

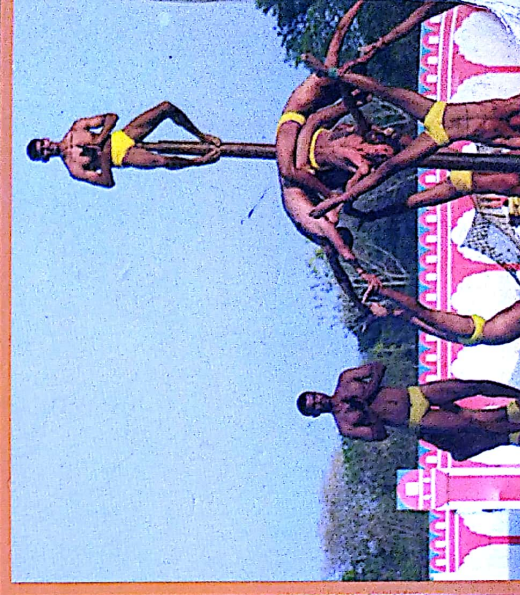
UGC Sponsored National Conference
on
Current Trends in Physical Education & Yoga
(CTPEY-2018)

on
16 February, 2018



ISBN -978-81-9232487-7-3

Edited by :
Dr. R. B. Kadam
Dr. B. L. Ghayal



44	Social Harmony And Sports - Dattatraya Mahadeo Birajdar	158
45	Physical Education And Yoga - Dr. Deelip M. Kale	160
46	Depression Level Among Athlete And Non-Athlete Students: A Comparative Study -Aijaz Ahmad Shah, Dr. Juzar Singh Siledar	162
47	Mental Health - Mohd. Altaf Bhat, Dr. Jadhav Balaji, Ridhwan ul Ramzan Scholar	165
48	Role Of Yoga For Stress Management - Dr.Baliram D. Lad, Mr.Mahesh S. Kakde	168
49	Yoga And Stress - Dr. Mane B W	171
50	Yoga In Physical Education- Dr. Nirajkumar N. Uplanchwar	174
51	Sports With Time Management - Dr.Abhijit S. More, Dr. D. D. Bachewar	176
52	Role Of Yoga At College & University Level, The Facts Dr Nagnath Gajmal, Dr Jyotiram Chavan	180
53	Need And Importance Of Yoga During Adolescence Age - Dr. Kunturwar V. S.	182
54	Effect Of Surya-Namaskara Exercise On Body Health Fitness And Wellness - Dr. Dhondge S. R.	184
55	Approaches Towards Surya Namaskara - Ancient And Scientific Path Way In Human Life - Mr. Hemant T. Shinde, Dr. U. L. Sahu	189
56	Yoga & Stress Management - Dr. Lokare Gurudas Adinath	193
57	Techniques And Benefits Of Surya Namaskar - Dr. Anurag Sachan, Mrs. Geeta, Dr. Suresh Kumar Malik	195
58	आरोग्य संवर्धनात योगाची भूमिका : एक चिकित्सक अध्ययन- प्रा.किरण किशनराव येरावार	198
59	आरोग्यदायी जीवनाचे प्रभावी घटक- डॉ. जुझारसिंघ निर्मलसिंघ सिलेदार	204
60	समाज के स्वास्थ्य में योग की भूमिका- Dr. Phad L.H.	207
61	शरीर धारणेवर परिणाम करणारे घटक-डॉ. जायभाये नारायण निवृत्ती, डॉ. केंद्रे तातेराव एकनाथ	210
62	योगाचे महत्व-श्री मोरताटे रघुनाथ भिमराव	212
63	योगा निरोगी जीवनाची गुरुकिल्ली-प्रा.मुंडे दत्ता रामकिशन	215
64	शारीरिक शिक्षणाचे महत्व-प्रा.डॉ.देवकते उत्तम शेषराव, प्रा. डॉ. देवकते एस.पी.	217
65	शारीरिक शिक्षण व्यायाम आणि योग.-प्रा.डॉ.जाधव धरमसींग गेमसिंग	220
66	योग अभ्यास आणि ताण तणावाचे व्यवस्थापन-डॉ. डुमनर विठ्ठल हुलाप्पा	222
67	खेळाडू आणि मानसिक ताण- डॉ. सिकंदर देसाई, वाघमारे मिलिंद विश्वनाथ	225
68	खेळात पत्रकारितेची भूमिका-प्रा.वाकनकर गोविंद बन्सीधरराव	227
69	व्यक्तीच्या मानसिक आरोग्याचा संशोधनात्मक अभ्यास -प्रा.डॉ. वाघमारे खुशाल पांडुरंग	231
70	शारीरिक, मानसिक आणि सामाजिक आरोग्याचे घटक-डॉ. एकंबेकर संजीव केशवराव	235
71	क्रीडाक्षेत्राच्या विकासामध्ये प्रसारमाध्यमाची भूमिका-प्रा.जोधळे एस.एम.	240

Approaches towards Surya Namaskara - Ancient and Scientific Path Way in Human Life

Mr. Hemant T. Shinde

Department Physical Director,
Toshniwal Arts, Commerce and Science College,
Sengaon, District Hingoli, (M.S).

Abstract

What is Surya Namaskar? Surya Namaskara is a classical series of 12 physical postures. These alternating backward and forward bending postures flex and stretch the spinal column through their minimum range giving a profound stretch to the whole body. It is considered as the best exercise for human body. Suryanamaskara consists of important Yoga asanas and Pranayam. Surya Namaskar helps to support sleep and coolness, improves muscles elasticity and flexibility, strengthens abdominal muscle and improves the human body resistivity etc. The mantras, Beja Mantras, which are chanted before practicing are also very useful. The all twelve stages of Surya Namaskara and its every hymn has specific benefits and scientific value.

Keywords: Surya Namaskara, , Chakra, Inhale, Exhale, Asana

Objectives

- To study the time taken and intensity of exercise in different postures of Surya Namaskar by the Yoga practitioners.
- To observe the energy cost and different cardio respiratory changes during the actual performance of Surya Namaskar by the different groups.
- To observe the effect of training on various physiological responses during the performance of Suryci Namaskar by the trainees at different phases of the training throughout the year.
- To compare the blood pressure value as obtained in trainees (during Surya Namaskar) with that of Yoga Proficient and Semi-Proficient.

Dr. U. L. Sahu

Department of Geology
Toshniwal Arts, Commerce and Science College,
Sengaon, District Hingoli, (M.S).

Introduction

Surya Namaskara or Sun Salutation (Salute to the Sun) is a common sequence of Hatha Yaoga Asanas. Its origins lie in a worship of Surya, the Hindu solar diety. This sequence of movements and poses can be practised on varying levels of awareness, in corporates, asana, pranayama, mantra and chakra meditation. The physical base of the practice links together twelve asanas in a dynamically performed series. These asanas are ordered so that they alternately stretch the spine backwards and forwards. When performed in the usual way, each asana is moved into with alternate, inhalation and exhalation. A full round of Surya Namaskara is considered to be two sets of the twelve poses with a change in the second set to moving the opposite leg first through the series.

Ancient Aspect

Surya Namaskara is a golden treasury of the ancient indian culture. It has sprung from the man's deep faith in sun, the god of energy. From the vedic period, the devotion to the sun as the master of this world is customary in many world cultures. Surya Namaskaras are originally the depiction of the dame faith towards the sun. In Rigveda and Yajurveda, special rhymes are devoted to the praise of sun as following:
Sun, who gives pleasant light like a friend, Arise to-day and arise in this highest world, the everlife sky
and cure my heart disease and jaundice. Aditya hridayam is another ancient practice which involves Surya Namaskar. It is a procedure of

saluting the Sun, taught to Sri Rama by Sage Agastya, before his fight with Ravana. It is described in the "Yuddha Khanda" can to -107" of Ramayana.

Traditional Information

Early english publications record some of the ancient ways of sun salutation. In "A catalogue raisonne of oriental manuscripts (year 1860 page 246) Rev. William Cooke Taylor, noted that a short book with 71 leaves with "Tricha Kalpa Vidhi" from "Aditya Puranam" was preserved. He describe the Vidhi as "Modes of rendering homage to sun, with praise and spells. The object being health or delivery from disease. In page 148 of the same book he describes a shorter version called "LaghuTricha KalpaVidhi."

Methods and Technique of Surya Namaskar Using Mantras

Surya Namaskara, like most yogan as must be performed only on an empty stomach. It is generally practiced in the morning before breakfast or in evening. It is generally started with fewer (3 to 6) Namaskar per day and then gradually increased to 12. This can be well practised by men or women between the age of 12 to 80 on any clean place of 1 meter x 3 meter only. There are twelve postures.

Starting the (Bija Mantra) Prayer chanting
 ("Dheya h sada savitru mandala madhyawari
 Narayana sarasijasana sannivistaha
 Keyurawan makara kundalawan kiriti
 Hari hiranya-maya-vapur-dhruta shankha
 chakrah")



1. **Pranamasana:** Stand erect with feet together, join the palms together in front of the clean. Concentrate on standing

straight, steady and in prayerful attitude. Exhale fully.

(*Aum Mitraya Namah*) Anahata
Chakara

Significance: This posture helps to induce a state of introversion, relaxation and calmness.

2. **Hastauttanasana:** Inhaling stretch both arms above the head, palms facing upward. Arch the back and stretch the whole body.

(*Aum Ravaye Namah*) Vishuddhi
Chakara

Significance: This stage stretches the arms, chest and abdomen so that the muscles are toned up and deep breathing in greatly helped.

3. **Padahastasana:** exhaling, bend the body forward and down, keeping the spine straight. Avoid collapsing the chest or over rounding the upper back keep the legs straight and perpendicular to the ground. The knees may be allowed to bend a little if needed.

(*Aum Suryaya Namah*) Swadhisthana
Chakara

Significance: This posture massages the abdominal organs, especially the liver, kidney, pancreas, adrenals, uterus and ovaries. The power of digestion increases and female disorders such as prolapse and menstrual irregularities are relieved. A healthy flow of blood is sent to the spinal nerves as they are stretched and toned. The hamstring muscle at the back of thigh and calf muscles are stretched and toned. Inversion increase blood flow to the brain.

irregularities are relieved. A healthy flow of blood is sent to the spinal nerves as they are stretched and toned. The hamstring muscle at the back of thigh and calf muscles are stretched and toned. Inversion increase blood flow to the brain.

4. **Ashwa Sanchal anasana:**
 On your next inhalation, extend the left leg back and drop the knee to the ground. The

right knee is bent and kept between the hands and the right foot placed flat on the ground.

List the spine and open the chest concentric at the eyebrow centre.

(Aum *Bhanave Namah*) AjnaAekpadaad Chakara

Significance: This stage tone up the muscles of the legs and arms. The liver and spleen also

also stimulated by pressure of the respective thighs during these stages.

5. Parvatasana :

On the exhalation bring the right leg back to join with the left leg. Simultaneously raise the buttocks and lower the head between the arms, so that the body forms a triangle with the floor. Try to place the heels flat on the ground. Focus awareness at the neck area.

(Aum *Khagaya Namah*) Vishuddhi Chakara

Significance: This posture strengthens the nerves and muscles in the arms and legs, stretches the calf muscles and make spine straight. It relieves varicose vein and tones spinal nerves.

6. Sashtanga Namaskara:

Exhaling gently drop both knee to the ground and slowly slide the body down at an angle as you bring the chest and chin to the ground.

(Aum *Pushne Namah*) Manipura Chakara

Significance: This stage stimulates the thyroid gland by pressure and tones up the Abdominal muscles.

7. **Bhujangasana:** On the inhalation, lower the hips while pushing the chest forward and upward with the hands, until the spine is fully arched and the head in facing up. The knee and lower abdomen remain above the floor. Focus

the awareness at the base of spine and feels the tension from the forward pull.

(Aum *Hiranyagarbhaya Namah*) Swadhisthana Chakara

Significance: This stage gives dynamic expansion to the organs of the chest and abdomen relieving many ailments such as asthma, constipation, indigestion, kidney and liver problems. It is very helpful in relieving tension in the back muscle and spinal nerves.

8. **Parvatasana :** Exhale and get back to posture 5.

(Aum *Marichaye Namah*) VishudhiAdho Chakara

Significance: Same as posture 5.

9. **Ashwa Sanchalanasana :** Inhale and swing the right leg forward between the hands. The left leg remains back as posture 4.

(Aum *Adityaya Namah*) Ajna Chakara

Significance: Same as posture 4.

10. **Padahastasana:** Exhaling brings the left foot forwards. Join both legs and resume posture 3.

(Aum *Savitre Namah*) Swadhisthana Chakara

Significance: Same as posture 3.

11. **Hastavttanasanas :** Inhale, raise the trunk up and bend backward, resuming posture - 2.

(Aum *Arkaya Namah*) Vishuddhi Chakara

Significance: Same as posture - 2

12. **Praunamasana:** Straights the body and bring the hands in front of chest. Resume posture 1.

(Aum *Bhaskaraya Namah*) Anahata Chakara

Significance: Same as posture - 1

Scientific Aspect

The scientific aspects of Surya Namaskar are BMI significantly reduced to shows that a decrease in body fat and significant increases in muscle strength and improving

fitness. Regular practice of Surya Namaskar not only helped also improved cardio-respiratory fitness and upper limb muscle endurance and flexibility. It also maintain the stress levels and significantly lower anxiety. Practicing Surya Namaskar proved to improve quality of work as well.

Conclusion

Surya Namaskara is a common sequence of asanas. Its roots are hidden within the ancient tradition of Surya worshiping Hindu population of the Indian subcontinent. Surya Namaskara comprehensively includes asana, pranayama, mantra and meditative awareness. Different evidence-based study suggested that Surya namaskar improves metabolic function, strengthen and flexible musculoskeletal system, balances endocrinal system, tunes central nervous system, supports urogenital system and boosts gastrointestinal system. Surya Namaskar practice revitalizes body and keeps mind calm, attentive and stress-free. Most of the physiological and psychological effect of Surya Namaskar still unexplored on the scientific ground but thousand years old tradition of these yogic practices explains its immense therapeutic potential. Thus, It should be a need to incorporate Surya Namaskar practices in modern lifestyle for healthy mind and body I am sure more studies will be designed in near future to uncover the various other benefits of this multifaceted "Sarvang Sunder Vyayam".

Reference

1. Author(S) Singh, Kanwaljeet; Bal, Baljinder Singh and Vaz, Wilfred The Effect of Suryanamaskar Yogasana n Muscular endurance and flexibility among inter college Yoginis.
2. Milind V. Bhutkar, Pratima M. Bhutkar, Govind B. Taware, and Anil D. Surdi; How Effective Is Sun Salutation in Improving Muscle Strength, General Body Endurance and Body Composition? Dec 2013.
3. Pratima M Bhutkar, Milind V Bhutkar and Govind B taware and B R doddamani ; Effect of suryanamaskar practice on cardio-respiratory fitness parameters: A pilot study. 2008
4. Bryant The, Edwin F, A. Sūtras of Patañjali: Edition, Translation and Commentary. New York North Point Press ISBN 0865477361. 2009
5. Saraswati S. Suryanamaskar-A technique of solar vitalization. Munger Yoga Publications Trust. 1983
6. Hagins M, Moore W, Rundle A. Does practicing hatha yoga satisfy recommendations for intensity of physical activity which improves and maintains health and cardiovascular fitness? BMC complementary and alternative medicine. 2007; 7:40