

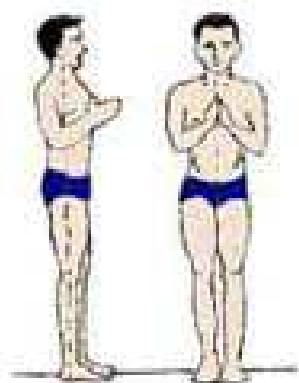
# Fitness Improving Through Sun Salutation - Surya Namaskar

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## Surya Namaskar

Long long ago, may be six thousand years ago, students took education at the residence of their teacher. In the Guru-Kul there were students from humble families as well as from honorable and royal families. The syllabus consisted of all arts and all types of vocational courses. Scriptures were the recommended books and the World Citizen was the final aim of education. In those days ---- just try to reach the past time of six thousand years before. Try to locate the dear and near persons of your family in the past. You can remember your grandfather or grand grandfather. You can't trace the time and persons back for more than 100 or 150 years. But your father knows the name of your ancestor who lived thousands of years before. The GOTRA of your family and the PRAWARA OF THE GOTRA both indicate the names of the ancestors and the teachers, the Guru of the family. So, in those days, in the Guru Kul, the day started long before sunrise and the first session was that of Suryopasana / Surya Namaskar (Worshipping the Sun God), Sandhya Vidhi and the Gayatri Japa. Today we are going to learn something about Surya Namaskar. We are going to learn what, why and how of the Surya Namaskar, step by step.



## Aum Mitraya Namah

The sun is your friend. He is called Jaganmitra. He is lovable like a true friend. You miss HIM in his absence. You ever long to experience the joy of his warmth and affection. If the sun is not in the sky you

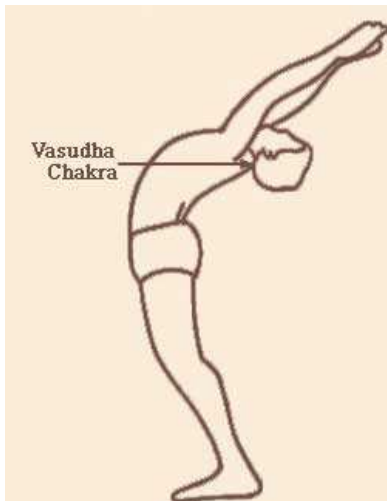
get disturbed - bodily and mentally. Your appetite is lost. Nervousness takes hold of your activities. You gather friends to restore your mood. You eat hot and drink hot and talk a lot to compensate the absence of the warmth and joy of the Sun God. Now you can understand why the people from far off countries come to India to enjoy Sun-bath. The touch of twilight has dramatic effect on our body. It is a touch of warmth and care. It is a magic touch. It is a healing touch. It is the touch of mother that calms down the crying child instantly. The touch of love and affection of the Sun God cures our physical and mental worries. The Sun God is to us as Lord Krishna is to Arjuna. Pray the sun God who is intimate and dear to us.

### Namaskar Positions

- Retain your breath. (Kumbhak)
- The vital point: The Anahat Chakra.
- The colour of the Chakra: Yellow as that of the rising sun.
- Location: In the centre of the chest.
- Ruling element: The wind, Vayu.
- Relation to body: Touch. Skin.
- Useful to treat and prevent: Nervous breakdown, fits, sensory deprivation etc.
- The chest cavity is enlarged to inhale more oxygen. The supply of more oxygen to all the cells activates the muscles. The experience of more energy and happiness is the result.
- Stand straight.
- Close the right toe and heel with the left.
- Put your chest out.
- Press your shoulders backward and pull them downwards.
- Keep your eyes on your nose-tip.
- Hands in namaskar position.
- Palms closed. Fingers closed. At right angle to the ground.
- Thumb touching the middle part of the chest.
- Forearms in line with the ground.



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Inhale as you raise your arms over your head and bend backward.

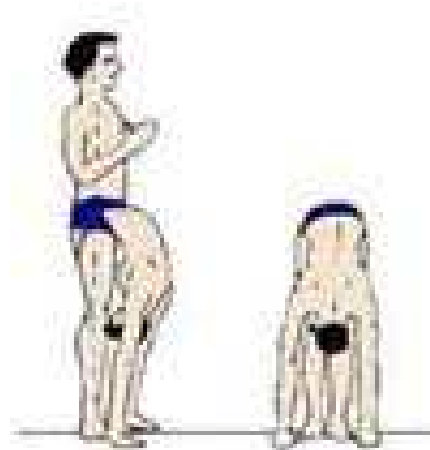
### **Aum Ravaye Namah**

The meaning of the word Ravi is Tej, Glow, Shine. Good behaved pious men; saints and sages have this glow on their faces. This is the Tej of the Sun God. We bow to such people to get their blessings. The light of the moon and stars, the heat of fire and Yadnya Kunda everything is the Tej of the Sun God. The heat of the body, the heat (Jatharagni) that digests food is the presence of the Sun God in our body. If you are not well at stomach just don't eat after the sunset. The presence of the Sun God, during daytime, will digest the food. The seven power points (Sapta Chakra) in our body represent the Sun God. These seven points control and govern our physical and mental activities. They are the source of heat and energy to all our activities. If there is no heat in our body we are cold? We are no more. Worship this Tej of the Sun God.

**Useful to treat and prevent:** Swelling (internal and external), knot in the muscle, wound with pus, pus discharge from eyes pimples and freckles on skin, etc., relieves the pain of the neck shoulders, arms, ankles, wrists. Gives stress and stretch to all the muscles from ankles to neck. Chemical and physical process of respiration becomes strong and healthy. Result is increase in the body height and health.

- Close your palms together. Put your hands straight up.
- Straighten your hands and legs.
- Fix your heels on the ground.

- Close your right toe and heel with the left.
- Give upward stretch to your hands and legs.
- Look at the palms.
- Bend your head backward slowly, gracefully.
- Form an arch of the body above waist.



Exhale as you bend forward to the touch the floor with your hands. Keep the knees straight.

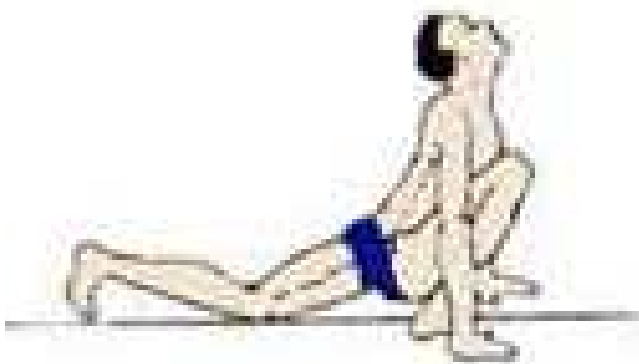
### **Aum Suryaya Namah**

The Sun God is one who always activates others and is full of activities too. He is the symbol of cosmic energy. The chariot of the Sun God is of seven horses. The horses represent the seven days of the week. They also stand for the seven colors of the rainbow. The seven power points in our body have different colors of their own. His work is colorful. It is endless and unlimited combination and permutation of colors. Nobody can pinpoint the exact time when the activities of the Sun God started. The span of time of His activities cannot be counted either. The end of His activities is beyond our imagination. His activities are varied. The food supplied to all the plants is the same but the rose is not the same as other flowers. All the leaves of different trees are not the same. The varieties of the trees and the leaves are uncountable. He is omnipresent in all and every act. When the sun rises in the sky all the creatures and worms, birds and animals start their work. Pray the Sun God to give inspiration and energy to do good deeds.

**Useful to treat and prevent:** Urine problems, urine stone, sleeplessness, general debility (weakness). Muscle pain in the back, shoulders, throat, chest, stomach is relieved. Removes cough. Increase

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appetite. Helps remove gases and toxic material. Sound sleep is the result.



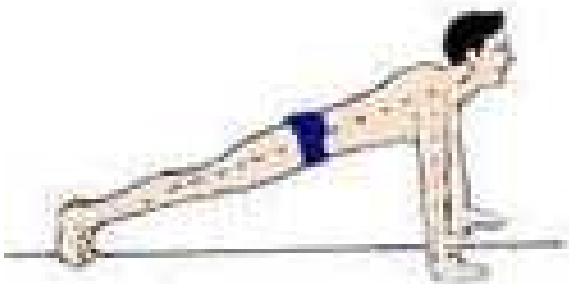
Inhale as you bring the right foot backward and keep the left foot in a lunge position.

### Aum Bhanave Namah

The word 'Bhanu' means 'light', the day-light. Darkness indicates ignorance and light intelligence. The sun removes darkness and makes us wise. The tug of war, in your mind, always puts you into puzzles. It is the Adnya Chakara that guides you to take the right decision. In this way the Sun God is the source of enlightenment to all of us. He is the model example for us all. Be His follower. Perform your deeds in the light of the Sun. Be helpful to others as the sun takes care of us all. Expect no returns for your services to others, for the sun demands nothing from you. The other examples in this 'light' are the rivers and the trees. In fact the entire nature is the living model that communicates the spirit of the Sun God. Bow to the Dnyan Surya, the wisdom of the Sun God, to make us clever and intelligent.

**Useful to treat and prevent:** Respiratory diseases, hypertension etc. Thoughts become clear, brain bright concentration sharp. Result: Intellectual work with confidence. Muscle pains in thighs, knees, calves, ankles are relieved.

Keep the right foot and the palms firm on the ground.

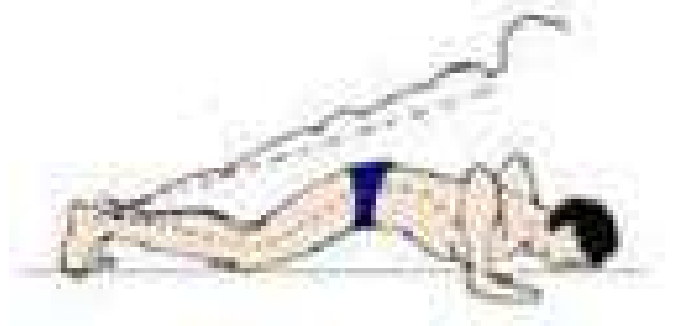


Hold your Breath as you move your left leg backward and place it next to the right as in a push up position.

### Aum Khagaya Namah

Khaga means space, Akash, and gama means go - one who travels through the sky. It indicates the presence of the sun, the sunrays and the sun-warmth everywhere in the space. You can't find a pinch of place in the sea without seawater so is the sun in the universe. There is no place, neither in our body nor outside in the entire universe, without the sunrays. You yourself can experience this fact. Close your eyes. Ask someone to put on and off the electric tube light. Though your eyes are closed, you get the feel of the tube light. You can measure and count time in days, weeks, months, years because of the sunrise and the sunset. The sun reminds us of the passing days and years. Life is the sum total of days, weeks, months and years. With His own example He prompts us not to waste time. Wasting time in doing nothing is going fast near to the death point. It is a slow suicide. So pray to the Sun God to give us energy and wisdom to use the life span in the self-help and in the service to others.

**Useful to treat and prevent:** Swelling (Internal and external), knot in the muscle, wound with pus, pus discharge from eyes pimples and freckles on skin, etc. Relieve the pain of the neck, shoulders, arms, ankles and wrists. Gives stress and stretch to all the muscles from ankles to neck. Chemical and physical process of respiration becomes strong and healthy. Result is increase in the body height and health.

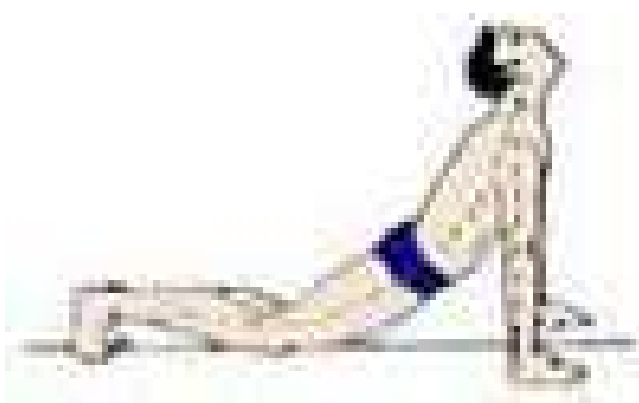


Exhale as you lower your body down and your hands. Keep both the feet together and knees should be off the floor. The stomach is raised above the hands chin and toes are on the floor.

## Aum Pushne Namah

The word Pushnaihi means one that provides nutrition. The sun is the source of all types of food and medicines. Food is the only source of energy that builds our body. It gives wisdom or intellect to perceive the meaning of things and thoughts and power to act accordingly. So you should be grateful to the sun god for providing food to you. You should give respect and regard to the food you eat. Engaging yourself in other activities while eating food is a sort of insult to the food and the Sun God. Hence, watching TV, reading or playing games while eating should be avoided. The sun, directly or indirectly, offers light, heat and energy round the clock. The Sun God is all very important for us to sustain life. You may have read news in the newspaper. The news is to the effect that there is a man who eats nothing. He is without food for years together. He drinks only water and eats no food. He does Yogasana, in the open field, in the morning and in the evening at a particular time. Do you know that a baby tortoise gets its nourishment through the affectionate look of the mother tortoise? Here, offer your respect to the sun God for providing you with food, light, heat, and energy.

**Useful to treat and prevent:** Asthma, piles, arthritis, digestion problems etc. It builds you healthy. Bright eyes, glow on the face, dark hair, long stamina and strong body is the result. The involvement of brain and mind in your activities become keen and sharp.

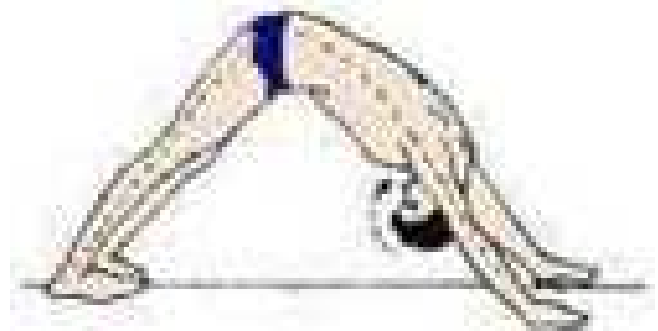


Inhale and assume the cobra position, by pushing the body forward and raise your head, shoulders and chest. Bend backwards to extend the spine and the rest of the body is flat on the floor.

## Aum Hiranyagarbhaya Namah

The word Hiranya means gold, golden. Gold is dear to us. Everybody loves to possess it because it is pure in every respect. It is a pure currency. The craving for gold is unlimited. The sun gives us pure gold. Agni, the fire burns out all the impurities from the gold ore. The twilight is golden in colour. It covers the entire universe in its fold. It turns the entire universe into gold- pure gold. The time of twilight is the best period for meditation / Tapa for study. The sunlight makes everything visible. It has given birth to the universe. So Hiranyagarbha means the womb of the entire universe. The sun element is everywhere in the cosmos. The centre part of the earth and other planets is hot as the sun. This is why all the stars and planets are in motion and at their right position because of the sun. All the stars and planets have (evolved) developed gradually from the sun. The Sun God is the creator of all the living and non-living things. The sun God is omnipotent. The cycle of nature - the Sun, the water, the clouds, the winds, the rain and the farming - ever goes on only because of the Sun God. He is all-powerful, possessing complete and unlimited power, energy and authority. He is the master of the entire universe. Focus your attention on His ability and capacity and pray Him to give a tiny part of His ability as blessings.

**Useful to treat and prevent:** Urine problems, urine stone, sleeplessness, general debility (weakness). Muscle pain in the back, shoulders, throat, chest, stomach is relieved. Removes cough and increases appetite. Helps remove gases and toxic material. Health and sound sleep is the result.



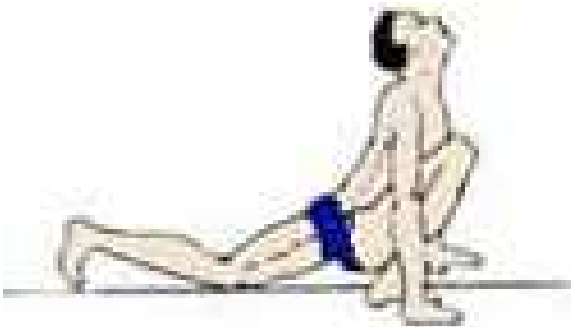
Then exhale and raise body and hips, while keeping the heels feet and palms of the hands flat on the floor.

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### Aum Marichaye Namah

Marich means mirage. A person in the desert gets to see a big pond of water at a long distance. It is the heat and the rays of the sun that form the image of water. It is not actual water. In fact the person can't reach that point of water. If he runs after the mirage to quench his thirst he will receive death but no water. The Sun God is the creator of all types of mirages. He is the creator of illusions, good and bad. He is the originator of all good and bad impressions of life. He is the commander of all such things. Our eyesight, to look at life, is very short and small. It can focus on a very small portion of time, space and event. Hence, we form wrong impressions of life. We have wrong ideas of life. We have wrong desires to fulfill in our life. We work hard to get what we actually don't want. We don't know what life really is. In this way we walk on the wrong path of life and our precious time is wasted in vain. We worship the Sun God to save us from the mirage of life. The other meaning of the word Marich means one who makes us aware of the sin. The word Marich also means the power that cures diseases. Here, pray the Sun God to give the wisdom to know what is good and what is bad for life.

**Useful to treat and prevent:** Swelling (internal and external), knot in the muscle, wound with pus, pus discharge from eyes pimples and freckles on skin, etc. Relieve the pain of the neck shoulders, arms, ankles, wrists. Gives stress and stretch to all the muscles from ankles to neck. Chemical and physical process of respiration becomes strong and healthy. Result is increase in the body height and health.



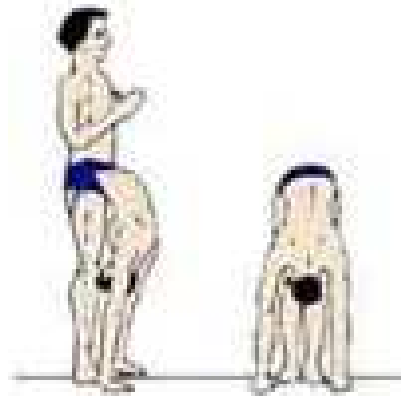
Inhale as you place the right foot between the arms with left foot extended backward look up slightly.

### Aum Adityaya Namah

The word Aditya means the son of Aditi. Aditya is the source of birth and growth of the entire

universe. Hence, Aditi is supposed to be the mother (Aae) of all Gods. The word Aae in Marathi language is of two alphabets Aa+Eee. 'Aa' (Aadi) indicates the basic source of creation and 'Eee' indicates the Ishwar source / the governing power of all the working force. Aditi is the wife of Bruhaspati. Bruhaspati is the priest of all the Gods. The sun is the son of Aditi and Bruhaspati. He is the image of Aditi and Bruhaspati. He is the worthy son of the celestial parents. The Sun God gives to the world whatever He has received from His parents-Aditi and Bruhaspati. He is the true follower of the commandments, customs and traditions of HIS parents. We all are the creation of the Sun God. The entire big bunch of all the divine qualities of the Sun God is the heritage of all the human beings. Bow to the sun God in the memory of this divine heritage. Beg Him to give power to use this heritage in your day-to-day life.

**Useful to treat and prevent:** Respiratory diseases, hypertension etc. Thoughts become clear, brain bright concentration sharp. Result: Intellectual work with confidence. Muscle pains in thighs, knees, calves, ankles are relieved.



Exhale as you bend forward to touch the floor with your hands. Keep the knees straight.

### Aum Savitre Namah

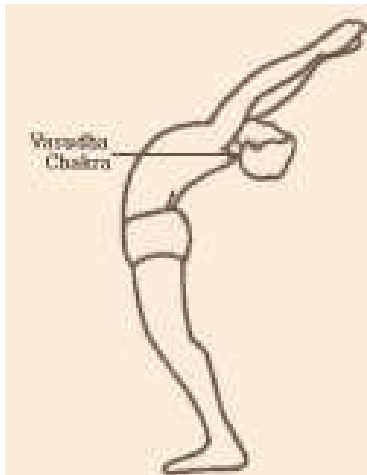
The Sun God is one who always activates others and is full of activities too. He is the symbol of cosmic energy. The chariot of the Sun God is of seven horses. The horses represent the seven days of the week. They also stand for the seven colors of the rainbow. The seven power points in our body have different colors of their own. His work is colorful. It is endless and unlimited combination & permutation of colors.



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Nobody can pinpoint the exact time when the activities of the Sun God started. The span of time of His activities cannot be counted either. The end of His activities is beyond our imagination. His activities are varied. The food supplied to all the plants is the same but the rose is not the same as other flowers. All the leaves of different trees are not the same. The varieties of the trees and the leaves are uncountable. HE is omnipresent in all and every act. When the sun rises in the sky all the creatures & worms, birds & animals start their work. Pray the Sun God to give inspiration and energy to do good deeds.

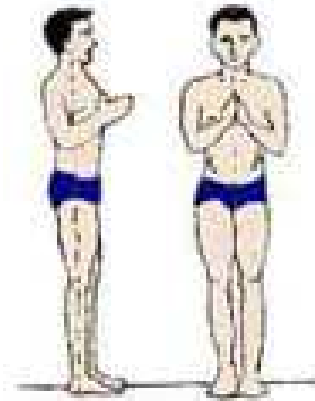
**Useful to treat and prevent:** Urine problems, urine stone, sleeplessness, general debility (weakness). Muscle pain in the back, shoulders, throat, chest, stomach is relieved. Removes cough. Increase appetite. Helps remove gases and toxic material. Sound sleep is the result.



Inhale as you raise your arms over your head and bend backward.

## Aum Arkaya Namah

**Useful to treat and prevent:** Swelling (Internal and external), knot in the muscle, wound with pus, pus discharge from eyes pimples and freckles on skin, etc. Relieve the pain of the neck shoulders, arms, ankles, wrists. Gives stress and stretch to all the muscles from ankles to neck. Chemical and physical process of respiration becomes strong and healthy. Result is increase in the body height and health.



Stand erect with hands joined as in a prayer position.

## Aum Bhaskaraya Namah

The word Bhaskar means Prakasah, Tej; one who is Prakashman or Tejaswi. The sun is not God-like but He is THE GOD of the universe. He has covered the entire universe with his light. There is the sun light inside and outside of our body. He is the witness to all our deeds mental and physical. He observes all of your actions and gives you joy and sorrow accordingly. He leads assists and inspires you to do noble works. When you accept His help and perform your work accordingly you become happy inside and out. In order to get this divine happiness and self-satisfaction, bow to the Sun God and perform Surya-Namaskar.

Surya Namaskar is a prayer to the Sun God. You can call it 'Action Prayer'. A prayer means 'thanks giving'. The thanks giving for what? you have already received. You express gratitude to the Sun God for the previous day that was granted to you and expect His blessings for the coming day. Prayer is not begging for blessings. You are going to get what you deserve. You are bound to get success and joy equal to your efforts, in the present and the past. So 'best of efforts, in every action, should be your motto. Start every of your day with Surya Namaskar. Pray the Sun God early in the morning before the sunrays enter your house. He is the first visitor of the day to your house. And the guest is not an ordinary one. He is the GOD that we can actually see. He is the model example for you to follow. Receive the guest wholeheartedly. Shake off your sleep. Get ready to welcome Him. Isn't it absurd to welcome the guest after he has entered your house?

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### Ending Shlokas

*Adityasya namaskaran ye kurvanti dine dine  
Janmantar-sahashreshu daridrya nopajayate  
Namah dharma-vidhanaya namaste kruta-shakshine  
Namah pratyaksha devaya bhaskaraya namah namah.*

**Meaning-**One who performs Surya Namaskar regularly gets no poverty (Poverty of wealth, health and intellect) lives after lives. Oh! Lord Bhaskara. YOU are the Dharma incarnated. (YOU yourself are all the divine virtues). YOU are the soul witness to all my deeds, good and bad. YOU are the only God in shape and form. I bow to you (with all my body, mind and soul).

**Significance:** The daily practice in Surya Namaskar gives you health. Healthy body performs more work. The working hours are increased. The work is done with ease and confidence. You become successful in your work. The success leads to success. The success, of course, gives you happiness and wealth too. The Sun God is the Dharma incarnated. With His own example He tells us what Dharma is. HE is the only god that we get to see every day, everywhere. He is the only god in shape and form. He is the witness to all your deeds. He showers happiness according to your deeds. I pray the Sun God with all my heart.

### Benefits:

- Tone up digestive system. It activates digestion and gets rid of constipation and dyspepsia.
- Strengthens abdominal muscles.
- Tone up the nervous system and improves memory.
- Promotes sleep and calms anxiety.
- Refreshes the skin. Prevent skin disorders.
- Improve muscle flexibility.
- In women, stimulates the breasts to help firmness normally.
- Suppresses menstrual irregularity and assists in easy childbirth.
- Helps reduce fat.
- Ease of movements to the body.
- Revives and maintains the spirit of youthfulness.
- Broadens chest and beautifies arms.
- Produce health, strength, efficiency and longevity.

Who should not do surya namaskar?

- Pregnant women
- Patients of hernia and high blood pressure.

- People suffering from back condition should seek proper advice commencing surya namaskar.
- Women should avoid surya namaskar during menses.

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