

Glossary of Sanskrit Terms (with links to yogastudies.org, Paul Harvey's website)

[pañcamaya](#): The pañcamaya model of the human system is presented in the Taittiriya Upaniṣad (Vedic, dated approximately 6th century BCE).
"The term pañcamaya thus indicates that the human system is composed of five fundamental dimensions (physical body, breath/prāna, intellect, personality, and emotions) that are completely interconnected and interrelated. Indeed, as the text says, they pervade each other" (Chase Bossart, article "Yoga Bodies, Yoga Minds")

pañca: five

[maya](#): something pervading; consisting of

anna: food

[annamaya](#): physical; the physical body; consisting of food

[prāna](#): life force, energy, constant motion

[prānamaya](#): breath/ prāna; the vital body; consisting of vital force

[manas](#): part of the mind that learns from experience (*man* is "to think")

[manomaya](#): dimension of intellect; the intellectual mind; the capacity to learn; consisting of mind

[vijñāna](#): natural intelligence, deeper knowledge

[vijñānamaya](#): the personality, how one perceives & communicates; consisting of special knowing

[ānanda](#): happiness, joy

[ānandamaya](#): dimension of emotions; consisting of bliss

[puruṣa](#): in this context, "master of the system"; *puruṣa* is that which never changes; our true nature; Ātman (the soul); in Yoga Sutra referred to as "the seer"

[prakṛti](#): matter; materiality, that which changes (all dimensions of the human system in this model are in the realm of *prakṛti*)

koṣa: literally means “bag”; is translated as “sheath” (In the United States the *pañcamaya* model is often referred to as the *koṣas*)

nyāsa: placement

[vinyāsa krama](#): special placement step by step

krama: step

[śanti](#): peace