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DOCUMENTATION OF INDIAN TRADITIONAL DAND EXERCISE

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Abstract

Introduction: Dand is the most prominent effective and popular form of all Indian Physical exercises. It does not require the aid of any special apparatus. It does not require the aid of any special apparatus. It gives exercise to all limbs within a short time and deserves to be practiced by everybody, without being disappointed as regards its effects on the body. Indian wrestlers become renowned in strength and stamina in the world, by following this dand exercise in front of mirror. But now a day the traditional exercise like Dand is going to abolished need to preserved through documentation. **Purpose:** The purpose of the study is to find out the Dand physical culture available at West Bengal or not, in various traditional akhara. **Methodology:** To fulfill the purpose the study researcher have gone through several secondary sources and surveyed in West Bengal akharas, taken some interview of akhara guru and gathered the information regarding Dand exercise. **Result & Conclusion :** It was shown that in various akhara of West Bengal as the dand category, seven type of exercises: like 1. Sadharan Dand 2. Ram Murti Dand 3.Hanuman Dand 4.Vrushchik Dand 5. Parsava Dand 6. Chakra Dand 7. Advance Hanuman Dand was shown which the akhara Pahlawan practiced every day to maintain the optimal level of strength and power. But the

number of participant reduced day by day due to modern multi-gym culture, need to documentation for our new generation.

Key words: *Preservation, Documentation, Dand Exercise.*

Introduction:

In the dand category, the scholar identified seven type of without apparatus traditional exercises: 1. Sadharan Dand 2. Ram Murti Dand 3. Hanuman Dand 4. Vrushchik Dand 5. Parsava Dand 6. Chakra Dand 7. Advance Hanuman Dand

In this following the detail descriptions with photograph are presented.

Purpose: The purpose of the study is to find out the Dand physical culture available at West Bengal or not, in various traditional akhara.

Methodology: To fulfill the purpose the study researcher have gone through several secondary sources and surveyed in West Bengal akharas, taken some interview of akhara guru and gathered the information regarding Dand exercise.

Result and Discussion:

1. Sadharan Dand:

Equipment: No equipment is required.

Floor Surface: Clay, wooden or contrite made surface is needed.

Steps of Sadharan Dand

Phase I: The pahlwan or practitioner have to stand erect with little bit of leg apart, hand place behind the body as normal, look forward.

Phase II: The pahlwan or practitioner should place his body like posterior face with the both hand grip firmly on the handle of dand station and looking forward.

Phase III: Make a bridge on hip region and with the stretch the pahlwan or practitioner should complete a round of dand by looking upwards.

Phase IV: Same as phase I.

Breathing Awareness: The pahlwan or practitioner in case of Phase I- breath in and Phase II- breath out rest of the phases breath as normal.

Repetition: 30 to 40 times

Sets: 5 to 10 sets

Interval: 2 to 5 minutes

Contraindication: Those who have back or shoulder pain try to avoid.



Figure:17, Sadharan Dand

ii. Ram Murti Dand:

Equipment: No equipment is require.

Floor Surface: Clay , wooden or concrete made surface is needed.

Steps of Ram Murti Dand

Phase I: The pehlwan or practitioner should place his both hand on the floor by aparting legs, looking forward.

Phase II: Make the hip like parbata-asana and with the stretch of whole body, look downwards.

Phase III: The pehlwan or practitioner should move the whole body downward and look upwards.

Phase IV: Same as phase I.

Breathing Awareness: The pehlwan or practitioner in case of Phase II- breath out and Phase III- breath in and rest of the phases breath as normal.

Repetition: 20 to 30 times

Sets: 2 to 6 sets

Interval: 1 to 3 minutes

Contraindication: Those who have chronic back pain try to avoid.



Figure:18, Ram Murti Dand

iii. Hanuman Dand

Equipment: No equipment is required.

Floor Surface: Clay or wooden surface is needed.

Steps of Hanuman Dand

Phase I: The pehlwan or practitioner should stand erect with leg apart, hand places side ward as normal, look forward.

Phase II: Place the body in dips position with full body stretch. both hand stretch and look forward.

Phase III: The pehlwan or practitioner should place the left leg forward near the left hand and bending down the chest region and stretch the upper body, look little bit up.

Phase IV: Same as phase I.

Breathing Awareness: The pehlwan or practitioner in case of Phase II- breath out and Phase III- breath in and rest of the phases breath as normal.

Repetition: 20 to 40 times

Sets: 5 to 8 sets

Interval: 2 to 5 minutes

Contraindication: Those who have chronic chest, leg or hip pain try to avoid



Figure:19, Hanuman Dand

i. Vrushchik Dand

Equipment: No equipment is require.

Floor Surface: Clay surface is needed.

Steps of Vrusuhchik Dand

Phase I: The pehlwan or practitioner should stand erect with leg apart, hand places side ward as normal, look forward.

Phase II: By placing the body in dips position with full body stretch by aparting legs and hands, look forward.

Phase III: The pehlwan or practitioner should place the left leg above the right leg by folding the left knee and by stretching upper extremities. Then alter the body position by taking right leg.

Phase IV: Same as phase I.

Breathing Awareness: The pehlwan or practitioner in case of Phase II- breath out and Phase III- breath in and rest of the phases breath as normal.

Repetition: 15 to 35 times

Sets: 4 to 8 sets

Interval: 2 to 5 minutes

Contraindication: Those who have chronic neck should and hip joint pain tries to avoid.



Figure:20, Vrushchik Dand

v. Parshava Dand

Equipment: No equipment is require.

Floor Surface: Clay, wooden or contrite surface is needed.

Steps of Parshava Dand

Phase I: In case of this dand the pehlwan or practitioner should stand erect with leg apart, hand places side ward as normal, look forward.

Phase II: The pehlwan or practitioner should place the body in dips position by stretching both legs as well as upper extremities.

Phase III: The pehlwan or practitioner should place the left leg under the right leg by folding the left knee, slightly fold the upper body and after that alter the position by taking the right leg under the left leg.

Phase IV: Same as phase I.

Breathing Awareness: The pehlwan or practitioner in case of Phase II- breath out and Phase III- breath in and rest of the phases breath as normal.

Repetition: 20 to 40 times

Sets: 4 to 8 sets

Interval: 3 to 5 minutes

Contraindication: Those who have upper and lower body pain or discomfort try to avoid.



Figure:21, Parshava Dand

vi. Chakra Dand

Equipment: No equipment is require.

Floor Surface: Clay, wooden or concrete surface is needed.

Steps of Chakra Dand

Phase I: The pehlwan or practitioner should stand erect with leg apart, hand places side ward as normal, look forward.

Phase II: The pehlwan or practitioner should place the body in dips position where hand as well as leg should be stretch , maximum body weight on both hands and leg, look forwards.

Phase III: Left leg should make a circle while the whole body weight on right toe, same things happen in case or right leg circle by controlling whole body.

Phase IV: Same as phase I.

Breathing Awareness: The pehlwan or practitioner in case of Phase II- breath in and Phase III- breath out and rest of the phases breath as normal.

Repetition: 10 to 40 times

Sets: 3 to 8 sets

Interval: 2 to 5 minutes

Contraindication: Those who have joint pain in lower extremities individual try to avoid.



Figure:22, Chakra Dand

vii. Advance Hanuman Dand

Equipment: No equipment is require.

Floor Surface: Clay, wooden or concrete surface is needed.

Steps of Advance Hanuman Dand

Phase I: The pehlwan or practitioner should stand erect with leg apart, hand relax in side ward head straight.

Phase II: The pehlwan or practitioner should sit on both toes. Control body balance by both hand, look forward.

Phase III: With a little lift of whole lower body by thrusting both legs and body.

Phase IV: Same as phase I.

Breathing Awareness: The pehlwan or practitioner in case of Phase II- breath in and Phase III- breath out

and rest of the phases breath as normal.

Repetition: 15 to 30 times

Sets: 4 to 5 sets

Interval: 2 to 5 minutes

Contraindication: Those who have chronic ankle joint pain individual try to avoid.



Figure: 23, Advance Hanuman Dand

Conclusion: It was shown that in various akhara of West Bengal as the dand category, seven type of exercises: like 1. Sadharan Dand 2. Ram Murti Dand 3. Hanuman Dand 4. Vrushchik Dand 5. Parsava Dand 6. Chakra Dand 7. Advance Hanuman Dand was shown which the akhara Pahlawan practiced every day to maintain the optimal level of strength and power. But the number of participant reduced day by day due to modern multi-gym culture, this is the right time to documentation regarding of various Dand exercises for our new generation which is also prescribed by UNESCO for world wise traditional physical culture.

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