

# ghungroo kathak academy

## Tandava and Lasya (TANDAV, LASYA)

### Tandava:

According to the Puranas, the heroic and raudra rasa predominant dance performed by Shiva to kill the demon Tripurasura is called Shiva Tandava. This dance is performed to show anger, destruction, valor etc. The five states of the world have been described in Shiva Tandava i.e. creation, condition, disappearance, appearance, and annihilation. Finally this dance ends in the joy of victory over the demonic forces.

The twisting of the limbs is important in this dance. It has four divisions: Abhanga, Sambhanga, Tribhanga, Atibhanga.

Damru, conch, mridang are played in this dance as an instrument.

The costume of Tandava dance is as follows: - According to Shiva, the head of the Ganges, the moon, the snake in the throat, the third eye on the forehead, the damaru and trident in the hand, the deer in the body. There are mainly five types of Tandava dance –

1. Sanhar Tandava - When Lord Shiva destroyed the earth in order to free the world from sin, it is called Sanhar Tandava.
2. Tripura Tandava – The dance performed by Lord Shiva while killing Tripurasur is Tripura Tandava
3. Kalika Tandava – This dance depicts how the soul of a man is unhappy in the cycle of samsara and is finally freed from bondage
4. Sandhya Tandava – This dance begins with Rasa and ends in Raudra Rasa.
5. Gauri Tandava – The dance performed by Lord Shiva and Gauri together is called Gauri Tandava

Tandava dance is a dance worthy of men, both foot and organ operation is done at a fast pace. Strong words like dhiginan, dhalang, dhakad, paddy. thunga, dhatta, are used. Pakhawaj's parne etc. Tandava is the type of Nritya.

### Lasya Nritya

According to a legend, when Lord Shiva killed the demon Tripurasur , the dance performed by Parvati is called Lasya dance. This dance is a saundarya rasa-dominated dance. Lasya expresses the tender feelings of a human being. This dance can be performed by both men and women, but it is more suitable for women. The origin of the popular classical dance of India is believed to

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be from Lasya. Perform with graceful organ movements and Lasya dance is used to show the beauty or saundarya rasa.

There are three types of Lasya dance, the main ones are :-

1. Vikat Nritya – The dance performed by performing Taal, rhythm or Laya, emotion or Bhav is called Vikat Nritya.
2. Miniature Or Laghu dance or Nritya - Dance done by making shorts on the earth with ghungroos and lifting heels in Taal and Rhythm or Laya is called Laghu or short or miniature dance.
3. - Asymmetrical or Visham dance or Nritya - The dance which is performed by rotating round , oblique or diagonal in rotation, such random rotation dance is called asymmetrical dance.

The music of Lasya dance is also melodious. In Kathak dance, Gat, Thumri and Kavita are danced with this Lasya movements. It is said that Lord Krishna started the Ras Mandal to give the Lasya a wholesome effect. In South India, Raas is also called Hallisak. Thus we see that in Indian tradition, classical dance is divided into two parts, Tandava and Lasya, whose characteristics can be seen differently in all Indian classical dance styles.

