



Bharatnatyam

Bharatnatyam (Tamil Nadu)

Oldest dance form



Origins

Sadir: Solo dance Performance by temple dancers or devadasis.
Also referred to as 'Dashiattam'

References

In the book **Abhinaya Darpana by Nandikesvara**.
In paintings and stone and metal sculptures of ancient times.
Ex- On the **gopurams of the Chidambaram temple**.

Seven main parts of dance

Alarippu

- Basic dance postures.
- Rhythmic Syllables.
- It is meant to seek the blessings of God.

Jatiswaram

- Component of Nritta
- Devoid of expressions
- Different poses and movements .

Shabda

- Dramatic element with expressed words
- Praise of the glory of God.

Varnam

- Component of Nritya
- Combination of dance and emotions
- Synchronized with tala and raag, to express the story.

Padam

- Abhinaya (expression) of spiritual message
- Light Music
- Emotional Dance.

Jawali

- Short love-lyrics
- Faster tempo

Thillana

- Stage performance
- Pure dance (Nritta)

- The person who conducts the dance recitation is the **Nattuvanar**.

- **Bharatnatyam** is often referred to as the '**fire dance**'. Most of the movements in Bharatanatyam resemble that of a **dancing flame**.

- Bharatnatyam dance is also **known to be ekaharya**, where one dancer takes on many roles in a single performance.

- Equal emphasis: **Tandava and Lasya aspects**.

- **Principal mudras: Katakamukha Hasta**, in which three fingers are joined to symbolize '**Om**'

• **Instruments:** Mridangam, Violin or veena, Flutist C, Cymbal.

• **Performed** by solo female, Male and Group Dancers.

• **Famous proponents of Bharatnatyam:** Rukmini Devi Arundale, Yamini Krishnamurthy, Lakshmi Viswanathan, Padma Subramaniam, Mrinalini Sarabhai, Mallika Sarabhai, etc.



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