

# 32 Parts of the Body in 16 Languages

Dvattiṃsakāro

(၃၂) ကောဠိက  
කයේ කොටස් විස්සෙක  
ກາຍະ ၅၆ ສ່ວນ  
စာဂါၤ ၅၂

शरीर का ३२ कोटा हक  
शरीर के ३२ कोट्यांश  
শরীরে ৩২ প্রকার অঙ্গ  
နာမ: ၈၆ ဗု နာ ၆၈၅၈၇၄

몸의 32 부분  
32 身分  
(さんじゅうにしんぶん)  
32 thể phần

Les 32 parties du corps  
32 Bahagian Tubuh  
32 Body-parts  
32 Körperteile

Myanmar  
Sinhalese  
Thai  
Laos  
Cambodian  
Hindi  
Nepali  
Bengali  
Korean  
Chinese  
Japanese  
Vietnamese  
German  
French  
Indonesian  
English



In Memory of  
Late Mak Har Mooi @ Mak Mooi,  
departed on the 27 March 2010  
at the age of 72

### *Publishing Information*

This illustrated booklet has been prepared with the intention of helping Buddhist meditators in their practice of meditation.

The pictures, diagrams, terminology and other relevant data were, for the most part, compiled and edited by meditation teachers, bhikkhus, nuns, and lay meditators of various nationalities practicing at the Pa-Auk Meditation Centre (Main) of Myanmar.

Also, Venerable Ananda and Dr. Panth of India, and Venerable Khambay Saysongkham of Laos contributed in the list of translation.

The graphic designs were accomplished by U Hpone Kywe (Edward) and family. They contributed their time and expertise in the design and production of the booklet.

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	<i>Pāli</i>	<i>Pāli</i>	<i>Dvattiṃsakāro</i>	<i>Kesū</i>	<i>Lomā</i>	<i>Nakhū</i>	<i>Dantā</i>	<i>Taco</i>	<i>Maṃsaṃ</i>	<i>Nhāru</i> <i>/Nahārū</i>
1	Myanmar	မြန်မာ	(၃၂) ဝေဒနာ	ဆံပင်	မွေးညှင်း	လက်ညှင်း ခြေညှင်း	သွား	အခွေ	အသား	အကြော
2	Sinhalese	සිංහල	කයේ කොටස් තිස්දෙන	කෙස්	ලොම්	නිඳ	දත්	සම්	මස්	නහර (කණ්ඩිරා)
3/ 4	Thai / Laos	ไทย/ ພາສາລາວ	อาการ 32 / ກາຍະ 32 ສ່ວນ	ผม/ ผม	ขน / ຂົນ	เล็บ / ເລັບ	ฟัน / ແຂ້ວ	หนัง / ຫນັງ	เนื้อ / ຊີ້ນ	เส้นเอ็น / ເສັ້ນເອ້ນ
5	Cambodian	កម្ពុជា	ឧបករណ៍ ៣២ ប្រភេទ នៃ រាងកាយ	សក់ ទាំងឡាយ	ពាម ទាំងឡាយ	ក្រចក ទាំងឡាយ	ធ្មេញ ទាំងឡាយ	ស្បែក	សាច់	សរសៃ ទាំងឡាយ
6	Hindi	हिन्दी	शरीर के ३२ कोष्ठों	केश	लाम	नाखून	दाँत	चमड़ी/त्वचा	मांस	नसें/स्नायु
7	Nepali	नेपाली	शरीर का ३२ कोठा हरू	कपाल	गैं	नङ	दाँत	छाल	मासु	नसा
8	Bengali	বেঙ্গলি	শরীরে ৩২ প্রকার অঙ্গ	কেশ	লোম	নখ	দন্ত	ত্বক	মাংস	স্নায়ু
9	Korean	한국어	몸의 32 부분	머리털	몸털	손톱	이빨	살갗	살	힘줄
10/ 11	Chinese/ Japanese	中文/ 日本語 (にほんご)	32 身分 (さんじ ゆうにしんぶん)	髮 (かみ)	毛 (け)	爪 (つめ)	齒/齒 (は)	皮 (かわ)	肉 (にく)	筋 (すじ)
12	Viet- namese	Việt Nam	32 thể phần	Tóc	Lông	Móng	Răng	Da	Thịt	Gân
13	German	Deutsch	32 Körperteile	Kopfhaare	Körperhaare	Nägel	Zähne	Haut	Fleisch	Sehnen
14	French	Française	Les 32 parties du corps	Cheveux	Poils	Ongles	Dents	Peau	Chair	Tendons
15	Indonesian	Bahasa In- donesia	32 Bahagian Tubuh	Rambut	Bulu	Kuku	Gigi	Kulit	Daging	Urat ( daging)
16	English	English	32 Body-parts	Head-hairs	Body-hairs	Nails	Teeth	Skin	Flesh	Sinews

<i>Aṭṭhi</i>	<i>Aṭṭhi-miṅṅū</i>	<i>Vakkaṇ</i>	<i>Hadayaṇ</i>	<i>Yakanaṇ</i>	<i>Kilomakaṇ</i>	<i>Pihakaṇ</i>	<i>Papphāsaṇ</i>	<i>Antaṇ</i>	<i>Antaguṇaṇ</i>
အနီး	နီးကွင်းခြံခိဆီ	အညှို့	နှလုံး	အသဉ်း	အစဉ်း	အပျဉ်း	အဆုတ်	အူမ	အူသိမ်
අළුව	අළුවစိဋ္ဌ	වකුගඩු	හදවහ	අක්මාව	දලකුව	බඩවුව	පෙනහළු	මුළු ආහාර මාර්ගය	අකුහු බහන්
ກະດູກ/ ກະດູກ	ເຍື່ອໃນກະດູກ/ ເຍື່ອໃນກະດູກ	ໂກ/	ຫ້ວງ/	ຄັບ/	ຫ້ວງສິດ/	ມ້າມ/	ປອດ/	ຄໍໂສ້/	ໜາວັກໂສ້/
		ຫມາກໄຂ່ຫລັງ	ຫມາກຫົວໃຈ	ຕັບ	ພັງສິດ	ມ້າມ	ປອດ	ໂສ້ໃຫຍ່	ໂສ້ນ້ອຍ
शुभ्र शॉडशॉय	शुभ्रशुभ्र	शव	शयःशुश	शुश	शर	शुनः	शुन	शःशुश	शःशुशशुश
हृद्दी	हृद्दीमज्जा	गुर्दा/वृक्क	हृदय	यकृत/कलेजा	(कलीमक) लघा और मांस के बिच का अंश	प्लीहा/तिल्लि	फेफड़ा	आँत	आन्तोपेशी/आँतो-पेशी
हृद्दी	हृद्दी भीत्रको मासु	मृगौला	हृदय / मुटु	कलेजे	छाला र मासु को बीच भाग	फियो	फेक्सो	दुधु आन्द्रो	सानो आन्द्रो
अश्रि	अश्रिमज्जा	वृक्	हृदय	यक्	क्रोमा	प्लीहा	फुफुसु	अश्र	अश्रशुग
뼈	골수	콩팥	심장	간	근막	비장	허파	장	장간막
骨 (ほね)	骨髓 (こつずい)	肾/腎臟 (じんぞう)	心臟 (しんぞう)	肝臟 (かんぞう)	膜 (まく)	脾臟 (ひぞう)	肺 (はい)	肠/腸 (ちよう)	腸間膜 (ちようかんまく)
Xương	Xương Tủy	Thận	Tim	Gan	Màng (ruột)	Lá lách [ tì ]	Phổi	Ruột	Cơ thành ruột
Knochen	Knochenmark	Nieren	Herz	Leber	Zwerchfell	Milz	Lunge	Gedärm	Darmgekröse
Os	Moelle	Reins	Cœur	Foie	Membrane	Rate	Poumons	Intestins	Mésentère
Tulang	Sumsum Tulang	Ginjal	Jantung	Hati	Selaput/ membran	Limpa	Paru2	Usus	Selaput-Diantara-Usus
Bones	Bone Marrow	Kidney	Heart	Liver	Membrane	Spleen	Lungs	Digestive tract	Mesentery

	<i>Pāli</i>	<i>Pāli</i>	<i>Udariyaṇ</i>	<i>Karīsaṇ</i>	<i>Matthaluṅgaṇ</i>	<i>Pittaṇ</i>	<i>Semhaṇ</i>	<i>Pubbo</i>	<i>Lohitaṇ</i>
1	Myanmar	မြန်မာ	အစာသစ်	အစာဟောင်း	ဦးခွောက်	သည်းခြေ	သလိခိ	ခြည်	သွေး
2	Sinhala	සිංහල	කොප්පුකු ආහාර	මල, අඳුළු	මොලය	පිප	සෙම	සැරව	රුධිරය, ලේ
3/	Thai /	ไทย /	อาหารใหม่ /	อาหารเก่า /	สมองกระเพาะ /	น้ำดี /	น้ำเสลด /	น้ำหนอง /	น้ำเลือด /
4	Laos	ພາສາລາວ	ຮູບຂວານ	ຂີ້	ສະຫມອງ	ນ້ຳປີ	ຂີ້ກະເທີ້	ນ້ຳຫນອງ	ເລືອດ
5	Cambodia	កម្ពុជា	អាហារថ្មី	អាហារចាស់	ខួរក្បាល	ក្រហម	ស្បែក	ខួរ	ឈាម
6	Hindi	हिन्दी	उदरस्त वस्तुयेँ	पाखाना/गुँह	दिमाग/मस्तिष्कपिण्ड	पित्त	श्लेष्मा/कफ	पीप	रक्त/खून
7	Nepali	नेपाली	उदर	मल	दिमाक/गिदी	पित्त	खकर	पिप	रगत
8	Bengali	বেঙ্গলি	উদরস্ত বস্তু	বিটো	মস্তিষ্ক-পিণ্ড	পিত্ত	শ্লেষ্মা	পূষ	লোহিত/রক্ত
9	Korean	한국어	위장안 음식	똥	뇌	담즙	가래	고름	피
10/ 11	Chinese/ Ja- panese	中文/ 日本語 (にほんご)	胃中物 (いちゅうぶつ)	糞/大便 (だいべん)	腦/腦 (のう)	胆汁 (たんじゅう)	痰 (たん)	膿/膿 (うみ)	血 (ち)
12	Vietnam	Việt Nam	Vật trong bao tử	Phân/ cứt	Bộ não / óc	Mật	Đàm	Mủ	Máu
13	German	Deutsch	Mageninhalt	Kot	Gehirn	Galle	Schleim	Eiter	Blut
14	French	Française	Contenu d'estomac	Excréments	Cerveau	Bile	Flegme	Pus	Sang
15	Indonesia	Bahasa Indonesia	Makanan Baru	Tinja	Otak	Empedu	Dahak	Nanah	Darah
16	English	English	Gorge	Faeces	Brain	Bile	Phlegm	Pus	Blood

<i>Sedo</i>	<i>Medo</i>	<i>Assu</i>	<i>Vasū</i>	<i>Kheḷo</i>	<i>Singhāṇikā</i>	<i>Lasikā</i>	<i>Muttaṃ</i>
ඉඳු	ඔසිම	සුණ්ඳු	සිඳු	මල්ලු	දුර්	ලසිකා	කුට්ටිය
దిలది	ఔషధం	కల్ప	వీణ, పుర్రులు వంటివి	కలం	కాచి	కణుపు	మూత్ర
น้ำเหลือง/ ເທື່ອ	น้ำมัน/ ນ້ຳມັນ	น้ำคาว/ ນ້ຳຕານ	น้ำมันเหลือง/ ໄຂມັນ	น้ำลาย/ ນ້ຳລາຍ	น้ำมูก/ ຂີ້ມຸກ	น้ำไขข้อ/ ໃຂ້	น้ำปัสสาวะ/ ນ້ຳຫຍຸ້ງ
සේල	ඉඳු	ඉගිලු	ඉඳු	ඉගිලු	ඉගිලු	ඉගිලු	ඉගිලු
पसीना	बर्फी	आँसु	शरीर का तेल	धुकल	सिंघान	जोड़ों की तर रखने वाला पदार्थ	मूत्र/पेशाब
पसिना	बोसो	आँसु	सफ़तेल	धुक	सिंघान	हड्डी जॉंती मा हुने तरल पदार्थ	पिसाब/मुत
සෙද	මෙද/ච්චි	අඹ	තෙල	ඳුණු	සිංහි	ලසිකා	මූත්
땀	군기름	눈물	기름기	침	콧물	관절액	오줌
汗 (あせ)	脂肪 (しぼう)	泪/涙 (なみだ)	油 (あぶら)	唾液 (だえき)	涕/鼻涕 (はなじる)	関節液/関節液 (かんせつえき)	尿/小便 (しょうべん)
Mồ hôi	Mỡ	Nước mắt	Dầu da	Nước miếng	Nước mũi	Nước khớp xương	Nước tiểu
Schweiß	Fett	Tränen	Hautschmiere	Speichel	Rotz	Gelenkschmiere	Harn
Sueur	Graisse dure	Larmes	Graisse liquide	Salive	Glaire	Synovie	Urine
Keringat	Lemak	Air Mata	Minyak	Ludah	Ingus	Pelumas	Air Seni
Sweat	Fat	Tears	Grease	Saliva	Snot	Synovia	Urine

# Kesā

ဆံပင်

කෙස්

发 / 髮

‘ස’ ආරම්භය

केश

कपाल

কেশ

머리털

髪 (かみ)

Tóc

Kopfhaare

Cheveux

Rambut

Head-hairs

1/32





# Lomā

မွေးညှင်း

ဝေဝေ

ਅਨ / ੋੰ

ထာမ ဓာံသံ

लाम

रैं

লোম

몸털

毛 (け)

Lông

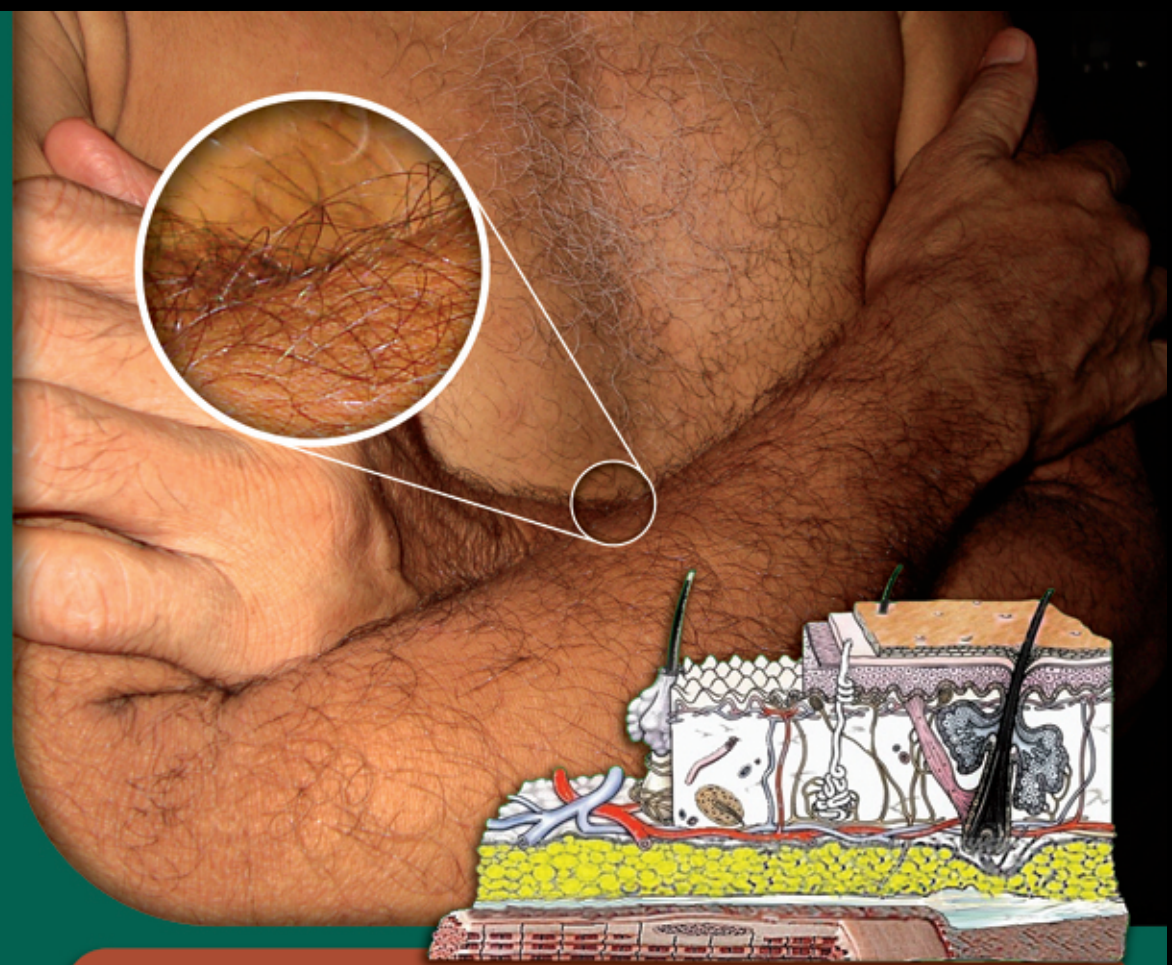
Körperhaare

Poils

Bulu

Body-hairs

2/32



Lomā grow in most of the rest of the inner skin that envelops the body, except for the locations where the head hairs are ... and for the palms of the hands and soles of the feet.

*Visuddhimagga*

# Nakhā

လက်သည်းခြေသည်း

නိဇ

နီပ / နေပ

नाखन

नाखून

नाड

नाथ

손톱

爪 (つめ)

Móng

Nägel

Ongles

Kuku

Nails



# Dantā

သွား

ငြိတ်

ฟัน / แฉิว

ထူထွာ ဓာန်စာံယ

दाँत

दाँत

दन्त

이빨

齿 / 齒 (は)

Räng

Zähne

Dents

Gigi

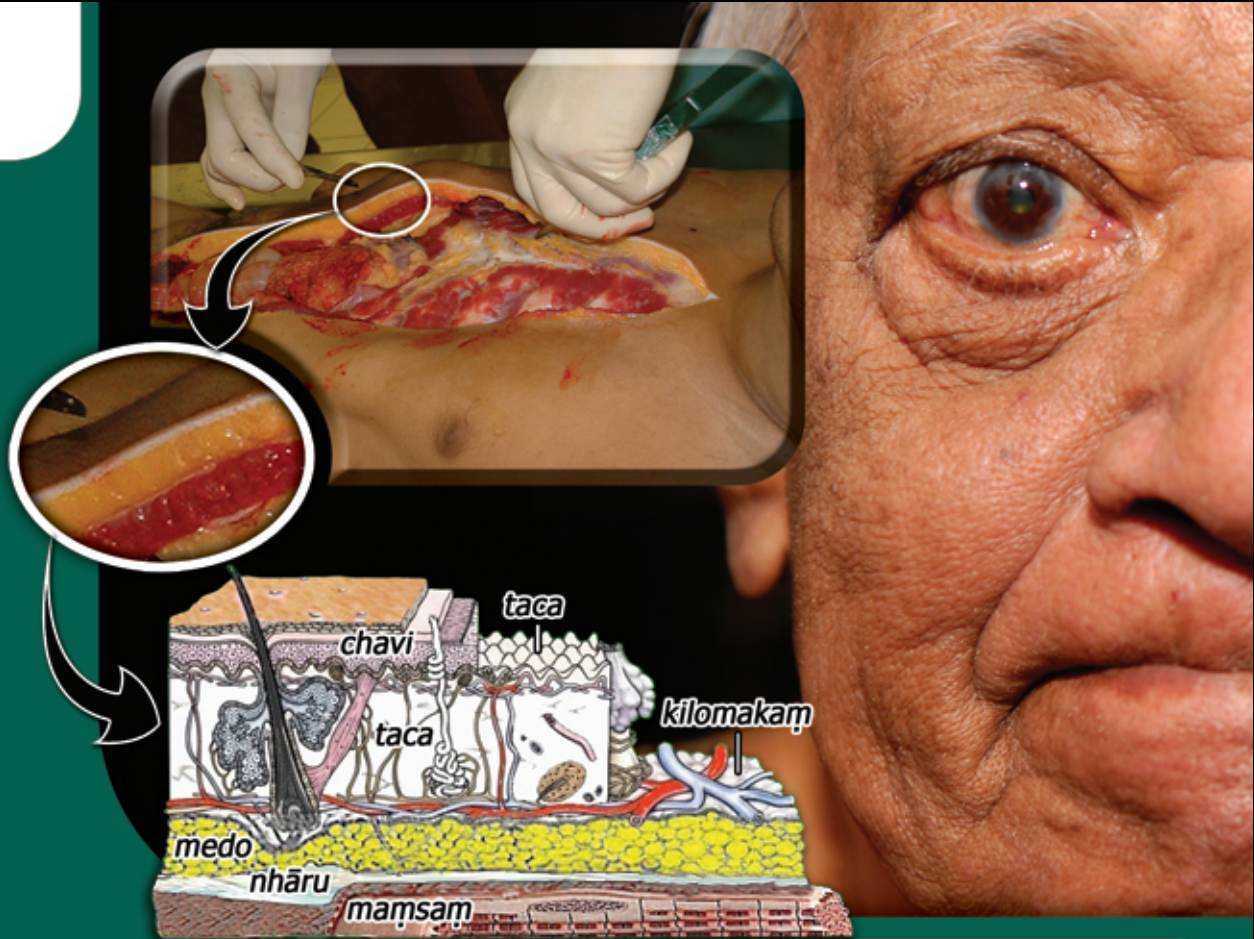
Teeth



# Taco

အဝရ  
ဗီဇီ  
หนัง / ข้าง  
ໂສກ  
चमड़ी/त्वचा  
छाल  
ছক  
살갓  
皮 (かわ)  
Da  
Haut  
Peau  
Kulit  
Skin

5/32



Taca, the inner skin (dermis) envelops the whole body. Outside it is what is called the outer cuticle (chavi), which is black, brown or yellow in color. Taca itself is white... Delimited above by space... . [Visuddhimagga](#)

# Mam̐sam̐

အသား

මස්

เนื้อ / ຊີ້ນ

मांस

मांस

मासु

मांस

살

肉 (にく)

Thit

Fleisch

Chair

Daging

Flesh

6/32



There are nine hundred pieces of flesh.

*Visuddhimagga*

# Nhāru/Nahārū

အကြော

အဆုတ်(ဆစ်ဆီဝါဝါ)

เส้นเอ็น / เส้นเอ็น

សរសៃ ទាំងឡាយ

नसें/स्नायु

नसा

স্নায়ু

힘줄

筋 (すじ)

Gân

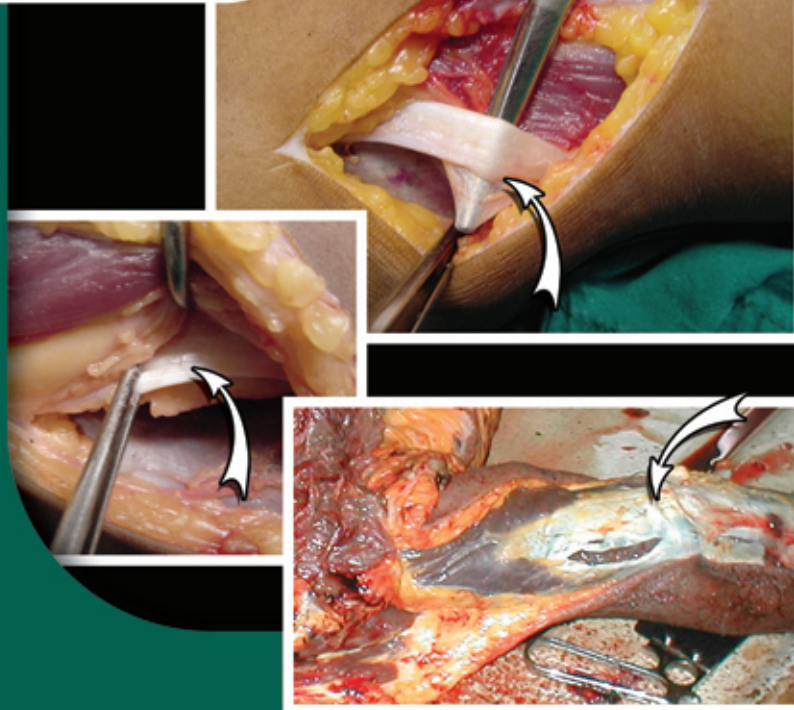
Sehnen

Tendons

Urat (urat daging)

Sinews

7/32



Color : white. Total: 900 sinews...60 great sinews are called "body supporters".

Location : 1) Binding the bones of the whole body together. (*tendon, ligament*)

2) Bounded above by the portions that are in contact with the flesh and the inner skin. (*muscle fascia*)

*Visuddhimagga*

# Atthi

အရိုး  
අට  
กระดูก / ກະດູກ  
ឆ្អឹង ទាំងឡាយ  
हड्डी  
हड्डी  
अस्ति  
骨 (ほね)  
Xương  
Knochen  
Os  
Tulang  
Bones



8/32

# Aṭṭhi-miñjā

ရိုးတွင်းခြင်ဆီ

අට්ඨිදුලු

เยื่อในกระดูก /

เยื่อในกระดูก

ឧរក្នុងអ្និ

हड्डीमज्जा

हड्डी भीत्रको मासु

अस्तिमज्जा

골수

骨髓 (こつずい)

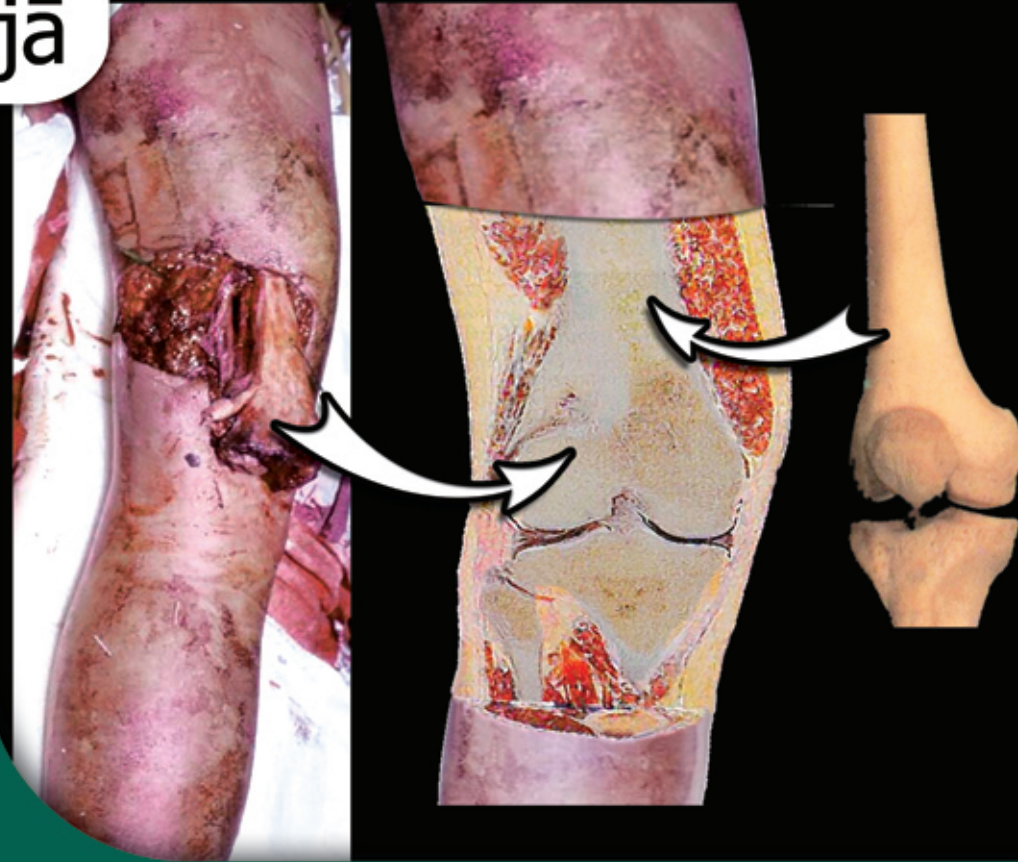
Xương Tủy

Knochenmark

Moelle

Sumsum Tulang

9/32 Bone Marrow





# Vakkam

အညို၊  
ဝါကျတစ်  
တို/ຫມາກໄຂ່ຫລັງ

စာ

गुर्दा/वृक्क

मृगौला

ବୃକ୍

콩팥

肾/腎臟(じんぞう)

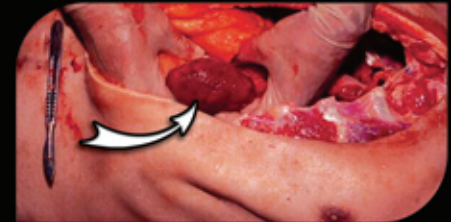
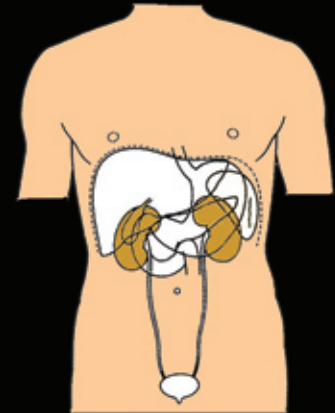
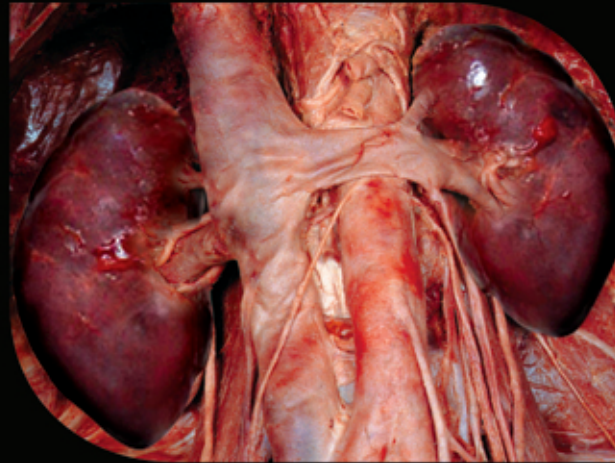
Thận

Nieren

Reins

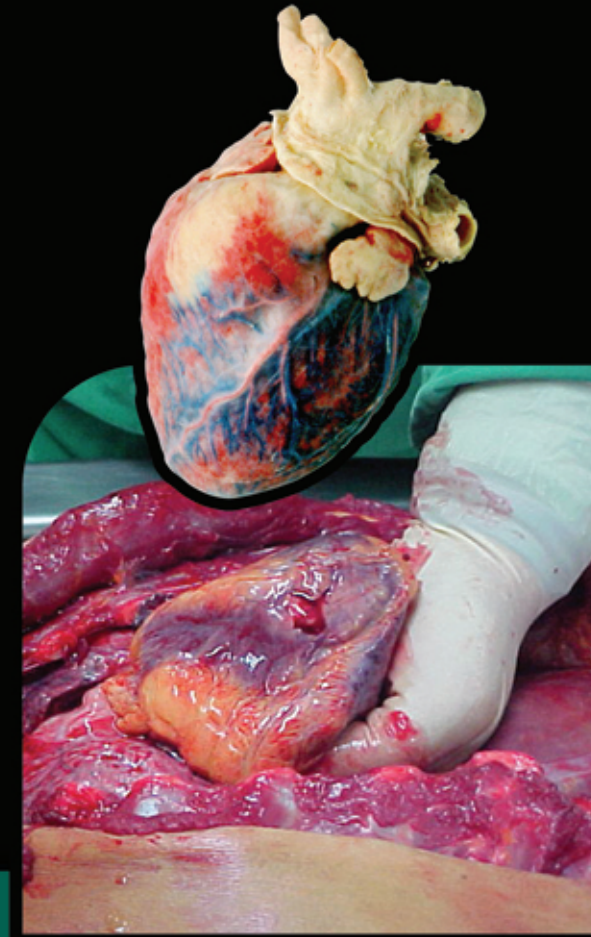
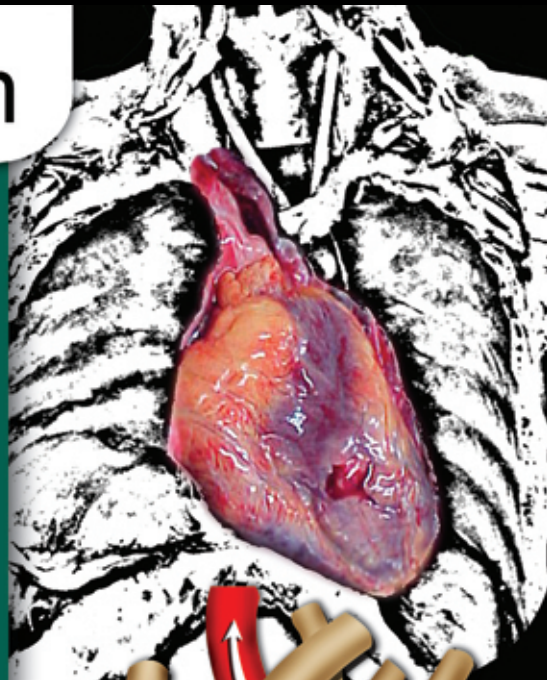
Ginjal

Kidney



# Hadayam

နဝံး  
ဗဒုဝဲ  
ဟံး/ဘမာဂ်ဝဲ  
ဗး  
हृदय  
हृदय / मुटु  
शुदय  
심장  
心臟 (しんぞう)  
Tim  
Herz  
Cœur  
Jantung  
Heart



11/32

# Yakanam

အသံဉ်း

අක්ခါဝါ

တံပ / တံပ

ဇီဝ

यकृत/कलेजा

कलेजो

যকৃৎ

간

肝臟 (かんぞう)

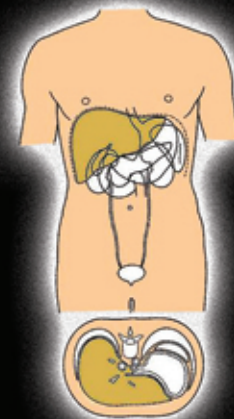
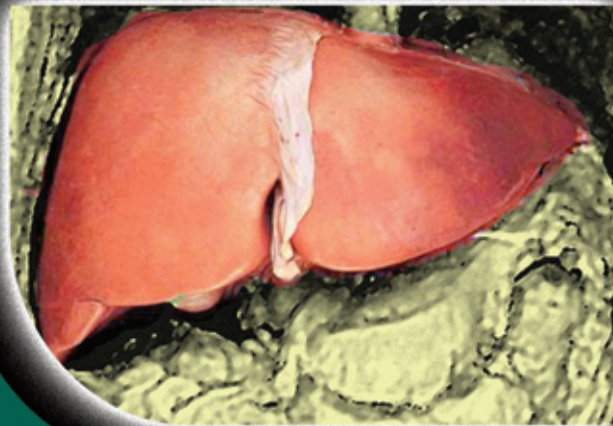
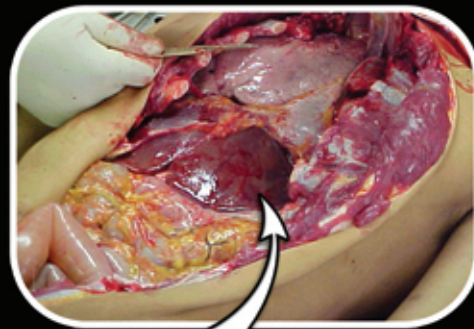
Gan

Leber

Foie

Hati

Liver



# Kilomakaṃ

အမြှေး  
உலகி

พังผืด / ขั้วซี่ง

ମାଂସ

(क्लोमक)

त्वचा और मांस के बिच काअंश  
छाला र मासु के बीच भाग

கூலா

근막

膜 (まく)

Màng (ruột)

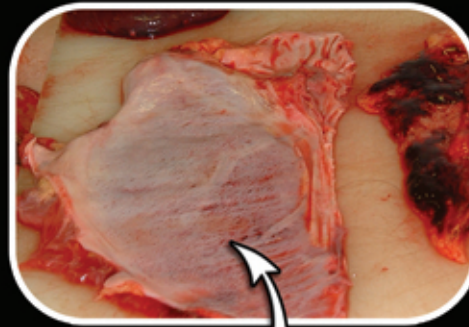
Zwerchfell

Membrane

Selaput/membran

Membrane

13/32



*paṭicchanna*



*apaṭicchanna*



*kilomakaṃ*

*Kilomakaṃ*: The covering of the flesh, which is of two kinds:

- 1) The concealed (*paṭicchanna*) : concealing the heart (pericardium) and kidney.
- 2) The unconcealed (*apaṭicchanna*) : covering the flesh under the inner skin (*camma*) throughout the whole body. Color : Both kinds are white.

Visuddhimagga

# Pihakam

အဖျဉ်း  
ခစဒိစ

ມ້າມ / မံ້ာມ

ကြုတ်:

प्लीहा/तिल्लि

फियो

स्नीश

비장

脾臟 (ひぞう)

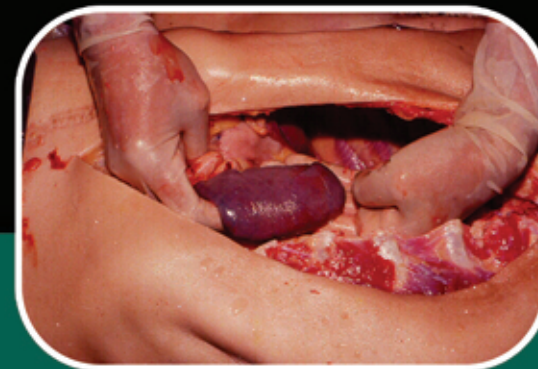
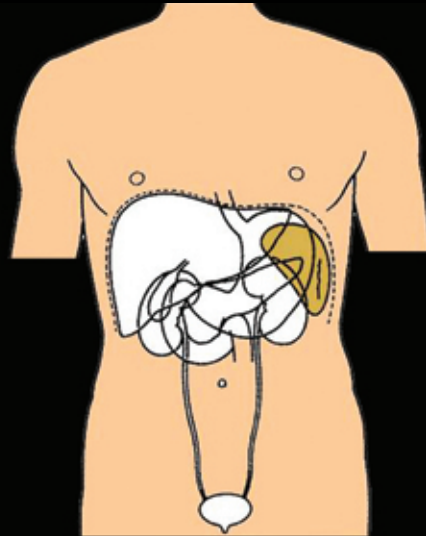
Lá lách [ tí ]

Milz

Rate

Limpa

Spleen



# Papphāsaṃ

အဆုတ်  
පෙනහළු  
ປອດ / ປອດ

လူက

फेफड़ा

फोक्सो

ফুস্‌ফুস্

허파

肺 (はい)

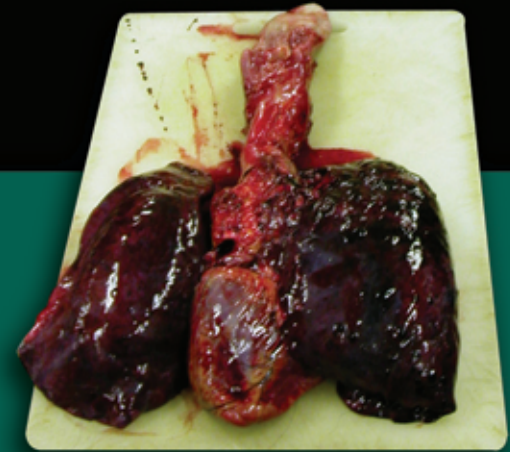
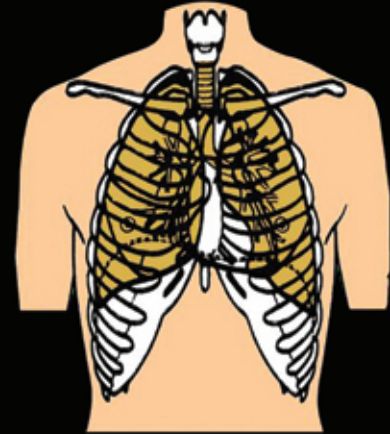
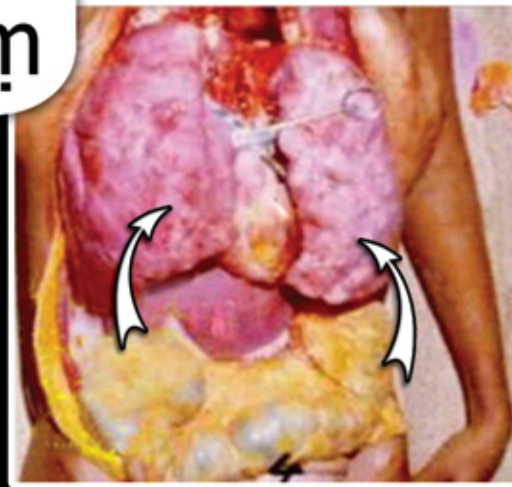
Phôi

Lunge

Poumons

Paru2

Lungs

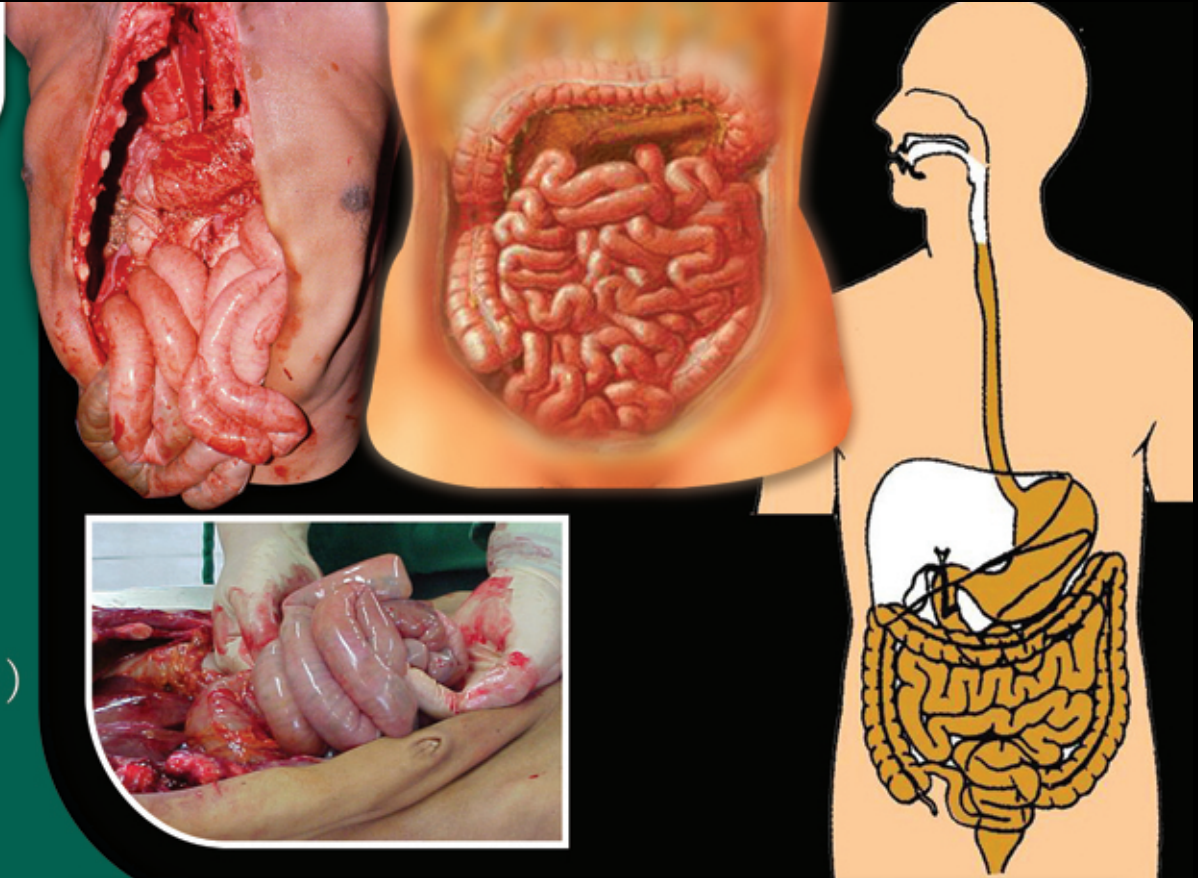


# Antam

အူမ  
මුළු ආහාර මාර්ගය  
ลำไส้ / ไส้ใหญ่  
စားເງິန်  
आंत  
துலி அந்தி  
অন্ত্র  
장  
腸/腸 (ちょう)  
Ruột  
Gedärm  
Intestins  
Usus

Digestive tract

16/32



*Antam* is looped in 21 places of the digestive tract, အူလမ်းကြောင်း: ช่องทางเดินของอาหาร, ภาวะย่อยอาหาร, 腸 消化管, 소화관, 消化管しょうかかん, Bộ tiêu hóa, Verdauungs trakt, tube digestif, Salur pencernaan.

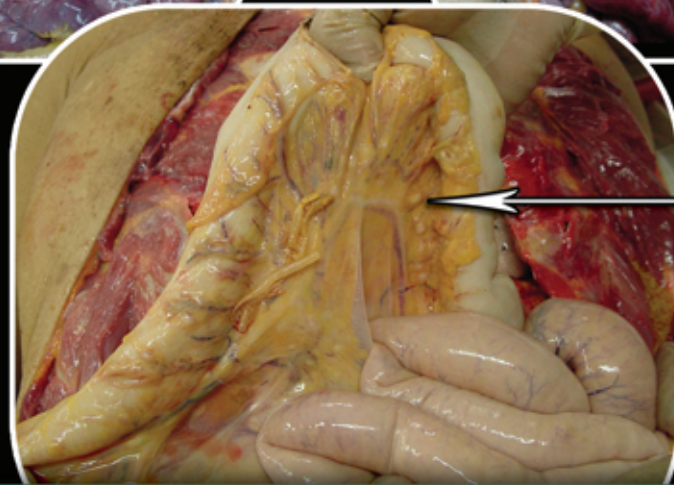
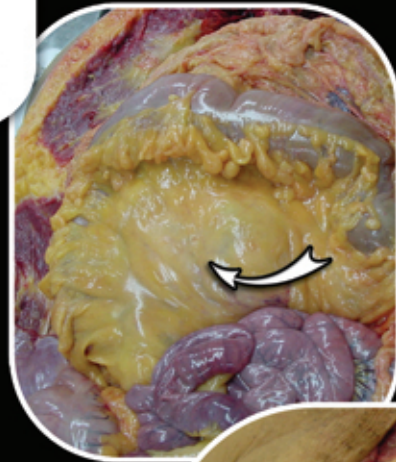
Above : : Fastened at the base of the throat (*galavāṭake*) (esophagus).

Below : : The excrement passage (rectum).

*Visuddhimagga*

# Antaguṇaṃ

အုသိမ်  
අතුනු ඛහන්  
ஸாய்ரீதீஸ/ ஸீஸீய  
ဧးးရဲဧကဧ  
आन्तोपेशी/ आँतो-पेशी  
सानो आन्द्रो  
অন্ত্রাঙ্গ  
장간막  
腸間膜 (ちょうかんまく)  
Cơ thành ruột  
Darmgekröse  
Mésentère  
Selaput-Diantara-Usus  
Mesentery



Antaguṇaṃ

17/32

Antaguṇaṃ is the fastening in the places where the bowel is coiled. It is be found inside the 21 coils of the bowel (အုရုဉ်ကြီး) (Mesentery; a double-layer membrane between the loops of intestines အကြားအဝေးဝေး, พังพืดยึดคหว่างไส้, สามสิบกับ, ភ្នាស ចន្លោះពោះរៀន

*Visuddhimagga*

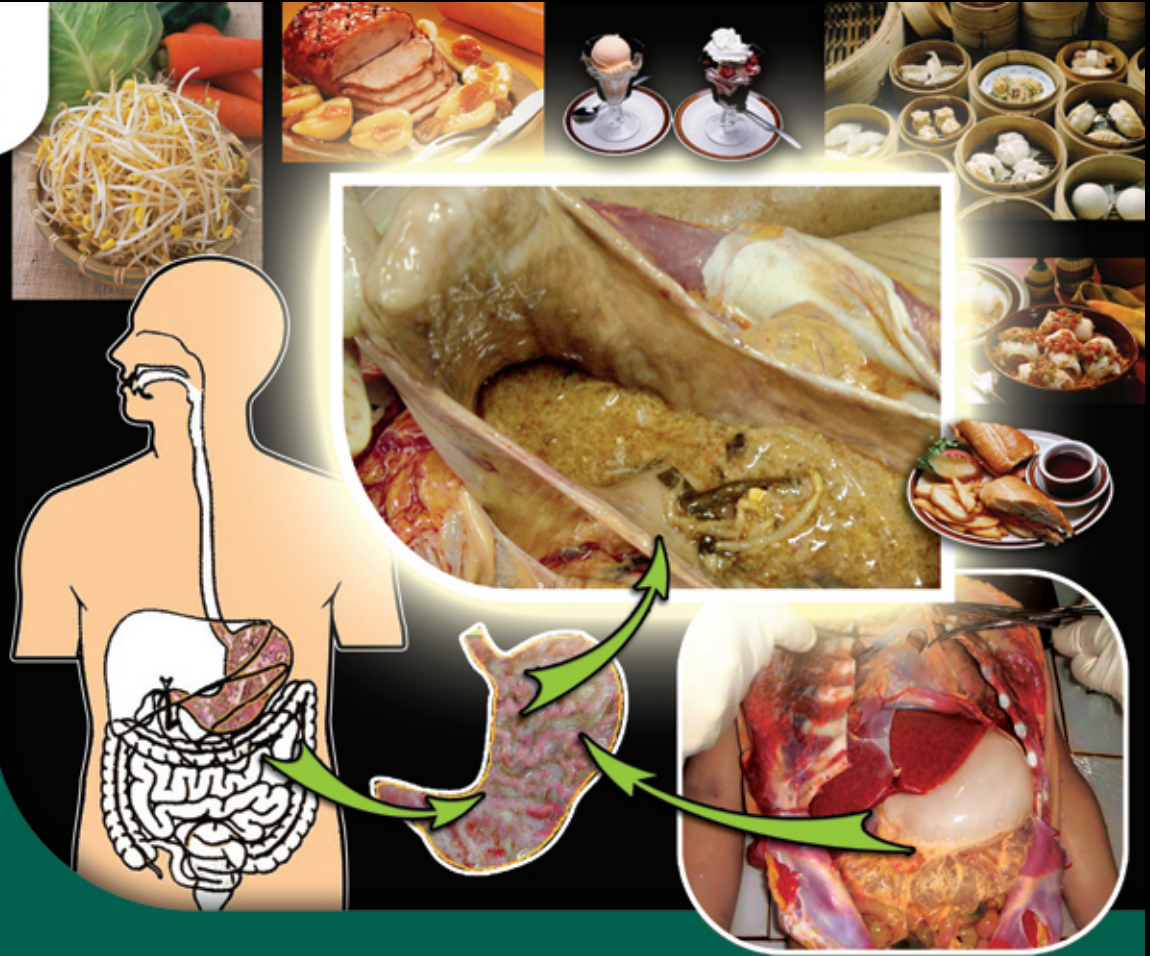


# Udariyaṃ

အစာသစ်  
စားစားဆွဲဆွဲ နာဆာဝ်  
อาหารใหม่ / ฐุທະဝານ  
អា ហာថ្មី  
उदरस्त वस्तुये  
ਲਾਦੀ  
উদরস্ত বস্তু  
위장안 음식  
胃中物 (いぢゅうぶつ)  
Vật trong bao tử  
Mageninhalt  
Contenu d'estomac  
Makanan Baru

Gorge

18/32



*Udariyaṃ*: This is what has been eaten, drunk, chewed and tasted, and is present in the stomach.

*Visuddhimagga*

# Karīsam

အစာဟောင်း

මම, අඳුළු

อาหารเก่า / 22

អាហារចាស់

पाखाना/गुँह

मल

বিশেষ

똥

糞/大便 (だいべん)

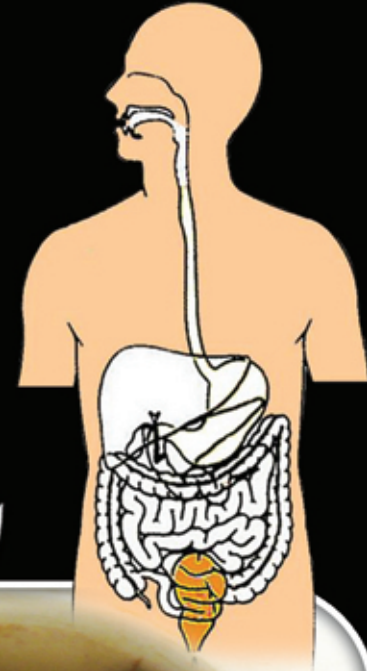
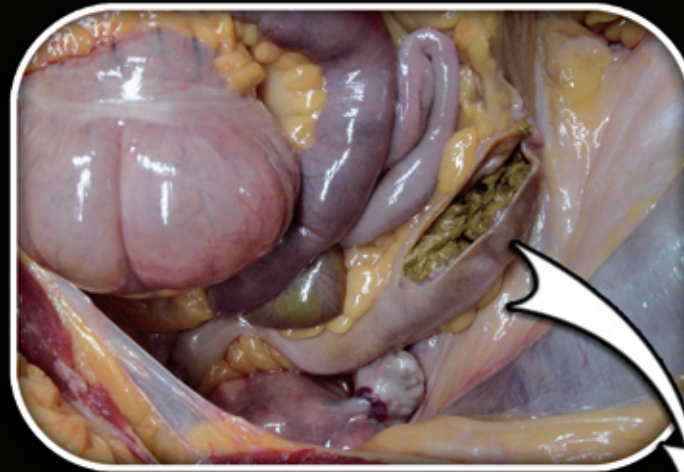
Phân/ cút

Kot

Excréments

Tinja

Faeces

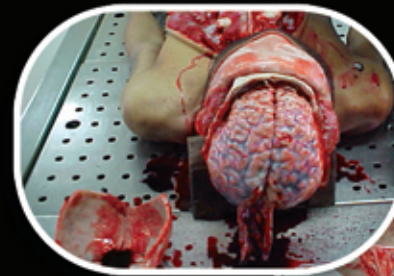
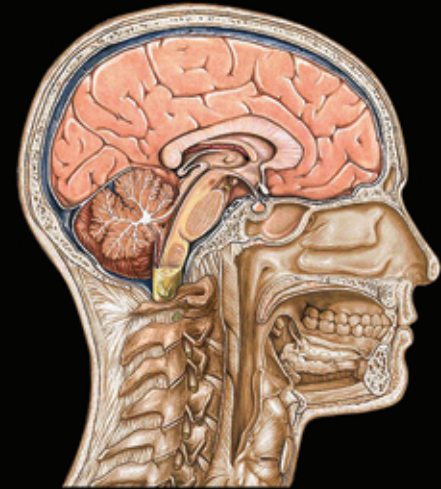
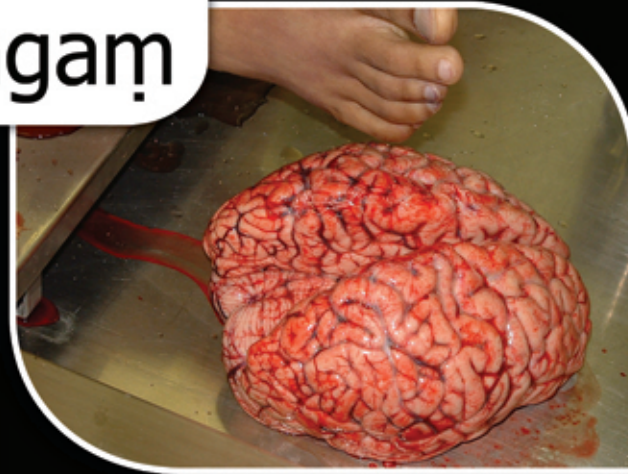


# Matthalungam

ဦးနှောက်  
මොළය  
สมองศีรษะ / สະຫມອງ  
ខ្បាល  
दिमाग/मस्तिस्कपिण्ड  
दीमाक / गिदी  
মস্তিষ্ক-পিণ্ড  
𑄎  
脳/腦 (のう)  
Bộ não / óc  
Gehirn  
Cerveau  
Otak

Brain

20/32



# Pittam

သည်းခြေ

ဗိဉ

น้ำดี / บำยี

ဗုဗာဏ

पित्त

पित्त

胆汁

담즙

胆汁 (たんじゅう)

Mât

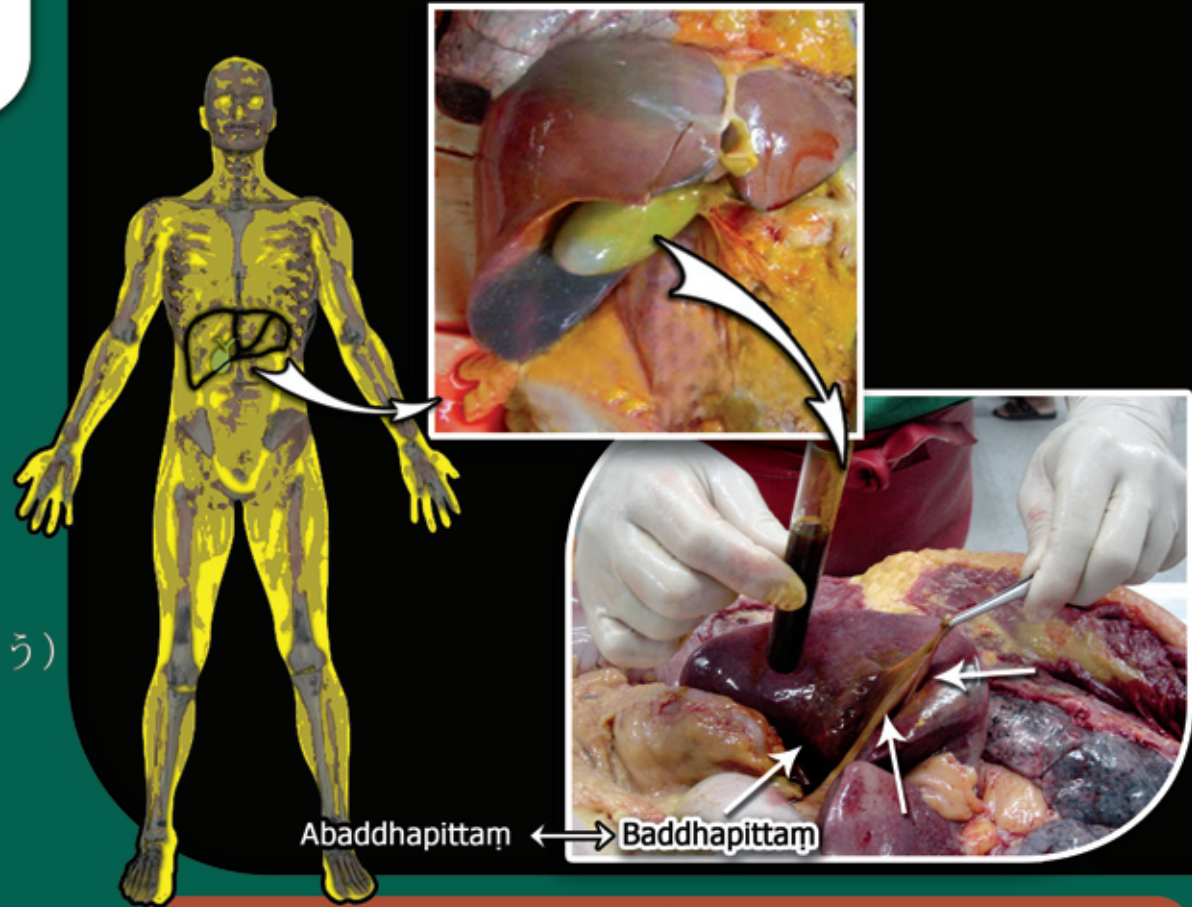
Galle

Bile

Empedu

Bile

21/32



1) Local bile (*baddhapittam*) : To be found in the bile container (gallbladder).

2) Free bile (*abaddhapittam*) : It (*Bilirubin pigment*) spreads, like a drop of oil on water, all over the body except for the fleshless parts of the head hairs, body hairs, teeth, nails and the hard dry skin (*Bilirubin pigment*).

Visuddhimagga

# Semham

သလိပ်

ထေဇာ

น้ำเสลด / ຂີ້ກະເທີ

လျှေ

श्लेष्मा/कफ

खकार

শ্লেষ্মা

가래

痰 (たん)

Đàm

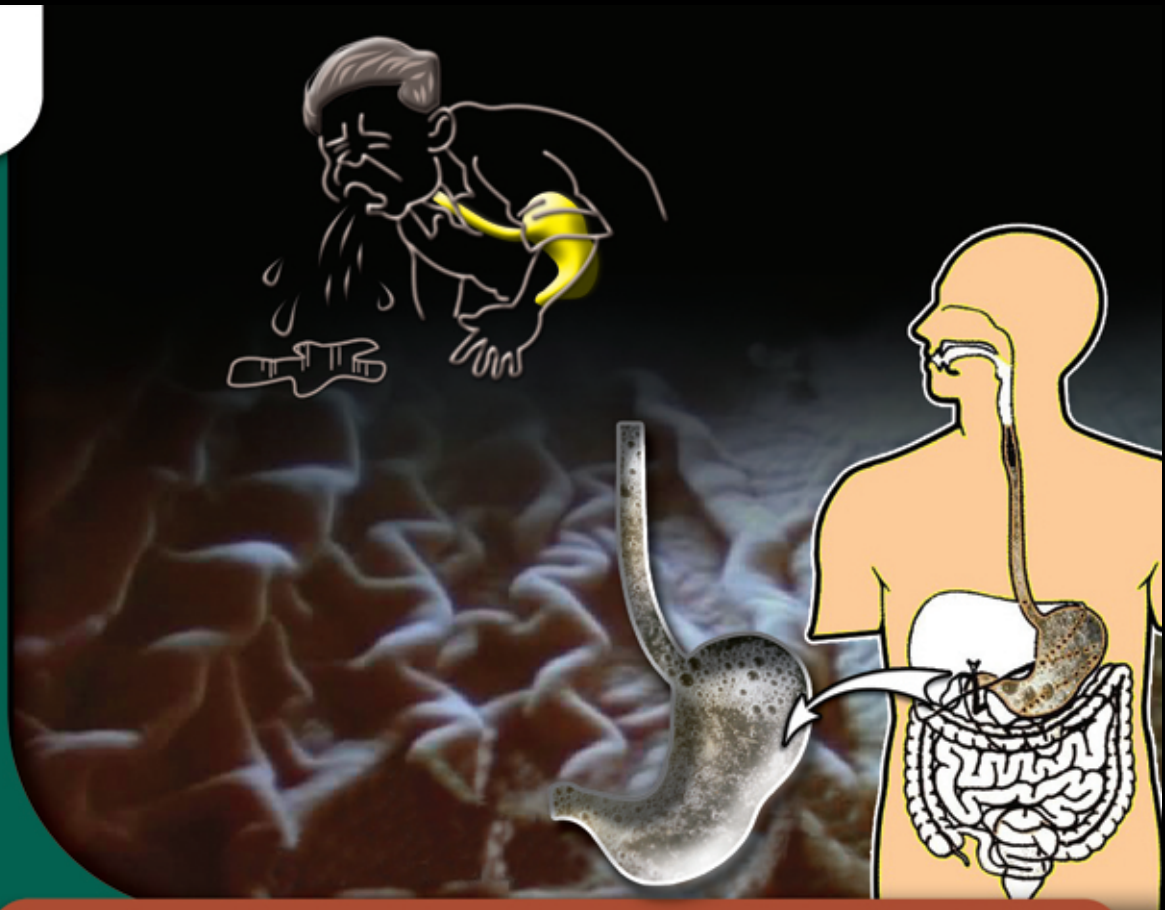
Schleim

Flegme

Dahak

Phlegm

22/32



*Semham* is to be found on the stomach's surface and measures a bowlful....when food, drink, etc., fall into the stomach, the phlegm divides and then spreads together again.

*Visuddhimagga*

(Medical term: အဆာခြေရည်, น้ำย่อย, ນ້ຳຍ່ອຍອາຫານ, ໄຂရສ ဣတး, 위액, 胃液を指すこともある, dīch vi, magen säure, fluide gastrique, getah lambung, gastric juice.)

# Pubbo

ပြည်

ဗဇဝါ

น้ำหนอง/น้ำขมອງ

ꠘꠢꠣ

पीप

पिब

પૂચ

고름

脓/膿 (うみ)

Mủ

Eiter

Pus

Nanah

Pus

23/32



# Lohitam

သွေး  
රුධිරය, ලේ  
น้ำเลือด / เลือด

𑂔𑂗𑂢𑂰

रक्त/खून

रगत

লোহিত/রক্ত

血

血 (ち)

Máu

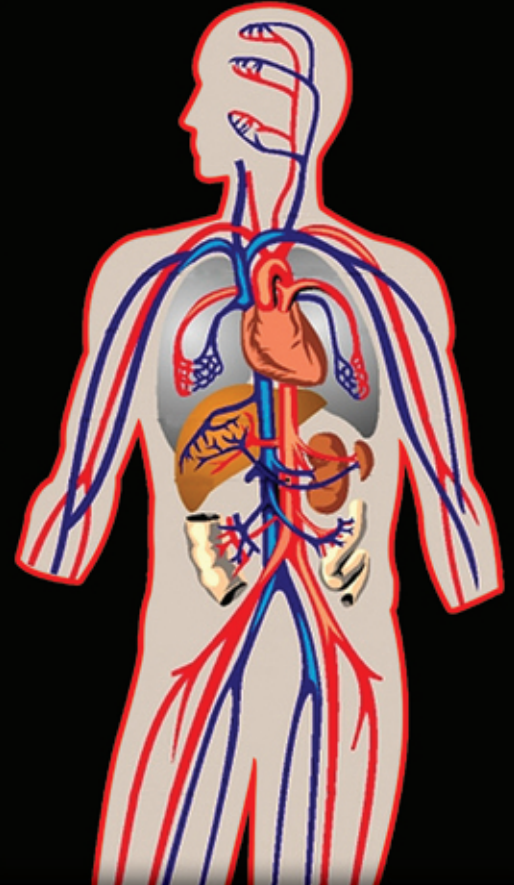
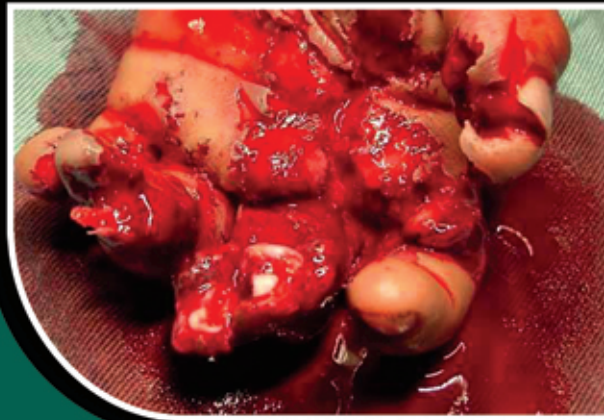
Blut

Sang

Darah

Blood

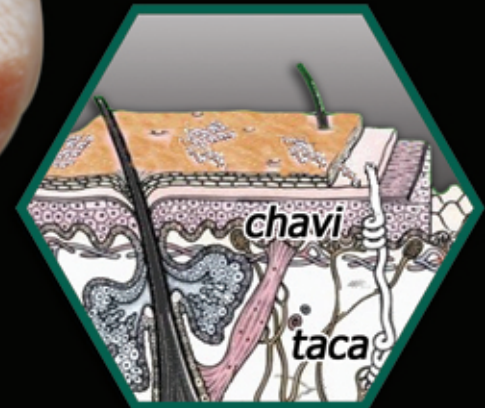
24/32



# Sedo

ခွေး  
ခိဗဒိဗ  
น้ำเหงื่อ / เหงื่อ  
ເຫຼີ້ສ  
पसीना  
पसिना  
স্বেদ  
땀  
汗 (あせ)  
Mô hôi  
Schweiß  
Sueur  
Keringat  
Sweat

25/32



The meditator who discerns sweat should only give his attention to it as it is to be found filling the pore-openings of the head hairs and body hairs.

*Visuddhimagga*



# Medo

အဆိဝ်  
စီဇုဇ

น้ำมันจัน / น้ามัน

खाण्णख

चर्बी

बोसो

মেদ/চর্বি

굳기름

脂肪 (しぼう)

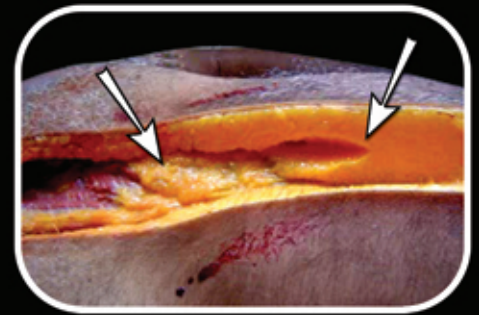
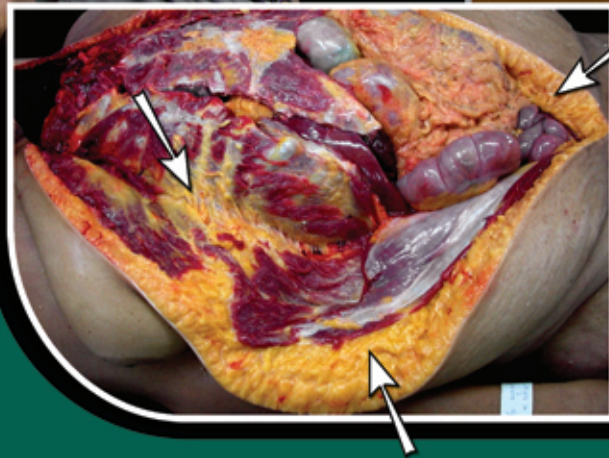
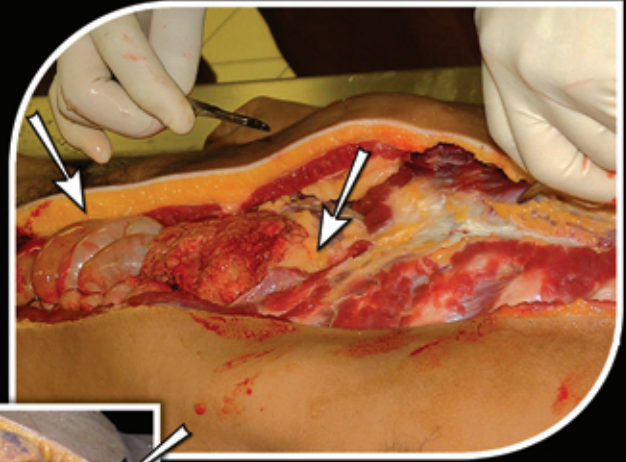
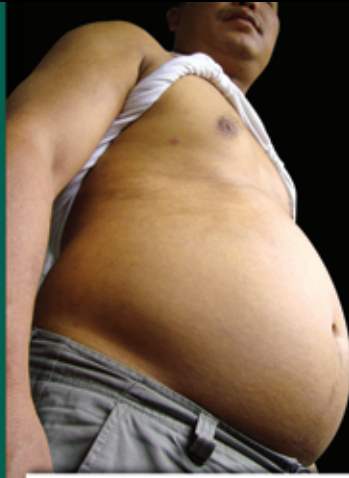
Mö

Fett

Graisse dure

Lemak

Fat



26/32

# Assu

မုက်ရည်

ဆဋ္ဌဗီ

น้ำตา / น้ำตา

စိကໄຫຼກ

आँसु

आँसु

ଅଞ୍ଜ

눈물

泪/涙 (なみだ)

Nước mắt

Tränen

Larmes

Air Mata

Tears



27/32

# Vasā

လိက်ည်

ဝိဇ္ဇာ, ဗြဟ္မစွာ စေတီ

น้ำมันเหลา/ไขมัน

ខ្លាញ់ រាវ

शरीर का तेल

सफातेल

तेल

기름기

油 (あぶら)

Dầu da

Hautschmiere

Graisse liquide

Minyak

Grease

28/32



*Vasā* is to be found mostly on the palms of the hands, backs of the hands, soles of the feet, backs of the feet, tip of the nose, forehead, and points of the shoulders.

*Visuddhimagga*

# Kheḷo

တံတွေး

ဆေး

น้ำลาย / น้ำลาย

စိကဏတံ

थुक/लार

थुक

थूथू

침

唾液 (だえき)

Nước miếng

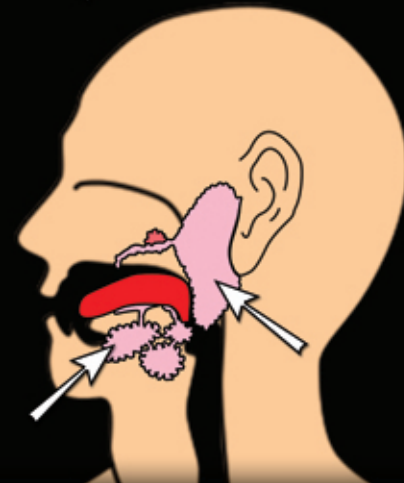
Speichel

Salive

Ludah

Saliva

29/32



*Kheḷo* is to be found on the tongue after it has descended from the cheeks on both sides.

[Visuddhimagga](#)

# Singhāṇikā

နပ်

ခေတ္တ

น้ำมูก / ຂີ້ມຸກ

စိကလဗျာ ၊

सिंघान

सिंघान

সিক্‌নি

콧물

涕/鼻汁 (はなじる)

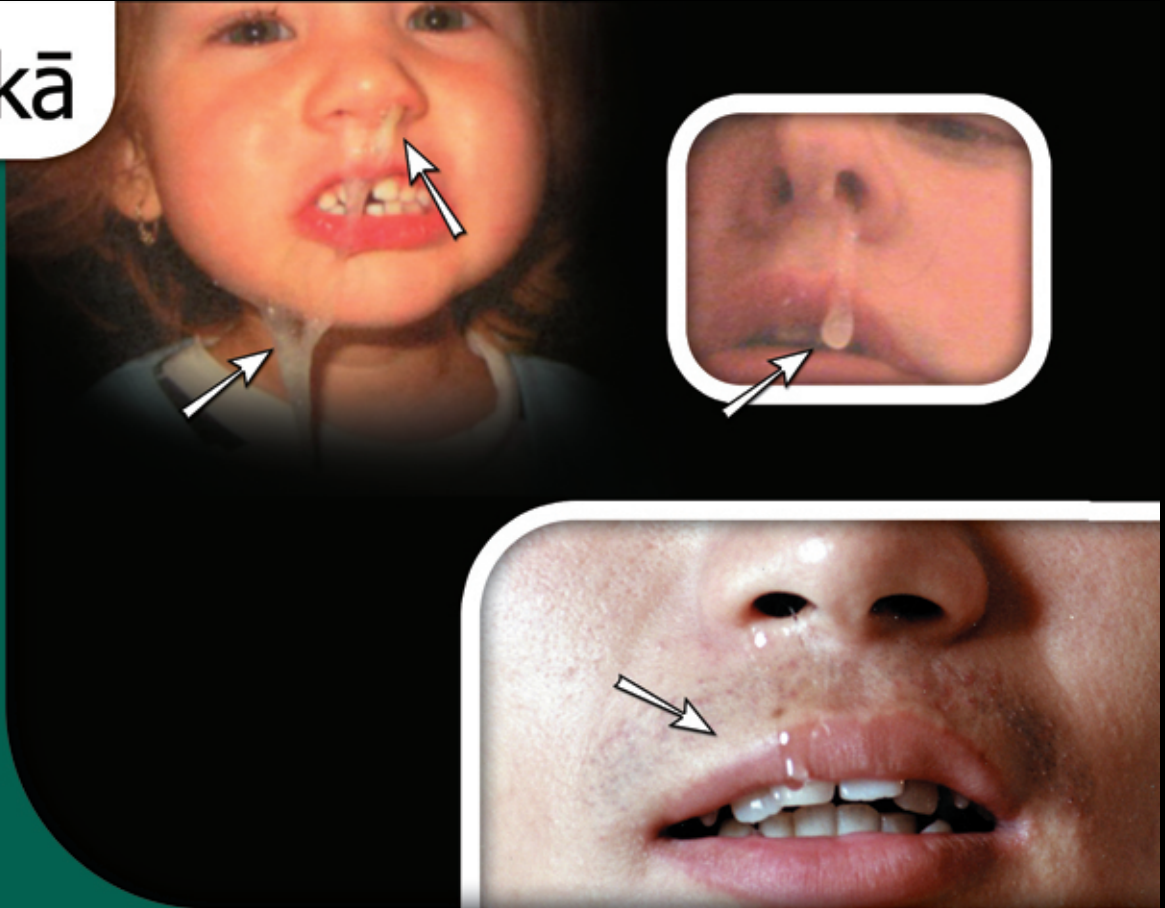
Nước mũi

Rotz

Glaire

Ingus

Snot



30/32

# Lasikā

အဝေ:  
ဗဇုဗိဋ္ဌဉ္စ  
น้ำไขข้อ / ไขข้อ  
စိကံမိလ

जोड़ों को तर रखने वाला पदार्थ  
हड्डी जॉनी मा हुने तरल पदार्थ

लसिका

관절액

关节液/關節液  
(かんせつえき)

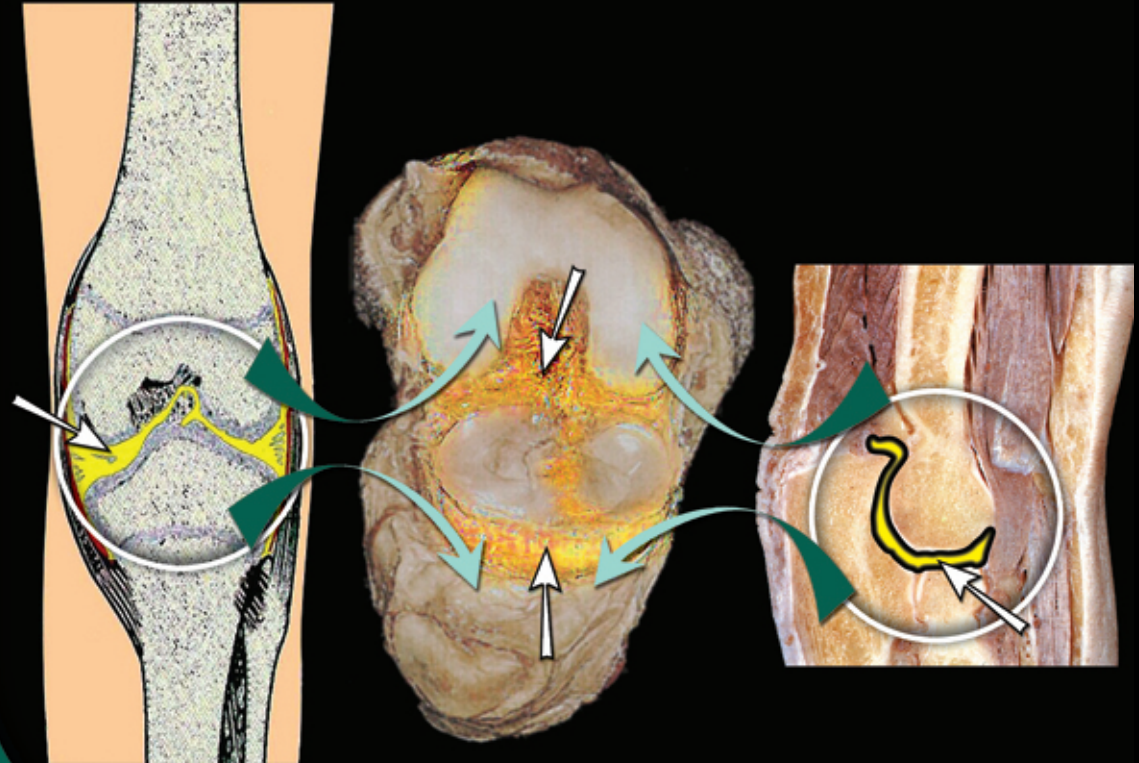
Nước khớp xương

Gelenkschmiere

Synovie

Pelumas

31/32 Synovia



*Lasikā* is the slimy ordure (*picchilakuṇapaṃ*) inside the joints in the body, serving the function of lubricating the bones' joints.

[Visuddhimagga](#)

# Muttam

ကျင်ငယ်

ဓူဝ

ນាំမုတ် / နံ့စပ်  
ဇိကဗုဒ္ဓ

मूत्र/पेशाब

पिसाब/मुत

ਸੂਭ

오줌

尿/小便 (しょうべん)

Nước tiểu

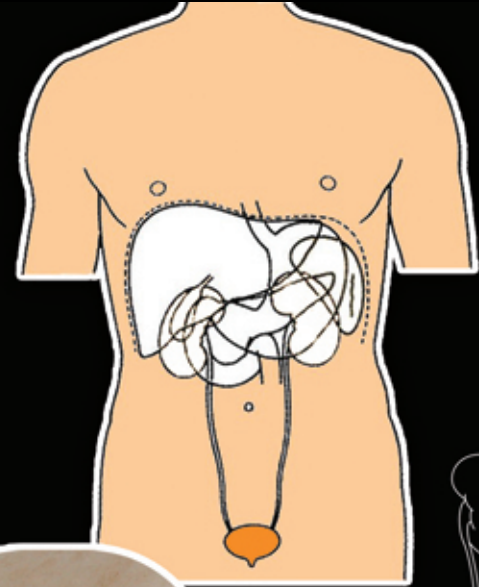
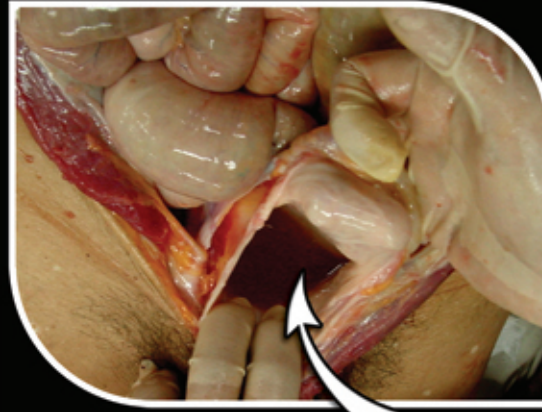
Harn

Urine

Air Seni

Urine

32/32



*So let a man, if he is wise,  
Untiringly devote his days  
To mindfulness of body which  
Rewards him in so many ways.*

*Visuddhimagga - VIII,144*

**A Gift of Dhamma  
Not For Sale**