

Introduction

According to Indian Aesthetics , as outlined in Bharat Muni's Natyas-hatra, there are eight Rasas or impacts that an aesthetic piece of work like dance form/ literary piece, tries to achieve/invoke in the beholder/reader. These can be loosely thought of as eight different kinds of aesthetic experiences.

All things eight, may have an underlying eight fold evo-devo stage structure behind them. In this case in visual art from each of the rasa is associated with a predominant color that signifies that rasa. For eg Shringar or Love/beauty/erotic rasa has as its color, color green.

Navarasa: According to Bharata , there are 8 rasas and this was accepted till, Uddhata, the first commentator on Natya Shastra began to speak of Rasa as nine in number. The Natyasastra identifies eight rasas with eight corresponding Bhava (mood).

The Eight Rasas

Rasa	Color	Emotion	Deity
Bahyanak	Black	Fear	Kala
Hasya	White:	Joy/laughter	Ganesha
Raudra	Red	Anger	Rudra
Adbhuta	Yellow	Emotion wonder	Brahma
Bibhitsa	Blue	Emotion disgust	Shiva
Shringar	Green	Erotic/love	Vishnu
Veera	Orange	Heroism	Indra
Karuna	Grey	Compassion/Sadness	Yama

Rasa denotes an essential mental state and is the dominant emotional theme of a work of art or the primary feeling that is evoked in the person that views, reads or hears such a work.

Recommend: Programs screens should use positive mood enhancing colors.

Wheel of Emotion - Pluchik



Basic Moods

Rasa	Moods
Bahyanak	Fear
Hasya	Joy/happiness
Raudra	Anger
Karuna	Sadness
Bibhitsa	Disgust
Shringar	Surprise
Veera	Contempt
Adbhuta	Interest (anticipation)

In the Indian performing arts, a rasa is an emotion inspired in an audience by a performer. They are described by Bharata Muni in the Nāṭyaśāstra, an ancient work of dramatic theory. Rasas are created by bhavas: the gestures and facial expressions of the actors.