

**HEALTH BENEFITS OF SURYA NAMASKAR****\*Dr. J P Chaudhary, \*\*Dr. Kavita, \*\*\*Dr. Anupam Pathak**

\*PG Scholar Department of Swasthavritta & Yoga, Sri Ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.

\*\*PG Scholar Department of Dravya Guna, Sri Ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.

\*\*\*Professor & H.O.D. Dept. of Swasthavritta & Yoga, Sri Ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.

\*Corresponding Author: Dr. J P Chaudhary

\*PG Scholar Department of Swasthavritta & Yoga, Sri Ganganagar College of Ayurvedic Science & Hospital, Sriganganagar Rajasthan.

DOI: <https://doi.org/10.17605/OSF.IO/DJ2SQ>

Article Received on 21/09/2020

Article Revised on 11/10/2020

Article Accepted on 31/10/2020

**ABSTRACT**

“Surya Namaskar” is a *sanskrit* word which means obeisance or prostrations (*Namaskar*) to the *sun* (*Surya*). It implies that one should rise before sun rise (in *Brahama muhurat*- 1:45 Hours before sunrise) in order to do this exercise or pay obeisance to the rising sun. Of course this exercise is good no matter what time you may do it, but it is best done while the stomach is empty. It is a *yogic* exercise which consists of twelve postures, one following another, in a fixed, cyclic order to ensure improvement and good health in one’s digestion, agility, rejuvenation, beauty and longevity. It will also help one to lose weight and trim the waist. There is no equipment to buy. You just need a little space in your apartments or home.

**KEYWORDS:** *Surya namaskar, yoga postures.*

**INTRODUCTION**

*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.

The health benefits of *surya namaskar* have been discussed here.

**Aids in weight loss**

Fast paced *surya namaskar* is similar to physical aerobic exercises that help in weight loss regimen. The yoga postures followed in *surya namaskar* have a great dynamic quotient that can aid in weight loss.

**Improves cardiovascular health**

*Surya namaskar* helps improve blood circulation and strengthen the heart’s function. It also enhances the resting cardiovascular parameters such as systolic blood pressure, diastolic blood pressure and pulse pressure.

**Enhances respiratory functions**

Practicing *surya namaskar* can improve pulmonary function parameters such as forced vital capacity, forced expiratory volume (in the 1<sup>st</sup> second), and peak expiratory flow rate. Besides respiratory pressure parameters, maximum inspiratory pressure and maximum expiratory pressure (used to assess respiratory muscle weakness) are enhanced with the daily practice of *surya namaskar*.



### Stimulates 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.

### Aids in digestion

The yoga postures of *surya namaskar* involves successive elongation and compression of the body including the digestive tract organs. Regular practice of *surya namaskar* helps stimulate the abdominal muscles and digestive fluids, thereby easing fecal excretion.

### Relieves stress

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

### Caution

If however, you begin to feel short-breathed or dizzy, then take a break. Also pregnant women should not practice it, but can continue it during their periods because it can help in digestion and the inflow of energy and outflow of waste.

### 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 maintaining proper & healthy secretions of hormones from different endocrine and exocrine glands.

Due to the various health benefits of *surya namaskar*, it could be recommended to patients.

### REFERENCES

1. Bhavanani AB, et al. *Int J Yoga*, 2011; 4(2): 71-76.
2. The art of living. Benefits of *surya namaskar* (sun salutation). <https://www.artofliving.org/en/benefits-sun-salutation>. Accessed march 6, 2019.

3. Rishikul Yogshala. Top 10 excellent benefits of sun salutations. <http://www.rishikulyogshala.org/top10-excellent-benefits-of-sun-salutations/>. Published January 27, 2018. Accessed march 6, 2019.
4. Chatterjee S, mondal S. Evid bases complement alternat med, 2014; 2014: 240581.