32 Parts of the Body in 16 Languages

Dvattiṃsakāro

မိုးရောီ ကြီး ခွဲကြည်စုစုပေါင်း

32

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

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

Some of the photographs were obtained from the Dhammajāta (DVD) and some others were used with the permission granted by Wat Pah Nanachat, Thailand.

This booklet is published as a gift, in the public domain, and cannot be copyrighted. The material in this book may be reproduced for free distribution only.

Publication: June 2010 (First Printing)
Contemplation on the 32 Parts of the Body (Dvattimsakaro)

Contemplate & visualize their foulness and repulsiveness nature, in groups, forward and in reverse order.
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
Danta

 зубы
 पंज / दहूँ शुष्क शंघांग दाँत दाँत
 دنت
 이빨
 齒 / 牙 (は)
 Răng
 Zähne
 Dents
 Gigi
 Teeth
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... .
There are nine hundred pieces of flesh.

Visuddhimagga
Nhāru/Nahāru

700 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)
Aṭṭhi-miṅjā

골수
骨髓 (こうずい)
Xuống Tủy
Knochenmark
Moelle
Sumsum Tulang
Bone Marrow
Kidney
Liver
Kilomakam: The covering of the flesh, which is of two kinds:
1) The concealed (paṭicchanna): concealing the heart (pericardium) and kidney.
2) The un Concealed (apaṭicchanna): covering the flesh under the inner skin (camma) throughout the whole body. Color: Both kinds are white.

Visuddhimagga
Papphāsamā

Lungs
Antaṃ is looped in 21 places of the digestive tract, 附属器官 ของทางเดินของอาหาร, ประสาทปลายอาหาร, ท่า ร่างกาย อาหาร, 소화관, 消化管しょうかかん, Bố tiêu hóa, Verdauungs trakt, tube digestif, Salur pencernaan.
Above : : Fastened at the base of the throat (galavāṭake) (esophagus).
Below : : The excrement passage (rectum).
Antagunam is the fastening in the places where the bowel is coiled. It is be found inside the 21 coils of the bowel (వృందకార) (Mesentery; a double-layer membrane between the loops of intestines సలపత్తి పూపక చూసే, పంచిత్రి తెగం ఉంటి, సుమారు స్థాయిలో చెందింది).
Udariyam: This is what has been eaten, drunk, chewed and tasted, and is present in the stomach.

Visuddhimagga
Matthalungaṃ

Brain

Bồ não / óc
Gehirn
Cerveau
Otak
Brain
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*).
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.

(Medical term: สัมพนธ์, น้ำลาย, บั้งย่อยอาหาร, ไอแส, ซน, 水, 体液を指すこともある, dicht vi, magen säure, fluide gastrique, getah lambung, gastric juice.)
Lohitam

Blood
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
Assu

น้ำตา / น้ำตา

눈물

泪/涙 (なみだ)

Nước mắt

Tränen

Larmes

Air Mata

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

*Visuddhimagga*
Singhanika

Nước mũi
Rotz
Glaire
Ingus
Snot
Lasikā is the slimy ordure (*picchilakunapam*) inside the joints in the body, serving the function of lubricating the bones' joints.

*Visuddhimagga*
Muttam

Urine

Air Seni

Urine

Nuộc tiểu

Harn

尿 / 小便 (しょうべん)
So let a man, if he is wise, untiring devote his days to mindfulness of body which rewards him in many ways.

Visuddhimagga – VIII, 144