

**EFFECT OF SURYA NAMASKAR ON PHYSICAL AND
PHYSIOLOGICAL VAIABLES****MANJU DALAL**

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ABSTRACT

The motivation behind the review is to decide the impact of suryanamaskar and physical activities on chose physical and physiological factors among athletes. Logical exploration has shown that yogicstrategies produce reliable and gainful physiological change in human body. This examination paper is managing the impact of surya namaskar on actual wellness of typical individual particulary cardio-respiratory perseverance.

Keywords: *suryanamaskar,Physical exercise,Shoulder strength and Resting pulse rate.*

INTRODUCTION

Suryanamskar is part of yoga. In this current time of present day advancement typified with time requirements, the significance of yoga has taken a fillip and the spread across the world is complex because of logical confirmation. Surya signifies the sun and namaskar signifies tist down in with appropriate structures and because of its advantages has been acclaimed as the best exercise for every one of the cutting edges ill's of assumptive way of life. As the sun has been revered since old occasions by the whole gang additionally it's the image of otherworldly awareness. It contains asanas, pranayama,manta and intervention strategies likewise Suryanamaskar channelizes and settle the physical just as shelf stages. There are twelve stances in normal technique and the cadence and energy are the fundamental that make up Suryanamaskar. Suryanamaskar includes 12 stages contains, Count

1 : Pranamasana (Prayer Pose) Count

2 : Piraiasana (Crescent Pose) Count

3 : Padhahastasana (Hand To Foot Pose) Count

4 : Ashwasanchalanasana(equestrian pose) Count

5 : Sethu Bandha Asana (Bridge Pose) Count

6 : Astanga Namaskara (Salute with 8 parts) Count

7 : Bhujangasana (Cobra Pose) Count

8 : Parvathasana (mountain pose) Count

9 : Ashwa Sanchalanasana (Equestrian fose) Count



10 : *Padha Hastasana (Hand to foot pose) Count*

11: *Pirai Asana (Crescent Pose) Count*

12 : *Pranaam Asana (Prayer Pose) Count*

SURYANAMASKAR MANTRAS

Each round of suryanamaskara is done, after the utterance of —with the appropriate — mantra, along with the corresponding name of sun god in the following sequence .

1. *Aum Hram Mitraya Namaha*

2. *Aum Hrim Ravaye Namaha*

3. *Aum Hrum Suryaya Namaha*

4. *Aum Hraim Bhanave Namaha*

5. *Aum Hroum Khagaya Namaha*

6. *Aum Hrahm Pusne Namaha*

7. *Aum Hram Hiranyagarbhaya Namaha*

8. *Aum Hrim Maricaye Namaha*

9. *Aum Hrum Adityaya Namaha*

10. *Aum Hraim Savitre Namaha*

11. *Aum Hroum Arkaya Namaha*

12. *Aum Hrah Bhaskaraya Namaha*

CONCLUSION

The result indicated that the Suryanamaskar Group and Physical exercise Group had significantly improved in systolic & diastolic blood pressure in terms of mean gain when compared with Control Group among intercollegiate men cricket players. Finally, the findings of the present study proved that the suryanamaskar Group has definite effect on the improvement of systolic & diastolic blood pressure in terms of mean gain when compared with Physical exercise Group.

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