

SUN-SALUTATION IN MODERN TIME

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ABSTRACT

In *Ayurveda* we found many principles for Prevention and Treatment of Diseases, Yoga is one of the important science useful for a healthy life. There are many poses and positions in yoga, In this article we will specifically know about **SunSalutation** also known as Surya Namaskar. Surya Namaskar is an important procedure in Yoga, It is part of **Hatha yoga** which involve synchronise movement of body with breathing. In Modern Lifestyle we generally see there are many problems like Obesity, cardiac problems, Digestive system problems and Many other. Sunsalutation is helpful in all of these problems and toning up abdominal organs. During process of sunsalutation Oxygen supply increases to body and this is helpful in detoxify our blood, it also increase endocrine functions and make digestive system better. it is also helpful into menstruation problems of women and make there

body functions normal.

KEYWORDS: Sun-Salutation, Health, Benefits, Steps involved, References.

INTRODUCTION

Sun-Salutation is a process in to maintain a healthy body from inside and attractive body from outside. It is a form yoga which was given by Maharshi Patanjali he gave concept of yoga to maintain a healthy body and to increase life time. In modern time people have many diseases and have less time to give themselves Physical inactivity was estimated to cause 1.9

million deaths and 19 million DALYs globally. The possible effect of this physical inactivity may be, low back pain, Osteoporosis, Osteoarthritis, anxiety, depression, stress, and Obesity.

In Yoga darshan there are Eight(8) type of yogic stages are written and those are

1. *Yam*: (Ethical practices)
2. *Niyam*: (Ethical practices)
3. *Asana*: (Physical practices)
4. *pranayam*: (Physical practices)
5. *Pratyahar*: (Sensorial practices)
6. *Dhyan*: (Meditative practices)
7. *Dharna*: (Meditative practices)
8. *Samadhi*: (Meditative practices)

Sun Salutation involves steps of Asana with Pranayam and Surya Upasana it has 12 steps. *SURYA NAMASKAR* or *SUN SALUTATION* is a sequential blend of 12 different yoga poses performed dynamically in synchrony with the breath. Although one can practice *surya namaskar* at any time of the day, it would best to do it at sunrise as the sun rays help revitalize the body & the mind. Based on the requirement of the body, *surya namaskar* can be done in 3 speed variation – slow, medium and fast pace.

- The slow pace helps increase body flexibility,
- The medium pace helps in muscle toning,
- The fast pace is an excellent cardiovascular workout and helps in weight loss.

STEPS INVOLVED IN SUN-SALUTATION

1. *Pranamasana* (Prayer position),
2. *Hastauttanasana* (Raised arm position),
3. *Padahastanasana*, (Hand to foot position),
4. *Ashwa Sanchalanasana* (Hand to foot position),
5. *Parvatasana* (Stick position),
6. *Ashtanga Namaskara* (Salute with eight parts)
7. *Bhujangasana*: (cobra position),
8. *Parvatasana*: (Mountain posture),
9. *Ashwa Sanchalanasana*: (Equestrian posture),
10. *HastaPadasana*: (hand to foot position),

11. *Hastauttananasana*: (Raised arm posture), and

12. *Pranamasana*: (Salutation posture)

All of above poses includes Uniques *Mantras* which must be chanted with these poses

1. Om *Mitraaya Namaha*.

2. Om *Ravaye Namaha*

3. Om *Suryaya Namaha*.

4. Om *Bhaanave Namaha*.

5. Om *Khagaya Namaha*

6. Om *Pooshne Namaha*.

7. Om *Hiranyagarbhaaya Namaha*.

8. Om *Mareechaye Namaha*.

9. Om *Aadityaaya Namaha*.

10. Om *Savitre Namaha*.

11. Om *Aarkaaya Namaha*.

12. Om *Bhaaskaraya Namaha*

HEALTH BENEFITS AND YOGA POSES

1. Weight Loss - When Sun salutation is performed in fast pace it is similar to aerobic exercises and it involves yoga posture also so it became more effective and a prominent exercise in weight loss.

2. Improved Cardiovascular health - Sun salutation involves full body movement and due to this it helps in improved blood circulation and tighten up the chest muscles which gives a healthy heart. It is also helpful in maintaining Systolic and diastolic blood pressure along with pulse rate.

3. Respiratory Function- Early morning is best time to perform sun salutations at that time fresh and moisturise are in environment which in without pollution. Movements in sun salutation affects our lungs tissues and respiratory system in positive way.

4. Balanced Hormones - *Surya namaskar* activates and stimulates glands such as the adrenal and the pituitary glands, thereby maintaining optimum secretion of growth hormones and dehydroepiandrosterone sulfate. Also, *surya namaskar* stimulates the thyroid glands and helps regulate menstrual cycles.

5. Digestive System -Regular practice of *surya namaskar* helps stimulate the abdominal muscles and digestive fluids, thereby easing fecal excretion.

6. Stress releiver - *Surya namaskar* helps regulate the interconnectedness of the mind, boady, and breath by easing out the overstrained and stressed muscles. Therefore, regular practice helps relieve stress and boosts energy levels.

PRECAUTIONS

1. Pateints with serious conditions should not perform this without recommedation
2. Should be performed empty stomoch
3. Pregnant women should not practice it

CONCLUSION

The benefits of suryanamaskar are yet to be discovered more, because till today the complete benefits of yoga are not know. It is effective in improving physical health, mental health and is effective in maintaning proper & healthy secrteions of hormones from different endocrine and exocrine glands. Due to the various health benefits of *surya namaskar*, it could be recommended to patients.

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