



**IMPACT OF SURYANAMASKARA ON PSYCHOSOMATIC HEALTH**

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**ABSTRACT**

**Introduction:** In competitive world, a person spends several nights to explore newer ideas. In this phenomenon mind and body is getting exhausted unknowingly. As a result, a person is facing to psychosomatic diseases. In psychosomatic diseases there is no underline organic pathology. Ayurveda always consider mind in pathophysiology of diseases. Therefore it recommends integral therapy of medicines, Panchakarma, yoga etc. *Suryanamaskara* (SN) is a part of yoga. Hence the study was aimed to evaluate impact of *suryanamaskara* on psychosomatic health. Modern Science and Ayurvedic literature were reviewed to conceptualize study. It was found that, a set of 12 *Asanas* that make up the *Suryanamaskara*, each are beneficial in their own way and together make for an exercise. It relaxes mind and strengthens the body. *Suryanamaskara*, the nomenclature refers to the symbolism of Sun as the soul and the source of all life. According to Ayurveda Sun represents *Agni* element of human body and *Satva*, which is good quality of mind is *Agni* dominant. It was concluded that *Suryanamaskara* have remarkable impact on psychosomatic health.

**KEYWORDS:** *Agni*, Psychosomatic diseases, *Satva*, *Suryanamaskara*, *Yoga*.

**INTRODUCTION**

In competitive world, a person spends several nights to explore newer ideas. In this phenomenon mind and body is getting exhausted unknowingly. As a result, a person is facing to psychosomatic diseases. In psychosomatic diseases there is no underline organic pathology.

These symptoms are concerned with bodily symptoms caused by mental health. Though in psychosomatic diseases mind is involved, most of the times only physical symptoms of are managed. Where, Ayurveda always consider mind in pathophysiology of diseases. Therefore it recommends integral therapy of medicines, *Panchakarma*, yoga etc. *Suryanamaskara* (SN) is a part of yoga.

**AIM**

To evaluate impact of *Suryanamaskara* on psychosomatic health.

**MATERIALS AND METHODS**

Modern Science and Ayurvedic literature were reviewed to conceptualize study.

**OBSERVATION**

**Review of Literature**

Psychosomatic disorder is mainly used to mean “A physical disease that is thought to be caused, or made worse, by mental factors.” A number of factors may play a role in psychosomatic disorders, such as personality traits; genetic or environmental family influences; biological factors; learned behaviour and more.<sup>[1]</sup>

**Modes of Psychosomatic disorder**

**Hypochondriasis:** This is a condition in which the person believes a minor physical symptom to be a grave disease. For example, concluding the temporary flatulence problem into colon cancer.

**Conversion disorder:** In this type of disorder person does not have any medical illness or an effect on movement and senses and neurological symptoms such as seizures, Somatization disorder: Although there is no serious medical cause; an individual feels frequent headaches and has diarrhoea.

**Body dysmorphic disorder:** In this typed a person gets affected by loss of appetite and gets stressed about the appearance of their body such as wrinkles and obesity.

**Pain disorder:** Without any pathological or physical cause, person experiences severe pain all over body, it might last for six months to one year. For example, migraines, tension headaches, back pain, etc.<sup>[2]</sup>

### *Surya Namskara*

**1. Pranamasana (prayer pose):** Begin with a standing pose, feet slightly apart and with folded hands and a bowed head. Inhale & exhale calmly. The mantra: *Om Mitraya Namaha* – salutation to him who's a friend to all.

**2. Hastauttasana (standing backward bend):** Start with a deep inhale and raise your hands above your head, bending your body backwards as far as it can comfortably go while pulling in the abdomen. The mantra: *Om Ravaye Namaha* – salutation to him who is a cause for change.

**3. Padahastasana (standing forward bend):** Exhaling, bend your body forward, extending your spine as you go lower. Touch your feet and then the floor with the palms of your hands, keeping your knees straight. Go as far as you can without bending the knees. The mantra: *Om Suryaya Namah* – salutation to him who induces activity.

**4. Ashwasanchalāsana:** Inhaling, take your left leg backward touching your left foot and knee to the floor. Bend the right knee till your thigh is parallel to the floor and keep your upper body erect. All this time, your hands should retain contact with the floor – finally, look up as much as you can, exhaling and rolling your eyes upwards. If as a beginner you find this difficult, then do not touch the floor with your hands and bring them up to your bent knee instead. The mantra: *Om Bhanave Namah* – salutation to him who diffuses light.

**5. Kumbhakāsana (plank pose):** Inhaling, take your right leg backwards and lower your hips and spine, keeping your hands rooted to the ground. Keep your body parallel to the ground as much as you can with your arms straight – divide your weight between your hands and toes – exhale and hold your breath. The mantra: *Om Khagaye Namah* – salutation to him who moves in the sky.

**6. Ashtanga Namaskar (eight-limbed salutation):** Inhaling, lower your knees to the ground and slowly bend your elbows, lowering your chest to the ground also. Exhale and hold while you make sure your abdomen does not touch the ground – your forehead, hands, chest, knees and toes should be in contact with the ground. The mantra: *Om Pusneya Namah* – salutation to him who nourishes all.

**7. Bhujangāsana (the cobra pose):** Inhaling, move your weight forward, keeping your lower body from the pelvis to the toes flat on the ground. Straighten your arms and elevate your upper body but do not hunch your shoulders. Hold your breath. The mantra: *Om Hiranyagarbhaya Namah* – salutation to him who contains everything.

**8. Parvatasana (the downward dog):** Exhaling, raise your body from the hips and spine, moving your feet forward to lie flat on the ground. Your body needs to resemble a mountain peak with your hands and feet

being the anchor points. The mantra: *Om Marichaye Namah* – salutation to him who possesses rays.

**9. Ashwasanchalāsana (the equestrian pose):** Inhaling, come back to the equestrian pose. Move your left leg forward (the opposing leg from step 4), and keep the right leg back with the knee and toe touching the ground. Mirror the posture of step 4 on the exhale. The mantra: *Om Adityaya Namah* – salutation to him who is the first god, the god of gods.

**10. Padahastāsana (standing forward bend):** Inhaling, straighten your right leg and bring it forward to meet the left leg, keeping yourself bent at the spine and touching the feet or the floor with knees absolutely straight. This is repeat posture of step 3 on the exhale. The mantra: *Om Savitreh Namah* – salutation to him who produces everything.

**11. Hastauttasana (standing backward bend):** Inhaling, extend your arms out and raise yourself from the spine upwards, bending back to reach the posture of step 2. The mantra: *Om Aarkaya Namah* – salutation to him who is worthy of worship.

**12. Pranamasana:** Exhaling, straighten your spine and bring your arms down in the Namaste pose of step 1. The mantra: *Om Bhaskarayah Namah* – salutation to him who is the cause and meaning of luster.<sup>[3,4]</sup>

### **Benefits of Suryanamskar**

A great workout, A complete stretching of muscles and joints, Higher energy levels, A diabetic controller, For a healthier gut, Regulating the thyroid, Aids in mental acuity and balance. It reduces belly fat and improves blood circulation, glowing skin. It detoxifies from head to toe. It makes you happy.<sup>[5]</sup>

### **DISCUSSION**

Treatments and remedies are decided according to pathophysiology. It is necessary to differentiate involvement of body and mind in Psychosomatic disorders; as almost all physical illness have mental factors that determine their onset and symptoms.

It was found that, a set of 12 *Asanas* that make up the *Suryanamaskara*, each are beneficial in their own way and together make for an exercise. It relaxes mind and strengthens the body. *Suryanamaskara*, the nomenclature refers to the symbolism of Sun as the soul and the source of all life. According to Ayurveda Sun represents *Agni* element of human body and *Satva*, which is good quality of mind is *Agni* dominant. It has been proven that, Mantras of the *Suryanamaskara* are chanted alongside the physical movements, it makes even more powerful exercise because it then transcends to the spiritual plane. This helps in empowerment of *Satva* quality of mind, and controlled *Raja* and *Tam*, which are the bad qualities of mind. According to basic principal *Triguna- Tridosha* Inter-relation, balanced status of qualities of mind, balances bodily physical elements *Vata*, *Pitta*, and *Kapha*.

**CONCLUSION**

*Suryanamaskara* is an ideal and flexible start towards fitness of mind and body. *Suryanamaskara* have remarkable impact on psychosomatic health. It can be used as *Satvavajay Chikitsa* which is one of the mode of treatment described in Ayurveda.

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