



SURYA NAMASKAR AN HOLISTIC EXERCISE

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Abstract:

Surya means Sun in Sanskrit word and Namaskar is the Hindi word for Salutation or greeting. It comes from the root 'Nam' meaning to bow. So Namaskar essentially means Salute, Salutation or greeting. Sun salutation can be found in the Indian Vedas, which are the oldest spiritual scriptures known. Surya Namaskar or Sun Salutation is a common sequence of Hatha Yoga Asana. Its origins lie in a worship of Surya the Indian.

SURYA NAMASKAR THE ART OF SOLAR VITALIZATION :-

Surya Namaskar is the art of solar Vitalization. It is a complete meditative technique in itself as it includes Asanas, Pranayama, Mantras and Mudras. In many cultures, light has been a symbol of consciousness and self illumination. The practice of Surya Namaskar everyday, early in the morning is the real worship to the Sun God. The Sun God is the source of energy to all. Surya-Namaskar as it literally translates from Sanskrit, is a sequence of Yoga exercise performed in worship of Surya, the Sun God. It is a Unique system which is handed over by the Hindu Sages of the past for the development of individuals body, mind and soul.

Surya Namaskar is a series of twelve postures performed a single graceful way. Each movement is Coordinated with the breath. It is an all round exercise for the young and all men and women mantras – There are 12 mantras with four parts to each mantra, The first part is the chanting of Aum. The chanting of Aum mantra activates stomach, heart, brain and the overall body / mind, thus creating vibrations in the associated chakras.

Digestion, respiratory and sensory activities go thru the powerful lens of Aum turning intellect and memory into sharp and powerful tools. Second part is the Chanting of bija mantra. There are six bija mantras. The third part is a part of a Rik from the Rig-Veda and the fourth part is the addressing of one and the 12 names of sun.

The mantras chanted while performing the Namaskar generate minute vibrations in the body which helps and corrects functioning of all systems of glands in the body. The whole Namaskar process tones up the functioning of all systems in the body like sensory, respiratory, circulatory, digestive and nervous system. Balanced state of mind and concentration and wide memory powers also result.

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PROPER BREATHING IN SURYA NAMASKAR :-

In surya Namaskar proper breathing is very important. In all the twelve sequences while moving into them it is important to understand that the transition should be done either with inhalation or with exhalation. But one should breath with the movement and not before or after the movement. After doing this properly and with awareness we will find that entire body is being oxygenated. One can experience that the tiredness is comparatively very less. When we breath in this manner, capacity of our lungs will also increase the stamina. Longer breathing also helps in keeping the heart rate in control and keeps the mind com. The muscles which are being used during the pose will get more oxygen and therefore less toxins will be accumulated which will prevent the pain in the muscles.

SEVEN CHAKRAS AND SUN SALUTATION :-

There are seven chakras in the body. Each one represents an important centre of the bodys and minds energy, as well as different stages of spiritual development. The chakras are aligned from root to crown. The aim of yoga is to awaken and raise the energy through the body from root to crown. Then one can reach a state of bliss and enlightenment.

When prans flows smoothly through our body, the chakras spin brighters and faster, and the body and mind are in a state of perfect of harmony. Thus these seven chakras plays a very important roll in our body with the help of Surya Namaskar.

EFFECTIVE USE OF SURYA NAMASKAR :-

Sun Salutation is a powerful practice when undertaken on a regular basis, moving through the sequence of postures that make up the salutation stimulates every major muscle group in the body and increases circulation. Surya Namaskar is experienced on three levels, body, mind and intellect. It works with equal force on three aspects. It gives us physical salutation is the most refined and effective movement. Meditations for health and well being ever created. Surya Namaskar can be practiced as an individual activity. Surya Namaskar stretches about 97% of the body muscles and improves the general physical fitness by strengthening the joints and ligaments, and enhances the flexibility and postures. It is also considered to have a great spiritual impact on the mind and the soul and thereby elevate the concentration level and stimulate the chakra points in the body. Surya Namaskar if performed correctly is completely safe yoga poses that do not cause any strain or injury in the body. Sun – Salutation offer a complete low – impact workout for the body. Start with four rounds (right and left) and work up to twelve. Sun Salutations combine resistance training with cardiovascular training.

Sun Salutation Stimulate and condition all systems in the body. They strengthen all major muscles improve balance and flexibility, oxygenate the blood, strengthen the heart and ventilate the lungs improve digestion, and if breath is co ordinated with the movements, improve memory.

PHYSICAL BENEFITS OF SURYA NAMASKAR :-

The obvious advantage of Sury Namaskar is the workout it provides for the muscles, but it also benefits joints, ligaments and the Skeletal system by improving positive flexibility and balance. While performing Surya Namaskar the breathing exercise gives more oxygen to your lungs. The rhythm of breathing become deep and clear. It carries more oxygen to the parts of your body. Surya Namaskar is good for digestive system and the nervous system. It stimulates the lymphatic system and support respiratory system. It is scientifically proved that, twenty four Surya Namaskar if done properly, are equal to fit hundred sit-ups / pull ups. One Surya Namaskar consumes 02.30 Kcal. This exercise burns out a lot of calories and reduces body mass and body weight.

MENTAL BENEFITS OF SURYA NAMASKAR :-

The mental benefits of Sun Salutation are similar to meditation, After performing the Sun Salutation, it is relaxing and rejuvenating and tension, stress and anxiety meld away Surya Namaskar is form of worshipping God by meditating on the sun the energy provider. Surya Namaskar is useful in achieving concentration. It reduces tension, built-up and promotes relaxation of the whole body.

Spirituality :- Surya Namaskar will provide health benefits for individuals regardless of their level of interest its spiritual benefits or their religious benefits. Surya Namaskar will help us to achieve sense of well being and purpose. It is a spiritually uplifting exercise and promotes a keen awareness of the inter



connectedness of your mind and breath.

The reality is that the Sun-Salutation is simply a down – to – earth, almost mundane – looking sequence of yoga posture that can below some rather extraordinary fitness benefits.

CONCLUSION :-

Surya Namaskar is a holistic exercise that provides physical health benefits as well as mental and spiritual benefits. Hence, it has been rightly called 'Sarvang Sundar Vyayam' or the best all round exercise.

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