

WELLNESS OF PHYSICAL AND MENTAL HEALTH THROUGH BHARATANATYAM RELATED TO AYURVEDIC MARMA THERAPY

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Introduction

Health, according to the World Health Organisation, is “a state of complete physical, mental, social and environment well-being and merely the absence of disease and infirmity”. Health can be promoted by encouraging healthful activities, such as regular physical exercises. Bharatanatyam, an Indian classical dance is a universal ritual with a long history as a healing form that was proven by literature reviews. Bharatanatyam dance therapists are in a privileged position to work holistically (addressing the mind, body spirit), and can work in primary health care. Primary health care provides essential care universally accessible to all people in the community, instilling full empowerment, autonomy and self-determination at a low cost. Its ultimate goal is better health for all.

On the other hand, Ayurveda is India’s oldest medical system, it is a profound system of body-mind medicine and natural living. In Ayurveda, there are some vital points called ‘Marmas’ meaning vulnerable or sensitive zones. According to Sushruta, there are 107 Marma points in our body. Such points can be used specifically for the diagnosis and treatment of disease or generally promoting health and longevity. Marmas are integral to all Ayurvedic therapies from simple self-treatments to complex clinical

procedures that were proven. Marma therapies can be used pharmacologically and non-pharmacologically. Bharatanatyam is a big part of non-pharmacological marma therapy. Bharatanatyam dance practice and Ayurvedic marma therapy in both contributes to mental and physical growth and development of the human being.

Relation Between the Bharatanatyam and the Ayurveda

Bharatanatyam is the oldest performing art and Ayurveda is also the oldest healing system in India, both originated from the ‘Veda’. Ayurvedic Marmas and Bharatanatyam both are key energy centres of the body. Bharatanatyam steps affect the energy that also acts on limbs, joints, spine and various organs which all contain the importance of Marmas. Viz.

Kshipra Marma: This is a snayu (ligament) type and half-finger unit in size Pada (foot) marma. It is situated in between the big toe and the second toe of the foot. It controls the lymphatic and respiratory systems, lubrication of heart, lungs and stress.

Talahridaya: Genesis of Talahridaya Marma is the heart of the sole. This is 1/2 anguli (finger unit) in size Mumsa (muscle) Marma. It is situated in the mid of the sole of the foot and in a straight line drawn from the root of the middle toe. It controls respiratory system (Pranavaha Srotas), heat circulation and reception on the skin (Bhrajaka Pitta) and the feet as a motor organ.

Gulf Marma: This is 2 finger units in size Sandhi (joint) Marma. This Marma is situated at junction of foot and leg. This indicates towards ankle joint. It is located

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between the distal ends of the tibia and the fibula and the superior part of the talus. The ankle joint can be felt between the tendons on the anterior surface of the ankle as a slight depression, approximately 1 cm proximal to the tip of the medial malleolus. It controls fat, bone and reproductive systems. Lubrication of the joints also be controlled for better movement of the feet. Most of

the Bharatanatyam dance steps are pressurised in Gulf Marma.

Indrabasti Marma: Genesis of Indrabasti Marma is Indra's bladder in forearm i.e the muscular mid forearm. This is 1/2 anguli (finger unit) Mamsa (muscle) Marma. It is situated in the mid of the Jangha (leg) in the line of the Parsani (heel or calcaneum). This indicates towards the calf region of leg. It controls digestive system (Annavaha Srotas), Agni (digestive fire), Pachaka Pitta, Samana Vayu and small intestine.



Janu Marma: This is 3-finger unit Sandhi Marma (knee joint). It lies at the junction of Jangha (leg) and Uru (thigh) and is situated at the joint formed by the junction of the femur tibia bones i.e. knee joint. It controls the 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.



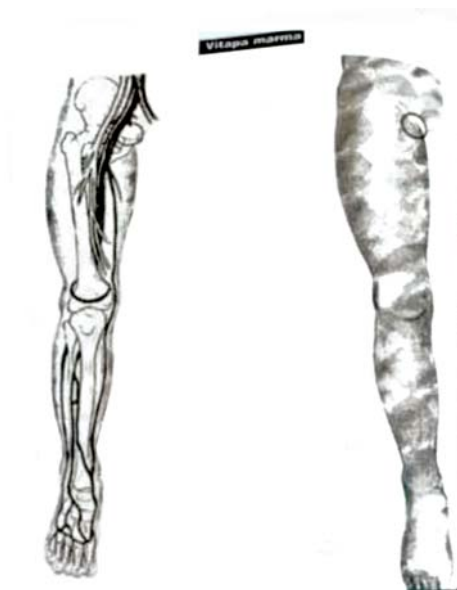


or groin) and the Vrisana(testes) on both sides. It controls the reproductive system and menstrual systems.

All of the Marma points in Bharatanatyam are under pressure, but to varying degree.

Materials and Methods

For Observation of physical and mental well-being in Bharatanatyam practice 60 female participants were taken. There are two groups. One is the dancer group (30 participants) and another is the control group(30 participants). They are in between (5-25) years age group. For general survey: Height, Weight, Hip/Waist/Chest circumference, Pulse, B.P, Oxygen saturation, Respiratory rate, Menstruation 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. For the dancer's group, Bharatanatyam practice time every day for one hour. For the control group(non dancer), observation within 6th months time lapse. Quality of mental well-being using WHO QOL - BREF



Vitapa Marma: This is 1 finer unit in size Snayu Marma. This is situated between the Vankana (hip joint

questionnaires are used as parameters of efficacy.

1. Parameters of Physical health:
 - a. Activities of daily living
 - b. Depends on medical substances
 - c. Energy and fatigue
 - d. Mobility
 - e. Discomfort and pain
 - f. Sleep and rest
 - g. Work capacity
2. Parameters of Psychological health:
 - a. Bodily image and appearance
 - b. Negative feelings
 - c. Positive feelings
 - d. Self-esteem
 - e. Spirituality/religion/personal beliefs
 - f. Thinking, learning, memory and concentration

For the dancer and control group:

Among 60 participants of (5-25)Years have divided 4 groups of age limit.

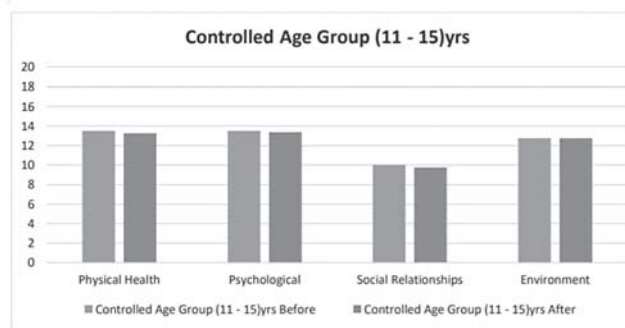
- Age limit - (5-10)years
 (11-15)years
 (16-20)years
 (21-25)years

Discussion

After an extensive study on Bharatanatyam practice, it is observed the practitioners became more energetic, active, disciplined, joyful and cooperative which is a remarkable improvement that can only be found in AyurvedicMarma therapy. We have looked into 30 practitioners, among which 96% have seen an improvement in their menstrual cycle, and very less are suffering only scanty menstruation. Another vital thing, 98% have improved their body weight which is a tremendous improvement. This development was only by practising Bharatanatyam which is found in Marma therapy only. But in the 6th-month time lapse control group, they do not have any improvement, some are suffering from amenorrhea, scanty menstruation, dysmenorrhoea, leucorrhoea as usual.

Result of mental well-being of two groups for (11-15) years with a bar chart.

Controlled Age Group (11 - 15) yrs		
Psychological	Before	After
Physical Health	13.5	13.25
Psychological	13.5	13.37
Social Relationships	10	9.75
Environment	12.75	12.75
TOTAL Mental Well-being	12.43	12.28



Mental well-being based on physical health, psychological health, social relationships and environment. All are very correlated with Bharatanatyam and AyurvedicMarma points.

Physical Health: For every day practicing Bharatanatyam prevents the physical pain of dance

practitioners. In daily life their need not medical treatment function. Improved enough energy level and mobility, for that reason performers are satisfied with their work capacity and ability to perform willingly. After that, they are satisfied with their sleep. All reasons control for digestive and respiratory systems. According to Ayurveda Kshipra and IndravastiMarma, these two sensitive zones boost the above reason.

Psychological Health: Practising Bharatanatyam improves their concentration level, controls their bodily image and appearance, anxiety and depression. According to Ayurveda Kshipra, Janu and GulphaMarma increases the above reasons.

Social Relationship: Dance means good body movements and entertainment part of the people. That is why Bharatanatyam improves personal, social and sexual relationship. According to Ayurveda VitapaMarma rises to the above mentioned.

Environment: For every day practising Bharatanatyam increased their freedom, physical safety, confidence level and security. Most of the above Marmas are increased the above reasons.

Conclusion

Bharatanatyam dance is very popular and intimately connected with Marma therapy. As Marma therapy in well established in their specific healing modality. According to results in pre and post observation of dancer and control group, it has proven Bharatanatyam acts on psychosomatic development along with their beneficial action, not only localised benefit of neuromusculoskeletal but also various organs and hormones, like Marma therapy acts on secret physiology. Viz. KshipraMarma acts on the lymphatic and respiratory system and lubrication of the heart and lungs and releases stress. VitapaMarma controls the reproductive and menstrual systems. It proves there is a close relationship between the practice of Bharatanatyam and Marma massage therapy, profound research work is needed on Bharatanatyam. □

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