

THE EFFICACY OF SURYA NAMASKARA

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Abstract: Roga, or disease, was a long-standing issue that has yet to be fully addressed. Progresses in science and innovation incorporated the advanced clinical frameworks with the different complexity of the apparatuses were likewise wrecked. Chemical effects may be left behind by modern synthetic drugs' effects. The society became concerned about the effects as a result. In addition, the price of modern medicine was quite high, making it difficult for society's lower middle class to afford it. In view of these contemplations, the Pasraman Sri Jagat Amertham, Bitra, Gianyar Regime and UKM Yoga Marga Rahayu, College of Hindu Indonesia notices the customary medical services and therapy framework as an elective way. When performing the Surya Namaskara series, the treatment and coaching system was sincere, patient, and diligent. There were two terms examined in the current review, for example (1) how was the series of Surya Namaskara development showed by Pasraman Sri Jagat Amertham lovers, Bitra Town, Gianyar Rule and the understudies of UKM Yoga Marga Rahayu, College of Hindu Indonesia; (2) How did Pasraman Sri Jagat Amertham, Bitra, Gianyar Regency, and UKM Yoga Marga Rahayu, University of Hindu Indonesia perceive the benefits to their physical health? Observations and interviews were used to collect data for the discussion of the problems; descriptions and interpretations were used to describe, explain, and analyze the data. Through the manners in which referenced above, Surya Namaskara development comprises of the twelve unique developments. However, before beginning the Surya Namaskara movement, pray three times, repeat the Gayatri Mantran song five times, and then perform a new stretching (pavanamuktasana). A series of Surya Namaskara movements that required steady, patient, diligent, and sincere performance were able to restore equilibrium to the human body's internal organs, including the respiratory system, circulatory system, digestive system, urinary or urinal system, skin system, nervous system, and endocrine system. The endocrine organs incorporated the pituitary, pineal, thyroid, parathyroid, thymus, adrenal and balls. The internal organs would be in balance, making one physically and mentally fitter and more peaceful.

Keywords: The hormonal system; Lower center economy; Pasraman; physical fitness; Namaskara Surya.

INTRODUCTION

On the one hand, people in their lives always experience mental or physical pain or suffering. Thusly, the sickness is an issue for everybody that exist and presently not entirely survived. Modern medical systems, with their various tools of varying sophistication, are also overwhelmed as a result of advances in science and technology. Chemical impact issues may result from modern synthetic drugs' effects. Society becomes

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concerned about its consequences (Yasa). Furthermore, the expense of the advanced medication is likewise very costly; it is hard for the general public which the lower/center economy level. The society is interested in the traditional healthcare and treatment system as an alternative method because of these considerations.

On the other hand, the social change, which includes their way of life, is an essential component of modern society (Atmaja, 2010). The pursuit of physical and sexual pleasures is more prevalent in modern lifestyles that emphasize luxury. This will alter the mindset and necessitate meeting additional diversity requirements. If the needs aren't met, mental stress, worry, and eventually stress itself can lead to an inability to control their mind and body. Many societies ignore the problem by going to the movies or a nightclub for fun, taking sleeping pills, and other drugs to get some peace and avoid the negative effects of modern life (Satyananda, 2002). If it continues for an extended period of time, it may make mental and physical illness more likely.

(Wrahaspati Tattwa) expressed that there are three kinds of the sickness generally tainted to the people called *duhka* *telu*. *Tresna*, or love, is "bound" to the karma of "deeds" and results in this.

1) *Adhyatmika duhka* is a disease that is caused by uncontrollable thoughts, as opposed to high ambition, hatred, infatuation, hurt, and nerves. As per (Yasa et al. (2011) asserted that *adhyatmika duhka* is a disease brought on by uncontrollable thoughts, such as passionate ambition, reckless behavior as a result of impulsiveness, abusive behavior as a result of hatred and anger, confusion, and heartbreak.

2) According to *daiwika duhka*, the disease is caused by a god's curse (which includes a curse imposed by a saint, parent, or ancestor). In contrast to being struck by lightning, these diseases cause people to be confused, irritable, and unsure of what is right and wrong, and become unlucky.

3) *Bhuta* is the cause of the disease *bhautika duhka*. *Bhuta* is a spirited and subtle creature that has a body that looks like a weapon, is poisoned by snake poison (*upas*), is infected by *teluh* (magic media), and so on. That turns into a disease.

In light of the aforementioned phenomenon, societies have a number of options for maintaining their physical health and avoiding *duhka telu*. Practicing Yoga Asana, specifically Surya Namaskara, with patience and diligence is one of the most effective and cost-effective methods. Surya Namaskara is a method of practice that dates back to prehistoric times, when people were aware of their spiritual power, which was reflected in the material universe (Satyananda, 2002).

Surya Namaskara is an essential component of the yoga approach that can be easily incorporated into daily life. Practice only takes between five and fifteen minutes to produce quick and useful results. As a result, Surya Namaskara is extremely suitable for active individuals, such as housewives, entrepreneurs, students preparing for an examination, and scientists who spend the majority of their time thinking (Satyananda 2005).

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Yoga asana, particularly Surya Namaskara and its training method, have recently gained popularity. Ananda Marga, Yoga Seger Oger, Hatha Yoga, Sai Baba, Krsna Balaram, Brahma Kumaris, and Yoga Marga Rahayu are just a few of the spiritual communities in society that are expanding or offering professional yoga training packages. Additionally, yoga is extremely popular at the university. Like UKM-Yoga at the University of Hindu Indonesia Denpasar and UKM-Yoga at the Institute of Hindu Dharma Denpasar, yoga is under the stewardship of the UKM-Yoga (Student Activity Unit). In contrast to Pasraman Seruling Dewata, Pasraman Sri Nahhuna Dhantha, and Pasraman Sri Jagat Amertham, Yoga Asana training, particularly Surya Namaskara, is required of all bhakta (students) in several pasraman (non-formal schools).

The present study identifies two issues related to the description above:

- 1) How are the devotees of Pasraman Sri Jagat Amertham, Bitra Village, Gianyar Regency, and students at UKM Yoga Marga Rahayu at the University of Hindu Indonesia Denpasar performing a series of Surya Namaskara movements?
- 2) How do the students of Pasraman Sri Jagat Amertham, Bitra Village, Gianyar Regency, and UKM Yoga Marga Rahayu at the University of Hindu Indonesia Denpasar perceive the benefits to their physical health?

RESEARCH METHOD

Data Collection

a. Observation

An observation is a research or planned and systematic observation with the goal of obtaining valid and reliable data (Alwasilah, 2003). Syaodih's 2006: an observation is a method for collecting data by observing ongoing activities. Bungin, an observation is a method of collecting research data through observation and sensing. An observation in the current study is a direct observation of Yoga Marga Rahayu's (UKM-Yoga, University of Hindu Indonesia Denpasar) and Pasraman Sri Jagat Amertham's yoga training (Surya Namaskara). It is anticipated that accurate and complete data will be obtained through direct observation.

b. Interview

A meeting characterizes to get data orally from the witnesses, by talking up close and personal with somebody (Koentjaraningrat, 1981). Mulyana asserts (2001), an interview is a type of communication between two people in which one person asks questions with the intention of obtaining specific information from the other person. There are two types of interviews in the outline: unstructured interviews and structured interviews.

In the current study, the researcher employed unstructured interviewing methods. This indicates that the participants in the Yoga Marga Rahayu training are the primary focus of the interview. In addition to

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Indonesian, the local language (Balinese languages) is used to answer the question. It is carried out. Subsequently, the meeting is nonchalantly finished, not feel a convention. As a result, the person being interviewed can freely and comfortably express all of their thoughts and feelings.

DATA ANALYSIS

a. Description In accordance with the research's data type, this is qualitative data. In this manner, the information examination is directed by a subjective examination which is graphic or summarizes. One type of discourse or rhetoric is the description, which is shown by describing the actual state or what is seen in a particular circumstance (Keraf, 2001). In 2008, the Ministry of National Education, the exploration or description in clear language and detail is the description. The purpose of this research is to investigate or describe the lexicons regarding the Surya Namaskara series, the relationship between Surya Namaskara and the development of physical health, and the public response to Surya Namaskara in the development of physical health for the society.

b. Interpretive Data analysis is used in an interpretive method, which relies on the researcher's interpretation or illustration. Ratna (2004) stated that qualitative and hermeneutical methods should be used to interpret the literature and philosophy. As per Geertz (1992), an interpretative approach is one that adjusts (self-validates) or is supported by surprises that are regarded as advanced by those who explain it. The activities of interpretation necessitate the interpreter's extensive intellectual understanding of the object to be interpreted.

Regarding the preceding description, the interpretation used in this research serves as a first step to explain the Surya Namaskara series, which is related to improving physical health, and the response of society, particularly yoga activists, in two locations.

RESULTS AND ANALYSIS

Praying before Surya Namaskara training

Yoga asana is inseparable from Surya Namaskara, a training method handed down by Vedic sages. It is a dynamic posture or series of movements that pay homage to the Sun God as a source of life. Yasa and others, the three series of Surya Namaskara movements—Surya Namaskara Seri A, Surya Namaskara Seri B, and Surya Namaskara Seri C—have distinct asanas and repetitions of asanas. The Seri A series has 14 dynamic moves, the Seri B series has 12 dynamic moves, and the Seri C series has 24 dynamic moves. The Surya Namaskara Seri B movement—the main topic of this article—is the Surya Namaskara movement that yoga activists perform most frequently out of the three series of Surya Namaskara movements.

Surya Namaskara training is based on several stages that yoga activists commonly perform. Participants in the 2016 Yoga Asana competition hosted by the Ministry of Religious Affairs of Bali Province are required to recite the Mantra Gayatri, Mrtynjaya, Maha Mrtyunjaya, and Guru prayers. The Hindu Society Guidance Directorate (2013) expressed that is to begin the Yoga Asana challenge carrying out of

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petitioning God for Mantra Gayatri, Mrtynjaya, Maha Mrtyunjaya. However, only the Gayatri Mantra prayer, which is chanted three times, and the pranawa OM, which is chanted five times, are used in the Pesraman Sri Jagat Amertham and Yoga Marga Rahayu. It is meant to ask Panca Maya Kosa, the Mother, for advice, guidance, and protection as well as to clean the five layers of the yoga trainer's body. The following is how you pray:

Sanskrit

Indonesian translation: Om bhur bvaah svah Tat savitur varenem Bhargo devasya dhimahi Dhiyo yo nah pracodayat Hyang Widhi was the target of your criticism, and I was also the target of your criticism.

In English, this means:

We concentrate on our minds for God's glory and brilliance; may God grant us the spirit to think clearly.

Stretching in a Sitting Position With both hands placed comfortably above the knee and the feet pushed forward, the legs are bent forward. Stand firm on this footing up to multiple times of counting. Then, hold the position for up to eight counts by pulling the soles of the feet toward the back. The next step is to simultaneously rotate both ankles to the left and right. After that, you put your left leg behind your right leg's groin and try to keep your knee on the floor. With your left hand, bring your knees up to your chest, while using your right hand to hold your feet still and pull your legs back. Eight times is enough. With the other foot, do the same thing.

Standing Position before beginning the stretching exercise, look to the right and left. Then, using the left hand, pull the head to the left until you feel a contraction in the neck. Then, look up, down, and then turn the head to the right and left. Eight times is the process. The purpose of this is to stretch the neck muscles. After that, continue stretching the hands, chest, and legs' muscles. To stretch the hands and chest, move the right hand to the left and let the left hand pull you in the opposite direction. After that, raise both hands straight up, bend your right arm, and pull your left arm with your right hand until your right palm gets stuck in the back. Stretching the legs by lifting the right leg and embracing it with both hands while remaining as close to the chest as possible. Then, pulling the right leg back until the legs meet at the buttocks, point the right foot forward, raise the knee a little bit higher, and pull the ankle as close to the stomach as possible. Repeat this eight times.

Description:

1. Pranamasana helps you focus by keeping your breathing steady, controlled, and as comfortable as possible.
2. Hasta Uttanasana Open the entire lung chamber and stretch the contents of the abdominal cavity. Inhale while raising both hands slightly and pulling them back.
3. Padahastanasana

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Kneading the organs connected with stomach related organs and back leg muscles and decreasing fat in the midsection, breathe out until void stomach while twisting body.

4. Aswa Sancalanasana

Kneading the stomach organs, urinary plot, and work on its capability and equilibrium the nerves. To sigh is this position.

5. Parwatasana

Kneading and reinforcing the nerves and muscles in the two arms and legs, flex the spine, and blood dissemination. Exhale.

6. Astangasana: Massaging the chest, leg, and arm muscles and strengthening them. Pause your breathing in a clear state.

7. Bhujangasana stretches the spine, strengthens it, massages the muscles in the back, and melts fat in the abdomen. Inhale profoundly as you lift your body up. The next movement leads to the attitude pranamasana and is repeated until it is reached.

Surya Namaskara benefits perceived by yoga participants on physical health

In a series of yoga trainings, Surya Namaskara is a crucial technique. It is a versatile "tool" that has a lot of power when it comes to treating human organs (Satyananda, 2002). The benefits of asana (postures) and pranayama (breath and concentration) will have a significant impact on your chances of living a long and healthy life. When practicing Surya Namaskara, yoga practitioners in Yoga Marga Rahayu and Peraman Sri Jagat Amertham training notice this correctly (I Made Rupet on July 23rd, 2016 and Ni Putu Mia Kesuma Dewi on July 22nd, 2016).

Surya Namaskara is a potent way to get rid of some diseases that are part of the human body, but it needs to be used wisely and with the help of yoga skills. Through Surya Namaskara practice, healing does not happen quickly but gradually or slowly. Buanadjaya is a 1995) expressed that to get most extreme advantage from yoga preparing or Surya Namaskara ought to be

1) The activity design is exclusively to foster a sound personal satisfaction, which is as per the human instinct as laid out by the God.

2) The practice is carried out in the inexhaustible gratitude of God's grace for the fact that, as human beings, we are to be the Supreme Being. As a result, the social value of purity in life is able to demonstrate how great the God who created us is. When compared to God's omnipotence, our strength pales in comparison.

3) Put in the time and effort, be patient, and do not want to see results.

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Yoga (Surya Namaskara) requires that one's desire be adapted to the God-given human nature. This is like an idea by Maharsi Patanjali (in Yasa, et al., 2011) "abhyasa wairagyabhyam tan nirodhah" and that implies a psyche control ought to be finished in the abhyasa 'discipline, cautious, supportable, and wairagya free, without restricting to an activity or unbounded common desires'.

On the basis of the preceding description, it is possible to present the benefits that the participants perceive from the routine does Surya Namaskara movement to the organ system or human physical health holistically.

a. The Respiratory System

The spaces, or parts, make up the human lungs. People rarely use all of their lungs for normal breathing. The majority only uses the bottom, and the top is rarely used. This present circumstance makes the lungs top off with unused air heaps, in contrast to carbon, dioxide, and gases containing poisons. The respiratory system and other body systems are slowly affected by these stocks. The Surya Namaskara movement series, which uses deep, rhythmic breathing that is tailored to each movement, will replace the lungs with fresh, oxygenated, cleaner air. This can be accomplished by performing urdhva vrakasana, hasta utthanasana, bhujangasana, which involves drawing a deep breath and opening the chest cavity, and padahasthasana, which involves breathing slowly through the nose, which is very strong and cleansing. After being stimulated and cleaned, each lung sac is developed. As a result, breathing capacity will increase (Pujiastuti, 2008). The increasing of automatic blood oxygen supplies the body's cells and brain with sufficient oxygen and vitality. Unlike mucus buildup, lethargy, tuberculosis, and other respiratory diseases will be quickly eliminated (Satyananda, 2002).

In connection with the preceding explanation, I Made Rupert, the proprietor and manager of Pasraman Jagat Amertham, stated that his breathing became lighter and his body did not quickly accomplish since he participated in Surya Namaskara training there. When participating in activities in Pasraman Sri Jagat Amertham, this is felt. Pasraman and residence are quite far apart, and the state of the geography is very steep. Pasraman cannot be reached by car or motorcycle; instead, it can only be reached on foot. To get there, you have to climb a lot of very steep stairs. It turns out that Mr. Made Rupert and his wife can climb stairs three to six times a day, which is unheard of. This ability is inseparable from Pasraman Sri Jagat Amertham's routine of leading the Surya Namaskara movement series (interviewed on August 22, 2016).

b. Circulatory System

Surya Namaskara exercise, like bodybuilding or gymnastics, can improve liver function. The outcomes have the potential to improve blood circulation, accelerate the removal of toxic waste, and supply the cells with fresh oxygen and nutrients. The blood development that stops on the spleen and different organs is taken out, and the blood dissemination is moved along. The cardiovascular system expanded, the risk of a heart attack decreased, and the heart muscle, blood vessels, and coronary artery spur all doubled. Briskness in the feet and hands, vein sickness because of slow blood dissemination can likewise be mended, Satyananda (2002).

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Performing Surya Namaskara development series in view of persistence, determination and truthfulness can likewise smooth the blood dissemination in the lymph hubs that keep up with the equilibrium of the body liquids. This may enhance the body's natural healing mechanisms and boost the immune system. Padahastasana and Parvatasana stretch the leg muscles, reverse the force of gravity, and aid in the transfer of blood from the lower body to the heart. A similar term likewise expressed by Pujiastuti (2008: 28), that training in Surya Namaskara can nourish the body and brain, increase blood circulation, and remove toxins from the body (detoxification).

Since becoming lecturers at the University of Hindu Indonesia, Gusti Ngurah Putu Adi Kusuma and Eka Widyaningsih have stated that they have engaged in Surya Namaskara and other forms of yoga. Surya Namaskara is a regular practice that is led by UKM Yoga Marga Rahayu, the University of Hindu Indonesia, on every Saturday and Sunday according to a predetermined schedule. On Saturday preparing was done two times, i.e., from 06.30 am until 08.00 am and evening from 04.00 pm until 06.00 pm. On Sunday, the exercise takes place from 4:00 p.m. to 6:00 p.m.

There are numerous benefits to regular exercise, particularly in terms of physical health. In contrast, students are required to participate in a number of activities, such as lecturing, in addition to the full range of extracurricular activities. These exercises require phenomenal body condition. This can be seen if the body's metabolism or blood circulation is running smoothly. Conduct or practice Surya Namaskara in accordance with the schedule established by UKM Yoga Marga Rahayu, University of Hindu Indonesia, in order to maintain or build the body to remain healthy, maintain smooth blood circulation, and not become exhausted. In addition, he stated that the morning slope laziness can be overcome by following the schedule for Surya Namaskara training (interviewed on August 11, 2016).

c. Digestive System

A thorough massage of all abdominal cavities and alternating movements of stretching with an emphasis on Surya Namaskara movements align the entire digestive system. Bhujangasana and Padahastasana are powerful asanas for suppressing and stimulating the organs in the abdomen. Not only does it break down unnecessary substances, but it also increases the digestive fire, which makes people hungry and makes the juices more quickly absorbed. The foundation for overall health is a healthy digestive system. The gas that obstructs the body's drains is the result of the undigested food fermenting in the stomach and intestines. There is a solution to constipation and other stomach issues.

According to Nyoman Desi (interviewed on August 3, 2016) and Ni Putu Eka Yani (interviewed on September 7, 2016), the bowel movements were slightly agitated prior to practicing the Surya Namaskara movement series. It rarely has the ability to urinate upon waking up in the morning. As a result of these circumstances, the mind becomes chaotic and the stomach feels uneasy. However, after following the schedule for Surya Namaskara movement at Pasraman Sri Jagat Amertham for Ni Putu Eka Yanti and the training schedule at UKM Yoga Marga Rahayu for Nyoman Desi, the bowel movement became smooth, and I felt physically fit.

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The kidney controls the amount of salt and water in the body and filters the blood for impurities before passing them through the bladder into the urine. Disorders of the kidney can result in an imbalance of salt and an increase in the disease-causing nitrogen content of the blood. In terms of Surya Namaskara training, the spine and back muscles in bhujangasana, ashtanga namaskara, asva sancalanasana, and virabhadrasana can be trained in a specific way to suppress and gently massage the kidneys. There will be a tendency to form stones or the occurrence of an infection characterized by the color of the urine, which is rather dark, a strong odor, frequently urine, and pain in the kidneys. As a result, it is suggested that the Surya Namaskara training schedule be replicated and that as much water as possible be consumed. This is expected to forestall precipitation or crystallization of the urinary plot.

Mr. Made Rupert (talked with on July 26th, 2016) expressed prior to getting to be aware and Surya Namaskara frequently feels torment at midsection and pee frequently upset. However the food drank included currently chosen, in contrast to not eating offal and furthermore drinks that would upset a urinary framework. However, the pain in the waist is gradually getting better and the urine can be smooth since practicing the Surya Namaskara movement series and drinking enough water.

Nyoman Desi and Ni Putu Mia Kesuma Dewi also provided the same response when they were interviewed on September 15th, 2016. As a result of adhering to the exercise program that UKM Yoga Marga Rahayu in UNHI has scheduled, a channel in the urinary system no longer feels blocked or runs very smoothly. However, the interview reveals that they benefited particularly from their femininity. During menstruation, they frequently experience severe abdominal pain before beginning to practice Surya Namaskara. However, with patience and consistent practice, the pain gradually lessens and eventually disappears.

e. Skin System

The skin is the body's largest and outermost layer. The skin also connects the organs in our bodies, regulates our body temperature, and removes toxins from our bodies through sweat. If our body's blood flows freely, the toxins that have built up in the blood will be released through the skin, resulting in acne, red spots, unpleasant odors, and so on. By practicing Surya Namaskara correctly and consistently with patience, diligence, and sincerity, this can be overcome.

According to Eka Widyaningsih, prior to performing the routine, Surya Namaskara movement exercises frequently result in skin conditions, other than red spots that appear on the skin and are extremely itchy. Due to a severe boil, it has also undergone surgery. However, if one adheres to UKM Yoga's Surya Namaskara training and yoga practices, all skin conditions can be gradually resolved. Eka Widyaningsih wants to deepen the Surya Namaskara movements because of the significant health benefits that come from practicing the practice. She is now one of the yoga instructors at UKM Yoga Marga Rahayu at the University of Hindu Indonesia thanks to her persistence (interviewed on September 8, 2016).

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Good morning Surya Namaskara exercise will get the sweat out, increase circulation, and encourage the elimination of toxins through the digestive and urinary systems. All of the aforementioned skin disorders can be treated. In like manner, when Surya Namaskara practice in the first part of the day while confronting the dawn, programmed sun-transmitted bright beams will be consumed by the skin. Vitamin D, which is very good for the health of the skin, is found in the ultraviolet light from the sun.

f. Nerve Framework

The asana development series are found in Surya Namaskara extends the spine. 2002: Satyananda) stated that Surya Namaskara can stimulate spine circulation and all nerve tissue if practiced consistently to its fullest extent. There are two types of nerves in the spine: voluntary and involuntary. In contrast to the major and unconscious muscle movements, such as heart rate, breathing, and glandular secretions, those nerve systems regulate the body functions that are under conscious control. The sympathetic and parasympathetic subsystems make up the involuntary system. Buanadjaya is a 1995) Use the terms simpaticus and parasimpaticus to describe it.

The autonomous or autonomic nervous system sections on the left and right sides of the spinal cord are the simpaticus and parasimpaticus nervous systems. It affects how the heart, lungs, liver, kidney, and spleen, among other internal organs, work independently (Buanadjaya 1995). Our bodies are in good health when there is a balance between the two. However, modern humans tend to operate these systems out of balance or in harmony (Satyananda, 2002).

At the point when the meeting was led (on August 24th, 2016 and September third, 2016), from certain witnesses; According to Ni Putu Eka Yanti, I Made Rupert, Putu Suastika, I Gusti Ngurah Putu Adi Kesuma, Ni Putu Mia Kesuma Dewi, Nyoman Desi, and Eka Widyaningsih, mastering excellent body resistance and performing Surya Namaskara rhythm movement with patience, perseverance, and sincerity will bring peace to the mind. This is felt after so lengthy going through yoga preparing, particularly, Surya Namaskara. In order to reap the benefits of Surya Namaskara training, patience, diligence, and sincerity must be instilled in ourselves.

g. The system of the endocrine glands

The endocrine glands are the most complex and mysterious system of all. The pituitary gland, pineal gland, thyroid, parathyroid, thymus, adrenal, and gonads glands are all parts of the endocrine system. The gonads gland is made up of two parts: the female ovaries, which make eggs in women, and the male testicles, which make sperm grow (Satyananda, 2002). When it comes to coordinating all physiological processes, the glands play a crucial role. The production and release of hormones is the endocrine glands' primary function. Each organ is governed by the chemical components released into the bloodstream, which travel throughout the body. This chemical goes about as a mover, other organ energizers to carry out their particular roles in a reasonable manner (Satyananda, 2002). Surya Namaskara training, with its patience, perseverance, tranquility, and steadiness, is one effective way to keep the endocrine system in balance. This indicates that the endocrine gland's equilibrium can be maintained by all Surya Namaskara

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movements. As a result, when teaching the Surya Namaskara movement series, yoga instructors should focus on asana (body movement), pranayama (breathing), and prthyahara (concentration). Talked with Eka Widyastuti on August 20, 2016, and Mrs. Ni Putu Eka Yanti on August 24th, 2016)

CONCLUSION

The following is a summary of the above description and explanation:

1) Yoga asana cannot be separated from the training method known as Surya Namaskara, which was passed down from the sages of the Vedic era. Surya Namaskara is a vinyasa 'flowing, dynamic' sequence of asana devoted to the God of the Sun as a source of life. The practice of Surya Namaskara involved a series of asanas followed by attraction, breathing, and concentration. Prayer is used to begin Surya Namaskara training. The Gayatri Mantram, which is pronounced pranawa OM three times and is used in the training for Yoga Marga Rahayu and Pesraman Sri Jagat Amerthan, is used. Surya Namaskara, also known as pavanamuktasana, and savasana, the final movement, complete the sequence.

2) Practicing the Surya Namaskara movement series consistently, with patience, diligence, and sincerity, can restore equilibrium to the human body's systems of internal organs, including the respiratory system, circulatory system, digestive system, urinary or urine system, skin system, brain system, and endocrine system. The pituitary gland, pineal gland, thyroid, parathyroid, thymus, adrenal, and gonads glands are all endocrine glands. When it comes to maintaining a healthy internal organ balance, a healthy person will always be physically or mentally fit and serene.

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