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HASTA MUDRA THERAPY - An Effective Aspect of Dance Therapy

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HASTA MUDRA THERAPY **- An Effective Aspect of Dance Therapy**

STATEMENT OF AIMS:

This research book visualizes “Dance” as “Therapy” in a different angle. It explores the therapeutic effects of the *Hasta Mudras* as a mode of healing. The objectives of this book are as follows.

- To elucidate the origin, history and evolution of Dance Therapy, its significance and various explorations.
- To explore and map the art of Dance to the religious and cultural practices correlating it to applied science to establish “*Hasta Mudra Therapy*” as an alternative therapy that can heal certain ailments and to spread the importance of it.
- To bring out the comprehensive analysis of the properties and healing capacities of *Hasta Mudras* as evidenced in the fields of Dance, *Yoga*, *Hindu* and Buddhist rituals and Acupressure points; and present an overall therapeutic relationships among them.

- To convey the study and examine of the physiology of palm with scientific analysis of the *Hasta Mudras* in terms of nervous, muscular and skeletal system; and also relate Pharmacokinetics to the therapeutic process of *Hasta Mudra* Therapy.
- To expound the detailed analysis and substantiation of the therapeutic effects of *Hasta Mudras* used in dance by relating them with the therapeutic effects of the *Hasta Mudras* used in *Yoga, Hindu* and *Buddhist* rituals, Acupressure points in the palm and further substantiated with the scientific analysis of the *Hasta Mudras* in terms of nervous, muscular and skeletal system and Pharmacokinetics.
- To establish *Hasta Mudra* Therapy as an effective aspect of Dance Therapy by examining the healing capacities of *Hasta Mudras* on a modest sample and ailments in an organized manner and through the inferences drawn.

UNIQUE FEATURES OF THE BOOK:

The book is one of its kinds as it is a comprehensive study and analysis of various disciplines like Dance, *Yoga, Hindu, Jain and Buddhist* religious practices, Acupressure points, Physiology of Palm, Pharmacokinetics along with an experimental study to check the scope of the study.

There are quite many books on Dance Therapy from prominent countries like USA, UK, Europe, Australia; that dealt with Dance as a Therapy with respects to movement and psychology exploring the dance forms prevalent in their regions. But books on Dance Therapy correlating the dance forms of India are rare and sparse. Even if there are any books on Dance Therapy, they have only explored movement as a whole in their study. This book stands unique as it explores the classical dance tradition of Indian subcontinent and establishes Dance as Therapy while studying them analytically and scientifically.

This book not only tries to establish the domain Dance Therapy with classical dance form of India, but also explores and establishes "*Hasta Mudra* Therapy" as a new domain in Dance Therapy.

There are books individually on the above mentioned disciplines, which spoke individually as a whole or would have related to another discipline, but none of them have comprehensively studied and analysed all the disciplines.

This book has various unique features which deal with a comprehensive study of various disciplines with an analytical approach. It not only analyses the *Hasta Mudras* in the domains of Dance, *Yoga, Hindu, Jain and Buddhist* religious practices and Acupressure points of the palm, but also scientifically analyses the physiology of *Hasta Mudras* in terms of skeletal, muscular and nervous system. It also analyses pharmacokinetics and relates it to the healing process of *Hasta Mudra* Therapy.

This book is useful and can be referred to multiple disciplines like Dance, Dance Therapy, *Yoga*, studies related to *Hasta Mudras* of *Hindu, Jain and Buddhist* religious practices and Acupressure. It can also be referred by aspirants of Therapy and Science especially the physiology of palm and Pharmacokinetics.

This book is useful to students, scholars, teachers related to PhD, MPhil, Post Graduation, Under Graduation, Diploma and Certificates programs in the education system besides other aspirants.

This book helps in establishing a new domain in Dance therapy especially *Hasta Mudra* Therapy. It opens new doors in dance therapy research

ABSTRACT:

The Book titled “Hasta Mudra Therapy – An effective aspect of Dance Therapy” deals with various disciplines like Dance, Therapy, Dance Therapy, Hasta Mudra Therapy, Hasta Mudras used in Dance, Yoga, Hindu and Buddhist religious practices; Physiology of palm, Pharmacokinetics and Acupressure. This Book is the result of the PhD thesis titled “A study of Dance Therapy with specific reference to Hasta Mudra Therapy”, submitted to University of Hyderabad, Telangana, India, which fetched me a PhD degree. The research involved a comprehensive study and analysis of the above mentioned disciplines to substantiate the work and prove it scientifically. Dance is an ocean which has boundless and inexhaustible benefits hidden in it. Dance involves all the fine arts, it encompasses mathematics, physics, chemistry, biology, management; it is closely associated to mythology; imbibes culture and tradition; involves language with technical grammar; improves communication skills & memory; cultivates discipline; it is a fitness health, entertainment & refreshment; imparts knowledge and above all it is divine and next to God. Dance can also be a mode of therapy, a skill which keeps you fit and good health. Practicing dance nurtures the body just like any other physical training or meditation. Although dance has been a method of expression for centuries, it wasn't until recently that it was characterized as a form of therapy. Dance Therapy research has been undertaken to heal both physical and mental illness, however, Dance as a whole or Dance Movement analysis is only considered as the research topic. Dance Therapy research in specific to Hasta Mudras is not done till 2008, which prompted me to choose it as my PhD research topic, as most of the Indian classical Dance forms use the Hasta Mudras to communicate Dance. From the study, it is obvious that, Dance therapy and in specific Hasta Mudra Therapy, can be a potential alternative therapy which has been proved and established

Keywords: Ailments, Acupressure, Dance, Dance Therapy, Hasta Mudras, Hasta Mudra Therapy, Heal, Pharmacokinetics, Physiology of palm, Therapy, Hindu, Jain and Buddhist religious practices, Yoga.

SYNOPSIS:

The primary aspect of this book is Dance Therapy, in specific *Hasta Mudra* Therapy. India is a land of art and culture, a land of devotion, and a land of proud heritage and rich legacy. This wonderful land has presented a wide range of performing arts, which is the valuable heritage passed on from generation to generation since times immemorial. Dance enjoys a unique place in Indian culture and is assigned a divine status. It is considered as the most appealing form of performing arts that have been patronized from centuries in India. History shows that in almost all the ancient civilizations, dance played an important part in religious rituals.

Dance plays an important role in communication. The early man expressed his ideas and feelings through the bodily movements to communicate, before language evolved. In primeval era, the emotions are conveyed through rhythmic body movements while carrying out the day to day activities such as cooking, washing, sowing, reaping, hunting, fighting and the like by the members of the community. Though unnoticed by us, it is a part of our day to day routine. At this stage dance largely served the purpose of fulfilling the social needs and providing vent to inner emotions. These uninhibited and haphazard movements are systematized over a period into specific symbolic gestures and movements and are used as a mode of non-verbal communication. With the advent of language, slowly the elements like music and literature are incorporated into dance bringing in cultural and artistic significance. Many tribal and folk dance forms evolved during this stage all over India. Undoubtedly, the most significant contribution to the evolution of Indian dance can be attributed to the treatises like ‘*Natya Sastra*’ authored by *Bharata Muni* and ‘*Abhinaya Darpana*’ by *Nandikeshwara* which paved way to the emergence of classical dance – a dance that is highly scientific, systematized and stylized. Classical dance attached transcendental significance to dance by serving as a vehicle of spiritual advancement. Many classical dance forms flourished in different regions that came a long way from catering to the lower level social needs to much higher level spiritual needs of human beings.

Dance represents the miniature world. Dance is an excellent art which has imbibed almost everything necessary to maintain a perfect lifestyle. The knowledge, action, talent, behaviour, self development and entertainment are well balanced in dance. Dance is an ocean which has boundless and inexhaustible benefits hidden in it. Dance is often referred to as a “unified art”, the most complete of all the arts. This can be justified because dance can utilize intelligence, spirituality, creativity and spontaneity while the body acts as a means of producing art. It is an amazing feeling to experience movement spontaneously being created within one’s body. Dance involves all the fine arts, it encompasses mathematics, physics, chemistry, biology, management; it is closely associated to mythology; imbibes culture and tradition; involves language with technical grammar; improves communication skills & memory; cultivates discipline; it is a fitness health, entertainment & refreshment; imparts knowledge and above all it is divine and next to God. Dance can also be a mode of therapy, a skill which keeps you fit and good health. Practicing dance nurtures the body just like any other physical training or meditation. “Dance is a unique physical discipline in which emotional, psychological, spiritual, intellectual and creative energies are unified and harmonized”. Dance is the most fundamental of the arts, involving a direct expression through the body. Thus, it is an intimate and powerful medium for therapy. People generally remember 10% of what they read, 20% of what they hear, 30% of what they see, 50% of what they hear and see, 70% of what they say and write and 90% of what they do. So retention is best done when the learner is involved, because what we hear - we forget; what we see - we remember and what we do - we understand. Based on this dance is one of the best ways to practice as it can also be the best medium of therapy.

Nowadays, going beyond these aesthetic and transcendental purposes, exploration of its therapeutic significance is gaining momentum. While few initiatives in understanding the therapeutic value of dance were noticed in the later decades of twentieth century, an active exploration in this arena began only at the dawn of 21st century. Thus, comprehending the therapeutic purposes of dance can be assumed as the contemporary phenomena in its evolution which is steadily heading towards establishing dance as an alternative therapy. As a drop of contribution to the ocean, the present study makes a modest attempt to investigate the therapeutic values of ‘*Hasta Mudras*’ or hand gestures which is an integral aspect of dance.

The term ‘therapy’ largely refers to treatment of physical or mental illness through remedial, curative or rehabilitation processes, usually following a diagnosis. Therapy can broadly be categorized into two types – Conventional Therapies and Alternative Therapies. Conventional Therapies are again classified into two general groups – Biological Therapies such as Pharmacotherapy and Surgery and Psychological Therapies such as Psychoanalysis, Cognitive Behavioural Therapies and Humanistic Therapies. Alternative Therapies, also popularly referred as complimentary therapies, on the other hand include theories and practices that try to prevent the development of illness through lifestyle changes that promote overall wellness and health. Quite a few therapies are identified under this category the prominent of which are *Ayurveda*, Homeopathy, Naturopathy, *Yoga*, Meditation, Dance Therapy, Music Therapy, Hypno Therapy, Acupressure, Aroma Therapy, Art Therapy, Crystal Healing, Hydro Therapy and so on. Therapy provides different ways to express feelings, understand patterns of problems and ailments, draw treatment methods, set remedies, and attain results. Therapy can reduce pain and distress and gives comfort and relaxation to life.

Although dance has been a method of expression for centuries, it wasn’t until recently that it was characterized as a form of therapy. Dance is recognized as having potential therapeutic effect and is considered as an alternative therapy for many physical and psychological ailments. The therapeutic process applied on an individual through dance is “Dance Therapy”. Dance has long been fundamental to man’s existence as an expression of life itself, and has been used therapeutically for thousands of years. Although Dance Therapy is a relatively new profession, it is based on the assumption that the body and mind are interrelated and in constant reciprocal interaction. Dance Therapy is a vehicle that helps people deal with and overcome their emotional and physical ailments. It is therapeutic and offers a journey of self discovery and appreciation. The theory underlying dance therapy is that, the healing process commences by holding the body movement or a stance within a therapeutic framework. The inner ailments and issues of the person are dealt physically, emotionally, mentally and spiritually. Dance therapy or Dance movement therapy has always been proved efficient, effective and supports an individual to overcome both physical and mental illness. It is a tool to understand the body as a whole.

The connection between mind, body and spirit and the healing effects of dance have long been acknowledged and the idea of dance as a therapy was evolved in United Kingdom. However, Dance as a therapy has been developed in America. It has its roots in modern dance, which developed from 1920 onwards. Dance as a mode of therapy came into existence with the amalgamation of modern dance and psychiatry. The history of dance movement therapy has to acknowledge Marian Chace, the lady behind the birth and evolution of Dance Therapy. Dance Therapy was pioneered by Marian Chace (1896-1970), often referred to as the “Grand Dame” of Dance Therapy, who came to the field from the world of Dance. Dance Therapy began as a profession in the 1940s with the work of Marian Chace. This was the beginning of Dance that had been used as a therapeutic tool. Dance therapy gained professional recognition after the American Dance Therapy Association (ADTA) was founded in 1966. Today the ADTA has nearly 1,200 members in 46 states and 20 countries around the world. Many Dance Therapy organizations and associations have been established over a period of time. Dance therapy is also offered as an academic course in many Universities at different levels starting from Certificate, Graduation, and Post-Graduation to a Doctorate level. Dance as a mode of therapy is undertaken in terms of entertainment through movement pattern and many research books, journals and articles have been published. It is clear and obvious from the review of literature from various sources, that the concept of Dance therapy is well established and is highly acclaimed in USA, UK, Australia and European countries.

Dance therapy has always been a challenging topic in terms of selecting it as a career, apart from performance for dance practitioners. Though the topic of dance therapy is not new to Indians, it took quite a long time with respect to its acceptance and implementation. Dance therapy has very recently been introduced in India and very few are inclined towards its effectiveness. In India, works on Dance therapy are far and few. The published material is very sparse pertaining to the research topic. Research has been undertaken in various movement patterns and has been implemented on normal people and also on differently-able individuals. However there seems to be much scope for further in-depth exploration in this area. In addition to this none of them have worked on the therapeutic values of the *Hasta Mudras* used in Indian classical dance.

During the process of research, while exploring into the details of Dance therapy, it is observed that, works have been majorly done and acclaimed on the therapeutic use of body and bodily movements. Research on therapeutic values of *Hasta Mudras* is not done till date which prompted selection of this topic “*Hasta Mudra* Therapy an effective aspect of Dance Therapy” for research. Hence *Hasta Mudras* became the primary area of the research topic as most of the Indian classical dance forms predominantly use the *Hasta Mudras* to communicate along with the body movements and facial expressions. Therefore substantial research work is carried out to establish the therapeutic values of *Hasta Mudras* and prove it scientifically.

The *Hasta Mudras* used in a classical dance are holistic and every *Hasta Mudra* has its specific meaning and usage. The main objective of the research is to study the therapeutic effect of the *Hasta Mudras* by correlating them to the *Hasta Mudras* of *Yoga*, *Hindu* rituals and the acupressure points. A brief study of the physiology (skeletal, muscular and nervous system) of the hand is also undertaken apart from studying the pharmacokinetics to correlate and establish the effectiveness of *Hasta Mudras* scientifically. A comprehensive analysis of *Hasta Mudras* used in Indian classical dance, *Yoga*, *Hindu*, *Jain* and *Buddhist* religious practices, Acupressure points in hand, Physiology and Pharmacokinetics is also done to understand the healing capacities of *Hasta Mudras* and inferences are made accordingly. The major section of the research involves identifying the effective *Hasta Mudras* (hand gestures) used in Indian classical dance; study their therapeutic effect by relating them to the above mentioned disciplines with a scientific approach; experiment them by implementing the *Hasta Mudras* on individuals to heal certain common ailments and finally draw the results and conclusions.

It is observed, proved and concluded that the concept of *Hasta Mudra* Therapy can be an effective alternative therapy as it is proved therapeutically effective. The term *Hasta Mudra* Therapy is used for the first time in the present study and an explanation to substantiate the term is provided in the second chapter. *Hasta Mudra* Therapy is a new domain and the present study is first of its kind in this domain, the finding of which can be explored further by future investigators.

The major aim and objective of the study is fulfilled and proved by analyzing and substantiating the therapeutic effects of *Hasta Mudras* used in dance by relating them with the therapeutic effects of the *Hasta Mudras* used in *Yoga*, *Hindu* and *Buddhist* rituals, Acupressure points in the palm. The study is further substantiated with the scientific analysis of these *Hasta Mudras* practiced in other disciplines in terms of

nervous, muscular and skeletal system and Pharmacokinetics.

From the study, it is observed and concluded that the *Hasta Mudras* used in *Yoga* and the Acupressure points in the palm have already been proved therapeutically effective and are in practice across the globe. The *Hasta Mudras* used in *Hindu* and *Buddhist* religious practices are believed to have spiritual benefits besides some social and health benefits.

Following the objectives of the research, the study involved the scientific analysis of the majority of the *Hasta Mudras* used in Indian classical dance in terms of nervous, muscular and skeletal system. It also analysed, compared and established the connection between Pharmacokinetics and the therapeutic concept in healing the ailments.

The most important and crucial aim and objective of the study is to check and prove the scope of therapeutic effects of *Hasta Mudras* in curing certain ailments by experimenting them on the individuals and the results of the same have been mentioned.

Finally the study concludes that the *Hasta Mudras* are effective therapeutic agents and being a part of one of the popular performing art forms i.e., dance can be used without much effort, boredom and also in a meaningful manner. To further expand this we can substantiate the statement by quoting the thematic songs written by the famous poet and an expert in *Telugu* literature *Arudra* while using the characteristics and usages of a single *Hasta Mudra* in each of these concepts which are choreographed and performed by *Bharatanatyam* Dance exponent, *Dr. Padma Subramanyam* brilliantly.

After the conclusions and findings, certain recommendations are also suggested to strengthen the subject for future generations. Beyond this study different other ailments can also be cured with the implementation of the effective *Hasta Mudras*. Along with the common physical ailments mentioned earlier, *Hasta Mudras* can also be effective in controlling various mental states like aggression, depression, dissatisfaction, fear etc which can be caused by physical or mental disorders. The study proves that it is effective in healing sleeplessness and helps enhance concentration and memory. This is achieved as the *Hasta Mudras* helps in balancing of the tension and redirection of the internal energy effects that effects the changes in veins, tendons, glands and sensory organs and thus brings the body and mind back to a healthy state. Further exploration on this topic is required to substantiate the research either individually or combining with other attributes like movement, expressions of emotions, music, colour etc. Similarly there is need to pursue further research on Dance movement therapy in Indian context and *Rasaabhinaya* therapy which is the soul of Indian classical dance. As the study is restricted to *Hasta Mudras*, research can also be conducted with regards to the footwork in dance, as it is observed in the study, that the nerves in the palm and foot play a major role in stimulations.

While medication is considered as a quick remedy to most of the ailments, it has its own side effects in many cases. Alternative therapies especially '*Hasta Mudra* Therapy' as evidenced in this study can be more effective, less expensive and relatively safer method of cure. Thus '*Hasta Mudra* Therapy' can be further researched upon and promoted as an effective alternative therapy.

From the above discussions and conclusions drawn, it can be finally concluded that '*Hasta Mudra* Therapy' can be an effective aspect of Dance Therapy.

The concept of Dance Therapy has to be educated to the dance professionals, educational and other institutions, individuals etc in India and substantial works has to be undertaken in this area with a scientific approach. Till date there are no publications with respect to the therapeutic effects of *Hasta Mudras* used in Dance. This book will be of good use which educates the concept of Dance Therapy, therapeutic effects of *Hasta Mudras* used in Dance and the associated disciplines like *Yoga*, *Hindu*, *Jain* and *Buddhist* religious practices, Acupressure, Physiology of Palm and Pharmacokinetics,

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This book is broadly divided into twelve chapters.

CHAPTER 1: DANCE THERAPY – A BRIEF OVERVIEW

The first chapter “Dance Therapy – A brief overview” is divided into two sections. The first section is devoted to discuss briefly about Dance Therapy. In this section, an attempt is made to study about Therapy and its various types; Dance Therapy in terms of its definition, origin, history and development; research conducted in Dance Therapy; its principles and benefits; elements of a healthy Dance Therapy; organizations and universities working towards the same, Dance Therapy in India etc. The second section of the chapter deals with the literature on Dance Therapy, methodology aims and objectives, scope and importance.

CHAPTER 2: THE CONCEPT OF *HASTA MUDRAS*

The second chapter “The concept of *Hasta Mudras*” discusses about the brief overview of the *Hasta Mudras* in general context, their origin and reference, objectives and significance of each *Hasta Mudra*, body discipline, science of gestures, their benefits and scope of therapeutic effects. It also deals with the study of *Hasta Mudras* in various contexts and examines its therapeutic effects.

CHAPTER 3: *HASTA MUDRAS* IN DANCE

The third chapter “*Hasta Mudras* in Dance” discusses about *Hasta Mudras* used in dance. It enlightens about *Hasta Mudras*, different varieties of *Hasta Mudras* used in dance, their reference in Indian literature, their significance and usages.

CHAPTER 4: *HASTA MUDRAS* IN *YOGA*

Chapter four “*Hasta Mudras* in *Yoga*” explicates about the *Hasta Mudras* used in *Yoga*, various types of *Yoga Mudras* along with their therapeutic effects and benefits.

CHAPTER 5: HASTA MUDRAS IN HINDU RELIGIOUS PRACTICES

Chapter five “*Hasta Mudras in Hindu religious practices*” elucidates about the *Hasta Mudras* used by various *Hindu* deities, *Hindu* ritual worships and religious practices, along with their various types, scope and benefits of practicing them.

CHAPTER 6: HASTA MUDRAS IN BUDDHISM AND JAINISM

Chapter six “*Hasta Mudras in Buddhism and Jainism*” expound on the *Hasta Mudras* used in the religious practices of *Buddhism* and *Jainism*, their correlation to the deity postures, their various types, scope and benefits of practicing them.

CHAPTER 7: HASTA MUDRAS IN THE DOMAIN OF ACUPRESSURE

The seventh chapter “*Hasta Mudras in the domain of Acupressure*” explores about the Acupressure points in the palm along with its various types of representations. An attempt is made to study the acupressure points and their respective therapeutic benefits.

CHAPTER 8: PHYSIOLOGY OF PALM – SCIENTIFIC ANALYSIS

The eighth chapter “*Physiology of Palm – Scientific Analysis*” investigates briefly about the physiology of palm with scientific analysis of the *Hasta Mudras*. It discusses about the human hand analytically which further proceeds to explain the anatomy of hand in terms of skeletal, muscular and nervous systems, while analyzing them with the *Hasta Mudras* of Indian classical dance. In addition to this, it also discusses about the nervous system of the brain to explain the importance of palm and space allotted for it in the brain function. Besides this, it also enlightens on the movement patterns of palm (Pronation and Supination), articulations and movements of hand to substantiate the study with an analytical approach.

CHAPTER 9: PHARMACOKINETICS

The ninth chapter talks about Pharmacokinetics - the life cycle of a drug after intake, which can be related to the process of therapeutic effect.

While studying the Physiology of palm, it is observed that the nerves in the palm travel to the brain via spinal cord which are further interconnected to the nerves of various body parts. Hence, the nerves in the palm play a very major role in stimulating and controlling various body parts. It also analysed, compared and established the connection between Pharmacokinetics and the therapeutic concept in healing the ailments.

CHAPTER 10: THERAPEUTIC ANALYSIS OF HASTA MUDRAS

Chapter ten “*Therapeutic analysis of Hasta Mudras*” is the sole of this research work which highlights and examines the therapeutic analysis of *Hasta Mudras* comprehending them with the *Hasta Mudras* used in *Yoga*, *Hindu*, *Jain* and *Buddhist* religious practices, Acupressure points in the palm, Physiology and Pharmacokinetics; while emphasizing on the therapeutic benefits .

This chapter examines that, human hand in general has 5 fingers *Angustha* - Thumb Finger, *Tarjani* - Fore Finger, *Madhyama* - Middle Finger, *Anamika* - Ring Finger and *Kanishtha* - Little Finger. These five fingers represent *Agni (fire)*, *Vaayu (air)*, *Aakaash (space)*, *Prithvi (earth)* and *Jal (water)* respectively according to *Ayurvedic* terminology.

These five elements are analysed by correlating with the therapeutic analysis of *Hasta Mudras* keeping in view of the *Hasta Mudras* used in *Yoga*, *Hindu*, *Jain* and *Buddhist* religious practices, Acupressure, Physiology and Pharmacokinetics. While analyzing the therapeutic effects of the *Hasta Mudras* used in Indian classical dance, it is observed that, they can be proved therapeutically effective and hence can also act as a mode of healing. It can cure the ailments and keeps the body in perfect fitness. The *Hasta Mudras* used in Indian classical dance are analyzed therapeutically and the therapeutic benefits of each of the *Hasta Mudras* are given in this chapter.

CHAPTER 11: HASTA MUDRAS - SCOPE OF THERAPEUTIC BENEFITS

The eleventh chapter “Hasta Mudras – Scope of Therapeutic Benefits” deals with the experimental study to check the scope of therapeutic effects of *Hasta Mudras*. Hence, to substantiate the therapeutic benefits of these *Hasta Mudras*, certain common ailments are selected and implemented to heal them and prove the therapeutic benefits. Keeping in view of the above analysis of the *Hasta Mudras* and their therapeutic effects, two different age groups and mental conditions are selected. Differently abled school children with age group three to twelve years and adults with age group twenty to sixty years. The adult group is scattered in different areas and occupations, whereas the children group is a fixed group from *Sanskriti School, Madhapur, Hyderabad*. The mode of therapy applied on the adult group is individual or psychotherapy, whereas for children it is group therapy.

The *Hasta Mudras* are implemented on these groups and results are drawn through survey over a period of time. The therapeutic approach involved implementation of the effective therapeutic *Hasta Mudras* on children with the combination of a concept, theme or a game. A playful atmosphere was created for better involvement of children in the sessions. The children showed steady improvements in terms of concentration, activeness, memory and communication.

Very common and often effected ailments and problems like cold, cough, headache, throat infections, motions, vomiting, sleeplessness and lack of concentration are selected for *Hasta Mudra* therapy for Adults.

This chapter discusses about the ailments selected for therapy, concepts and games created, *Hasta Mudras* implemented, pre and post conditions advised, duration and finally the results of therapeutic benefits and the factors affecting them.

CHAPTER 12: CONCLUSION

Chapter twelve concludes with the brief explanations on Dance Therapy and particularly *Hasta Mudra* Therapy. All the chapters are analysed to draw the conclusion and the measures to be taken towards the development of Dance Therapy and particularly the *Hasta Mudras* Therapy. It also brings out the results drawn on the scope of therapeutic effects of the *Hasta Mudras* and their limitations and their recommendations. It also emphasizes on the importance and benefits of choosing therapy as an alternative to medication with an analytical and scientific explanation. Finally it concludes with the quote that “*Hasta Mudra* Therapy can be an effective aspect of Dance Therapy”.

Dance as a subject in the academics is a new entrant that is being introduced by various Universities and Institutions across the globe. Besides entertainment, Dance can also be an “Alternative Therapy”, which offers various health benefits. Texts on Dance are sparse and rare, which has to be encouraged. Hence, publications have to be taken up in publishing various books, journals and articles in the domain of Dance and Dance Therapy. As mentioned earlier, this book is the result of the Ph.D. thesis “A Study on Dance Therapy with specific reference to *Hasta Mudra* Therapy”, which dealt with the scientific and analytical research on Dance Therapy in the specific domain of *Hasta Mudra* Therapy. Research on Dance Therapy in specific reference to *Hasta Mudras* is not done till I choose it as my research topic for my Ph.D. way back in 2008. The research is first of its kind, which proved that the *Hasta Mudras* of Indian Classical Dance are therapeutically effective. This book holds lot of potential and will be of good use not only to Dance and Dance Therapy, but also to various disciplines like *Yoga, Hindu, Jain* and *Buddhist* religious practices, Acupressure and Physiology of Palm.

This book is a study and analysis of various disciplines like Dance, Dance Therapy, *Yoga, Hindu, Jain* and *Buddhist* religious practices and in the domains of Acupressure, Physiology of Palm and Pharmacokinetics; hence these nouns and verbs are most prominently and repeatedly used while writing this book to analyse and substantiate the study. Certain terminologies are sometimes referred in Indian dialects (*Sanskrit / Telugu / Hindi*) for better comprehension of this research work.

DESCRIPTION OF THE TARGET MARKET:

The target market and intended audiences for this book are scholars, students, teachers, professionals, Educational Institutes like, Universities, Colleges, Academies besides organizations, associations and foundations related to Dance, Therapy, Dance Therapy, *Yoga, Hindu, Jain and Buddhist* religious practices, Acupressure, Biological Sciences especially Physiology and research.

This book can be relevant and can be intended to students, scholars, teachers related to PhD, MPhil, Post Graduation, Under Graduation, Diploma and Certificates programs in the education system besides professionals and other aspirants of the above mentioned disciplines.

There are various books, journals, articles on Dance Therapy published at various regions across the globe. Few of the prominent books on Dance Therapy include *Body, movement and Dance Psychology*, *Dance Therapy and Depth Psychology*, *Psychology – The moving imagination*, by Joan Chodorow, “*Dance Movement Therapy – Theory and Practice*” by Helen Paine, “*Dancing with Dementia*” by Christine Bryden, “*Dance Movement Therapy: a Creative Psychotherapeutic Approach*” by Meekums B, “*Theoretical Approaches in Dance Movement Therapy*” by Lewis P, “*Dance Movement Therapy: Mirror of Ourselves: The Psychoanalytic Approach*” by Siegel E, “*An Introduction to Dance Movement Therapy in Psychiatry*” by Stanton-Jones K, “*My Body, My Wisdom – a handbook of creative Dance Therapy*” by Dr. *Tripura Kashyap*, “*Theatre arts for Holistic Development*” by Dr. Ambika Kameshwar etc to name a few. Similarly, there are books on Dance, *Yoga, Hindu* rituals, Acupressure and medicine individually, but none of them have correlated *Hasta Mudra* Therapy in the above mentioned domains.

American Journal of Dance Therapy, Journal of Dance Medicine and Science, Dance magazine, Dance Chronicle, Dance / Movement Therapy and the Arts in health care, Journal of Body work and movement therapies, Dance movement therapy journal are some of the prominent journals.

Among the significant associations are The National Board of Certified Counselors (NBCC), American Dance Therapy Association (ADTA), Academy of Dance Therapists Registered (ADTR), Association for Dance Movement Therapy (ADMT), and Dance-Movement Therapy Association of Australia (DTAA).

This book will have international appeal as the domain explored in this book is a contemporary development and is acclaimed across the globe, which opens new doors in dance therapy research. Though science is progressing and new medications have been evolving time and again, people are inclining towards alternative therapy methods and hence, this research work is widely explored and researched across the globe in professions and also in academics.

REVIEW OF MAIN COMPETING TITLES

As this work is a comprehensive study to establish a new domain in Dance Therapy, this work is first of its kind and hence less competing titles. However few prominent texts related to the disciplines are enumerated in the description of the target market

FORMAT AND TIMELINE:

The manuscript is ready for publication and can be submit the final manuscript in a week after revision. It is edited roughly with 69679 words excluding the references and footnotes. It includes approximately 159 pictures and sketches. The references relating to the research work is taken from certain third party materials like books, journals, websites and so on which have been quoted in footnotes and in the bibliographical list at the end of the manuscript. About three to five percent of the research work from the manuscript is published by me in the form of articles.