

Is NatyaShastra the genesis of Kine/Physio?

DAILY BODY CONDITIONING- EXCERPTS FROM NATYA-SHATRA

BY KRITHIKA BALASUBRAMANIAN



Credits

My Guru - Eric Rozen's and his Guru - Smt. Nirupama Rajendra, who in her workshop classes conducted in Palais du Midi, Brussels between 23-25 Aug2013, taught us the daily conditioning shlokas and exercises of Bharatnatyam

With the seeds thus planted, rest has been self-learning from various sources. One of the main source is OnlineBharatnatyam.com

Footer on each slide has the relevant reference links



Neck Movements

“Sundari cha Tirashchina tathaiiva Parivartita, Prakampita cha bhavagnair gneya greeva chaturvidha”

Sundari : Here the neck is moved from side to side. It is also called as Attami.

Tirashchina: Here neck is moved in a V-shape.

Prarivartita: Here the neck is moved in a Semicircle or moonlike shape.

Prakampita: Here the neck is moved forward and back.

[Reference](#)



Head Movements

“Sama udvahitam adhomukha-lolitam Dhutam kampilam cha paravrittam ukshiptam parivahitam navdhakathitam shirasa natyashastra visharadaihi.”

Sama : The head kept straight

Udvahitam : Head Looking upwards

Adhomukham : Looking Down

Alolitam: Circular Movement of the head

Dhutam: Right to left movement of the head

Kampilam: Up and down nod of the head

Paravrittam: Brisk turning of the head to the right or left

Ukshiptam: Head is turned and raised or a slanting position of the head.

Parivahittam: Quick small shakes of the head.



Eye Movements

“Samam Alokitaam Saachi pralokita Nimility, Ullokita-anuvritte cha tatha chaiva-avalokitam, Ithyashtho drishthi bhedaha syu kirtitah purvasuribhi”

Sama: Eye kept still without any movement.

Alokita: Rolling your eye balls in a circular pattern.

Saachi: Looking through the corner of the eyes.

Pralokita: moving your eyes side to side.

Nimilita: It looks like a half shut eye. Here one tries to focus the eye ball towards the heart.

Ullokita: Looking upwards.

Anuvritta: Rapid movement of the eyes up and down.

Avalokita: Looking down.

Reference



ARAMANDHI

Distinctive geometrical nature to the movements in Bharatanatyam.

Distinctive geometrical nature to the movements in Bharatanatyam.

Ensure that the feet is planted firmly flat on the ground.

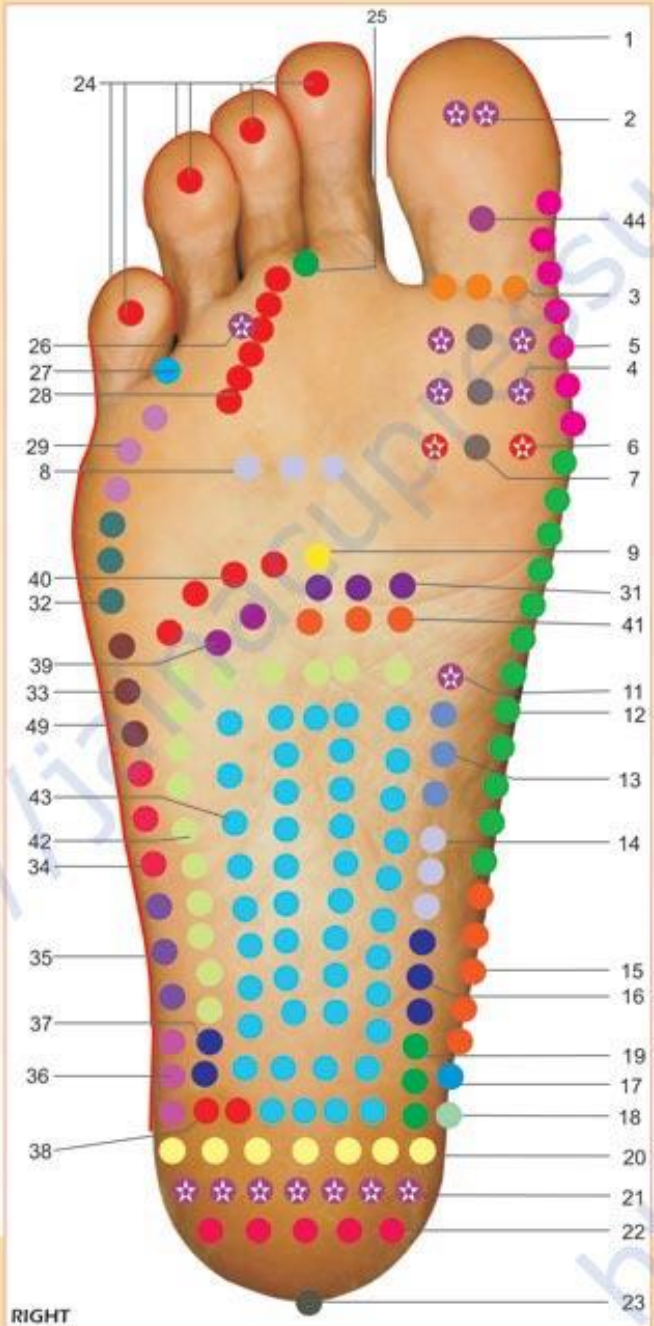
Avoid swaying of the waist.

When tapping the feet, maintain the Ardhamandal posture as you started.

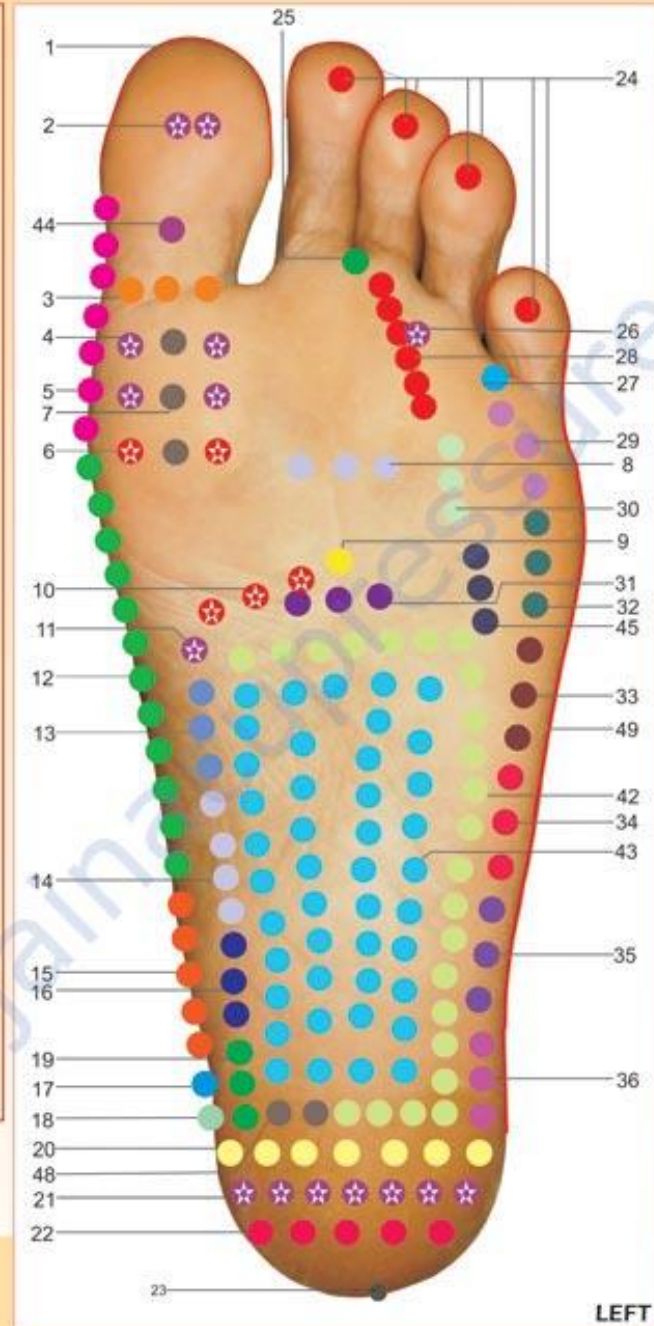
Try and keep the back straight.

[Reference](#)





- 1 Brain
 - 2 Pituitary/Pineal
 - 3 Throat
 - 4 Para Thyroids
 - 5 Cervical
 - 6 Thyroids
 - 7 Esophagus
 - 8 Chest /Brest
 - 9 Solar Plexus
 - 10 Pancreas
 - 11 Adrenal
 - 12 Thoracic
 - 13 Kidney
 - 14 Urinary Tract
 - 15 Lumbar
 - 16 Urinary Bladder
 - 17 Sacrum
 - 18 Coccyx
 - 19 Internal Thigh
 - 20 Sciatica
 - 21 Sex Organs
 - 22 foot / Heel
 - 23 Anus
 - 24 Sinus
 - 25 Eye
 - 26 Thymus
 - 27 Ear
 - 28 Lungs
 - 29 Shoulder
 - 30 Heart
 - 31 Stomach
 - 32 Elbow
 - 33 Wrist /Hand
 - 34 Leg
 - 35 Knee
 - 36 Thigh
 - 37 Ileocical Valve
 - 38 Appendix
 - 39 Gall Bladder
 - 40 Liver
 - 41 Duodenum
 - 42 Large Intestines
 - 43 Small Intestines
 - 44 Tongue
 - 45 Spleen
 - 49 Outer Area
- Research & Developed by -*
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Reference



Thank You!

