**Surya Namaskar - A Personality development Tool (Exercise)**

Surya namaskar or sun salutation is a yogic exercise, includes systematized sequence of twelve gracefully set linked asanas (postures). The word ‘Surya namaskar’ is derived from Sanskrit words ‘Surya’ means ‘Sun’ and ‘Namaskar’ means ‘Salutation’ and translated as saluting the sun via various postures. These postures are based on stretching of various muscles, ligaments, and spinal cord, which provide flexibility and self-relaxation to whole body at mental, physical, and spiritual level.

Surya namaskar or sun salutation exercise helps in development of personality of a person. It contributes to promotion and maintenance of healthy body and mind by performing twelve systematized sequence of linked postures. In addition, it develops abilities like agility, balance, coordination, strength, and flexibility in association with improvement of mental, physical, and emotional health.

**Benefits of performing Surya namaskar**

Performing Surya namaskar on regular basis provides various health benefits at mental and physical level. Some are:

* **Increase muscle strength and flexibility** – Surya namaskar consist various postures in form of exercises that engage whole body. Performing sets of posture includes stretching and relaxing of various muscles. As a result, it increases the muscle strength, flexibility, and body posture.
* **Maintain cardiovascular health** – In addition to strengthen our heart muscles, exercise helps in maintenance of blood pressure, pulse rate, sugar levels and many more. Healthy blood circulation provides adequate amount of oxygenated blood and nutrition’s to our tissues and organs which helps in good hormonal balance.
* **Helps in weight loss** – Regular practice of exercise improve metabolism and burning of calories while performing exercise. Stretching of abdominal and skeletal muscles prevent body from deposition of unwanted fat, which leads to natural weight loss.
* **Improves digestive health** – Unhealthy lifestyle of eating meals leads to development of many medical conditions such as obesity, PCOS etc. Regular practicing of Surya namaskar not only improves metabolism, but also improves absorption of nutrition’s from intestine. It further leads to improvement of overall health of the body.
* **Improves mental stability** – Surya namaskar helps to improve concentration, improve memory, and lowers down the anxiety by maintaining hormonal levels of endocrine glands. Mental stability improves sleep quality, awareness, and concentration towards your work.
* **Improves skin glow** – Different postures acts on different parts of body and keeps body healthy. It improves blood circulation and digestive health which nourishes skin and results into healthy glowing skin.

In fact, Surya namaskar improves overall mental, physical, and emotional state of a person with innumerable health benefits. It involves exercise of every part of the body which leads to better healthy life.

**Contra Indications - Who should not perform Surya namaskar?**

Although, performing of Surya namaskar leads to innumerable health benefits, but it is not suitable for all people. You should not practice exercises if you’re

* A pregnant woman
* A person with spinal and back injury
* A person suffering from hernia
* A person suffering from [rheumatoid arthritis](http://homoeoplus.com/rheumatoid-arthritis/), because medical condition deals with stiffness and limited movement of joints.
* A person suffering from wrist injury because you can miss sequence of yoga
* A woman during menstrual bleeding

If you are from above and wants to practice yogic exercises than consult with your yoga teacher and doctor.

