

Suryanamaskar to Enhance Tolerance and Mental Health during the Outbreak of a Pandemic

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ABSTRACT

In the wake of pandemic blows over, entire mankind across the globe is suffering. Enhancing the body's natural defence system plays an important role in maintaining the finest health. Humans of all age bunches are getting disturbed with the current outbreak of the pandemic disease. Thus to keep up mental strength and wellness Suryanamaskar (sun-salutation) is useful. Suryanamaskar is divided into two sections comprises of various asanas (posture) alongside pranayam (breathing activity) which is useful to give physical quality and mental security. It includes 12 diverse energetic bodily moments alongside synchronized breathing which helps to provide blood circulation to every single organ present in the body. It can be acted in Slow Manner Suryanamaskar (SMS), holding each posture or can be acted in Fast Manner Suryanamaskar (FMS). It is best practiced in the first part of the day facing towards east alongside it reciting mantras, breathing, focusing chakras leads to phenomenal results. This research paper describes the benefits of Suryanamaskar to increase the immunity system, also compares the benefits of doing SMS with FMS.

Keywords: Suryanamaskar; Asanas; Pranayama; SMS; FMS

INTRODUCTION

While there is no medication for COVID-19 as of now, it will be acceptable to take preventive estimates which boost our immunity during circumstances such as the present [1]. Otherwise also it becomes quite essential to maintain our health. In this new era the technological growth is rampant. Humans of all age groups are becoming addictive to electronic devices like mobile, smart phones, laptops etc. Hence to maintain mental stability and fitness Suryanamaskar (sun-salutation) is helpful [2].

The name Suryanamaskar is from Sanskrit where Surya is "Sun" and Namaskar is "salutation". In the Vedic tradition, the sun is a symbolic of consciousness and therefore, has been worshipped daily in the Indian culture. Sun is the absolute energy which is shared by all beings equally on this planet without any dissimilarity.

This identifies the sun as the soul and source of all life. Gratitude along with Suryanamaskar can bring tremendous transformations to our lifestyle. Thus Suryanamaskar intends to bow down to the sun which is the life hotspot for this planet. In everything in and around us there is a component of sun rays. Hence gratitude towards sun can give tremendous result [3].

Today's lifestyle accentuates tensions, stress, depression, anxiety and reduction due to lack of physical exercise and increasing mental strain which is leading to increase in diseases from early stage. At the same time the amount of sedentary or semi-sedentary work is increasing due to increase in technology and labour saving devices. This has led to a situation in which mental and physical ill health is increasing. Physical strength and mental cleansing and strengthening is one of yoga's most important achievements. Asana are special patterns of postures that stabilize the mind and the body through static stretching. In today's busy schedule time is the major concerns and doing pranayama, asanas, exercise etc becomes challenging.

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In order to overcome the challenge Suryanamaskar where all in one package can be used as a strong tool to stimulate the blood circulation to whole spinal column and brain resulting in healthy and tuned system. It also helps to reduce the stress level and depression [4]. Suryanamaskar can be performed at different speeds provides different benefits when performed fast it works as cardio tonic and release stress whereas if its performed slow then it strengthens and tones the musculature and increase stamina.

MATERIALS AND METHODS

Indian tradition relates the 12 steps alongside mantras while concentrating on 5 chakras and all the while doing pranayama (breathing). Each sun salutation round comprises of 2 sets. These 12 asanas or position consists of one set of Suryanamaskar. To finish the second half one have to rehash a similar succession of stance, just moving the contrary leg in step 4 and step 9. It will be beneficial to recite mantras at every step or recite complete mantra and then perform 12 pose 8 [5].

Suryanamaskar also provides an opportunity to express gratitude to sun for sustaining life on this planet. Before beginning Suryanamaskar it becomes essential to pray to sun to gain strength, stamina, energy and fitness to the body and calm, harmony, soundness, calm and focussed mind. The mantras associated with each steps are various names of sun which acquires harmony in the body, breath and mind. The modulations and implications of the Suryanamaskar mantras make a universe of energy and force.

Table 1: Suryanamaskar five chakras and 12 pose.

Steps (Asana)	Yoga	Chakra to focus
Samasthiti asana	Inhale and exhale	Anahata (heart)
Urdhva hastasana	Inhale	Vishuddhi (throat)
Padahastasana	Exhale	Swadhisthana (sacrum)
Ashwa sanchalanasana	Inhale	Ajna (third eye)
Parvatasana	Exhale	Vishuddhi (throat)
Ashtanga namaskara	Suspend	Manipura (solar plexus)
Bhujangasana	Inhale	Swadhisthana (sacrum)
Parvatasana	Exhale	Vishuddhi (throat)
Ashwa sanchalanasana	Inhale	Ajna (third eye)
Padahastasana	Exhale	Swadhisthana (sacrum)
Hastauttananasana	Inhale	Vishuddhi (throat)
Tadasana	Exhale	Anahata (heart)

Science behind each steps in Suryanamaskar

There are 12 pose in Suryanamaskar. Let's understand in detail about each step.

Thus it becomes essential to chant mantras with gratitude. Numerous individuals confound it as simply physical type of activity. Suryanamaskar is not just a physical exercise; it is a gathering of physical, mental and profound practices or disciplines which originated in India. If pranayama incorporates with Suryanamaskar then colossal effect can be seen. For upward salute pose inhaling (breathing in) and downward bend pose requires exhaling (breathing out). While breathing in stomach fixes permitting lungs to venture into the space in the chest. Upward salute along with inhaling helps to increase blood flow and consequently better functioning of internal organs along with visible external benefits such as glowing skin, toned muscles, better posture and improved digestion. While exhaling the lung volume diminishes as the ribcage moves inward, shoulder may drop while back and spine relax. It transforms the body completely both internally as well as externally increasing blood circulation and oxygen in the body [6].

Along with asanas, pranayama if one focuses on chakras then the outcome is extremely miraculous. While performing Suryanamaskar five chakras are focused in 12 pose which assists to balance the chakras and rejuvenate life. At the point when the five faculties alongside the mind, remain still and intellect is not active that is known as the highest state [7] (Table 1).

Step 1: Standing straight joining hands and legs. Submits namaskar position set close to the chest which shows respect towards sun and its perpetual vitality.

This pose is called Samasthiti which is gotten from the Sanskrit words “Sama” signifies well balanced and “Sthiti” signifies stay. Standing in this position connects oneself with the inner gravity which can also be said as mind-body connection. This pose helps to maintain stability, focus and stillness. It also relaxes the nervous system. This is the first step of Suryanamaskar [8].

Step 2: The next step is the Urdhva Hastasana is an upward salute which stretch the whole body. The name derives from the Sanskrit words “Urdhva” means upward and “hasta” means hand. This posture stretches the upper body, spine, shoulders, armpits and belly. It tones the thighs, improves digestion and helps to relieve anxiety and fatigue.

Step 3: Next is Padahastasana derived from Sanskrit words “Pada” Signifiess foot and “hasta” signifies hand. Padahastasna helps you to work on your second chakra. The second chakra is located right at the sacrum region. It can help to pass energy to the lower portion of the body. It makes the body flexible by stretching the back and leg muscles. Opens the hips, shoulders and arms. It makes the body adaptable by extending the back and core muscles. It also helps to improve digestion, metabolism, wipes out abundance paunch fat, clogging and a lot more stomach afflictions. It also makes the spine flexible and tones the nerves.

Step 4: Ashwa Sanchalanasana is derived from Sanskrit word “Ashwa” means horse and “sanchalan” means moment. It is also known as Equisterian pose, it is a low lunge and helps to balance body. This activates the Ajna chakra or third eye chakra. Strengthens spine, knees, lower legs and hips, increases flexibility, better functioning of the liver. Mitigating and strengthening of muscles. It additionally helps in creating balance, control and awareness.

Step 5: The name “Parvatasana” means mountain in Sanskrit. It will strengthen the hands and legs and also increase the flow blood to the head. It also tones the spinal nerves and sends good flow of blood to the spinal region.

Step 6: Ashtanga Namaskara where “Ashta” means eights and “Anga” means eight which means salute to sun which gives strength by touching eight locations of the body-two hands ,two legs, two knees, chest and the head. It strengthens the muscles of hands, legs and chest. In this pose the body and mind works together by reducing stress and anxiety.

Step 7: Bhujangasana where “Bhujanga” means snake or cobra in Sanskrit. It builds strength to the back and spine, helps to improve posture and energy level. It also stretches the muscles of the chest, abdomen, shoulder and back. It helps to improve blood circulation and provide nutrients as well as oxygen to each body cell. It also helps maintain hormonal balance and elevates mood. Stimulates the heart.

Step 8: It is called Parvatasana mountain pose. Improves blood circulation flow to the spinal region and strengthens the muscles of the arms and legs.

Step 9: Ashwa Sanchalanasana strengthens spine, knees, legs and hips, muscles and increases flexibility. It tones the abdomen muscles.

Step 10: Hastapadasana stretches the hamstrings. This is to activate Swadhisthana or Sacrum chakra. It can help to pass

energy to the lower part of the body. Opens the hips, shoulders and arms. It makes the body flexible by stretching the back and core muscles. It also helps to improve digestion, metabolism, eliminates excess belly fat, constipation and many more stomach ailments. It also makes the spine flexible and tones the nerves [9].

Step 11: Hastauttanasana stretches and tones the muscles of the abdomen. Chest expands resulting in a full intake of oxygen and lung capacity is fully utilized. This posture stretches the upper body, spine, shoulders, armpits and belly. It tones the thighs, improves digestion and helps to relieve anxiety and fatigue.

Step 12: Tadasana improves posture. Strengthens thighs, knees and ankles. Relieves sciatica. Repeat the following set with opposite leg in step 4 and step 9.

Benfits of Suryanamaskar

Physical and mental purifying and strengthening is one of yoga’s successful achievements. One can perform the Asanas at different speed for various benefits. Reciting mantras makes the practice more effective and powerful. It has subtle yet penetrating effects for both, the mind and body which can give you a sense of power and oneness with the primary energy source. Suryanamaskar improves flexibility, concentration, focus, stability and strength. It rejuvenates body, mind and soul. It can help in weight loss, improve digestive system and metabolism. It improves the functioning of nervous system and removes anxiety and many more benefits can be observed over a period of time with persistent practice. Suryanamaskar enhances blood circulation of the body which can help in improving skin tone and texture. It also helps to remove skin blemishes and wrinkles and improves shine with radiance simply like the sun [10].

Precautions

While Suryanamaskar offers part of unmistakable advantages however extraordinary consideration must be taken particularly for amateurs. Novices ought to do just one lot of Suryanamaskar toward the start and increment the tally continuously. One complete set comprises of 12 pose. Try not to power or strain the body, practice it to your ability and body adaptability.

Rehearsing yoga builds up the body and psyche, yet it's not a substitute for medication. It is basic to learn and practice under the supervision of a trained instructor. If there should arise an occurrence of any ailment, practice Suryanamaskar in the wake of counseling doctors. It isn't prescribed for pregnant women. Likewise, women ought to abstain from during menstrual stage (3-4 days). Children beneath 5 yrs shouldn't do it. Children ought to perform Suryanamaskar in the direction of senior individuals [11].

RESULTS AND DISCUSSION

It was first self-tested for 30 days 12 repetition again practiced for 60 days by increasing the set to 30 by reciting mantras, breathing exercise and focusing on chakras with gratitude towards sun, mother earth and creator of this world. The miraculous result was observed as shown below. The outcome was checked in the rec center via mentor with electronic instrument estimating fat percentage, weight, BMR and height (Table 2).

Table 2: The outcome was checked with electronic instrument estimating fat percentage, weight, BMR and height after 30 days of Suryanamashkar.

Days	No.of counts	Total no. of pose	Weight height	Fat percentage	Basal Metabolic Rate (BMR)
0 Days	-	-	74 kg, 165 cm	36.2	1195
30 Days after suryanamaskar	12 Counts	1 Count=12 pose, 12 count=144 pose	68 kg, 165 cm	33.1	1355
60 Days after suryanamaskar	30 Counts	1 Count=12 pose, 30 count=360 pose	63.6 kg, 165 cm	30.6	1460

Then Suryanamaksar technique was performed and tried by 25 individuals from family, companions, relatives and neighbors having a place with various age bunches who rehearsed it day by

day for 1month with 12 counts every day and the following below are the common feedback observed by the individuals (Table 3) [12].

Table 3: Benefits of Suryanamaksar technique.

Benefits	Slow Motion Suryanamaskar (SMS)	Fast Motion Suryanamaskar (FMS)
Feedback taken from the performers who practiced it daily for 30 days, 12 counts per day	Increased strength and stamina	Improved focus and concentration flexibility, weight reduction
	Increased blood circulation and metabolism	Improved stability and peace
	Increased flexibility and spontaneous response	Increased patience and thinking ability
	Reduced weight and fat percentage quickly	Reduced weight, stress, anxiety
	Reduce depression	Cool down hyperactivity and enhances functioning of internal organ
	Helpful for low blood pressure	Controls high blood pressure

CONCLUSION

The body is furnished with the inalienable intelligence to create vitality directly from the sun. The mind through pranayama, the body through Asanas and soul through the reciting of mantras, a total revival and invigorating of life just by doing Suryanamaskar in confined time span. At the point when any asana is performed, the body gets adaptable and the imperative organs work appropriately. Hence with the help of asana along with Pranayam memory, concentration, will power is improved and a right balance between our instinctive, emotional and intellectual nature is developed. Ayurveda, being the science of life, propagate the endowments of nature in keeping up sound and up beating living. Ayurveda's all-embracing knowledge base on preventive care derives from the concept of "Dinacharya"-daily regimes and "Ritucharya"-seasonal regimes to keep up sound life. The simplicity of awareness about oneself and the harmony each individual can accomplish by uplifting and maintaining his or her immunity is underlined over Ayurveda's old style sacred writings. Health is the biggest wealth. The nation is rich which has the healthy and youthful citizens. Subsequently the time has come to consider wellbeing and solid commencement ought to be taken towards wellness and

activities. Suryanamaskar ought to be made mandatory to class, schools, work environment and any place conceivable at the most punctual.

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