



संस्कृतम् 101- 401 Journey



Part2

(Sama + Krutam)

Prashant V. Joshi (CoachP) (he/him)

B.E. (EE), M.A. M.Phil, E-RYT 500, C-IAYT, YACEP

Manju Joshi (CoachM) (she/her)

MA, HHC, E-RYT 500, YACEP, C-IAYT, MCO-Osteo

Co-Founders, Gurukul Yoga and Food Yogini

gurukul@gurukulyoga.com; hello@foodyogini.com

*www.gurukulyoga.com *** www.foodyogini.com*

Austin, TX

Native Land Ackn: Comanche, Jumanos



**Billions Yet To Be Served...
Billions Yet To Be Fed...**



Agenda

- How is this Series organized?
- Quick Recap of Part1
- The Consonants, syllables, syllabary
- Sample Yogic Vocabulary and Recitations
- Chakras and its associated consonants
- Further Studies
- Q&A

How is the series organized?

- **Part1:**
 - From History and origins
 - Starting with basics - the physiology of sound
 - Focus on vowels and Syllable creation
 - Sample vocabulary and recitations
- **Part2:**
 - Quick Recap
 - Focus on consonants, syllables and syllabary
 - Sample vocabulary and recitations
 - Chakras and associated consonants
- **Part3:**
 - Quick Recap
 - Conjunct and Nasal Consonants
 - Sample vocabulary and recitations
 - Further Studies

The Basics of Saunskrutam

16 Vowels, 34 consonants

- Vowels are called Swaras (स्वरः)
 - 16 swaras - 13 are most commonly used
- Consonants are called Vyanjana (व्यञ्जनम्)
 - There are 5 groups of 5 consonants
 - 4 semi-vowels
 - 3 sibilants
 - 1 aspirate
- Script is called Devanagari (देवनागरी)
- Written from Left to Right
- Vocabulary is divided into Noun words and Action words

Structure of संस्कृतम्

THE SANSKRIT ALPHABET

संस्कृतवर्णमाला SAṆSKṚTA-VARṆA-MĀLĀ

vowels (svara)

simple – short & long:

अ A आ Ā इ I ई I उ U ऊ Ū ऋ Ṛ ॠ Ṝ

guttural

palatal

labial

cerebral (retroflex)

diphthongs – long:

ए E ऐ AI ओ O औ AU | अं AM अः Aḥ | लृ Ḍ लृ Ḍ

anusvāra

visarga

dental

consonants (vyañjana)

mutes or stops (*sparsha*)

class – location

	hard (non-voiced)		soft (voiced)		nasal
	simple	aspirate	simple	aspirate	
gutturals – throat	क KA	ख KHA	ग GA	घ GHA	ङ ṆA
palatals – middle of mouth	च ĆA	छ ĆHA	ज JA	झ JHA	ञ ṆA
cerebrals – roof of mouth	ट ṬA	ठ ṬHA	ड ḌA	ढ ḌHA	ण ṆA
dentals – teeth	त TA	थ THA	द DA	ध DHA	न NA
labials – lips	प PA	फ PHA	ब BA	भ BHA	म MA

semi-vowels (*antastha*) – soft

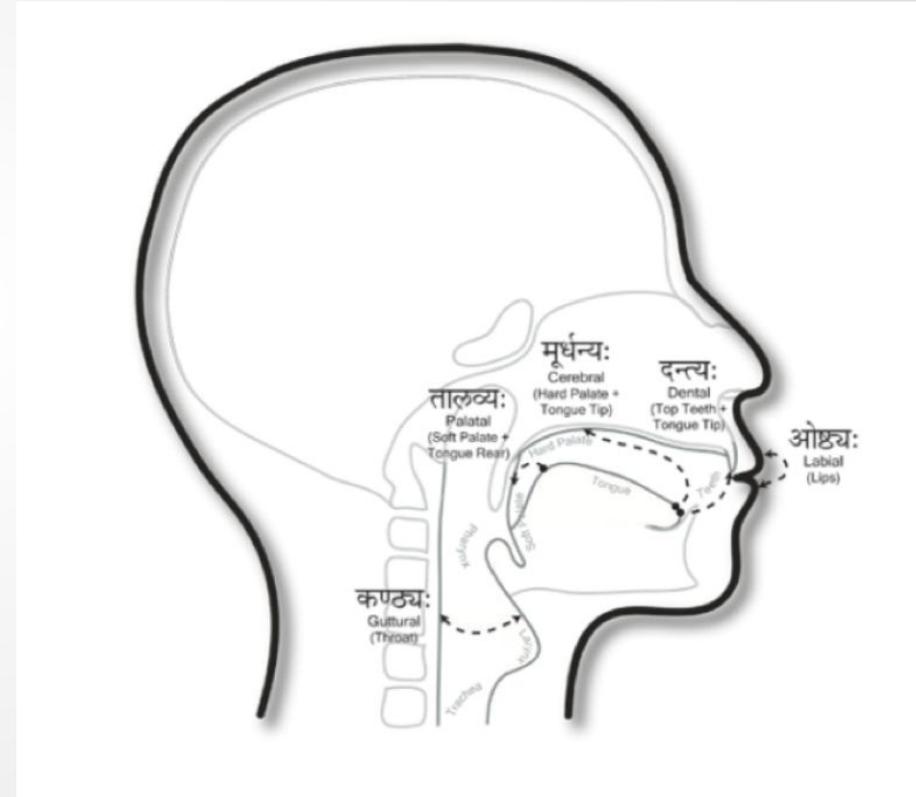
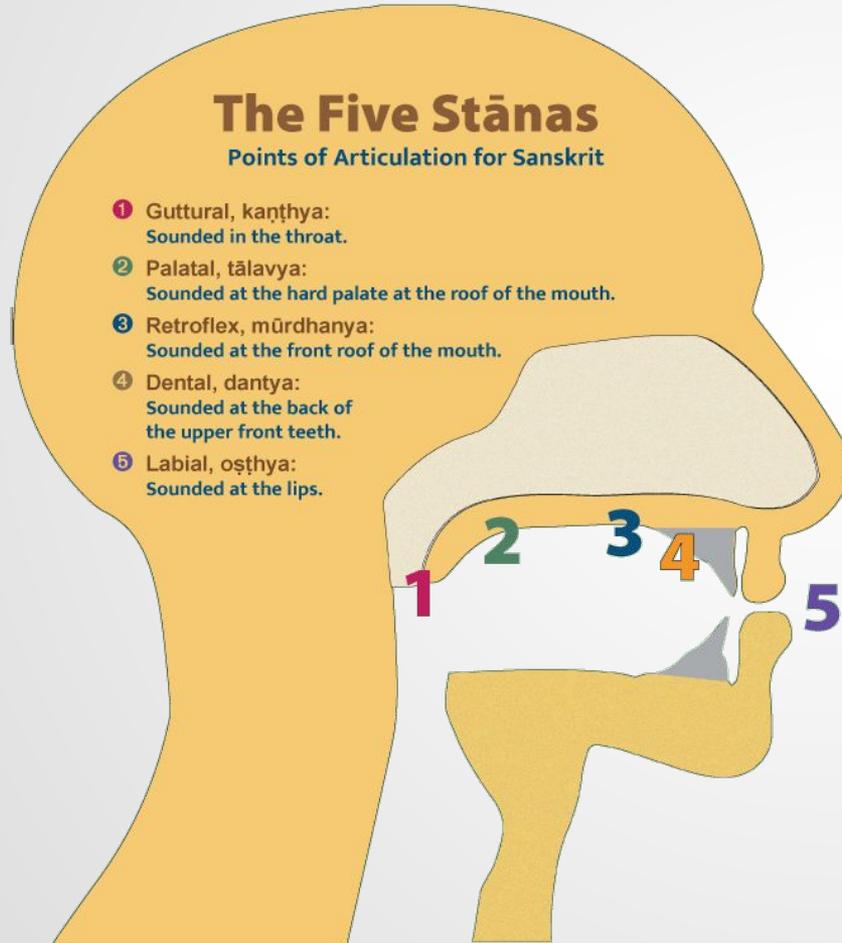
य YA *palatal* र RA *cerebral* ल LA *dental* व VA *labio-dental*

sibilants – hard & pure aspirate – soft (*iṣhman*)

श SA *palatal* ष ṢA *cerebral* स SA *dental* ह HA *guttural*

special conjunct consonants क्ष KṢA त्र TRA ज्ञ JṆA

Physiology of संस्कृतम्



Structure of संस्कृतम्

Place of Articulation

Vowels

Consonants

1. कण्ठ (glottis)
2. तालु (soft palate)
3. मूर्धा (hard palate)
4. दन्त (dents)
5. ओष्ठ (labia)
6. कण्ठ आणि तालु (velo-palate)
7. कण्ठ आणि ओष्ठ (glottis and labia)
8. दन्त आणि ओष्ठ (dents and labia)
9. नासिका (nose)

अ, आ

इ, ई

ऋ, ॠ

लृ

उ, ऊ

ए, ऐ

ओ, औ

अनुस्वार (स्वराश्रित)

क, ख, ग, घ, ङ, ह and विसर्ग

च, छ, ज, झ, ञ, य, श

ट, ठ, ड, ढ, ण, र, ष

त, थ, द, ध, न, ल, स्

प, फ, ब, भ, म्

व्

The Five Stānas

Points of Articulation for Sanskrit

- 1 Guttural, kaṅṭhya:
Sounded in the throat.
- 2 Palatal, tālavya:
Sounded at the hard palate at the roof of the mouth.
- 3 Retroflex, mūrdhanya:
Sounded at the front roof of the mouth.
- 4 Dental, dantya:
Sounded at the back of the upper front teeth.
- 5 Labial, oṣṭhya:
Sounded at the lips.

Structure of संस्कृतम्

Devanagari Script	
मराठी / हिन्दी / संस्कृत	
Vowels	अ आ इ ई उ ऊ ऋ ए ऐ ओ औ अं अः अँ आँ
Consonants	
<i>Gutturals</i>	क ख ग घ ङ
<i>Palatals</i>	च छ ज झ ञ
<i>Cerebrals</i>	ट ठ ड ढ ण
<i>Dentals</i>	त थ द ध न
<i>Labials</i>	प फ ब भ म
<i>Semi Vowels</i>	य र ल व
<i>Sibilants</i>	श ष स
<i>Aspirates</i>	ह
<i>Special Syllables</i>	ळ क्ष त्र ज्ञ श्र
	(Marathi)
Strokes	- ढ ढ ढ - - -
Attached to the Right side (R)	(R) (L) (R) (B) (B) (B)
Left side (L)	॒ ॑ ॒ ॑ ॒ ॑ ॒ ॑
Bottom (B)	(T) (T) (R) (R) (T) (R) (T) (R)
Top (T)	
Syllabary	क का कि की कु कू कृ के कै को कौ कं कः कँ काँ

Consonants (व्यञ्जनानि)

unaspirate	aspirate	Add vowel e.g. अ to get the syllable
क् च् ट् त् प्	ख् छ् ठ् थ् फ्	क च ट त प ख छ ठ थ फ
ग् ज् ड् ब्	घ् झ् ढ् ध् भ्	ग ज ड द ब घ झ ढ ध भ
व् बा बि बी बु बू बृ वे वै बो बौ बं वः	भ् भा भि भी भु भू भृ भे भै भो भौ भं भः	ा ि िी ु ू ृ े ै ो ौ ं ः

Sanskrit Syllables

(Math of Consonants and Vowels)

Syllabary of 13 common vowels with consonant KA

क, का, कि, की, कु, कू, कृ, के, कै, को, कौ, कं, कः

ka, kaa, ki, kee, ku, koo, kru, ke, kai, ko, kau, kum, kaha

e.g. K + aa = Kaa क + आ = का ा (stroke to the right)

- K + i = Ki (short) क + इ = कि ि (stroke to the left)
- क + ई (EE) = की ी (stroke to the right)
- क + उ (u) = कु ु (stroke at the bottom)
- क + ऊ (oo) = कू ू (stroke at the bottom)
- क + ऋ (Ru) = कृ ृ (stroke to the bottom)
- क + ए (ae) = के े (stroke on the top)
- क + ऐ (ai) = कै ै (stroke on the top)
- क + ओ (o) = को ो (stroke to the right)
- क + औ (ou) = कौ ौ (stroke to the right)
- क + अं (um) = कं ँ (stroke on the top)
- क + अः (aha) = कः ः (stroke to the right)

Sample Yogic Vocabulary

- शशांकासन- Shashankaasana
- दंडासन-Dandaasana
- वीरासन- Veeraasana
- गरुडासन-Garudaasana
- भुजंगासन- Bhujangaasana
- शलभासन-Shalabhaasana
- धनुरासन- Dhanuraasana

Sample Yogic Vocabulary

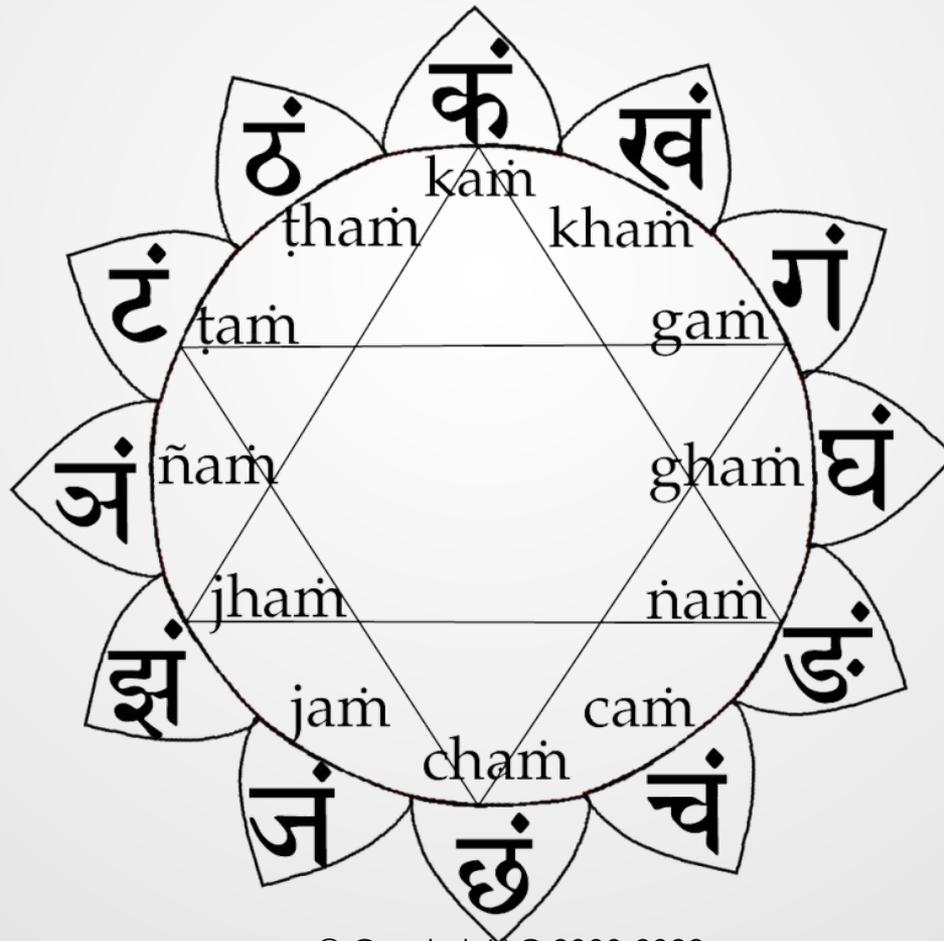
- मूल + आधार = मुलाधार
Mool + Aadhaar = Mulaadhaar
- मणी + पूर = मणिपूर
Mani + Poor = Manipur
- अनाहत
Anaahat
- सः + अहम् = सोऽहम्
saha + Aham = Soham
- हम् + सः = हंसः
Hum + Saha = Hamsaha

Sample Recitations

- स्थिरसुखमासनम् (PYS 2.46)
Sthir Sukham Asanam
- चले वाते चलं चित्तं , निश्चले निश्चलं भवेत्। (ha.pra 2.2)
Chale Vate chalam chittam, Nischale Nischalam Bhavet
- वपुः कृषत्वं वदने प्रसन्नता नादस्फुटत्वं नयने सुनिर्मले।
● अरोगता बिंदुजयो अग्निदीपनम् नाडीविशुद्धिः हटसिद्धिर्लक्षणम्॥
(ha.pr.2.78)
- Vapuhu Krishtvam vadane prasannataa nadasfutatvam
nayane sunirmale.
- Arogata Bindujayo agni deepanam Nadi vishudhi hatha
sidhirlakshanam

Anaahat *अनाहत*

12 petals = 12 consonants



© Gurukul, LLC 2000-2022



Manipura मणिपूर

10 petals = 10 consonants



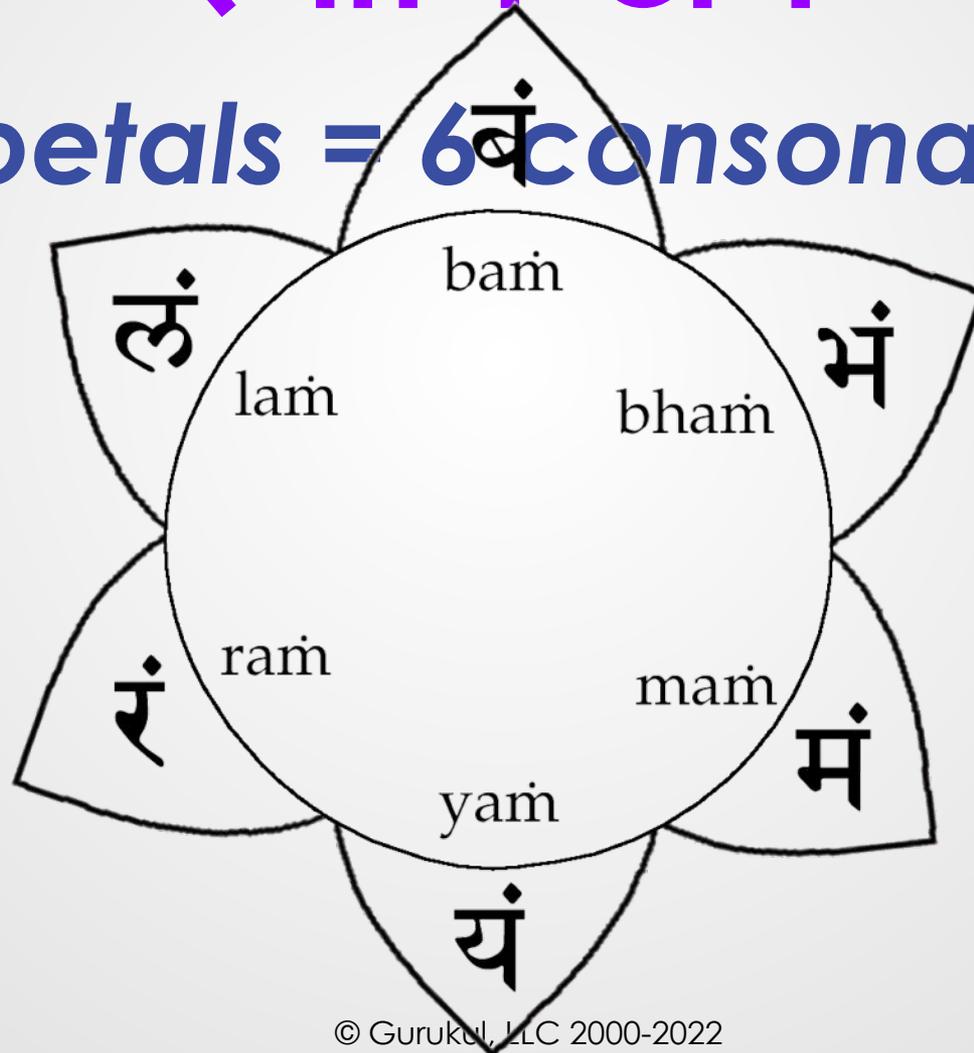
© Gurukul, LLC 2000-2022



Swaadhishtan

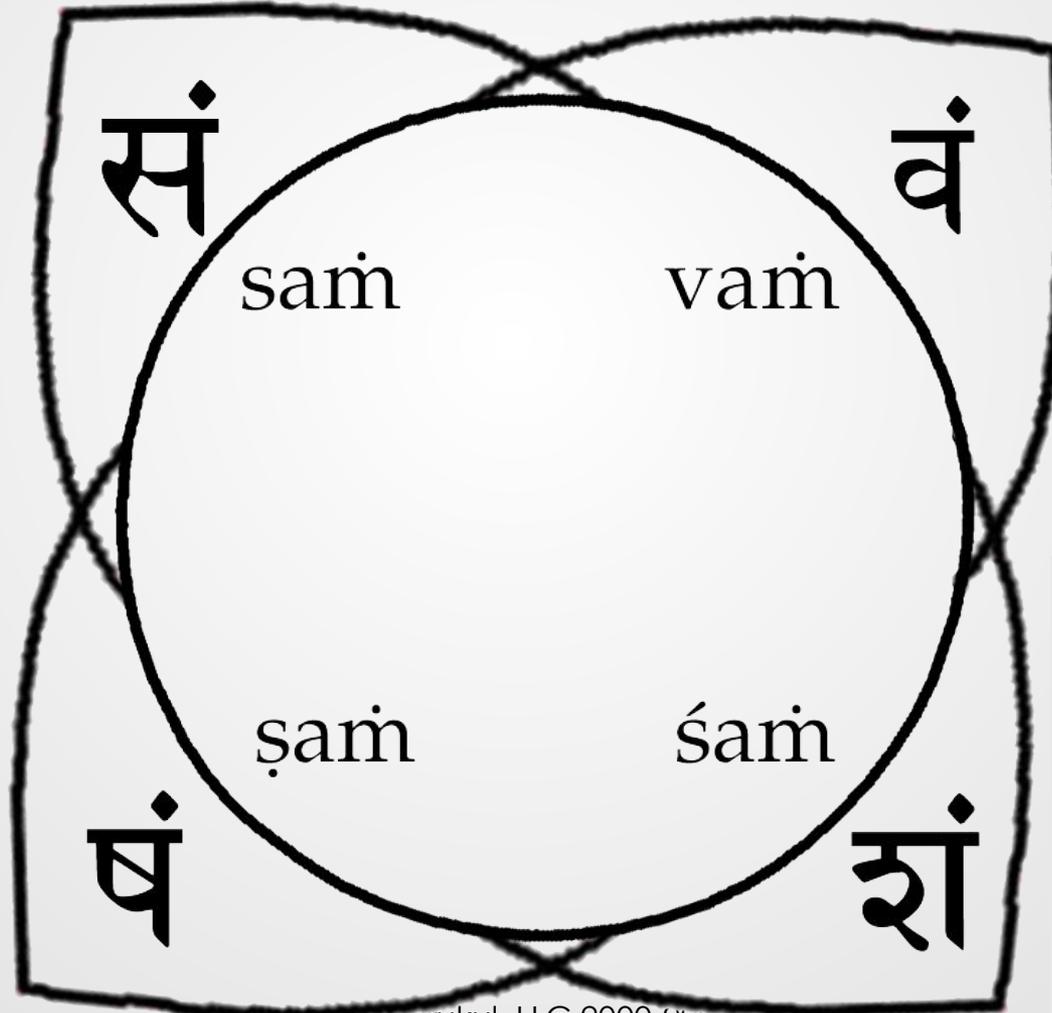
स्वाधिष्ठान

6 petals = 6 वं consonants



Mulaadhara मुलाधार

4 petals = 4 consonants



© Gurukul, LLC 2000-2022



Recap

Enjoy the beauty of saunskrutam

- Its phonetic and poetic
- Listen and Learn
- Use it or Lose it
- Healing through Sound
- Practice to Preserve
- Simplify and Demystify
- Have Fun, Enjoy Sharing



Further studies

- **Saunskrut Channel on YouTube**

<https://www.youtube.com/channel/UCqFg6QnwgtVHo1iFgprrx-A>

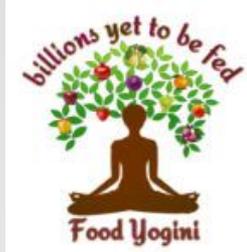
- **Google Input Tools**

<https://www.google.com/intl/sa/inputtools/try/>

- **Call us for Saunskrut 101 to 801 and more**
 - www.gurukulyoga.com



नमस्ते



धन्यवादः

Q&A

Prashant V. Joshi (CoachP) (he/him)

B.E. (EE), M.A. M.Phil, E-RYT 500, C-IAYT, YACEP

Manju Joshi (CoachM) (she/her)

MA, HHC, E-RYT 500, YACEP, C-IAYT, MCO-Osteo

Co-Founders, Gurukul Yoga and Food Yogini
gurukul@gurukulyoga.com; hello@foodyogini.com
www.gurukulyoga.com *** www.foodyogini.com

Billions Yet To Be Served...
Billions Yet To Be Fed...

