

ROLE OF SURYANAMASKAR ON HEALTH DURING COVID-19

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Abstract

The purpose of this study is how the Surya Namaskar has attracted attention towards the health of the people of the society. In the Surya Namaskar, all the asanas of yoga are included. The main objective of the program of the Surya Namaskar collective practice is towards the physical and mental health of the public. It is to be made aware that during Covid-19 people could not do group exercises nor could do physical exercises outside in this period. The whole world was closed, it was to stay at home and take care of health, that people used to stay at home for 24 hours. It was not due to which people had to face mental and physical problems, the fear of Covid-19 was put in the mind of the people in such a way that many people lost their lives due to the fear that there was no claim of this disease. So, a ray of light starts to appear towards yoga. Stay Yoga is healthy, it has the important role of Surya Namaskar, in which physical and mental illnesses can be got rid of, thus we can say that Surya Namaskar during Covid-19. There has been considerable lack of benefit for the society.

Key Words: →→ Surya Namaskar, Science, covid-19



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Introduction

When the whole world was excited to celebrate the New Year, an invisible virus in China started spreading its dreaded disease called Novel Corona Virus. “Corona viruses are RNA viruses that are a group of viruses that cause disease in mammals and birds that can cause respiratory tract infections in humans, ranging from mild (eg, colds) to severe (e.g., Death)”. (according to hi.wikipedia.org/wiki).

Corona is a viral disease that has taken the form of an epidemic and is causing havoc all over the world. The disease starts with a cold and a lot of cold, which gradually takes a formidable form and affects the patient's breathing system badly. The patient dies so many times in such a bad way. Corona is a viral disease that has taken the form of an epidemic and is causing havoc

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all over the world. The disease starts with a cold and a lot of cold, which gradually takes a formidable form and affects the patient's breathing system badly. The patient dies so many times in such a bad way. The disease started in Wuhan city of China and spread all over the world and became so widespread that a country like India was declared completely closed. WHO has declared it an epidemic? Its early symptoms are similar to those of the flu, which gradually take a macabre form. It is a virus whose symptoms are not detected in the infected person soon, which takes about 14 days to be detected. That is why it is necessary that if you have returned to your home from an infected area or traveling abroad, then in this situation you should keep yourself away from other people for at least 14 days.

Symptoms of corona:-

- Fever
- Cold and cold
- Sore throat
- Body fatigue
- Breathing difficulty (most prominent)
- Muscle stiffness
- Prolonged fatigue

The World Health Organization (WHO) has declared the corona virus an epidemic. The corona virus is a very subtle but effective virus. The corona virus is 900 times smaller than human hair, but corona infection is spreading rapidly around the world. An unknown seed has become embedded in the minds of the dreaded populace called the corona virus, a new strain that has never been identified before in the history of mankind. The epidemic shook all the people around the world. Kovid-19 has emerged as a global loss that originated from China and punched our pillars of health and economy. The first case of corona was reported on 30 January 2020 in India. Now almost twelve months have passed. This corona virus, originating from the city of Wuhan in China, has created a furore all over the world. Corona virus has killed millions of people and still people are falling victim to corona infection. The team of health workers and doctors has been continuously engaged in the treatment of corona patients for one year. Many doctors and nurses served Corona patients day and night and were also found to be Corona infected. Many doctors and nurses lost their lives while being treated. Even today, he is serving the patients tirelessly and non-stop. At present, the number of corona patients in India

has not decreased much, but it is reassuring that people are now recovering from corona fever. The death rate is lower than the first few months.

In the Corona era many of us lost our loved ones. In 2020, Corona snatched many people from us. A developed and powerful country like the United States, Corona was at the top in terms of infection. In countries such as Brazil and Italy, millions of people lost their lives because of Corona. India has more population than other countries. But from the beginning, the country and the government have handled the Corona period with a clear mind. India proved to all countries that it is a cautious and prosperous country. In an emergency, the country and health workers did not lose their spirits and served the patients and millions of people fearlessly got the corona test done. This halt was not less than a challenge for all countries, scientists of every country are engaged behind the invention of vaccine. Soon the vaccine will arrive in the country to avoid Corona. With the introduction of this vaccine, people will be able to survive this epidemic. The country had to undergo a lockdown of several months due to the Corona period. We understood the importance of family due to the lockdown. People who are unable to give time to their family and children due to office and business. During this time of lockdown, people spent time with their families. The first lockdown was imposed on 25 April 2020. At this time, shops were open for only essential items. During the Corona period, children's schools were closed and all educational institutions such as colleges and universities were also locked due to the Corona crisis. Now online classes are dominated. Almost all the students of this year were educated through online classes. If there was no internet, this time would have been difficult. Due to the Internet, many offices also started working online. This did not necessitate going out during this epidemic.

In this situation, it would be necessary and necessary to take care of health and increase the immunity of your body or the physical activity was stopped, which had a direct effect on health, on the one hand, the measures had to be taken to save from health. Yoga was the only support that could save us from this disease. Yoga attracted the whole world towards you. Surya Namaskar is an effective posture for exercising the whole body in yoga, in which the whole body is exercised, so Surya Namaskar is an effective there was a posture which helped us in fighting this disease, so that we can save our health.

Suryanamaskar:-



Surya Namaskar is the best among yogasanas. This practice alone is able to benefit the practitioner from the complete yoga exercise. The practitioner's body becomes healthy and healthy by its practice. 'Surya Namaskar' is also said to be useful for women, men, hair, young and old people. Twelve mantras are uttered in Surya Namaskar. Different names of the Sun are taken in each mantra. Every mantra has the same simple meaning - (my) salutations to the sun. These twelve mantras are .uplifted in twelve positions or stages of Surya Namaskar. First of all, we pray for sun and lastly say a verse saying its importance -Those who do Surya Namaskar daily, their age, intelligence, strength, semen and fast increases.

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Surya Namaskar and science:-

It is considered best to practice Surya Namaskar in the morning when the color of the sun is red. Because then at that time ultra violet rays come out of the sun. This ray has great importance in science. Presently many diseases are being treated by artificial ultra violet rays. In such a situation, if a Surya Namaskar is practiced in natural ultra violet rays, any thoughtful person can understand how much benefit will be there.

How to do Surya Namaskar:-

Surya Namaskar is practiced in twelve situations which are as follows-

1. Stand upright with both hands folded. Close your eyes. Concentrate on the 'command cycle' and invoke 'Sun God' by chanting 'Mitra Namaya Namah'.
2. While inhaling, spread both hands with your ears upwards and tilts the arms and neck backwards. Focus the meditation on the back of the neck.
3. In the third position, while exhaling slowly, tilt forward. With hands and neck, touch the earth right and left of the feet by going down adjacent to the ears. Knees stay straight. Pause for a few moments while focusing on the Manipuraka Chakra behind the navel while touching the forehead knees. Do not seek seekers with back and back defects.
4. In this position, move the left leg backwards while inhaling. Stretch the chest forward. Tilt the neck more back. Leg stretched straight back stretch and foot paw. Wait a while in this situation. Take the meditation to 'Swadhistan' or 'Vishuddhi Chakra'. Keep the face normal.
5. Exhale slowly, move the right leg back as well. The legs of the two legs are joined together. Stretch the body backwards and try to match the ankles to the earth. Raise the buttocks as high as possible. Tilt the neck down and apply the chin to the moth. Practice focusing on the 'Sahasrara Chakra'.
6. Breathing, prostrate the body parallel to the earth, straight prostration and first put the knee, chest and forehead on the earth. Lift the buttocks slightly. Exhale. Put the meditation on the 'Anahata Chakra'. Normalize breathing speed.
7. In this position, while filling the breath slowly, pull the chest forward and straighten the hands. Move the neck backwards. Knees touch the earth and feet remain claws. Pull the base and restrain the attention there.
8. This position - same as fifth position
9. This position - similar to the fourth position
10. This position - similar to the third position
11. This situation - same as the second position
12. This position - will remain the same as the first.

Benefits Of Surya Namaskar

The above twelve positions of Surya Namaskar make our body healthy by removing the deformities of entire organs. This entire process is highly beneficial. Its practitioner gets relief from pain of hands and feet. The muscles of the neck, lungs and ribs become strong, the body

becomes light-weight after reducing excess body fat. Skin diseases are eliminated or the possibility of their occurrence is eliminated by Surya Namaskar. With this practice, the diseases of constipation etc. are eliminated and the functioning of the digestive system increases. Through this practice, all the small and big veins of our body become active, so laziness, sleeplessness etc. disorders go away. , thus we can say that Surya Namaskar is Mara became a part of life which benefits our healthy in many ways which is as follows-

- Improve muscle flexibility
- Heals body postures and alignment
- Provides better digestive system
- Strengthens internal organs
- Treats asthma
- Cures diabetes
- Helps to cure heart problems
- Helps skin glow
- Promotes strength and endurance
- Improve concentration
- Helps control mind and thoughts
- Keeps the mind calm to overcome anxiety, stress and depression
- Helps reduce stress
- Helps in blood circulation and muscle relaxation
- Weight loss
- Protects from injury

These are the benefits of surya namaskar

Conclusion:-

Yoga is a very useful practice that is very easy to do and it also helps to get rid of some serious health problems, which are common in today's lifestyles. Yoga has attracted everyone in the era because when The whole world was closed in their homes, then everyone's concerns about healthy had increased, in these circumstances, to keep the whole body healthy, sun salutation is the only posture that can keep the whole body healthy and your body's immunity Can be increased because it consists of 12 yoga postures that affect the whole body. It is a breathing-based activity that directly affects our lungs, so that our breathing system is strong, whereas Covid-19 is directly our Suryanamaskar postures have been proven to be very effective to make

the lungs ill, which helps us in fighting this disease and enhances our immune system, when the whole world is going through a stress, then this yoga posture stress Has proved to be very helpful in removing this Yoga focuses on your natural tendency towards health and self-healing.

The Yoga Sutra mainly consists of exercise, meditation and yoga asanas which strengthen various muscles. It is a good option to avoid drugs, which are harmful to our mental and physical health.

One of the main benefits of practicing yoga is that it helps in reducing stress. Stress is a common practice these days, which has a devastating effect on the body and mind. Stress causes people to have severe problems such as pain at bedtime, neck pain, backache, headache, rapid heartbeat, palms sweating, heartburn, anger, insomnia and inability to concentrate. Yoga is really effective in treating these types of problems with the passage of time. It helps a person reduce stress by meditation and breathing exercises and improves a person's mental well-being. Regular practice creates mental clarity and peace that relaxes the mind

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