



ISSN: 0976-3031

Available Online at <http://www.recentscientific.com>

CODEN: IJRSFP (USA)

International Journal of Recent Scientific Research  
Vol. 9, Issue, 11(B), pp. 29582-29583, November, 2018

**International Journal of  
Recent Scientific  
Research**

DOI: 10.24327/IJRSR

## Research Article

### A RETROSPECTIVE STUDY ON SURYA NAMASKAR

**Surbhi Raina and Drkavitaindapurkar**

Department of Kriyasharir, College of Ayurved, BharatiVidyapeeth University, Pune

DOI: <http://dx.doi.org/10.24327/ijrsr.2018.0911.2886>

#### ARTICLE INFO

##### Article History:

Received 6<sup>th</sup> August, 2018  
Received in revised form 15<sup>th</sup>  
September, 2018  
Accepted 12<sup>th</sup> October, 2018  
Published online 28<sup>th</sup> November, 2018

##### Key Words:

Surya Namaskar, Yajur Veda,  
AdityaHridayam ...

#### ABSTRACT

All we need is a healthy body in day to day life. Thevedic treasure that we are blessed with needs to be explored, so that we may benefit ourselves and our society. In to days era life has become stressful and on top of it air pollution, water pollution, adulteration be it in food, dairy, everything that we use, has just shackled the phenomenon called LIFE. Although we individually can't stand out to fight these causes but yes, we can improve the ones which are in our control and in our hands. In the given study a retrospective study is done on The King of All Yogasanas, which is SURYA NAMASKAR.

**Copyright © Surbhi Raina and Drkavitaindapurkar, 2018**, this is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution and reproduction in any medium, provided the original work is properly cited.

#### INTRODUCTION

Surya Namaskar is believed to be the King Of all Yogasanas, it is practiced before all other Asanas. It is not merely a physical exercise but a combination or union of physical exercise plus mental exercise. It works on three levels physical, mental and spiritual levels.

Thus, it satisfies the verse of Bhagwad GEETA – Yogastu karma Koushalam.

##### Aims and Objectives

To study this age old Surya Namaskarpractice retrospectively for self understanding and for public awareness, so that this holy practice may prove beneficial to one and all.

#### METHODOLOGY

##### REVIEW OF LITERATURE

As goes the prayojana of Ayurveda that which emphasizes on treating a diseased person and also maintaining the health of normal individual. In regard to the above verse of charaksamhita sutra 30<sup>th</sup> chapter, we definitely find it's relation with the Yajur Vedic references (verses) on Surya Namaskar , which speaks about the benefits of Surya Namaskar and that if one practices it regularly attains freedom from health troubles and diseases and lives a healthy life.

The above verse taken from Ishavasyaupnishada says; O SUN you are like a lid covering the golden vessel containing truth. So kindly open the entrance, enlighten me and lead me towards truth and virtuous acts.

##### Surya Namaskar

Surya Namaskar refers to SUN SALUTATIONS, which we perform to thank holy SUN. Surya Namaskar is as old as vedas and puranas. Some scholars say that this bowing down in front of Sun traditionally started when Lord Hanuman tried to engulf Surya Deva and later when Hanuman ji realized it, corrected it by Sun salutation.

*Aditya Hridaya Stotra* being the oldest puranic reference of Surya namaskar states that AGASTYA rishi asked SRI RAM to perform Surya namaskar before Ravana's destruction

##### Origin of Surya Namaskar

1. Vedic Origin
  2. Trucha Kalpa –Hindu Literature
  3. Nitya Vidhi
  4. Aditya Prasna- Ancient Vedic Forms
  5. Puranas
  6. Puran Aditya Hridayam
  7. Teertha Shloka
- Modern scholar's point to mid 19<sup>th</sup> century commentary on the hatha yoga pradipika, manual

\*Corresponding author: **Surbhi Raina**

Department of Kriya Sharir College of Ayurved, Bharati Vidyapeeth Deemed University, Pune

for hatha yoga as the first reference to Sun salutation practice.

- In 1920's Raja of Aundh (Maharashtra) performed the twelve asana's of Surya namaskar, The Great Maratha Shiva ji also performed Surya namaskarregimen. Raja Of Aundhpropogated Surya Namaskar, as he made Surya Namaskar compulsory in Schools and institutions.
- Raja of Aundh also insisted common masses to practice Surya Namaskar for muscular benefits to be fit and healthy.
- It is believed that Marathas, Swami Ram Samarth ji also performed Surya Namaskar for able bodies and spiritual benefits.

Surya Namaskar is a yoga series. The practice supports the development of the koshas, or temporal sheaths, of the subtle body.

There are numerous references of praising the SUN for the purpose of good health and prosperity, in vedas some of the vedic hymns were incorporated into NITYA VIDHI { daily mandatory routine for a hindu} for the well being of an individual through salutations to the sun. These procedures were termed as SURYA NAMASKAR. Physical prostrations to SUN showing complete surrender of oneself to ALMIGHTY, is the main aspect of these procedures. The forms of Surya Namaskar practiced vary from region to region.

Two such popular practices are TRUCHA KALPA NAMASKAR and ADITYA PRASNA. They are widely practiced through out.

#### **Trucha Kalpa Namaskar**

It has three steps;

**Sankalp:** It is a resolution which is made in the beginning while performing Surya Namaskar, in this Sankalp, we pray to the holy SUN requesting him to give good health and strength to work hard.

**Dhyan Mantra;** Then Dhyan mantra is recited.

#### **Surya Namaskar Mantra**

After Dhyanmantra, Surya Namaskars are performed by chanting mantras. Mantras are arranged in a specific way .they consist of the three ruchas taken from the 1<sup>st</sup> mandal, 9<sup>th</sup> anuvak, 50<sup>th</sup> sookta in Rig Veda, which are composed in Anushtup Chandas.

Sage Kanav (RISHI) is believed to have composed them.

#### **Aditya prasna**

The verses used in the ADITYA PRASNA are taken from the first chapter of YAJUR VEDA, taittiriyaarnayakam, also referred to as Surya Namaskar Chapter.

Aditya Prasna is popularly practiced in south India.

It has 132 anuvakas in this chapter and it is a practice to recite, perform Sun Salutations with prostrations after recitation of every Anuvaka.

#### **Puranic Origins**

Aditya Hridayam is another ancient practice which involves Surya Namaskar.

It is a procedure of saluting the SUN, taught to Sri Rama by Sage Agastya, before his fight with Ravana.

It is described in the Yudha Khanda canto 107 of Ramayana.

There are total 124 names praising the Sun in the Aditya Hridya Stotram.

In day today practice we have adopted the simplest form of SURYA NAMASKAR practice, It has been already mentioned that SURYA NAMASKAR practice methods vary from region to region. Given below are the 12 asanas of Surya Namaskar and their 12 corresponding mantras which are chanted while performing asanas.

Surya Namaskar Asanas: Mantra For Each Asana

1. Pranamasana	Om Maitrayenamah.
2. Hastauttanasana	Om Ravaiyenamah
3. Hasta Padasana	Om Suryaenamah
4. Ashwa Sanchalanasana	Om bhanvenamah
5. Dandasana	Om Khagayenamah
6. Ashtanga Namaskar	Om Pushnenamah
7. Bhujangasana	Om Hiranjegarbhayenamah
8. Parvatasana	Om Marichayenamah
9. Ashwa Sanchalanasana	Om Aaditayenamah
10. Hasta Padasana.	Om Savitrayenamah
11. Hastauttanasana	Om Arkayenamah
12. Pranamasana	Om Bhaskarayenamah

Teertha shloka is chanted in the end.

#### **References**

- <http://www.sanskritweb.org/rigveda>.  
<http://www.sacredtexts.com/rigveda>  
Rig Veda Nitya Vidhi, Bharatiya Sanskrit Kosha.  
Gherandsamhita year (2004)  
IJOY article on Surya Namaskar.

#### **How to cite this article:**

Surbhi Raina and Drkavitaindapurkar., 2018, A Retrospective Study on Surya Namaskar.  
*Int J Recent Sci Res.* 9(11), pp. 29582-29583. DOI: <http://dx.doi.org/10.24327/ijrsr.2018.0911.2886>

\*\*\*\*\*