

***BHEDAMS – Movements, Gestures & Positions from the Natya Shaastra***  
**MIT NATYA (<http://web.mit.edu/natya>)**

**Shiro Bhedam – Head movements**

Samam udhvahitam adhomukam alolitam dhutam  
Kampitam cha paravruttam ukshiptam parivahitam  
Navadha kathitam shirsham natyashashtravisharadaihi II

Samam - level  
Udvaahitam - raised up  
Adhomukha - down-cast face  
Aalolitam - rolling  
Dhutam - shaken sideways  
Kampitam - nodded  
Paraavrttam - turned round  
Utksiptam - thrown up  
Parivaahitam – tilt head CW & CCW

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**Greeva Bhedam – Neck movements**

Sundhari cha tirashchina tathaiva parivartita  
Prakampita cha bhavagne gnyeya greeva chaturvidha II

Sundari - to & fro horizontally  
Tirashchina - upward movement on both sides  
Parivartita - right to left like half moon  
Prakampita - backward & forward movement

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**Dhristi Bhedam - Eye movements**

Samamalokitam sachi pralokita nimilite  
Ullokitanuvrutte cha tatha chaivalokitam  
Ityashtou dhrishtibhedhaha  
Syuhu kirtitaha purvasuribhihi II






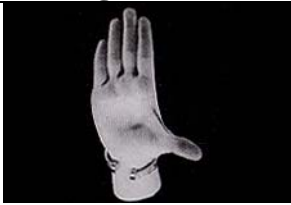







Samam - level  
Aalokitam – rolling eyes  
Sachi – right side  
Pralokitam – left right left  
Nimilite - closed (/down)  
Ullokitam - looking up  
Anuvrutta - quickly up & down  
Avalokita – looking far away


















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## Hasta Bhedas – Hand Gestures

### Asamyuta Hasta – Single Hand Gestures











Patakas tripatako ardhapatakaha kartarimukhaha  
Mayurasyo ardhachandrashcha arla shukatundakaha  
Mushtishcha shikarakhyashcha kapittha katakamukhaha  
Suchi chandrakala padmakoshakaha sarpashirstatha  
Mrigashirshaha simhamukhaha kangulashcha alapadmakaha  
Chaturobramarashchaiva hamsasyo hamsapakshakaha  
Samdamsho mukulashchaiva tamrachuda trishulakaha  
Ityasamyutahasta hastaanaam ashtavinshatiririta II











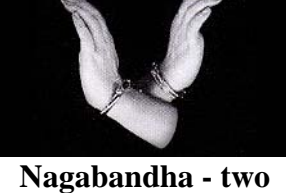



			
<b>Pataka – flag</b>	<b>Tripataka- a flag with three</b>	<b>Ardhapataka - half- flag</b>	<b>Kartarimukha - scissors</b>
			
<b>Mayura – peacock</b>	<b>Ardhachandra – half moon</b>	<b>Arala - bent</b>	<b>Shukatunda - parrot's head</b>
			
<b>Mushti – fist</b>	<b>Shikhara - peak</b>	<b>Kapittha – elephant-apple</b>	<b>Katakamukha - opening in a bracelet</b>
<b>“(Mushti)</b>	<b>“(Shikhara)</b>	<b>“(Kapittha)</b>	
			<b>Katakamukha 2- opening in a bracelet</b>

“	“	“	 <p><b>Katakamukha 3-</b></p>
 <p><b>Suchi – needle</b></p>	 <p><b>Chandrakala – moon's rays</b></p>	 <p><b>Padmakosha – lotus bud</b></p>	 <p><b>Sarpashirsha – snake hood</b></p>
 <p><b>Mrigashirsha – deer head</b></p>	 <p><b>Simhamukha – lion face</b></p>	 <p><b>Kangula - bud</b></p>	 <p><b>Alapadma – bloomed lotus</b></p>
 <p><b>Chatura - square</b></p>	 <p><b>Bhramara - bee</b></p>	 <p><b>Hamsasya – swan beak</b></p>	 <p><b>Hamsapaksha - swan wing</b></p>
 <p><b>Sandamsha - pincers</b></p>	 <p><b>Mukula – blossom</b></p>	 <p><b>Tamrachuda - cock</b></p>	 <p><b>Trishula - Trident</b></p>

## Samyuta Hasta - Two Hand Gestures

Anjalishcha kapotashcha karkata svastikastatha  
Dolahasta pushpaputa utsanga shivalingakaha  
Katakavardhanashchaiva kartarisvastikastatha  
Shakatam shankha chakrecha samputa pasha kilakau  
Matsya kurmo varahashcha garudo nagabandhakaha  
Khatva bherundakakeshcha avahittas tathavacha  
Ityete sankhyatasamyutaha karaha  
Chaturvimshatiriityutaha purvaghairbhartadibhihi ||

 <p><b>Anjali - salutation</b></p>	 <p><b>Kapota - pigeon</b></p>	 <p><b>Karkata - crab</b></p>	 <p><b>Svastika - crossed</b></p>
 <p><b>Dolahastha - hanging hands</b></p>	 <p><b>Pushpaputa - handful of flowers</b></p>	 <p><b>Utsanga - embrace</b></p>	 <p><b>Shivalinga - Lord Shiva</b></p>
 <p><b>Katakaavardhana - bangles / bracelets</b></p>	 <p><b>Kartaisvastika - crossed scissors</b></p>		

			
<p><b>Shakata - cart</b></p>	<p><b>Shankha - conch</b></p>	<p><b>Chakra - discus</b></p>	
			
<p><b>Samputa – covered box</b></p>	<p><b>Pasha - rope/cord</b></p>	<p><b>Kilaka - bond</b></p>	
			
<p><b>Matsya - fish</b></p>	<p><b>Kurma - tortoise</b></p>	<p><b>Varaha - boar</b></p>	
			
<p><b>Garuda - eagle</b></p>	<p><b>Nagabandha - two snakes</b></p>		
			
<p><b>Khatva - cot</b></p>	<p><b>Bherunda - mythical bird with two heads</b></p>	<p><b>Avahitta – open</b></p>	

## **Pada Bhedas – Feet & Leg Positions**

*Samapadam Ekapadam Nagabandham  
Aindhram Gaarudam Brahmapadam //*

### **Leg Positions**

Sama padam	Standing with feet together
Eka padam	Stand with one leg
Nagabandham	In aramandi position, the right leg in front swastikam (touching the ankle of the other leg)
Aindhram	Standing on one leg in aramandi position
Garudam	Sitting, with one knee bent and the other foot flat on the ground
Brahma padam	Padmasana

## Mandala Bedha – Standing Postures (Feet Positions)

*Sthaanakam cha aayatha aaliddham prenkhanam prerithaani cha*

*Prathyaalidham swasthikam cha motitham samasoochika*

*Paarshvasoochithicha dashamandala neerithaaniha*

There are ten standing postures:

Sthānaka	Standing with feet together (Samapāda) & hands on hip with ardhachandra hasta
Aayata	Aradhamandali position
Aalidha	Right foot facing front & left foot perpendicular to it (left foot in aramandi position). Body faces front
Prenkhana	Putting one foot at the side of the another heel and having kurma hands
Prerita	Putting one foot violently on the earth at a distance of about 3 feet from one another ;standing with knees bent and left hand in Shikhara hasta near chest and right hand in Pataka hasta stretched out
Pratyālidha	Tha hands and legs are interchanged in the Alidha posture
Swastika	Right foot is put across the left left and the right hand is put across the left hand
Motita	Sitting in muzhumandi and touching the earth with each knee alternatively and with Tripataka hasta on both hands.
Samasuchi	A posture where in the earth is touched with toes and knees .
Parshvasuchi	Muzhumandi where in the earth is touched with toes and by one knee on one side