Abstract: Rasa is the essence of Indian aesthetics. Rasa is the core of every Indian art. Hence all Indian arts in some extente have been inspired by rasa theory in its various forms and expressions. For the first time rasa theory was expounded by Bharata in his monumental work, Natya Sastra. Natya Sastra has been regarded as an enesclopedia work on Indian art. Rasa means at one time means ‘water’, ‘juice’ or ‘wine’. At another times it impied ‘essence’. In another context it means ‘relish’ or ‘savouring’ it also means ‘aesthetic pleasure’ or ‘enjoyment’ a meaning or association of meanings with which we are essentially dealt with. Rasa was made of bhava. Rasa and bhava always come together without the other no rasa occurs. Bharata in his Natya Sastra (VI.31) says: “rasa comes from a combination of vibhavas, anubhavas, and vyabhicaribhavas”. Giving a illustration, Bharata, in the same passage, says:”Just as (flavour) comes from a combination of many spices, herbs and other substances, so rasa...from many bhavas”.

Key words: Rasa, bhava, aesthetic, Natya Uastra and Bharata.