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Natya yoga for releasing stress

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Abstract

Natya yoga combines yoga with, music, dance and meditation. The word natya refers to movement and music while yoga refers to practice of the eight guiding principles of yoga (ashta anga yoga) that lead to meditation. This paper attempts to trace the role of natya yoga for releasing stress. The paper will focus on the bases of Natya yoga and its importance in daily life, that includes natya and yoga practices, specifically for stress management. Natya Yoga is a dancing yoga practice allowing us to experience the holistic and many-layered form of our existence.

Keywords: Natya yoga, stress management

Introduction

Natya yoga, dance yoga practiced in classical Indian musical theatre. Natya Yoga is a dancing yoga practice allowing us to experience the yogic element of dance, the holistic and many-layered form of our existence. Elements of Natya Yoga can be found in the contemporary systems of the orthodox Bharatanatyam and, so some extent, Odissi, which are often referred to as the most ancient forms of the classical Indian dance theatre. A few minutes of Natya yoga during the day can be a great way to get rid of stress that accumulates daily - in both the body and mind. Yoga postures, pranayama and meditation are effective techniques to release stress. Natya yoga is based on classical dance and yoga. Dance helps us for emotional relief. When a person doing dance that help for catharsis. Natya yoga cleanses and nourishes you from within and calms you, whenever you feel overwhelmed, unstable, or emotionally shut down. The art of practicing Natya yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves respiration, energy and vitality. Greater confidence and self-esteem in social and work relationships, Increased creativity, Improved coordination and balance of the body, a calm, stress-free mind.

Natya yoga is often confused with Yoga Dance, that most typically describe modern systems of dance-like exercises that have been created by some western aerobics instructors many of whom mistook the Hathayoga asanas for a form of gymnastics. Dance proper, nritta, is part and parcel of Natya, but it is nevertheless much more than merely dance movements. Apart from nritta, there is natya, which can be translated as mime, and which is an intrinsic element of Natya yoga.

Origin of Natya yoga

Adinath Shiva is the originator of Natya Yoga. Origin of Natya yoga Bharata Muni was the first to write a guide on 'Natya Yoga' or 'Dance Yoga' and the first to learn this beautiful art was Sage Narada and the Gandharvas. It was also later learnt and performed during the Medieval period by the Devadasis (Temple dancers). At present Natya Yoga is being taught in conventional Bharatanatyam and Odissi dance schools. Though incorporating the traditional static asanas or Yoga poses of Hatha Yoga and Pranayama in the preparation of the body, Natya Yoga extends more than just static poses involving certain dynamic exercises in rhythmic dance movements, as the name goes. A Natya Yoga dancer also masters the 108 Karanas. A Karana is a unit of dance in which gesture, step and attitude are in perfect coordination revealing a harmonious rhythmic movement.

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Doing so the dancer gets to understand the intimate connections between the physical, emotional and mental bodies.

Natya Yoga and Spirituality The practitioners are also encouraged to learn 'Carnatic music' as its 'Raagas' are supposed to awaken and elevate the body consciousness, a transcendental state. The goal of Yoga as stated in the 'Patanjali Yoga Sutras' is the cessation of mental fluctuations' (cittavrtti nirodha) which introduces one to the higher planes of consciousness paving way for self realisation ultimately. The four important and well known Yoga schools are Bakti Yoga (The path of devotion), Karma Yoga (The path of action), Jnana Yoga (The path of knowledge) and Raja Yoga (The royal path) However there are innumerable others of which 'Natya Yoga' or the 'Dance Yoga' which has the four aforesaid Yogas inherent in it.

Significance of Natya yoga for Releasing Stress

Natya Yoga relieves one from emotional stress or tensions. Some of the greatest aspects of dance especially, Bharatnatyam and Odissi, is its ability in controlling the mind. Single-minded contemplation is acquired, amidst continuous series of action with the feet keeping up with the time, hands expressing gestures, eyes coordinating with the hands, ears listening to the music, all in a spontaneous co-ordination. This brings about harmony in the most natural way. While engaged in it, the dancer experiences spiritual freedom, the ultimate freedom, while transforming the whole practice into a beautiful rendering. Thus 'Natya Yoga' exposes one, whether it is the watcher or the dancer to the ultimate bliss of oneness, the end of all spiritual sadhanas. The Tantric approach to spirituality is also found in Natya Yoga.

A Natya exponent represents histrionically, various characters, situations, stories, emotions, events, legends, epics, heroes, heroines and so on. The presentation is an 'acting' combined with dance and music. The objective is to spread knowledge, educate and enlighten the people with added attraction of melody, rhythm, dance, meditation and drama.

Natya Yoga contains practically all elements of the path of action, Karma Yoga. The key concept of lila, the divine play, and the perception of the illusoriness of the manifest existence are the fundamentals of Natya Yoga, the advanced stages of which require the practitioner to perform items in front of the audience. These stage performances are an opportunity for the dancer to learn how to remain indifferent to the spectators' reactions, and shifts the dancer's perception of the reality.

The practitioner of Natya Yoga will ideally focus not only on the transformation of one's individual life but on the transformation of the life of the people around him. One of the tools to achieve it is the public performance of Natya, as a form of collective meditation.

The symbolism of the dance of Shiva (in the form of Nataraja) is represented by 'Ananda Tandavam,' the joyful, ecstatic, blissful dance of the cosmos. Shiva's arms: One holds the 'damaru,' symbol of creation through the primordial sound; one hand makes a blessing and protective gesture. In one, he holds the purifying fire, a symbol of transformation; with the other, he holds the serpent showing that He is the Master of Yoga. While the sun and moon are His right and left eyes, His third eye - the Inner eye - begets the fire of birth and dissolution. His left foot, lifted up, evokes liberation and salvation, while his right foot crushes the ego.

Yoga is the yoking and joining of these levels in an ascending

order - a movement from the physical to the metaphysical. It is generally translated as "union of the individual atma with Paramatma, the universal soul." This may be understood as union with the Divine by integration of body, mind, and spirit.

Stress management

Stress is you're the responding of body to any kind of demand or threat. When you feel threatened, your nervous system responds by releasing a flood of stress hormones, and including adrenaline and cortisol, which rouse the body for emergency action. Your heart pounds faster, muscles tighten, blood pressure rises, breath quickens, and your senses become sharper. These physical changes increase your strength and stamina, speed your reaction time, and enhance your focus. This is known as the "fight or flight" stress response and is your body's way of protecting you. When working properly, stress helps you stay focused, energetic, and alert. Stress can also help you rise to meet challenges.

But beyond your comfort zone, stress stops being helpful and can start causing major damage to your mind and body. Today's competitive world, most of the people facing the problem stress. So we should manage stress properly.

Natya yoga is an effective method to releasing stress. That helps regain healthy mind and body. Yoga postures, pranayama and meditation are effective techniques to release stress. Natya yoga is based on classical dance and yoga. Dance helps us for emotional relief. When a person doing dance that help for catharsis.

Benefits of Natya yoga

Benefits of Dance Yoga perfect Yogi is the one who is at home at all circumstances. He is neither an introvert nor an extrovert. He is perfectly at ease with both introversion and extroversion, rising above them as mere concepts. This is made possible with 'Dance Yoga' with its entertaining and meditative aspects. Furthermore with its vibrant aspect, Natya Yoga relieves one from emotional stress or tensions. One of the greatest aspects of dance especially, Bharatnatyam, is its ability in controlling the mind. Single-minded contemplation is acquired, amidst continuous series of action with the feet keeping up with the time, hands expressing gestures, eyes coordinating with the hands, ears listening to the music, all in a spontaneous co-ordination. This brings about harmony in the most natural way. While engaged in it, the dancer experiences spiritual freedom, the ultimate freedom, while transforming the whole practice into a beautiful rendering

The investigator think most effective method for stress management is the practice of Natya yoga and meditation. An interactive art can facilitate to overcome the issues in life. Practicing Natya Yoga is helping the individual for developing healthy and positive attitude towards all social phenomena. This is an important vehicle to equip young people to negotiate and mediate challenges and risks in their lives and to enable productive participation in society

The art of practicing Natya yoga helps in controlling an individual's mind, body and soul. It brings together physical and mental disciplines to achieve a peaceful body and mind; it helps manage stress and anxiety and keeps you relaxing. It also helps in increasing flexibility, muscle strength and body tone. It improves energy and vitality. It helps to increase creativity. This energises students and increases their academic performance also. Greater confidence and self-esteem in social and work relationships, Improved coordination and balance of the body, a calm, stress-free mind.

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