

**Sanskrit Terms for Body Parts**  
**From the Haṭha-Yoga and Tantra Literature**

**Compiled by Georg Feuerstein**

**Abdomen:** tunda, udara  
Abdomen, navel: nābhi

**Anus:** pāyu, guda

**Arm:** bāhu, bhujā  
Arm, elbow: aralī, kūrpara  
Arm pit: kakṣā

*See also Finger, Hand*

**Body,** entire: aṅga, deha, gātra, kalevara, kāya, piṇḍa, śarīra, vapus, vighraha,

**Buttock:** sphic, jaghana

**Chest:** hrdaya  
Chest, breast: uras

**Collar bone:** jatru, grīvāsthī, kaṅṭhāsthī

**Eye:** akṣi, cakṣus, locana, netra  
Eye, ball: tārā  
Eye, brow middle: bhrūmadhya  
Eye, brows: bhrū  
Eye, lash: pakṣma  
Eye, lid: netracchada  
Eye, pupil: tārakā

**Finger:** aṅguli  
Finger, little: kaniṣṭha  
Finger, thumb: vṛddhāṅguṣṭha  
Finger, index: pradeśinī, tarjanī  
Finger, middle: madhyamā  
Finger, ring: anāman  
Finger, tip: aṅgulikāgra  
Finger, nail: nakha

**Foot:** caraṇa, pāda  
Foot, ankle: gulpha  
Foot, heel: aṅghrimūla

Foot, sole: pādātala  
*See also Toe*

**Genitals**, female: yoni  
Genitals, general: guhya  
Genitals, male: meḍhra, liṅga, śīsna, upastha  
Genitals, scrotum: vṛṣaṇa, aṇḍa  
Genitals, frenum: sīvanī

**Hair**, head: keśa  
Hair, male body: roman

**Hand**: kara, hasta, pāṇi  
Hand, palm: karātala  
Hand, wrist: maṇibandha  
*See also Finger*

**Head**, entire: śiras, śīrṣa, kapāla, mastaka  
Head, chin: cibuka  
Head, ear: karṇa, śrotra  
Head, face: mukha  
Head, forehead: lalāṭa, bhāla  
Head, frontal sinuses: kapāla  
Head, jaw: hanu  
Head, top: brahmarandhra,  
*See also Ear, Eye, Mouth, Nose*

**Hip**: kaṭi

**Leg**: pāda  
Leg, foot: pāda  
Leg, thigh: ūru  
Leg, calf: jaṅghā  
Leg, knee: jānu  
*See also Foot, Toe*

**Limb**: aṅga

**Mouth**: āsya, vaktra, mukha, tuṇḍa  
Mouth, gum: dantamūla  
Mouth, lip: oṣṭha  
Mouth, tip of tongue: lambikāgra  
Mouth, tongue: jihvā, kalā, rasanā, lambikā  
Mouth, tooth: danta  
Mouth, uvula: rājadanta, lambikā

**Neck:** kaṅṭhaprṣṭha

**Nose, entire:** nāsikā, ghrāṇa

Nose, nostril: nāsāpuṭa

Nose, tip: nāsāgra

**Perineum:** yoni

**Shoulder:** aṃśa, skandha

**Side:** pārśva

**Skin:** tvāc

**Spine:** vaṃśa, meru, meruvaṃśa, prṣṭhavaṃśa

**Throat:** kaṅṭha, gala

**Toe:** pādāṅguli

Toe, big: pādāṅguṣṭha

*See also Foot*

**Waist:** kaṭi