



RESEARCH ARTICLE

APPROACH TOWARDS WORSHIPPING THE SUN IN IMPROVING PHYSICAL, MENTAL AND SPIRITUAL HEALTH THROUGH NATUROPATHY AND YOGA

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ABSTRACT

There are some places on our Earth where people are not approachable to the Sun light. They suffer from some diseases because of absence of Sun light. In such cases prescribed medication helps. At the same time natural resource like Sun with the combination of Mantra Yoga that is chanting Soorya Sukta and Shri Soorya Ashtkam and Soorya Stuti can help. Soorya Sukta has some verses from Rigved can enhance body to absorb required nutrients with its sound frequency effects. Sun Salutation an integral part of Yoga also benefits one to achieve physical, mental and spiritual strength. Performing Sun Salutation with breathing technique and staying in all twelve asanas with retention will be beneficial. Twelve Sun Salutations with breathing and retention technique will always have upper hand regarding benefits of health than Hundreds of Sun Salutation as an exercise. one who is worshipping Sun through Mantra Yoga and Sun Salutation can get benefited. Only medication cannot help one meditation helps body to absorb such medication. So, if one is consuming any medicines for Vitamin D or medicines for deficiency of Sunlight can achieve help with this alternative therapy of Mantra Yoga and Sun Salutation. Once the Sun is available Naturopathy is another complementary medication. In summary it can be said when these three Mantra Yoga, Sun Salutation through Yoga and Naturopathy go together one can achieve the desired Vitamin levels, good health and boosted immunity.

INTRODUCTION

Energy can neither be created nor destroyed at the same time it can be transformed from one form to another and can be conserved. The first law of thermodynamics, states that the energy of a closed system must remain constant it can neither increase nor decrease without interference from outside.[1 HYPERLINK "<https://hi.wikipedia.org/wiki/%E0%A4%8A%E0%A4%B0%E0%A5%8D%E0%A4%9C%E0%A4%BE>"2] The universe itself is a closed system, so the total amount of energy in existence has always been the same. The forms that energy takes, are constantly changing.[1 HYPERLINK "<https://www.scientificamerican.com/article/energy-can-never-be-created-nor-destroyed/>"1] Sun is the powerful source of energy, it is a divine power source, it has environmentally friendly nature, people have found renewable solar energy in line with their culture and way of life. Through the integration of science and culture and the use of culture and technology, solar energy is going to prove to be a source for future energy.

The energy received directly from the Sun has many special characteristics. Which makes this source attractive. Among these, the most important ones are its being highly expanded, non-polluting and intact.

Importance of Sun in Rigved

We find Soorya Sukta in the Vedas that addresses the Sun and its rays as God.

SOORYA SUKTA

(Rigveda 1-115)

citram devānāmudaghādanīkam cakṣurmitrasya
varuṇasyāghneḥ | āprā dyāvāpṛthivī antarikṣam sūrya ātmā
jaghatastasthuṣaśca ||sūryō devīmuṣasam rocamānām maryo
na yoṣāmabhyeti paścāt | yatrā naro devayanto yughāni
vitanvate prati bhadrāya bhadrām ||2bhadrā aśvā haritaḥ
sūryasya citrā etaghvā anumādyāsaḥ | namasyanto diva ā
pṛṣṭhamasthuḥ pari dyāvāpṛthivī yanti sadyaḥ ||3 tat sūryasya
devatvaṁ tan mahitvaṁ madhyā kartorvitatam sam jabhāra
|yadedayukta haritaḥ sadhasthādād rātrī vāsastanute simasmai

||4 tan mitrasya varuṇasyābhicakṣe sūryo rūpaṃ kṛṇute dyorupasthe | anantamanyad ruśadasya pājaḥ kṛṣṇamanyad dharitaḥ saṃ bharanti ||5 adyā devā uditā sūryasya niraṃhasaḥ pipṛtā naravadyāt |

Sun has emerged and filled the celestial world, the earth and the space with his resplendent glory. The Sun in this circle, being the inner being, is the inspiration of everyone and is the soul of the movable and immovable creation. [HYPERLINK "https://www .siddhiyoga.com/yoga/practice/surya-namaskar/surya-namaskar-sun-salutation"8] Sun is the form of well-being and by worshipping Sun and performing one's duties, one can achieve well-being.

It inspires everyone to bow down to the heavenly world. It immediately revolves around the sky and the earth. The divinity and importance of the omnipresent inspiring Sun is that, while it is setting gathers its rays from this world into itself while setting. Rays are capable of wiping off the darkness of night. It is because of absence of rays which created black darkness in the night. O sun rays! Today at sunrise, by dawn, you save us from our sins. Protect us not only from sin, but from everything that is condemnable, unacceptable, sorrow and poverty [1].

SOORYA SUKTA

(Rigveda 1-50)

udu tyaṃ jātavedasaṃ devaṃ vahanti ketavaḥ |
 dṛṣe viśvāya sūryam ||
 apa tye tāyavo yathā nakṣatrā yantyaḥ |
 sūrāya viśvacakṣase ||
 adṛśramasya ketavo vi raśmayo janānanu |
 bhrājanto aghnayo yathā ||
 taraṇirviśvadarśato jyotiṣkṛdasi sūrya |
 viśvamā bhāsirocanaṃ ||
 pratyaṃ devānāṃ viśaḥ pratyañ udeṣi mānuṣān |
 pratyaṃ viśvaṃ swardṛṣe ||
 yenā pāvaka cakṣasā bhuraṇyantaṃ janānanu |
 tvaṃ varuṇa paśyasi ||
 vi dyāmeṣi rajas pṛthvāḥ mimāno aktubhiḥ |
 paśyañ janmāni sūrya ||
 sapta tvā harito rathe vahanti deva sūrya |
 śociṣkeśaṃ vicakṣaṇa ||
 ayukta sapta śundhyuvaḥ sūro rathasya naptyaḥ |
 tābhiryāti svayuktibhiḥ ||
 ud vayaṃ tamasaḥ pari jyotiṣ paśyanta uttaram |
 devaṃ devatrā sūryamaghanma jyotiruttamam ||
 udyannadya mitramaha ārohannuttarāṃ divam |
 hṛdroghaṃ mamasūrya harimāṇaṃ ca nāśaya ||
 śukeṣu me harimāṇaṃ ropanākāsu dadhmasi |
 atho hāridraveṣu me harimāṇaṃ ni dadhmasi ||
 udaghādayamādityo viśvena sahasā saha |
 dviṣantaṃ mahyaṃ randhayan mo aham dviṣate radham ||

Those who carry the divine Sun, the knower of all, go forth with rays, and the world sees light. all the celestial bodies bow to you. O Sun, traverse the heavens, illuminating the universe. You shine with radiant splendour. Sun gets manifestation before all gods, and Sun shine upon all living beings. Sun can be seen by the entire world. With fiery gaze, burn away the impurities of all living beings. Rises above the darkness, and see the superior light. O Sun God, we approach you, for the supreme light. [1]

METHODS

Surrender to The Sun in Mantra Yog

Shri Soorya Ashtkam (Sri Surya Ashtakam)

Aadi-Deva Namastubhyam Prasiida Mama Bhaaskara |
 Divaakara Namastubhyam Prabhaakara Namostu Te ||1 Tam
 Suuryam Jagataam Naatham Jnyaana Vijnyaana Mokssadam |
 Mahaa-Paapa-Haram Devam Tam Suuryam Prannamaamy
 Aham ||8||3

Adidev, Sun who rides the chariot with red horses, the father of all worlds, the remover of great sins. The one beyond the three qualities (Satva, Rajas, Tamas), the great demon-slayer, the Lord of Brahma, Vishnu, and Maheshwara. Vast, the source of brilliance, the lord of all the worlds. Sun who is the creator of the world, the giver of great brilliance. Grants Understanding and Knowledge which leads to Liberation. I salute You, O Sooryadeva. [HYPERLINK "https://greenmesg.org/stotras/surya/suryashtakam.php"4]

Shri Soorya Stuti

Jayachya Rathi Ekach Chakra Pahi | Nase Bhumi Aakash
 Adhar Kahi | Ase Sarthi Pangula Jya Rathasi | Namaskaar Tya
 Suryanarayanasi ||1.....

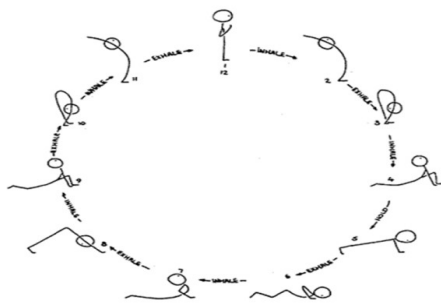
Vari Surya Aditya Mitradibhanu | Vivasvaan Ityadihi
 Paadrenu | Sada Vanchiti Pujya Te Shankarasi | Namaskaar
 Tya Suryanarayanasi ||12

These 12 verses are in Marathi and are a form of prayer and praise to Lord Sooryanarayan and highlight the various names and forms a combination of Lord Soorya (the Sun God). These verses express reverence and devotion to Lord Sooryanarayana highlighting his divine qualities and attributes. These verses continue to extol the qualities and significance of Lord Sooryanarayana and emphasize the devotion and worship offered to him.[2]

Naturopathy: Naturopathy is a holistic system of healthcare and healing that emphasizes the body's natural ability to heal itself. It combines various natural healing methods and practices to promote overall wellness and prevent illness. Naturopathy believes in the inherent healing power of nature. This involves considering physical, mental, emotional, and environmental factors. It seeks to balance and harmonize all aspects of an individual's life. Naturopaths work to prevent illness through lifestyle and dietary recommendations, stress management, and other natural methods. They focus on identifying and addressing the underlying causes of illness rather than merely treating symptoms. When they are developing treatment plans consider a person's unique constitution, health history and current conditions. Patients are given herbal medicine, dietary counselling, nutritional supplements, hydrotherapy (water-based therapies), physical therapy, and lifestyle counselling recommending specific diets and nutritional supplements to support healing. Naturopathy includes techniques such as relaxation, meditation and mindfulness. Naturopathic treatments are safe and non-invasive and complement conventional medical care and work as an alternative or complementary medicine.

Sun as a Medicine in Naturopathy: In naturopathy the sun is considered as a natural source of healing and a form of therapy. The therapeutic use of sunlight, known as heliotherapy or sun therapy, is based on the idea that exposure to sunlight can have various health benefits. Sunlight is a natural source of vitamin D, and exposure to sunlight is essential for the body to produce this vital nutrient, for maintaining healthy bones, supporting the immune system, and regulating mood. [[HYPERLINK "https://www.healthshots.com/fitness/staying-fit/these-10-yoga-asanas-can-help-you-absorb-nutrition-better/"](https://www.healthshots.com/fitness/staying-fit/these-10-yoga-asanas-can-help-you-absorb-nutrition-better/)10] Sunlight exposure has been linked to improved mood and mental health to alleviate symptoms of depression and Seasonal Affective Disorder (SAD), which are often associated with reduced sunlight exposure during certain seasons (like rainy or humid season). Controlled exposure to natural sunlight can be beneficial for certain skin conditions, immune system and help the body fight infections. Exposure to natural sunlight, especially in the morning, helps regulate the body's internal clock, known as the circadian rhythm to improve sleep patterns and overall well-being. Sunlight is thought to promote the healing of wounds and injuries. Some natural medicine practices use sunlight exposure as part of their treatment protocols. Sunlight has natural disinfectant properties due to its ultraviolet (UV) rays. It can help sterilize and disinfect objects and surfaces. Definitely while sunlight has potential health benefits, excessive exposure to the sun's UV rays can also lead to skin damage, sunburn, and an increased risk of skin cancer. Therefore, the use of sunlight as a form of therapy should always be done in a controlled and safe manner. Naturopathic practitioners who incorporate heliotherapy into their treatment plans typically emphasize responsible and moderate sun exposure.

Naturopaths use sunlight as a part of wound healing protocols, believing that it may speed up the healing process. Sunlight exposure is thought to stimulate the immune system, potentially enhancing the body's ability to fight infections.



Sun therapy is sometimes used to alleviate certain types of pain, such as arthritis pain, by promoting relaxation and improving circulation. [[HYPERLINK "https://longarticle.com/naturopath-vs-functional-medicine/"](https://longarticle.com/naturopath-vs-functional-medicine/)16]

DISCUSSION

Relation between Sun and Sun Salutation: Sun Salutation, integral part of yoga for physical, mental, and spiritual benefits. The name "Soorya Namaskar" directly ties it to the sun. The name "Soorya Namaskar" is "Salutation to the Sun". This sequence of yoga postures is a way of expressing gratitude and paying homage to the sun, which is considered a source of life and energy in many cultures, including

Hinduism. [[HYPERLINK "https://www.siddhiyoga.com/yoga/practice/surya-namaskar/surya-namaskar-sun-salutation"](https://www.siddhiyoga.com/yoga/practice/surya-namaskar/surya-namaskar-sun-salutation)8] Each pose sequence corresponds to a specific aspect or quality associated with the sun. As the flow through the postures, symbolically emulating the sun's journey across the sky, from sunrise to sunset. It's a way of connecting with the natural world and honouring the sun's life-giving energy. Practicing Sun Salutation in the morning is believed to be particularly beneficial because it aligns with the concept of absorbing the sun's energy and vitality to start the day. The sun's energy is often associated with warmth, light, and life, and these qualities are incorporated into the practice. Sun Salutation serves as an excellent warm-up routine before engaging in other yoga postures or exercises. It helps increase blood circulation, loosen the muscles, and prepare the body for more intense physical activity. Sun Salutation is often practiced mindfully, with synchronized breath and movement. This mindfulness can help centre the mind and bring a sense of calm and focus, similar to the serene and constant presence of the sun. Sun Salutation has a spiritual dimension. It is considered a devotional practice where the yogi connects with the divine energy symbolized by the sun. It can be a way of offering gratitude for the life-sustaining energy of the sun. Physical benefits are aligned with the idea of harnessing the sun's energy for overall well-being. Sun Salutation has its energizing and vitalizing effects. Another way of honouring the sun's role in sustaining life on Earth. Soorya Namaskar basically means thanking the Sun for all that we have. If we are thanking the neurological benefits are going to multiply and this Natural resource is impacting neurological health too.

Sun Salutation as Health Booster in Yoga: The human body is a complex machine that requires its daily quota of minerals and other essentials to function properly. With a constantly evolving and hectic lifestyle, it becomes a daunting task to keep a check on these daily essentials. Eventually, we end up missing out on most of them and harm our body. While the lack of a lot of these vitamins and minerals can be meted out through fortified food and supplements, Vitamin D stands out as an exception here. [[HYPERLINK "https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-021-00607-7"](https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-021-00607-7)9].

Sun Salutation involves a series of dynamic yoga poses that stretch and elongate various muscle groups, improving flexibility and fitness. The poses require you to support your body weight, which helps build muscle strength, particularly in the arms, legs, and core. The continuous flow of movements in Sun Salutation can elevate your heart rate, providing a cardiovascular workout. Sun Salutation encourages mindfulness, improve mental clarity and reduces stress by synchronizing breath with movement. This breathing technique must of inhale, retention and exhalation. The practice promotes relaxation and a sense of inner calmness, which can be especially beneficial for managing stress and anxiety. Sun Salutation encourages awareness of body alignment and posture. [[HYPERLINK "https://www.siddhiyoga.com/yoga/practice/surya-namaskar/surya-namaskar-sun-salutation"](https://www.siddhiyoga.com/yoga/practice/surya-namaskar/surya-namaskar-sun-salutation)8]

Calorie burning and improved digestion are the biproducts of Sun Salutation as Yoga not as an exercise it is a journey. Sun salutation with breathing patterns not only balances energy levels but enhances blood circulation. Sun is circular in shape as we see so complete in itself and completing us as well. Sun

is not moving anywhere we move and reach again to it next morning like one need complete day and night and completeness in life. so not only Vitamin absorption but absorption of universal energy is possible with Sun, Sun salutation and worshipping Sun. Sun salutation tones body, abdominal organs, activates digestion. It strengthens the lungs and purifies the blood. Restores youth and tones up nervous system. Restores health and longevity. Sun has 108 names. They all are beautiful and meaningful names. The Soorya Namaskar is a kind of Gratitude Journal. Reciting each name and each asana with gratitude evoke feeling about Soorya. [1 HYPERLINK "<https://www.bytesofindia.com/newsdetails?NewsId=5233613045098563224>"3]

CONCLUSION

Sun has been considered as God in Vedas, Upanishads, scriptures and spirituality. Combining all the components one can achieve a bright health and vision towards the way of liberation. Naturopathy, Yoga and Mantra yoga three go hand in hand to boost up one's physical health and mental health. Mantra yoga can be added as spirituality. Mantra Yoga has its own science of vibrations and frequency. There are some places where Sun cannot be available full year or all the days of week. On such places one who is worshipping Sun through Mantra Yoga and Sun Salutation can get benefited. Only medication cannot help one meditation helps body to absorb such medication.[1 HYPERLINK "<https://www.bytesofindia.com/newsdetails?NewsId=5233613045098563224>"3] So, if one is consuming any medicines for Vitamin D or medicines for deficiency of Sunlight can achieve help with this alternative therapy of Mantra Yoga and Sun Salutation. Once the Sun is available Naturopathy is another complementary medication. In summary it can be said when these three Mantra Yoga, Sun Salutation through Yoga and Naturopathy go together one can achieve the desired Vitamin levels, good health and boosted immunity.

All the scriptures including Rigved, Verses, Mantras and Sun Salutation are the forms of gratitude towards the Sun. Two of the most important effects of this gratitude are that every time we thank someone, our brain releases dopamine. Dopamine is a chemical that tells us we are happy and feel good. This dopamine triggers positive thoughts and feelings in our mind. Due to this positivity generates. Another result is that whenever we think, remember something positive, every time we release a substance called serotonin in our brain. Its most important effect is that it acts as an anti-depressant, relieving the feelings of despair. That is, gratitude creates dopamine, and dopamine creates positive thoughts, and positive thoughts create serotonin. This is a very beneficial cycle and such a cycle becomes more and more positive, optimistic and balanced. Recently Indian government has launched Aditya-L1 to observe the Sun and its dynamics closely.

It will provide valuable data on various aspects of the Sun, including its surface, corona, and the solar wind. With a human body relationship between thought and emotion is a little like the relationship between a satellite and the rocket that carries it. Here thought is the satellite and emotions are its rocket. [1 HYPERLINK "<https://www.bytesofindia.com/newsdetails?NewsId=5233613045098563224>"3] Just as it is the job of a rocket to carry a satellite very high, and as the rocket separates from the satellite once it settles into an orbit, so does the job of moving the very good and grateful thoughts about sun will carry us to network of health, peace and happiness and our mind will more rapidly accept those.

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