



Surya Namaskar: A way to Healthy Life

KEYWORDS

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INTRODUCTION

For the physiological system of the body to be fit, the systems must function well enough to support the specific activity that the individual is performing. More over different activities make different demands upon the organism with respect to circulatory, metabolic, neurological and temperature regulatory functions. Now a day's most of the people are turning towards Yoga to get rid of physical problems and Surya Namaskar or Sun Salutation is a simple, yogic exercise that provides immense health benefits. Surya Namaskar is a sequence of yogic postures along with chants that together comprise a complete yoga called Surya Namaskar (Sun Salutation). Surya Namaskar is a worship system of worshipping Surya, has been practiced in India for thousands of years. It is a combination of twelve poses in the series with graceful movement.

On each step you can count five seconds for each step of the Surya Namaskar. It means that one Surya Namaskar goes for one minute (and a bit more). The only change during the second set is to exchange leg with the one involved in movement during the first set. Surya Namaskar, if performed in a systematic and précised manner, does not cause any strain or injury in the body, that's why it is the safest yogic practice. One can experience health benefits by practicing the Sun Salutation just once daily. When practiced in the morning, Surya Namaskar relieves a person from stiffness in body it energizes the whole body and refreshes his mind. . It is a physical exercise in which about 90% to 95% of your muscles are stretched and activated.

REASONS TO PRACTICE SURYA NAMASKAR

1. It can be practiced by anyone, anywhere, anytime.
2. It takes only 3 to 10 minutes.
3. It acts on the entire body.
4. It requires no props or equipment.
5. It tones up the digestive system by stretching and compressing the abdominal region.
6. It massages the viscera (liver, stomach, spleen, intestines, and kidney).
7. It synchronizes movements with breathing, thoroughly ventilates the lungs, oxygenates the blood, acts as a dis-intoxicant, and gets rid of carbon dioxide and other toxic gases.
8. It increases cardiac activity and blood flow and warms the extremities.
9. It tones up the nervous systems by stretching and bending the spinal column and regulates the sympathetic and parasympathetic nervous systems.
10. It promotes good sleep.
11. It improves memory.
12. It allays worry and calms anxiety.
13. It stimulates and normalizes endocrine glands, thyroid in particular, activity by compression and decompression of the neck,
14. It refreshes the skin and clears complexion.
15. It improves muscle structure of the whole body.
16. It controls activity in the uterus and ovaries, helps pms and assists in childbirth.
17. It prevents flat feet and strengthens the ankles.
18. It helps to get rid of fat in the stomach, hips, thighs, neck,

and chin.

19. It increases immunity to disease.
20. It lends grace and ease to movements.
21. It revives and maintains youthfulness.

REGULAR PRACTICE OF SUN SALUTATION BENEFITS YOUR BODY WITH

1. Increased blood oxygenation by copious lung ventilation and this is great news for your heart.
2. Stretches and tones your muscles keeping them supple and flexible.
3. Clears your elimination channels helping your body rid itself of toxins. This is especially good in the morning after many hours of lack of movement during sleep (the lymphatic system eliminates toxins through movement).
4. Stimulates and tones your Endocrine system (especially the Thyroid, the master gland that controls all the other glands).
5. Tones up the internal abdominal organs by alternate stretching, compression cycles that results in better digestion and bowel movement.
6. Increases spine and waist flexibility.

THE MENTAL BENEFITS OF SUN SALUTATION

The mental benefits of Sun Salutation are similar with meditation. You can look at Sun Salutation as meditation in movement. It is not random that Tai-Chi (Chinese) or Kata in Karate, have a similar focused mind on movement approach at the core of their practice. Sun Salutation helps to:

1. Increase your mental focus and concentration.
2. Reduce depression, anxiety and stress by reducing key markers like Cortical.
3. Increase the quantity of "good mood" neurotransmitters like Serotonin.
4. Increase mind to body coordination which is very good especially for older persons.

If done properly, twelve repetitions of Sun Salutation (six pairs of Sun Salutation starting with one leg and then the other), go a long way. It takes roughly 30-40 seconds for one complete cycle (twelve postures flowing from one to the other). Add two minutes of relaxation at the end, to allow your body implement the "reset" you just performed, and you are ready for the new day. Ten minutes all together in the morning will help you look at the unwinding life from a different perspective.

WHO SHOULD NOT DO SURYA NAMASKAR?

1. Pregnant women.
2. Patients of hernia and high blood pressure.
3. People suffering from back condition should seek proper advice commencing surya namesake.
4. Women should avoid suryanamaskar during menses.

SCIENTIFIC RELEVANCE OF SURYA NAMASKAR

Despite its ancient Hindu religious interpretations, Surya Namaskar is no less applicable in the modern context.

Surya Namaskar is one complete set of sequential yoga posture that reaps the collective benefits of both strength

and endurance training. Hence, it has been rightly called "Sarvang Sunder Vyayam" or the best all round exercise. 'Core Stability' or the strengthening of the back muscles around the spine and the diaphragm is the objective of Kinesiology. The various yoga posture of Surya Namaskar along with the Pranayam practices achieves this effect more easily and effortlessly. In addition to that, you get a more balanced Frame of mind and sense of wellbeing due to sun salutation.

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