



THE IMPACT OF SUN-SALUTATION ON HUMAN BODY, MIND AND SOUL

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Abstract: The Sun- Salutation, called Surya Namaskar, exerts a great impact on human body, mind and soul. It is a way to a healthy life. It is a sort of yogic exercise. Human being is a tri part being. Human being has a body, mind and soul, integrated the being. Surya Namaskar is a tool to keep human mind, body and soul healthy. Physiological, psychological and spiritual systems of human being must function well enough to support the specific activities. Nowadays, most the people are turning towards yoga to get rid of mental, physical and spiritual problems. Yoga possesses the power, which offers a holistic mind, body and soul therapy. It manages mental stress in an unbelievable way. The mental stress is one of the root causes of the cardiac ailments. Yoga helps the anxiety- stricken subdue the fundamental physiological arousal level. Common people who perform yoga enjoy sound mental health, mood and sense of self-motivation, and sense of spiritual bliss. They also enjoy good physical health. Surya Namaskar or Sun- Salutation is a simple yogic exercise, which supplies enormous health advantages. Surya Namaskar is a sequence of yogic postures accompanied by chants that together comprise a complete yoga called Sun Salutation. It is a series of twelve physical postures. The alternative backward and forward bending. Postures flex and stretch the spinal column through their maximum range giving a deep stretch to the whole body. S. N. is conducive to the promotion of sleep and serenity of mind, the flexibility of the corporal frame, the strength of abdomen muscle, and the capacity of human organs. Surya Namaskar is a worship system of worshipping the Sun God- Surya. This is a long cherished tradition in India since the time immemorial.

Keywords: S.N., Yoga, Mind, Body, Soul, Postures, Tradition, India

Introduction:

There has been a long cherished rich tradition of yoga practices in India since the time immemorial. Healthcare professionals have started to pay attention to yogic exercises, and meditative yogic pastures in the present scenario. There seems to be an increase in in scientific researches in yoga due to its therapeutic aspects. Various aspects of yogic exercises are being explored now days. The solution to the Sun god is also a part of the traditional yogic practices (Bharkar et.al.2008).

Very few yoga exercises are as good as the salutation to the Sun, and it has chiefly 12 exercises. Each one of them has various postures, and those exert an enormous impact on the human, body, mind and soul. Suryanamaskar leads to a healthy human life, which is socially accepted, and brings about mental relaxation, physical fitness, emotional equilibrium and spiritual awareness. It creates the sense of worship in mind and its words, chanted as incantations, have spiritual power to purify mind and spirit.

The impact of Surya Namaskar on the Body of Human being-

The Salutation to the Sun exerts an enormous influence on Respiratory system; Digestive system and Muscular build of the human being. Surya Namaskar is one of the type's aerobic yogic exercise, and it includes not only Yoga postures but also the process of respiration. During the performance of the SN the requirement of profound respiration is felt. If it is exercised regularly in the fresh environment, the respiratory muscles become stronger and stronger, the excursions of diaphragm increases more and more along with lungs and thoracic compliance.

The increase of the oxygen content in the blood improves the vitality, cellular function and the function of the body and brain. SN prevents T.B. and Asthma. The practice of SN improves cardio-respiratory efficiency for patients and for healthy people (Pratima M. Bhutkar et.al (2008).

Besides, the systematic practice of SN exercise its influence on the activities of the digestive system by virtue of the alternative

stretches and compressions of abdominal organs. It is conducive to prevent digestive diseases such as gastric and stomach ulcers etc.

Moreover, the practice of SN exerts a direct impact on the human muscles, and brings about an improvement in the shape, size, strength, endurance and the flexibility of muscles.

The impact of Surya Namaskar on the mind of Human beings-

The Salutation to the Sun may be regarded as the meditation in the movement of the body. It enhances the mental concentration, and reduces depression, anxiety, and stress. It increases the quantity of good mood and neurotransmitters like Serotonin. The increase in the coordination of the body and mind is good for the aged. Thus, it prevents the risk of cardiac ailments, and increases memory. It creates the serenity of the mind.

The impact of Surya Namaskar on the soul of Human being-

Suryakriya, a starting point in SN elevates the human soul. SN is a mode of the worship of Sun. Sun Salutation has evolved out of Surya Kriya, which is a refined process that needs enormous attention in terms geometry of the body. While Surya Namaskar is a salute to the Sun and brings balance between Ida and Pinda or the masculine and feminine within, it also activate SmathPrana which is the manifestation of the Sun's energy in the body. Therefore, Surya Kriya has intentions that are more spiritual and connotations that are more powerful attached to it. As it is the worship of the Sun god, many Muslims avoid SN. They think that it is an idolatry. However, the worshippers of the Sun in various faiths and folds think that SN is a means of attaining virtue in the Soul directly from the god Sun.

Twelve Postures of SN-

1. Pranamasana (Prayer pose): Stand erect at the edge of your mat with feet together. Expand your chest and relax your shoulders. Now bring both your arms in front of the chest and join them in a prayer position. This posture induces a state of relaxation and calmness.

2. Hastauttanasana (Raised Arms pose): Inhale, lift the joint hands up and back pushing the pelvis forwards so that the biceps are close to your ears and the back is arched, stretching the whole body. This posture stretches the chest, abdomen and spine and lifts the prana (energy) upwards to the upper parts of the body.

3. Hasta Padasana (Hand to Foot pose): Exhale and bend forwards from the waist, keeping the spine erect. Now place both the hands on the floor beside the feet. This helps massage the abdominal organs like liver, kidneys, pancreas, uterus, ovaries and cause a good flow of blood to the brain.

4. AshwaSanchalanasana (Equestrian pose): Inhale, push the left leg back as far as possible and drop it to the ground. The right knee is bent in between both the hands. Lift the spine, open the chest and look up.

5. Parvatasana (Mountain pose): Exhale and bring your left leg back to the right, parallel to the ground and simultaneously push your hips up, keeping the arms and legs straight. Lower your head between the arms forming a mountain-like pose and try touching the heel to the floor. This pose helps strengthen the arms, calves, legs and nerves. Take a deep breath while in the posture.

6. AshtangaNamaskara (Salute with Eight Parts/Points): Exhale and gently drop both knees to the ground, slowly slide the body down. Bring the chest and chin to the ground. All toes, knees, chest, hands and chin should touch the floor. The butts should be up. Hold your breath. This posture develops the chest and strengthens arms.

7. Bhujangasana (Cobra pose): On inhalation, lower the hips while pushing the chest forward and upward, elbows are bent so that the spine is arched and head is facing up. This posture helps relieve tension in the back muscles and spinal nerves.

8. Parvatasana (Mountain pose): Exhale and resume to posture 5.

9. AshwaSanchalanasana (Equestrian posture): Inhale and bring the right leg in front between the hands. Left leg remains back like posture 4.

10. Padahasthasana (Hand to Foot pose): Exhale, bring the left foot forward, join both the legs and resume posture 3.

11. Hastauttanasana (Raised Arm pose): Inhale, raise the arms up and resume posture 2.

12. Pranamasana (Salutation pose): Straighten the body, join arms in front of the chest and resume posture 1.

Twelve Omkaras with relevant incantations-

- 1) OM MITRAY NAMAHA
- 2) OM RAVAYE NAMAHA
- 3) OM SURYANAMAHA
- 4) OM BHANAVE NAMAHA
- 5) OM KHAGAYA NAMAHA
- 6) OM PUSNE NAMAHA
- 7) OM HIRANYAGARBHAY NAMAHA
- 8) OM ADITYA NAMAHA
- 9) OM SAVITRE NAMAHA
- 10) OM ARKAY NAMAHA
- 11) OM BHASKARAYE NAMAHA
- 12) OM SAVITRASURYANARAYANA NAMAHA

According to Hindu Theology, the utterance OM is significant. The utterances of names are also significant.

Conclusion:

We found that the various types Yoga postures of Sun Salutation with the pranayama practices exerts influences on human body, mind and soul. Surya Namaskar, a part of Yoga, bears an ancient history from the Vedic period. In the olden days, it was merely performed by holy men. SN makes a matchless dimension to Yogic exercise, energizing body, mind and spirit by virtue of the collective stimulation, relaxation, and sense creation modes. Human physiology, psychology and Divinity, all of them, have stress and relaxation responses respectively. SN controls the body, mind and the soul of human beings. It may be used as a therapy for several serious ailments.

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