

# Bharatanatyam Art Form as a Therapy to Cope Up with the Physical and Mental Stress During COVID-19 Lockdown †

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† Presented at Virtual symposium to observe World Antimicrobial Awareness week “Applications of biotechnology and microbiology with special emphasis on Antimicrobial resistance”, 18-24 November 2020, Chennai, India

Received: 10.11.2020; Revised: 15.11.2020; Accepted: 17.11.2020; Published: 10.01.2021

**Abstract:** Bharatanatyam is a very ancient art form that originated from Tamil Nadu, India. Generally, Bharatanatyam as art has two sectors nritta and abinaya; nritta is the bodywork that a dancer does, and abinaya is the mind work, the imagination. Both nritta and abinaya work together to give rise to various expressions and gives life to the movements. Acupressure is an art that is considered an Asian bodywork therapy. Acupressure has originated from Ancient Chinese medicine. It describes specific acupoints or acupressure points that lie along meridians or channels present in the body. These are the energy meridians and acupoints as those targeted with acupuncture. Invisible channels that flow vital energy (a life force) is called qi (ch'i). Mudras, in Bharatanatyam, is holding the hand along with fingers in a certain way to depict or convey a common image of a particular thing or emotion. We hold the fingers in a graceful yet stiff manner. The basic theory to acupressure is used in Bharatanatyam mudras, which puts pressure at a certain palm point. Learning Bharatanatyam for therapy shall be different from learning it as performing arts on the stage. Bharatanatyam is of ancient origin, meaning it is present before us and shall be present even after us. It surely has medicinal value. The reason why it is said that Bharatanatyam gives an effective brain exercise is that it has different adavus (movements) for every part of the body and what the body is capable of exercising. This article completely focuses on how Bharatanatyam can act as adjuvant therapy of the prescribed modern medicine.

**Keywords:** Bharatanatyam; acupressure; vertigo; bone marrow; immunity; COVID-19; survey; aramandi.

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## Funding

This research received no external funding.

## Acknowledgments

Authors are thankful to B.S.Abdur Rahman Crescent Institute of Science and Technology for providing research facilities.

## Conflicts of Interest

The authors declare no conflict of interest.