

Significance of Natrajasana in Day to Day Life

Dr. Jyoti Gangwal^{a*}, Dr. Sanjay Kholiya^b

^a Assistant Professor, Department of Sharir Rachana, Jayoti Vidyapeeth Women's University, Jaipur, INDIA

^b PG Scholar, Department of Ras Shastra & Bhaishajya Kalpana, National Institute of Ayurveda, Jaipur, INDIA

ABSTRACT

Ayurveda is the science of life. It plays an important role to prevent and treat the disease. Ayurveda specifically deals with mind body balance. Its main part is Yoga and Asana. Yoga gives us a simple remedy, skill and good health process. The Asana gives physical and mental strength and tones the body-mind for further exercise. Natrajasana is often referred to as the dance posture. By doing this Asana helps strengthens the ankle and leg and stretches the Abdomen, Thorax, Inguinal region. Natrajasana (Dance Pose) develops greater flexibility in your spine, shoulders, and hamstrings.

Keywords: Yoga, Asana, Natrajasana, Dance Pose, flexibility.

1. Introduction

Natrajasana, Lord of the dance pose or dancer pose is a standing, balanced, back bending posture in modern Yoga. It is derived from a pose in the classical Indian dance form Bharatanatyam, which is depicted in the idols of the temple at the Nataraja temple, Chidambaram.

Natrajasana (not-ah-raj-AHS-anna) is a physically challenging, graceful posture that requires flexibility in the spine, legs and hips. To practice posture, use a thoughtful sequence filled with enough preparation to adequately prepare your body and mind. Regular practice will help to develop strong mental fortitude and firm concentration.

- Strengthens: Ankle, Leg
- Stretches: Abdomen, Thorax, Inguinal region, Thigh, Shoulder
- Pose type: Backbend, Balance, Chest opener, Standing
- Also known as: Lord of the dance pose

Etymology- The name comes from the Sanskrit words नट nata meaning "dancer", राजा raja meaning "king", and आसन Asana meaning "posture" or "seat". Nataraja is one of the names given to the Hindu God Shiva in his form as the cosmic dancer.

Pilosophy and Origin- A physical incarnation of King Nataraja, a form of Lord Shiva, the lord of the dance posture is a tribute to this powerful god of destruction. Embracing death as part of the cycle of destruction and even change and development, this pose is a helpful reminder that no good can happen without evil, no birth without death. In most depictions of King Nataraja, he stands on one leg (hence the shape of the pose), staring at the head of a small dwarf, whose presence represents ignorance. In this way, the masters of dance posture encourage our consciousness to rise above ignorance, over general thoughts and misunderstandings that cloud our outlook. The balance that comes from the posture awakens our understanding that clarity brings stability.

2. Chakra-wise

Being a balancing pose, Nriya Natrajasana helps us become more grounded. It helps psychologically with feelings of stability and security, which are key aspects of the Mooladhara or base cycle. All balance poses help us to work on our Mooladharachakra and set the stage for inward journey through various cycles and related levels of awareness.

* Corresponding author.

E-mail address: jyotigangwal4799@gmail.com

3. Step of Natrajasana

1. Beginning in mountain posture. Move the weight to the left leg and bend your right knee so that your right hand reaches back for your right leg. Keep your right knee towards the ground.
2. Holding the outside of the leg is usually more challenging, but it will provide a deeper stretch to your shoulders and encourage you to lift your chest better.
3. Option to kick your right foot in your right hand at the same time, lifting the leg up and back. The more you actively use your right foot, the easier it will be to maintain your balance.
4. Extend your left hand forward and upward, reaching towards the sky.
5. Press evenly across the four corners of your left foot, paying special attention to your big toe. Attach the quadriceps muscle of your left leg by pulling the knee cap up.
6. Hold up to 10 cycles of breath. To release from the pose, slowly let go of your right foot, placing it back on the floor and standing back. Take several deep breaths before repeating on the other side.



Fig .1 Natrajasana (1)



Fig. 2. Natrajasana (2)

4. Modifications

- If it is difficult for your foot to reach back, use a strap around your foot to bridge the gap.
- When you work on improving your balance, practice this pose with your outstretched hand on the wall or chair.
- Some styles of Yoga teach this pose directly in front of the chest and in front of the chest with the extended arm.

5. Health Benefits of Natrajasana

- This Asana can help you lose weight, as you burn calories during exercise.
- This Asana strengthens and stretches your ankles, legs, thighs, chest, abdomen, thorax and hips.
- This pose develops more flexibility in your spine, shoulders and hamstrings.
- Continuous practice improves your balance.
- It acts as a great stress buster, which calms your mind.
- It improves your digestive system.
- You will find increasing your concentration in intensity.
- Feeling elated after practicing this Asana, as it activates your entire body.

6. Benefits of Natrajasana

1. Due to performing Yoga awareness comes in our body, giving us simple knowledge of activities like standing; one leg. To maintain balance; both hemispheres of our brain require coordination. Whenever we have both logical (left brain) and artistic (right brain) faculties, we often choose to live life in one extreme. The balance forces us to better coordinate between the two hemispheres - leading to a more balanced personality. This is the reason why women are better than men are in a balance posture- corpus callosum, connecting both hemispheres, it is thicker in women.
2. Since we are standing on one leg, the bones of that leg are strong and they do not deteriorate greatly with age. Muscles are also strengthened because they carry the weight of the entire body.
3. The back thigh and lower back get a good stretch.
4. Replenish blood circulation in the lower abdominal muscles and the entire body.
5. Focus is trained because balance demands a pointed awareness.

7. Benefits of Natrajasana Preparatory, Sequential And Counter Poses

PREPARATORY POSES:

- Floor bow pose (*Dhanurasana*)
- Camel pose (*Ushtrasana*)
- Tree pose (*Vrikshasana*)

SEQUENTIAL POSES:

- Front splits pose (*Hanumanasana*)
- Upward-facing bow pose (*UrdhvaDhanurasana*)
- Warrior III (*VirabhadrasanaIII*)

COUNTER POSES:

- *Uttanasana*
- Eagle pose (*Garudasana*)
- Standing splits (*Urdhvaprosaritaekapadasana*)

Variations

- Reaching up and back with both arms, elbows upwards, to grasp the rear foot gives a more intense pose.
- The pose can be modified by grasping a strap around the rear foot by holding on to a support such as a wall or chair.

REFERENCES

1. "Lord of the Dance Pose". Yoga Journal. 28 August 2007.
2. Swanson, Ann (2019). *Science of Yoga : understand the anatomy and physiology to perfect your practice*. New York, New York: DK Publishing. pp. 114–117. ISBN 978-1-4654-7935-8. OCLC 1030608283.
3. <https://www.verywell.com/king-dancer-pose-natarajAsana-pose-3567090>
4. Gerstein, Nancy (2008). *Guiding Yoga's Light: Lessons for Yoga Teachers*. Human Kinetics. pp. 118–. ISBN 978-0-7360-7428-5.
5. Sinha, S. C. (1996). *Dictionary of Philosophy*. Anmol Publications. p. 18. ISBN 978-81-7041-293-9.
6. Coomaraswamy, Ananda (1957). *The Dance of Śiva: Fourteen Indian Essays*. Sunwise Turn. OCLC 2155403.
7. Bhavanani, Ananda Balayogi; Bhavanani, Devasena (2001). "BHARATANATYAM AND YOGA". Archived from the original on 23 October 2006. He also points out that these [Bharatanatyam dance] stances are very similar to Yoga Asanas, and in the Gopuram walls at Chidambaram, at least twenty different classical Yoga Asanas are depicted by the dancers, including DhanurAsana, ChakrAsana, VrikshAsana, NatarajAsana, TrivikramAsana, Ananda TandavAsana, PadmAsana, SiddhAsana, Kaka Asana, VrishchikAsana and others.
8. Goldberg, Elliott (2016). *The Path of Modern Yoga : the history of an embodied spiritual practice*. Rochester, Vermont: Inner Traditions. pp. 223, 395–398. ISBN 978-1-62055-567-5. OCLC 926062252.
9. Ramaswami, Srivatsa (2001). *Yoga for the three stages of life: developing your practice as an art form, a physical therapy, and a guiding philosophy*. Inner Traditions / Bear & Co. p. 186. ISBN 978-0-89281-820-4.
10. Hemingway, Mariel (2004) [2002]. *Finding My Balance: A Memoir with Yoga*. Simon & Schuster. pp. 71–72. ISBN 978-0743264327.
11. StPierre, Amber. "Troubleshooting King Dancer Pose". DoYouYoga. Retrieved 29 January 2019