



ADVANTAGE OF SURYA NAMASKAR ON PHYSICAL AND MENTAL HEALTH

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ABSTRACT

Since ancient times, worshipping the sun has been practiced in India for prosperity. Surya namaskar mentioned in Vedas. Surya namaskar assists in stimulating every system of the body. For centuries we have bowed and offered prayers to the Sun- the source of life on the planet. Without the Sun, there will be no life on Earth. Surya Namaskar or Sun Salutation is an exceptionally old method of paying admiration or communicating appreciation to the Sun that is the wellspring of all types of life on the planet. Purpose of this article is to describe the role of Surya namaskar for maintaining health of human. It is a key to physical, mental and spiritual well-being. The musculo-skeletal system and soft organs of the body are strengthened with practicing Suryanamaskara. It provides concentration, calmness and train our neuro-muscular system. Spiritual well-being affects positively on human mind and develops stability, balance and adjustment in life. Surya Namaskara is a key to remove stress and tension. This article gives understanding about the methods of performing Suryanamaskara, its benefits and precautions while perform.

KEYWORDS: SUN SALUTATION, SURYA NAMASKAR, Twelve Asana, scientific justification.

INTRODUCTION

Suryanamaskar is one such form of yogic practice. Saraswati (1983) defines it as a series of 12 physical postures. Suryanamaskar includes various asanas like—*Pranamasan, hasta utthanasan, padahastasan, ashwasanchalanasan, ashtanaga namasakar, bhujangasan, and parvatasan*.^[1] Datye^[2] states that suryanamaskar is an *upasana* (worship) and *vyayam* (exercise) which are practiced in 10 counts. After reviewing all the definitions they can be combined to define suryanamaskar as a series of *yogasanas* (physical postures), along with breathing and *mantrocchar* (recitations). Out of the many existing types, the present research uses the version that has 10 poses (10 counts). Suryanamaskar as a traditional practice or a form of yogic exercise is well-known, but there are very few evidence based studies on the effects of suryanamaskar on physiological changes^[3,4] and none that document suryanamaskar and its psychological effects. The present research used theory of ABC relaxation^[5] to study the effects of suryanamaskar on relaxation-Dispositions (R-dispositions) and stress dispositions. Surya Namaskar, which is known as "Sun Salutation" in English, is basically about building a measurement inside you where your physical cycles are in a state of harmony with the sun's cycles, which keep running at around twelve-and-a-quarter years. It is not unintentionally but rather by plan that it has been organized with twelve stances or twelve asanas in it. In the event that your framework is in a

specific level of dynamic quality and status, and in a decent condition of receptivity, then normally your cycle will be in a state of harmony with the sun oriented cycle. Surya Namaskar intends to bow down to the sun in the morning. The sun is the life hotspot for this planet. In everything that you eat, drink and inhale, there is a component of the sun. Just in the event that you figure out how to better "process" the sun, disguise it, and make it a piece of your framework, do you really profit by this procedur. The physical body is an incredible venturing stone for higher potential outcomes, yet for a great many people it capacities like a detour. The impulses of the body don't permit them to go ahead. Being in a state of harmony with the sun based cycle is an essential piece of equalization and receptivity, a method for taking the body to the point where it is no more an obstacle.

Role of Surya Namaskar in science

It has been said (by the old Rishis of India) that the distinctive parts of the body are administered by various Devas (divine motivations or awesome light). The sun powered plexus (situated behind the navel, which is the essential issue of the human body) is said to be associated with the Sun. This is the primary motivation behind why the old Rishis suggested the act of Surya Namaskar, on the grounds that the consistent routine of this method improves the sun based plexus, which expands one's inventiveness and instinctive capacities.^[5-15]

Surya Namaskar start with the starting of day or in early morning

It is wonderful regular routine of exercise, prayer and worship given in the scriptures of ancient India. Surya Namaskar is an arrangement of 12 stances, ideally to be done at the season of dawn. The consistent routine of Surya Namaskar enhances flow of blood all through the body, looks after wellbeing, and helps one remain malady free. There are various advantages of Surya Namaskar for the heart, liver, digestive system, stomach, mid-section, throat, legs. From head to toe, all aspects of the body is incredibly profited by Surya Namaskar, which is the reason it is exceedingly prescribed by all yoga specialists.^[15-35]

Stances go about as a decent connection between warm-ups and asanas and should be possible at whatever time on a void stomach. In any case, morning is thought to be the best time for Surya Namaskar as it rejuvenates the body and revives the brain, making us prepared to go up against all assignments of the day. In the event that done toward the evening, it empowers the body immediately and if done at sunset, it helps you loosen up. At the point when done at a quick pace, Surya Namaskar is a phenomenal cardiovascular workout and a decent approach to get in shape.^[36-45]

Postures of SURYA NAMASKAR: Sun salutation, or Surya Namaskar, are traditionally performed in the morning to greet the new days. Surya namaskar is a set of 12 postures.



Step 1. Pranamasan (Normal Breathing) Hands together in Namaskar position Forearms parallel to the ground feet together. Body weight evenly distributed over both feet. Calves quads and hamstrings tightened. Abdominal Muscles tightened.

Step 2. Urdhvasan (Inhale) Palms joined and pushed up and back. Biceps touching ears. Maintain sight on wrists. Leg and Abdominal muscles remain tight.

Step 3. Uttanasan (Exhale) Keep arms straight keep back straight and wrists. Try to put palms flat on ground. Try to touch forehead to knees Do not bend the knees.

Step 4. Eka Pad Prasaranasan (Inhale) Thrust one leg back. keep other foot in line which hands. Try to arch and look backwards.

Step 5. Chaturang Dandasana (Exhale) lift knee off ground Thrust second leg backwards. Keep feet together and knees together. Maintain straight & inclined line throughout body. Keep sight on ground at right angle.

Step 6. Sashtang Pranipatan (Hold Breath) Lower entire body to the ground slowly. Only forehead chest, knees and toes touch ground. Keep hands and elbows close to the body. Keep feet together and knees together.

Step 7. UrdhvamukhShwanasan (Inhale)From previous asana push body forwards and upwards. Keep feet together and knees together. Tighten forearms, biceps and triceps. Tightenabdominal muscles. Arch back and look backwards www.wjpps.com Vol 6, Issue 6, 2017. 1039 Bhati et al. World Journal of Pharmacy and Pharmaceutical Sciences

Step 8. AdhomukhShwanasan (Exhale)Keep lower body straight. Keep upper body straight. Create the mountain shape. Keep feet together and knees together. Try to keep feet flat on the round. Tuck head in between arms.Push chin towards the chest.

Step 9. Eka Pad Prasaranasan (Inhale)Form previous asana thrust one leg forward. Keep forward foot in linewith hands. Try to arch and look backwards.

Step 10: Uttanasan (Exhale)keep arms straight keep back straight and wrists. Try to put palms flat on ground. Try to touch forehead to knees. Do not bend the knees.

Step 11: Pranamasan (Normal Breathing)Hands together in namaskar position. Forearms parallel to the ground Feet together. Body weight evenly distributed over both feet. Calves, quads and hamstrings tightened. Abdominal muscles tightened.

To maintain the records subjects were followed by messageor call. Case control form was specially prepared for observation and follow ups of the subjects at 7 days interval for 45 days. Follow up was done periodically for total duration of 30 Days on 7 th,14th,21st,30th day and Post Treatment follow-up on 45th days.

BENEFITS OF SURYA NAMASKAR

1. Remove constipation and improves digestion.
2. It simulates spinal cord, Nervous system, which improve concentration and brain function.
3. Helpful in strengthening heart muscles and improves blood circulation and controls blood pressure.
4. Improve flexibility and mobility of joints.
5. Improves physical and mental balance.
6. It improves reproductive system.
7. It is a key for weight loos.
8. Improves digestion and metabolism of body.
9. It is helpful in managing menstrual problems such as menstrual cramps and menopause stage.
10. Strengthen digestive system including stomach, intestine, pancreas and liver etc
11. It is helpful in simulating endocrine glands, stabilizes activity of endocrine and thyroid glands.
12. It improves memory and concentration.
13. It is helpful in maintaining the balance of vata, pitha and kapha of which body is meant.
14. Sun sanitation is helpful in removing impurities of body.
15. It is helpful to cure postural deformities especially bow legs and knock knee.
16. Helpful in increasing sports performance. Helpful in cure of coronary artery diseases, diabetes and hypertension.
17. Helpful in reducing anxiety, stress and depression

Precautions

1. Surya Namaskara should be performed while facing sun, which will prove more beneficial to activate solar plexus.
2. Proper warm up should be done before Surya Namaskara.
3. Focus on breathing should be done, while backward bending breath should be inhaled and while bending the spinal cord forward breath should be exhaled and there should be proper synchronization between breath and poses. For beginners professional guidance will help more.
4. Don't eat or drink before and after performing the Sun Salutation.
5. Surya Namaskara should be performed at peaceful place and in fresh air for soothing effects on mind, body and soul.
6. Surya Namaskara will be more fruitful with a proper diet plan including a proper ratio of fat, protein, carbohydrates, minerals, vegetables and fruits and intake of 8 -10 glasses of water. 79. Women should avoid Surya Namaskara during menstrual period and pregnancy.
8. Immediate bathing should be avoided after Surya Namaskara. There should be a gap of at least 30 minutes
9. Surya Namaskara should be performed at peaceful place and in fresh air for soothing effects on mind, body and soul.

CONCLUSION

Surya Namaskara is a time saving practice which is equally beneficial for a layman, patients and sports persons. It is useful practice for those also, who have very less time to devote for their health. Its roots are hidden with in the ancient tradition of Surya worshipping Hindu population. In modern scenario, yoga is being practiced in sports to enhance their performance level because yoga, pranayama and surya namaskara improves flexibility, balance, cardio-vascular efficiency, balance, stability, strength of anatomical and physiological organs and above all reduces stress, tension, anxiety and depression. Surya namaskara is beneficial for diabetic patients and plays a vital role in prevention of diseases. Researches in the field of yoga prove the validity of its benefits in different fields. Sharma *et al* (2008), examined the effects of yoga on subjective well being of normal individual and patients having coronary artery diseases, diabetes and hypertension. Results of the study prove that yoga based training programme is helpful in stress management, healthy lifestyle and prevention from diseases.

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