

INFLUENCE OF SURYANAMASKAR ON HUMAN BODY

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Abstract:

Yoga has power of offering a holistic mind, body and soul therapy. Yoga is incredible in terms of stress management. Stress is an important factor in the causation of heart disease. It brings a person back to homeostasis. For people who have anxieties of many kinds, yoga helps lower their basic physiological arousal level. For the general person, yoga greatly enhances mental health: mood, sense of self, motivation, sense of inner direction and purpose, as well as physical health. And physical health is so important for mental health. .

Suryanamaskar is a series of twelve physical postures. These alternating backward and forward bending postures flex and stretch the spinal column through their maximum range giving a profound stretch to the whole body. SN helps to promote sleep and calmness, improves muscles flexibility, strengthens abdominal muscle and improves the human organ capacities etc. So many researchers are found the result on this area. Example: victoria weinblatt, Kristine M. Fondran and Milind V. Bhutkar. This paper is attempt to construe knowledge about Influence of SN on the human body.

KEYWORDS:

Homeostasis, Yoga, S N .

INTRODUCTION

India has a rich tradition of yogic practices. Now-a-days yoga, the ancient practice of postures, breathing and meditation is gaining a lot of attention from healthcare professionals. With increasing scientific research in yoga, its therapeutic aspects are also being explored. Suryanamaskar – The salutation to the God Sun is also a part of Indian traditional yogic practices (03).

Suryanamaskar is the one of the best exercise in yogic practices. It is having mainly 12 exercises, each one having different positions and they are impacted on the human body. It is making the human life as socially acceptable, mentally relax, physically fit, emotionally balance, and spiritually awakening.

S N word is binded from two words one is Surya and other one is Namaskar, it means Surya is form of fire and Namaskar is form of respect. When we are going to do these Asana man be able to live the life as courageously like fire and hearty like vinaya.

WHAT IS SN?

What is Surya Namaskar? The classic version is a series of 12 yoga poses you perform rhythmically one after the other in synchronicity with your breath at the beginning of Hatha yoga session. Modern variations of Suryanamaskar may have more or less than 12 yoga poses.

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EXERCISES OF SURYANAMASKAR:

Surya Namaskar is a series of twelve postures. These are having flexion extension, forward bending, back word bending, stretching, squeezing, inhalation, exhalation, compression, like this.

HISTORY OF SURYANAMASKAR:

Surya Namaskar is having their own history. S N it means "salutation to sun" can be seen as a form of worship the sun. Historically it is widely believed in the state of Maharashtra that Shivaji Maharaja, Sage Samarth Ramdas and the Marathas have performed Sūryanamaskāra as a physical exercise to develop able bodies. This may be related to vyayama ("physical exercise" in Sanskrit) being traditionally influenced by spirituality.

Teerth slokha said like this
Janmā tarasahasre udaridhrya nopajāyate ||
Akālam tyuhara m sarvavyādhivinaśanam |
Sūryapādodaka tīrtham ja haredhārayāmyaham ||
anen namaskarakhyen karmaga shrisavitrusuryanarayan priyataam ||

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1.Respiration system:

Respiration involves inhale and expiration of oxygen and carbon dioxide between the organism and external environment. S N include both asanas and respiration process. This is also one type of aerobic exercise. When we are doing exercise deep respiration is required for the S N. Regular SN practices strengthen the respiratory muscles, increase the excursions of diaphragm and lungs as well as thoracic compliance. Those who are practices the SN daily they should practice under the fresh environment. Because the fresh environment having clean and oxygenated air.

The oxygen content of the blood is increased, which improves the overall vitality and cellular mechanism as well as lung function of the body and brain. SN practice is also good for the health to prevent the dieses like tuberculosis and asthma. Pratima M Bhutkar and groups prove that suryanamaskar practice can be advocated to improve cardio-respiratory efficiency for patients as well as healthy individuals in 2008(03).

2.Digestive system and obesity :

S N effects on all part of the digestive system like pharynx, oesophagus, stomach, intestine and liver. After the well practice of SN their activities are active and tone up the digestive system by the alternative stretching and compression of abdominal organs. S N helps to prevention of digestive related diseases like gastric and stomach ulcers etc. S N burns about 3.79 calories per minute, according to a study by the Defense Institute of Physiology and Allied Science in India published in the Indian Journal of Physiology and Pharmacology (06)

3.Muscles :

S N is directly impact on the human muscles and it helps improve the size, strength, endurance and flexibility of the muscle so in this way so many researches has to be conducted. Kanwaljeet; Bal, Baljinder Singh and Vaz, Wilfred conduct the research and they prove The level of significance was set at 0.05. Results: The muscular endurance and flexibility significantly improved in group a compared with the control one.

Other results of the study indicate that sun salutation has the potential to improve the muscle strength, general body endurance and body composition to the optimum level in healthy individuals. These components in turn, enhance an individual's physical fitne (2011).

Before going to Suryanamaskara.....

Those who are practising Surya Namaskar as Exercise, they will achieve the fitness and wellness in his or her life. The ideal time to practice Surya Namaskar is at sunrise, the most peaceful time of the day,

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when the atmosphere is full of sun's ultra violet rays so important for the body. Before doing the S N we will have some preparations like 1 find well natured area and allowing to falls the sun rays on human body. 2 prepare your body. 3 prepare the Asanas area 4 wearing light and loose clothing. 5 Taking bath. 6 we must drink a glass of water and 7 Place should be free from noise. These all aspects are impacted on the Asanas.

Health Benefits of Suryanamaskara

In addition to the general health benefits associated with performing Suryanamaskar, each of the yoga in the series provides specific health benefits:

Promotes balance, stimulates the respiratory system, exercises shoulder, back and neck muscles
Promotes balance, promotes digestion, exercises arms and shoulder muscles, tones the spine, promotes flexibility in back and hips
Promotes blood circulation, tones abdominal tracts, stretches back and leg muscles, stimulates spinal nerves, stimulates lymphatic system
Exercises spine, strengthens hand and wrist muscles
Stimulates blood circulation, strengthens the heart, strengthens wrist and arm muscles, relieves neck and shoulder tension
Strengthens leg and arm muscles, increases flexibility in neck and shoulders, stretches arms, shoulder, neck and back muscles, exercises back muscles, releases tension in neck and shoulder
Stimulates circulation to abdominal organs, tones digestive tract, stretches upper and lower body, promotes flexibility in the back, stimulates nerves in spine

Different postures of SN:

Each round of Surya Namaskara is completed, after the saying of Omkara with the relevant mantra in the name of Surya or sun god. While doing the Asanas, Each mantra says fluently like this

1. OM MITRAYA NAMAH
2. OM RAVAYE NAMAH
3. OM SURYAYA NAMAH
4. OM BHANAVE NAMAH
5. OM KHAGAYA NAMAH
6. OM PUSNE NAMAH
7. OM HIRANYAGARBHAY NAMAH
8. OM ADITYAY NAMAH
9. OM SAVITRE NAMAH
10. OM ARKAY NAMAH
11. OM BHASKARAYE NAMAH
12. OM SAVITRASURYA NARAYANAY NAMAH



CONCLUSION:

Suryanamaskar is the part of yoga it is having ancient history from the Vedas. Previously it used by the only saints. Suryanamaskar brings a unique dimension to yoga. It energizes the body through a combination of stimulation and relaxation techniques. It can be singularly useful for people with either thamas, Rajas or Satva. In every human physiology, we have both stress response and relaxation response but we do not seem to have control over them. That why we the people to start the SN and to maintain the our health.

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