

Surya Namaskar: Sun Salutations and Their Benefits for PCOS and Obesity

**Position 1: Pranamasana (Mountain Pose):

- Improves posture, balance, and core strength
- Helps establish a calm and focused mindset

**Position 2: Hasta Uttanasana (Raised Arms Pose):

- Stretches the chest, shoulders, and abdomen
- Improves flexibility and range of motion
- Can help reduce stress and anxiety

**Position 3: Uttanasana (Forward Fold):

- Stretches the hamstrings, calves, and spine
- Can help reduce symptoms of PCOS, such as insulin resistance and hormonal imbalances, by stimulating the abdominal organs
- Can also help with weight management by improving metabolism and digestion

**Position 4: Ashwa Sanchalanasana (Low Lunge):

- Strengthens the legs, hips, and lower back
- Can help improve insulin sensitivity and reduce inflammation, which can be beneficial for PCOS and obesity
- Can also help improve balance and coordination

**Position 5: Phalakasana (Plank Pose):

- Strengthens the arms, shoulders, and core
- Can help improve posture and reduce back pain
- Can also help improve mental focus and discipline

**Position 6: Ashtanga Namaskara (Eight-Limbed Pose):

- Strengthens the arms, shoulders, and chest
- Can help improve flexibility and range of motion
- Can also help reduce stress and anxiety

**Position 7: Bhujangasana (Cobra Pose):

- Strengthens the back muscles and improves flexibility
- Can help improve posture and reduce back pain
- Can also help improve mood and reduce stress

**Position 8: Adho Mukha Svanasana (Downward-Facing Dog):

- Stretches the hamstrings, calves, and spine
- Can help improve flexibility and range of motion
- Can also help reduce stress and anxiety

**Position 9: Ashwa Sanchalanasana (Low Lunge):

- Strengthens the legs, hips, and lower back
- Can help improve insulin sensitivity and reduce inflammation
- Can also help improve balance and coordination

**Position 10: Hasta Uttanasana (Raised Arms Pose):

- Stretches the chest, shoulders, and abdomen
- Improves flexibility and range of motion
- Can help reduce stress and anxiety

**Position 11: Pranamasana (Mountain Pose):

- Improves posture, balance, and core strength
- Helps establish a calm and focused mindset

Health Benefits for PCOS and Obesity:

1. **Improved insulin sensitivity:** Regular practice of Surya Namaskar can help improve insulin sensitivity, reducing the risk of developing insulin resistance and type 2 diabetes.
2. **Weight management:** The dynamic movement improves metabolism, digestion, and helps regulate weight.
3. **Reduced inflammation:** Yoga can reduce systemic inflammation—an underlying issue in both PCOS and obesity.
4. **Hormonal balance:** By stimulating the endocrine system, Surya Namaskar may help regulate hormone levels.
5. **Reduced stress and anxiety:** Yoga fosters mindfulness and relaxation, helping reduce cortisol and stress-related symptoms.

Note: Practice Surya Namaskar regularly and, if possible, under the guidance of a certified yoga instructor to maximize its physical and mental health benefits.