



REVIEW OF RESEARCH

ISSN: 2249-894X

IMPACT FACTOR : 5.7631 (UIF)

UGC APPROVED JOURNAL NO. 48514

VOLUME - 8 | ISSUE - 9 | JUNE - 2019



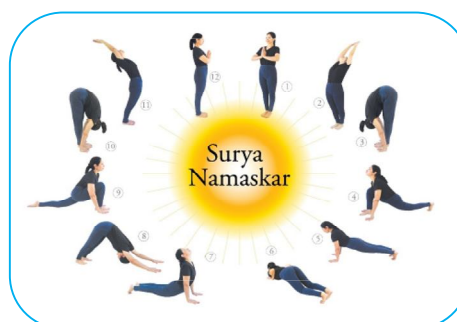
KEY TO HEALTHY SOCIETY: TWELVE POSES OF SUN SALUTATION

Ranjana Prasad

Assistant Professor, Physical Education, Christian Training College, Lucknow.

ABSTRACT:

Yoga is directly connected to fitness, health and stress management. Yoga is an immensely rich and highly complex spiritual tradition. It means to join the individual soul with the universal soul. Yoga has become more popular nowadays because people realizing its importance and the key to the cure of modern day stress lies in Yoga. Sun salutation is a very versatile yoga pose. One such practice is the sun salutation. The benefits of doing Sun Salutation everyday go much beyond just weight loss. Sun Salutation daily is an increase in energy levels. Ideally, sun salutation should be done outdoor while basking in the early morning sunlight. This allows you to absorb the sunlight and your melatonin levels rise. This is basically a hormone that helps to get rid of sleepiness. It has same spiritual significance too.



KEYWORDS: Sun Salutation, Flexibility, Concentration, Intuition.

INTRODUCTION ABOUT SUN SALUTATION:

The name Surya Namaskar is from the Sanskrit word Surya 'Sun' and Namaskar 'greeting' or 'Salute'. Surya is Hindu god of the sun. This identifies the sun as the soul and source of the life. The Sun Salutation can be a very good workout for the cardiovascular during a fast pace. On the other hand it can be very relaxing and reflective when yoga postures are executed at a slower pace. Nonetheless, it is enjoyable to perform salute to the sun either way. Your body will surely stretch and

become flexible with regular practice. Sun Salutation is an ancient technique of praying respect to the sun and constitutes 12 different postures. It is a form of expressing gratitude to this source of all life on the planet.

Purpose of Sun Salutation

This sun salutation will improve blood circulation, purify your blood and strengthen the physical body. The lungs, digestive system as well as muscles and joints will all benefits from practicing sun salutation.

Steps of Sun Salutation:

Step 1: Prayer Pose - Pranamasana

Execution:

1. Stand toward the finish of your tangle, keep your feet together and disseminate your weight on the two feet similarly.
2. Open your chest and simply loosen up your shoulders.
3. Breathe in and lift your arms up from the sides.
4. Exhale and unite your palms in a supplication position before your chest.

Step 2: Raised arms pose - Hastauttanasana

Execution:

1. Breathe in and lift your arms

up and back.

2. Make sure that your biceps are near your ears.
3. Make exertion to extend your entire body beginning from the heels up to the fingertips.

Step 3: Hand to foot pose- Hasta Padasana

Execution:

1. Breathing out and twist forward from your midriff while keeping your spine straight.
2. Exhale and totally bring your hands down to floor adjacent to your feet.

Step 4: Equestrian Pose- Ashwa Sanchalanasana

Execution:

1. Breathing in and drive your correct leg beyond what many would consider possible.
2. Bring your correct knee to the floor and gradually gaze upward.
3. Press your hips down then turn upward.

Step 5: Stick Pose - Dandasana

Execution:

1. Breathe in and take your left leg back.
2. Bring your entire body in a straight line.

Step 6- Salute with eight parts or points- Ashtanga Namaskara

Execution:

1. Gradually bring your knees down to the floor and exhale.
2. Slightly take your hips back and slide forward.
3. Relax your chest and chin on the ground.
4. Elevate your posterior a little bit.

Step 7- Cobra Pose- Bhujangasana

Execution:

1. Slide forward and raise your chest up into the cobra pose.
2. Keep your elbows bent and fixed in this pose.
3. Keep your shoulders away from your ears.
4. Slowly look up.

Step 8- Mountain Pose- Parvatasana

Execution:

1. Breathe out and lift your hips just as your tail bone up.
2. Put your chest downwards to make a rearranged V present.

Step 9: Equestrian Pose- Ashwa Sanchalanasana

Execution:

1. Breathe in and bring your right foot forward in between two hands.
2. Bring your left knee down to the ground.
3. Press your hips down then look up.

Step 10- Hand to foot pose- Hasta Padasana

Execution:

1. Breathe out and present your left foot.
2. Keep your palms on the ground.
3. You can twist your knees, on the off chance that you feel some uneasiness.

Step 11- Raised Arms Pose- Hastauttanasana**Execution:**

1. Breathe in and roll your spine up.
2. Make your hands go up bend backwards a little bit.
3. Push your hips slightly outward.

Step 12- Standing Mountain Pose- Tadasana**Execution:**

1. Exhale and first straighten your body.
2. Bring your arms down.

Based on Science:

“All our emotions get stored in the solar plexus. It is also the point of where one’ gut feeling arise. The size of the solar plexus is said to be like that of a small gooseberry. However, for those who do yoga and meditation, it become three to four times larger than the normal size. The more expanded your solar plexus, the greater is your mental stability and your intuition”

Sri Sri Ravi Shankar

When to do.....

One can do sun greeting whenever of the day. Notwithstanding, it is the best to do it at dawn. This is when sun beams help renew the body and invigorate the brain. There are benefits at different occasions of the day as well. On the off chance that you do it toward the evening, it invigorates your body right away and at nightfall, it helps your loosen up.

Sun Salutation for Children:

With merciless challenge all over the place, there has been an abrupt increment in youngsters battling with pressure and uneasiness. Sun welcome helps quiet the brain improves fixation and perseverance. It decreases the sentiment of nervousness and anxiety, particularly during tests. Normal act of sun greeting likewise invigorates and imperativeness to the body. It is an extraordinary exercise for their developing muscle. It improves spine’s adaptability and appendages of youthful yearning competitors. Indeed, even five years of age's can rehearse Sun Salutation day by day.

Sun Salutation for Women:

Sun Salutation can do what long periods of slimming down can't. Subsequently it is favoring for wellbeing – cognizant ladies. This is a simple and normal approach to remain fit as a fiddle. A portion of the Sun Salutation presents loses additional fat around the midsection. They do this by invigorating slow organs, similar to the Thyroid organ, including it to increment hormonal emissions. Normal act of Sun Salutation can likewise help direct unpredictable menstrual cycle and aid labor. At last, it enables your face to gleam, counteracts wrinkles and causes you to seem ever-enduring.

Sun Salutation Enhances Intuition:

Regular practice of Sun Salutation and meditation helps the almond – sized solar plexus becomes palm – sized one. This expansion of the solar plexus helps develops your intuitive ability, making you more focused. On the other hand, contraction can lead to depression and other negative tendencies.

Practice at any Pace:

These 3 speed variation can help you get optimum benefits of Sun Salutation:

1. **Slow pace:** It helps to make your body flexible.
2. **Medium pace:** It helps to tone yours muscles.
3. **Fast pace:** It acts as an excellent cardiovascular workout and helps in weight loss.

Benefits of Sun Salutation for Different Games:

It helps in.....

1. **Stretching:** You have to do stretching before every exercise or else you can get nasty muscle pulls. Sun Salutation serves as an excellent stretching exercise before the more intense poses of yoga.
2. **Lose weight:** Apart from exercising every single muscle in your body, the Sun Salutation also helps to improve the functions of the thyroid gland. If your thyroid gland is sluggish, you tend to pile on weight.
3. **Posture n Balance:** Sun salutation helps to correct posture related problems and improves the internal balance of your body. But doing the sun salutation every day you can get rid of your bad posture related aches and pains.
4. **Improves Digestion:** One of the main grips of modern life a chronic indigestion problem. Doing the Sun Salutation every day helps you to improve the power of your digestive system. It helps you to release trapped gases in your stomach and helps secretes more digestive enzymes.
5. **Helps You Get Strong Bones:** The Sun Salutation has a spiritual significance and that is why it should be done facing the early morning Sun. this helps you absorb Vitamin D so that calcium can be deposited on your bones.
6. **Releases Stress:** Stress has the capacity to cramp up every single muscle in your body. While doing Sun Salutation you have to practice deep breathing and this help you release a lot of stress. It also calms your mind and helps you cope with anxiety on a daily basis.
7. **Improves Bowel Movements:** The forward bends that you have to do helps to prevent constipation and piles related problems. It makes you relax your bowel movements regular.
8. **Cures Insomnia:** Sleep problems are the most prevalent among young adults these days. Doing the Sun Salutation helps you relax so that you can sleep better at night.
9. **Improves Blood Circulation:** While doing the Sun Salutation you are using every single part of your body. This ensures that you improve your blood circulation helping you to be more energetic throughout the day.
10. **Regulates Menstrual Cycles:** Many young women these days suffer from irregular menstruation. Doing Sun Salutation on a daily basis helps to regulate the menstrual cycles and eases childbirth. It certainly improves your chances of having a natural birth and balances the female hormones.
11. **Radiant Skin:** As a byproduct of good circulation and healthy bowel movements, you also get great skin by doing the Sun Salutation regularly. Glowing skin and natural defense to wrinkles can be had by practicing this yoga poses.
12. **For Healthy Hair:** Surya Namaskar improves blood circulation to the scalps, thus preventing hair loss. The increased blood circulation nourishes the head and there is a healthy growth. Different poses helps prevent graying of hair.
13. **Spiritual Significance:** Yoga is a workout for the soul as well as the body. Surya Namaskar helps balance the three main constitution of the body; Vata, Pitta, and Kapha. This gives an internal spiritual balance that rides you through all kinds of stress and improves your immunity.

CONCLUSION:

Enjoy your practice of Surya Namaskar. Of course, it is important to do some gentle warm- ups before practicing. Perform your Sun Salutations at the East direction in the morning whereas West direction if you are executing it in the evening. Keep some sense of gratitude and smile on your face while doing your Salute to the Sun yoga sequences. Most important, it is vital to remember that you need to have grace, perform it at a slow pace and do it with awareness on your breath. Your breathing should always be natural. It is essential to comprehend the science behind this antiquated strategy. This will assist you with moving toward this amazing yoga practice with the correct standpoint. Antiquated sages of India have said various energies oversee various pieces of the body. For example, the sunlight based plexus situated behind the navel is associated with the sun. Normal act of sun greeting improves the sun oriented plexus. This, thus, expands your imagination, natural capacities, basic leadership, administration abilities and certainty. This is the reason the act of sun greeting is profoundly suggested.

REFERENCES:

1. www.google.com
2. www.artofliving.org
3. www.boldsky.com