

BEHAVIORAL IMPACT THROUGH DANCE: A MIRACULOUS TOOL FOR HEALTH AND HEALING

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ABSTRACT

Dance has been known as the best form of 'Performing Arts' since the olden times. And till today, 'dance' is continuing its magical journey, with more improvisation and novel skills. It is a way of expressing and communicating with others not only does it make us smarter, happier and healthier; but dancing in synchrony with others raises our pain tolerance and makes us feel more connected. Dancing together is something universal that we humans have done since the earliest times. Just as dance is innate to every human being, social dance is universal to every society. Dance depicts not only the cultural and heritage glory, but also is known as one of the best devices of health benefits and healing therapy, that positively exhibits impact on our physiological behavior.

KEYWORDS: Performing arts, Synchrony, Pain tolerance, Heritage glory.

Human being is the most evolutionary advanced creature on the earth. Its survival and existence depends on the machinery of its various organ systems and its physiology. The effective functioning of all the systems of human body together is solely responsible for keeping it fit and healthy ensuring longevity of life. In today's era, 'dance' has been reported to be the complete package that coordinates different physiological activities, and boosts three fundamental health benefits alongwith healing abilities, viz.,

- Physical health
- Mental health
- Emotional health

The health and healing does wonders, when the physiology of the human system operate perfectly. Dance in any form or style stimulates the physiological functioning of all the systems of human body. The most important systems benefitted from the 'miraculous dance' are:

- Skeletal system
- Neuro-muscular system
- Heart and Cardio-vascular system
- Respiratory system

- Integumentary system
- Brain as the Emotional and Learning centre

DANCE AS THE POWER-SOURCES OF SKELETAL SYSTEM

The human skeleton is the most complexed system made up of many bones. Its provides form, shape, posture and alignment to the body in complete sense. The organs of movements such as face, jaws, neck, hands, knees, legs, and the spine of human body are involved in dance. The stretching and twisting actions, during dancing, increases the flexibility of joints and strength of the bone structure. Body movements and steps make the body flexible and help in reducing the stiffness of neck, hands, leg and spine bones. The increase in flexibility of bones and elasticity of the associated cartilage and tissues, ease joint pain and post-exercise soreness. Dance, thus is said to heal the painful effects of Cervical spondylitis, Knee pain, Spinal disorders, Osteoporosis and Rheumatoid arthritis. The calcium deficient bones in females is strengthened to a great extent by the metabolic stimulation during the movements of dance (Fran & Levy, 1988).



Parachute
of
Health benefits of Physiological systems
through
Dance

DANCE AS THE TOOL OF ACTIVATION OF NEURO-MUSCULAR SYSTEM

Dancing ability and practice over the years strengthen the muscles and activate the neurons to transmit the impulses much efficiently. Thus, the nervous system coordinates with the muscles for proper and balanced movements, The nervous network activates muscles in groups rather than controlling each muscle individually. These muscle groups are referred to as 'Motor modules', and they in turn combine to achieve a wide range of motion.

The dance movements and rolling forms transform the muscle fibres and help the muscle cells to contract frequently. Such muscle fibres show slight increases in diameter, number of mitochondria, blood supply and strength. The rigorous dance steps cause skeletal muscles to receive better supplies of oxygen and nutrients, but do not increase in muscle mass. Regular activity of muscles through exercising movements in dancing improves action and signaling mechanisms of some hormones, such as insulin. Cardiac muscle powers pumping action of heart. Smooth, cardiac and skeletal muscles carry out commands for the nervous system. The activation of nervous system may regulate the immune response and many of the sensations and behavior as well. Nerve impulses provide communication and regulation of most body tissues. Nerves of the autonomic nervous system control contraction of smooth muscles.

Thus the activity of neuro-muscular system influence walking and balancing motions. Slow but continuous dance practices have been shown to improve the neuro-muscular coordination of those with autism and disability.

DANCE AS THE ACCELERATING DEVICE OF HEART AND CARDIO VASCULAR SYSTEM

The exercising movements of dance are very effective for improving the health of the cardio-vascular system. With dance in motion, the heart starts to beat faster which increases the blood flow to the muscles. As the blood is pumped through the body at a quicker pace, more oxygen is delivered to muscles. This enables the muscles to create ample of energy required for the efficient role of metabolic

activities. As more and more of muscles participate, there is a greater need for blood flow. Oxygen delivery also rises because more capillary networks are developed in muscle fibres. Heart is the organ that actually pumps the blood. Cardiac muscles participate in pumping, therefore, more they work, the stronger the heart becomes. The chambers of the heart get powerful in response to the physical activity involved in dance movements. Thus, the blood flow is accelerated. The blood capillaries start functioning actively with unobstructed blood flow. The walls of the capillaries get improved in oxygen diffusion properties. Dancers have a 'Resting heart rate' that is slower than an average non-exercising person, because the heart has already grown so efficient. It also means there is more time for blood to fill the chambers. Regular dance habits also help to control blood pressure, and increase the body's ability to dissolve blood clots by increasing fibrinolytic activity.

DANCE AS ENERGIZERS OF RESPIRATORY SYSTEM

The stretches and steps during dance make the lungs and the respiratory muscles energized enough to activate the inhalation and exhalation processes. The sufficient supply of oxygen to lungs and energizing oxidation reactions enable in healthy breathing and respiration. The carbon dioxide removal is also facilitated at the same pace, that helps in adjusting of pH of body fluids. During inhalations, respiratory pump aids return of venous blood to the heart. Increased rate of breathing support increased activity of skeletal muscles during dance motions. The pulmonary perfusion as well as the oxygen diffusing capacity increases. During rigorous dancing, the muscles contract, consume large amounts of oxygen resulting in increase in pulmonary ventilation. The loss in elasticity of the tissues of the respiratory tract and the lung capacity with advancing age is also controlled to a certain extent by the dance exercises.

DANCE AS VITALIZING AGENT FOR SKIN AND INTEGUMENTARY SYSTEM

The flush of blood flow and oxygen supply into the skin layers through dance movements activate the complete integumentary system. Sweat

glands and skin blood vessels are stimulated. Thus, they regulate body temperature, needed for proper functioning of other body systems. Consequently, the dance movements help the skin to activate vitamin D, provide calcium ions for muscle contraction, and eliminate toxicity through sweating. The fast circulation and ample gland secretions in the skin makes it afresh and glowing, diminish age-spots and wrinkles, and reduce the shrinkage of cells, thus acting as a Vitalizer.

DANCE AS THE BOOSTER OF THE EMOTIONAL AND LEARNING CENTRE OF THE BRAIN

Dance as the passion, and dance as the expression, when performed, excites the brain and its emotional centres. The physiological stimulation of cardiovascular and neuro-muscular systems during dance elevates the levels of hormonal secretion. Rush of hormones during dance motions, give rise to the cheerful emotional state and make the dancer happier. The attitude gets positive. Dance with certain connections with yoga can make the mood good, eradicate depression and diminish anxiety. It is significant for an individual to dance on the most melodious and rhythmic tunes, so that the pleased feelings happen.

The dance triggers the secretions that work to relieve stress immediately and eliminate the tensions. The dance stimulations exercise the brain cells and muscles, thereby enhancing the overall intelligence and making the memory strong. Learning centre alongwith grey matter of the brain is enhanced in activity. The things observed and studied are retained easily. Also the regular practice and involvement in dance, makes the dancer more focused with high degree of concentration. Dance is often considered as the form of meditation that boosts the brain power and regulates the emotional states (Christina Lanzito,2011).

CONCLUSION

Dance, in any form or style is healthy for the human body in a variety of ways. It is the graceful act that helps to heal the body, mind and spirit in the most pleasing way. By maintaining a perfect physiological balance, dance contributes a lot to the fitness and health of human beings. Thus it is not an

exaggeration, if it is said that ‘Dance’ is not just for aesthetics, but is the sole key towards health and healing miracles for human survival.

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