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Site: **University of Mauritius**Course: **AYUR 1000: Introduction to Ayurveda Medicine March 2024 (Ayurveda Medicine)**Glossary: **Glossary of Terms**

A

Abhāva

Non-existence

Agad

Anti-Poison

Agad Tantra

Toxicology

Agni

- The literal meaning of the term Agni is *"To carry forward or to Transform"* and the common meaning is *"The Fire"*.
- Agni has three forms: fire, lightning, and the sun.
- Internal fire

Agni Mahabhoota

The third of the five general causal elements, Mahabhoota. Produces Pitta [Dosha](#) in the living.

Agnis

There are three types of [Agni](#)

- [Jatharagni](#) – one [Agni](#) present in the stomach and duodenum.
- Bhutagni – five [Agni](#) from five basic elements.
- Dhatwagni – seven [Agni](#) present, one in each of the seven dhatus.

Ahimsa

- non-violence, inflicting no injury or harm to others or even to one's own self
- [nonviolence](#) in thought, word and deed.

Air

[Vayu Mahabhoota](#) is the principle of movement. It performs functions of drying up & producing lightness. Air represents the Gaseous State of matter.

Akasha Mahabhoota

Akasha Mahabhoota is the [space](#) without which matter cannot exist.

Apara

It is opposite to [Para](#) and signifies what is harmful. This represents the entities which are contraindicated in a particular situation. Thus these properties are the ones which should be avoided.

Aparigraha

Non-possessiveness.

Aranyaka

The meditational section

Artha

- Objective or pursuit
- Wealth

Asana

It stands for discipline of the body: rules and postures to keep it [disease](#)-free and for preserving /promoting vital energy.

Ashtanga yoga

Eight-limbed yoga

Asteya

Non-covetousness, to the extent that one should not even desire something that is not his own; never to steal

Asthi

Bones

Atma

Spirit or [soul](#)

B

Bala

Strength

Bhavaprakasha

Bhavaprakasha, written around 1550 AD, is a highly respected and widely used text in Ayurveda, serving as a valuable resource for students, teachers, and physicians of Ayurvedic medicine.

Bhootagnis

Bhoot[agnis](#): Bhutagni is the one that is present in a basic element (Bhutas). There are five [Agnis](#) in each of the five basic elements, namely – Parthiva ([earth](#)), Apya ([water](#)), Tejas ([Agni](#)), Vayavya (vayu) and Nabhasa (akash). Each and every cell in our body is composed of the five mahabhutas or five basic elements.

Bhoota Vidya

- Psychiatry
- [Graha](#)

Brahman

The ritualistic teachings

Chala

Mobile

Chatushtya

Quadruple

Darshana

Philosophy

Desha

Place

Dharana

Concentration of the [mind](#) upon a physical object, such as a flame of a lamp, the midpoint of the eyebrows, or the image of a deity.

Dharma

Righteousness, Duty

Dhatu

Body tissues

Dhatwagnis

Dhatw[agnis](#) :the fraction of [agni](#) that functions at various body components ([dhatu](#)) for nourishment and metabolism. It is responsible for the metabolic transformation of food consumed and its assimilation

Dhoomapana

Inhalation of vapour of smoke

Dhyana

- Steadfast meditation.
- Undisturbed flow of thought around the object of meditation.

Direction

This element gives the boundaries to the [space](#). According to the Shatapatha Brahmana Text, 'the world is made stable by Directions'. Ayurveda regards 'Dasha Dishas' or Ten Directions' to make the [space](#) balanced. These are North, East, South, West, NE, NW, SE, SW, Up and Down.

Disease

Disease refers to an imbalance among the body, sense organs and [soul](#).

C

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D

Dosha

- Dosha balance is essential for ideal [health](#). Therefore in balanced state, they are also known as [Dhatu](#).
- Each Dosha has its own specific properties. Diet, lifestyle, drugs, etc

Dravya

Substance

Dravyaguna

Dravyaguna is an integral part of the Ayurvedic system of medicine. [Dravya](#) refers to components of the universe and guna signifies property. A matter is labelled as [Dravya](#) only if it can perform some actions and has some specific properties.

E

Earth

The Earth element symbolises the basic structure of the World. It is the platform for the life processes in which Ayurveda is mainly interested. It represents the Solid State of Matter.

F

Fire / Energy

Fire element is attained mainly from the Sun in the form of Heat and Light.

This energy transforms the material states of living and non living to create innumerable unique entities from the five elements.

G

Gada

Poison or [Disease](#)

Gandoosha

Mouth gargles

Graha

- Psychiatry
- [Bhoota Vidya](#)

Guṇa

Quality

H

Health

- Health refers to a balanced [Dosha](#), [Agni](#), [Dhatu](#), and [Mala](#), the happiness of the [soul](#), [mind](#), and sense organs.
- It can also be described as a balance among [Tridosha](#).

Healthy Agni

Perfect Metabolism for [health](#).

I

Illness

A breach in [Agni](#), and [Tridosha](#)

Indriyas

Five sense organs

Ishwar Pranidhana

Surrender to (or worship of) God.

J

Jatharagni

- It performs digestion of food and is considered to govern other '[Agni](#)'.
- Jatharagni is active in the stomach and gastrointestinal tract as Digestive Juices.

K

Kala

[Time](#)/Age/Season

Kama

Desire

Karma

Activity

KASHAYA

Astringent

Kaumarbhritya

Pediatrics, obstetrics and Gynecology

Kaya

Body, [Agni](#)

Kaya Chikitsa

Internal Medicine

L

Laghu

Light

Lepa

Topical applications

M

Majja

Bone marrow

Mala

The three important *Malas* are - Purisha (Faeces), Mutra (Urine) and Sveda (Sweat) - and these are generated from food

Mala /Malas

Excretory functions

Mamsa

Flesh

Mana

[Mind](#)

Mandagni

Low [Agni](#)

Matra

Volume

Meda

Fat

Mimamsa

Mimamsa is also known as Purva (Elementary) Mimamsa, as against Uttara (Later / Higher) Mimamsa.

Mind

This is the life element. One is guided in worldly actions & attachments through this mind only & a judicious application keeps one at peace & happiness & vice versa. Most human beings become enslaved by the corruption of mind, leading to vices like anger, greed, jealousy etc. Getting the mind rid off such evils lays foundation towards [Moksha](#).

Moksha

Liberation, freedom

N

Nasya

Nasal Medications

Nirooha Vasti

Decoction enema

Nityaga

Nityaga refers to the concept of life as a consortium of body, senses, [mind](#), and [soul](#) that passes on constantly.

Nyaya

It is a system of logical realism.

Nyaya Vidya

The science of logic and reasoning.

P

Panchakarma

It is the cornerstone of the Ayurveda system of Healing.

Panchamahabhoota

The smallest indivisible part of any matter.

Para

Para means the best. What diet or medicine is best for the patient; this is represented by Para. Thus the herbs, medicines, food, and thoughts advisable in a particular disease or situation are called Para.

Parimana

It signifies measurement of liquid or solid. The Ayurvedic system of medicine has its own concept of measurement like Ratti or tola. These are obsolete now and have been replaced by international conventional measurements. For example, one Tola is taken as 10 grams.

Prakriti

- Genetic constitution of Vata-Pitta-Kapha.
- Individuality

Prana

- Prana is life as per Ayurveda that is studied from another angle.
- It refers to a wholesome combination of 12 entities related to life.

Pranayama

- Control of breath.
- Beneficial to [health](#), steadies the body and is highly conducive to the concentration of the [mind](#).

Pratyahara

- Non-feeding
- Disengagement; withdrawal of senses from their external temptations/objects.

Purusha

- Purusha refers to the combination of [mind](#), body, and [soul](#) that makes up a human being.
- It is considered the prime subject of attention in Ayurveda.
- An individual or person

R

Rajas

Activity, excitation, and pain

Rakta

Blood cells

Raktamokshanaa

Bloodletting

Rasa

- Plasma
- Taste

Rasayana

Rejuvenation

Rooksha

Dry

S

Samadhi

- Oneness with the object of meditation.
- There is no distinction between the act of meditation and the object of meditation.

Samagni

Balanced [Agni](#)

Sāmānya

Generality

Samavāya

Inherence

Samhita

Contains the [mantras](#) and hymns

Samkhya

- Enumeration
- Reckoning

Samskara

Processing

Samyoga

Combination of foods

Sanskara

This means Processing.

Santosh

- Satisfaction
- satisfied with what one has.

Satva

Fineness, lightness, illumination, and joy;

Satya

Truth in word and thought.

Shalaky Tantra

Diseases of Eye, Ear, Nose and Throat, Dentistry

Shalya Tantra

Surgery

Shareera

Body

Shaucha

Cleanliness of body and [mind](#).

Sheeta

Cold

Shukra

Semen for men and ovum for female

Snehana

- Snehana is the therapy which causes unctuousness, softness, liquefaction, and sliminess in the body.
- This is the best anti-Vata.
- It is one of the six main treatment procedures of treatment mentioned in Ayurveda.

Sneha Vasti

Oil enema

Sookshma

Subtle

Soul

- SOUL is Psyche. This is believed to be the cause behind the cycles of birth and rebirth.
- One has to settle the sins and scores of earlier lives by taking rebirth and paying in different forms of suffering.
- Once the soul, in a way, becomes debt-free, one attains [Moksha](#) and gets free from this cycle.

Space

This element is like a hollow where all the other elements are situated and interact.

This represents the emptiness, lightness, channel lumen, and spaces within each entity; may be a cell or inside a hard rock.

Sva

Self

Swabhawa

Nature of food

Swadhyaya

Study of the Vedic scriptures to know about God and the [soul](#), which leads to introspection on a greater awakening to the [soul](#) and God within.

Swasthya

[Health](#) in Ayurveda

T

Tamas

Inertia, coarseness, heaviness, obstruction, and control.

Tapa

Austerity and associated observances for body discipline and thereby mental control.

Tikshnagni

Sharp [Agni](#)

Time

1. It is the element which determines the Past, Present, and Future.
2. It controls the Evolution of Life and the Universe.

Tridosha

The literal translation of Tridosha is the Three Faults.

But the practical & comprehensive meaning and nature of Tridosha is complex and one-word translation may not be possible.

U

Upabhokta

The consumer

Upanishad

Mystic and philosophical section, known as [Vedanta](#), or the end of the Vedas, implying the culmination of Vedic thought.

Upayoga samsthana

General Principles

Uttara Vasti

Vaginal and bladder douches

V

Vaisheshika

Distinctionism

Vajikarana

Aphrodisiacs /sexology

Vamana

Emesis

Vayu Mahabhoota

The second of 5 general causal elements, produces Vata [Dosha](#) in the living

Vedanta

"Vedanta" means the purpose or goal of the Vedas.

Vibhaga

- This is opposite to [Samyoga](#).
- It can be defined as separation of one substance from another.
- According to Ayurvedic experts, Vibhaga also stands for the ability of our body to distinguish between two substances.

Vikriti

Imbalance of three Doshas.

Virechana

Purgation

Vishad

Clear

Vishamagni

Irregular [Agni](#)

Vishesha

Particularity

W

Water

This element symbolising viscosity is responsible for the easy flow and cohesion properties for binding of any sort. Water represents the Liquid State of matter

Y

Yama

It refers to the five abstentions. These are the same as the [five vows of Jainism](#).

Yoya

Joining

Yukti

- It can be described as 'Planning'.
- The formulations described in Ayurveda are prepared after keeping in [mind](#) the aggravated [Dosha](#) and the debilitated Dhatus, patients' constitutional [time](#) and method to administer, and so on. Thus comprehensive planning for a situation is called Yukti.

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