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National Seminar on "The Importance of Sports, Physical Education and Psychology for Personality development At Present Scenario"

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Held on (01 February 2020, Saturday)

Organized by: Department of Psychology, Sports and Physical Education
Shivaji College, Hingoli-431513 (Maharashtra)



A Study of the Positive Effects of the Circulatory System, Digestive System and Respiratory System Due to Suryanamskar

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Abstract:-

Suryanamaskar is a beautiful exercise. It used 10 (Ten) or 12 (Twelve) Seats. Each seat has its one unique feature. Each seat exercises different parts of the body. There are some that improve the circulatory system. It there is some, it improves the digestive system. It anything, it improves the respiratory system. These postures affect the overall functioning of the human body and create physical and mental stability. Suryanamaskar is a mixture of asanas and pranayams. In yoga, the Suryanamaskar represents the sun pulse. Overall sun salutation improves circulatory systems. Physical flexibility builds Fat decreases and body becomes smooth.

Keywords: Blood circulatory system, Digestive system, Respiratory system

Introduction:

Suryanamaskar means bowing to the sun. Sun worship is called good health. It enhances the inner, Physical, Mental and Spritual strength of the human being. His can be done to anyone, whether it is a woman or a man. The non- instrumental exercise is used for the 12 Asanas in suryanamaskara which means twelve postures. Along with this posture, the sun has twelve names to take an action on. Each action has a different significance. Each seat has different benefits as a posture makes the body flexible. Yoga is necessary for the body. To be smooth, jerky, joints flexible, mind calm, concentrated and strengthen the internal organs. In suryanamaskar, every port of the body is exercised like a top-to-bottom exercise. Exercise after sunrise in the open space in the sun's rays which reduce the defects in the body this posture enhances gastric and cardiac output. It gives strength to the spine of a person. When we eat and drink, it contains the essence of



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the Sun. Sunburn reduces many disease. Only when we absorb Sunlight can we benefit from it. Solarism is needed for Physical fitness.

Purpose:-

- 1) Benefits to the body with Surya Namaskar
- 2) Understand the importance of exercise without equipment.

Hypothesis:-

- 1) Surya Namaskar reduces in body fat.
- 2) Surya Namaskar Improves blood Circulation.
- 3) Surya Namaskar it improves the function of the digestive System.
- 4) The respiratory Function is strengthened to Surya Namaskar.

Importance of Subject:-

Surya Namaskar has been in vogue since ancient times. Exercise for anyone who is poor, Child, man or women can exercise any Place in the Morning and evening. Surya Namaskar used various Postures in the development of the body and mind as well as Spiritual Strength. This enhances Physical ability. "The Combination of Posture and flexibility is Surya Namaskar." Which improves the Functioning of Various organs in the body? In the Suryanamaskar the backbone leans backward, causing muscle Contraction and Stretch, thus improving the blood Circulation in the body while maintaining elasticity of the spine Gastric, liver, Spleen, Kidney and uterine function improves due to foot pressure in the abdominal Cavity. Suryanamaskar Wants to Study the improvement in functioning of the Circulatory System, digestive System and respiratory System.

Data Collection:-

The city of Hingoli has a Population of about 60 thousand. The middle Class People who come from rural areas are more abundant. A large number of regular Yoga Classes are underway in the city to address non-expenditure on health problems. A regular Study of Suryanamaskar in this Class Showed the opinions of 50 People in the

regular 15 (Fifteen) yoga Classes through Physical interviews. It Studies the Changes in the body of 30 men and 20 women in some important institutions. It showed important in functioning of the Circulatory System, digestive System and respiratory System according to the following table



Impact on health due to regular Suryanamaskar Practice

Table No-01

Sr. No.	System	Women	Men
1	Improve the functioning of the Circulatory System	50%	70%
2	Improve the functioning of the digestive System	60%	80%
3	Improve the functioning of the respiratory System	50%	60%

- 1) Shows that 50% of women & 70% of men are called. That Suryanamaskar realizes that Circulatory activities and their functioning are well organized. The task looks better than the first & 50% of women & 30% of men don't notice much difference.
- 2) 60 Percent of Women & 80% of men say the digestive System has improved. Improvements in digestive function include improvement in appetite, digestion of food eaten, and loss of gases. 40% of Women & 20 % of men did not feel the difference.

- 3) 50% of Women & 60% of men say that their respiratory function has improved. Regulation of Suryanamaskar shows the difference in respiratory Problems. E.g. Asthma, Sleep, deprived, feeling restless, Sluggish, Swollen & 50% of Women & 40% of men say we didn't know the difference.

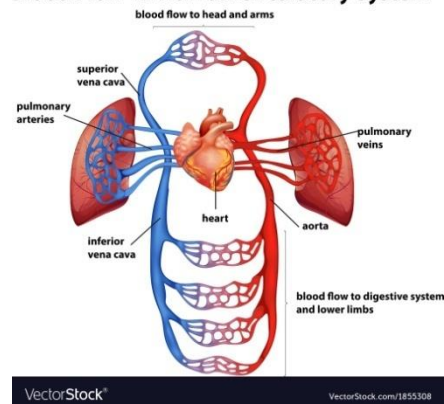
Conclusion: -

- 1) The above analysis shows that more than 50% of Women & 70% of men have seen improvement in Circulatory Function, Digestive Function & respiratory Function.
- 2) Less than 50% of Women & 30% of men cannot or do not know the difference.

1) Blood Circulatory System :-

Suryanamaskar enhances the functioning of the body. "Circulatory Circulation means Constant Circulation of blood throughout the body" with the sun's greeting increasing the movement of the abdominal Cavity in the improving the Circulation Process by Varying the air Pressure in the Cavity. Each action affects the heart, thereby increasing the activity of the heart so that the resistance to the heart builds up. Strengthening of the heart So that the Continuation of Suryanamaskar improves blood Circulation.

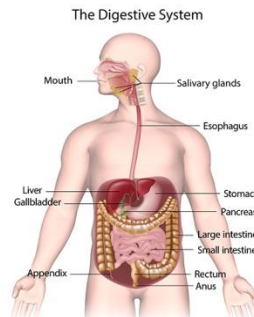
Blood Flow in Human Circulatory System



Blood Circulatory System

2) Digestive System :-

Yoga can improve the digestive System. In yoga, the most important form of Suryanamaskar is the movement of the body. Due to the intense activity in the body, it affects the digestive System, the gastro intestinal tract, and the activity of the digestive tract begins to function more vigorously. It uses Various Posture Pressures on the digestive tract. Increasing the movement of the Stomach leads to increased internal energy. This increases the oxygen in the blood & Creates new Cells in the blood. It can be said that appetite, excessive appetite & digestion of the food Consumes there after improve the Fuctioning of the digestive system. To improve the digestive system, Hastpadasan, Bhujangasan it eliminates diarrhea in the body by eliminating diarrhea & hives.

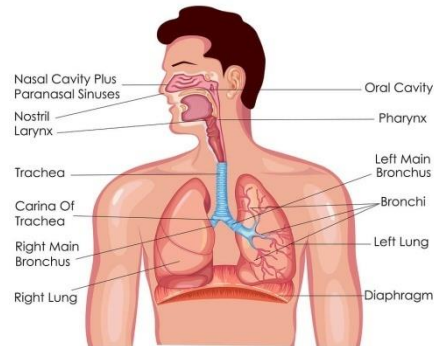


Digestive System

3) Respiratory System :-

While Perfoming Suryanamaskar, ever organ of the body is functioning so everybody in the body has to work. Each Organism's activity puts a great deal of pressure on the respiratory System. Because to survive, air is first & foremost. Suryanamaskar has a great impact on the airways, lungs & airways. The air cannot be Stored. The effect of air on metabolism mind & breath are Concerned. As the fatigue of the mind increases, fear, anger increases, so that the breahig Speed increases, the Pulse hits, the Postures & Pranayam are helpful. With Suryanamaskar, the body remains healthy while Pranayam Says that the mind remains healthy & that the Strong body has a Strong mind.

Respiratory System



Respiratory System

Summary:-

From the above Studies it is Shown that Suryanamaskar Creates Physical, mental Strength also Circulatory action. The digestive function & respiratory function are found to have Special improvement. Since Suryanamaskar is a beautiful exercise, it is the best exercise for women, men & Children for Physical fitness.

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