

EFFECT OF SURYANAMASKAR ON HUMAN BODY & MIND: A REVIEW ARTICLE

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ABSTRACT

Surya Namaskara (Sun Salutation) Is An Indian Yogic Technique For Expressing Gratitude To The Sun. *Surya Namaskara* Is A Set Of Twelve (12) *Asanas* Or Poses. It's best done in the morning, at sunrise, with your back to the rising sun. There are numerous advantages for the respiratory, cardiovascular, endocrine, and musculoskeletal systems, as well as the nervous and gastrointestinal systems. Backbone, Spinal Cord, Legs, Throat, Lungs, Heart, Liver, Stomach, Intestine, and Skin Are Some of The organs That Benefit from *Surya Namaskara* Practicing *Surya Namaskara* on a regular basis revitalizes and regenerates all of the body's cells and tissues. As a result, *Surya Namaskara* is recommended by experts for a healthy life. *Surya*

Namaskara assists in the burning of excess body fat on the belly, buttocks, and back by activating fat metabolism and restoring hormonal equilibrium. *Surya Namaskaras* Should Be Practiced On A Regular Basis To Keep The Body And Mind Healthy. Despite the fact that the *Surya Namaskara* Steps have been a very scientific and practical science from ancient times, it still need advanced modern scientific justification in order to be widely spread.

KEYWORDS: *Surya Namaskara*, Yogic Technique, Twelve *Asanas*, Health Benefits, Scientific Justification.

INTRODUCTION

Surya Namaskara (Worship of the Sun) is an ancient yogic practice. *Surya* means "Sun," and *Namaskara* means "Salutation" or "Greeting." As a result, it's called *Surya Namaskar*, or Sun Salutation.

They encouraged all humans to exercise it in the morning in front of the rising sun, facing the sun on an empty stomach, for excellent health, stamina, mental and physical stability, and strength.^[1]

Surya Namaskar is a set of asanas that require precise breathing. It re-energizes all of the body's cells and tissues. It provides physical strength, mental serenity, and flexibility. *Pranamasana, Hastautthan Asana, Hastapad Asana, Ashwasanchalan Asana, Ashtang Namaskar, Bhujangasan, and Parvatasana* are among the *asanas* (poses) included in *Surya Namaskara*. *Pranayama* is synchronised with *asanas* while doing *Surya Namaskara*, and Mantras are pronounced at the commencement of each *asana*. To worship the Sun, twelve (12) names of the Sun are sung in each *mantra*.^[2]

These *asanas* stretch and compress the abdominal muscles, resulting in a full massage of the organs, including the stomach, intestines, and pancreas, allowing them to tone and function optimally. *Surya Namaskara* retunes and revitalizes the organs if they are suffering from an ailment. *Surya Namaskar* helps to remove excess gas and constipation by stimulating peristaltic movements in the intestines.

The spinal column is bent and stretched in a specific manner during practicing *Surya Namaskara*. It also stimulates blood circulation to spinal canal, brain resulting in healthy and tuned nervous system. Whole musculoskeletal system get stretched and contracted in specific manner because of *Surya Namaskar* which provides more strength and flexibility.^[3]

Performing these *asanas* regularly results in glowing of the skin, as the perspiration cleanses the pores of the skin. The clean complexion of the practitioners is a sign of good skin health. It increases myocardial contractility and strength, therefore the cardiac output increased. It detoxes the body by eliminating hidden toxins. It acts as detoxifying agent by getting rid of enormous quantity of carbon dioxide and other toxic gases. Due to *Surya Namaskar*, the lungs ventilates and oxygenates the blood a thoroughly.^[4] That results in improved contractility of respiratory tree and increases vital capacity. It balances the whole endocrinal system by direct massaging of the gland by increase blood flow. *Surya Namaskara* gives peace to the mind and reduces emotional stress. Performing these *asanas* regularly results in glowing of the skin, as the perspiration cleanses the pores of the skin. The clean complexion of the practitioners is a sign of good skin health.^[5] It increases myocardial contractility and strength, therefore the cardiac output increased. It detoxes the body by eliminating hidden

toxins. It acts as detoxifying agent by getting rid of enormous quantity of carbon dioxide and other toxic gases. Due to *Surya Namaskar*, the lungs ventilates and oxygenates the blood a thoroughly. That results in improved contractility of respiratory tree and increases vital capacity. It balances the whole endocrinal system by direct massaging of the gland by increase blood flow. *Surya Namaskara* gives peace to the mind and reduces emotional stress.^[6,7]

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.^[1-10]

The spine is bent and stretched in a very specific manner during practicing *Surya Namaskara*. It also stimulates blood circulation to vertebral canal, brain leading to healthy and tuned system. Whole system get stretched and contracted in specific manner due to *Surya Namaskar* which provides more strength and adaptability.^[3] Performing these *asanas* regularly leads to glowing of the skin, because the perspiration cleanses the pores of the skin. The clean complexion of the practitioners could be a sign of fine skin health. It increases myocardial contractility and strength, therefore the flow rate increased. It detoxes the body by eliminating hidden toxins. It acts as detoxifying agent by getting eliminate enormous quantity of CO₂ and other toxic gases. thanks to *Surya Namaskar*, the lungs ventilates and oxygenates the blood a thoroughly.^[4] That ends up in improved contractility of respiratory tree and increases diagnostic assay. It balances the entire endocrinal system by direct massaging of the gland by increase blood flow. *Surya Namaskara* gives peace to the mind and reduces emotional stress. Performing these *asanas* regularly leads to glowing of the skin, because the perspiration cleanses the pores of the skin. The clean complexion of the practitioners could be a sign of fine skin health.^[5] It increases myocardial contractility and strength, therefore the flow increased. It detoxes the body by eliminating hidden toxins. It acts as detoxifying agent by getting obviate enormous quantity of greenhouse gas and other toxic gases. Thanks to *Surya Namaskar*, the lungs ventilates and oxygenates the blood a thoroughly. That ends up in improved contractility of respiratory tree and

increases diagnostic test. It balances the entire endocrinal system by direct massaging of the gland by increase blood flow. *Surya Namaskara* gives peace to the mind and reduces emotional stress.^[6,7] 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 that the essential issue of the human body) is alleged to be related to the Sun. this can be the first 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.

With a customary routine of *Surya Namaskar* and reflection, the sun powered plexus increments from the extent of an almond to the measure of a palm. This extension of sunlight based plexus, otherwise called the second mind, builds up our natural capacity and makes us all the more clear and centered. The compression of the daylight based plexus, then again, prompts sadness and other negative inclinations.^[8,9]

Benefits of the Surya Namaskara^[10-11]

Surya Namaskara accords overall benefits which are as follows,

1. *Surya Namaskara* is ideally drained early morning facing the rising sun, because the sunrays are an upscale source of D and helps to clear the vision. The ultraviolet rays don't seem to be very harsh during this point. That the skin doesn't recover from exposure to sun.
2. These *asanas* improves one's posture, also gives proper workout to the body and thus helps in losing unwanted body flab.
3. Regular *Surya Namaskara* helps to lose excess body fat by activating metabolism and normalizing hormonal imbalances.
4. It balances the systems like respiratory, cardiovascular, gastrointestinal, and endocrinal and system to function better.
5. It gives exercise to the full body, hence joints become strong and show increased flexibility.
6. It promotes sleep and calms, anxiety removes lethargy, vanishes all mental and physical fatigue.
7. Revives and maintains the spirit of youthfulness.
8. Practicing it, helps to manage menstrual cycles and easier childbirth.

9. *Surya Namaskara* activates the „*Pingala Nadi*’ (*Surya Nadi*) which boosts the energy within the body.
10. In women, it stimulates the breasts to assist firmness normally. Restores any lost elasticity through stimulation of glands and strengthening of pectoral muscles. All new moms can use more stamina and strength to offer the simplest to their babies while breastfeeding.
11. It increases mobility all told joints.
12. Prevents loss of hair and graying.
13. Lends grace and simple movements of the body.
14. Eliminates unpleasant smell of the body.
15. Refreshes the skin, prevents skin disorders. By boosting the blood circulation to the skin and face, gives its radiant glow back. It prevents wrinkles and early aging.

The benefits of a *suryanamaskar* practice are so wonderful so many who as an example, within the late 1940's, Shrimant Bhavanrao Pant Pratinidhi (1868-1951; Raja of Aundh 1909-1947)^[12] made *suryanamaskar* a compulsory a part of the physical educational program in his kingdom's schools. He helped to popularize *suryanamaskar* as an easy work up for the all-round development of a private. Similarly, the director of the Department of education at Shri Aurobindo Ashram^[13], says in his booklet that "a complete cycle of *suryanamaskar* consists of ten or twelve movements through which one gets a decent stretch and thorough exercise of the full body. The body thus becomes strong, supple, agile and healthy. *Suryanamaskar* may be a system of exercise for a standard man". In fact, some experts, including Ayurvedic physicians, consider *suryanamaskar* to be "the crest jewel of exercises". Coronary blocks may be treated through life-style changes within which yoga played an important part.^[14] For this reversing heart condition program is running credited *suryanamaskar* as "the most beneficial yogic practice “for their heart patients. It's so highly regarded that entire books are written on this single practice.

Effects on Mind: *Surya Namaskara* dispensed in silence with complete involvement always helps calming the mind and to alleviate anxiety. Regular workout improves mental state. It exerts positive and better effect on both physical and psychological variables. It's different poses breathing patterns and chanting the mantras produces calm, relax, more stable and stress free mind. It increases creativity, intuitive abilities, higher cognitive process leadership skills and confidence. So children should do *Surya Namaskara* during examinations especially because it relieves tension and anxiety. It improves sleeping pattern also. By

helping in calm mind, gives a higher and more peaceful sleep in the dark and battles insomnia.

Effects of Surya Namaskara on various biochemical parameters:^[15] Sedentary lifestyle or habits and unhealthy dietary patterns, psychological stress increases the chance and severity of DM. Lack of physical activity increases the danger of diabetes by 3 times. *Surya Namaskara* is incredibly useful in such life style diseases like diabetes.

Psycho – neuro - endocrine and immune mechanisms are involved within the beneficial effects of yoga on diabetes. Regular workout helps to realize glycemic control and reduces the chance of diabetic complications. *Surya Namaskara* improves blood circulation and management of insulin within the body. It stimulates insulin production through brain signaling. If it's performed at slow pace i.e., six rounds per minute gives major effects. *Surya Namaskara* reduces fasting BSL, postprandial BSL glycosylated hemoglobin HBA1C level. It reduces oxidative stress within the body which plays a vital role in insulin resistance. A positive impact on Autonomous system of diabetes patients is noticeable. It also improves the lipid profile in these patients and features a supportive role in diabetic complications. This ends up in reduction of weight and waist-hip ratio. *Surya Namaskara* provides a natural method to realize a healthy Body Mass Index.^[16]

Contraindications^[17]

1. Pregnant women shouldn't perform *Surya Namaskara* because it puts pressure on the rear and abdomen, harming both mothers and fetus.
2. Avoid it performing while menstruating.
3. Can avoid it if there's wrist injury.
4. Heart patient and high pressure level patients should consult their doctor.
5. Any back problem, perform under the guidance.
6. Arthritis- because it involves the knee movements, must perform with caution if knee stiffness is there.

CONCLUSION

Through the act of *Surya Namaskar*, within the event that one accomplishes a selected level of soundness and dominance over the framework, one could then be aware of an all the more practical and profoundly huge procedure called *Surya Kriya*. *Surya Kriya* is that the key procedure. *Surya Namaskar* may be a "nation cousin" of *Surya Kriya*, and there's another

procedure called Surya Shakti, which could be a secluded relative. Within the event that you just have to simply utilize the procedure as a physical society to manufacture muscle and switch bent be physically solid, you are doing *Surya Shakti*. On the off chance that you simply must be physically fit additionally need some profound component in it, you are doing *Surya Namaskar*. Be that because it may, on the off chance that you simply need a solid otherworldly process, you are doing *Surya Kriya*.

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