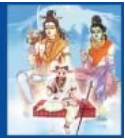




ॐ नमः शिवाय
Om Namah Shivaya



प्रदोषम
Pradosham



(202) 12-SEP-08, Triodashi Starts on: FRIDAY, 12-SEP-08 at 03.42 P.M. and Ends on 13-SEP.08 at 11.17 P.M.

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ANGAABHYASAM

How to perform Angabhyasam (invoking God swaroom in each part of limb in the body), understanding the meaning and position in English
[TO REFER TO BOOK IN SANSKRIT - CLICK HERE](#)

In *Yogabhyasa*, the last exercise is total relaxation. You lie down and the mind concentrates on different parts of the body starting from toes. The effect is that the blood circulation improves at that part of the body on which you concentrate.

Similarly in *Mahanyasam (Sanskrit book)*, *Nyaasa* is an important aspect. At those part of the body on which we recite the mantra, Lord Parameswara is to be thought of and HE resides there. In our Pooja we are elaborate and we do mention the parts of the body. Many in the group know about these parts. However we are repeating it to the benefit of those who do not know :-

NAME OF NYASAM	NAME OF EACH LIMB (ANGAM)
Shikaayai Namah	Center of the head and the hair there
Lalaadaya Namah	Forehead
Netraabhyam Namah	Two eyes
Naasikaayai Namah	Nose
KanTaaya Namah	Neck
Baahubhyam Namah	Shoulders
Udaraya Namah	Stomach
Prushtaya Namah	Back side
Jataraya Namah	Inner Stomach
Katyai Namah	Hip
Andaabhyaam Namah	Testicles
Oorubhyaam Namah	Thighs
Jangaabhyaam Namah	Ankle
Paadaabhyaam Namah	Feet
Shirase Namah	Head
Bhruvornadhyayaaya Namah	Space between eyebrow
Karnaabhyaam Namah	Two ears
Mukhaaya Namah	Face
Upakantaaya Namah	Rear side of neck
Upa Baahubhyaam	Space between wrist and Shoulders
Hasthaabhyaam	Palm
Hrudayaaya	Heart
Kakshaabhyaam	Arm Pit
Paarshvaabhyaam	Side of the ribs
Naabhyai	Belly button or navel
Guhyaaya	Private parts
Apaanaaya	Anus
Jaanubhyaam	Knee
Gulphaabhyam	Calf muscle
Kavachaaya	Right hand to touch left shoulder and left hand to touch right shoulder (like a shield)
Angushtaabhyaam	Thumb - rub with index finger on the inner Thumb (bottom to top to end in bottom) one time.
Tharjaneebhyaam	Index Finger - rub with Thumb on the inner Index finger (bottom to top to end in bottom) one time.
Madyamaabhyaam	Middle Finger - rub with Thumb on the Middle index finger (bottom to top to end in bottom) one time.
Anamikaabhyaam	Ring Finger - rub with Thumb on the inner Ring finger (bottom to top to end in bottom) one time.
Kanishtikabhyaam	Small Finger - - rub with Thumb on the inner Small finger (bottom to top to end in bottom) one time.
Astra yaphatu	Tapping the left hand inner palm with the index finger and middle finger making a nose by rubbing.
Netratrayaaya Vowshat	Right index finger to close right eye, middle finger to touch the third eye in the forehead, ring finger to

close the left eye at the same time.

Kindly try practicing with or without the Mahanyasa japa. You can perfect this in a short period of time. For the parts of the body we have used the same word as we use during the Japa to familiarise and not the Sanskrit word Eg: Anus = Apanaha and not Apanaaya as we use during the Japa

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