

# SHIRO

# BEDAS

# PRANAVAM

## HEAD MOVEMENT USAGES



# PRANAVAM

## SAMA SHIRO VINIYOGA:

MOTIONLESS HEAD AND  
FIXED GAZE

**Nrtyarambhe japaadaucha garve  
pranaya kopayoha  
Sthambhane nishkriyathvecha  
samashershamudhahrutham**

## DEFINITION:

### Meaning:

Nrtyarambhe – Behinning of Dance

Japaadaucha – Sitting for prayer (Meditation)

Garve - Pride

Pranaya kopayoha – Feigned Anger –in love

Sthambhane – Motionless (Astonished)

Nishkriyathvecha – Inactivity (Without doing anything)

# PRANAVAM

## UDVAHITHAM SHIRO VINIYOGA:

### HEAD TILTED UP

**Dhwaje Chandre cha gagane  
parvathe vyomagaamishu  
Thungavasthuni  
Samyojyamudhvaahithashiro  
budhaihi**

## DEFINITION:

### Meaning:

Dhwaje - Flag

Chandre cha - Moon

Gagane - Sky

Parvathe - Mountain

Vyomagaamishu – Movement of objects in the sky

Thungavasthuni – Objects placed at a height

# PRANAVAM

## ADHOMUKHAM SHIRO VINIYOGA:

### DOWNCAST HEAD

**Lajjakhedapranaameshu  
duschinthamurchayosthatha  
Adahsthithaarthanirdeshe  
yujjyathembuni majjane**

## DEFINITION:

### Meaning:

Lajja – Coyness (shyness)

Kheda – Grief (Sorrow)

Pranaameshu – Salutation (Bowing)

Duschintha – Evil / Negative intent

Murchayosthatha - Fainting

Adahsthithaarthanirdeshe – To indicate objects placed beneath

Ambuni majjane – Taking a dip in the water

# PRANAVAM

## ALOLITA SHIRO VINIYOGA:

MOVING THE HEAD IN A  
CIRCULAR MOTION

**Nidrodvega**  
**grahaaveshamadhamurchasu**  
**thanmatham**  
**Bramane vikatoddhamahasye**  
**chalolitham shiraha**

## DEFINITION:

### Meaning:

Nidrodvega - Sleep

Grahaavesha – Possessed by a spirit

Madha - Lust

Murchasu - Unconsciousness

Thanmatham - Intoxication

Bramane – Wandering

Vikatoddhamahasye – uncontrolled laughter

# PRANAVAM

## DHUTAM SHIRO

### VINIYOGA:

#### MOVING THE HEAD SIDE- TO-SIDE

**Naastheethivachane bhuyaha paarshvadeshaavalokane  
Janaashvaase vismaye cha vishaadheneepsithe thatha  
Sheethaarte jwarithe bheethe sadhyahpeethaasave thatha  
Yuddhe yathne nishedhaadhaavamarshe swaangaveekshane  
Paarshvaahane cha thasyokthaha prayogo bharathaadhibhi**

## DEFINITION:

### Meaning:

Naastheethivachane bhuyaha – To say 'I don't know' (Denial)

Paarshvadeshaavalokane – Looking at both sides

Janaashvaase – To protect (or to give assurance to people)

Vismaye cha – Astonishment

Vishaadhe - sadness

Aneepsithe thatha - unwillingness

Sheethaarte – To denote the effect of cold

Jwarithe - Fever

Bheethe - Fear

Sadhyahpeethaasave – The starting stage of drinking liquor (after effects of consumption of liquor)

Yuddhe – war / fighting

Yathne - effort

Nishedhe - Forbidding

Avamarshe – refusing things with agitation (Indignant anger)

Swaangaveekshane – Glancing at ones limbs

Paarshvaahane – to call from one side to other (to summon)

**PRANAVAM**

**KAMPITHAM SHIRO  
VINIYOGA:**

**NODDING**

**Roshe thishtethi vachane prashne  
sankhyopahuthayoha  
Aavaahane tharjane cha kampitham  
viniyujyathe**

**DEFINITION:**

**Meaning:**

**Roshe - Anger**

**Thishtethi vachane – Saying to stop there**

**Prashne – Questioning / Enquiry**

**Sankhyopahuthayoha - Counting**

**Aavaahane – Inviting the deities**

**Tharjane cha - Threatening**

# PRANAVAM

## PARAVRTTA SHIRO VINIYOGA:

TURNING THE HEAD AWAY

**Thath kaaryam kopalajjadhikruthe  
vakthraapasarane  
Anaadhare kache thunyaam  
paraavruttha shiro bhaveth**

### DEFINITION:

#### Meaning:

Thath kaaryam – To denote the command (Instructing)

Kopa - Anger

Lajjadhikruthe – Shy (Coyness)

Vakthraapasarane – Turning the face away

Anaadhare – Ignoring / Disregard

Kache – Hair knot

Thunyaam – Container carrying arrows (Quiver)



**PRANAVAM**

**UTKSIPTA SHIRO  
VINIYOGA:**

**HEAD THROWN TOWARDS  
ONE SIDE**

**Gruhaanaagacchethyadhyarthasuchane  
pariposhane  
Angeekaare prayokthavyamutkshiptham  
naama sheershakam**

**DEFINITION:**

**Meaning:**

Gruhaanaagacchethyadhyarthasuchane – Saying Take this, come here

Pariposhane – To look after

Angeekaare - Acceptance

# PRANAVAM

## PARIVAHITA SHIRO VINIYOGA:

SHAKING THE HEAD FROM  
SIDE TO SIDE

**Mohe cha viraha stothre santhoshe  
chanumodhane**

**Vichaare cha prayokthavya  
parivaahithasheershakam**

## DEFINITION:

### **Meaning:**

Mohe cha – Infatuation (Desire)

Viraha – Separation from the beloved

Stothre – Praising God (Prayer)

Santhoshe – Satisfaction / Happiness

Anumodhane – Approval, permission

Vichaare – Cogitation