

## Hypokinetic Disease and its Prevention through Surya Namaskar

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### Abstract

The study was aimed to assess the effect of Suryanamaskar in preventing the hypokinetic diseases. It was done on a group of thirty two male persons selected randomly for the experimental and the control group. The experimental group had undergone a yoga training session of twelve weeks on Suryanamaskar, whereas the control group had the normal routine. The variations in the results of the pre-test and post-test conducted showed the effect of Suryanamaskar on the persons. The pre-tests and post-tests were mainly the obesity tests done on the two groups. The investigator used 't test' in the statistical analysis. The results showed a significant difference in the group of persons with yoga training of Suryanamaskar, as compared to the control group.

### INTRODUCTION

Hypokinetic disease are associated with lack of physical activity. They are considered to be chronic diseases. Coronary heart disease, heart attack, diabetes, stroke, emotional health disorder, muscular-skeletal problems are hypokinetic conditions. Physical activity and fitness can prevent and treat these hypokinetic diseases.

### Purpose of the Study

The purpose of the study is to prevent and treat hypokinetic disease through Suryanamaskar. For example, in the case of Fitness heart, physical activity increases the pumping of the blood and oxygen. It results in a lower heart rate and greater heart efficiency. The normal resting heart is 72 bpm, but people who do regular physical activity will have it as 30-40 bpm.

### Suryanamaskar

Suryanamaskar means 'salute to surya or sun God. Surya namaskar, the salutation to the God Sun, is an important part of Indian traditional yogic practices. Each style of suryanamaskar is a sequence of certain of 'asana'. The sequence of asana is that each asana is complimentary to the next. The ancient yoga is practiced by facing the sun, early in the morning for good health and prosperity. While performing asana, the muscle of the entire body experience stretch and pressure alternately and therefore it is said to give more benefits with less expenditure of time. Each position is synchronized with breathing to improve alertness and remove lethargy. Surya Namaskar is a sequence of twelve positions that stretch the spine backward and forward and is repeated twice to make one set of twenty four positions. Normally three to seven sets are performed.

### Benefits of doing suryanamaskar

- Improves awareness, flexibility and strength

- Relieves lethargy and tension
- Reduces weight
- Enhances agility and grace
- Improves Vital capacity
- Regulates the blood pressure
- Promotes active blood circulation
- Develops the immunity

#### **Contra-indications**

People suffering from the following health problems are better to avoid Suryanamaskar:

1. Arthritis
2. un controlled blood pressure
3. fever
4. headaches
5. hernia
6. tuberculosis
7. slip disc
8. Retinal problems
9. heart problems
10. pregnant women

#### **Steps of Suryanamaskar**

**Step -1:** Om MitrayaNamah (salutations to the friend)

Tad asana,Urdhva Hast asana- Exhale, stand upright with your hands in prayer positions. Steady your body and look forward and breathe.

**Step 2:**Om Ravayenamah (Salutations to the ever shining)

Tad asana,UrdhvaHast asana- Inhale, raise your hands up and gently bend backwards. Look upwards and breathe.

**Step 3:** Om SuryayaNamah( Salutations to the cosmic light)

Utanasana,Flat back- Exhale,bend forward, press your palms on the sides of your feet. Look downwards and breathe.

**Step 4 :** Om Bhanave Nemaha (salutations to the illuminator)

Inhale,stretch your right leg for behind with support of your hands, arch your spine, look upward and breathe.

**Step5 :** Om KhagayaNemaha ( salutations to the performer)

Exhale take your left leg farbehind, adjust and stretch . Look downwards and breathe

**Step6:** Om pusneNamaha (Salutations to the nourisher)

Inhale, bring toes under,knees down hip up.Exhale ,chest and chin down. Look down ward and breathe.

**Step 7 :** Om HiranyaGarbhayaNamah (Salutations to the womb of universe)

Inhale, raise your head and chest ,lift your thighs and pelvis of the floor. Stretch forward look upwards and breathe.

**Step8:** Om maricaynamah( salutations to the power that heals)

Exhale, press you palms and feet , raise your palms and feet , raise your hips .Stretch your legs and hands .Lower your head , look downwards and breathe.

**Step 9:**Om Adityayanamah(salutation to the sun Aditi)

Inhale, bring your right foot forward between your palms. Stretch your right leg .Arc your spine, look upward s and breathe

**Step 10:** Om savatrenamah( salutation to the stimulator)

Exhale , bring your left foot forward , bend forward , stretch your legs and hands . Lower the head , look downwards and breathe.

**Step 11:** Om arkayanamah (salutations to the essence of life)

Inhale, roll up, to the upright positions and bend upward s and backwards and breathe.

**Step12:** Om BhaskarayaNamah(salutations to the enlightener)

Tadasana,UrdhaHastana- Exhale,stand upright, with your hands in the prayer position. Focus inwards and breathe.

The study used the Experimental method with an experimental group and control group. The sample consisted of thirty two male subjects , of middle age in the Ayyankunnu Panchayath in Kannur district. The subjects were selected randomly and were divided into experimental and control group. The investigator conducted a pre -test for the groups .It includes the obesity test which measures the normal pulse rate, blood pressure level, vital capacity and so on. The experimental group participated in a twelve weeks training program (5 days in a week) by performing the practice of Suryanamaskar and the control group maintained their daily routine activities. After the twelve weeks training, the investigator conducted a post test of obesity test by measuring the blood pressure level, normal pulse rate and vital capacity.

#### **CONCLUSION**

Positive life style with Suryanamasakar helps to treat and prevent hypokinetic disease through a twelve steps of postures. It helps to maintain a proper upright posture, increases the blood circulation, relievestension, reduces weight, enhances agility and grace ,improves awareness, flexibility and strength and increases mental clarity by bringing fresh oxygenated blood to the brain.

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