



## Movements (Chala) and Non movements (Achala)

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### Abstract

"Chala" refers to a specific concept related to movement or progression. Chala and Achala are the Sanskrit terms which means movement and (stillness)non movement. The process of change, growth, and evolution can be considered for chala. On the other hand, stability, consistency, and the foundational aspects of systems are considered as Achala. Non movement or Stillness shows the periods of rest, introspection, and regeneration. The concepts of "chala" and "achala" interpreted in a cosmos reflects philosophical and metaphysical ideas. The dynamic processes and stable features of earth is the concepts of "chala" and "achala". The dynamic and stable aspects of Fire is the concepts of "chala" and "achala". The dynamic qualities and its stable states of Air are the concepts of "chala" and "achala". The dynamic processes and stable structures within the universe are the concepts of "chala" and "achala". The dynamic and stable aspects of plant life is the concepts of "chala" and "achala" in plant science. Various biological processes and behaviors in animals in animal science are the concepts of "chala" and "achala". The concepts of "chala" and "achala" are integral to understanding movement and stillness in Indian classical arts, particularly in music and dance. "chala" and "achala" work together to create a holistic experience in music and dance, blending movement with stillness to evoke a range of emotions and enhance artistic expression. Chala and achala are the balance and harmony. The relationship between movement and stillness is vital for balance.

**Keywords:** Cosmos, Earth, Air, Fire, Space, water, Arts.

## Introduction

Chala and Achala are the Sanskrit terms which means movement and (stillness)non movement. Music technical terms show chala and achala where chala refers to the sound of particular (sound) swara in Saptha swaras will not oscillate that is they are sung as still swaras. For example, Sa and Pa are called chala swaras. The remaining five swaras Ri, Ga, Ma, Da, Ni are called achala swaras because these swaras through oscillation they create varieties of micro tonal swaras in each of all the five resulting in microtonal sruthis (22 sruthis). In the context of arts, particularly in Indian classical music and dance, "chala" refers to a specific concept related to movement or progression. The term is often associated with various aspects of performance. In dance, "chala" can refer to the fluidity and grace of movement. The concepts of "chala" and "achala" can be applied to the dynamic processes and stable features of all pancha boothas, plants and animals and Arts. Chala and achala are the Balance and Harmony. The relationship between movement and stillness is vital for balance. They can adapt to change by maintaining the core structures that provide stability. "chala" and "achala" effectively applied to sound, highlighting its dynamic qualities and the moments of stability or silence within it.

## 1.Chala to Achala in Cosmos

The concepts of "chala" (movement) and "achala" (non movement) interpreted in a cosmos reflects philosophical and metaphysical ideas.

### **Chala (Movement)**

**Cosmic movements:** In the cosmos, "chala" represents the continuous movement and change of fluctuations in the universe. The orbits of planets, the rotation of stars, the expansion of galaxies are some examples symbolizing the dynamic nature of cosmos.

**Flow of Energy:** "chala" means fluidity, The flow of energy in the universe, forces in motion, the movements of celestial bodies, and the rhythm of cosmic events are some examples.

**New galaxies:** Through the birth and death of stars, the formation of new galaxies, and the continual transformation of matter and energy, chala may be connected to the evolution of the universe.

### **Achala (Non movement)**

**Strength of Cosmos:** "Achala" represents the stability and order in the cosmos The laws of physics and the fundamental structures of the universe always remain constant despite change can be considered for stability.

**Infinity:** The concepts of timelessness and the infinite, suggesting a space where movement ends, leading to a deeper understanding of existence beyond the physical realm is also Achala.

**Meditation:** In spiritual contexts "achala" can represent by meditation that is moments of contemplation and completion, encouraging individuals to connect with the stillness that exists within the dynamic universe.

## **2.Chala to Achala in Earth:**

The dynamic processes and stable features of earth is the concepts of "chala" and "achala"

### **Chala in Earth (Movement)**

**Plate Tectonic movement:** The best example of "chala." is the movement of tectonic plates. The earthquakes, volcanic activity and the formation of mountains are formed by the interaction and shift of the tectonic plates at their boundaries.

**Erosion and Weathering:** The movement of soil and rock are activated by the erosion and weathering process of earth. The reshaping of landscapes in earth are processed by Wind, water, and ice which will transport the materials from one location to other.

**Currents of Atmosphere and Ocean:** The climate and weather patterns are changed by oceans and atmospheres through the movement of air and water. Ocean currents distribute heat across the planet, while atmospheric movements influence weather systems.

**Fundamental aspects of life:** The day and night and the seasons of earth are created by the earth and Sun rotation. These movements are fundamental aspects of life on Earth makes impact on ecological systems.

### **Achala in Earth (Non movement)**

**Geological features:** "Achala." may be represented by Stable geological features like mountains, plateaus, and plains through which they provide stability to earth.

**Ground Stability:** The ground providing a stable base for ecosystems and human structures is a perfect example of achala.

**Inertial Forces:** Earth is in constant motion; certain inertial forces create a sense of stillness.

## **3.Chala to Achala in Fire**

The dynamic and stable aspects of Fire is the concepts of "chala" and "achala" (stillness)

### **Chala in Fire**

**Dynamics of Fire:** Fire shows dynamic movements through its flame's movements like flickering, dancing, and moving. These movements of fire are examples of "chala."

**Process of Combustion:** The chemical reactions that produce fire involve movement at the molecular level, as fuel reacts with oxygen.

**Heat Radiation:** The movement of heat from a fire can be seen as "chala." Heat radiates outward, influencing temperature and conditions in the environment.

**Spread of Fire:** Fire can spread rapidly in certain conditions, such as during wildfires

### **Achala in Fire**

**Coals:** Once a fire has burned down, the remaining embers or coals can represent "achala."

**Controlled Burns:** In practices like controlled burns or fire pits, the fire can be managed to create a stable heat source.

### Achala in Air

**Calm weather:** The air can be seen as "achala." in calm weather. The air remains stable, providing a peaceful atmosphere.

**Atmospheric Stability:** Atmospheric pressure can be stable over certain periods, providing a sense of stillness in weather patterns.

**Trapped Air:** The static air represents "achala," when the air is stuffed in anything as it remains contained and stable.

## 5.Chala to Achala in Space

The dynamic processes and stable structures within the universe are the concepts of "chala" and "achala" (stillness)

### Chala in Space

**Celestial Movement:** In space, objects such as the movement of planets, moons, asteroids, and comets in constant motion in space is called Celestial Motion.

**Dynamics of Galaxy:** The movement of Galaxies and their interactions, colliding with other galaxies are the movements of Galactic Dynamics. This movement can lead to the formation of new stars and supernovae.

**Expanding Universe:** The universe is expanding, with galaxies moving away from each other over time.

**Space Events:** Some of the dynamic nature of space Events like supernovae, black hole formation, and the movement of cosmic rays reflects chala movement.

### Achala in Space

**Cosmic Radiation:** The Cosmic Microwave Background (CMB) represents a remnant of the early universe, providing a stable reference point.

**Stable Orbits:** While celestial bodies are in motion, stable orbits, such as those of planets around stars, create a sense of stillness. These predictable paths allow for the formation of stable systems like solar systems.

**Dark Matter:** Dark matter and dark energy contribute to the structure of the universe, creating a sense of stability within the cosmic framework.

## 6.Chala to Achala in Water

The dynamic and stable characteristics are the concepts of "chala" and "achala" (stillness).

### Chala in Water

**Movement of Water:** The movement of water in rivers, streams, and oceans represents Chala. The dynamic flow of water is essential for transporting nutrients, sediments, and energy within ecosystems.

**Movement of Waves:** Ocean currents and surface waves shows s of water the movement on a larger scale.

**Scientific Methods:** The water cycle illustrates "chala" through processes like evaporation and condensation The water shows chala movement through scientific method.

**Groundwater movement:** The ground Water movement through aquifers and soil, is a chala movement which is vital for replenishing ecosystems and providing drinking water.

### Achala in Water

**Still water:** The lakes and ponds which are the main bodies of still water represent "achala."

**Ice and Glaciers:** Ice and glaciers which are often seen as still represent a form of water that is stable for long periods.

**Water in Soil:** The water held in soil providing a stable environment for plant roots can be considered as still.

## 7.Chala to Achala in Plant science

The dynamic and stable aspects of plant life is the concepts of "chala" and "achala" (stillness) in plant science

### Chala in Plant science

**Growth and Development:** The growth processes in plants, including cell division, elongation, and differentiation may be considered as chala.

**Tropisms:** Plants exhibit movement in response to stimuli, known as tropisms. For the growth and survival, the movement of plant toward light is phototropism and towards gravity is gravitropism.

**Nutrient Transport:** The movement of water and nutrients through xylem and phloem demonstrates "chala."

**Reproduction:** Pollination and seed dispersal involve movement, whether through wind, water, or animal interactions.

### Achala in Plant science

**Root Stability:** The roots of plants anchoring it in the soil and providing stability shows Achala.

**Photosynthesis:** The process of photosynthesis occurs in stillness, where plants convert sunlight into energy without significant movement.

**Dormancy:** Many plants enter a dormant state during unfavorable conditions, such as winter.

## 8.Chala to Achala in Animal science

Various biological processes and behaviors in animals are the concepts of "chala" and "achala" (stillness) in animal science

### Chala in Animal science

**Locomotion:** The movement of animals, including walking, swimming, flying, and running shows Chala.

**Behavioral Adaptations:** Animals exhibit movement in response to environmental stimuli

**Physiological Processes:** Movement is seen at a cellular level, such as the contraction of muscles and the circulation of blood.

### Achala in Animal science

**(Resting States:** "Achala" refers to periods of rest and stability. Many animals have specific times for inactivity, such as sleeping or basking in the sun,

**Habitat Stability:** Certain animals thrive in stable environments, for example, many sedentary species, like corals or some invertebrates, exemplify stillness in their lifestyle.

**Homeostasis:** In physiology, "achala" relates homeostasis. to maintain stable internal conditions despite external changes. For instance, animals regulate their body temperature and metabolic processes to achieve homeostasis.

## 9.Chala to Achala in Arts (music and dance)

The concepts of "chala" and "achala" are integral to understanding movement and stillness in Indian classical arts, particularly in music and dance. In Dance it encompasses how a dancer transitions between poses, incorporating rhythm and expression. In music, "chala" can refer to the melodic or rhythmic progressions that create a sense of movement within a composition. It often involves changes in pitch, tempo, or dynamics. In theatrical performances, "chala" might describe how the story unfolds through action and expression, emphasizing the dynamism and flow of the narrative.

Chala in music and dance

**Movement:** "Chala" refers to dynamic movement, fluidity, and progression. It embodies the active, expressive aspects of performance where the dancer or musician navigates through various phrases and emotions. "Chala" often describes the movement of a melody or raga, particularly how it navigates through different notes (swaras) and phrases in music

**Rhythmic Flow:** In dance, it emphasizes graceful transitions between poses and rhythms, contributing to the overall narrative and emotional journey. In rhythmic patterns (tala), "chala" can refer to variations or shifts that add dynamism to a performance in music.

**Expressiveness:** "Chala" allows performers to convey energy, excitement, and various moods through their movements or musical phrases.

**Contrast with Stillness:** "Chala" is often contrasted with "achala," which represents stillness. The interplay between movement (chala) and stillness (achala) adds depth to the performance, highlighting moments of tension and release.

Achala in music and dance

**Stillness:** "Achala," represents stability, balance, and moments of pause. It signifies the beauty of being stationary and allows for the expression of emotions through assured.

**Basic Foundation:** In dance and music, "achala" provides a base, allowing performers to highlight the contrasts in their movements or sound. It emphasizes the importance of calm

**Emotional Impact:** "Achala" can deepen the emotional impact of a performance, allowing the audience to absorb and reflect on the preceding movements or musical passages.

**Chala and Achala:** "Chala" and "achala" in music and dance creates a rich and varied performance. Just as music benefits from contrasts in tempo and dynamics, dance thrives on the balance of movement and stillness. Together, they enhance storytelling in performance, with "chala" driving the action forward and "achala" providing moments for reflection and emotional connection.

## Conclusion

Balance in the Cosmos is the interplay between "chala" and "achala" reflects the balance of movement and stillness in the universe which in turn explain the Unity in Diversity.

Dynamic Equilibrium of Earth is the main relationship between "chala" and "achala". While tectonic activity constantly reshapes the Earth (chala), stable landforms and ecosystems provide a foundation for life (achala).

Stability of Ecosystems thrive on the interplay of movement and non movement.

The interplay between the dynamic aspects of Fire (chala) and its stable remnants (achala) is essential in daily life. In nature, fire plays a role in maintaining ecosystems. The dynamic movement of fire can lead to renewal and regeneration.

The relationship between the movement of Air (chala) and its stillness (achala) creates a dynamic equilibrium. Pollination, seed dispersal, and animal behaviors often depend on the movement of air, while stable air conditions can support diverse habitats. Weather is shaped by the interplay of moving air masses and areas of still air.

The relationship between movement (chala) and stillness (achala) in Space reflects a dynamic equilibrium. The gravitational forces that govern the orbits of planets create stable systems. The moving gases and dust in space lead to the formation of stable structures like stars and planets.

The balance between the movement of Water (chala) and still water bodies (achala) is essential for a good ecosystem. The water cycle which moves through various phases like evaporation, condensation, precipitation emphasizes the movement and stillness.

The life cycles of Plants involve phases of active growth and periods of dormancy, demonstrating the cyclical nature of "chala" and "achala."

The balance between movement and stillness is crucial for survival for Animals. Active movement (chala) is necessary for feeding and reproduction, periods of stillness (achala) are essential for rest and recovery. Many animals exhibit phases of activity and rest throughout their life cycles. The pupa stage in butterfly cycle without movement is achala

The concepts of "chala" and "achala" in Arts work together to create a holistic experience in music and dance, blending movement with stillness to evoke a range of emotions and enhance artistic expression.

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