



Role of Suryanamaskar in the management of obesity (Sthaulya)

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Abstract:

Sthaulya exhibits buildup of medo dhatu and is atypical. It is described as extra body and visceral fat that poses a health risk and is compared to obesity in modern medical research. Obesity is a prevalent chronic illness of excessive body fat, according to the most widely accepted definition provided by the World Health Organization. It has become a global epidemic that affects not only industrialized nations but also many developing and even undeveloped nations. The traditional Indian medical system called Ayurveda. Its major goal is to promote optimal health and wellbeing through a multifaceted strategy. A healthy diet and yoga are two crucial approaches. By implementing this, obesity can be avoided. A flexible, adjustable, and effective technique in yoga therapy is the Surya Namaskara. It comprises of 12 poses that control the body's various systems and uphold a person's health. Suraya Namaskara increases metabolic rate, which aids in the removal of extra fat that has accumulated.

Keywords- Ayurveda, Yoga, Suraya Namaskara, obesity, Sthaulya.

Introduction-

In the science and technology-driven world of today, man has grown less physically active and his eating habits have changed toward unhealthy foods like fast food, alcohol, tobacco, irregular eating patterns, and so on. As a result of this unhealthy way of life, obesity is one of the disorders that can harm a person's bodily, emotional, and social well-being. The leading preventable cause of death in the world is obesity.

Since the beginning of time, Ayurveda has been recognised as a science of life that can successfully treat human illnesses. It combines a holistic approach to disease diagnosis with an all-

encompassing approach to treatment of the body and soul with the only objective of obtaining a full recovery. It has fantastic preventative and therapeutic tools.¹ Sthaulya is aberrant and causes an accumulation of medo dhatu. It is referred to be extra body and visceral fat that poses a health concern and is compared to obesity in contemporary medicine. According to the most frequently used definition of obesity from the World Health Organization, which states that it is "a common chronic disorder of excessive body fat," obesity has turned into a global epidemic that affects not only the industrialised world but also many developing and even underdeveloped countries. It has spread globally and now affects many developing and even poor nations in addition to the industrialised world.²

NIRUKTI: Acharya Bhavamishra claims that a person with excessive body weight and mass, particularly in the Udaradi (abdominal) area, is referred to as Sthula, and that the condition of Sthula is referred to as Sthaulya.³

Historical review of Sthaulya-

Rigveda- In the Rigveda, Meda and Vapa are referenced, and the need of hard work and exercise is discussed in terms of health.⁴

Yajurveda- A condition known as "Upachita" in the Yajurveda is identical to Sthaulya. Meda and Vapa are referenced in Chapter 25.⁵

Atharvaveda- The sickness is sufficiently managed. In the Atharvaveda, the words Meda, Medina, and Pivasi are used as synonyms for herbs that can refer to compounds like Meda (1/11/4, 4/27/5, and 8/7/7).⁶

Upanishada- Today, there are mostly 11 Upanishada accessible. The Swetaswatar Upanishada chapter (5/12) contains a mention of the word "Sthulani." The Sthula Sharir is referred to as a Sthulani.⁷

Charaka Samhita: Acharya Charaka has given the complete phenomenon of the disease in Ashtaninditiya Adhyaya of Sutrasthana. The causative factors of Sthaulya, mainly exogenous and hereditary component along with pathology, cardinal symptoms, prognosis and management are described in detail in 21th chapter of Sutrasthana.⁸

Sushrut Samhita: Acharya Sushruta has discussed the subject in the 15th chapter of Sutrasthana. On the basis of an endogenous entity being caused by or arising from Dhatvagni mandhya, he has described the etiopathogenesis of Sthaulya. In the same chapter, Sthaulya's treatment course and consequences are also discussed.⁹

Ashtanga Samgraha and Ashtanga Hridaya:

In Ashtanga Samgraha Su.14/20, Vridhdha Vagbhatta and Vagbhatta deliberated the illness Sthaulya as Atisantarpanjanya Vyadhi. On the basis of Ama creation and Dhatuparinama disturbance, they have elaborated on the etiopathogenesis of Sthaulya. To treat and prevent this ailment, they have recommended a number of therapeutic and preventative treatments.¹⁰

Nidana of Sthaulya-

According to Acharya Sushruta, this over nourishment condition (Sthaulya)¹¹ and under nutrition condition (Karshya) both can be diagnosed by inspection only. Acharya Charaka has mentioned anthropometry of body, under the caption of Dashavidha Pariksha.¹²

All causative factors described in Ayurveda can be classified into four groups as follows: 1. Aharatmaka Nidana 2. Viharatmaka Nidana 3. Manasika Nidana 4. Anya Nidana.

Obesity is a severe threat to one's health and lifespan in addition to being a cosmetic concern. It is true what they say, "The longer the belt, the shorter the life." Physical, psychological, and social factors all contribute to obesity, but poor eating habits and insufficient exercise are the main culprits. Our lives are now so convenient and simple thanks to modern technology that we no longer need to perform any strenuous physical labour. Our attitude toward physical labour has changed, and we gradually feel more elite when we are denied physical labour. We are increasingly eating unhealthy foods that are high in fats, proteins, and calories but low in green vegetables and fibre as a result of changing lifestyles.¹³ All of this results in humans gaining weight and becoming bulkier, with lowered resistance and stamina. Furthermore, it has been demonstrated that several contemporary drugs promote the body's fat accumulation.

Suryanamaskar-

Surya Namaskar is an age old traditional and sequential set of sun prayer postures designed for holistic and good human health and societal well-being¹⁴. The benefits are diverse over a number of physical health systems and include psychological security as well through aerobic conditioning under the sun ¹⁵ it is a classical requirement for future generations.¹⁶ It is among the most successful methods for lowering obesity. A flexible, adjustable, and effective technique in yoga therapy is the Surya Namaskara. It comprises of 12 poses that control the body's various systems and uphold a person's health. Suraya Namaskara increases metabolic rate, which aids in the removal of extra fat that has accumulated. The scriptures state that Surya namaskar, when done correctly, does not strain or injure. It eases stiffness, energises the body, awakens the mind, and cleanses the subtle energy channels when done in the morning. A healthy flow of energy throughout the body.¹⁷

The early morning Muhurt is the ideal time to perform Surya Namaskar. Keep in mind that you are not required to consume anything prior to doing the Sun Salutation. Since it combines 12 different yoga poses, it must be done in a specific order. There are several ways to perform the Surya Namaskar. the of a the the the the the the s also have a second job. - the police and the

Surya Namaskar 12 poses ¹⁸

1. Pranamasana - On one side of a yoga mat, stand upright. Keep your feet so close to one another that they can touch. Try to evenly distribute your weight across both of your feet at this point. Keep your chest calm and straight. Your shoulder shouldn't be under any stress. You must now adopt the Hindu salutation known as Namaste. You should also exhale when you raise your arms in the

Namaskar stance. Pranamasana, or prayer pose, is achieved by clasping both hands together in the Namaste gesture.

2. Hastauttanasana - You must maintain your arms close to your ears and your shoulder close during this phase. Lift your arms slowly, then begin to lean backwards. You must ensure that you are breathing in while doing this. You may stretch your entire body in this position in a balanced and healthy way. With this Hastauttanasana (Raised Arms Pose), your muscles will be stretched out well. A lot of backward bending could be uncomfortable for the pelvis, therefore you must be careful not to do it.

3. Hastapadasana- Your body is now prepared for a stronger stretch momentum. Begin by leaning forward from the waist. You must make sure your spine is upright. You must exhale while stooping toward the front. You must make sure that, as seen in the image above, your hands remain lowered toward the floor while you exhale. Your hands ought to be in contact with your feet. You can slightly bend your knees if you're feeling a little uneasy while performing this stance. It will help you adopt the proper stance so that your palms are close to your feet. Keep in mind that when performing this stance, you do not need to move your hands around. This is the incredibly balanced yoga pose known as Hastapadasana, or standing front bend. This specific Hastapadasana stance promotes proper blood flow throughout the entire body. Additionally, it aids in the elimination of waste gases produced by your body. Hastapadasana assists you in letting go of the harmful air because it is bad for your body.

4. Ashwa Sanchalanasana - You must sit down on the floor as shown in the image above for this stage. Your left leg should be parallel to your hands, and your right leg should be pushed back. Ensure that your left leg is positioned between your arms. Your right leg's knee ought to be flat on the ground. You should maintain a straight forward gaze while adopting this position. Ashwa Sanchalanasana is the name of this Surya Namaskar Step (Equestrian pose).

5. Dandasana - In this step, you must extend your left leg far behind your right leg. You must ensure that your body maintains a very straight line as you adopt this stance. Equal space should be maintained between the hands and the neck. Dandasana is the name of this asana (Stick pose). When practising this position, you should take great care with your neck posture. You must focus on the ground. As they stare straight ahead instead than down at the ground, many people commit this error.

6. Ashtanga Namaskara - The most well-known Surya Namaskar Pose is Ashtanga Namaskar (Salute with eight components or points). You must ensure that all eight body parts are utilised in the Sun Salutation stance when performing this one. You must lift your hips and place your chin, chest, and upper body on the floor. Now shift your weight forward a little bit and lower your knees to the ground. You must exhale when you take this action. In this position, all eight portions of your body both feet, knees, hands, chest, and chin will be in contact with the ground. This is the most complex yoga pose of Surya Namaskar. So do it very carefully.

7. Bhujangasana - Cobra Pose is another name for Bhujangasana. You must lean forward slightly and raise your chest so it looks like a snake in this stance. You should have a comfortable shoulder-to-ear distance. And in this position, your elbows might flex. The most crucial need for this stance is that you glance up at the sky. Breathing is the most critical aspect while completing this Surya Namaskar Yoga. You must extend your chest in a forward motion when you breathe in. Pushing your navel toward the floor is necessary while releasing the air. Bhujangasana's regulated breathing technique aids in energising the body's Chakras. It's important not to use force when performing this yoga pose's body and muscular stretching. You must handle it delicately.

8. Adho Mukha Svanasana - To complete this Adho Mukha Svanasana, you must adopt an oblique posture that resembles an upside-down capital "V." (Downward facing dog pose). You must exhale and slowly lift your waist toward the sky to achieve this yoga pose. Your face should be towards your rear legs, and your hands should be flat on the floor. Stretching your lower leg part slowly and carefully will help you do this pose more effectively. To keep stretching safe and soothing, be careful not to put too much pressure on yourself.

9. Ashwa Sanchalanasana - You must now inhale and bring your right leg in front of your hands to strike this pose. To make your body extend, you must force your lower back to push downward. The most crucial point to bear in mind when performing Ashwa Sanchalanasana yoga is that your shoulders should be equally spaced apart and your body should remain straight.

10. Hastapadasana - This yoga is much more beneficial to the respiratory system because of the alternate inhalation and exhalation stages. You must maintain your legs slightly in front of you and bend toward the floor to do this yoga pose, known as Hastapadasana (Standing Forward Bend). Consider bending your legs just a tiny bit if you are having any trouble accomplishing it. The next step is to contact the ground with your palms.

11. Hastauttanasana - In its own unique way, the raised arms position, or hastauttanasana, is highly soothing. It's like the antidote to all stress and difficulties. All you need to do is take a deep breath and bend backward. As you do this, keep your lower back extended and raise both of your hands straight up. Make careful to maintain your hands stretched and move while in an equilibrium position to prevent any discomfort.

12. Tadasana- The final posture in Surya Namaskar yoga is called Tadasana. Mountain Pose is another name for it. You must exhale while holding this yoga pose, keeping your body as straight as a mountain. Verify that your hands are placed sideways. You can repeat the Surya Namaskar after completing this final stage. You must observe two things as you go through the process again because they will alter when you practise this Sun Salutation Yoga again. You must maintain both the left leg in the forward position in Step 4 and the right leg in the forward position in Step 10. The one set of Surya Namaskar will be finished with this modification.

Various chants (mantras) to be done during Surya Namaskar

1. Om Mitraaya namahaa
2. Om Ravaye namahaa
3. Om Suryaaya namaha
4. Om Bhaanave namahaa
5. Om Khagaaya namahaa
6. Om Pushane namahaa
7. Om Hiranyagarbhaaya namahaa
8. Om Marichye namahaa
9. Om Aadityaaya namahaa
10. Om Savitre namahaa
11. Om Akaarye namahaa
12. Om Bhaaskaraaya namahaa

Benefits of Surya Namaskar

- A. It enhances the blood flow to all of the vital bodily organs.
- B. Enhances the heart's and lungs' ability to function.
- C. It makes the arms and waist muscles stronger.
- D. Increases flexibility in the waist and spine.
- E. Aids in weight loss by assisting in the reduction of abdominal fat.
- F. Aids in better digestion.
- G. Strengthens mental focus.

Surya Namaskar (Sun Salutation) Contraindications¹⁹

Despite the Surya Namaskar's many advantages, you should avoid doing it if you have any of the following conditions:

1. Before beginning this yoga exercise, patients with heart conditions should visit a doctor.
2. Sun Salutation must be performed as directed by your yoga instructor if you have back issues.

3. High blood pressure sufferers should avoid this sequence.
4. Arthritis makes the knees rigid, which limits mobility. If you have arthritis, you should practise Surya Namaskar with caution as it involves knee movements.
5. People who have hernias should also avoid doing the Sun Salutation.

Mode of action of Surya Namaskar:

A light exercise that involves breathing is called Surya Namaskar. It moderately burns calories without feeling overly worn out or exhausted. It is an isotonic form of exercise that raises metabolic rate without raising tension. Different viscerceptors are stimulated by dynamic forward- and backward-moving strains as well as rhythmic positive and negative pressure changes in the viscera. Because of this, every system operates at its best. By adding one or two rounds to routine practise, the exercise's difficulty is raised. This improves cardiovascular and muscular endurance. It increases blood circulation, which mobilises the fat that has been stored or accumulated. Although there is little perspiration, the practitioner feels rejuvenated. It has been seen that even low-intensity exercises like kapalabhati and 10 minutes of Om recitation can cause the body to undergo psycho-physiological changes. Therefore, it is probable that the Surya namaskar's moderate exercise will result in physical changes.

Discussion-

Sthaulya is an excessive buildup of medodhatu and is abnormal. It is compared to obesity in modern medicine and is described as having too much body and visceral fat that is unhealthy. Obesity is a prevalent chronic illness of excessive body fat, according to the most widely accepted definition provided by the World Health Organization. It has emerged as a global epidemic that affects many developing and even undeveloped nations in addition to industrialised nations. The traditional Indian medical system called Ayurveda, through accelerating metabolic rate, fat accumulation An old-fashioned, sequential sequence of sun salutations known as Surya Namaskar was created for the benefit of both individual and societal well-being. Benefits range across a number of physical health systems, and psychological stability is also provided through aerobic exercise outside, which is a traditional requirement for future generations. Surya Namaskar is a series of 12 consecutive yoga poses. Another name for it is Sun Salutation. Stretching is an element of the cardiovascular exercise that everyone participates in. This has a significant effect on our general health. The Sun Salutation, also known as Surya Namaskar, stimulates the body's positive energy flow. The early morning Muhurt is the ideal time to perform Surya Namaskar. Keep in mind that you are not required to consume anything prior to doing the Sun Salutation.

Conclusion-

Health professionals face a difficult challenge when it comes to obesity. Obesity-related issues mostly add to its complexity. Sthaulya, a term from the Ayurveda, also referred to obesity. There is

no permanent cure for Sthaulya in either the Ayurvedic or Western medical systems, although practising yoga and eating a balanced diet can help with obesity and its problems. A mild physical workout that emphasises breathing is called surya namaskar. It consumes calories moderately without getting worn out or fatigued. It is a form of isotonic exercise where the metabolic rate rather than the tension is raised. A modest exercise like Surya namaskar will alter your body. Measuring weight is an easy technique to monitor metabolic changes. In order to lose weight, obese persons must practise Surya namaskar for longer than a month. The current study proves that practising Surya namaskar regularly for one month caused obese people to lose weight.

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