



RELATION BETWEEN BHARATANATYAM AND AYURVEDIC MARMA THERAPY

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Abstract: World's one of the oldest medical system Ayurveda has a unique therapy that is Marma therapy which is used to improve pranic healing(Bio-energy), growth and development as well as physical and mental well-being very easily. Marmas(vulnerable points) are 107 in number present our body and has secret physiology which developed immunity power in our body and mind. In India Bharatanatyam also running and developing in our society for a long time which also improves the physical and mental condition. In my study on marma therapy giving pressure and massage during Bharatanatyam followed by benefits of Marma therapies, get easily at the time of Bharatanatyam. I have vividly looked after the Bharatanatyam practitioners that their energy level, fitness, and physical and psychosomatic development. It has been shown with question-answer as well as some bio- chemical tests. I have found the Bharatanatyam practitioners improving their courage, confidence, improving immunity power and overall happiness. That is likely with marma therapy.

Index Terms - Bharatanatyam, Ayurveda.

1 INTRODUCTION

India has various cultural and medical traditions from the Vedic as well non-vedic periods. The Vedic traditions are usually considered as multi-dimensional and multi-platform previews. The present endeavour is an attempt to address certain seminal queries regarding the ancient Indian classical dance Bharatanatyam and ancient Indian medical science Ayurveda. Both originated from our Vedic Era. Bharatanatyam which has extensive gestural and structural codification along with deep roots in a particular socio-cultural and religion-based ritual has always got its particular purpose for its specific actions. It is highly complex movement language that is an amalgamation of multiple layers of melody, rhythm, emotions, story, mine, philosophy, poetry, physical energy etc. And yet, beneath all these layers, lies the innermost core of the art-a merging of physical energy with spiritual ideals. Simultaneously Ayurvedic medical science has a wonderful therapeutic system to work directly on bioenergy as a biological force which is called Marma therapy (Marma means vulnerable points or sensitive zones of the body). Such points can be used for specifically self-healing to complicated practice. Marmas are a part of greater sacred physiology that maps out the body according to energy and power points. The use of pressure or massage on surrounding areas of Marma points promotes health and longevity. Practice of Bharatanatyam serve to practice of Marma therapy partially. Bharatanatyam is not only a sophisticated art of physical posture, it is a joyful practice related to Marma pressure and massage. Naturally, it recognises the power of Prana as a biological force or life force which reflects on the surface of the body by using the Marma pressure. Marma therapy through Bharatanatyam can control the psychosomatic process of the body with happiness and helps to improve growth and development, digestion and metabolism, hormonal system, vital organs maintaining, brain and neurological system as gross total health.

1.1 HISTORICAL BACKGROUND OF MARMA OF AYURVEDA

The science of marma can be traced along with the history of civilization and healing in ancient India, which is one of the oldest and most sophisticated civilizations in the world. This begins with the ancient Indus Sarasvati culture, the largest urban civilization of the world at that time. The science of marma grew up along with other Vedic disciplines from this period. After this long formative era came the classical period of Ayurveda(1700BC-700AD) in which the classical Ayurvedic texts were compiled like Charaka Samhita, Sushruta Samhita, Ashtanga Hridaya and Ashtanga Sangraha. After this classical period came to a long decline in Ayurveda, brought about by invasions and colonial rule, which lasted up to modern times, in which many texts and practices were lost, including much significant information about marmas. Only during the recent period since India's independence in 1947 has a revival of Ayurveda brought about new research and topics like marma, which is now being viewed as one of the most important aspects of Ayurveda requiring a new critical examination and application.

1.2 A RELATION OF AYURVEDIC MARMA THERAPY AND BHARATANATYAM

Ayurvedic Marma therapy has a tremendous value in health, disease, every day living and spiritual heritage of humanity which contains much more secret knowledge in wonderful life style. As we know Bharatanatyam is related to system of physical exercise and massage therapy. Henceforth it is envisioned that the relation of Marma therapy along with Bharatanatyam. According to Ayurveda there are 107 Marma points in our body. These vital points if injured it may caused death immediately. These vital points developed energy to body and mind, resulting fitness and activeness. So it is used as treatment purposes. On the other hand Bharatanatyam also gives fitness to our daily life in maintenance of our health.

1.3 SOME MARMA POINTS AND THEIR MEDICAL BENEFITS

According to Ayurveda character of Marmas there are five types: Vessel (Sira), Ligament (Snayu), Joint(Sandhi), Muscle(Mamsa) and Skeletal(Asthi). Now I am focusing here only six Marma points among 44 Marmas of four limbs like Kshipra, Talahridaya, Kurchashira, Gulpha, Janu and Vitapa.

Kshipra - Kshipra is mainly a ligament type sensitive zone situated in between the first distal pharyngeal joint and the second medial pharyngeal joints of the foot. When pressure is rapidly applied or massaged on this zone, it gets control of the lymphatic and respiratory systems and lubrication of heart and lungs.

Talahridaya - Another muscle type Marma of foot is Talahridaya. It is in the upper center of the sole in line with the root of the third toe. Plantar aspect of the third torso - metatarsal joint, where the external plantar artery sweeps across the plantar arch of the foot. It controls the energy circulation for the entire body which is helpful for all-around health and balance. The respiratory system, heart, lungs and feet as a motor organ also is controlled by the body.

Kurchashira - Kurchashira is a ligament type of sensitive zone. It is situated on plantar surface of the foot, mid point on the inferior lateral surface of the calcaneum. It controls muscular system and digestive system of the body.

Gulpha (ankle joint)- Gulpha is a particularly sensitive point on the inside and below the protuberance of the bone. The point on the outside and bellow the protuberance of the ankle joint is also marked. It controls fat, bones, reproductive systems and lubrication of the joints of the body.

Janu(Knee joint)- Janu as a whole, is a large marma. Various sensitive points around the knee like posterior cruciate ligament, oblique posterior ligament, planter and gastrocnemius muscles, popliteal artery and vein, femur, tibia and patella bones are also joined over here. It has specific medical benefits for exercise like lubrication of the joints and circulation to the legs. The right knee marma controls the liver and colouring of blood and bile. The left knee marma controls the spleen and pancreas and water-metabolism.

Vitapa- Vitapa is a vessel type vital sensitive zone. It has specific place, one finger lateral to pubic symphysis in the superficial ring through which the spermatic cord passes in men. Inferior aspect of the pubic symphysis controls reproductive system, menstrual system, immunity power of the body. During Bharatanatyam, pressure is applied on all these Marma points which then lead to the above benefits. For observation following are some methods and materials.

2 Methods & Material

How much physical well-being will occur, for the observation, taken by the research scholar:

1. Two groups (One is the dancer's group and another is the control group)
2. Total number of students is 20 (females).
3. Time limit of Bharatanatyam Practice is six months.
4. The subjects represented Bharatanatyam dancers group were collected from 'Nritta Parampara' of West Bengal, India and control group were collected from Paschim Medinipur district of West Bengal, India.

For general profile:

- a. Name
- b. Age
- c. Sex
- d. Caste
- e. Address
- f. Contact Number
- g. Mail Id

For general survey:

- a. Height
- b. Weight
- c. Hip/waist/chest circumference
- d. Pulse
- e. B. P
- f. R. P
- g. Oxygen saturation
- h. Menstrual cycle

For Investigation:

- Urine - RE/ME
- Blood - TC/DC/Hb/ESR/LFT/TSH/T3/T4
- Total calcium

This is an experimental study with pre and post-test for two groups for six months.

Parameters of mental wellbeing:

- Rise from bed
- Personal habits
- Pray
- Food habits
- Awareness
- Discipline and punctuation
- Rhythm
- Regularity
- Sympathetic
- Co-operative
- Performance

Various questions are used to perform and justification of the parameters of mental condition.

3 Discussion

As per my on-going extensive study on Bharatanatyam practicing it is observed the practitioners became more energetic, active, discipline, joyful and cooperative to others which is remarkable improvement that can only found in Ayurvedic Marma therapy. We have looked into 20 practitioners, among which 79% have seen an improvement in their menstrual cycle. Some are also suffering from amenorrhea, scanty menstruation, dysmenorrhoea, leucorrhoea etc. Moral less all are improved. It is a very good development only by practicing Bharatanatyam. Which are found in Marma therapy only. We also seen 50% practitioners are suffering from urine problems like scanty urination, some had burning sensation, some also frequency of micturition. Within three months all are moral less corrected. In R.E. Urine - epithelial cells, pus cells etc, are also corrected 80%. ESR level has also come to a normal level about 70%, which marked. Infection in body also improved 61%. All testes have done from Techno Dama Hospital, Kolkata, India. The next endeavour is about the mental stress within 25 to 50 years candidates.

4 Conclusion

The science of Bharatanatyam, which has become very popular and is intimately connected with Marma therapy. As Bharatanatyam and Marma have become better known, more interest is developing in their specific healing modalities as well. Bharatanatyam acts on psychosomatic development along with spiritual development. There beneficial action not only localised benefit of neuro musculoskeletal benefit, but also various organs and hormones like Marma therapy acts on secret physiology. Viz, Gulpha Marma acts on fat, bone and reproductive systems and lubrication of the joints of the body along with localised neuro musculoskeletal system. It proves there are close relation between practice of Bharatanatyam and Marma therapy. A profound research work is needed on Bharatanatyam.

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