

AN INTERDISCIPLINARY RESEARCH ON *MANDIYA* IN KANDIYAN DANCE TRADITION

D.P.D. Dassanayake^{1*}, S. Mantillake¹, K.S. Walgama¹

¹PGIHS, University of Peradeniya, Sri Lanka

**pushpikadil.95@gmail.com*

This research focuses on the *Mandiya* posture in Kandyan dance and adopts an interdisciplinary approach. The disciplines utilized in this study include human anatomy, geometry, history, and anthropology. The main objective of the research is to develop theoretical knowledge about Kandyan *Mandiya*. The research problem is: what knowledge can be gained from an interdisciplinary study of the *Mandiya* of Kandyan dance tradition? This exploratory research incorporates both quantitative and qualitative data. The data sources include the experiences of Kandyan dancers, interviews, researchers' personal experiences as professional Kandyan dancers, relevant research articles, books, and videos. The study employs various theories and methods, including general body-friendly posture according to human anatomy, the Bodily Archive theory, the Fibonacci sequence, the Golden Ratio, the Body Mass Index (BMI), and the Rapid Entire Body Assessment (REBA) theory. According to the disciplines mentioned above, it is recognized that the Kandyan *Mandiya* posture was originally a natural human posture used to balance the body against gravity, even before it was adopted as a dance posture. This pose has changed over time but is still in use today. The relationship between the different parts of the body in the Kandyan *Mandiya* pose, or the height from the ground to the knees, the length of the trunk, and the distance between the legs is close to the golden ratio. This creates a harmonious appearance. It contributes to the visual appeal of the pose. Kandyan dancers are at risk for back and leg injuries due to prolonged periods spent in the *Mandiya* posture during practice. Through an interdisciplinary study of Kandyan *Mandiya*, many facts were revealed from the historical uses of that posture to the present day. This analysis provides a comprehensive understanding of various aspects associated with *Mandiya*, including gravitational dynamics, muscular strength, internal bodily functions, core stability, balance, and geometric proportions. Kandyan *Mandiya* serves as a cultural practice that reflects a natural human posture. It is recommended that students studying Kandyan dance engage in a more in-depth exploration of this subject.

Keywords: Kandyan *Mandiya*, geometry, anatomy, history, ethnography