Glossary

Aadibhasha - ancient language  
Aalochana - thought, imagination, pensiveness  
Aana - elephant  
Aarogyam - health, lack of illness  
Aassissu - blessings  
Aathuravritham - regime of illness  
Acharakkai - customary homage through bodily actions  
Acharangal - customs  
Adavukal - bodily postures/strategies in Kalarippayattu  
Adimurai - kalarippayattu (Southern Kerala and Tamilnadu style)  
Adivasi - tribes, indigenous people  
Ajnanam - lack of knowledge/wisdom  
Agadatrantra - indigenous toxicology  
Aikya - united  
Alochikkatheyulla - without thinking/thought  
Angathari - defense in kalarippayattu with weapons  
Apachaya - decomposing  
Arivu - knowledge, knowledge of the self, wisdom  
Arogam - state of not having disease  
Asannihitham - absent, invisibilized  
Ashtangas - eight branches/divisions  
Asukham - illness, imbalance of humours  
Athman - soul  
Avarthichathu - repeated  
Avidya - lack of knowledge of self  
Ayanangal - the movement of sun and moon

Balachikitsa/ Balavaidyam - Specialized branch of treatment meant for children  
Badha - possession of spirit, that which effects
Bhasha - language, Malayalam
Bhavam - coming into existence
Bhuta - that which happens, that cannot be seen
Bodham - wisdom, knowledge of the self, consciousness
Brahmandam - subtle matter
Brhatrayis - The three canonical texts that codified indigenous healing practice: Charaka Samhita, Susruta Samhita and Vagbhata Samhita or Ashtanga

Hridayam
Chan - a measurement, length between the thumb and little finger of an open palm
Charyakramangal - routine, regular activities
Cheppadividya - A skill based magic/entertainment where the balls placed in the bowls disappear and reappear from unexpected places

Chikitsa - treatment, care in terms of medicine
Chikitsamanjari - garland of medicines and treatment
Chuvadukal - foot steps in kalarippayattu
Dashtan - person bitten by a poisonous snake
Deepanam - digestion
Deham - body where the soul resides
Dehi - that which give vitality to the body
Desakalangal - place and time
Dhanwantari - God of ayurveda
Dhara - oil bath for the upper body part
Dharapathi - wooden table used for oil bath and massage
Dhatu - seven elements of the body (skin, blood, flesh, fat, bone marrow and semen)

Dhootalakshanam - signs or clues gathered from messenger’s speech, action, mannerisms etc.
Dhushikkavunnava - that degenerate under certain conditions
Dinacharya - daily routine
Dravyam - matter, medicine, object
Edukkum - lift, gather
**Gajavaidyam** - Indigenous medical treatment of elephants

**Granthalm** - manuscript, text

**Grihavaidyam** - home medicine

**Gulika** - tablet

**Guna** - quality inherent in matter, food, medicine etc.

**Guru** - master, teacher, hard, heavy

**Gurukkal** - master, especially in kalarippayattu

**Gurukula** - learning through staying with a teacher for a period of time

**Hridayam** - heart

**Indriyas** - sense organs

**Janam** - people

**Jnanam** - knowledge, wisdom

**Jeevan** - life, vitality

**Jyothisham** - astrology

**Kaaranaroopam** - causal form

**Kalari** - a practice that includes Kalarippayattu (something similar to martial art) and healing practices of bone setting, muscle injuries and vital spot massaging.

**Kalarippayattu** - bodily exercises which was termed as martial art in the nineteenth century.

**Kankettu** - a form of magic; literal meaning - tying the eyes of the viewer.

**Karmam** - actions, duty

**Kashayam** - concoction, brew

**Kayam** - body, asafoetida, strength, fever, dirt

**Kayikabhyasam** - physical exercise, sports

**Kizhi** - medicinal pouch

**Kolthari** - defense in kalarippayattu with sticks

**Kriya** - action, work

**Kshanam** - fraction of a second, invitation

**Kshayam** - decrease, tuberculosis, degenerate

**Kudilan** - wicked
Laghavam - ease
Lakshana samanwayam - symptom complex, a combination of symptoms
Maathra - second
Madhyama - middle, intermediary
Malas - waste, excreta
Manthra/m - incantation, magical spells
Marmal/Varma/Marmam - vital points in the body
Marmanivaidyam - massage and treatment for vital points in the body
Matha pandithar - religious leaders
Meythozhill/meythari - Body art, body exercise
Meyyabhyasam - Body art, body exercise
Meyyu Kannavuka - body become the eye
Muchaan - three chaans, a measurement
Muthassil/Ammumma vaidyam - Grandma’s knowledge in vaidyam
Nattuchikitsa - indigenous treatment
Nattuvaidyam - indigenous healing practices
Nattuvaidyan - indigenous healing practitioner
Nattuvaidyasala - practicing place of indigenous medical practitioners
Netravaidyam - indigenous treatment for eyes, Pediatrics
Nikshnathar - experts in work, action, knowledge
Nithyabhyasam - daily practice
Ottamooli - special medicine for particular diseases, one time medication, single ingredient medicine.
Oushadam - medicine
Pacha parishkari - ultra modern, one who does not respect tradition.
Pajanam - internal combustion, digestion
Panchabhutas - air, water, earth, fire and ether (what the human and the Universe is made up of)
Panchendriyas - five senses: eyes, ears, nose, tongue and skin
Pantheeran - a 12 chaan stick used in kalarippayattu
Paramparya vaidyan - traditionally trained medical practitioner
Parishkritham - reformed, renewed, modern
Patasala - schools, learning place
Pathyam - dietary regimen
Payatti theliyuka - getting sharpness through consistent practice
Peethanethran - yellow eyed
Pindandam - gross matter
Pinnokavastha - backwardness
Pizhichil - oil bath
Pothuajanam - public
Prabancha - the universe, cosmos
Prabhavam - radiance, effect of medicine in the body, grace
Pracheena - ancient
Prakriti - disposition of body/mind, mannerism, temperament
Pranan - life, vitality
Praasam - alliteration
Pratheekshitham - expected
Pravruthi - action, job.
Prayogam - medicinal compositions, action, application, practice, usage.
Rasa - taste
Ritucharya - seasonal regimens
Sahacharyangal - environment, situations
Sahajam - innate
Sahasrayogam - a text comprise of 1000 medicinal compounds
Samgraham - essence of a large repertoire of knowledge
Samhitas - The three canonical texts that codified indigenous healing practice: Charaka Samhita, Susruta

Samhita and Vagbhata Samhita or Ashtanga

Hridayam
Samudayam - community
Samyavastha - equilibrium/balance of bodily humours
Sara Sastram - the science of breathing
Sareera - body
Sastras - science, medicine
Sheetham - cold, cool
Shuddha - pure, not mixed
Shuddhiyillatha - impure, degraded
Siddhavaidyam - healing practice that used minerals and metals with herbs
Sloka - verse, poem
Sneha - oil, ghee, love
Sookshamajnanam - subtle knowledge
Sookshmam - infinitesimal, subtle, invisible, oblivion, opaque
Sthoolam - visible, obvious, big
Sudras - a group of lower castes hierarchically positioned just below Brahmins and above other backward castes
Sukham - health, peace, comfort
Sukhamaranam - peaceful or comfortable death
Sutras - techniques, ruse, trick
Swasthavritham - regime of health
Swasthyam - having in harmony with body - mind
Swethan - white coloured
Talam - clogging oil on the pate or around the eyes
Tantra - technique, strategy
Thadhesseeya - indigenous, native
Thanmayeebhavam - harmonious blending, seeing the other in oneself
Tharimarunnu - small pieces of dry herbs, medicinal plants and leaves
Tridoshas - three bodily humours (vata, pitha and kapha/wind, fire and water)
Ulpannam - products
Upajayam - renewal, nourishing
Upasana - devotion, dedication, worship
Upa-vaidya - assistant medical practitioner
Urumi - a folded sword uses in kalarippayattu
Ushnam - hot, heat
Uthama - final, super, best
**Uzhichil** - medicinal oil massage  
**Vadivukal** - sturdy body postures in kalarippayattu  
**Vaidya** - medical practitioner/healer  
**Vaidyaratnamalika** - garland of diamonds made of medicine (allegorical use)  
**Vaidyasala** - place where patients are treated and medicines are given  
**Vaidya Sastram** - indigenous medical science  
**Vanakkangal** - bodily expressions in kalarippayattu that shows homage to the guru and others  
**Varmakalai** - kalarippayattu (northern Kerala and Tamilnadu style)  
**Vaythari** - verbal commands in kalarippayattu  
**Vayu** - air, oxygen, breath  
**Verumkaimura** - bare body defense in kalarippayattu  
**Vichakshanar** - clear sighter, sagacious, sapient  
**Vidya** - skill, expertise, knowledge and wisdom learned  
**Vidyabhyasam** - education  
**Vishachikitsa** - indigenous toxicology  
**Visham** - poison  
**Vishavaidyam** - indigenous toxicology  
**Vridhi** - increase  
**Vyayaamam** - physical exercise  
**Yessassu** - fame, reputation  
**Yogam** - medicinal compositions, fate  
**Yukthialochanam** - logical thought, appropriate thought

**Note:** This glossary is not a general statement of what the non-English terms stand for in all situations. The specific meaning and the connotations of the terms are clarified only in the main text.