GENERAL HEALTH

Your Ticket to Peace

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Do you wake up and scroll? “scrolling is bad habit but i still scroll. Sometimes I feel anxious , worse panic attacks , bad posture,” if this is you then Surya namaskar Sun Salutation is for you. It reduces negativity, anxiety and panic attacks. It is a worship to Sun for health. The Sun is considered diety in the Bharat.

Instructions: Do Surya Namaskar with empty stomach and wear loose cloths. Do after bath facing east direction.

1) The Raised Arm pose

Do Namaskar(Join palms of hand and keep near chest). Breathe in . Lift arms up and bend backword.

Chant: ? ??????? ??? (Om Mitray Namah) — friend of all

This pose cures diseases of stomach and pelvic region , increases height. With chanting improves digestion, helps in TB and cough.

2) Hand toe pose (Hastapadasana)

Breathe out. Band down bring hands beside feet.

Chant: ? ???? ??? (Om Ravaye Namah) — one that roars

Cures diseases of pelvic region knee increase height reduce belly fat Improves functioning of liver and pancreas. With chanting afeects throat pallate heart.

3) Equisterian pose

Take back right leg. Look up . Breathe in.

Chant: ? ??????? ??? (Om Suryaya Namah) — salutations to sun

Cures diseases of stomach pancreas. Heart lungs become healthy. With chanting improves health of organs near stomach improves digestion.

4) Both legs expanded pose

Bring back left leg.

Chant: ? ????? ??? (Om Bhanve Namah) — the bright one

Benefits hands, legs , spinal cord , stomach . cures diseases of throat, alimentary canal , lungs, heart, kidney.

5) Bhujnvaasan

Breathe out . Bend knee head on mat.

Chant: ? ???? ??? (Om Khagay Namah) — one that moves in sky

Benefits respiratory tract, thigh; calf, vertebral column, neck and hands. With chanting improve digestion, constipation.

6) Eight Limb Slutation

Breathe in. Bring chest and head on ground. Don't move knee and legs. Breathe out.

Chant: ? ?????? ??? (Om Pushne Namah) — one who nourishes

Broaden chest. Improves digestion . Pelvic region and vertebral column become healthy. Improves blood circulation. Cures throat, pallet, heart, lungs and respiratory tract.

7) The cobra pose

Lift head, chest up . Do cobra pose.

Chant: ? ???????????? ??? (Om Hirnya garbhay Namah) — the golden source of universe

Broaden chest . With chanting improves digestion. Cures uterus and period problems. Cures urinary bladder, rectum. Reduce weight , cures dieseases of backbone.

8) The Mountain Pose

Lift waist .press chin neck . Breathe out.

Chant: ? ?????? ??? (Om Marichaye Nmah) — who posesses rays

Benefits stomach, legs, hands, knee and thigh . with chanting improve working of throat, palate , heart, stomach.

9) Bhujnvaasan (Child's Pose)

Breathe out. Press knee and head on mat.

Chant: ? ???????? ??? (Om Aadityay Namah) — the son of aditi

Benefits stomach, hands, legs, knee, thigh. With chanting improves functioning of throat, pallet, heart, stomach.

10) Dakshinpad sankochanasan

Breathe in. Bring right leg between hands strech left leg .

Chant: ? ??????? ??? (Om Savitre Namah) — cause of whom life exist

Keeps liver healthy. Cures neck, chest, stomach, pelvic region. With chanting cures throat, heart, lungs, alimentary canal, urinary bladder.

11) Hastpadasan

Bend from waist. Bring right leg forward . Bend from waist . Breathe out.

Chant: ? ?????? ??? (Om Arkay Namah) — Sun worshiped with water (ark)

This pose increases height, reduces belly fat. Liver and pancreas function better. cures pelvic region and knee.

12) Namaskarasan

Stand straight . Do Namaskar.

Chant: ? ???????? ??? (Om Bhaskaray Namah) — lord of light

You become peaceful and patient. With chanting throat ,chest, heart, respiratory tract, stomach function better. This pose Improves blood circulation.

** Do shavasana (corpse pose) after finishing the cycle.*

Important Guidelines:

- Don’t do Surya Namaskar if you are under 9 year.
- Don’t do during periods and after 4 months during pregnancy.

We feel happy when we sit in sunlight, don’t we? Spend some time in sunlight. Surya Namaskar stimulates nervous system, keeps body in shape, improve posture, builds immunity. It improves physical health as well as mental health. It improves blood circulation. Your skin will glow. Body becomes stronger. You will be happy and peaceful. It increases concentration.

Do this daily for health, your ticket to peace.

Competing interests

The authors declare that they have no competing interests.

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