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BODY AND ART: THE ART OF SELF EXPRESSION.

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Abstract:

Body art has a rich history and significance and is becoming increasingly popular in the modern world. The article looks into the different types of body art and their history and their significance as a form of self expression. Body art is a type of art which consists of a human body. It includes altering the body for some aesthetic reasons as well as for expressing feelings through it. The different types of body art includes Tattoos, body piercing, scarification. Tattoos are done by inserting dyes or pigments through different processes into the skin. Body piercing is a kind of body modification in which people Pierce their body parts to wear jewelry. Body piercing is done for aesthetic as well as for spiritual reasons. In the history of body piercing people have done it for different reasons but mainly it was done for spiritual reasons. Scarification is the type of body modification in which raised scars are made for decorating the body. It is done by cutting the body with the kind of design they want the scars to appear.

Keyword- Body art, tattoos, Scarification, body piercing

•Introduction

Art has been a powerful way for self-expression in human civilization, reflecting individual identities and social histories. The human body has been a canvas for artistic expression, with tattoos, body piercings, and scarification being significant forms of self-expression throughout history. These ancient techniques weave stories of identity, belonging, spirituality, and rites of passage, with deep cultural implications that persist across generations and belief systems. Body art remains a significant aspect of individual and societal narratives, connecting cultures, identity, and creativity. This essay analyzes the interaction between the canvas, artist, and society, aiming to provide readers with a deeper appreciation of self-expression and the ongoing relationship between the body and art throughout human history.



Nose ring and septum piercing | Face piercings, Nose piercing, Body piercings. (n.d.). Pinterest. <https://pin.it/5hKiC6B>

50 Insanely Detailed Dotwork Tattoos That Will Make You Want One (Like, Now.) | Geometric tattoo, Geometry tattoo, Sleeve tattoos. (n.d.). Pinterest. <https://pin.it/7G9mWV8>

<https://images.app.goo.gl/UxbHJxiz3TbrWLyG6>

•Body art-

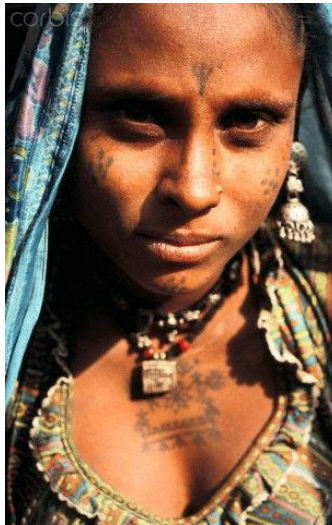
Body art is a type of art which consists of a human body. Body art includes a wide spectrum including Tattoos, Body piercing, Scarification. Extreme body art can include pushing the body to its physical limits. Body art includes altering the body and using their own bodies in their creative process. The body becomes a 'canvas' or 'art work' in body art. People express their feelings through body art. Body art can be a means to establish one's own individuality as well as connection to forms of community and like minded mentality.

•Types of body art-

There are different types of body art including Tattoos, Body piercing, Scarification. These art are used by people to express their acceptance or other feelings through their body.

•Tattooing-

Tattoo is a form of body modification done by inserting tattoo ink, dye or pigments. These dyes or pigments may be temporary or permanent. The ink is inserted into the skin to form a design. These designs are made by Tattoo artists by using different tattooing processes and techniques. These techniques include Hand tapped traditional method and modern tattooing machine. Tattoos in India date back to ancient times, serving as body decorations, caste marking, and a means of expressing identity, trust, and ethnicity. Tattoo art, which originated from ancient wall paintings, was introduced to India by tribes. Over time, the custom changed and became a well-liked ceremony in some tribes.



Limited, A. (n.d.). Gadulya lohar hi-res stock photography and images - Alamy. Alamy. <https://www.alamy.com/stock-photo/gadulya-lohar.html?sortBy=relevant>

•History of tattoos-

The phenomenon of tattooing was once widespread. Charles Darwin wrote that there was not a single country in the world where tattoos were not practiced in his book 'The Descent of Man's(1871). In the 19th century German ethnologist 'Karl von den Steinen' believed that tattoos are scars that appear through discoloration when plant sap is rubbed into wounds to prevent bleeding. This custom started in South America. Such tales suggest that tattooing arose at various locations throughout medical treatment, bloodletting practices or by chance. The assumption that tattoos originated at a particular place is discredited. These Indian insignia were ingeniously reimaged as western tattoos with the rise of pop culture. While not entirely altered, the traditional Indian tattoos have been given a modern and stylish makeover. And this had already occurred when western tattoos were combined with Hindu tattoos. Half of the population has embraced the fusion that was created as a result. You need to stop wondering when tattoos first became popular. It wasn't from abroad, but it was part of our history, and some traditional tattoos from India are still done in various sections of the area.

•Evidence of tattoos-

Clay figurines that has their faces painted or engraved to represent tattoo marks are the earliest evidence of tattoos. The oldest mummified body is that of "Otzi the iceman," a bronze-age man from around 3300 BCE who was found near to a glacier in the Otzal Alps at the border between Austria and Italy. He had 57 tattoos. He is the oldest known human to have tattoos preserved upon his body. Some scientists believe that tattoos are the early type of acupuncture.

•Tattoos in today's world-

In today's world tattoos are seen as a form of art work. The perception of society has changed about tattoos, more and more people are getting themselves tattooed. While it wasn't too long when tattoos were considered a taboo. It was thought that only criminals, bikers and sailors get tattoos. People also thought that getting tattoos is like signing your death warrant. People also do get tattoos to express themselves and their mentality and perceptions towards others or society.

•Body Piercing-

It involves cutting or puncturing a body portion to make a hole through which jewelry can be inserted. Piercing alters the body for decorative purposes. It can be done by all age groups although minor age groups are only allowed to have earlobe piercing. The reason for piercing may vary, some people do it for spiritual reasons, some for increasing aesthetic value, others may do it for self expression. People also do it to confirm their culture or to rebel against it. Schools, workplaces, and religious organizations have put restrictions on where people can get pierced. Even though there are restrictions, people have broken world records for the most permanent or temporary piercings on persons with hundreds or even thousands of them. Body piercing is an invasive procedure with risks, including infection, allergic reactions, excessive scarring and unanticipated physical injuries. If proper precautions are taken then such risks can be avoided. The healing time may vary from person to person and the placement of the piercing.



The "Most Pierced Woman" in the world as of 2009 is Elaine Davidson Wikipedia contributors. (2023). Body piercing. Wikipedia. https://en.m.wikipedia.org/wiki/Body_piercing

History-

Primitive societies used the earliest ear piercings for magical purposes. Metal was once thought to repel demons and spirits, thus people pierced their ears with metal. When sailors had their ears pierced, it helped with their vision, and if their remains washed up on a coast, the ear jewelry would cover the cost of a Christian burial. Ear piercing is a common social custom that marks the beginning of puberty. Egyptians wore earrings to demonstrate their wealth and beauty. The earliest human remains with extended earlobes were discovered in the Ancient Egyptians. Although Lakshmi is said to have had her nose pierced, it is believed that current Indian tradition originated with nomadic tribes in the Middle East and was brought to India by the Mughal emperors in the 16th century. Indians, particularly Hindus, are expected to have their ears and noses pierced. One of the Shodasha Samskaras, or the 16 rites that must be performed on a person between birth and death, is ear piercing in Hinduism. Ear piercing, also known as karnavedha, is one of the most important rituals performed for children. It therefore has a significant impact on a person's culture and religion. The science supporting this practice, however, is the idea that ear piercings promote the development of intelligence, cognition, and decision-making abilities. Due to the earlobe's status as the human body's miniature in Ayurveda, piercing one's ears may offer a number of therapeutic benefits.

•Scarification-

Scarification is a permanent kind of body alteration or body art that involves scratching, burning, branding, etching, or superficially cutting designs, photos, or words into skin. The healing process could take six to twelve months. In this technique, scars are created on purpose using cutting and other techniques. Scarification is still practiced today as a form of self-expression by people from every background and country in the world, much like tattoos and body piercing. Scarification has been used to emphasize the permanency of social and political roles, ritual and cultural values, rites of passage and age grades, spiritual reasons. It is also a part of medical and healing rituals, as well as demonstrating the ability to endure pain. Native Americans have historically practiced scarification as part of ritualistic activities like rites of passage or to get kids ready for adulthood. A wooden hook, thorn, or razor blade may be used repeatedly to scratch a design into the skin throughout the operation. Then, in order to stop the wound from healing and increase scarring, the artists may pack the wound with ash or mud. In numerous civilizations, people could decide to scarify themselves as a way of expressing themselves or for aesthetic benefits. A scarification artist may use a scalpel, an electric current, abrasion, heated or frozen metal implements, or other methods to cut, burn, or brand a design into the flesh.



Detailed facial scarification

Wikipedia contributors. (2023b). Scarification. Wikipedia. <https://en.m.wikipedia.org/wiki/Scarification>

History-

The earliest scarification evidence found is the archaeological site at Ain Ghazal, in Jordan where two headless figurines of Paleolithic fertility goddess statues were found with thick scarification lines curving at buttocks and abdomen. Sahara rock painting 7000 BCE at Tassili N'Ajjer at Tazoumaïtsk, Algeria also shows scarification on the breast, belly, thigh, shoulder, and calves of a Horned Goddess. Similar scarification marks are depicted on figurines and paintings have been found on female from West and Central Africa. Scarification process and the type of marks vary from culture to culture. Many more such evidences show scarification. Darker skinned civilizations have historically practiced scarification, presumably because it is usually more noticeable on them

than tattoos. It was widespread among native societies in Australia, Melanesia, and Africa (particularly in the west).

Conclusion-

In light of the exploration of the connection between the body and identity, the article's conclusion is that art can be a potent vehicle for self-expression. The body serves as a canvas for artists to express their individual experiences and viewpoints, question cultural norms and expectations, and celebrate variety. Modern art today sometimes takes on odd and distinctive forms that might shock or provoke regular people. It can be referred to as the primary characteristic of our era. Unusual means of conveying emotions are used in body art. Due to its youth, it has established its viability. There should be more discussion on problematic body art. But even now, it is still conceivable to assert that it may encourage the growth of the cult of the body and public acclaim for this form of art.

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