.Prasupta : dormant 2.Tanu : weak 3.Vichhina : Oscillating 4.Udara : Abundant
	7 What are the different type of Samadhi ?	1.Sabeeja Samadhi, 2.Nirbeeja Samadhi, 3.Dharma Megha Samadhi
	8 Name the nine antarayas and four vikshepa sabahhvas	Antarayas : 1.Vyaddhi 2.Styan 3.Samshaya 4.Pramada 5.Alasya 6.Avirati 7.Bhranti darshana 8.Alabdha bhumikatva 9.Anastitatva Vikshepa sabahhvas : 1.Dukha 2.Daur manasya 3.Angamejayana 4.Shvas-prashvas

Guideline	Questions	Answers
	1 Discuss the definition of Yoga in Patanjali's Yoga sutras.	YOGA CHITTA VIRITTI NIRODAH.
	2 Discuss the theory of kleshas	
	3 Describe meditation in Patanjali's Yoga sutras	
	4 Describe the concept of Ishwara and Ishwara Pranidhana	
	5 Interpreter the technique of Chitta Prasadana in Patanjali's Yoga Sutras.	

Guideline	Questions	Answers
4.1 The nine system of human body	1 Name the nine physiological systems the body	Skeletal system, Muscular system, Nervous system, Endocrine system, Respiratory system, Circulatory system, Digestive system, Excretory system, Reproductive system
4.7 The benefits of Various asanas od different parts of the human body	2 Name the organs of the circulatory and the respiratory systems	Circulatory system : Blood, blood vessels, heart, lymph respiratory system : lungs, bronchial tubes (氣管支), pharynx (咽喉), trachea (氣管), nasal passages, diaphragm (橫隔膜)
4.8 Limitation and contra-indications of specific Yoga practices	3 Why is Siddhasana important ?	The best position for meditation and pranayama, leisure, restless mind, concentration, strengthens lower area of spine, tones abdominal organs,
	4 Write the most important benefit Mayurasana	Promote excretion of toxins from the body
	5 Give in limitation of Yoga	In case where therapy is not possible, Yoga goes a long way in providing healing, etc. Yoga is basically a preventive discipline rather than a curative. Yogic practices when used as therapy are more beneficial functional disorder rather than organic disorders.
	1 Explain with suitable examples.	body temperature control, blood pressure control, unconsciousness and autonomically, Homeostasis maintain our body.
	2 Discuss any two Physiological system in detail.	
	3 Write a short note on exercise physiology	Nauli Janu Shirasana(Knee to Head pose) Matsuyasana
	4 Discuss the limitation of Yoga	
	5 Write a note on sources of right knowledge according to Patanjali's Yoga Sutras.	PRAMANA VIPARYAYA VIKALPA NIDRA SMRITAYAH Thy are right knowledge,misconception,verbal delusion, sleep and memory

Guideline		Questions	Answers
5.2 Concept of Panch Koshas 5.5 Concept of Panchmahabutas	1	Define health	Health is defined in terms of overall mental and physical state of a person; there absence of disease
		2 How does health differ from wellness	Wellness is defined. Not only Physical, mental but also social, and spiritual,
	3	Write a short note on the yogic concept of diseases	
		4 what are the benefit of yoga	Yoga help an individual to develop and strengthen positive health and it also enables individuals to withstand stress in a much better way.
	5	what is aabhi	amplified like and dislike
		6 Name the Yamas and Niyamas of Patanjali Yoga	<p>Yama</p> <p>1.Ahimsa (non-violence) 2.Satya (truthfulness) 3.Asteya (non-stealing) 4.Brahmahaarya (sexual abstinence) 5.Aparigraha (non-possessiveness)</p> <p>Niyamas</p> <p>1.Shauchtaal puritya (physical and mental purity/hygiene) 2.Santosha (contentment - an ever-present happy state of mind) 3.Tapa (austerities,penances,vow) 4.Swadhyay (Self study) 5.Ishwara Pranidhana (complete surrender to Ishwara)</p>
	1	Explain the concept of Pancha Kosha	<p>1.Annamaya Kosha : Physical body 2.Panamaya kosa : energy 3.Manomaya kosa : mental 4.Vijnanamaya kosa : Wisdom 5.Anandamaya kosa : Bliss</p>
		2 Discuss the concept Triguna	<p>1.Sattva 2.Rajas 3.Tamas</p>

Guideline	Questions	Answers
	3 Elaborate the concept of Panchamahabutas	<p>Akasa Sky Akasa dravya smooth, light Vayu Air Vayaya dravya ヴァヴィア lighter, cooler Agni Fire Taijasa dravya heat, shape, dryness Jala Water Apya/Jala dravya fluidity,cold,heavy Prithvi Earth Parithiva dravya プリット ヴア massiveness, solid, heavy, hard, oil-free</p>
	4 What are the various yogic principle of healthy living ? Explain	<p>Achara (Right conduct), Vichara (Right Thinking), and Vyavahara (Right Behaviour) Develop Sattva</p>
	5 Describe your understanding of Yamas and Niyamas	<p>Yama (conduct guideline for good relationship with outside body), Niyama (conduct guideline for right thinking and right behaviour, like policies)</p>

Guideline		Questions	Answers
7	Familiarity with body joints and vyayama	1 What is the difference between bones, joints and ligaments ?	Joints is the name of part, bone connect with other bone. Ligaments is the name of muscle for joints
		2 Mention Sukshma vyayama for neck joint	never roll head before stretching neck muscle.
		3 what do you understand by Greevasanchalana	Neck movements
		4 Name the six purification practices in Hatha Yoga	Shytkriya
		5 What is neti kriya ? write down its procedure	Jal neti : 1.put on the salt into a warm water. 2. put it into one side nasal.
		6 Name the three popular dhauti kriyas	1. Vaman dhauti 2. Vastra dhauti 3. Danda dhauti
		1 Discuss the significance and benefits of sukshama vyayama	Activate energy centres (chakras) , facility cleaning nadis , Removes blocks and tightness of the muscles and strengthens them
		2 Explain some sukshama vyayama for shoulder joints	1.Confortable pose 2.straighten body with arms by your side 3.gentry lift both of your shoulders upwards as much as you can
		3 Discuss the significance and benefits of shat kriyas	Skandhasanchalana:
		4 Discuss the benefits of Kapalbhati	cleaning lungs. Reduce weight
		5 Name the type of trataka and discuss the benefits of trataka	antar trataka and bahya trataka . It eradicates mental disturnances and develops memory power and concentration

Guideline	Questions	Answers
8	1 How many steps are involved in one round of suyanamaskar?	12
	2 Name two visible and subtle benefit of suyanamaskar	1. Reduce visceral fat. 2. Bring flexibility to spine and limbs 3. Breath right abdomen and diaphragm (橫隔膜), chests and deep inhalation occurs.
	3 Write down any two conditions under which Suyanamaskar should not be done	High blood pressure, hernia, heart diseases, back problems
	4 Name any four postures that keep the spine clastic and supple	Sarvangasana, Halasana, Bhujangasana, Dhanurasana, Padahastasana
	5 Which posture is performed at the end of asana practice ?	Pranamasana
	6 Name the tough asana and easy asanas	Tough : Matsyasana, Easy: Ushtrasana
	1 What is the importance of Suyanamaskar	
	2 Write about any five yoga asanas and their important benefits	
	3 Write down the significance of contra-indications and complementarity in performing of asanas	

Guideline	Questions	Answers
	4 Discuss the significance of asana in curing modern day lifestyle problems	
	5 According to the science of yoga, what are the five spinal movements ? Explain briefly with suitable example.	<p>1.Flexion : Padhustasana</p> <p>2.Extension : Ushtrasana</p> <p>3.Lateral : Trikonasana</p> <p>4:Axial Rotation : Ardhamatsyendrasana</p> <p>5:Axial Extension : Tadasana</p>
	6 Explain the contraindications of Shirshasana and Myurasana	<p>Shirshasana:neck problems, headache or migraine, high blood pressure heart disease, pregnancy or menstruation</p> <p>Myurasana:high blood pressure any heart ailment, hernia peptic or duodenal ulcer, pregnancy</p>

Guideline	Questions	Answers
9	<p>1 What are the step to perform diaphragmatic breathing ?</p> <p>2 Is it normal if one feels a little dizzy after practicing the full yogic breath ?</p> <p>3 Define Siddhasana</p> <p>4 Define the concept of meditation</p> <p>5 What are the practical application of meditation ?</p> <p>6 What is unique about ujjayi breathing ?</p> <p>1 Define Pranayama and its benefits</p> <p>2 What is the right way to perform full yogic breathing discuss</p> <p>3 Explain Vajrasana, Ardha Padmasana and Padmasana</p> <p>4 Describe any three different types of pranayama</p> <p>5 Describe the significance of meditation</p> <p>6 Explain mudras, mantras and japa in your own words</p>	<p>1. Lie down or sit on a chair and close your eyes. 2. Palm of our hand on your navel 3. Inhale 4. Exhale</p> <p>It is completely normal if you feel slightly dizzy or lightheaded after practising the full yogi breath</p> <p>The accomplished pose. Sit and bend right leg and place the heel of the right foot touching the perineum region. Left leg also bend.</p> <p>The meditation is equal to a gateway to the inner world.</p> <p></p> <p>generation of hissing whispering sound</p> <p>Pranayama is the formal practice of controlling the breath, which is the source of our prana or vital life force.</p> <p></p> <p>Vajrasana: The Adamantine pose : 正座 Ardha Padmasana : half lotus pose Padmasana : lotus pose</p> <p>Nadi shodhan : Alternate nostril breathing Chandrabhedan or Chandrabhedi pranayama : Left nostril breathing : cools the body Suyabhedana : Right nostril breathing</p> <p></p> <p></p>