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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

Sponsored by ICSSR

Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



Surya Namaskar for Good Health

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Abstract:

Surya Namaskar is an ancient and sacred yogic techniques of India for expressing gratitude to the God Sun. Surya Namaskar is a set of 12 Asanas, it is done preferably in the early morning while facing the rising sun. There are numerous health benefits of Surya Namaskar for different systems of the body especially cardiovascular, gastrointestinal, nervous system, respiratory and endocrinal. The heart, liver, intestine, stomach, chest, throat, legs and backbone are main benefited organs. By practicing Surya Namaskar each and every cell of the body gets revitalized and regenerated, therefore it is highly recommended by all yoga experts for healthy routine life and body. Thus a regular practice of Surya Namaskar is highly recommended to keep and fit the body and mind healthy. Though the Surya Namaskar steps are very scientific and practical science ancient time but still it needs advance modern scientific justification that spread globally, keeping these things into the mind.

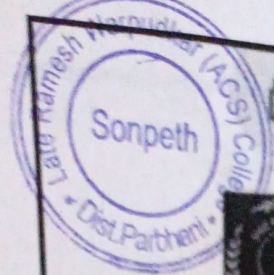
Keywords: Surya Namesake, yogic techniques, Asana, benefits for health

Introduction:

Suryanamaskar is an ancient method yogic method to worship Sun. In Sanskrit literature surya means sun, and the word namaskara means salutation. Therefore this practice is known as the "Suryanamaskar" 'salutation to the sun'. This specific Postural and breathing protocols was developed in Indian continent thousands of years ago by a great sage Patanjali and their disciples. They advised all human beings to practice these yogic methods in front of the sun in their daily life for good health, illumination, mental and physical stability.

Surya namaskara is a series of asanas with strict breathing pattern. It revitalizes each and every cell of the body, gives physical strength, flexibility, and mental calmness. Surya namaskara includes a series of asanas which are pranamasana, hasta uthanasana, padahastana, ashwasanchalanasana, ashtanganamasakr, bhujangasana, and parvatasana. While doing each asana specific mantra should be chanted to worship the sun.

While doing suryanamaskara, the lungs exhale and inhale in specific periodic manner results improved contractility of respiratory tree and increased vital capacity leading to the more stable, revitalized oxygenated lungs and whole body too. It balances the whole endocrinal system by direct massaging of glands and by increase blood flow. The practitioner can feel extra



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supercharge of energy in his body after doing it regularly. Surya namaskara gives peace to mind and reduces emotional stress. In this way, the practice of suryanamaskara can also give us many subtle benefits beyond the physical.

There are very few scientific studies on the effects of Suryanamaskar on physiological and psychological parameters. The aim of this present review to analyze steps of suryanamaskar and to establish its effect of on body based on body based on previous studies.

2. Asana (Postures) of Surya Namaskar

Surya Namaskar or sun salutation is a traditional Indian yogic practice series of 12 physical postures. These postures encompass periodic forward and backward bending along with deep exhalation and inhalation respectively to the maximum possible extent. The 12 different asanas of Surya Namaskar and their Bija mantra are following:

2.1 Pranamasana (Prayer Pose):-

Pranamasana or the Prayer Pose is the starting and twelfth pose for Surya Namaskara. In Sanskrit the word 'Pranam' means to pay respect. So this asana known as Pranamasana.

Method: Stand erect with folded hands close to the chest and palms are held together in the form of prayer pose. Look straight ahead, Exhale the breath normally.

Benefits: It creates a sense of relaxation calmness and concentration in the mind at beginning the Surya Namaskara.

2.2 Hasta Uttanasana (Raised Arms pose):-

Hasta Uttanasana or the raised arms pose is part of the Surya Namaskar series of asanas come at 2nd and 11th steps.

Method: Raise both the hands up above the crown from Pranamasana pose. Inhale the breath normally while raising your hands. Bend the trunk and neck slightly backward.

Benefits: It improves digestive process; it strengthens and tones the abdominal and chest musculature. It supports respiratory system too.

2.3 Padahasthasana (Hand to Foot Pose):-

Padahasthasana or the Hand to pose is part of the Surya Namaskara series of asanas come at 3rd and the 10th steps.

Method: Bend forward from Hasta Uttanasanapose and try to touch the floor with your both hands. Exhales breathe normally while bending forward.

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Benefits: Padahasthasana makes the body flexible and strengthen, helps to decrease excess abdominal fat and very beneficial for the gastrointestinal and nervous system.

2.4 AshwaSanchalanasana (The Equestrian Pose) -

Ashwasanchalanasana or the Equestrian pose is part of the suryaNamaskara series of asanas come at 4th and 9th steps.

Method: Stretch the left legas far back as possible from padahasthasana pose while inhaling the breath normally. at the same time ,bent the right knee. While looking straight ahead the hands should be kept straight with fingers touching the floor .Arch the back a little with head tilted back. The same steps should be repeated with left knee in the second round of suryanamaskara.

Benefits: Ashwasanchalanasana tones the abdominal organs, it gives flexibility to the body and balances central nervous system.

2.5 Paravatasana (Mountain Pose)

Parvatasana or the mountain pose is part of the suryaNamaskara series of asanas and come at 5th and the 8th step. In Sanskrit terminology, 'Parvata' means mountain and this pose looks like a mountain so it is known as parvatasana.

Method: While exhaling, take the right leg backward from AshwaSanchalanasana pose and place it parallel to the left leg , raise the buttocks at the same time. Place the hands straight supporting the weight of the body. The head should be placed between the hands.

Benefits: Parvatasana strengthens the muscles of both upper and lower limbs, maintains the blood circulation to central nervous system and tones peripheral nervous system.

2.6 AshtangaNamaskara (Eight – Limbed salutation)

AshtangaNamaskara or the eight – limbed salutation is part of the Surya Namaskara series of asanas come at 6th Step. In this pose ,The body touches the ground in eight locations the head ,the chest the two palms, the two knees, and the two toes. In Sanskrit gr "means eight and " anga" means part. Hence this asana is known as AshtangaNa

10 / 13



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Method : Lower the body to the ground from Parvatasana pose in such a way that it touches the floor at eight locations – the head , the chest , the two palma , the two knees and the two toes, Suspended the breath for a while .Try to loft other parts in air.

Benefits: It strengthens the muscles of the both upper and lower limbs and strengthens respiratory system.

2.7 Bhujangasana(the Cobra Pose) –

Bhujangasana is also famous as a cobra pose in yoga. the meaning of 'Bhujanga in Sanskrit means cobra snake and ' Asana 'means ' Pose'.In this asana person' head and trunk resembles a cobra with raised hood , hence the name Bhujangasana .It is a major backward bending asanas used in yoga .It appears as 7thpose in the Surya Namaskara series asanas.

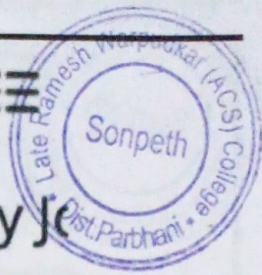
Method: While inhaling raise the body by using the hands from ashtangaNamaskarapose.Arch your head backward. This Position looks like the cobra which has raised its hood.

Benefits: Bhujagasana Strengthens the whole back musculature lower back, It improves the flexibility of the spine and surrounding muscles, good for the gastrointestinal, reproductive and urogenital system.

4 General benefits of Surya Namaskara

The practice of suryanamaskara as a whole gives a great number of benefits which are following:

1. Suryanamaskar, or Sun salutations, ideally done facing the early morning sun, helps our body to soak in its benefits- sun rays are a rich source of vitamin D and helps to strengthen our bones and also helps to clear our vision.
2. This asana,apart from improving one's posture, also gives a proper workout to the body and so helps in losing unwanted body flab.
3. Regular practice of this asana can also help you lose the excess body fat.
4. It loosens up the joints in the body and tones the muscles and the endocrine system
5. Surya Namaskara balances the respiratory,circulatory, reproductive and the endocrine system.
6. The postures in suryanamaskar stretch our muscular system and make our body very flexible.
7. The Moves and Postures of the asana help allour internal organs func' various poses regulates our blood flow ,benefits the respiratory, circulatory reproductive and the endocrine system and makes it more efficient.



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8. It helps combat insomnia as it relaxes the body ,calms the mind ,removes lethargy and makes our mind alert
9. It helps regulate menstrual cycles and makes childbirth easier.
10. Surya namaskara activates the Pingalanadi (Surya nadi) which enhances the energy level in the body.

5. Physiological effect of Surya Namaskar on body

5.1 Effect on musculoskeletal system

Regular training of Surya Namaskar required four times more energy than daily requirement, Thus it is a very good fat burner. It training improves the flexibility of body muscles especially leg, back, and chest and buttock muscles. It is found that by practicing Surya Namaskar regularly can significantly increase Hand grip, strength and endurance.

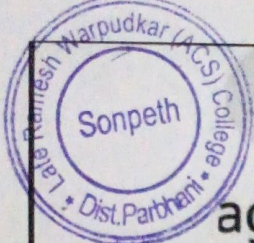
5.2 Effect on respiratory system

Surya namaskar training significantly increases maximum inspiratory pressure and maximum expiratory pressure .This suggests that its training improves the strength of both expiratory and inspiratory muscles. It also improves the strength of the intercostal muscles ultimately leads to Increase vital capacity and contractility of lungs. It is also found that regular Surya Namaskar training there is significant change noted in forced vital capacity, forced expiratory vital volume in 1st second (FEV1), peak expiratory flow rate (PEFR) and residual capacity

8 / 13

5.3 Effect on cardiovascular system

It reported that yoga practice incorporating Surya Namskar in daily routine life can improve cardiorespiratory efficiency and fitness .An increase in systolic blood pressure ,peak expiratory flow rate, forced vital capacity , and reduction respiratory rate,heart and diastolic blood pressure also reported in practitioner [29- 31]. There are a number of reports which show that Surya Namaskar practices lead to relative vagal dominance reduced sympathetic tone,and improved cardiovascular function .[32 - 35]



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Surya Namaskar for Good Health

5.4 Effect on endocrinal system

Page | 217



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Regular practicing SuryaNamaskar modulates endocrinal system of the body especially,pancreas,thyroid adrenals and pituitary glands. The overall effect is very beneficial for Metabolic Syndrome, Obesity, Diabetes Mellitus, Hypothyroidism and menstrual disorders.

5.5 Effect on nervous system

Surya Namskar tunes the central, Peripheral and autonomic Nervous System. This effect is a boon for patients with lower backaches, diabetes mellitus, and different neuronal weaknesses. 5.6 Effect on gastrointestinal system

Regular Surya namaskar practice improves digestion, combat constipation and different gastrological problems.

5.7 Effect on mind

Many studies have shown that Surya Namaskar exerts positive effects on both the physiological and psychological variables. Its different postural, breathing and chanting pattern produces clam, relax, more stable and stress free mind.

5.8 Effect on different biochemical parameters

Surya Namaskar significantly decreases in fasting blood sugar, postprandial blood sugar and Glycosylated hemoglobin HbA1c level in diabetic patients. The Autonomic nervous system generally involved in diabetic patients but by practicing Surya Namaskar, a positive impact also noted on autonomic function of the body. Its regular practices of significantly decreases the oxidative stress of the body which have a key role in insulin resistance and complication in



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6. Conclusion

Surya Namaskar is a common sequence of asanas. Its roots are hidden within the ancient tradition of Surya worshipping Hindu population of the Indian subcontinent. Surya Namaskara comprehensively includes asana, pranayama, mantra and meditative awareness. Different

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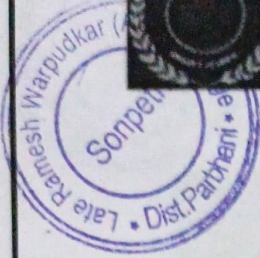
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evidence-based study suggested that Surya namaskar improves metabolic function, strengthens and flexible musculoskeletal system, balances endocrinal system, tunes central nervous system, supports urogenital system and boosts gastrointestinal system. Surya Namaskar practice revitalizes body and keeps mind calm, attentive and stress-free. Most of the physiological and psychological effect of Surya Namaskar still unexplored on the scientific ground but thousand years old tradition of these yogic practices explains its immense therapeutic potential. Thus, it should be a need to incorporate Surya Namaskar practices in modern lifestyle for healthy mind and body.

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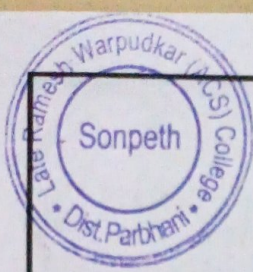
About ▾

Search

Home / Archives /

Vol. 68 No. 14 (2020): One Day National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

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About Seminar

The development of the body, mind and personality are closely related. Personality comes not only from physical qualities but also thoughts and behaviors that determine our behavior and adjustment of society. No person in the world is born with a good personality, but to succeed, one has to develop qualities within him. Developing qualities that affect others as well as himself. Personality development is the relatively enduring pattern of the thoughts, feeling, and behaviors that distinguish individuals