

# DRISHTI

# BEDAS

# PRANAVAM

*EYE MOVEMENT USAGES*



# PRANAVAM

## SAMA DRISHTI

## VINIYOGA:

EYES MOTIONLESS AND  
STRAIGHT

Naatyarambhe Thulayam  
chaapyanyaichinthavinischaye  
Aascharye devatarupe  
samadrushtirudhaahrutha

## DEFINITION:

### Meaning:

Naatyarambhe – Beginning of dance

Thulayam - Balance

Anyachintha – To gauge another's thought

Vinischaye – To decide

Aascharye - Surprise

Devatarupe – Image of God

**PRANAVAM**

**A L O K I T H A D R I S H T I  
V I N I Y O G A :**

**C I R C U L A R M O V E M E N T**

**Kulalachakrabrahmane  
sarvavasthupradarshane  
Yaanchaayaam cha  
prayokthavyamaalokithanireekshanam**

**DEFINITION:**

**Meaning:**

Kulalachakrabrahmane – Movement of Potter's wheel

Sarvavasthupradarshane – Looking at different objects around

Yaanchaayaam cha - Begging

# PRANAVAM

## SACHI DRISHTI VINIYOGA:

### LOOKING ASKANCE

**Ingithe shmashrusamsparshe  
sharalakshye shuke smruthou  
Suchanaayaam cha kaaryaanaam  
naatye saachinireekshanam**

## DEFINITION:

### Meaning:

Ingithe - Suggestion

shmashrusamsparshe – Twirling one's moustache

Sharalakshye – Taking aim with an arrow

shuke - Parrot

smruthou - Recollection

Suchanaayaam cha – To suggest or indicate

# PRANAVAM

## PRALOKITHA DRISHTI VINIYOGA:

EYES MOVED FROM SIDE  
TO SIDE

Ubhayoho parshvayorvasthu  
nirdheshe cha prasanjithe  
Chalane buddhijaadye cha  
pralokithanireekshanam

## DEFINITION:

**Meaning:**

Ubhayoho parshvayorvasthu nirdheshe – To denote things located on both sides

Prasanjithe – Excessive affection

Chalane - Movement

Buddhijaadye - Idiocy

# PRANAVAM

## NIMILITHE DRISHTI VINIYOGA:

### HALF CLOSED

Aashivishe paravashye jape  
dhyaane namaskruthou  
Unmaadhe sukshmadrushtou cha  
nimeelitha dristireeritha

## DEFINITION:

### Meaning:

Aashivishe - Snake

Paravashye – To be subject to anothers will

Jape - Prayer

Dhyaane - Meditation

Namaskruthou - Salutation

Unmaadhe – Lunacy

Sukshmadrushtou – keen observation

**PRANAVAM**

**ANUVRUTTA DRISHTI  
VINIYOGA:**

**SPEEDILY MOVING THE  
EYES UP AND DOWN**

**Kopadrushtou priyamanthre  
anuvrutthanireekshanam**

**DEFINITION:**

**Meaning:**

**Kopadrushtou – Angry glance**

**Priyamanthre – Inviting look**

# PRANAVAM

## AVALOKITHA DRISHTI VINIYOGA:

### EYES DOWNCAST

Chaayaloke vichare  
charyaayaam patanashrame  
Swaangavalokane  
yanepyavalokithamucchyathe

## DEFINITION:

### Meaning:

Chaayaloke – Looking at one's own shadow

Vichare - Reflection

Charyaayaam - Practice

Patanashrame - Study

Swaangavalokane – Looking at one's limbs