



Classical Indian Dance Genres for Better Mental Health: Revisiting Empirical Evidences

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Abstract

This narrative review is an attempt to understand the psychological advantages pertinent to Indian classical dance genres, including eight major classical dance forms like Bharatanatyam, Kathak, Manipuri, Kathakkali, Kuchipudi, Odissi, Sattriya, and Mohiniyattam. Highlighting their prospective therapeutic applications in the field of mental health is the main aim of this article. Indian classical dance forms represent a comprehensive practice that harmonizes the mind, body, and spirit, facilitating emotional expression and fostering cultural connections. Classical dance styles like Bharatanatyam, Kathak, and Manipuri focus on telling stories through body language and facial expressions. This can help with stress relief, emotional regulation, and practicing mindfulness. Furthermore, Dance Movement Therapy (DMT) incorporates components such as abhinaya and mudras to address various psychological conditions, including anxiety, depression, and autism spectrum disorders. Empirical research findings highlight the efficacy of Indian dance in bolstering self-esteem, mitigating stress levels, and elevating both emotional and cognitive well-being. This review emphasizes the incorporation of Indian classical dance within therapeutic frameworks, advocating for its wider implementation to enhance mental health interventions.

INTRODUCTION

Mental health is much needed aspect of an individual and societal well-being, affecting all the individual functioning, employment, performance, and global development. The World Health Organization has included mental and social aspects in the definition of health, highlighting its impact on poverty reduction, education, and disease management (Ramokgopa, 2012). Researchers propose the incorporation of mental health into Sustainable Development Goals (SDGs) to enhance funding and policy initiatives, especially in low- and middle-income nations (Votruba & Thornicroft, 2015). Gender disparities further illustrate the unequal effects on society and healthcare systems (Parappagoudar et al., 2023).

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The concept of mental health has drawn together a range of ideas and practices that have come to define, and intervene on, what it means to be human. In contemporary English-speaking societies, it is a concept which is often used to express a concern for human well-being in psychological terms (Kenni Bruun, 2023). Mental health refers to the capacity of individuals within communities and their environments to engage with one another in manners that enhance subjective well-being, optimal development, and the utilization of cognitive, affective, and relational capabilities, as well as the realization of both individual and collective objectives in accordance with principles of justice (Independent Researcher, Croatia & Franjic, 2022).

Dance is conceptualized as a modality of expression that utilizes corporeal movements, frequently characterized by rhythmic and structured sequences or spontaneous improvisation, commonly accompanied by musical elements. It represents one of the most ancient artistic endeavors of humanity and is prevalent in all cultural contexts. Dance fulfills a variety of functions, encompassing ceremonial, liturgical, magical, theatrical, social, and aesthetic roles. These dimensions highlight its adaptability and cultural importance, rendering it a dynamic medium of human expression that undergoes continual evolution across various traditions (Moon, 2015). Dance has several positive effects on mental health, such as increased self-esteem, emotional stability, and cognitive improvement. Research indicates that it promotes social relationships among various groups and has a good effect on memory retention, attentiveness, and emotional control. It is recommended that dancing be incorporated into mental health treatments as an approachable and successful way to improve general wellbeing. The evidence demonstrates that dancing is an effective strategy for managing mental health (Su, 2024).

Through lowering psychological stress, promoting emotional control, and boosting social interactions and self-esteem, dance has a favourable effect on mental health. This paper emphasizes how the creative expressions and rhythmic movements of dance offer a means of expressing oneself and relieving stress, which improves mood and self-esteem. Participating in group dance activities improves

relationships with others, lessens loneliness, and increases emotional support. Individual differences in the efficacy of dance interventions are observed according to background, preferences, and previous dance experience. The results point to dancing as a potentially effective, easily accessible treatment strategy for managing mental health that may be customised to meet the requirements and preferences of everyone (Liao, 2024).

METHOD, COVERAGE, AND PROCEDURE

This article is an attempt to understand contribution of Classical Indian dances to enhance mental health of performers based on already examined empirical evidences. To achieve the goal a narrative review method was used. Although, researchers have tried to ensure systematic review process while searching evidences. It was decided to extract studies of last two decades. Thus, the timeline covers a 20-year period, from 2004 to 2024. Two major open data base sources including Google Scholar and Shodh Ganga were searched to find relevant research papers and downloaded in case of availability. Some trusted Websites and blogs were also used to comprehend the subject matter. To cover all the selected variables a search string was made which included- (Indian Dance Forms) OR (Classical Indian Dance Forms) OR (Bharatanatyam) OR (Kathak) OR (Manipuri) OR (Kathakkali) OR (Kuchipudi) OR (Odissi) OR (Sattriya) OR (Mohiniyattam) AND (Mental Health).

A total of 18,100 research items were shown by Google Scholar with the above search string and given timeline. A manual filtration was applied and nearly 60 most suited research papers were downloaded and nearly twenty websites as well as blogs were also visited in search of appropriate reading material. Suitable results of reviewed articles are given and discussed.

Rationale of the study

This literature review analyzes the effects of Indian classical dance forms on psychological health, drawing upon existing academic discourse to explore the multifaceted benefits. The review will examine the various categories of Indian classical

dance and assess how these practices can positively influence psychological well-being. The study will focus on the specific mechanisms through which Indian dance can enhance mental health, including its effects on stress reduction, emotional regulation, self-esteem, and overall psychological wellness. By synthesizing research findings, this review aims to provide a comprehensive understanding of the therapeutic potential of Indian dance forms in promoting mental health and well-being.

The therapeutic potential of Indian classical dance forms in fostering mental wellness is thoroughly examined in this review. It assesses the psychological advantages of these art forms, emphasising social connectivity, stress reduction, emotional control, and self-esteem building. The complex use of *abhinaya* (expressive storytelling), *mudras* (gestural language), and rhythmic movements in Indian classical dances, such as Bharatanatyam, Kathak, Manipuri, and Odissi, is examined because it promotes emotional expression and attention. These forms promote mental, physical, and spiritual equilibrium while offering avenues for emotional fortitude and inner serenity. By promoting group participation, these formats help people connect with one another and lessen feelings of loneliness. The communal aspect of these dances increases social support and reinforces cultural bonds, benefitting mental health on both individual and societal levels.

The review emphasises how effective Dance Movement Therapy (DMT) is at treating mental health conditions such as autism spectrum disorders, depression, and anxiety. It talks about how people can process emotions, develop resilience, and enhance their communication abilities by using Indian dance's structured movements, symbolic gestures, and emotional expressiveness. These assertions are supported by empirical research mentioned in the review, which shows notable gains in mental health outcomes, such as decreased stress, improved emotional control,

To investigate how Indian dance might be methodically integrated into therapeutic and wellness frameworks, more integrative studies are needed to fill in the gaps in the current body of research. The review promotes using Indian dance's holistic qualities to develop culturally aware, easily

accessible, and successful mental health treatments.

REVIEW OF LITERATURE

This paper sheds light on the historical and cultural aspects of Indian classical dance and establishes its relevance in a global context. Meduri (2004) conducted a groundbreaking study on Bharatanatyam, exploring its development as a worldwide dance style and tackling research, teaching, and practice-related concerns. A study to compare psychological well-being and self-esteem comprising 40 Indian classical dancers and non dancers was conducted by Acharya and Jain (2017). Participants were selected randomly from various dance institutes across India. Findings of the study show that dancers showcased a higher level of psychological well-being, environmental mastery, self-acceptance, autonomy, purpose in life, personal growth, and personal relations compared to non dancers. Furthermore, Indian classical dancers also showcased an elevated level of self esteem than their counterpart. More recent studies reflect growing interest in the therapeutic and psychological applications of Indian dance forms, such as its ability to alleviate anxiety and foster emotional fortitude (Caballero, et. al. 2024; Srivastava, et.al. 2024). From Medhuri's study of the cultural significance of Bharatnatyam in 2004 to cutting-edge dance therapy research in 2024, these wide-ranging researches bear witness to two decades of evolving understanding of Indian dance as an art form and a mental health intervention tool.

A Fusion of Mind, Body, and Spirit

Indian classical dances, like Bharatanatyam, Kathak, Odissi, and Kuchipudi, emphasize the interconnectedness of the mind, body, and spirit. They are not merely physical exercises but holistic practices that engage the entire being. The emphasis on *abhinaya*, the art of expressive storytelling through gestures, facial expressions, and body movements, allows for a deep emotional connection to the dance. This connection extends beyond the dancer, as audiences are drawn into the emotional tapestry woven through the movements and expressions.

The Importance of Abhinaya and Mudras and the role of Rasa

Abhinaya constitutes an essential element of Indian classical dance, functioning as the medium through which narratives and emotional states are articulated (Mukherjee & Chatterjee, 2013). It is via abhinaya that the performer transforms into a vessel for emotive expression, enabling the audience to engage with a spectrum of sentiments through their kinetic articulations. Mudras, which are systematically defined gestures imbued with specific connotations and feelings, represent a fundamental aspect of abhinaya (Menon, 2011). These gestures, frequently involve the utilization of hands, ocular expressions, and facial dynamics. Rasa, which signifies the quintessence of emotions, occupies a pivotal role in the realm of Indian dance. Performers endeavor to elicit and articulate an array of rasas through their kinetic expressions, thereby enabling audiences to engage with and resonate profoundly with a diverse spectrum of emotions. Each rasa delineates a specific emotional condition, encompassing themes such as love, joy, anger, sorrow, and fear. The adept execution of rasas by the dancer through movement, facial expressions, and gestures facilitates the audience's vicarious experience of these emotions, thereby cultivating a profound emotional rapport with the performance.

Bharatanatyam

Bharatanatyam, a distinguished classical dance form originating from Tamil Nadu, is celebrated for its elaborate footwork, emotive hand gestures (mudras), and fluid movements. The research indicates that participation in dance activities among the youth serves as an effective medium for instigating significant qualitative changes in their lives. Furthermore, it has been observed that engagement in Mohiniyattam has positively influenced their overall personality across various dimensions (Menon, 2011). This dance form, characterized by its focus on precision, discipline, and emotional expressiveness, has been associated with favorable psychological outcomes.

Kathak

Kathak, a distinguished classical dance form that has its origins in Northern India, is distinguished by

its rapid footwork and complex rhythmic structures. The swift footwork associated with Kathak serves as a mechanism for the release of pent-up anger and tension. This vigorous and expressive dance form can function as a means of cathartic expression for suppressed emotions, thereby potentially mitigating symptoms of anxiety and stress. The rigorous demands of Kathak, which necessitate profound concentration and considerable physical effort, can additionally enhance one's attention, focus, and emotional resilience. A blog of Dr. D. Y. Patil School of Liberal Arts says that *'the heart of dance therapy is the mind-body connection, and Kathak exemplifies this complex relationship. The rhythmic footsteps, meaningful hand gestures (mudra) and emotional facial expressions create a profound harmony between mind and body. Scientific studies show that, dance has a positive effect on mental health and Kathak with its subtle movements, provides a unique way to make this connection'* (DPU SLA, December 19, 2023).

Manipuri

Manipuri dance, originating from Manipur, is known for its graceful and fluid movements, emphasizing rounded gestures and a sense of tranquility (Mukherjee & Chatterjee, 2013). Manipuri dancers make rounded movements and avoid any jerks, sharp edges, or straight lines. It gives them an undulating and soft appearance, proper body control, and peace of mind. The gentle and meditative nature of Manipuri dance can promote relaxation, mindfulness, and a sense of inner peace. The focus on breath control and graceful movements can also contribute to stress reduction and improved emotional awareness.

Kathakkali

Kerala is the birthplace of Kathakali, a traditional Indian dance style that is not only a dynamic creative expression but also an important tool for mental and spiritual health. According to recent research, practicing Kathakali can have a significant positive impact on practitioners' mental health. The classic Indian dance-drama Kathakkali is renowned for its ornate costumes, complex choreography, and poignant narratives. This Kerala-based art genre,

which frequently features mythological themes, blends dance, music, and theatre components.

The cultural context of Kathakali enhances its therapeutic effects. The art form is steeped in religious and spiritual traditions, which contribute to the artists' sense of fulfillment and connection to the narratives they portray. This spiritual engagement not only enriches their performances but also supports their mental well-being by fostering a sense of purpose and community (Vismaya, 2024). The ability of Kathakali to reduce tension and re-establish emotional equilibrium is what gives it its therapeutic qualities. The meditative nature of the dance often provides practitioners with comfort, allowing them to express feelings that may be hard to put into words. Because it enables people to process emotions and experiences in a safe setting, this emotional release is essential for mental health. (Deccan Education Society, 2023).

Kuchipudi

The potential advantages of Kuchipudi, a traditional Indian dancing style, in fostering mental well-being and reducing psychological discomfort are becoming more widely acknowledged. According to research, practicing Kuchipudi dancing can be a useful strategy for enhancing mental and physical health. Learning Kuchipudi provides insights into Indian culture and traditions, fostering a deeper sense of identity and belonging. Kuchipudi helps improve posture, body awareness, and neuromuscular coordination, which can prevent musculoskeletal problems. This is particularly beneficial for individuals suffering from lower back pain (Konduru, 2020). The integration of Kuchipudi dance into regular physical activity can offer a holistic approach to enhancing both mental and physical health, making it a valuable practice for individuals seeking to improve their well-being.

Odissi

Originating in the Indian state of Odisha, Odissi is a traditional dance style distinguished by its elegant motions, expressive gestures, and deft footwork. Recent research has demonstrated its substantial therapeutic effects, especially with regard to mental health, in addition to its visual appeal. Odissi, like

other classical Indian dance forms, is linked to emotional expression and healing. The practice encourages dancers to connect with their emotions, which can enhance emotional intelligence and self-esteem. This connection can be particularly beneficial for individuals dealing with depression or anxiety. (Chatterjee, 2013) The physical activity involved in Odissi not only improves physical health but also has a direct impact on mental well-being. Dance is known to release endorphins, which are neurotransmitters that promote feelings of happiness and reduce stress (Tiwari & Mukherjee, 2023). The combination of physical exertion and artistic expression fosters a holistic approach to mental health (Tiwari & Mukherjee, 2023)

In addition to being a form of artistic expression, Odissi dance is a useful therapeutic technique for improving mental health. Its importance in current conversations about mental health therapy is highlighted by its capacity to lower stress, enhance emotional well-being, and improve physical health. Research on certain dance styles, such as Odissi, will continue to shed light on their potential advantages for mental health in a variety of demographics as interest in dance movement therapy rises.

Sattriya

Sattriya, also known as Sattriya Nritya, is a classical dance form that originated in the 15th century in Assam, India. It was developed by the Vaishnavite saint Mahapurusha Sankara Deva to propagate the Vaishnavite faith and is performed primarily in the *sattras*, or monasteries, of Assam. Recognized as one of the eight major Indian classical dance forms, Sattriya combines elements of dance, drama, and music to convey religious and mythological narratives. The focused nature of Sattriya helps in reducing stress levels. The rhythmic movements and disciplined practice promote relaxation and a calming effect on the mind (Barman, 2019).

Dance serves as an outlet for emotional expression, allowing individuals to process feelings that may otherwise be difficult to articulate. The use of *mudras* (hand gestures) in Sattriya facilitates this emotional communication, which can be particularly therapeutic for individuals dealing with anxiety or depression (Tiwari & Mukherjee, 2023) Sattriya is

more than just a dance form; it is a holistic practice that integrates physical movement with emotional expression and spiritual engagement. The therapeutic benefits of Sattriya underscore its importance not only as an art form but also as a valuable tool for enhancing mental health and well-being. By providing a means for stress relief, emotional articulation, and personal growth, Sattriya contributes significantly to the mental health landscape.

Mohiniyattam

The meaning of Mohiniyattam begins with the figure Mohini, the female avatar of Vishnu. Mohini is a supreme enchantress who uses her femininity to gain the advantage of good against evil. Mohini comes from the verb root Moha, meaning to perplex or cause delusion. Mohiniyattam is an Indian classical dance form that showcases the graceful, gentle, and cunning aspects of the female form. It is traditionally and primarily performed by women but has been studied and performed by people of all genders. This style of dance evolved in Kerala, whose temple structures are the earliest manifestations of feminine Mohiniyattam poses. (ipassio Wiki, n.d.) Mohiniyattam has been described as therapeutic by practitioners, including individuals with disabilities such as Down syndrome. The dance's slow yet rigorous movements can help calm the mind and provide a sense of peace, effectively reducing anxiety and stress levels (Monomousumi, 2021). The dance form emphasizes synchronization between various body parts—torso, legs, facial expressions, and hand gestures—which fosters a heightened awareness of the self. This alignment encourages dancers to focus on their breathing and movements, promoting mindfulness and reducing mental clutter (Tangella, 2025).

Stress Reduction, Emotional Regulation, Enhanced Self-Esteem and Confidence

Dance serves as a potent mechanism for alleviating stress through its multifaceted physical and emotional advantages. (Mukherjee & Chatterjee, 2013) Engaging in dance offers a dynamic, non-competitive exercise modality that may yield beneficial outcomes for both physical health and mental as

well as emotional wellness. (Mukherjee & Chatterjee, 2013) The intricate rhythmic movements, required coordination, and sustained focus inherent in dance can effectively redirect attention from stressors while fostering a state of relaxation. Furthermore, the emotional articulation enabled by dance can assist individuals in navigating and releasing repressed emotions, thereby mitigating the adverse effects of stress on psychological well-being. The synergistic interplay between physical activity and emotional catharsis can facilitate the regulation of the body's stress response system, thereby enhancing feelings of tranquility and overall well-being.

Dance enhances self-esteem and self-confidence by promoting self-awareness and personal growth through mastery and public performance. Mastery of Indian classical dances promotes a sense of achievement and self-efficacy, leading to greater self-confidence and improved self-esteem. This process also encourages self-exploration and helps you develop a more resilient and positive self-image.

Cognitive Enhancement and Memory Improvement

Indian dance styles frequently feature sophisticated steps, symbolic gestures, and complex rhythmic patterns that help improve memory and cognitive performance (Bhargava, 2020). The brain is engaged by the ongoing challenge of learning new sequences and performing them precisely, which enhances cognitive flexibility, memory, and focus. Patients with dementia can benefit emotionally and cognitively from dance therapy, which enhances memory, executive function, and general cognitive function. Studies reveal that older persons who participate in dance therapy have better mental health than those who do not. It also helps with emotional problems like depression and loneliness, which makes it a useful non-pharmacological treatment. One promising method for maintaining cognitive function and mental wellness as people age is dance therapy (Chen, 2023).

Social Connection and Community

A sense of community and social engagement are fostered by the traditional ensemble performances of several Indian dance genres. (Chatterjee, 2013).

Since many of these dances are typically performed in groups, it also fosters a sense of unity among the dancers. (Chatterjee, 2013). For people who are struggling with mental health issues or social isolation, this common experience can offer a sense of support, companionship, and connection. A more satisfying and cohesive social life can result from the cooperative aspect of group dance, which can also improve social support, empathy, and communication abilities.

Stress Relief

The complexity of learning and memorizing intricate dance sequences stimulates cognitive function and improves memory. This mental engagement enhances brain activity and promotes neuroplasticity, which is crucial for mental agility. (Singh, 2024) Dance serves as a powerful tool for stress relief. The physical activity involved in dancing releases endorphins—neurotransmitters that promote feelings of happiness and well-being. This biochemical response not only alleviates stress but also contributes to an overall sense of joy and fulfillment. (Tiwari & Mukherjee, 2023)

The Influence of Traditional Dance on Psychological Well-being

Folk dance is increasingly acknowledged as an effective modality for enhancing mental health, providing a multitude of physical, emotional, and social advantages. A preliminary investigation involving at-risk adolescents indicated that a six-week folk dance intervention resulted in significant enhancements in mental well-being, a decrease in sedentary behaviour, and an increase in enthusiasm for physical activity. Participants conveyed heightened enjoyment and a greater willingness to participate, as evidenced by improved scores on mental health evaluations (Jochum et al., 2024). In a similar vein, research focusing on college students diagnosed with anxiety disorders documented a notable 65.87% reduction in anxiety levels after folk dance interventions, which promoted emotional regulation and alleviated tension through rhythmic movements and cultural engagement (Sun, 2023).

The significance of folk-art forms, exemplified by Suzhou folk art, in the context of mood disorder

treatment has also been systematically investigated. Participants reported considerable reductions in symptoms associated with mood disorders and an enhancement in emotional expression, underscoring the potential benefits of incorporating cultural practices into therapeutic frameworks (Zhang & Ta, 2023). Furthermore, expansive studies on dance therapy emphasize its ability to elevate self-esteem, foster social interaction, and enhance emotional regulation, corroborating the comprehensive benefits of dance as an intervention for mental health (Estebarez et al., 2024).

These empirical findings imply that folk dance not only encourages physical activity but also cultivates emotional resilience and cultural connections, establishing it as a potent instrument for the promotion of mental health across various demographic groups.

Dance/Movement Therapy (DMT)

The value of Indian classical dances as a method for dance/movement therapy (DMT) is becoming more widely acknowledged (Mukherjee & Chatterjee, 2013). Abhinaya and mudras, two expressive aspects of these dances, are used by therapists to help clients explore emotions, communicate better, and express themselves more fully (Chatterjee, 2013). DMT practitioners use Indian dance's symbolic language, emotional expression, and controlled movements to assist the client's process of trauma, develop self-control, and improve communication. Indian dance styles have demonstrated potential in treating several mental health issues, such as autism spectrum disorder (ASD), depression, and anxiety (Bansal & Mittal, 2016), (Bhargava, 2020).

Anxiety and Depression

Indian dance's emphasis on breath control and rhythmic motions can assist elevate mood and manage anxiety (Bansal & Mittal, 2016). Abhinaya's expressive qualities might offer a secure way to process and let go of suppressed feelings (Mukherjee & Chatterjee, 2013). Indian dance's repetitive rhythms and deliberate motions promote concentration and serenity, which helps reduce anxiety symptoms. Abhinaya facilitates emotional expression, which helps people process and let

go of negative emotions, which lowers depressive symptoms and elevates mood. The healthy persons' cardiovascular and autonomic responses improved when they listened to Indian music. This implies that physiological variables linked to tension and relaxation may be impacted by music. Certain types of Indian music can be used as a therapeutic technique to help people relax and possibly avoid heart problems. This study is among the first to examine the effects of Indian melodies on physiological indicators of anxiety and stress (Kunikullaya Ubrangala et al., 2022). Performance anxiety among Indian classical dancers, highlighting that mindfulness-based psycho-education significantly reduces anxiety levels. However, it does not specifically address the effects of Indian dance on mental health or ADHD anxiety. Among female Indian classical dancers, The Performance Anxiety Inventory (PAI) ratings before and after the session showed substantial variations, suggesting that mindfulness techniques can be an effective way to control anxiety levels.

Autism Spectrum Disorder (ASD)

People with ASD may benefit from Indian dance regulated movements and sensory-motor coordination. Social skills and communication abilities can be enhanced by dance's emphasis on social interaction and communication (Bhargava, 2020). For those with ASD, Indian dance's regimented style offers a predictable and secure setting that promotes security and lowers anxiety. Additionally, sensory-motor stimulation during dance performance can enhance coordination, motor abilities, and sensory processing. Dance's natural social interaction and communication elements can support the development of social skills, nonverbal communication, and interpersonal connections among people with ASD.

DISCUSSION AND CONCLUSION

The research underscores the significant impact of Indian classical dance forms on mental well-being. Classical dances such as Bharatanatyam and Kathak enhance emotional management and mindfulness, whereas folk and tribal dances like Chhau and Baul foster social unity and emotional assistance. Indian dance styles have a lot of promise as therapeutic

instruments to improve mental health and general well-being. These dance styles provide a comprehensive approach to psychological well-being by fusing physical movement, emotional expression, and cultural ties. Together, the expressive components of classical styles and the social interaction of folk and tribal dances provide a variety of psychological advantages, ranging from stress reduction to increased self-worth and social cohesion. The review's conclusions highlight the benefits of integrating Indian dance into wellness and therapeutic initiatives and call for more studies to increase knowledge and broaden its clinical uses in mental health care.

The study of the relationship between Indian dance traditions and mental health demonstrates a profound therapeutic potential that can significantly enhance psychological well-being. Kathak, Odissi, Bharatanatyam, and Kuchipudi are examples of Indian classical dances that appeal to the mind, body, and soul. These art forms foster a deep emotional bond that appeals to both dancers and audiences via expressive storytelling (abhinaya). They are more than just workouts. Abhinaya is crucial when it comes to expressing emotions via movements and facial expressions. They are more than just workouts. Abhinaya is crucial when it comes to expressing emotions via movements and facial expressions. Mudras, or hand gestures, provide complexity to performances by illustrating certain emotions and narratives. Together with the concept of Rasa, which represents many emotional states, these elements allow dancers to evoke a range of feelings in their audience, therefore enhancing emotional engagement. Research indicates that integrating yoga with Indian dance might improve emotional regulation and resilience, both of which support mental health. Studies have shown that culturally tailored therapy that employs these strategies is quite beneficial for individuals with mental health concerns. The Bharatanatyam have reported increases in their sense of self-worth and general psychological health. Its regimented style promotes self-control while offering a platform for expressing emotions. The Through intense movements, Kathak provides a way to release pent-up emotions, which helps reduce tension and anxiety while improving

attention and concentration. The Through its soft motions, Manipuri dance encourages calm, promoting attention and relaxation that heighten emotional awareness. In conclusion, incorporating Indian dance within therapeutic frameworks offers a novel strategy for mental health treatments. The data indicates that by encouraging emotional expression, social interaction, and general well-being, these artistic disciplines can be useful instruments for treating mental health conditions in a variety of demographics. To fully investigate these advantages and create culturally sensitive therapy approaches, more study is required.

Future research on the therapeutic benefits of Indian dance styles in connection to mental health has a wide range of possibilities. Several important topics can be covered in future research on the therapeutic benefits of Indian dance styles in connection to mental health. Other forms of dance like folk could also be an important notion to check their therapeutic applications. Jochum and others (2024) recently suggested that at-risk youth who participated in an adapted folk-dance activities, became more enthusiastic and willing to move over the course of the intervention. The long-term impacts of consistent dance engagement on psychological outcomes including self-esteem and emotional control might be evaluated through longitudinal study. It may be possible to determine which dancing styles are best for mental health disorders by comparing them. The effectiveness of treatment may also be improved by combining Indian dance with other therapeutic modalities like yoga and cognitive-behavioral therapy. Additionally, research should look at the ways that dancing affects mental health and concentrate on culturally sensitive methods that are suited to a variety of demographics. Interventions rooted in the community should emphasize the importance of social support in fostering wellbeing even more. All things considered; this research can aid in creating accessible, successful mental health therapies that utilize.

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