



Drishti Bhedha – eyes movement

Drishti means “eyes” in Sanskrit. The 8 eye movements refer to the eye positions when expressing a particular bhava.

1. Samam: Keep eyes still, even. It doesn't move. Used to depict God.
2. Alokita: Roll eye balls in a circular pattern. Used to express fear. You are scared of something and looking everywhere.
3. Saachi: Look through the corner of the eyes. You want to look someone but trying not to show the person you are looking, peeing sight.
4. Pralokita: Move your eyes side to side in the corner, used to understand that no one is looking at you from both the side and you wish to quietly move, trying to ensure you are safe.
5. Nimilita: It looks like a half shut eye, try to focus the eye ball towards the heart through glance but not lowering neck, used for meditation or dhyana.
6. Ullokitam: Look upwards, used to show sky, heaven, God etc.
7. Anuvritam: Move eyes up and down rapidly. It can be used front or corner but up and down used to show anger on a person looking at him head to toes.
8. Avalokita: Look down on earth, not heart that's nimilita, used to find out anything lying down on earth.

Greeva Bhedha – neck movements

4 types of neck movements mentioned in Abhinaya Darpanam.

1. Sundari: Move neck side to side. It is also called as Attami, use to show very nice and beautiful or sarcastic remark on someone.
2. Tirashchina: Move neck in a V-shape, use to look or search something.
3. Prarivartita: Move neck in a semi-circle or moon-like shape, to express shyness or child anger.
4. Prakampita: Move neck forward and back, use to show movement of the birds.



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