

The artistic composition of movement and its classification into various types of action is carefully described in the *Natya Shastra* of Bharata.

“Representations by means of bodily movements of various changes which the mind undergoes under the influence of joy, sorrow or other sentiments is called *Natya*.” *Natya* actions belong to the drama.

Expressive movements of the body which are accompanied by facial expression and governed by rules of rhythm are called *Nritya* or dancing.

*Nritya* refers simply to movements of the limbs, and does not involve facial expression.

Dancing is again divided into two kinds known as *Tandava* and *Lasya*.

The *Tandava* dance is characterized by intense excitement, the heroic mood (*Vir*) and the touch of wrath. It also expresses cosmic activity, the divine conquest of evil or the attainment of bliss. It is performed by both sexes. *Tandava* dancing joined to vocal music often forms a prelude to a certain type of dramatic presentation.

The *Prekshani* type of *Tandava* is described as movement of the limbs without facial expression. *Bahurupa* *Tandava* includes the exhibition of a variety of expression of the *Tandava* mode.

Seven dance modes of Shiva are described in the dance treatises.

The first mode is the *Ananda Tandava* or the joyous Dance.

The second mode, the *Sandhya Tandava*, is the Evening Dance.

The third mode, the *Uma Tandava*, is danced with his consort *Uma*.

The fourth mode, the *Gauri Tandava*, is danced with his consort as *Gauri*.

The fifth mode is the *Kalika Tandava*, the primitive *Kalika* form which slays demons of evil and ignorance.

The sixth mode, the *Tripura Tandava*, represents the slaying of the demon *Tripura*.

The seventh mode is the *Samhara Tandava* or Dance of Death in which *Siva* is Lord of the burning ground, meaning that he is that which remains after the annihilation of forms. His dance symbolizes the release of the soul from the bondage of *Maya* (illusion).

The consort of *Shiva* as *Durga* (the demon slayer), or *Kali* (the goddess of destruction), appears as a dancer, powerful, and death-dealing, wearing garlands of bones and wielding fearful