



## Assāsa Passāsa (Breathing in - Breathing out)

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### From Sanskrit:

आश्वस् āśvas [ā-śvas]

प्राश्वस् prāśvas [prā-śvas]

आ ā

- towards (the speaker).

प्र pra

- away

√ श्वस् śvas

- to pant [breathe heavily, as if exhausted] (RV.)

- to breathe (MBh.) (also = live)

- to cause to blow or breathe ; to cause heavy breathing (Suśr.)

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## Ānāpāna

### Pali:

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- to breathe

āna (ā-ana)

- inhalation (breathing towards)

pāna (pa-ana)

- exhalation (breathing away)