

## IMPACT OF INDIAN CLASSICAL BHARATNATYAM DANCING IN TERMS OF NOVEL ANTHROPOMETRIC MARKERS OF CARDIO-VASCULAR HEALTH STATUS: A STUDY IN BENGALEE ADULT FEMALES

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### ABSTRACT

**Background:** The prevalence of cardiovascular diseases (CVD), one of the major life threatening Non Communicable Diseases, has increased dramatically in the past decades in countries that are undergoing rapid nutrition and lifestyle transitions such as India; and the control and management strategies of the NCDs including CVD has become a bottleneck to the country's social and economic development. On the other hand, dance is an accessible and appealing form of physically active recreational activity having the potential to influence adiposity, major modifiable risk factor for CVD.

**Objectives:** Present study, in this backdrop, aims to find out the impact, if any, of Bharatnatyam dancing, a cost effective, feasible traditional form of recreational activity, on novel anthropometric markers of CV health status.

**Materials and Methods:** Data on anthropometric adiposity indices (namely BMI, C-Index, BAI, WC, NC, ABSI, AVI and ICO) were obtained from 72 adult Bengalee female individuals constituting the Bharatnatyam Dancing Group (BDG) with a minimum dancing experience of 5 years. Measurements were also obtained from 96 female individuals constituting Control Group (CG), of similar age, socio-economic and ethnic background but no dancing or any other physical activity background.

**Results:** Overall a significant ( $P < 0.01$ ) favorable impact of Bharatnatyam dancing has been found in BDG individuals compared to their CG counterparts.

**Conclusions:** Practicing of Bharatnatyam dancing, a traditional Indian dance form has a positive influence on novel anthropometric indices reflecting a better CV health status in individuals practicing it regularly.

**KEYWORDS:** ABSI, C-Index, CVD, ICO, Upper Body Obesity