

Surya Namaskar: Start Your Day with Surya Namaskar

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Abstract

Yoga is a spiritual science for the integrated and holistic development of physical, mental and spiritual aspects of our being. Yoga is extremely beneficial for people of all ages. Yoga enhances strength, flexibility and preventing senescence and age-related diseases. In ancient books of Yoga has described enough formulation or Yogic Kriyas that help continue with good health. Numerous scientific studies have reported beneficial physiological changes after short- and long-term yoga training. Suryanamaskar (SN) is an integral part of modern yoga training and may be performed either in a slow or rapid manner. Surya Namaskar or Sun Salutation is a sequence of 12 powerful yoga poses. Besides being a great cardiovascular workout, Surya Namaskar is also known to have an immensely positive impact on the body and mind. Surya Namaskar is best done early morning on an empty stomach. Each round of Sun Salutation consists of two sets, and each set is composed of 12 yoga poses. Besides good health, Surya Namaskar also provides an opportunity to express gratitude to the sun for sustaining life on this planet. This paper emphasizes on health benefits of Surya Namaskar and its positive impacts on mind and body.

Keywords: Surya Namaskar, body and mind, Sadhan and Breathing. Surya Namaskar aims to promote health.

Introduction

Surya Namaskar, Salute to the Sun or Sun Salutation, is a practice in yoga as exercise incorporating a sequence of some twelve gracefully linked asanas. . **Surya Namaskar** is designed to access the ethereal energy that exists all around us. Every morning at dawn, the air is filled with prana shakti, or life energy. When performed facing east during the first rays of the morning sun, breathing correctly and chanting the mantras, one experiences a phenomenal affect on the mind, body and spirit. Historically, the sequence of poses now known as Surya Namaskar may have developed from an early sunrise practice honoring Surya as the source of energy and light for the world. In the 1920s, the Raja of Aundh introduced a fixed sun salute series into the schools of his tiny kingdom (now part of Maharashtra) and published a small book, urging every man, woman, and child to adopt this practice for the sake of their physical and spiritual health. Surya namaskar is not a physical exercise. It is something much more profound, which needs deep understanding of Sanskrit Vedic literature and Sanatana Dharma. It is a complete Sadhana, inclusive of Yogasana (exercise) , Mantra (sound longitudinal waves) , Pranayama (breathing) and Chakra meditation (scalar energy vortex transceiver) .

The Sanskrit language says:

आदित्यस्य नमस्कारं ये कुर्वन्ति दिने दिने।
जन्मान्तरसहस्रेषु दारिद्र्यं नोपजायते।।

Aadityasya namaskaram ye kurvanti dine dine |
Janmaantarsahasreshu daridryam nopajaayate||

Meaning: It is said that the person who does Surya Namaskar is untouched by poverty for his thousand lifetimes.

Incredible benefits of Surya Namaskar (Sun Salutation):

- Helps maintain cardiovascular health, it control blood pressure of body and correct irregularity of heartbeats. If practiced regularly for some time it can bring down the high sugar levels of blood and reduce the risk of heart attacks.
- Stimulates the nervous system.
- Helps in stretching, flexing and toning the muscles.
- An excellent exercise for weight loss management.
- Strengthens the immune system.
- Enhances cognitive functions.
- Improves overall health, strengthens the body and relaxes the mind.

Surya Namaskar Steps to Follow:



Step 1. Om Mitraaya namahaa, Pranamasana (Prayer pose)

Stand at the edge of the yoga mat. Keep your feet together so that your body weight is balanced equally on both the feet. Relax your shoulders. Breathe in and bring your arms up and palms together to make prayer pose while breathing out.

Step 2. Om Ravaye namahaa, Hastauttanasana (Raised arms pose)

Breathing in, lift the arms up and back, keeping the biceps close to the ears. In this pose, the effort is to stretch the whole body up from the heels to the tips of the fingers.

Step 3. Om Suryaaya namaha, Hastapadasana (Standing forward bend)

Breathing out, bend forward from the waist keeping the spine erect. As you exhale completely, bring the hands down to the floor beside the feet.

Step 4. Om Bhaanave namahaa, Ashwa Sanchalanasana (Equestrian pose)

Breathing in, push your right leg back, as far back as possible. Bring the right knee to the floor and look up.

Step 5. Om Khagaaya namahaa, Dandasana (Stick pose)

As you breathe in, take the left leg back and bring the whole body in a straight line.

Step 6. Om Pushane namahaa, Ashtanga Namaskara (Salute with eight parts or points)

Gently bring your knees down to the floor and exhale. Take the hips back slightly, slide forward, rest your chest and chin on the floor. Raise your posterior a little bit. The two hands, two feet, two knees, chest and chin (eight parts of the body) should touch the floor.

Step 7. Om Hiranyagarbhaaya namahaa Bhujangasana (Cobra pose)

Slide forward and raise the chest up into the Cobra pose. You may keep your elbows bent in this pose with the shoulders away from the ears. Look up at the ceiling.

Step 8. Om Marichye namahaa, Adho Mukha Svanasana (Downward facing dog pose)

Breathing out, lift the hips and the tailbone up to bring the body into an inverted 'V' pose.



Step 9. Om Aadityaaya namahaa, Ashwa Sanchalanasana (Equestrian pose)

Breathing in, bring the right foot forward in between the two hands. The left knee goes down on the floor. Press the hips down and lookup.

Step 10. Om Savitre namahaa, Hastapadasana (Standing forward bend)

Breathing out, bring the left foot forward. Keep the palms on the floor. You may bend the knees, if necessary.

Step 11. Om Akaarve namahaa, Hastauttanasana (Raised arms pose)

Breathing in, roll the spine up. Raise the hands up and bend backward a little bit, pushing the hips slightly outward.

Step 12. Om Bhaaskaraaya namahaa, Tadasana (Mountain Pose)

As you exhale, first straighten the body, then bring the arms down. Relax in this position and observe the sensations in your body.

This completes one set of Surya Namaskar. Complete the round by repeating the steps. Only this time, start with taking the left foot behind in step number 4 and bringing the right foot forward in step number 10. Once done, you would've completed one round of Surya Namaskar.

It is a good idea to do at least 12 rounds of Surya Namaskars daily (one set consists of two rounds). However, as a beginner to this yoga practice, you could start with two to four rounds and then gradually go up to as many as you can comfortably do (even up to 108 if you can!) Ideally, the practice is done in sets.

Can I do surya namaskar in periods?

Surya namaskar (Sun Salutation) can be practiced if there is no heavy bleeding or cramping. But it should not be performed in a fast manner. Chandra namaskar (Moon Salutation) is another alternative which is more soothing, harmonizing and calming at this time and helps to cultivate the feminine aspects.

Conclusion

Surya Namaskar, also known as 'The Ultimate Asana', strengthens your back as well as your muscles and brings down blood sugar levels. It also improves metabolism and blood circulation (hence, a glowing skin) and ensures regular menstrual cycle for women. suryanamaskar is effective in leading like physical relaxation, mental quiet, at ease/peace, rested and refreshed, strength and awareness and joy and reduces sleepiness, somatic stress, worry and negative emotion at a dispositional level. It is particularly beneficial for them who can't find much time for exercise, because it takes very little time to perform Surya Namaskar. For 12 Round it take around 20-30 minutes and it is sufficient for a normal person. This is most suitable for modern society. 'If one does Surya Namaskar daily he/she needs not to practice any other exercise or Yogasana.

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