

Appendix A – *Aṣṭāṅga Namaskāra*: the Core Posture of *Sūrya Namaskāra*.

Below is a sample list of Sanskrit (Tantric) passages referring to the Yogic rite of *Sūrya Namaskāra* by its core pose, the *Aṣṭāṅga Namaskāra* (or *Aṣṭāṅga Praṇāma*), or as Mujumdar puts it in his Encyclopedia of Indian Culture (1950), '*Sāṣṭāṅga Namaskāra*,' the '[Sequence] containing the 'Eight Body-Part prostration Pose (highlighted in blue font),' in which typically the forehead, chest, palms, two knees, and two feet (or big toe mounds)' are brought into contact with the earth.

This evidence counters the claim made by Singleton that *Sūrya Namaskāra* as a dynamic physical practice comprised of postures called 'dands' (*daṇḍas*) and led by a peak pose which engages 'Eight Body Parts' (*sāṣṭāṅga*-) was fabricated in the early 20th century by Pant and Krishnamacharya.



Tripurā/Bālā Lineage.

Title – *Paraśurāmakalpasūtra* of Rāmayadeva¹

Name of practice - *Sāṣṭāṅga Namaskāra*, 'Namaskāra Prostration [sequence] performed with the Eight Body Part Pose' ->

aṣṭāṅga-namaskāra-karaṇe patre *sāṣṭāṅga-namaskāraḥ vinyasya* yathā-śirasā urasā dṛṣṭyā manasā vacasā tathā |padbhyāṃ karābhyāṃ jānubhyāṃ praṇāmo'ṣṭāṅga ucyate || - lines

Title – *Paraśurāmakalpasūtra* of Rāmayadeva²

Name of practice - *Sāṣṭāṅga Daṇḍavat Praṇāma*, the 'Prostration [sequence] comprised of Daṇḍa postures, [culminating] with the Eight Body Part Pose' ->

¹ Completed in Maharashtra, 1829.*

² citing from the *Paramānanda Tantra*.

pūjā-gṛhād bahirdevīm [praṇamet daṇḍavad](#) bhuvi | maṇḍale namanam naiva [sāṣṭāṅgam daṇḍavat](#) caret || jānubhyām ca padābhyām ca mūrdhnā hastayugena ca | caturaṅga-praṇāmo'yaṁ maṇḍale vihitāḥ śive || iti || -lines 7712-7716.

Title - *Vāruṇapaddhati* (p. 589).

Name of practice - *Daṇḍavat Praṇāma*, the 'Daṇḍa-based Prostration (Practice)' ->

praṇamyā [daṇḍavad](#) bhūmau [sāṣṭāṅgam](#) kusumam kṣipet ||

Title - *Tattvacintāmaṇi* of Pūrānanda (1577 A.D.)

Name of practice - *Daṇḍavad Aṣṭāṅga [Namaskāra]*, the 'Daṇḍa-based (Prostration Practice culminating with) the Eight Body Part Pose' ->

[sāṣṭāṅgo daṇḍavad](#) bhūmau nipatya hṛdayena tu |

Title - *Meru Tantra* (16th-17th centuries)

Name of practice - *Sāṣṭāṅga ca Pañcāṅga Namaskāra*, the 'Namaskāra [sequence performed] with the Eight Body Part posture and the Five Body Part' posture³ ->

[sāṣṭāṅgaś cātha pañcāṅgaḥ pūjā namaskāra](#) mataḥ | -line 2867.

Vaiṣṇava Pāñcarātra Tantras.

Title - *Nāradya Tantra* (pre 12th century, A.D.)

Name of practice - *Sāṣṭāṅga Praṇāma*, the 'Prostration [sequence] performed with the Eight Body Part Pose' ->

prasādya [praṇamec](#) caiva [sāṣṭāṅgam](#) patito bhuvi || -1.111.31

Title - *Nārasimha Saṁhitā*⁴

³ As I will show in Part II of this article series, the 'Five Body Part' pose (*pañcāṅga namaskāra*) is ubiquitously designated in all Tantric lineages as a category of postural variations which are led by five, rather than eight, body parts. This includes the poses known today as 'Downward-facing dog' and 'Child's Pose.'

⁴ As cited by Gopalabhatta in his *Ṣaṣṭandharbha* (8.365); Gopalabhatta flourished in the 16th century.

Name of practice - *Namaskāra Yajña* – the ‘Namaskāra Sacrifice’ ->

[namaskāraḥ](#) smr̥to [yajñāḥ](#) sarva-yajñeṣu cottamaḥ | [namaskāreṇa](#) cakena [sāṣṭāṅgena](#) hariṃ vrajet ||

Title – *Pārameśvara Saṃhitā* (pre-12th century, A.D.)

Name of practice - *Daṇḍavat Aṣṭāṅga Praṇāma*, the ‘Daṇḍa-based Prostration (Practice culminating with) the Eight Body Part Pose’ ->

stutvā ca [praṇamed](#) vipra [aṣṭāṅgenātha daṇḍavat](#) | - 7.146.

Title – *Vārāhī Tantra*⁵

Name of practice - *Sāṣṭāṅga Praṇāmaka* – the ‘Prostration [sequence] performed with the Eight Body Part Pose’ ->

yas triḥ pradakṣiṇāṃ kuryāt [sāṣṭāṅga-praṇāmakaṃ](#) | daśāśvamedhasya phalaṃ prāpnuyān nātra saṃśayaḥ ||

Title – *Śrī Praśna Saṃhitā* (pre-13th century, A.D.)

Name of practice - *Aṣṭāṅga Praṇāma*, the ‘Prostration (Practice culminating with) the Eight Body Part Pose’ ->

tataḥ kṛtāñjaliḥ prahvaḥ [praṇamyāṣṭāṅgavad](#) bhuvi || -51.47

Title – *Pāñcarātra Rakṣa* of Vedāntadeśika (14th century)⁶

Name of practice - *Sāṣṭāṅga Praṇāma*, the ‘Prostration [sequence] performed with the Eight Body Part Pose’ ->

ity aṣṭāṅga-praṇāmaṃ ityādinā [sāṣṭāṅga-praṇāmaṃ](#) | -line 4379.

Śaiva Siddhānta Lineage.

Title – *Kriyāsāra* of Nilakaṇṭhaśivācārya (14th – 15th centuries, A.D.)

⁵ as cited by Gopalabhatta in his *Ṣaṣṭandharbha* (8.396).

⁶ Vedānta deśika was a preceptor in Krishnamacharya’s lineage; the latter was known to reference this work before his Yoga students, as attested by Ramaswami.

Name of practice (several); in the passage from which this line is excerpted, it is called the *Sāṣṭāṅga [Namaskāra] Vinyāsa*, the '[Namaskāra] sequence done with the Eight Body Part Pose' ->

[sāṣṭāṅgaṃ](#) triḥ praṇamyotthāya bhūmau jānuni [vinyasya](#) | -line 11727.

Title - *Kriyadkramodyotikā* of Aghoraśiva (11th century).

Name of practice - *Namaskāra Vidhi*, the 'Ritual Sequence of Namaskāra' ->

'pradakṣiṇa-namaskāra-vidhiḥ- pradakṣiṇa-trayamapada-śabdaṃ kṛtvā, [sāṣṭāṅgaṃ daṇḍavat praṇāmya](#), hr̥ṣṭaḥ samutthāya...' -I.57.

Title - *Jñānaratnāvalī* of Jñānaśiva (11th -12th centuries).

Name of practice - *Sāṣṭāṅga Praṇāma*, 'Prostration [sequence] performed with the Eight Body Part Pose' ->

'ity ādibhiḥ parameśvaram stutvā sapradakṣiṇaṃ [sāṣṭāṅgaṃ praṇāmaṃ](#) vidhāya svāminnāgnikāryaṃ karomīti' -line 4043.

Kaula Lineages, generic.

Title - *Devīrahasya* (ca. 16th century, Kashmir)

Name of practice - *Sāṣṭāṅga Praṇāma*, the 'Prostration [sequence] performed with the Eight Body Part Pose' ->

divyāni vastūni sadevikāya devāya nivedya [sāṣṭāṅgaṃ praṇāmet](#) | -line 9572.

Other Tantric Works.

Title - *Āgamakalpalatā* of Yādunātha

Name of practice - *Daṇḍavad Aṣṭāṅga Praṇāmaṃ*, the 'Daṇḍa-based Prostration (Practice culminating with) the Eight Body Part Pose' ->

tato navīnanīradaśyāmamityādinā-stutvā [pradakṣiṇī](#) kṛtya [daṇḍavad aṣṭāṅga-praṇāmaṃ](#) kuryāt | urasāsirasā dr̥ṣṭyā manasā vacasas tathā || padbhyāṃ karābhyāṃ jānubhyāṃ praṇāmoṣṭāṅga īritah || -10.4.

Title – *Umā Saṃhitā*

Name of practice - *Sāṣṭāṅga Namaskāra*, Namaskāra (Practice culminating with) the Eight Body Part Pose' ->

tasmāt pitror [namaskāras sāṣṭāṅgaś](#) śruticoditaḥ | vinā sāṣṭāṅga-manyena kurvan narakam aśnute || -lines 1634-1635.

Title – *Durgārcanasṛṭi*

Name of practice - *Sāṣṭāṅga Praṇāma Vidhi*, the 'Ritual Sequence of Prostration with the Eight Body Part Pose' ->

[sāṣṭāṅgo](#)' yaṃ praṇāmaste *prayatnena* mayā kṛtaḥ ||
[sāṣṭāṅga-praṇāma](#) urasā śiraśā dṛṣṭyā manasā vacasā tathā |
pañcamam praṇipātena [sāṣṭāṅgena](#) yathā [vidhiḥ](#) || -lines 2559-3563; 5942.