



ISSN: 2456-4419

Impact Factor: (RJIF): 5.18

Yoga 2025; 10(1): 76-79

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www.theyogicjournal.com

Received: 05-01-2025

Accepted: 12-02-2025

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Integrated learning classification of mudras in Yoga & Bharatanatyam (A study of hand gesture recognition)

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DOI: <https://www.doi.org/10.22271/yogic.2025.v10.i1b.1700>

Abstract

An in wisdom study of the history, properties and principle of this article explores the value of both spiritual and elevated art forms, whose modest and profound intention is to reach a union with the Divine. This study is mutually undertaking two ancient arts of Yoga and Bharatanatyam. The nature of Yoga is balanced with healthy extroversion, like sports, music, art and craft skill need to be deliberately cultivated. The dynamic activity of dance is almost equal to the static activity of Yoga. Modern Yoga practitioners can use the both and get beneficial from such a combination. These basic features are measured in detail, with a relative assessment between each Asana and mudra its intrinsic benefit. It is also of mention that these yogi features are the essential foundation for a dancer to properly use every movement to convey and communicate subtleties. This study also explain the importance of Yoga for the classical dancer to maintain their mental health of expressing thoughts.

Keywords: Yoga, muthra, asan, hashta, postures

1. Introduction

Yoga is a practice which originated in India probably developed around the sixth and fifth centuries BC. Literally Yoga means “to unite” the ultimate goal of which is moksha (liberation). Yoga is an analysis of perception and cognition as illustrated in Hindu texts such as the Bhagavad Gita and Buddhist Mahayana works. Apart from the spiritual goals, the physical postures of Yoga are used to alleviate health problems

Real Yogi is neither an introvert nor an extrovert, an ambivert, a person who is introspecting within himself or whether he is interacting vibrantly with the external environment. Dance also provides a great source for emotional vibrations and help the Yoga Sadhaka to get over many of emotional things.

In Upanishads, “Devo Bhutva Devam Yajet” which means, “To become a God for worship God.” India, personified the principle of its great culture and has spread it all over the world. So many arts were considered the religious ceremony which pleasing to the God. This dedication of all activity to the Divine was the highest form of worship.

1.1 Objective

- To create consciousness of the advantages of yoga and dance.
- The study aims to find resemblance between yoga and many dance movements.
- The study aims to integrate various dance mudras along with yoga mudras for the enrichment of both the fields.
- The study aims to deliver physical, mental, and spiritual well being of dancers.

1.2 Hindu mythology

Hindu mythology is combination of many arts especially in both yoga and dance. Dancers are storytellers of mythology, and the mythology shows themes and practices in yoga. Hinduism primarily through dance, as it was express these stories to establish emotion to understand well. It conveys the stories of Lord Shiva, who is main role to both yoga and dance. Nataraja, the Lord of Dance, Shiva performs two types of dance forms. They are Lasya and Thandava. Lasya is a soft dance representing the creation of the world, and tandava is an

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energetic dance representing the destruction of the world. Lasya and Tandava are also compared as feminine and masculine energies. It also compared to the sun (ha) and moon (tha) energies. Sun means 'ha', moon means 'tha'. So, it is termed as 'hatha yoga'.

2. Yoga and barathanatyam

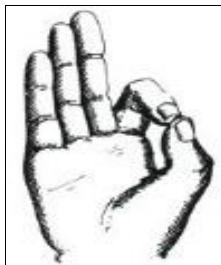
2.1 Disciplined practice

Yoga and dance are taught traditionally by a guru-shishya tradition (mentorship between a guru and disciple). Yoga and Indian classical dance Baratha Natyam are two forms of spiritually connected with divine. The steady mind of the yoga practitioner and artistic expression of dancer is cultivates a state of divine state. Yoga deepened awareness and a state of spiritual union. Bharatanatyam, the oldest classical dance of India. It has many blends of graceful movements and power of spirituality. It has ability to communicate powerful emotions and divine stories without any word and full of action.

2.2 Common points between Yoga and Baratha Natyam

Yoga and dance have outstanding similarity, especially in terms of their aesthetics. The similarity is analysed using convinced physical movements. Before to start all the traditional dance forms the initial movement is 'Bhumi Pranam'. 'Pranam' is to bow previously or make a present much like the Surya Namaskar (salutation to honour the Sun) during yoga practices.

'Hastas' used in Bharatnatyam are similar to the 'Yoga Mudras'. In yoga, the fingers of our hand mean as the 'Pancha Mahabhutas' by touching one finger with others creates energy in our body. It creates different energy flows in different combination of fingers. It allows the body to increase well circulation of blood, produce long-term health benefits.



In Hath Yoga practices, the thumb is considered as cosmos and the index finger refers to the individual consciousness. Yoga is bringing together individual soul to the cosmic consciousness.

Mudras are found in both Yoga and dance, while they are used for interactive visibly in dance, there are used for inner communication in Yoga. In barathanatyam, 'Hastas' are used to interconnect definite ideas, events, actions, or individuals. These are common to all Indian Classical Dances were used for entertaining the divinities.

2.3. Mudras in bharathanatyam

'Natya Shastra' includes many mudras along with their meanings, having deep spiritual consequence. For example, the *Anjali* mudra signifies a prayerful method, while the *Vishnu* mudra ties the dancer to the divinity, representing the

presence of the god in the performance. Hand signs of Bharatanatyam are mainly divided into two gestures. Asamyukta means single-hand gestures and Samyukta means double-hand gestures. There are 28 Asamyukta Hasthas and 24 Samyukta Hasthas as mentioned in scriptures in Natyashastra and Abhinaya Darpana.

In dance, Hastha Mudra is divided into following Prana Lakshanas. That is different ways of holding a hand.

- Prakarana Hastha - Stretched
- Kunchita Hastha - Folded
- Rechita Hastha - movement
- Punchita Hastha - folded, moved, stretched
- Apaveshtita Hastha - bent down
- Prerita Hastha - bent back or moved or stretched
- Udveshtita Hastha - hands UP
- Vyavrutta Hastha - Hands UP in sides
- Parivrutta Hastha - Hands brought together from sides
- Sanketa Hastha - Hands convey Implied Meanings

According to Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj, the Mudra is used to activate acupressure points at various sites on the human body. The Hathaats, Hathenas, and the Hastikams in Hatha Yoga Asanas explain well about Mudras. The Mudra increasing circulation of the blood into various organs. It controls every organ and function of the body and mind.

The Mudra abstracts energy and elements from the nerves and dynamic bodies making the various enzymes and hormones required for vibrant health. The Mudra generates a uni-polar base of energy in the Kanda, the Conus Medullaris at the base of the vertebral. This uni-polar energy is commonly called "Kundalini Shakti".

The Mudra changes enzymes and hormones into Ojas, cleansed autocoids, Tejas, super-enzymes. The Mudra completes Urdhwa Retas or a transformation of lower substances and drives creating a Satchidananda Deha, an abiding Yogic body. The Mudra provokes and panels the Kundalini Shakti.

Kundalini awakening without Mudra is madness. The Mudra is itself a vehicle of entire Union of body and Yoga also. To a devout Hindu Yogi, the Mudra is no longer a sign of Union. But it is Blending itself. The devotee turn out to be Shiva, or Shakti.

3. Practical applications

These gestures act as a conduit for spirituality, allowing the dancer to transcend the physical realm and connect with the divine. When performed with devotion, mudras become more than mere gestures—they become an act of worship and a form of meditation for the dancer.

Some of the mudras are in bharathanatyam are, Pataka Mudra, Tripataka Mudra, Mayura Mudra, Ardha Chandra Mudra, Alpadma Mudra, Trishula Mudra, Arala Mudra, Anjali Mudra, Kapota Mudra. Karkata Mudra, Swastika Mudr, Pushpaputa Mudra, Utsanga Mudra

3.1 Hamsasya hasta

'Hamsasya hasta' in Classical Dance denotes the shape of a 'Swan'. It is also similar to 'Gyan mudra' in Yoga, help to increase the memory power, improves concentration, prevents insomnia.



3.2 Trishula Hasta

The ‘Trishula Hasta’ representing ‘Trishula or it is called Trident’. This mudra matches with ‘Varun Mudra’ in yoga. It is claimed to stable the water element in body. It is also used to prevent pain due to inflammation, contraction of muscles.



3.3. Mayura Hasta:

The ‘Mayura Hasta’ signifying ‘Peacock’ be similar to ‘Prithvi Mudra’ that improves the complexion of skin and helps to rise weight.

3.5. Kartarimukha Hasta

‘Kartarimukha Hasta’ signifies ‘Scissors’ and equals with the ‘Prana Mudra’. It eliminates vitamin deficiency and fatigue, expands immunity and power of eyes and diminishes eye related diseases.



3.4. Simhamukha hasta

‘Simhamukha Hasta’ characterizing a ‘lion head’ is comparable to the ‘Apana Mudra’ which controls diabetes and helps to cure constipation and piles.

4. Postures

Asanas like, Dhanurasana, Chakrasana, Vrikshasana, and Natarajasana are finely fixed, importance the rich relationship between dance and yoga. The supreme postures of the body are represented in the Shilpa Shastra and there are four types of Bhangas (postures), the deviations of the body from the central straight position. They are,

- Abhanga,
- Samabhanga,
- Atibhanga
- Tribhanga.

Abhanga which shows "off-centre", for a slightly skewed standing position. Samabhanga is the equivalent distribution of the body affiliates on a vital line, whether upright or sitting.

4.1. Natarajasana

Natarajasana is called as Lord of the Dance Pose. Dancer Pose is a yoga pose which honours the Lord of Dance, Nataraja.



The name is derived from Sanskrit words: Nata means Dancer, Raja means King or Lord, and Asana = Pose. The combined word, Nataraja is one of the many names of the God and cosmic dancer, Shiva in his dancing form.

4.2 Vrikshasana

Vrikshasana usually known as Tree posture, is an initial yoga posture that symbolises the stable and grounded nature of a tree. This asana not only personifies physical strength and stability It brings psychological clarity and improve focus.



Yoga positions for dancers that can help them gain quickness in their dance moves.

- Trikonasana (Triangle pose)
- Utkatasana (Chair pose)
- Poorvottanasana (Upward Plank pose)
- Adho Mukha Svanasana (Downward facing Dog pose)
- Setu Bandhasana (Bridge pose)
- Shavasana (Corpse pose)

5. Results

As the result, yoga things to do before dance performance: As a dancer, liability a few rotation movements, a few bounces and a couple of rounds of Surya Namaskar will help formulate body for the recital and give more energy. The feeling particularly nervous, practice the Bhramari pranayama and shake off pre-concert nerves. Not only pranayama, meditation also helpful to the dancer. Meditation add a new dimension of dancing performance as follows:

- It helps a dancer to connect with their inner self. to a higher consciousness which in turn converts the performance.
- To Help in transmission on bhava (emotion) better.
- It brings out the creativity in step sequence, like Yoga.
- Helps to gain focus and quietness before and during a performance.
- Helps you to remain equanimous, deal with ups and downs in life with balance.

6. Conclusion

To sum up this study it can be specified that Yoga is considered a well-organized method for achieving a goal which includes methods of controlling the body and the mind. Similarly, dance is certain orders of human movement which also includes measured and the attention movement having visual and symbolic value. A close connection between Yoga and dance has been drawn and detected. This connotation symbolizes the instinctive flow of dance and the early knowledge of Yoga. Mudras' or 'healthy hastas' are main features of the Indian classical dances. Yoga and dance together being a provider of physical, mental, and divine well being. Above all, these improve our body posture, increase our flexibility, improve our body balance, give us a grace and significantly teach us discipline.

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