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will defend her **Ph.D Thesis** through ONLINE (GOOGLE MEET) Viva - Voce

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#### Title of the Thesis

**“BHARATHANATYAM AND HEALTH”**

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# **BHARATANATYAM AND HEALTH**

**REGN. NO. P 3164**

**B C YOGITHA**

## **Introduction**

There are so many systems of treating disease but only one science of health. The various systems of treatment may be broadly classified into two categories, namely, the drugging and non-drugging ones. The leading or dominant system of drugging is allopathy or the western system of medicine is by far the most popular due to the easy way by which it alleviates the symptoms of the disease. All the drugless systems come under what is called nature cure which the Father of our Nation Mahatma-Gandhi believed in, practiced in and propagate as Nature cure, as It have understood is applied Health Culture. According to this science, health and health alone is the guarantee against disease.

Prevention is better than cure, goes the proverb and even this “Bharatanatyam and Health” research work also goes on this basis. Nature cure says that prevention is the only cure. That is, health culture will promote health and prevent disease; health culture alone can cure disease also. Considered from this angle, since Bharathanatyam can promote health, it will also help to prevent and keep healthy from disease. We also take in this fact that all systems of the body are interdependent on each other and strengthening of one system automatically helps another diseased or affected system to cure itself.

Bharathanatyam thus, is an excellent subject, both for the mental and the physical development of the child even adult. The aim of our classical dances is sadhana, not fat loss. But to reach a place where sadhana, learning the very means of spiritual evolution is possible, the physical body must be in flexible, dynamic to not get hurt from minimal activities, if the body is rigid it would be great difficult to do basic work also. While learning Bharatnatyam, every dancer will be so intrigued when they discovered the sequence. Bharathanatyam dance inherently follow what is now called ‘periodization’, that’s exactly why it doesn’t burn out or

bore students in months, years. The learning stimulates and relaxes at the same time, making students feel that a lifetime wasn't enough to learn. So when you are 'bored' of the gym or aerobics or any other activity, know that it's not lack of consistency from your end, it's the lack of the periodization model in those activity. We never had is a culture of being frivolous. Our 'fitness culture employed the physical and sought to go beyond what is visible. Don't equate your unawareness about this with their absence or lack of existence. Please get over your-self it will help you to keep Healthy and fit.

## **Chapter-1**

### **BHARATHANATYAM most comprehensive form for HEALTH**

Dance is always with human life, its Incidental learning system. This study also speaks how changing condition has changed the habits and has taken toll on our and our kid's health. Definition and use of exercise in modern world such as Cardio, Stretching and Strength Training (Endurance) has been compared as how Bharatanatyam is more comprehensive for health which has all these rules in it in very subtle way. In Bharatanatyam in whole course of items, there are hundreds of instances where from mid brains hair to the toe nail muscle are rejuvenated so, there is no question of a child growing into an adult who is a victim of lifestyle diseases. Bones and muscles never degenerate when used regularly. The kid aged of seven years could do the item called Allaripu for three minutes very easily where she comes across of 238 movements with crisp beat and finish with a smile on her face and sense of accomplishment and the whole bodies muscular including Eye, Eye brow, Hand, Neck and biggest muscle of the body is thigh even this has been used without any hardship of the dancer in this periodization method and

nervous system is been used by that seven year kid without her knowledge she has done the exercise, symmetry and balance. Thus in a course of items the child's hand and finger joints keep on getting movement. But all the time the child has no feeling that he or she is going through a course of exercises. The only feeling is that of enjoyment and playful activity with music. Thus, it is Bharathanatyam that approaches closest to the ideal exercise, which in turn will help her in attaining the ideal form and also ideal health. No other games or formal exercises can cover up whole body fully in 3 minutes in such wholesome way.

## **Chapter-2**

### **Joy of Eternal Beauty**

Exercise and physical activity have a positive effect for all the muscular group, increases strength, stability and flexibility, makes the human body efficient and fit to deal with life. Lack of exercise leads to deterioration of all of the muscle, reduce the fitness of the body, reducing its efficiency at lending a healthy and active life. Other than just physical factors or fitness there is a drop in neurological, chemical, metabolical, hormonal and biological parameters too. Basically, Human body is made to use it or you will lose it, so this chapter talks about how to use it with the help of Bharathanatyam and keep our body muscles immortal as our age old gurus Vijayanthi mala bali, Dhanajayan, C V Chandrashekar and many more. Who are 70 yrs and above but are leading their life as 40yr of lay man lead his life.

This chapter has detail study of Muscular anatomy of our body, here Eternal beauty is been told for our whole body from the bigger muscle the thigh muscle to smallest muscle on face which has been taken care very precisely in Bharathanatyam movements, the study shows by practicing these movements

explaining Nritha part for Endurance in Treekala Thermanam of Varnam, Beauty of gait and posture, Beauty of posture, Dynamics without motion, Speed of movement and Diseases by Wrong Posture and Remedies in Bharathanatyam all these is been discussed.

### **Chapter-3**

#### **Food for Brain**

None of the body system is capable of functioning alone. All are interdependent and work together as one unit so that normal conditions within the body may prevail. Control of the body's billions of cells is accomplished mainly by two communication systems: the nervous system and the endocrine system. Both systems transmit information from one part of the body to another, but they do it in different ways. The nervous system transmits information very rapidly by nerve impulses conducted from one body area to another. So it is must to keep Neuro system in good condition is very important. There is nothing more refreshing to the mind than a vigorous hour of Bharathanatyam class. The whole system, including the brain, is stimulated. That is, within a short interval of time, a lot of activity involving the mind and the body refreshes a person or child and he or she can turn to his or her studies with a fresh mind.

In this chapter the study on Neurological system, and the tour of human brain is been done, brain exercise done for its development , Bharathanatyam correlation and coordination for brain development, Adavus have been studied and how dancers keep the format of talam of adavu while performing is studied. Talam and the brain work involved for dancers, Diseases for brain and neuron system and Bharathanatyam as remedy all these is been tried to cover.

## **Chapter-4**

### **Magic on foot works**

Acupressure, Reflexology, Zone Theory has been studied details how Padha Bheda is one of the chapter in Natyashatra in which so much importance is given for the foot movements in Bharatam, this Padha Bheda can work as magic on dancer's body is been spoken. Mudra's are used for health purpose in our culture from ancient times many mudra which is used in Bharathanatyam are same with different names this has been spoken elaborately in the study. By doing Bharathanatyam the dancer will be rejuvenating the whole body as all the adavu are based on tapping the legs and in hands she uses Mudras for Nritha and Ahinaya so knowingly or unknowingly dance is getting Acupressure on all the foot and hand points this keeps her free from common cold, fever and their immune system will be strong compared to a lay person.

## **Chapter-5**

### **Friendly to Respiratory and Circulatory System**

Respiratory and Circulatory system cannot be put for direct exercise but it can be made strengthened only by exercising the whole body. A reference has already been made to diaphragmatic breathing. In an ordinary individual, the diaphragm's vertical movement is about two inches only. These more the diaphragm moves, the greater the lung capacity, because two-thirds of our breathing is due to the



movement of the diaphragm. In dancers, the diaphragm may move up and down by as much as four inches. That is, the lung capacity will be doubled.

In Bharathanatyam the first and foremost aim is to create beauty. Even when doing the most intricate steps, the dancer keeps her abdomen pulled tightly in, her mouth closed, her chest forward and the posture erect, all of which are positive points for the increasing of the lung capacity of a person. By closing the mouth, the air only goes in with control through the nose only. By pulling in the abdomen, the abdominal muscles are strengthened and tightened. This compels the diaphragm to move more.

### **Dancer's Breathing Technique**

In Bharathanatyam there are three speeds in which the steps or a long chain of steps is performed. In between these steps within the same item, there is a period of relaxation when the dancer walks back gracefully or stands gracefully for a few seconds waiting for the next beat to start. There is also the period of relaxation when she shows the bhava or performs the expressive part of the item in which she depicts the words of the song in different ways. Here also, there is rest for the dancer after vigorous dancing. So what the dancer is trained to do is to hold her breath for short intervals when doing the very fast steps till she either slows down or finishes the theermana. This is a very particular case seen in the Varnams.

Blood flows against gravity when flowing from all parts of the body towards the heart or from the heart to the parts of the body above the heart. A well balanced symmetrical exercise like Bharathanatyam provides for normal well balanced circulation which of course provides strength and vigor. If proper muscular training is neglected in a child or an adult, the blood gets less assistance and it flows less freely and tends to stagnate in certain parts (stasis) where clotting may occur. The person may complain of pain or weakness in that part. The flow of blood against gravity is made difficult. The only exercise that most children get in

schools is a few minutes of mass drills which is just an apology for exercise. Young people need something much more vigorous and strenuous involving all the muscles of the body and all the joints. What we should provide for our children is a pleasure giving beautiful and vigorous exercise that can supply them with more oxygen and energy for the muscles of their body and consume least time. But the exercises performed by most children today are not of the type that can send blood racing through the blood vessels with power pulsating in their muscles.

Respiratory system its Mechanism, lungs tidal volume has been studied  
diaphragmatic breathing of dancer is been discussed with example of varnam.

Heart structure its function, essential way to keep the heart strong, plus rate and  
Bharathanatyam is a steady state of exercise which is the only way the heart can be kept stronger till old age. Diseases of respiratory and circulatory system and remedies for it in Bharatanatyam has been studied.

## **Chapter-6**

### **Digestive System**

As the age passes, ‘A clean and light stomach is the basic requisite for keeping all the other organs in good condition.’ Many problems of the organs of the abdominal cavity like indigestion, constipation, flatulence, lack of appetite and hunger-those of the reproductive system-like after and pre-problems of pregnancy etc. can be completely avoided by being a devotee of Bharathanatyam and it can become the guide and teacher for the student to help her to lead the right kind of life. Abdominal cavity, Digestive system is the root for the healthy life is spoken

with the examples of Constipation the two major root causes are lack of exercise and dietetic indiscretions which will include overeating, excessive consumption of fat, excessive consumption of sugar, coffee and tea. Dancer's conscious eating habits. Stomach gets cleansed by the vigor of nritha item Tillana is in the study. Reproductive organ is also taken on study and Bharathanatyam's position keeps the uterus healthy and strong.

## **Chapter-7**

### **Psychological Education**

Psychology is the science of the mind. The human mind is the most complex machine on Earth. It is the source of all thought and behavior. But how can we study something as complex and mysterious as the mind. Psychologists use human behavior as a clue to the workings of the mind. Although we cannot observe the mind directly, everything we do, think, feel and say is determined by the functioning of the mind. So psychologists take human behaviour as the raw data for testing their theories about how the mind works. In Bharatanatyam we have Bhava as emotions and Rasa as Complex Emotion. Mc.Dougall states the structural aspect to emotions and sentiment as follows:

<b>Simple Emotions</b>	<b>Complex Emotions</b>
Wonder	Admiration
Fear	Awe
Anger	Envy, Reproach

Submission	Envy
Disgust	Scorn, Contempt, Hate
Elation	Admiration
Tenderness	Gratitude, Reverence

According to Mc. Dougall these are the simple emotions and complex emotions that arise out of the simple emotions. In the society today, there are so many restrictions of do's and don'ts of an ideal civilized person which prevent a person from showing all these emotions freely. So, these emotional instincts will find other outlets which may not be very desirable. It may observe in classical dancing, according to Natya Shastra, there in the Navarasas we can see a similar categorization.

<i>Arpudham</i>	Wonder
<i>Bhayanaka</i>	Fear
<i>Raudram</i>	Anger
<i>Kaarunyam</i>	Tenderness
<i>Beebatsam</i>	Disgust
<i>Hasya</i>	Elation
<i>Shantam</i>	Peace
<i>Veeram</i>	Courage
<i>Shringaram</i>	Seduction

Natya Shatra also gives us the eight types of moods. These correspond very much with the complex emotions. In this chapter, we shall be looking into the psychological make-up of a child and the deficiencies in the present system of

education which are grossly affecting the mental make-up of a child and how Bharathanatyam as a part of education can, to some extent, help to correct this state of affairs. Psychological study speaks about its modern medical terms are compared for Ahinaya of Bharatha Muni and emotion with Bhava and complex emotion with Rasa is been spoken, character building of the dancer by adapting different characters are discussed. Rudolf Laban principal of movements is been compared and constructed to our Bharathanatyam format.

## **Conclusion**

Bharatanatyam is an enjoyment as much for the dancer as it is for those who witness the dance. Up to now, people have been regarding dance as an end in itself. It is also a means to other more desirable and important ends and that is, the promotion of health and the prevention and cure of diseases. Bharatanatyam is essential a fine art it may not have been meant to be a system of Exercise, incidentally an ideal one at that in fact it is the one and only system which can fulfill all the requirements of a Healthy body needs. Here is a rich endowment which has come down from the past of our cultural legend. We have not yet understood its rich potential, not only as a branch of fine art but also as a means of attaining health of body and mind. It can guide and teach for the student to help her to lead the right kind of life.

Bharathanatyam is not an art of the face, it is an art of the imagination, of the head and the heart. Emotional balance and clarity is must for this generation as today's generation has got all the possibilities compared to all older generation, having all facilities also the toll of emotional issues have increased in unbelievable rate. In Bharatanatyam we have Bhava as emotions and Rasa as Complex Emotion we can

see the intelligence of Bharathamuni while writing the Natya Shastra as Psychology of human behavioral science has spoken in deep sense. It's very important the parents of this generation take the benefit of Bharatanatyam which is fun in learning to be giving to their children as they get the emotional clarity, creativity, stability which is easily built in dance as they can imagine the extreme of any situation and make the right choice for their life. If Bharatanatyam also get the due respect and recognition and place in the school curriculum it guides the way for a healthier youth of India.

Signature of the Guide

Signature of the Research Scholar



