



## ROLE OF YOGA (SURYANAMASKAR) IN ENHANCING THE EFFICACY OF VARA ASANADI KASAYAM IN THE MANAGEMENT OF STHAULYA

Mani Bharathi K\*, Venugopalan S<sup>1</sup>, Anitha Patil<sup>2</sup>

\*Ph.D Scholar, SCSVMV, Enathur, Kanchipuram Dist - 631561, Tamilnadu, India.

<sup>1</sup>Professor & Head, Dept. of Sanskrit & Indian Culture, SCSVMV, Enathur, Kanchipuram Dist - 631561, Tamilnadu, India.

<sup>2</sup>Asst. Professor, SJSAC & H, Nazarathpet, Poonamalle – 6000123, Chennai, Tamilnadu, India.

### ABSTRACT

Suryanamaskar means salutations to the sun has twelve step of asana, suryanamaskara is a complete sadhana, spiritual practice, in itself for it includes asana, pranayama, mantra and meditation techniques. It increases Ayu (longevity) Prajna (intellect), balam (strength of body and mind) and veerya (potency). Today the problem of obesity is increasing among childhood and middle age people. The aim of this study was to observe the effect of Diet and life style modification, surya namaskar, and vara asanadi kasayam (VAK) on sthaulya (obesity). 120 persons from Northern Tamilnadu having average age of 25 to 50 with BMI ranges from 30 to 35 participated as subjects. All of them were in normal healthy condition without secondary obesity. The literature mentions weight loss due to regular practice of ahara (diet), vihara (whole some life style), aushadha (drugs). The experimental study revealed that a regular practice of surya namaskar and intake of vara asanadi kasayam for 90 days significantly reduced the weight of 30 sthaulya persons of the experimental group, this research confirms the same, thereby it proves the role of yoga (suryanamaskar) in enhancing the efficacy of vara asanai kasayam in the management of sthaulya.

**Keywords:** Surya namasakar, Vara asanadi kasayam, Sthaulya, Weight loss.

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### Corresponding Author

**Mani Bharathi K**

Ph.D Scholar, SCSVMV, Enathur, Kanchipuram Dist - 631561, Tamilnadu, India.

**Email:-** vaidyamani@gmail.com

### INTRODUCTION

In the present scenario we all are having doubt about our positive health everyone takes some medication for one or the other ailments .actually we all

are getting disease by adopting improper life style, taking unwholesome diet adopting unwholesome activities and by improper usage of kaya, vaak and manas which makes the bodily and mind dosas disequilibrium leads to acute or chronic ailments, most of our population is suffering from the chronic ailments such as depression, diabetes, hypertension, asthma etc. For these chronic ailments life time medication is of inevitable in order to find solution for these sufferings research in inter disciplinary system of indian medicine is needed.

The need of the 21th century is not only to achieve medical excellence in curing the patients but also to prevent people from becoming sick. At present, a major cause of morbidity and mortality is modern life style which includes stress, physical activity and high fat diet leading to obesity.

In Indian culture, yoga has traditionally been a part of daily routine which is meant for attaining healthy life. Sun salutation, also called as surya namaskar, the Rig veda says sun is the soul of the entire world. Sun is the

only god which bestows (us) good health. Therefore we should worship the sun for health and long life. The sun moves through 12 rashis or zodiac signs and therefore it has got 12 names. One round of surya namaskar consist of 12 steps or postures, the respiration is also adjusted as per the posture and movement.

Twelve mantras of lord sun (surya) which are recited with or without beeja mantra, one by one before each round of suryanamaskar. If suryanamaskar is done with these mantras one is greatly benefited with sun energy (prana) these are 1. Om mitraya namaha 2. Om ravaye namaha 3. Om suryaya namaha 4. Om bhanave namaha 5. Om khagaya namaha 6. Om pushne namaha 7. Om hiranya garbhaya namah 8. Om marichaye namaha 9. Om adityaya namaha 10. Om savitre namaha 11. om arkaya namaha 12. Om bhaskaraya namaha, it involves pranayam, asana and upasana i.e rituals it involve asanas such as step1-Pranamasana (prayer pose), step 2-Hasta utthanasana (raised arm pose), step 3-Padahastanasana (hand to foot pose), step 4-Dakshanapada prasarnasanam step 5-Dwipada prasarnasanam, step 6-Saashtanga namsakaraasana, step 7-Bhujangasana, step 8-Parvatasana, step 9-again Dakshanapada prasarnasana step 10-Pada hastanasana, step 11- again Hasta utthanasana step 12- Pranamasana.

#### Technique of surya namaskar

1. Inhale - stand straight hand close the body.
2. Exhale - bring hands together as pranamasana.
3. Inhale - slowly lifts the hands up and bends backward.
4. Exhale - bend forward rests the hands on the ground on the both sides of the feet forehead towards knee.
5. Inhale - rest the palm on the ground and move the right leg backward.
6. Retain - take the left leg backward join both legs at ankles and toes bring the buttock waist head in a line, look to the front.
7. Exhale - knee chest fore head on the ground with hip risen.
8. Inhale - sarpasana by lifting the chest above and straitening the hands.
9. Exhale - inverted v posture by pulling the back up.
10. Inhale - right leg forward in between the hands.
11. Exhale - left leg forward just keep adjusant to the right leg and fore head towards the knee.
12. Inhale - rising the both hand up and bend backward.
13. Exhale - brings the hand down and stand straight as on 1<sup>st</sup> step.

Vara asanadi kasayam (VAK) is a compound Ayurvedic formulation prescribed in the management of sthaulya it is one of the most potential herbo- mineral compound preparations mentioned in Sahasrayoga which is claimed to be extremely successful in the management of obesity and over weight but still now no clinical trial is been conducted.

Ingredients of this decoction are - part used  
Harithaki (*Terminalia chebula* Retz) - pericarp of dried mature fruit  
Bibithaki (*Terminalia belerica* Roxb) - pericarp  
Amalaki (*Emblica officinalis* Gaerth) - pericarp  
Asana (*Pterocarpus marsupium* Roxb) - Heart wood  
Chitraka (*Plumbago zeylanica* Linn) - Root  
Haridra (*Curcuma longa* Linn) - Rhizome  
Loha patra (Thin iron foil /flake) - purified

10 gms of coarsely powdered kasaya choornam is added with 160 ml of water well boiled and reduced to 40 ml filtered and taken in empty stomach morning and evening with honey for the period of 3 months followed by monthly follow up for 3 consecutive months.

#### STHAULYA (Obesity)

Medas (fat deposits) is increased in the body due to the lack of physical exercises, sleeping during day time, consuming kapha increasing food, excess intake of sweet, fat /oil substances. All the strotas (channels) are blocked by medas (fats). So further dathu (tissue) is not properly formed. Only medas get accumulated all over the body. Therefore, the person becomes weak and unable to perform all activities. Thereby suffers from mild dyspnoea, thirst, drowsiness, excess sleep, moaning due to overweight, body pains, excess appetite, offensive smell from the body, incapability to work and incapability to participate in sexual intercourse. Due to the increase fats and musculature, buttocks, abdominal wall and breasts are enlarged a lot. Because of this unequal distribution of fats in the body, the person is called Sthula (obese).

Vata dosa located in kosta (GIT) get obstructed and enveloped by fats, stimulates the digestive fire, food gets digested soon and person craves for more and more quantity of food and suffers from complication such as kusta (skin disease) visarpa (cellulitis), bhaganthra (fistula), jora (fever), athisara (gastric enteritis), meha (diabetes), arshas (piles), slipada (filaria), apaci (srofulas swelling), kamala (jaundice) and Micro organisms caused by offensive order of sweat.

#### BENEFICIAL DIET AND REGIMENS

Stored rice, mudga (green gram), kulattha (horse gram), uddalaka (variety of rice), kodrava (millet), eating barley, wheat, consuming diet comprising of yava (barley) and syamaka (millets) mixed with cavya, jiraka, trikatu, hingu (*Ferula Asafoetida*), sauvarchala and chitraka. Mastu (supernated portion of curd) with barley flakes and use of honey are beneficial.

Medicated smoking, fasting, blood letting, physical exercise, sexual intercourse, walk, awakening at night, sleeping on an uneven and hard bed, mental stamina, patience and letting out depression are helpful to the obese person.

### Hypothesis

Suryanamaskar practice and vara asanadi kasayam would significantly decrease weight in sthaulya (obese person).

### Objective

To study the effect of vara asanadi kasayam and suryanamaskar practice on sthaulya in respect of their weight, skin fold thickness, and arm and waist circumferences.

### Methodology

120 obese persons irrespective of gender from northern tamilnadu with the age of 25-50 yrs, with BMI 30 to 35 were selected for the study. They were divided into four equal groups of 30 subjects each.

Group I: subject will be given diet and regimen

Group II: practice only suryanamaskar

Group III: treated with vara asanadi kasayam

Group IV: treated with vara asanadi kasayam and practice of suryanamaskar

7 days suryanamaskar training program were conducted for group II and group IV

The height, weight, Arm circumferences, Waist circumferences and Skinfold thickness measurements were taken before and after the period of 3 month clinical trail followed by follow up of 3 consecutive months. Body mass index is assessed by height and weight of the sthaulya person, bicep circumferences, and waist circumferences, skin fold thickness, lipid profile, thyroid profile, ECG were included in assessment parameters.

Body mass index (BMI): it was calculated from the height and weight measurements by using the formula

$$\text{BMI} = \text{Body weight (kg)} / \text{Height}^2 (\text{m}^2)$$

### Research tool

Digital weighing machine, measuring tape, caliper.

### Statistical Analysis

All data are presented as mean± standard deviation within group data to compare the difference

between the pre and post intervention was analyzed with the paired t-test. Differences were considered statistically significant at  $P < 0.05$ . Analysis between the groups was done using ANCOVA test controlling for baseline differences only for those variables that have significant differences at baseline. For those which do not have significant difference at baseline, RMANOVA was done at the end of three months.

### RESULT AND DISCUSSION

The minimal raises in height in all of the groups were observed body weight, arm and waist circumstances and skin fold thickness decreased significantly in study group. It is interesting to note that the decreases in BMI on suryanamsakar and ayurvedic medication group were more pronounce. In yoga and ayurvedic medication group the BMI decreased significantly ( $p < 0.05$ ) whereas in other 3 group the decrease in BMI was not significant. Since the BMI as well as arm and waist circumferences and skin fold thickness of yoga (surya namasakar) and ayurvedic medication (vara asanadi kasayam) group decreased significantly, it is clearly proves that the role of yoga (surya namsakar) in enhancing the efficacy of vara asanadi kasayam in the management of sthaulya.

### CONCLUSION

The present study establishes that practice of 12 rounds of suryanamaskar at a stretch regularly for 3 month helped the sthaulya person intaking vara asanadi kasayam to reduce their weight, arm, waist circumferences and skin fold thickness.

### Scope of further study

We intend to carry out futher study by controlling the diet and by increasing the rounds of suryanamaskar practice.

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