

**SURYANAMASKAR**  
**A DIFFERENT PERCEPTION**

---



By - **Dr. Arun Datar.**

---

**SURYA GYM**  
Near Chatusringi,  
Senapati Bapat Road,  
Pune - 411 016.  
Maharashtra, India.  
Phone - 020 - 5671621(gym)  
020 - 5652372(res)



## **SURYANAMASKAR** **A Different Perception**

A well-built body is wealth. For whatever you want to achieve in life you have to have a well-built body. It is true that “Health is Wealth”, but in my opinion, health is more precious than wealth. Wealth can change hands, but your health always remains with you. A well-built healthy body is achieved by regular exercises. To keep the body fit, scientific movements of all body parts are essential, which according to the rules are called “exercises”. Exercises increase the power, strength and give a proportionate and shapely body, which is known as “*Soushtav*”. Exercise is the key to a happy, healthy and a long life. “Live life disease-free” is the *mantra* of Indian exercises. A healthy person indeed is the nation’s wealth. He, who has health, has hope and if he has hope he literally has everything! A well-built society will strengthen the nation.

### **❖ BODYBUILDING – A LIFESTYLE**

Exercise should be an integral part of life as it is the nectar for us. It has to be included in our lifestyle. For humans food, rest and work are essential and so are exercises. For almost everyone it is an important “*Sanskar*”.

Body is a temple,  
Exercise is the form of worship and  
Beautiful Body is ‘*Prasad*’.

Swami Vivekanand used to call this world a ‘gymnasium’. For healthy body, mind and intellect one has to worship ‘strength’. It will lead to a mighty India and this powerful India will have a place of her own in this world.

Exercises are of two types - Indian and Western. Both the types can be done with or without equipments. In Indian style of exercises to gain a good shapely body is important. *Dand, Baithak, Jor, Yoga* and *Suryanamaskar* have a special place in Indian exercise. Art of yoga is the age-old art of India. Yoga exercises strengthen body as well as mind. In these exercises equilibrium of body, mind and intellect is maintained. These are not just exercises, but a delicate balance of mind and



body. Sound mind in a sound body. These yoga exercises known as '*Aasanas*' are a beautiful combination of body flow and mental tuning. Nowadays these *Aasanas* are looked upon as a part of exercises and so they are practiced from that consideration. The original intention of yogic science is self-realization, self-experience and self-enlightenment. It is related more towards mental turbulence than to an exercise. Exercises tend to make you an extrovert while yoga takes you to an inward journey. It creates equilibrium and therefore maintains a sense of contentment in everyday life.

*Suryanamaskar* rules the Indian style of exercises. It's the secret of powerful body. It increases the might of body and mind. Male, female, child or old anyone can perform it. Sex or age is no bar. It can be performed even at home. This is the ultimate form of exercise for total body. It takes you to the progressive stages of body, mind, and intellect as well spirituality too. It's regular, scientific performance leads to the awakening of *Kundalini Shakti*.

*Suryanamaskar* means worshipping the God *Surya*, worshipping its fiery strength. *Suryanamaskar* increases the power of body and mind, which together helps you to reach to the ultimate. God *Surya* should be worshipped by bowing down before his powers. Worship is servility. God *Surya*, the greatest storehouse of energy and light when worshipped is bound to transmit a part of it to the worshipper.

Prayers have a very special place in Indian style of exercises. Prayers bring in mental concentration, vanish the evil thoughts and good thoughts are embedded. True and honest thoughts bloom up due to prayers. Prayers increase the power of organs, mind, intellect and spiritual progress is achieved. Mahatma Gandhi, in whose life, prayers had a very special role and place used to say, 'Without prayers I would have been lunatic'. Dr. Carrel, a great intellectual and thinker, a Nobel prizewinner also confirmed, "It is only by way of prayer, a man can generate utmost energy and this power is as real as gravity".

*Suryanamaskar* is a beautiful exercise for the whole body. Bowing down before God *Surya Beejmantra* is chanted, along with His several names and proper scientific exercises are



generally performed. These exercise all the muscles. As all the joints are properly activated, natural movements are made easier. Physical strength, as well stamina increases. Impurities and problems in breathing are cured. Physical shape improves. The vertebral column is stretched and all the muscles are exercised. Problems / dislocations of the vertebrae are taken care of. Obesity is reduced. Controlled breaths improve heart's functioning and capacity of lungs is increased. For growing children these exercises help to increase height. Mental and physical weaknesses go away. Sunrays affect eyes powerfully. The brain cells and the intellect is sharpened. Memory power enhances, concentration span and quality is broadened and so the complete wholesome good health is achieved. One gets all these benefits by regular scientific *Suryanamaskar*.

These *namaskaras* are affiliated to many *aasanas*. There are twelve *aasanas* included in this *namaskar*.

- 1) Namaskarasan -- नमस्कारासन
  - 2) Ourdhva namaskarasan – उर्ध्वनमस्कारासन
  - 3) Hastapadasan - हस्तपादासन
  - 4) Dakshinpad Prasaranasana – दक्षिणपाद प्रसरणासन
  - 5) Dwipad Prasaranasana – द्विपाद प्रसरणासन
  - 6) Bhujanvasana – भुजन्वासन
  - 7) Sash tang Pranipatasana – साष्टांग प्रणिपातासन
  - 8) Bhujangasana – भुजंगासन
  - 9) Bhujanvasana – भुजन्वासन
  - 10) Dakshinpad Prasaranasana – दक्षिणपाद प्रसरणासन
  - 11) Hastapadasana – हस्तपादासन
  - 12) Back to original stage – पूर्वस्थिती
-



## ❖ NEW PERCEPTION ---

Some experts feel that one cannot gain the body of a wrestler through *Suryanamaskar*. But I totally disagree with it. Since the last twenty-five years I've been practicing *Suryanamaskar* regularly. I have experienced, that because of these regular exercises muscles get toned up, and the body gets a good proportionate shape and the contraction and relaxation of muscles become easier. Twice a week, in my gym, each and every member practices *Suryanamaskar* in a group.

In my gym, many members have participated in weight lifting and bodybuilding competitions. For their benefit and progress I keep on revising new courses and experiments. My experience, the urge to try out new ways and related studies, have brought a thought in my mind- can there be some changes in traditional form of *Suryanamaskar*? I was possessed by this concept. These exercises are required to participate in various competitions too. As necessity is the mother of inventions, I believed that I should establish something new. The basis for inventions is provided by the earlier methods but mere imitation is also not correct. Imitation should initiate creativity. And it was this, which brought out two revised methods of *Suryanamaskar* –

1) *Suryadeo Namaskar*, 2) *Soushthav Namaskar*.

It was this change, which made all the members realize the importance and utility of these exercises. And today everyone is keen on performing these *namaskars*.

*Suryanamaskar* is an aerobic exercise. While performing it to increase strength with some more stretch, some isometric exercises can also be done. At the beginning stage pulling up the knee, tightening the thigh and the hip muscles and both the palms pressed tightly on the ground, gives good exercise to forearms, shoulders, chest, thighs, calves and wrists.

1. At the First stance, instead of just lifting up the arms, if the whole body is stretched upward from the calf to the head, and the heels are lifted, more tension is created. As the muscles and vertebral column is stretched, it helps to increase height.
2. While going to the Second stance put the heels on the



floor. Keeping the legs straight, bow to touch the knees with the head giving good strain to waist and back of the thigh muscles.

3. At the Third stance, tighten the leg that's put forward and upper torso, forearms, shoulders, chest, backwards.
4. At the Fourth stance, without bending the legs, put the heel on the ground.
5. At the Fifth stance, thighs, forearms, waist, chest, shoulders should tighten. Wherever possible go in for isometric muscle contraction.

Nowadays members are not all that keen to learn muscle control. They find it difficult and boring. What you need for it is perseverance. In today's instant age everyone looks for instant results and don't have the patience to work hard. Thinking over simple forms for muscle control '*Soushtav Namaskar*' was devised. While posing one has to exhibit the muscles. It's easier to gain muscles but exhibiting pumped up muscles is difficult. Members feel posing is easier than muscle control.

### ❖ SOUSHTHAV NAMASKAR ---

This *namaskar* is designed by combining different poses; some exercises like dips etc. with isometric, isotonic and iso kinetic exercises. This exercise is inclusive of strength, stamina, perseverance, concentration, rhythm, and speed. If for some reason weight training or other exercises cannot be done then just three or four *Soushtav Namaskars* help to maintain the required proportionate and shapely body. Compared to free hand exercises, *Soushtav Namaskars* help to develop proportionate body easily and in a short period.

1. At the beginning, stand straight with folded hands. Press the palms together and isometric contraction of the muscles takes place. Wait till three counts. Keeping the hands on the waist, take a Trapeze pose for three seconds. Again fold the hands together and take them up on the head according to the first step of *Suryanamaskar*. Take a breath for 5 to 7 seconds.
2. Then releasing the breath, take Victory pose for three seconds. Then Abdominal pose for three seconds. Take a breath; Double biceps pose for three seconds. Slowly



imagining there is a heavy weight on the shoulders squat down. Now keeping hands on the floor, release the breath, stretching the legs straight according to the second stage of *Suryanamaskar* – remain like that for 5 to 7 seconds.

3. Take a foot behind and go to *Suryanamaskar* stage three – remain so for 5 to 7 seconds.
4. Keeping the legs in that position lift the bodies up to the Archer pose for three seconds, Double biceps pose for three seconds. Keeping hands on the ground take another foot behind release the breath, pull stomach in - *Suryanamaskar* stage four – remain in it for 5 to 7 seconds.
5. Bending the arms, touch the chest and forehead to the floor, taking a breath, lift the body up, parallel to the floor, arms straight. Look ahead and releasing the breath perform Dips till 10 counts – Dips with clap. Take breath, *Suryanamaskar* stage five, remain 5 to 7 seconds.
6. Ten reverse *Jor*. At eleventh come to the *Suryanamaskar* stage six – remain 5 to 7 seconds.
7. Bring a leg ahead, do *Chakridand* five times each leg, go to *Suryanamaskar* stage seven, remain 5 to 7 seconds.
8. Keeping the legs in the same position lift the hands up, *Yachak* pose for three seconds. Thinker's pose for three seconds, keep the hands on the ground. Bring another leg ahead and go to squat position, holding the toes with both hands imagining there's heavy weight on the waist, slowly stretch the leg three times. Third time release the breath and wait. Keeping hands on the floor *Suryanamaskar* stage eight – remain 5 to 7 seconds.
9. Taking breathe go to *Suryanamaskar* stage nine.

### ❖ SURYA DEO NAMASKAR ---

By counting with the same rhythm as that of *Suryanamaskar* in between two counts and doing some freehand exercises two to ten times, *Suryanamaskar* can be changed into an aerobic exercise. All the benefits of *Suryanamaskar* with added benefits of other exercises -- this is the fitness capsule to give wholesome exercise to body in a short period.

1. Standing as per the beginning position of *Suryanamaskar*, rotate each arm 10 times. Then taking a breath, lift both the



- arms, go to *Suryanamaskar* stage one – remain in that position for 5 to 7 seconds.
2. Releasing the breath, bend forward and touch the toes and again lift the arms to go to stage one. Touch the toes for 10 counts, and at the at eleventh, bend forward, release the breath and go to *Suryanamaskar* stage two – remain in that position for 5 to 7 seconds.
  3. Then keeping the hands on the floor, take a leg behind and do Leg splitting ten times with each leg – go to *Suryanamaskar* stage three – remain in that position for 5 to 7 seconds.
  4. Take the other leg backwards to *Suryanamaskar* stage four – pull the stomach in and remain in that position for 5 to 7 seconds.
  5. Then lowering the body touch the chest and the forehead to the ground and taking a breath lift the body upwards – begin the dips, do ten Dips, then go in *Suryanamaskar* stage five – remain in that position for 5 to 7 seconds. People who are unable to do complete dips should do partial dips by touching the knees to the ground.
  6. Perform ten reverse *Jor* and at eleventh count go to *Suryanamaskar* stage six – remain in that position for 5 to 7 seconds.
  7. Then bring a leg forward and place it between the palms placed firmly on the ground. Similarly, bring the other leg forward and sit in squat position. Keeping the body weight on the hands, perform extended squats 10 times. On the eleventh count taking one leg behind go to *Suryanamaskar* stage seven – remain in that position for 5 to 7 seconds.
  8. Sitting in squat position hold the toes with the hands. Imagining there is a heavy weight on the waist, gradually stretch the leg upwards. Head will be downwards. Repeat this three to five times. Then stretching the legs straight, hands on the ground – breath is released- *Suryanamaskar* stage eight – remain in that position for 5 to 7 seconds.
  9. Gradually start lifting the body, stand straight, fold the hands - *Suryanamaskar* stage nine – remain in that position for 5 to 7 seconds.

All the members of my gym perform *Suryanamaskar* in a group. I started adding some movements, poses of *Suryadeo* as well *Soushtav namaskar*, which brought new zeal in them. Everyone is benefited by it. The results are





miraculous and hence very encouraging. On an average, each member has increased his stamina, strength and endurance by 15 to 20%. This is easily possible, in case of new members, as they have not yet reached their weight-limit and so their weight-handling capacity improves. I confirm that for this increased capacity, credit goes entirely to the new and developed forms of *Suryanamaskar*.

Many of our ex-students, who were very regular in their exercises for years together, could not spare sufficient time for it because of their busy schedule. Some of them are Doctors, Engineers, some are serving in Armed forces and Police services. They have benefited to a great extent by following the new methods of *Suryanamaskar*. Their fitness level has improved their stamina and endurance has increased and they are more energetic and cheerful throughout the day in spite of their hectic schedule.

I think, these examples are more than enough to proclaim the effectiveness of this changed design of *Suryanamaskar*. We have started 'Rashtriya Suryanamaskar Abhiyan'. Every 19<sup>th</sup> of each month is observed as 'Rashtriya Suryanamaskar Din (day)'. I request all of you to join us in this Abhiyan (movement) and all of us together will build a powerful world, leading to peace and happiness.

✍ - Prof. Arun Datar.

'SURYA' Gym, Pune.

☎ 020 - 5671621 (gym)

020 - 5652372 (res.)