



EFFECT OF DANCE THERAPY ON *SHARIR* AND *MANAH*: A LITERARY REVIEW

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Abstract:

Dance is a rhythmic form of exercise, where you dance a set pattern of steps in time with the music. It involves slow to intense kinetic footwork, swaying hand gestures and subtle eye - facial expressions ⁽¹⁾. This article explores the complex impacts of dance on people's physical bodies (*Sharir*) and mental states (*Manas*). The study investigates how dancing affects cardiovascular health, muscular strength, biomolecules and cognitive abilities, among other physiological and psychological benefits. The article also looks into duration and timing, which gives better effect on stress reduction, emotional well-being, and cognitive improvement. This article contributes to a better understanding of the overall impacts of dancing by combining information from several research and investigating the mechanisms underlying the changes caused by dance in *Sharir* and *manas* and its potential use in boosting both mental and physical wellness.

Keywords: *Sharir, Manas, Gandharva veda, Upaveda, Samaveda, nrityabhyasa, Dushta Meda, Dhamani prathichaya (Atherosclerosis).*

Introduction:

Gandharva Veda, the *Upaveda* of the "*Sama Veda*," is the study of all artistic disciplines, such as music, dance, and poetry. The oldest of the *Vedas*, the *Rigveda*, also explains several genres of music and dance. *Atharva Veda* is a different *Veda* that includes *Ayurveda* among its contents. *Ayurveda* is a renowned text on science, medicine, and philosophy that applies to all life on Earth. Consequently, to promote wellbeing and improve quality of life. The concept of music and art is drawn from *Sama veda* and implemented in *Ayurveda* to promote physical, mental and social health as well ⁽²⁾.

According to The World Health Organization (WHO) defines "A state of complete physical, mental and social well-being and not merely the absence of disease or infirmity that enables one to lead a social and economically productive life".

DISCUSSION:

➤ Effect of dancing on BODY:

One of the numerous types of exercise is dancing. Dance serves a wide range of purposes since it can be used as a cultural form of entertainment or as a way to improve physical health while also satisfying spiritual and aesthetic needs.

I. Effect on metabolism and cardiovascular system ⁽³⁾:

- **Insulin and Glucose:**

It has been discovered that dance programs, such as recreational aerobic dancing, lower blood glucose levels in diabetic women.

Dance is a form of regular exercise that can assist to increase insulin sensitivity and lower the risk of type 2 diabetes.

- **Triglycerides in serum:**

Lower blood triglyceride levels have been reported after participating in dance classes like Zumba and aerobic dance.

For those who already have underlying health problems, the effect on serum triglycerides can be more pronounced.

- **Cholesterol:**

Regular aerobic activity, such as dancing, is linked to better cholesterol profiles and higher levels of HDL ("good" cholesterol).

Exercises including dance, such as step aerobics and aerobic dancing, help lower cholesterol levels.

When dance interventions are used on people who already have health risks, the effects on cholesterol can be more profound.

II. Effect on muscular system:

Dance is different from other typical exercises since it emphasizes different muscles. The quadriceps femoris, gluteus maximus, biceps brachii, and brachialis are among the major muscles and muscle groups that are typically targeted when exercising, riding, or running; however, dancing focuses on much smaller muscle groups that control more delicate motions. People frequently have no idea they possess these muscles or how to manage them. The "turnout muscles" that dancers talk about are one example. The piriformis, gemellus superior, inferior, obturator externus, and quadratus femoris are among the muscles that are the lateral rotators of the hip (Matte, 2017). These muscles enable the spiraling movement of the leg muscles, which increases stance, balance, and control and has a favorable impact on health for nondancers. These muscles laterally rotate the hip, stretching muscles that attach to the femur ⁽⁴⁾.

III. Dance/Movement Therapy and Biochemical Effects:

- Dance therapy can increase serum nitric oxide levels, similar to effects seen in moderate-intensity traditional exercise.
- Nitric oxide has positive impacts on cardiovascular health by reducing arterial stiffness ⁽³⁾.

➤ Effect of dancing on Sharir according to ayurvedic perspective:

A human body, according to Ayurveda, is a complex system of interconnected organs and systems that work together to preserve health and vitality. The body, which is made up of seven dhatus or tissues, is responsible for nourishing and supporting itself.

- a. *Vyan Vayu* which is helpful in all types of movements assist dance (*Nrityabhyasa*) by boosting the motility of limbs *Mamsa* (muscle) by increasing contractability.
- b. In order to breathe in enough of oxygen and stimulate neural mechanisms, *Narityabhyasa* (dance) promotes the Prana Vata (nervous system and respiratory system) and Udana Vata (expiration systems) ⁽⁵⁾.
- c. *Natyabhyasa* balances *Kapha* by reducing excess mucus production and consequent blockage in the organs of the chest. It lowers *Dushta Meda* (unhealthy fat) and keeps them from obstructing the heart. *Kapha* reduction lowers *Dhamani prathichaya* (Atherosclerosis), which lowers the risk of coronary artery disease ⁽⁶⁾.
- d. The heart's pumping motion is also increased by *Vyana Vata*, which improves circulation (*Rasa Samvahana*), allowing nourishment (*Ahaar Ras*) and oxygen (*Paran*) to reach all of the body's cells ⁽⁷⁾.

Effect of dance on brain:

Dance involves complex mental coordination and stimulates pleasure centers and sensory-motor circuits ⁽⁸⁾.

- a. **Decreased Risk of Dementia:** Dancing frequently can reduce dementia risk by 76%.
- b. **Improved Neural connection:** Dance enhances neural connection, which is advantageous for aging and brain function.
- c. **Dizziness prevention:** Ballet dancers' training can aid in blocking dizziness-related signals during pirouettes.
- d. **Memory Boost:** Older persons who participated in dancing classes demonstrated gains in their focus, memory, and ability to think.
- e. Dance improves neuroplasticity, which helps maintain mental clarity and cognitive function.
- f. **Increased Intelligence:** Dance requires quick decision-making, which raises one's intelligence and mental clarity.
- g. **Improved Muscle Memory:** Through consistent practice, choreography develops into muscle memory, improving both physical and mental coordination.
- h. Multiple brain processes are activated simultaneously when dancing, strengthening neural connections and improving cognitive abilities. It is a dynamic activity that benefits the health of the brain in several ways.

Effect OF dance on manah according to ayurveda prespective:

- *Natyabhyasa* is a form of exercise which stimulates “*Raja Pravrit Vaata*” which further helps in release of neurotransmitters like serotonin and dopamine in brain. serotonin appears to affect mood, emotions whereas, dopamine which regulates mood, pleasure and reward centre.
- *Natyabhyasa* raises the *Sadhaka Pitta* in *Hridaya* to increase one's emotional intelligence. Concentration, alertness, creativity, and intellect will all be improved. It sharpens the mind and increases grasping ability ⁽⁷⁾.
- By triggering the cardiac activation, it lowers the *Tamo Guna* (the resident mental quality) and eliminates dullness, lethargy ⁽⁹⁾.
- *Gandharv Kaaya* (Celestial musician or artist or entertainer like psychic constitution) which is related to dancing and singing is a subtype of *Satva Guna* (purity of mind) .it indicates that dance effects *Satva Guna* positively.
- It imparts *Harsha* (joy) to the *Manas* (mind), where, according to Ayurveda experts, the *Hridaya* (heart) is the *Sthana* (site) of the mind. Therefore, if one dances often, they have a healthy heart ⁽⁹⁾.

Social benefits of dance:

Depending on the type of dance, socialization into various dance forms varies.

- ❖ Ballet dancers typically begin socializing through dance when they are young.
- ❖ Social dance, folk dance, and competitive ballroom dance involve socialization that can extend into adulthood.
- ❖ Individuals can become socialized into these dance forms at different life stages, including adulthood.
- ❖ This challenges the common focus on socialization during childhood and adolescence in previous studies (Nieminen, 1998).

Duration of a dance:

According to American Heart Association's recommendations, which suggest you do vigorous aerobic activity three days a week for a minimum of 25 minutes per session.

As we know, Dance is a form of cardio exercise which represents “Vayayam” in *Ayurveda*.

According to Sushrut text:

The term "*Bala Ardha Vayayam*" is used. That is, one should exercise to half their capacity and no more ⁽¹¹⁾.

Acc to *Swasthvrita Sudha* texts *Bala Ardha Vayayam* features are:

- It represents sweating in joints of hands and limbs, nose, forehead,
- Dryness in mouth

Acc to Shushruta, *when Vayu (air) in the heart of a person comes through mouth while exercising considered to be the Bala Ardha Vayayam* ⁽¹¹⁾.

Best time to dance:

Acc to *Acharya Shushruta*, *Sheeta Kaala* and *Basant Kaala* is a best time to exercise or dance ⁽¹¹⁾.

According to researches:

Exercise in the morning on an empty stomach can increase fat burning by up to 20% due to Excess Post-Exercise Oxygen Consumption (EPOC), which is a metabolic boost. Up to 14 hours after exercising, this event causes an additional calorie burn of roughly 190, which helps with weight loss and metabolic efficiency.

- ❖ **Improved Heart Health and Sleep:** Morning dance or exercise encourages longer, better-quality sleep and lowers blood pressure by 10%, both of which contribute to enhanced heart health. As a result of this beneficial effect on sleep and cardiovascular health, blood pressure decreases by 25% throughout the course of the night
- ❖ **Exercise/dance in the morning acts as a natural appetite suppressant**, reducing the allure of enticing foods. According to studies, exercising in the morning can help people eat less overall throughout the day, boosting weight management attempts.

- ❖ **Daily Energy and Productivity Boost:** Exercise/dance in the morning has a number of positive effects that last throughout the day, including improved energy, attention, productivity, stress reduction, and efficiency. According to research, exercising in the morning can enhance one's capacity for decision-making, visual learning, and attentiveness.
- ❖ **Enhanced Self-Esteem:** Working out in the morning can help you feel more accomplished and have higher self-esteem. Setting a positive tone by working out successfully in the morning promotes a sense of empowerment and personal accomplishment.

Conclusion:

Dance has an immense impact on the body, mind, and soul, which attests to its many advantages. Dance offers a comprehensive approach to health and well-being that exceeds conventional fitness routines because it is both a form of exercise and an artistic expression. Dance offers a distinctive and broad workout, from its beneficial effects on metabolism and cardiovascular health to its targeted muscle engagement and biochemical advantages.

The addition of dance to one's life improves both physical fitness and mental sharpness. Dance requires complex brain synchronization, which strengthens neural connections, lowers the risk of dementia, improves memory, and heightens cognitive performance. Ayurvedic principles emphasize the balance that dance gives to the body's elements, fostering emotional intelligence, lessening mental drowsiness, and fostering joy.

Dance's influence extends beyond the individual to social spheres. It encourages socializing at all stages of life, dispelling the myth that dancing is just for kids. Dance, from ballet to ballroom, fosters relationships, acting as a platform for interpersonal communication.

Both conventional wisdom and cutting-edge research can be helpful when deciding when and how to dance. Dancing in the morning helps to boost energy levels throughout the day as well as heart health, sleep quality, and metabolism. This well-timed routine creates a favorable atmosphere for the remainder of the day, enhancing productivity and self-esteem.

In essence, dance is a comprehensive activity that integrates social, mental, and physical components of wellbeing. It is a method to live a better and more fulfilling life as well as a celebration of movement and joy. People can access a world of wellness that goes beyond the limitations of traditional exercise by embracing the rhythms of dance, enhancing their lives in body, mind, and spirit.

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