

Stanakas

(Standing posture of the feet)

Sloka

- **Vaishnavam Samapadam Cha
Vaishakhm Mandalam Tatha**
- **Pratyalidham Tathalidhams
Sthananyetani Shan Drunam**

There are 6 types of Stanakas. They are:

1. Vaishnava
2. Samapada
3. Vaisakha
4. Mandala
5. Alidha
6. Pratyalidha



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1. Vaishnava:

sloka:

Dvau Talavardhatalascha
Padayorantaram Bhavet
Tayoho Samsthitastvekaha
Tryasrapadasthitoparaha
Kinchidanchita Janghacha
Saushtavanga Puraskrutam
Vaishnavamsthnametadhi
Vishnurevadhi Daivatam

Meaning:

The feet kept two and half Talas apart; one of them shall be in the natural posture; the other is obliquely placed with toes turning towards the sides; the shank is in the Anchita state and all the limbs have Sausthava. This is called Vaishnava Sthana.



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2. Sampada:

sloka:

Samapade Samau Padau
Talamatrantarasthitau
Svabhavasaushtavopetau
Brahma Chatradhidaivatam

Meaning:

If the feet are kept in their natural posture and one Tala apart; the body is in natural Sausthava, the Sthana is called Samapada. The presiding deity here of is Brahma.



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3. Vaisakha:

sloka:

Talamstrinardhatalamscha
Nishannorum Prakalpayet
Tryasrau Pakshahsthitau
Chaiva Tatra Padau Prayojayet
Vaishakasthanametaddhi
Sskandhaschatradhidaivatam

Meaning:

The feet are kept three and a half Talas apart, the thighs remain steady and reclined; the feet are placed obliquely pointing sideways. This is Vaisakha Sthana. Kartikeya is in the presiding deity of this Sthana.



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4. Mandala:

sloka:

Aindran Tu Mandalam Padau
Chatustalantarasthitau
Tryasrau Pakshahsthitau
Chaiva Katijanu Samau Tatha

Meaning:

The presiding deity is Indra in the Mandala Sthana. The feet are kept four Talas apart. They are to be placed obliquely with sideward turn. The waist and the knee are to remain in their natural position.



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5. Alidha:

sloka:

Ayaiva Dakshinam Padam
Panchatalan Prasarye Cha
Alidhashtanakam Kuryad
Rudraschatradhidaivatam

Meaning:

In the Mandala Sthana itself the right foot is removed five Talas apart. That will make the Alidha Sthana, the presiding deity whereof is Rudra.



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6. Pratyalidha:

sloka:

Kunchitam Dakshinam Krutva
Vama Padam Prasarye Cha
Alidhaparivartastu
Pratyalidhamiti Smrutam

Meaning:

If the right foot is kept bent (Kunchita pada) and left should be stretched in the opposite way of Alidha, it will make Pratyalidha Sthana.



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