

## **Therapeutic effects of *Surya Namaskar* in improving Digestive Disorders.**

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### **Abstract**

*Suryanamaskar* (Sun Salutation) is a comprehensive sequence of yoga postures (*asanas*) with rhythmic breathing that promotes physical and mental health. This study explores the therapeutic effects of *Suryanamaskar* in alleviating digestive disorders such as bloating, indigestion, and constipation. <sup>[1]</sup> Evidence from integrative medicine supports its role in improving gastrointestinal motility, enhancing enzyme secretion, and reducing stress-induced digestive dysfunctions. Regular practice has shown promising results in improving overall digestive health and quality of life. <sup>[2,3]</sup>

The fluid movements of *Surya Namaskar* activate the digestive organs, promoting better blood flow and stimulating peristalsis, which aids in the smooth movement of food through the digestive tract. This practice also reduces stress, a common contributor to digestive disorders. Regular practice of *Surya Namaskar* can alleviate issues such as constipation, indigestion, and bloating, supporting overall digestive health and enhancing vitality.

**Keywords:** *Suryanamaskar*, yoga therapy, digestive health, gastrointestinal motility, stress reduction.