

A Brief Scientific Representation of Nataraja and Apasmara Story

Dr. Rajendra Prasad Pathak, Divisional Ayurvedic & Unani Officer (Retired), Shahjahanpur, UP.

Abstract: World famous dancing icon of Nataraja is related with Apasmara. Crushing of Apasmara is symbolic representation of victory of balance over imbalance as postures in Amar Tandava needs greater balancing capacity. Nataraja is also related with lord Shiva who rules over mental faculties of human beings along with Maa Parvati as per references in Astrological texts. The malefic effects of saturn is causing such mental problems. The symptoms of Apasmara as disease is very much related with abilities of demon Apasmara mentioned in Purana.

Keywords: Nataraja, Lord Shiva, Maa Parvati, Apasmara, Astrology, Moon, Saturn.....

Sanatana dharma is term used to denote the set of duties¹ for practicing a healthy and peaceful life. Scientific facts are dealt in reference to stories. Symbolic representations explain the details, only perfect apprehension and correlation are needed. Almost all stories move around *Adishakti* and *Trideva* (*Brahma*, *Vishnu* and *Mahadeva*).

Vedas and Puranas acknowledges everything in this universe belonging to *Mahadeva* (*Shiva*). *Shiva* alone is having power of destruction, invigoration and nourishment. Various forms of lord *Shiva* have been explained with specific stories philosophically indicating about life-style and medical science. Astrologically lord *Shiva* is associated with moon and *Maa Parvati* connects to mercury and venus. In famous *Nataraja* (dancing form of lord *Shiva*) icon, *Apasmara* is shown as dwarf with big head and crushed under the feet of *Shiva*².

In Hindu mythology, *Apasmara* is referred to demon of ignorance with ability to throw out anyone's balance and knowledge, thus bringing ignorance. *Apasmara* is also noted in story with memory erasing capacity. Astrologically dwarf appearance is due to bad effects of Saturn. The big head symbolizes the brain related activities of demon and pathophysiology of epilepsy clearly indicates the involvement of glutamate (excitatory neurotransmitter) with agonist effects or GABA (inhibitory neurotransmitter) with antagonist effects.

Charak Samhita mentions *Apasmara* as *Mansik roga* bringing insanity. It is usually resembled with epilepsy. The causing factors are themselves interesting to relate with the characters of demons cited in religious texts as mind overshadowed by rajas or tamas, imbalance of doshas, eating of unclean and unwholesome food, resorts to unhealthy regimens and behavior and excessive debility. Symptoms include contraction and constant irregular movement of eyes, hearing of non-existent sound, excessive discharge of saliva, anorexia, indigestion, cardiac spasm, distension of lower abdomen with gurgling sound, weakness, unconsciousness, fainting, giddiness, shivering etc. The similar characters or powers are indicated for demon *Apasmara*³. The symptoms of afflicted moon is likewise discussed in *Medical Astrology*.

Dancing forms of *Shiva* reveals the requirement of maintenance of balance and coordination of body and doshas to control *Apasmara*. Further removal of malefic effects of moon or Saturn or Mercury would improve the condition as moon is related with flow of fluid affecting brain and other parts of body while mercury is related with conduction of impulses in neurons.

References:

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