

A rasa reader classical indian aesthetics

A rasa reader classical Indian aesthetics is a profound exploration of the foundational principles that underpin the rich tradition of Indian art, literature, and performance arts. Rooted in ancient texts and philosophical doctrines, it offers a comprehensive framework to understand how emotions, aesthetics, and artistic expressions intertwine to evoke specific feelings or rasas in the audience. This system not only guides creators but also provides audiences with a deeper appreciation of the nuanced layers of Indian artistic heritage. In this article, we delve into the origins, core concepts, and significance of rasa in classical Indian aesthetics, highlighting its enduring influence on arts and culture.

Origins and Historical Context of Rasa

Ancient Texts and Philosophical Foundations

The concept of rasa finds its roots primarily in the classical treatise *Natyashastra*, attributed to Bharata Muni, composed around the 2nd century BCE. This text is considered the foundational scripture for Indian performing arts, particularly drama and dance. It systematically articulates the principles of aesthetics, including the theory of rasa. Other significant texts that elaborate on this concept include: *Abhinavabharati* (commentary on *Natyashastra*) by Anandadeva, *Sangitaratnakara* by Sharngadeva, and various devotional poetry and Sangita literature.

Historical Evolution and Cultural Significance

Over centuries, the rasa theory evolved and permeated various art forms: Classical dance forms like Bharatanatyam, Kathak, Odissi; Classical music traditions such as Carnatic and Hindustani; Literary works including poetry, epics, and devotional compositions; Visual arts and temple architecture. The central idea was to create a sensory experience that transports the spectator or listener into a realm of heightened emotional and spiritual experience.

Core Concepts of Rasa in Indian Aesthetics

Understanding Rasa

Rasa literally translates to "juice" or "essence" and signifies the aesthetic flavor or emotional theme that a work of art evokes in the audience. It is the ultimate goal of artistic expression? eliciting a specific rasa leads to a sense of aesthetic pleasure.

The Eight (or Nine) Rasas

Classically, there are eight primary rasas recognized in Indian aesthetics, with some texts adding a ninth:

- Shanta (Peace/Calm)** ? Serenity and tranquility
- Rasas (Joy)** ? Happiness and delight
- Karuna (Compassion)** ? Pity and tenderness
- Raudra (Fury)** ? Anger and ferocity
- Veera (Heroism)** ? Courage and valor
- Bhayanaka (Fear)** ? Anxiety and dread
- Bibhatsa (Disgust)** ? Aversion and repulsion
- Adbhuta (Wonder)** ? Amazement and curiosity
- Shringara (Love/Beauty)** ? Romantic and aesthetic love (sometimes considered the most prominent)

These rasas are not merely emotional states but are intricately woven into the fabric of artistic expression to produce an immersive experience.

Bhavas and Their Role in Evoking Rasa

While rasa is the emotional flavor experienced by the audience, it is evoked through bhavas? the emotional states or attitudes portrayed by performers or depicted in artworks. For example: Shringara (romantic love) may be conveyed through expressions of longing, flirtation, and intimacy. Karuna (compassion) might be shown through acts of mercy or tenderness. The relationship between bhava (emotion) and rasa (aesthetic flavor) is fundamental; a well-portrayed bhava leads to the awakening of its corresponding rasa in the audience.

Application of Rasa in Various Art Forms

In Classical Dance and Drama

Dance and drama are primary mediums through which rasa is experienced. The performers use:

- Facial expressions (*mudras*)
- Gestures (*hastas*)
- Movements (*bhargas*)
- Music and poetry

to invoke specific rasas in viewers.

Key principles

include: Bhava (expression) as the vehicle to evoke rasa. The importance of abhinaya (expressive acting) in conveying emotional states. Audience participation in emotional resonance. In Literature and Poetry Poets and writers craft verses that evoke particular rasas through: Choice of words and imagery Rhythmic patterns Narrative themes Classical Sanskrit poetry, especially devotional and love poetry, exemplifies the mastery of invoking rasas. In Visual Arts and Architecture Temples and sculptures incorporate motifs that evoke rasas. For example: Dynamic poses to evoke Raudra or Veera Serene figures for Shanta Sensuous depictions to inspire Shringara The layout and iconography aim to create an immersive aesthetic experience, aligning with the rasa theory. The Significance of Rasa in Indian Cultural Philosophy Spiritual and Philosophical Dimensions In Indian thought, rasa transcends mere aesthetic pleasure; it is associated with spiritual awakening and divine experience. The rasa theory suggests that: Art is a mirror to the divine, capable of awakening higher consciousness. Emotional experiences through art foster empathy and spiritual growth. Educational and Cultural Impact Understanding rasa enhances: Artistic training, emphasizing emotional expressiveness. Audience engagement, fostering a deeper connection with art forms. Preservation of classical traditions, ensuring their relevance and vitality. Contemporary Relevance Modern artists and performers continue to draw upon rasa principles to: Innovate within traditional frameworks Create cross-cultural artistic expressions Promote emotional literacy and cultural understanding Conclusion A rasa reader classical Indian aesthetics offers a timeless blueprint for understanding how art communicates profound emotional and spiritual truths. By exploring the intricate relationship between bhava, rasa, and artistic expression, this framework continues to inspire artists, performers, and audiences worldwide. Its emphasis on evoking specific emotional flavors ensures that Indian art remains a dynamic, immersive, and transformative experience? one that transcends temporal and cultural boundaries, inviting us all to partake in the divine dance of rasa.

A Rasa Reader and the Classical Indian Aesthetics: An In-Depth Exploration The concept of rasa stands at the very core of classical Indian aesthetics, serving as a sophisticated framework that guides the creation, interpretation, and appreciation of art, literature, dance, and theater. Rooted in ancient texts and philosophical discourses, rasa encapsulates the essence of emotional experience, aiming to evoke a profound aesthetic response in the audience. This article offers a comprehensive analysis of the rasa theory, its origins, principles, and enduring influence on Indian artistic traditions. Understanding Rasa: The Heart of Indian Aesthetics Defining Rasa: The Emotional Essence In the context of Indian aesthetics, rasa can be translated as "juice" or "essence," signifying the vital flavor that art imparts to its audience. Unlike Western notions of beauty or realism, rasa emphasizes the emotional and spiritual engagement that art elicits. It is not merely an aesthetic pleasure but an experience that transports the viewer or listener into a heightened state of consciousness, where emotions are stirred and harmonized. The classical texts, particularly the Natya Shastra attributed to Bharata (circa 2nd century BCE), define rasa as the ultimate goal of performing arts. According to Bharata, rasa is the aesthetic relish experienced when an audience

witnesses a well-performed drama or dance, resulting in a deep sense of satisfaction and emotional fulfillment.

The Eight (or Nine) Rasas: Spectrum of Emotional Flavors

Traditional Indian aesthetics identify several rasas, each corresponding to specific emotional states. The most widely accepted list includes eight primary rasas, with a ninth added later in some texts:

- Rasa (Love, Beauty)** Evokes feelings of romantic love, beauty, and attraction. Central to themes of romance and devotion.
- Hasya (Humor, Laughter)** Inspires joy and amusement through comedy and playful interactions.
- Karuna (Compassion, Sorrow)** Arouses feelings of compassion, pathos, and grief, fostering empathy.
- Raudra (Anger, Fury)** Generates feelings of wrath, outrage, and intensity.
- Virsa (Heroism, Courage)** Celebrates valor, bravery, and heroism.
- Bhayanaka (Fear, Anxiety)** Induces a sense of fear or terror, often used in horror or suspense genres.
- Bhatsa (Disgust, Repulsion)** Provokes aversion or repulsion, often through depictions of the grotesque or taboo.
- Adbhuta (Wonder, Curiosity)** Inspires awe, surprise, and fascination.

Optional Ninth Rasa: Shanta (Peace, Serenity) ? emphasizing tranquility and harmony.

Each rasa is associated with specific emotions (bhava) and aesthetic sentiments (rasa-bhava relationship), creating a nuanced web of emotional interplay.

The Philosophical Foundations of Rasa

Historical Origins and Textual Foundations

The concept of rasa is chiefly elaborated in the *Natya Shastra*, an ancient treatise on performing arts. Bharata's work systematically describes how art can evoke rasa, emphasizing the importance of bhava (emotional states) in the creation of rasa. The *Natya Shastra* posits that the purpose of drama and performance is to lead the spectator through a series of emotional states, culminating in the experience of rasa. Later texts, such as Abhinavagupta's *Tantraloka* and the *Abhinavabharati* commentary, deepen the philosophical understanding of rasa, integrating it within the broader contexts of Samkhya, Vedanta, and Buddhist thought. They explore the relationship between bhava, rasa, and spiritual liberation, suggesting that aesthetic experience is a pathway to divine realization.

Rasa and Bhava: The Emotional Dynamics

Bhava refers to the physical expression or mental state that manifests in the performer and evokes rasa in the audience. The relationship between bhava and rasa is central: the artist's mastery in expressing bhava triggers the appropriate rasa in viewers or listeners. The process involves:

- Sthayi Bhava:** Permanent emotional states that form the baseline of a character or scene.
- Vibhava:** The causes or situations that stimulate bhava.
- Anubhava:** The physical or verbal expressions of bhava.
- Vyabhava:** Transient emotional states that modify the dominant bhava.

This intricate interplay ensures that the performance resonates emotionally, creating a layered and immersive aesthetic experience.

Application of Rasa in Artistic Practices

Rasa in Dance, Drama, and Literature

Classical Indian dance forms like Bharatanatyam, Kathak, Odissi, and Kathakali are deeply rooted in rasa theory. Choreography, gestures (mudras), facial expressions (bhavas), and movements are meticulously crafted to evoke specific rasas. For example: Bharatanatyam emphasizes Rasa and Bhayanaka through expressive storytelling. Kathakali employs vivid makeup and gestures to depict Raudra and Virsa. Odissi integrates lyrical poetry and fluid movements to evoke Adbhuta and Rasa. Similarly, classical Sanskrit dramas like Kalidasa's *Shakuntala* or Bhavabhuti's plays are designed to evoke multiple rasas, engaging the audience emotionally at every turn. Literature, especially poetic compositions, employs rasa as a guiding principle, ensuring that each verse or stanza leads the reader through an emotional journey. The aesthetic experience is thus both intellectual and visceral.

Rasa in Visual Arts

and Architecture Although primarily associated with performing arts, rasa also influences Indian visual arts and architecture. Temples, murals, and sculptures are designed with a conscious understanding of rasa to create an atmosphere conducive to spiritual contemplation. Temple architecture uses spatial arrangements and iconography to evoke serenity (Shanta) or awe (Adbhuta). Murals and sculptures depict divine and mythological themes that stimulate specific rasas, encouraging viewers to experience emotional states aligned with spiritual ideals.

Modern Interpretations and Relevance of Rasa Contemporary Arts and Rasa Even in modern contexts, the rasa theory remains influential. Contemporary Indian cinema, dance, and theater often consciously or unconsciously draw upon rasa principles to craft emotionally compelling narratives. Filmmakers like Satyajit Ray and Mira Nair, as well as choreographers such as Pina Bausch, have acknowledged the importance of emotional engagement akin to rasa. Furthermore, the universality of rasa's emphasis on emotional connectivity has prompted cross-cultural interest. Scholars and artists outside India explore rasa as a framework for understanding emotional expression across diverse artistic traditions.

Rasa and Cultural Identity In a broader sense, rasa serves as a unifying aesthetic principle that transcends regional and linguistic differences within India. It reinforces cultural identity by providing a shared language of emotional expression and appreciation. The recognition of rasa's importance in preserving and transmitting Indian artistic heritage underscores its enduring relevance.

Critical Perspectives and Challenges While rasa theory has been celebrated for its sophistication and depth, it also faces critical scrutiny:

- Subjectivity:** The emotional response elicited by art can vary widely among individuals, raising questions about the universality of rasas.
- Gender and Cultural Bias:** Some scholars critique the traditional emphasis on romantic and heroic rasas, arguing that it may marginalize other emotional experiences or perspectives.
- Modern Artistic Expressions:** Contemporary art forms that challenge classical conventions sometimes find it difficult to align with rasa principles, prompting debates on tradition versus innovation.

Despite these challenges, the core idea of rasa as an aesthetic and emotional ideal continues to inspire and inform Indian and global artistic discourses.

Conclusion: The Enduring Significance of Rasa The rasa reader of classical Indian aesthetics offers a profound insight into how art functions as a conduit of emotional and spiritual experience. By systematically categorizing and guiding the evocation of specific emotional flavors, rasa theory provides a timeless blueprint for artists and audiences alike to engage in a meaningful aesthetic journey. Its influence spans centuries, shaping dance, drama, literature, and visual arts, and remains a vital part of India's rich cultural tapestry. As the world continues to explore the depths of human emotion and creativity, the principles embedded in rasa serve as a reminder of art's transformative power ? to evoke beauty, compassion, courage, and wonder within us all. Whether in traditional performances or modern reinterpretations, rasa endures as a testament to the profound connection between art and the human soul.

Question Answer

What is a Rasa Reader in the context of classical Indian aesthetics?

A Rasa Reader is a collection of texts and teachings that explore the concept of 'Rasa'—the aesthetic flavor or emotional essence—in Indian arts, literature, and performance, emphasizing how art evokes specific emotional responses in the audience.

How does the Rasa theory influence classical Indian performing arts?

The Rasa theory guides performers to evoke specific emotional responses (rasas) in the audience through expressive techniques, gestures, music, and dialogue, creating a profound aesthetic experience that aligns with traditional principles of Indian aesthetics.

What are the main rasas discussed in a Rasa Reader based on Indian classical aesthetics?

The primary rasas include Shringara (love and beauty), Hasya (humor), Karuna (compassion), Raudra (anger), Veera (heroism), Bhayanaka (fear), Bibhatsa (disgust), and Adbhuta (wonder), each representing a distinct emotional essence.

Why is the concept of Rasa considered central to Indian aesthetic theory?

Rasa is central because it encapsulates the ultimate goal of art and performance—to evoke specific emotional states in the audience, fostering a deep connection between the art form and the viewer that transcends mere representation.

How does a Rasa Reader help scholars and practitioners of Indian arts?

A Rasa Reader provides foundational texts, interpretations, and commentaries on the concept of Rasa, offering insights into the principles of aesthetic experience, and guiding artists in creating performances and works that successfully evoke rasas.

Can a Rasa Reader be used to analyze modern Indian art forms?

Yes, a Rasa Reader can be a valuable resource for analyzing contemporary Indian art, literature, and cinema by applying classical aesthetic principles to understand how these works evoke emotional responses and adhere to or reinterpret traditional Rasas.

What are some key texts included in a traditional Rasa Reader?

Key texts often include Bharata's 'Natya Shastra,' Abhinavagupta's commentaries, and other classical treatises that elaborate on the theory of Rasa, aesthetics, dramaturgy, and the arts' emotional impact.

How does understanding a Rasa Reader enhance the appreciation of Indian classical dance and theatre?

It deepens appreciation by providing insight into how performers use expressive techniques to evoke specific rasas, allowing viewers to experience the emotional and spiritual layers embedded in the performance, thereby enriching their aesthetic experience.

Related keywords: Rasa theory, Indian aesthetics, Bharata Natyashastra, aesthetic experience, rasa sutras, classical Indian art, dramaturgy, rasa bhava, Indian drama, aesthetic principles

Abhigyan shakuntalam sanskrit

Abhigyan Shakuntalam Sanskrit is a timeless masterpiece of classical Indian literature, renowned for its poetic brilliance, profound themes, and cultural significance. Composed by the legendary ancient Indian playwright and poet Kalidasa, this Sanskrit play is celebrated for its lyrical beauty, intricate characterization, and philosophical depth. As one of Kalidasa's most revered works, Abhigyan Shakuntalam continues to enthrall scholars, students, and literature enthusiasts worldwide, serving as a shining example of the rich literary heritage of India.

Introduction to Abhigyan ShakuntalamAbhigyan Shakuntalam, often translated as "The Recognition of Shakuntala," is a classical Sanskrit play that narrates the romantic and tragic story of Shakuntala and King Dushyanta. The narrative is rooted in ancient Indian mythology and epic poetry, particularly the Mahabharata, and is renowned for its poetic elegance and philosophical insights. Written by Kalidasa in the 4th or 5th century CE, the play exemplifies the sophistication of Sanskrit drama and poetic tradition. This work not only highlights the themes of love, separation, and recognition but also explores deeper ideas of fate, dharma (duty), and divine intervention. The play has inspired countless adaptations, performances, and scholarly studies, solidifying its status as a pillar of Sanskrit literature.

Historical and Cultural ContextKalidasa and the Golden Age of Sanskrit LiteratureKalidasa is often regarded as the greatest poet and dramatist in Sanskrit literature. His works, including Abhigyan Shakuntalam, Meghaduta, and Raghuvamsha, are celebrated for their artistic excellence and poetic finesse. Composed during India's classical period, known as the Gupta era, Kalidasa's plays reflect the cultural flourishing, scientific advancements, and philosophical pursuits of that time.

The Significance of Sanskrit LiteratureSanskrit, considered the language of the divine and scholarly pursuits, was the medium for many literary, religious, and philosophical texts in ancient India. Works like Abhigyan Shakuntalam played a vital role in shaping Indian cultural identity, promoting moral values, and preserving mythology and legends across generations.

Plot Summary of Abhigyan Shakuntalam**The Birth of Shakuntala**The play opens with the sage Kanva, who raises Shakuntala, the daughter of the sage Vishwamitra and the heavenly

nymph Menaka, in the hermitage of Sage Kanva. Shakuntala grows into a beautiful and virtuous maiden, embodying innocence and grace. The Encounter with King Dushyanta While wandering in the forest, King Dushyanta encounters Shakuntala. Enchanted by her beauty and virtues, the king marries her in a Gandharva (love) marriage, giving her a ring as a token of their union. The lovers part ways, with Dushyanta promising to return and marry her officially. The Curse and Separation Later, Dushyanta departs for his kingdom. However, a sage's curse causes Dushyanta to forget Shakuntala. Shakuntala, pregnant and heartbroken, faces social stigma and hardship. She is eventually reunited with Dushyanta when he recognizes her through the ring, which had been lost and regained. The Recognition and Reconciliation Dushyanta's memory is restored when he sees the ring, leading to a joyful reunion. Shakuntala gives birth to their son, Bharata, who later becomes a legendary emperor and the eponymous ancestor of the Indian nation. Major Themes and Symbolism Love and Separation The play beautifully explores the complexities of love, separation, and eventual union. The emotional depth of Shakuntala's longing and Dushyanta's remorse resonates universally. Fate and Divine Intervention The story underscores the role of destiny and divine will, especially through the curse that causes Dushyanta's forgetfulness and the divine blessings that aid in their reunion. Recognition and Identity The motif of recognition (abhigyan) symbolizes the awakening of consciousness, self-awareness, and the importance of memory and identity in human relationships. Nature and the Environment Kalidasa's vivid descriptions of forests, rivers, and animals highlight nature's role as a divine witness and a symbol of purity and harmony. Language and Literary Style of Sanskrit in Abhigyan Shakuntalam Poetic Elegance and Rhetoric Kalidasa's Sanskrit is characterized by its lyrical beauty, rich metaphors, and intricate poetic meters. The language elevates the narrative, creating a musical and aesthetic experience for the reader or listener. Use of Rasa Theory The play employs the classical Indian aesthetic theory of rasa, which emphasizes the emotional flavors or sentiments evoked in the audience. The primary rasas in Abhigyan Shakuntalam include love (shringara), compassion (karuna), and heroism (vira). Stylistic Devices Kalidasa's expert use of similes, alliteration, and vivid imagery enhances the play's emotional impact. His mastery of Sanskrit grammar and poetic conventions elevates the literary quality. Legacy and Influence of Abhigyan Shakuntalam Impact on Indian Literature and Drama Abhigyan Shakuntalam has profoundly influenced Indian drama, inspiring numerous adaptations in various regional languages, dance forms, and theatrical performances. Its themes of love, recognition, and divine intervention continue to resonate. Global Recognition Beyond India, the play has garnered international acclaim, inspiring Western dramatists and scholars. Its universal themes and poetic beauty have led to translations and adaptations worldwide. Modern Relevance Today, Abhigyan Shakuntalam remains relevant in discussions of love, memory, and identity. It is studied in literature courses, performed in theaters, and appreciated for its artistic excellence. Conclusion Abhigyan Shakuntalam Sanskrit stands as a shining beacon of India's rich literary and cultural heritage. Through Kalidasa's poetic genius, it presents a timeless story of love, fate, and recognition that continues to inspire and captivate audiences around the world. Its profound themes, artistic language, and philosophical depth make it an enduring masterpiece, exemplifying the beauty and spirituality of classical Sanskrit literature. Keywords for SEO Optimization: Abhigyan Shakuntalam Sanskrit, Kalidasa, Sanskrit drama, classical Indian literature,

Indian mythology, Sanskrit poetry, recognition in Sanskrit, Indian cultural heritage, Sanskrit plays, Indian literary classics

Abhigyan Shakuntalam Sanskrit: A Deep Dive into a Classic Literary Treasure
Introduction Abhigyan Shakuntalam Sanskrit is more than just a phrase; it embodies a timeless piece of Indian literary heritage that seamlessly blends poetic beauty, philosophical depth, and cultural richness. Originating from the ancient Sanskrit tradition, this work has captivated audiences for centuries, serving as a cornerstone of classical Indian literature. Its intricate language, profound themes, and artistic craftsmanship have made it a subject of scholarly admiration and an enduring influence on subsequent literary and theatrical traditions. In this article, we explore the origins, structure, themes, language, and cultural significance of Abhigyan Shakuntalam, offering readers a comprehensive understanding of this Sanskrit masterpiece.

The Origins and Historical Context of Abhigyan Shakuntalam
The Author: Kalidasa At the heart of Abhigyan Shakuntalam lies the genius of Kalidasa, widely regarded as one of India's greatest classical poets and dramatists. Flourishing during the 4th or 5th century CE, Kalidasa's works epitomize the height of Sanskrit literary achievement. His mastery over language, imagery, and emotional expression is evident throughout the play, which remains one of his most celebrated compositions.

The Source Material: Mahabharata and Puranic Tales While Abhigyan Shakuntalam is an original work, it draws heavily from traditional Indian mythology and Puranic stories, especially the tales surrounding King Dushyanta and Shakuntala. The narrative incorporates themes of love, fate, and divine intervention, rooted in ancient Indian religious and cultural beliefs.

Historical Significance The play was composed during a period marked by political stability and cultural renaissance, leading to the flourishing of arts and literature. Its enduring popularity has helped preserve Sanskrit as a literary language and has influenced numerous adaptations, including dance, drama, and modern literature.

Structure and Literary Features of Abhigyan Shakuntalam
Dramatic Format and Scene Construction Abhigyan Shakuntalam is written as a classical Sanskrit drama (Nataka), consisting of five acts. Each act is carefully structured to develop the narrative, deepen character development, and build emotional intensity.

Acts and Scenes: The play comprises various scenes that depict the setting, introduce characters, and advance the plot.

Dialogues and Monologues: Rich dialogues and poetic monologues express characters' inner thoughts and feelings, enhancing emotional depth.

Poetic Style and Language Kalidasa employs a highly refined Sanskrit style characterized by:
Shlokas and Verses: The work is composed predominantly of shlokas—metrical verses that follow strict rhythmic patterns.

Use of Rhetorical Devices: Similes, metaphors, alliterations, and hyperboles embellish the text, creating vivid imagery.

Rich Vocabulary: The Sanskrit used is elaborate yet accessible, making it both a literary and linguistic masterpiece.

Literary Devices and Techniques Kalidasa's craftsmanship manifests in his use of:
Alankaras (Figures of Speech): Such as similes, metaphors, and personifications.

Pathos and Humor: To evoke emotional responses and provide comic relief.

Symbolism: Nature, seasons, and divine elements symbolize human emotions and moral lessons.

Thematic Exploration of Abhigyan Shakuntalam
Love and Passion The central theme

revolves around the love story of King Dushyanta and Shakuntala, emphasizing the purity, spontaneity, and divine nature of love. Fate and Destiny: The play explores how destiny influences love, with characters often facing obstacles beyond their control. Memory and Recognition: The motif of memory loss and eventual recognition underscores the fragility and resilience of love. Nature and the Divine: Nature is intricately woven into the narrative, symbolizing purity, renewal, and divine intervention. Natural Elements: The play vividly describes forests, rivers, flowers, and seasons, creating an immersive setting. Divine Forces: Gods and celestial beings influence the mortal realm, highlighting the spiritual dimension of human affairs. Moral and Ethical Values: The play subtly addresses virtues such as loyalty, patience, humility, and righteousness through its characters and their actions. Language and Sanskrit Style in Abhigyan Shakuntalam: Sanskrit as a Literary Medium: Kalidasa's mastery over Sanskrit elevates the play to linguistic excellence. The language balances complexity with musicality, making it a benchmark for classical Sanskrit literature. Sanskrit Grammar and Syntax: The play showcases sophisticated grammatical structures, enriching the text's poetic rhythm. Lexical Richness: An extensive vocabulary allows for nuanced expression and layered meanings. Rasa Theory and Emotional Aesthetics: A fundamental aspect of Sanskrit drama, the Rasa theory, is vividly demonstrated in Abhigyan Shakuntalam. Main Rasas (Aesthetic Flavors): Shringara (Love) Hasya (Humor) Karuna (Compassion) Vira (Heroism) Bhayanaka (Fear) Roudra (Anger) Shanta (Peace). Kalidasa skillfully evokes these Rasas, engaging the audience emotionally and spiritually. Cultural and Artistic Significance: Influence on Indian Theatre and Arts: Abhigyan Shakuntalam's profound influence extends beyond literature into Indian performing arts. Dramatic Adaptations: Its themes and characters have inspired numerous stage productions, dance dramas, and operas. Visual Arts: Illustrations, paintings, and sculptures often depict scenes from the play, emphasizing its visual narrative strength. Religious and Philosophical Impact: The play reflects core Indian philosophical ideas about karma, dharma, and divine grace, subtly integrating spiritual lessons into its narrative fabric. Modern Relevance: Today, Abhigyan Shakuntalam remains relevant for its universal themes of love, destiny, and virtue, inspiring contemporary writers, filmmakers, and scholars worldwide. Preservation and Study of Abhigyan Shakuntalam: Academic and Literary Scholarship: Numerous commentaries, translations, and analyses have been produced, making it accessible to global audiences. Key Commentators: Scholars like Bhatta Bhaskara and others have elucidated its linguistic and thematic intricacies. Multilingual Translations: The play has been translated into many languages, broadening its reach. Digital and Cultural Initiatives: Modern efforts include digital archives, theatrical revivals, and educational programs aimed at preserving and promoting this Sanskrit classic. Conclusion: Abhigyan Shakuntalam Sanskrit stands as a testament to the artistic and philosophical heights achieved by ancient Indian literature. Through its poetic grandeur, profound themes, and cultural depth, it continues to enchant and educate audiences across generations. Kalidasa's masterwork not only exemplifies the richness of Sanskrit as a literary language but also encapsulates universal human experiences—love, longing, fate, and virtue—making it a timeless masterpiece that transcends boundaries of time and culture. Whether studied academically or appreciated as a work of art, Abhigyan Shakuntalam remains an enduring symbol of India's rich literary and cultural legacy.

QuestionAnswer

What is Abhigyan Shakuntalam in Sanskrit literature?

Abhigyan Shakuntalam is a classical Sanskrit play written by Kalidasa that depicts the love story of King Dushyanta and Shakuntala.

Why is Abhigyan Shakuntalam considered a masterpiece of Sanskrit drama?

It is regarded as a masterpiece due to its poetic beauty, profound themes of love and fate, and intricate portrayal of characters and emotions.

What are the main themes explored in Abhigyan Shakuntalam?

The play explores themes of love, memory, fate, divine intervention, and the union of nature and humanity.

How does Abhigyan Shakuntalam reflect Sanskrit literary traditions?

It exemplifies classical Sanskrit poetry and drama, showcasing poetic meters, rich imagery, and philosophical dialogues characteristic of ancient Indian literature.

Are there any famous adaptations of Abhigyan Shakuntalam?

Yes, numerous adaptations exist, including performances by various theater groups, modern films, and translations in multiple languages, highlighting its enduring relevance.

What is the significance of the title 'Abhigyan Shakuntalam'?

The title translates to 'The Recognition of Shakuntala,' referring to the pivotal moment of recognition when King Dushyanta recognizes Shakuntala after their separation.

How is Sanskrit language used in Abhigyan Shakuntalam?

The play employs classical Sanskrit poetic meters, elaborate metaphors, and expressive dialogues, showcasing the richness of Sanskrit literary style.

Why is studying Abhigyan Shakuntalam important for understanding Sanskrit culture?

It offers insights into ancient Indian aesthetics, values, mythology, and literary traditions, making it a crucial work for appreciating Sanskrit heritage.

Related keywords: Shakuntala, Kalidasa, Sanskrit drama, Abhigyanam Shakuntala, Sanskrit literature, Indian classical drama, Natak, Sanskrit play, Sanskrit poetry, Indian mythology

Kavya shastra

kavya shastra: The Art and Science of Sanskrit Poetics Kavya shastra, often regarded as the ancient science of Sanskrit poetry and poetics, is a profound and systematic study that explores the principles, techniques, and aesthetics of poetic composition. Rooted in Indian literary tradition, kavya shastra has influenced countless poets, scholars, and literary critics over centuries, shaping the way literary beauty and artistic expression are understood and appreciated. This discipline not only delves into the structural aspects of poetry but also emphasizes the emotional, philosophical, and cultural dimensions that make kavya a revered form of art. In this comprehensive guide, we will explore the origins, key concepts, principles, and significance of kavya shastra, providing insights into its enduring relevance in Indian literature and beyond.

Origins and Historical Context of Kavya Shastra Kavya shastra's roots can be traced back to ancient India, with its foundational texts dating from around the 4th to 12th centuries CE. The earliest and most authoritative treatise on Sanskrit poetics is the "Kavya-lakṣaṇa" (literally "ornament of poetry") by Bharata, often considered the pioneer in this field. Bharata's work laid the groundwork for subsequent texts and scholars to develop a comprehensive understanding of poetic aesthetics. Over time, numerous texts and commentaries emerged, such as: Nṛ-siṃha-shastra by Bharata (which also covers drama and performance arts) Kavya-lakṣaṇa by Bhāṣya Prakāśa by Rāṇa Gosvāmī Kavya-prakāśa by Daśarath Kavya-lakṣaṇa by Anandavardhana These texts collectively contributed to a rich tradition that synthesizes poetic theory, aesthetics, and practical composition. Kavya shastra not only influenced Sanskrit poetry but also had a profound impact on regional literary traditions across India.

Core Concepts and Principles of Kavya Shastra Kavya shastra is characterized by a set of fundamental principles and concepts that define what makes poetry beautiful, meaningful, and impactful. These principles serve as guidelines for poets and critics alike.

- 1. Rasa (Aesthetic Experience)** Rasa is the central concept in kavya shastra, referring to the emotional flavor or aesthetic relish that a poem evokes in the reader or listener. There are traditionally nine rasas: Raga (Love, Beauty) Hasya (Humor, Mirth) Karuna (Compassion, Sorrow) Raudra (Fury, Anger) Vira (Heroic, Valour) Jñāna (Knowledge, Wisdom) Bhaya (Fear) Bhaṭsa (Disgust) Adbhuta (Wonder) A master poet skillfully combines various rasas to create a compelling emotional experience.
- 2. Dhvani (Suggestion or Connotation)** Dhvani refers to the suggested meaning or the aesthetic suggestion embedded in words, phrases, or metaphors. It emphasizes that poetry's beauty lies in layers of meaning beyond

the literal, enabling subtlety and depth.3. Alaṅkāra (Figures of Speech and Ornamentation)Alaṅkāra encompasses literary devices and stylistic embellishments such as:Similes (Upamā)Metaphors (Rūpaka)Alliteration (Anuprāsa)Hyperbole (Atisayi)Anuprāsa (Repetition)These enhance the poetic aesthetic and evoke emotional responses.4. Vakrokti (Stylized Expression)Vakrokti involves innovative and unconventional expressions that make poetry intriguing and engaging.5. Dhvani (Suggestion or Connotation)The subtle suggestion of deeper meanings, often layered with symbolism and metaphor, adds richness to poetic composition.

Major Texts and Theories in Kavya ShastraUnderstanding kavya shastra involves studying its key texts, each contributing unique perspectives and theories.1. Bharata's NāṭyaśāstraThough primarily a treatise on drama, Bharata's Nāṭyaśāstra extensively discusses rasa and aesthetics, laying the foundation for poetic theory.2. Bhāmaha's KavyaṭīkāOften called the first full treatise on poetics, Bhāmaha's work emphasizes the importance of composition, emotional effect, and poetic devices.3. Rūpa Gosvāmī's Rūpāṅga PrakāśaA detailed exploration of the rasa of love and beauty, focusing on the aesthetic aspects of romantic poetry.4. Daṇḍin's Kavya-prakāśaThis text discusses poetic figures, stylistic devices, and the importance of sentiment and expression.5. Anandavardhana's DhvanīlokaA seminal work that articulates the concept of dhvani (suggestion), emphasizing the layered meanings in poetry.

Application and Significance of Kavya Shastra in LiteratureKavya shastra's principles have shaped classical Sanskrit poetry, drama, and even regional literatures such as Tamil, Kannada, and Bengali. Its influence extends beyond mere aesthetic theory to practical composition and criticism.

Practical ApplicationsCrafting poetry that evokes specific rasasUsing literary devices to enhance emotional impactAnalyzing and criticising poetic worksTeaching poetic composition and appreciation

Significance in Cultural and Artistic ContextsPreservation of literary heritageEnrichment of cultural identity through poetic expressionInspiration for contemporary poets and writersFoundations for modern literary theory and aestheticsLegacy and Modern Relevance of Kavya ShastraDespite being rooted in ancient tradition, kavya shastra remains relevant today. Its principles continue to influence:Modern literary criticismCreative writing and poetry compositionTranslation and adaptation of classical textsCross-cultural studies of aestheticsContemporary scholars and poets draw upon kavya shastra to explore new forms of poetic expression, blending traditional theories with modern themes.

ConclusionKavya shastra stands as a testament to India's rich literary and artistic heritage. Its comprehensive principles and nuanced theories provide a timeless framework for understanding the art of poetry. Whether in classical Sanskrit poetry or contemporary literary pursuits, kavya shastra's insights continue to inspire and guide creators and critics alike. Understanding kavya shastra not only deepens appreciation for Indian literary traditions but also offers valuable perspectives on the universal pursuit of beauty and emotional expression through words. As a vibrant field of study, kavya shastra remains an essential component of India's cultural and artistic landscape, continuing to illuminate the path for generations of poets and scholars worldwide.

Kavya Shastra: The Art and Science of Sanskrit PoeticsKavya Shastra, often regarded as the

theoretical foundation of Sanskrit poetics, stands as an intricate and profound discipline that explores the principles, aesthetics, and techniques of poetic composition. Rooted deeply in ancient Indian literary traditions, it serves not only as a guide to poets but also as a philosophical treatise that delves into the nature of beauty, emotion, and expression through language. This comprehensive overview aims to elucidate the multifaceted dimensions of Kavya Shastra, tracing its origins, key principles, classifications, and influence on Indian literature.

Origins and Historical Development of Kavya Shastra

The roots of Kavya Shastra can be traced back to the classical period of Indian literature, particularly around the 3rd century CE. It evolved as a systematic study of poetry, formalized through the works of eminent scholars and poets who sought to articulate the principles underlying effective poetic expression.

Early Texts and Influential Scholars

Aristotle's Poetics: While not directly linked, early Greek notions of poetics influenced Indian thought, but Indian scholars developed unique concepts suited to their linguistic and cultural contexts.

Bharata's Natyashastra: Though primarily a treatise on drama, Natyashastra laid the groundwork for aesthetic principles applicable in Kavya.

Aṅgikā of Bharata: The foundational text that influenced subsequent treatises, emphasizing rasa (aesthetic flavor) and dhvani (suggested meaning).

Major Classical Texts of Kavya Shastra

Kāvya-lakṣaṇa by Bhaṭṭa Nṛpaṇi (7th century CE): One of the earliest systematic treatises dedicated to poetic aesthetics.

Nāṭyaśāstra by Bharata: Though primarily about drama, its aesthetic principles are integral to kavya.

Kāvya-lakṣaṇa by Mammata (11th century CE): The most comprehensive text on poetic theory, discussing rasa, dhvani, and other critical concepts.

Poetical Compendiums: Various compilations and commentaries that expanded and elaborated these principles over centuries.

Core Concepts and Principles of Kavya Shastra

Understanding Kavya Shastra requires grappling with its core concepts that define the art of poetry and beauty in literature.

Rasa (Aesthetic Flavor) The central aesthetic principle, referring to the emotional experience evoked in the reader. Traditionally, nine rasas are recognized, known as Navarasa:

- Prema (Love, Beauty)
- Hasya (Humor, Laughter)
- Karuna (Compassion, Pathos)
- Raudra (Fury, Anger)
- Virya (Heroism, Courage)
- Jñāna (Knowledge, Wisdom)
- Bhatsa (Disgust)
- Adbhuta (Wonder)
- Shānta (Peace, Tranquility)

The goal of poetry is to evoke these rasas in the audience, creating a profound aesthetic experience.

Dhvani (Suggested or Implied Meaning) A crucial concept emphasizing that the true beauty of poetry lies in its suggestive power beyond literal words. Poets employ dhvani to evoke deeper meanings, emotions, and nuances, making poetry layered and multidimensional.

Alaṅkāra (Figures of Speech and Ornamentation) Literary devices that embellish poetry, adding aesthetic richness. Common alaṅkāras include:

- Yogyā (Simile)
- Upamā (Metaphor)
- Rūpaka (Imagery)
- Anuprāsa (Alliteration)
- Uttarābrāhmaṇa (Repetition)
- Vākya-rthasiddhi (Clarity of Expression)

The importance of clarity and meaningfulness in poetic expression, ensuring the intended rasa is effectively communicated.

Chandas (Metre) and Rhyme The technical aspect involving the choice of meter, rhythm, and rhyme schemes, which influence the musicality and aesthetic appeal of poetry.

Classification of Kavya

Poetry in Indian tradition is categorized based on style, content, and purpose.

Types Based on Content and Style

Kāvya (literary poetry): Elevated, ornate poetry with aesthetic aim.

- Gīta:** Lyric poetry, often musical.
- Virāṭ Kāvya:** Heroic poetry depicting valor and heroism.
- Prema Kāvya:** Romantic poetry focusing on love and beauty.
- Mahābhārata and Ramayana:** Epic poetry embodying grand narratives.

Classification

According to PurposeN??ya: Dramatic poetry meant for performance.Prabandha: Shorter, concise compositions.Dhvani: Poems emphasizing suggestive meaning over literal expression.Poetic Devices and Techniques in Kavya ShastraThe mastery of poetic devices is vital for creating aesthetically pleasing and emotionally impactful poetry.Common Devices Include:Anupr?sa (Alliteration): Repetition of consonant sounds.Y?y? (Simile): Comparing two entities using "like" or "as".Upam? (Metaphor): Direct comparison for emphasis.R?paka (Imagery): Vivid depiction through descriptive language.Vyanjaka (Indication): Suggestive hints to evoke deeper meanings.Uttar?br?hmana (Repetition): Reinforcing themes or emotions.Structural TechniquesUse of Chandas (metre) to create rhythmic flow.Strategic placement of dhvani and alank?ra to enhance aesthetic appeal.Employing prasa?ga (contextual association) to deepen meaning.Philosophical Foundations of Kavya ShastraBeyond technicalities, Kavya Shastra reflects profound philosophical ideas, especially related to aesthetics and the nature of beauty.Rasa TheoryThe core philosophical underpinning, emphasizing that beauty resides in the emotional experience of the audience.The S??khyā-Yoga influence is evident, where art aims to evoke specific bhavas (emotions).Dhvani and VakroktiDhvani emphasizes suggestiveness and implied meanings.Vakrokti (oblique expression) encourages poetic ingenuity, indirectness, and stylistic complexity.Purusha and PrakritiArtistic creation involves the interaction between the individual (Purusha) and nature (Prakriti), emphasizing spontaneity and inspiration.Influence and Contemporary Relevance of Kavya ShastraThe principles of Kavya Shastra have had a lasting influence on Indian literature, shaping poetic traditions across centuries.Impact on Classical and Modern LiteratureEstablished standards for poetic composition.Inspired poets and playwrights like Kalidasa, Bhasa, and later, modern Sanskrit and regional poets.Influenced literary criticism and aesthetic theory in India.Relevance in Modern ContextKavya Shastra's principles are still studied in literary theory courses.Its concepts of rasa and dhvani inform modern poetic and literary criticism.Encourages creative innovation within a rich theoretical framework.Global AppreciationIndian poetics has attracted scholarly interest worldwide.Kavya Shastra's emphasis on emotional engagement and aesthetic experience resonates across cultures.Conclusion: The Enduring Legacy of Kavya ShastraKavya Shastra remains a testament to India's rich literary heritage, encapsulating an elaborate philosophy of beauty, emotion, and expression. Its comprehensive principles continue to guide poets, scholars, and literary enthusiasts in understanding the art of poetry. Whether viewed as a technical manual or a philosophical treatise, Kavya Shastra exemplifies the profound depth and sophistication of Indian literary thought, bridging the worlds of art, emotion, and spirituality. Its timeless insights ensure that the art of poetry remains a vital and vibrant part of cultural expression, inspiring generations to explore the depths of human experience through the power of words.

QuestionAnswer

What is Kavya Shastra and why is it important in Sanskrit literature?

Kavya Shastra is the ancient Indian treatise on poetics and aesthetics that guides the creation and appreciation of poetry and literary works in Sanskrit. It is important because it lays down principles for poetic composition, literary beauty, and emotional expression, shaping classical Indian literature.

Who are the key authors of Kavya Shastra and what are their notable works?

The most renowned author of Kavya Shastra is Bharata, who authored the 'Natya Shastra,' and elsewhere, Bharata's treatise is sometimes considered foundational for both drama and poetry. Other notable authors include Anandavardhana and Abhinavagupta, who wrote extensively on aesthetics and poetics, contributing to the development of the theory.

What are the main principles of Kavya Shastra?

The main principles include Rasa (aesthetic flavor or emotional essence), Dhvani (suggestive or poetic meaning), Alankara (figures of speech or ornamentation), Vakrokti (oblique or indirect expression), and Bhava (emotional state). These elements work together to create a compelling poetic experience.

How does Kavya Shastra influence modern Indian literature and poetry?

Kavya Shastra provides foundational concepts of aesthetics and poetic technique that continue to influence contemporary Indian poets and writers. Its principles help shape literary criticism, poetic composition, and appreciation of literary art in modern times.

What are the different types of Kavya (poetry) described in Kavya Shastra?

Kavya Shastra classifies poetry into various types such as Vakrokti (oblique style), Rasa-based poetry, and different genres like epic (Mahakavya), lyric (Kavya), and dramatic poetry, each with specific stylistic and aesthetic features.

How is Rasa theory explained in Kavya Shastra?

Rasa theory describes the emotional flavors or moods evoked in the audience through poetry. Classical texts outline nine primary Rasas like Shanta (peace), Karuna (compassion), and Veera (heroism) which are achieved through specific poetic techniques and content.

What role does Alankara (figure of speech) play in Kavya Shastra?

Alankara enhances the beauty and expressiveness of poetry by using figures of speech such as similes, metaphors, and alliteration. It adds layers of meaning and aesthetic appeal, making the poetry more engaging and evocative.

Are there any modern adaptations or studies of Kavya Shastra?

Yes, modern scholars and linguists study Kavya Shastra to understand classical aesthetics, literary theory, and their applications in contemporary poetry and arts. Some adaptations also integrate Kavya principles into creative writing and literary criticism courses.

How can one learn and apply Kavya Shastra principles today?

One can learn Kavya Shastra through classical texts and commentaries, attend workshops or courses on Sanskrit poetics, and practice applying its principles in poetry and literary analysis to develop a deeper aesthetic sensibility.

Related keywords: Poetry, Literature, Sanskrit, Verse, Rhetoric, Poetics, Sangita, Dramatic arts, Classical Indian literature, Literary theory

Abhinaya darpana

abhinaya darpana is a seminal treatise that holds a revered place in the rich tradition of Indian classical dance and drama. Written by Nandikeshvara, a renowned sage and dramatist, this ancient text offers profound insights into the art of expression (abhinaya), which is considered the cornerstone of theatrical performance in Indian culture. The treatise systematically explores the techniques, principles, and philosophical foundations of conveying emotions and stories through facial expressions, gestures, posture, and voice modulation. Abhinaya Darpana not only serves as a guiding manual for performers but also provides a window into the aesthetic and spiritual ideals that underpin Indian performing arts.

Historical Background and Significance of Abhinaya Darpana

Origins and Authorship The Abhinaya Darpana was composed by Nandikeshvara, an illustrious sage and performer, believed to have lived around the 2nd or 3rd century CE. It is considered one of the earliest and most comprehensive treatises on Indian classical dance and drama. The text synthesizes earlier traditions and philosophies, consolidating them into a systematic framework for artistic expression.

Historical Context and Cultural Impact The treatise emerged during a period when Sanskrit drama and dance were flourishing, supported by royal patronage. It influenced subsequent texts, such as Bharata's Natyashastra, and became a foundational manual for classical dance forms like Bharatanatyam, Kathakali, and Odissi. Abhinaya Darpana played a crucial role in preserving and codifying the techniques of expression, ensuring their transmission across generations.

Relevance Today Contemporary performers and scholars continue to study Abhinaya Darpana for its insights into authentic expression. It remains a vital reference in training programs

and academic courses on Indian performing arts. The principles outlined in the treatise are integral to the pedagogical approach of many classical dance schools worldwide.

Core Concepts and Structure of Abhinaya Darpana

Definition of Abhinaya

Abhinaya is the art of expressive communication, encompassing verbal, facial, and bodily expressions to portray emotions and narratives. It is considered the soul of Indian drama and dance, enabling performers to transcend mere physical movements and evoke deep emotional responses.

Four Types of Abhinaya

According to Nandikeshvara, abhinaya can be categorized into four main types:

- Angika (Physical Abhinaya):** Expressed through gestures (mudras), postures, and movement.
- Vachika (Vocal Abhinaya):** Conveyed through speech, tone, and modulation of voice.
- Satvika (Emotional or Inner Abhinaya):** Involves the internal emotional state of the performer, reflecting genuine feelings.
- Aharya (Ornaments and Costume Abhinaya):** Utilizes costumes, makeup, and props to enhance expressive storytelling.

Facial Expressions (Mukhabhinaya)

The face is the primary tool for expressing emotions, with the eyebrows, eyes, nose, and mouth playing vital roles. The treatise details the use of facial muscles to depict various rasa (emotional flavors).

Gestures and Mudras (Hasta Mudras)

Abhinaya Darpana elaborates on a system of hand gestures (mudras) classified into several categories, each symbolizing specific objects, actions, or emotions. These gestures serve as a visual language, enabling performers to communicate complex stories succinctly.

The Concept of Rasa

Rasa, meaning 'essence' or 'flavor,' is central to Indian aesthetics. The text discusses nine primary rasas:

- Shringara (Love)
- Hasya (Laughter)
- Karuna (Compassion)
- Raudra (Fury)
- Veera (Heroism)
- Bhayanaka (Fear)
- Bibhatsa (Disgust)
- Adbhuta (Wonder)
- Shanta (Peace)

The goal of abhinaya is to evoke these rasas in the audience, creating an immersive emotional experience.

Techniques and Methodologies Described in Abhinaya Darpana

Step-by-Step Approach to Abhinaya

The treatise emphasizes a systematic approach:

- Preparation:** Understanding the story, character, and emotions.
- Facial Preparation:** Using facial expressions to set the emotional tone.
- Gestural Expression:** Employing hand gestures and body movements.
- Voice Modulation:** Adjusting tone, pitch, and rhythm.
- Costume and Makeup:** Utilizing attire to complement expressions.

This methodical process ensures clarity and emotional impact.

Role of Bhava and Rasa

Bhava refers to the internal emotional state experienced by the performer. Rasa is the aesthetic experience created in the audience by the harmonious presentation of bhava. Abhinaya involves skillfully transforming bhava into rasa, making the emotional content palpable.

Use of Space and Movement

Spatial awareness and controlled movements are vital to effective abhinaya. The treatise advocates for deliberate pacing and precise gestures to convey nuanced emotions. Movement should be natural yet expressive, aligning with the story's mood.

Application in Drama and Dance

Abhinaya Darpana guides performers to adapt these techniques for both theatrical drama and classical dance. It encourages improvisation within the framework of established gestures and expressions to enhance authenticity.

Philosophical Foundations and Aesthetic Principles

Spiritual Dimension of Abhinaya

The treatise underscores that true abhinaya is rooted in sincerity and inner devotion. The performer must internalize the emotions, transforming external gestures into genuine expressions. Such authenticity elevates the performance from mere mimicry to spiritual offering.

Harmony and Balance

Achieving aesthetic harmony among gestures, expressions, and movements is essential. The balance ensures the performance is both aesthetically pleasing and

emotionally compelling. Codes of Conduct for Performers The text advocates discipline, purity of mind, and dedication. Performers must cultivate humility, patience, and continuous practice to master abhinaya. Integration with Other Art Forms Abhinaya Darpana recognizes the interconnectedness of dance, music, and drama. A holistic approach enhances the expressive power and impact of a performance. Legacy and Modern Interpretations of Abhinaya Darpana Influence on Classical Indian Dance Forms The principles of abhinaya outlined in the treatise underpin the techniques of Bharatanatyam, Kathak, Odissi, and others. Many contemporary choreographers draw directly from its instructions to craft authentic performances. Academic and Artistic Studies Scholars analyze Abhinaya Darpana to understand the philosophical and aesthetic dimensions of Indian arts. It serves as a foundational text in university courses and research projects. Contemporary Performances and Innovations Modern dancers and actors reinterpret traditional abhinaya techniques to suit contemporary themes. Innovations include blending classical gestures with modern storytelling methods. Challenges and Preservation The transmission of abhinaya's intricate techniques faces challenges due to changing cultural contexts. Efforts are ongoing to preserve the authenticity of the art form through workshops, recordings, and scholarly dissemination. Conclusion Abhinaya Darpana stands as a timeless testament to the sophistication and depth of Indian performing arts. Its systematic approach, philosophical insights, and aesthetic principles continue to inspire performers and scholars worldwide. By mastering the art of abhinaya as delineated in this ancient treatise, artists can evoke profound emotional responses, creating performances that are not only visually captivating but also spiritually enriching. As Indian classical arts evolve, the teachings of Abhinaya Darpana remain a guiding light, ensuring the preservation and enhancement of this exquisite tradition for generations to come.

Abhinaya Darpana: An In-Depth Exploration of Classical Indian Acting Technique In the sacred realm of Indian classical dance and theatre, few texts hold as much reverence and historical significance as the Abhinaya Darpana. Often regarded as a cornerstone of Indian performing arts, this treatise offers a comprehensive guide to the art of abhinaya—the nuanced expression, gesture, and emotional communication vital to Bharatanatyam, Kathakali, Kathak, and other classical traditions. As an expert review or feature article, this piece aims to delve deeply into the origins, structure, content, and enduring influence of the Abhinaya Darpana, illustrating why it remains a vital resource for performers, scholars, and enthusiasts alike.

Introduction to Abhinaya Darpana The Abhinaya Darpana (literally translating to "Mirror of Acting") is a seminal Sanskrit text composed by the renowned Indian scholar and performer Nandikeshvara in the 10th century CE. It is considered one of the earliest and most authoritative manuals on abhinaya, the art of expressive acting, encompassing facial expressions (mimicry), gestures (mudras), voice modulation, and body movements. This treatise stands alongside other classical texts like Bharata's Natya Shastra but is distinguished by its detailed, systematic approach to abhinaya, making it an essential guide to understanding the emotive language of Indian performing arts.

Historical Context and Significance Understanding the Abhinaya Darpana requires appreciating its historical and cultural

backdrop. During the early medieval period in India, performing arts flourished as a form of religious and royal entertainment. Scholars and practitioners sought to codify techniques to preserve the art form and pass it on systematically. Nandikeshvara's work emerged as a practical manual that categorized and explained the various facets of acting, focusing on how performers could evoke specific emotions (bhavas) to connect with audiences and convey stories rooted in mythology, morality, and spirituality. The treatise's influence is profound, shaping the pedagogical methods of classical dance and theatre, notably Bharatanatyam, Kuchipudi, Kathakali, and others. Its principles continue to underpin modern training, ensuring the continuity of traditional aesthetics.

Structure and Content of Abhinaya Darpana

The Abhinaya Darpana is methodically organized, blending theoretical insights with practical guidance. Its core sections include:

Introduction and Philosophy of Abhinaya

Nandikeshvara begins by emphasizing the importance of abhinaya as a means to evoke bhavas—the emotional states that form the essence of performance. He discusses the spiritual and artistic purpose of acting, asserting that true abhinaya transcends mere mimicry to touch the soul of the audience.

Types of Abhinaya

The treatise categorizes abhinaya into four main types:

- Angika (physical):** Expressed through body movements, gestures, posture.
- Vachika (verbal):** Through speech, dialogue, and vocal modulation.
- Satwika (emotional):** Innate emotional expression, reflected in facial expressions and subtle gestures.
- Aharya (costume and adornment):** Use of costumes, jewelry, and props to support storytelling.

The Eightfold Abhinaya (Ashta Abhinaya)

Nandikeshvara elaborates on the eight forms of abhinaya, which are:

- Vachika (verbal expression)
- Angika (physical gestures)
- Satwika (emotional expression)
- Aharya (costumes, ornaments)
- Satvika (internal emotional states)
- Bhava (emotional states themselves)
- Rasa (aesthetic flavors or sentiments)
- Vibhava (causative factors influencing bhava)

This comprehensive framework underscores the interconnectedness of physical, verbal, and emotional elements in performance.

Gestures and Mudras

A significant portion of the text is dedicated to mudras, or hand gestures, which serve as visual symbols conveying specific objects, actions, or emotions. Nandikeshvara provides detailed descriptions of:

- The Common Mudras:** Pataka, Tripataka, Ardhapataka, and others.
- The Complex Mudras:** Combinations forming intricate gestures.
- Usage contexts for each mudra within storytelling.**

Facial Expressions and Eye Movements

The treatise emphasizes the importance of mimicry—expressions of bhavas through:

- Eye movements (drishti)
- Eyeblink movements
- Facial muscle contractions
- Mouth expressions

The navarasas (nine sentiments—love, humor, sorrow, anger, heroism, fear, disgust, wonder, peace) are central, with detailed instructions on how to evoke each through facial cues.

Body Movements and Postures

The guide details:

- Hasta (hand) gestures and their precise positions.
- Karana (lower limb) movements.
- Whole-body postures to depict specific characters or emotions.

Spatial awareness and movement dynamics within the performance space.

The Role of Voice and Speech

The treatise discusses modulation, pitch, tone, and pronunciation as crucial tools for conveying bhavas. It emphasizes the importance of svara (musical notes) and rhythm in enhancing expressivity.

Aesthetic Principles and Rasa Theory

Building on classical aesthetics, Nandikeshvara explores the concept of rasa, the flavor or essence that a performance evokes in the audience. He links bhava (emotion) to rasa (aesthetic experience), providing guidelines to elicit specific rasas through combined use of gestures, expressions, and movements.

Key Takeaways and Practical Applications

The Abhinaya Darpana is not merely a

theoretical text but a practical manual aimed at enhancing the performer's expressive palette. Its principles have withstood the test of time, informing both traditional training and contemporary reinterpretations. Highlights include: Structured Approach to Expression: Clear categorization of gestures and expressions makes learning systematic. Emphasis on Internalization: The importance of *satwika* and *bhava* underscores that true expression comes from internal emotional states. Attention to Detail: Every movement, gesture, and facial cue is meticulously described, fostering precision. Holistic Integration: The text advocates integrating physical movements, facial expressions, speech, and costume to create compelling narratives. Practical tips for performers today: Use the detailed *mudra* descriptions to enhance storytelling clarity. Practice facial expressions to accurately evoke the nine *navarasas*. Develop awareness of body language and spatial orientation. Combine vocal modulation with physical gestures for maximum emotional impact. Study the treatise's principles to refine character portrayal and emotional depth. Enduring Influence and Modern Relevance Despite being over a millennium old, the *Abhinaya Darpana* remains highly relevant. It informs the pedagogical methods of classical dance and acting schools, shaping the training of performers across India and beyond. Modern adaptations and commentaries have expanded upon Nandikeshvara's work, contextualizing it within contemporary performance art. In the digital age, the principles of *abhinaya* have even found new expression through multimedia and film, where facial expressions and gestures continue to serve as universal languages of emotion. The treatise's emphasis on internal emotional authenticity is particularly pertinent in an era where subtlety and nuance are valued. Conclusion: A Treasure Trove for Performers and Scholars The *Abhinaya Darpana* stands as a testament to India's rich cultural heritage and its sophisticated understanding of expressive arts. For performers, it offers a detailed roadmap to mastering *abhinaya*, ensuring that each gesture, expression, and movement communicates the intended emotion with precision and authenticity. For scholars, it provides invaluable insights into the aesthetics and philosophy underlying Indian classical arts. Whether one is an aspiring dancer, a seasoned performer, or a researcher of performing arts, the *Abhinaya Darpana* remains an indispensable resource—an enduring mirror reflecting the depth, subtlety, and spiritual essence of Indian theatrical expression. Its teachings continue to inspire, educate, and elevate the art of storytelling across generations, ensuring that the power of *abhinaya* endures as a vital cultural treasure. In summary, the *Abhinaya Darpana* is more than a manual; it is a philosophical and practical masterpiece that encapsulates the art of expressive acting. Its systematic approach, detailed illustrations, and profound insights make it a timeless guide for anyone seeking mastery over the emotive language of Indian performance arts.

QuestionAnswer

What is Abhinaya Darpana?

Abhinaya Darpana is a classical treatise on Indian performing arts, particularly dance and drama,

authored by Nandikeshvara. It provides detailed guidelines on gestures, expressions, and movements used in Bharatanatyam and other classical art forms.

Why is Abhinaya Darpana considered important in Indian dance tradition?

It is regarded as a foundational text that systematically explains the art of expressing emotions and stories through gestures and facial expressions, thereby shaping the theoretical and practical aspects of Indian classical dance.

What are the main components of Abhinaya as described in the text?

The main components are Angika (bodily gestures), Vachika (speech and lyrics), Satvika (emotional expressions), and Aharya (costumes and accessories), which together facilitate effective storytelling.

How has Abhinaya Darpana influenced modern Bharatanatyam practices?

It serves as a critical reference for dancers and choreographers, guiding the interpretation of gestures and expressions, and maintaining the authenticity of traditional storytelling techniques in contemporary performances.

Are there English translations or commentaries available for Abhinaya Darpana?

Yes, several scholars and researchers have translated and written commentaries on Abhinaya Darpana, making its teachings accessible to a global audience interested in Indian classical arts.

What is the significance of facial expressions ('abhinaya') in the context of Abhinaya Darpana?

Facial expressions are considered the most vital aspect of abhinaya, conveying emotions and enhancing storytelling, as emphasized in the treatise's detailed instructions on expressing various sentiments.

How does Abhinaya Darpana compare to other classical dance texts like Natya Shastra?

While Natya Shastra provides a broader framework for drama and theater, Abhinaya Darpana focuses specifically on the art of expression and gestures in dance, complementing the teachings of Natya Shastra.

Is Abhinaya Darpana still relevant for students learning Indian classical dance today?

Absolutely; it remains a vital resource for understanding the principles of expression and gesture, helping students develop authentic and expressive performances rooted in traditional techniques.

Related keywords: Abhinaya, Darpana, Indian classical dance, Bharatanatyam, Natya Shastra, facial expressions, gestures, performance arts, dance techniques, drama theory

Theory of bharatanatyam

Theory of Bharatanatyam Bharatanatyam, one of the oldest classical dance forms of India, is renowned for its intricate movements, expressive storytelling, and profound spiritual roots. The theory of Bharatanatyam encompasses a comprehensive framework that guides performers in mastering the art form, ensuring that each performance is not only aesthetically captivating but also spiritually meaningful. This article delves into the foundational aspects of Bharatanatyam's theory, exploring its history, components, techniques, and philosophical underpinnings.

Historical Background of Bharatanatyam Theory Origins and Evolution Bharatanatyam traces its origins to ancient India, with references dating back over 2,000 years. Originally performed in Hindu temples as a form of devotional offering, it was known as Sadir or Kuttanad. The dance was deeply intertwined with temple rituals and spiritual practices, serving as a medium to narrate stories from Hindu mythology. Over centuries, the theory of Bharatanatyam evolved through scholarly treatises, temple inscriptions, and oral traditions. The classical dance was codified into a structured art form with defined techniques, gestures, and narratives, most notably documented in the Natya Shastra by Bharata, a foundational treatise on dramatic arts.

Influence of Natya Shastra The Natya Shastra is the cornerstone of Bharatanatyam's theoretical framework. Composed around the 2nd century BCE, it covers aspects of dramaturgy, staging, gestures, and emotional expression. Its concepts form the basis for the Rasa theory, which is central to Bharatanatyam's expressive dimension.

Core Components of Bharatanatyam Theory Bharatanatyam is a multifaceted art form, and its theoretical foundation comprises several key components:

- Natya (Dramatic Art)** Natya refers to the dramatic aspect of Bharatanatyam, emphasizing storytelling through gestures (mudras), facial expressions (bhavas), and movements (bhinaya). It aims to evoke Rasas—the emotional flavors experienced by the audience.
- Rasas (Emotional Flavors)** The Rasa theory posits nine primary emotions: Shringara (Love), Hasya (Joy), Karuna (Compassion), Raudra (Anger), Veera (Heroism), Bibhatsa (Disgust), Adbhuta (Wonder), Shanta (Peace), Bhayanaka (Fear). Achieving these Rasas requires mastery over gestures, expressions, and movements, forming the core of Bharatanatyam's expressive practice.
- Abhinaya (Expressive Art)** Abhinaya, the art of expression, is crucial for conveying stories and emotions. It includes:
 - Angika** (Physical gestures and movements)
 - Vachika** (Vocal expressions, though often silent in dance)
 - Satvika** (Inner emotional states)

Mastering abhinaya involves precise control over facial expressions, eye movements, and body language to communicate the narrative effectively.

Ritual and Spiritual Elements Bharatanatyam is rooted in spirituality and ritualistic practices. The dance often begins with offerings to deities, and the

movements symbolize divine qualities. The theoretical understanding emphasizes purity (suddha), devotion (bhakti), and discipline (tapas).

Technical Aspects and Framework

Padams and Jatis Padams are expressive pieces that depict emotional stories, while Jatis are rhythmic sequences demonstrating intricate footwork. Both are essential in the theoretical structure, requiring rigorous practice and precise timing.

Hand Gestures (Mudras) There are specific mudras or hand gestures that symbolize objects, feelings, or actions. In Bharatanatyam, a well-defined set of mudras helps storytellers portray complex narratives visually.

Choreography and Compositions Choreographers follow a structured approach based on the Laya (rhythm), Tala (beat cycles), and Raga (melody). The compositions are crafted to balance expressive and technical elements, adhering to traditional forms.

Philosophical Underpinnings of Bharatanatyam

Spiritual Philosophy Bharatanatyam is more than a dance; it is a spiritual discipline rooted in the concepts of Dhyana (meditation) and Bhakti (devotion). The theoretical framework encourages dancers to see their art as a path to divine realization.

Concept of Sadhana The practice involves Sadhana, a disciplined regimen of physical, mental, and spiritual exercises aimed at attaining mastery and inner harmony. Theoretical texts emphasize the importance of continuous practice (Abhyasa) and self-awareness.

Integration of Art and Life The theory advocates that the dancer's life should embody virtues such as humility, dedication, and purity, integrating spiritual growth with artistic excellence.

Training and Learning of Bharatanatyam

Theory **Guru-Shishya Parampara** Traditionally, Bharatanatyam was transmitted through a guru-shishya (teacher-student) relationship, emphasizing oral transmission of theoretical knowledge alongside physical practice.

Curriculum and Texts The curriculum includes: Study of Natya Shastra and other classical texts Learning mudras, bhavas, and Rasas Practicing adavus (basic steps) and jatis Understanding the spiritual and philosophical aspects

Modern institutions often supplement this with written materials and workshops.

Modern Perspectives on Bharatanatyam

Theory **Contemporary Interpretations** While rooted in tradition, modern scholars and artists interpret Bharatanatyam's theory to reflect contemporary themes, social issues, and personal expression, expanding its expressive scope.

Fusion and Innovation Innovations include integrating Bharatanatyam with other dance forms or using new media, which challenges traditional theoretical boundaries but also enriches the art form.

Conclusion

The theory of Bharatanatyam is a rich tapestry woven from ancient scriptures, spiritual philosophies, and artistic principles. It provides a structured approach to understanding and performing this divine dance, ensuring its continuity and relevance across generations. Mastery of its theoretical aspects enables dancers to not only execute intricate movements but also to embody profound emotions and spiritual truths, making Bharatanatyam a timeless art that bridges the physical and the divine.

Theory of Bharatanatyam Bharatanatyam, one of the oldest and most revered classical dance forms of India, is not merely a physical art but a profound confluence of spirituality, philosophy, music, and aesthetics. Its intricate movements, expressive gestures, and rhythmic patterns serve as a visual language that conveys stories from Indian mythology and spiritual teachings. At the heart of Bharatanatyam lies a rich theoretical framework that governs its techniques, gestures, and

philosophical underpinnings, ensuring the preservation of its cultural essence through generations. This article delves into the comprehensive theory of Bharatanatyam, exploring its historical roots, fundamental principles, technical components, and philosophical foundations.

Historical Roots and Evolution of Bharatanatyam Theory

Ancient Origins and Textual Foundations

Bharatanatyam's origins trace back over 2,000 years, with roots embedded in temple rituals and spiritual practices. It evolved from the *Natya Shastra*, an ancient treatise on performing arts authored by Bharata Maharaja, which is considered the foundational text for Indian classical dance and drama. The *Natya Shastra* codifies the principles of dramaturgy, stagecraft, music, and dance, establishing a systematic approach to performance. The treatise articulates concepts such as *rasa* (aesthetic flavor), *bhava* (expression), and *abhinaya* (gesture), which remain central to Bharatanatyam's theoretical structure. Over centuries, Bharatanatyam absorbed influences from various regional traditions but maintained its core philosophical and technical principles, ensuring a cohesive artistic identity.

Medieval Period and the Devadasi Tradition

During the medieval period, Bharatanatyam was performed predominantly by devadasis in temple precincts as a form of devotion and ritual worship. The dance became intertwined with temple architecture, iconography, and spiritual symbolism. The theoretical aspects were transmitted through oral traditions and temple inscriptions, emphasizing the spiritual dimension of the dance. The decline of the devadasi system in the 20th century led to efforts to reconstruct and preserve Bharatanatyam's theoretical framework, which was previously often restricted to temple contexts. Scholars and practitioners worked to codify the dance's principles into a structured pedagogical system accessible to modern audiences.

Core Philosophical Principles Underpinning Bharatanatyam

Natya and the Concept of Rasa

At the philosophical core of Bharatanatyam lies the concept of *Natya*, which refers to dramatic art as a means of spiritual expression and emotional catharsis. The *Natya Shastra* describes how performance can evoke *rasa*, or aesthetic flavors, that evoke specific emotional responses in the audience. There are nine primary *rasas*: *shanta* (peace), *bhayanaka* (fear), *karuna* (compassion), *hasya* (laughter), *veera* (heroism), *raudra* (anger), *bhakti* (devotion), *adbhuta* (wonder), and *shringara* (beauty). The dancer's role is to embody *bhava*, or emotional states, through precise gestures and expressions, guiding the audience through a spiritual journey. This alignment of *rasa* with emotional expression underscores Bharatanatyam's aim to transcend mere entertainment and facilitate spiritual awakening.

Bhava and Abhinaya: The Language of Expression

Bhava pertains to the emotional sentiment conveyed through facial expressions, gestures, and body language. *Abhinaya* is the art of expression, encompassing four primary types: *Angika* (physical gestures and movements), *Vachika* (spoken words or vocal expressions), *Satvika* (inner feelings and emotional states), and *Aharya* (costumes, makeup, and stage setting). Effective *abhinaya* requires mastery over *mudras* (hand gestures) and *bhavas* (facial expressions). The theoretical understanding of *abhinaya* enables dancers to communicate complex stories and spiritual themes non-verbally, creating a compelling narrative that resonates on an emotional level.

Technical Components of Bharatanatyam Theory

Adavus: The Basic Units of Technique

Adavus are the foundational steps and sequences that form the building blocks of Bharatanatyam. They are categorized into various types based on footwork, hand gestures, and body posture. The systematic study of *adavus* ensures precise execution of movements, rhythm, and balance. Some key categories include:

Tatta Adavu: Basic footwork

patterns emphasizing rhythm

Natya Adavu: Movements linked to storytelling and expressions

Kuditta Adavu: Jumping sequences used to add dynamism

Visharu Adavu: Advanced steps incorporating complex rhythm patterns

Mastery of adavus is essential for developing the dancer's technical agility and rhythmic accuracy.

Hand Gestures (Mudras) and Their Significance

Bharatanatyam employs a comprehensive system of mudras—specific hand gestures that symbolize objects, emotions, and actions. The classic list of mudras includes over 28 primary gestures, each with specific meanings and applications. Some common mudras include:

- Pataka (flag):** denoting declaration or auspiciousness
- Anjali (salutation):** respect and greeting
- Kataka (bracelet):** symbolizing a necklace or ornament
- Chinmudra (gesture of knowledge):** representing wisdom or enlightenment

The theoretical mastery of mudras enables dancers to craft nuanced narratives and spiritual allegories, often in conjunction with facial expressions.

Rhythm and Timing: Talas and Matras

Rhythmic precision is fundamental in Bharatanatyam. The theoretical framework includes an extensive system of tala (rhythmic cycles) and m?tras (beats). Common talas like Adi (8 beats), Rupaka, and Jhalla provide the rhythmic backbone for choreography. Dancers are trained to internalize tala patterns, synchronize movements with musical beats, and execute nritya (pure dance) and nritya (expressive dance) with impeccable timing. The concept of laya (tempo) and raga (melodic framework) also influence rhythmic interpretation.

Structural Elements and Composition of Bharatanatyam

Alarippu, Jatiswaram, Varnam: The Core Repertory

The classical repertoire of Bharatanatyam is structured into various segments, each with its theoretical and pedagogical significance:

- Alarippu:** The opening piece focusing on warm-up and invocation
- Jatiswaram:** A rhythmic piece emphasizing pure dance patterns
- Varnam:** The central piece combining adavu, abhinaya, and storytelling; considered the climax of the performance
- Tillana and Shloka:** Concluding compositions highlighting rhythm and devotion

Each segment adheres to specific theoretical principles concerning movement, expression, and musicality, ensuring a cohesive narrative flow.

Costumes, Makeup, and Stagecraft: Symbolism and Theory

The visual aspects of Bharatanatyam—costumes, jewelry, makeup—are deeply rooted in symbolic theory. Traditional attire includes a sari designed with specific pleats that flare during movements, emphasizing grace and dynamism. Makeup accentuates facial expressions, with kajal and bindi playing critical roles. Theoretical understanding guides the aesthetic presentation, aligning visual symbolism with spiritual themes and enhancing the storytelling aspect.

Modern Interpretations and Theoretical Adaptations

While Bharatanatyam is steeped in tradition, contemporary practitioners and scholars have explored new dimensions:

- Incorporation of abstract themes** beyond mythology
- Fusion with other dance forms** and contemporary art
- Use of digital media** and staging techniques

Despite these innovations, the core theoretical principles—such as abhinaya, rasa, mudras, and tala—remain central, ensuring that the dance's spiritual and aesthetic integrity is preserved.

Conclusion: The Enduring Significance of Bharatanatyam Theory

The theory of Bharatanatyam is a testament to India's rich cultural and philosophical heritage. It encapsulates a holistic approach where movement, emotion, music, and spirituality converge to create a profound artistic expression. Its systematic framework ensures that each performance is not merely an act of entertainment but a sacred ritual, a spiritual journey, and a cultural legacy. In an era of rapid change, understanding the depth and nuances of Bharatanatyam's theory is essential for both practitioners and enthusiasts. It preserves the dance's authenticity, facilitates its evolution, and ensures that its

timeless wisdom continues to inspire generations. As Bharatanatyam continues to flourish worldwide, its foundational theories serve as guiding principles?anchoring tradition while embracing innovation.

QuestionAnswer

What is the foundational theory behind Bharatanatyam?

The foundational theory of Bharatanatyam is rooted in Natya Shastra, an ancient treatise attributed to Bharata, which defines the principles of dance, drama, and aesthetics, emphasizing rasa (emotional experience) and bhava (expression).

How does the concept of 'Rasa' influence Bharatanatyam performance?

Rasa refers to the aesthetic flavor or emotional essence conveyed through dance and expression in Bharatanatyam. Performers aim to evoke specific rasas in the audience, creating an immersive emotional experience.

What role do 'Mudras' play in the theory of Bharatanatyam?

Mudras are hand gestures that serve as symbolic expressions within Bharatanatyam, used to narrate stories, depict characters, and convey specific emotions, adhering to classical techniques outlined in the Natya Shastra.

How does the concept of 'Tala' influence Bharatanatyam choreography?

Tala refers to the rhythmic cycle in Bharatanatyam. It provides the temporal framework for movements and sequences, ensuring synchronization between music and dance, and maintaining the structural integrity of the performance.

What is the significance of 'Abhinaya' in Bharatanatyam's theoretical framework?

Abhinaya is the art of expressive storytelling in Bharatanatyam, encompassing facial expressions, gestures, and body movements to communicate emotions and narrative, making it a central element of the dance's expressive tradition.

Related keywords: Bharatanatyam, Indian classical dance, Natya Shastra, dance choreography,

Indian aesthetics, gestures (mudras), dance posture, temple dance, dance symbolism, dance history