

## Impact of Chandranamaskar (Moon Salutation) on Health and Psychological Well-Being: A Case Series

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### ABSTRACT:

Yoga enhances physical, psychological and spiritual well-being through integration of body, mind and spirit. *Chandranamaskar* (Moon Salutation), a vital part of yoga follows a sequence similar to *Suryanamaskar* and draws on lunar energy to cool, relax and replenish the body. The current case series involved documenting the impact of *Chandranamaskar* on health and psychological well-being in healthy individuals. Three female participants practiced 12 rounds of *Chandranamaskar* for 5 days a week for 4 weeks. The Goldberg's 30-item General Health Questionnaire (GHQ-30), Brief Self-Control Scale (BSCS) and the Mindful Attention Awareness Scale (MAAS) were assessed before and after the intervention period. All participants showed improvement in post-intervention assessments compared to baseline, indicating the beneficial effects of *Chandranamaskar* on health and well-being. Further research is warranted to elucidate the benefits of *Chandranamaskar* and its underlying mechanisms.

**KEYWORDS:** Chandranamaskar, Mental health, Mindfulness, Moon salutation, Psychological well-being, Self-control, Yoga.

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### QR Code



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## INTRODUCTION:

Yoga, founded in the Indian subcontinent is a system of health that has existed since ancient times, for about 5000 years. [1] It integrates physical, mental and spiritual dimensions of an individual, [2] thereby enhancing overall physical, psychological and spiritual well-being. Yoga techniques help to regulate the balance between sympathetic and parasympathetic nervous systems; a state associated with improved overall health. [3] Yoga is recognized by the National Center for Complementary and Alternative Medicine of National Institutes of Health (NIH) as one of the most popular practices within complementary and alternative medicine (CAM). [4] *Chandranamaskar* (Moon Salutation), a vital part of yoga including 14 postures was first published in 1969 in *Asana Pranayama Mudra Bandha* by the Bihar School of Yoga. It is similar to the practice of *Suryanamaskar*, which offers numerous health benefits by harnessing solar energy to increase body heat and vitality, whereas *Chandranamaskar* draws on lunar energy to cool, relax and replenish the body. Though *Chandranamaskar* was introduced very recently, the practice of using lunar energy for rejuvenation has existed since the times of *Shiva Samhita* which considers moon as the source of *amrtatva* (immortality). [5] Studies have shown that *Chandranamaskar* is effective in lowering aggression in adolescents and beneficial during pregnancy and menopause. [6,7,8] Few

studies have investigated the effects of *Chandranamaskar*. This case series aims to further evaluate its benefits on health and psychological well-being.

## METHODS

Three female volunteers with no health complaints were recruited for this study.

**Participant 1:** A 26-year-old female with a height of 158 cm and body weight of 67 kg volunteered to participate in the study. She had a normal personal and menstrual history and reported no current or past health complaints at the time of enrolment.

**Participant 2:** A 27-year-old female with a height of 153 cm and body weight of 60 kg volunteered to participate in the study. She had a normal personal and menstrual history and reported no current or past health complaints at the time of enrolment.

**Participant 3:** A 27-year-old female with a height of 155 cm and body weight of 70 kg volunteered to participate in the study. She had a normal personal and menstrual history and reported no current or past health complaints at the time of enrolment.

After obtaining informed consent and baseline assessment, the participants were made to practice 12 rounds of *Chandranamaskar* five days a week for four weeks. The procedure and illustration of *Chandranamaskar* are depicted in Table-1 and Figure-1

respectively. After 4 weeks of intervention, post assessment was done.

### ASSESSMENT

The baseline and post assessment was done using Goldberg's 30-item General Health Questionnaire (GHQ-30),<sup>[10]</sup> Brief Self-Control Scale (BSCS)<sup>[11]</sup> and the Mindful Attention Awareness Scale (MAAS).<sup>[12]</sup> The GHQ-30, consisting of 30 questions, is widely employed as a unidimensional tool to screen for functional psychiatric illness in community populations.<sup>[13]</sup> The

responses were scored using the Likert scoring method.<sup>[14]</sup> The BSCS is a validated 13-item instrument that efficiently captures trait self-control by evaluating an individual's ability to regulate behaviour, emotions, and impulses.<sup>[15]</sup> The 15-item MAAS shows moderate to strong negative associations with psychological distress (e.g., anxiety, depression) and positive associations with mental and physical well-being (e.g., self-esteem, life satisfaction).<sup>[16]</sup>

**Table-1: Procedure of Chandranamaskar<sup>[9]</sup>**

Posture Name	Procedure
<i>Pranamasana</i> (Prayer pose)	Stand upright with feet together, gently bend the elbows, and join palms at the chest in <i>namaskar mudra</i> . Keep the eyes closed, relax the body, and maintain awareness.
<i>Hasta uttanasana</i> (Raised arm pose)	Raise and stretch both arms upward, keeping them shoulder-width apart. Lift the head and chest, then gently arch the upper body backward.
<i>Padahasthasana</i> (Hand to foot pose)	Bend forward from the hips, placing the hands beside the feet on the floor. Bring the forehead near the knees as comfortably as possible without strain. Keep the legs straight throughout the posture.
<i>Ashwa sanchalanasana</i> (Equestrian pose)	Place the hands beside the feet and stretch the right leg back, keeping the toes on the floor while bending the left knee. Keep the arms straight, with body weight supported by both hands, left foot, right knee, and toes. Arch the back, tilt the head upward, and focus the inner gaze at the eyebrow center.
<i>Ardha chandrasana</i> (Half-moon pose)	From <i>Ashwa sanchalanasana</i> , lift the arms overhead, keeping them shoulder-width apart, and arch the back while raising the chin to look upward. Form a gentle curve from fingertips to toes, like a crescent moon, and hold briefly. Then lower the arms and place the hands back beside the left foot as in the earlier position.
<i>Parvatasana</i>	Keep the hands and right foot fixed, then move the left foot

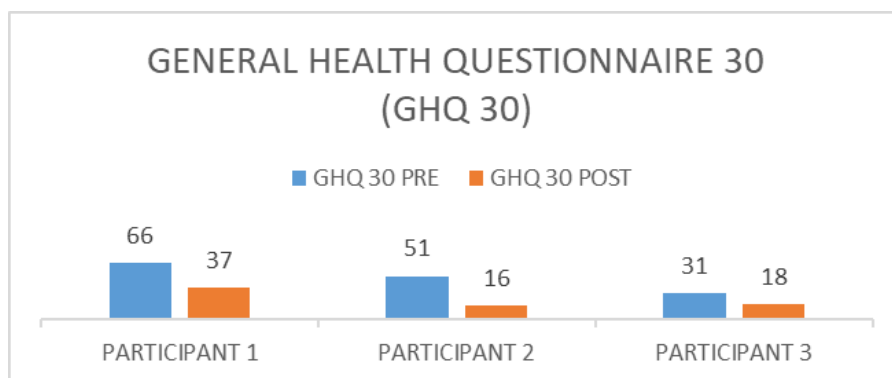
(Mountain pose)	back beside the right. Lift the hips, straighten arms and legs, forming a triangle shape, with heels pressing toward the floor. Bring the head and shoulders toward the knees without straining.
<i>Ashtanga namaskara</i> (Salute with eight parts or points)	Without moving the hands and feet, lower the knees, chest, and chin to the floor while keeping the body lifted at the hips. In the final pose, only the toes, knees, chest, hands, and chin touch the ground. Ideally, knees, chest, and chin should lower together; if difficult, bring them down step by step.
<i>Bhujangasana</i> (Cobra pose)	From the same hand and foot position, slide the chest forward, lifting the head and shoulders, then straighten the arms to arch the back into cobra pose. Lower the hips to the floor, keep thighs grounded, and use the arms to support the trunk. Tilt the head back and gaze upward toward the eyebrow centre, allowing a gentle spine curve.
<i>Parvatasana</i> (Mountain pose)	Without moving the hands and feet, shift from <i>Bhujangasana</i> into <i>Parvatasana</i> , straighten the arms and legs, pressing the toes firmly into the floor. Lift the hip upwards while bringing the heels down toward the ground.
<i>Ashwa sanchalanasana</i> (Equestrian pose)	Keep the palms on the floor and the right foot steady, then bend the left leg to bring the left foot forward between the hands. Lower the right knee to the floor, pushing the pelvis forward. Arch the back, tilt the head upward, and focus the gaze at the eyebrow centre.
<i>Ardha chandrasana</i> (Half-moon pose)	From <i>Ashwa sanchalanasana</i> , raise both arms above the head at shoulder-width distance, arching the back and lifting the chin to gaze upward. Shape the body into a gentle crescent from fingers to toes and hold for a moment. Then bring the arms down, placing the hands beside the left foot as in the previous step.
<i>Padahastasana</i> (Hand to foot pose)	Step the right foot forward beside the left and straighten both legs. Gently fold forward from the hips. Bring the forehead toward the knees as close as comfortable without strain.
<i>Hasta uttanasana</i> (Raised arm pose)	Lift the torso upward, keeping the spine and arms aligned. Stretch the arms overhead, maintaining shoulder-width distance. Gently bend the head, arms, and upper body backward.
<i>Pranamasana</i> (Prayer pose)	Join both palms at the chest in namaskar position.

**Table-2: Results of all three participants**

Participant	Assessment Point	GHQ-30	BSCS	MAAS
Participant 1	Baseline	66	37	3.866
	Post	37	49	4.9
	<b>% Change</b>	<b>-43.94%</b>	<b>+32.43%</b>	<b>+26.75%</b>
Participant 2	Baseline	51	29	3.4
	Post	16	43	3.86
	<b>% Change</b>	<b>-68.63%</b>	<b>+48.28%</b>	<b>+13.53%</b>
Participant 3	Baseline	31	50	3.13
	Post	18	51	3.8
	<b>% Change</b>	<b>-41.94%</b>	<b>+2.00%</b>	<b>+21.41%</b>



**Figure-1: Illustration of Chandranamaskar**



**Figure-2: GHQ-30 comparison**

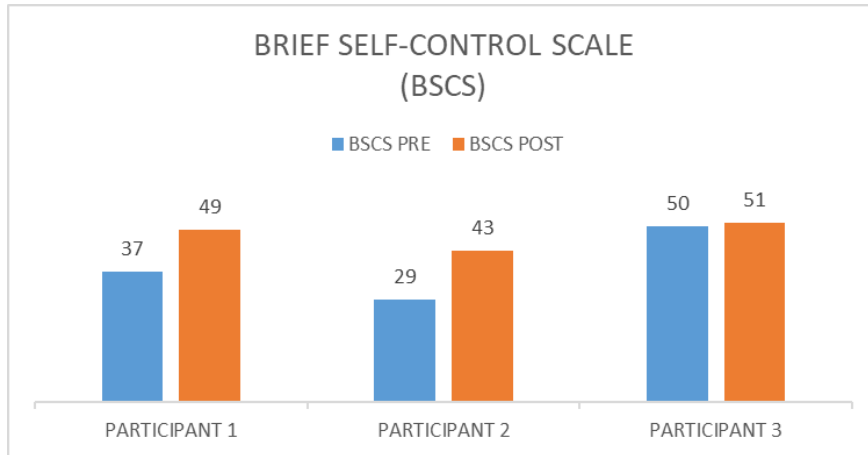


Figure-3: BSCS comparison

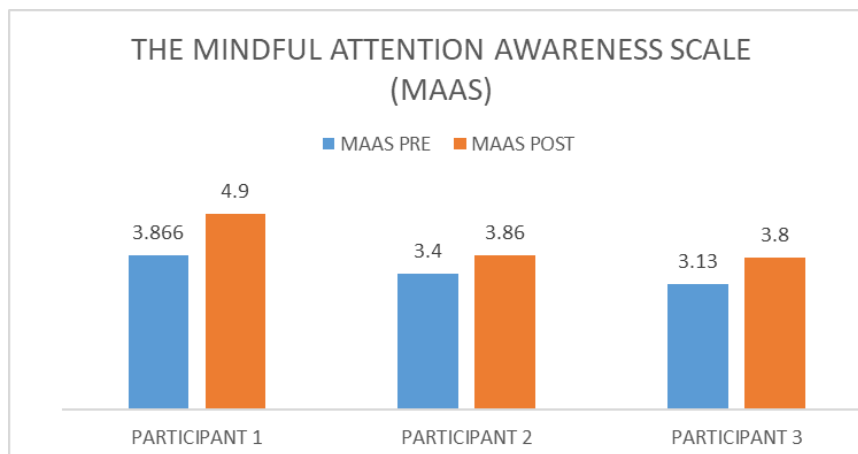


Figure-4: MAAS comparison

### RESULT AND DISCUSSION:

The detailed results and its graphical representations of all three participants are shown in Table-2, Figure-2, Figure-3 and Figure-4 respectively. These results shows that GHQ-30 scores decreased by an average of 51.50%, BSCS scores increased by an average of 27.57% and MAAS scores increased by an average of 20.56% with all individuals showing improvement.

Previous studies have shown that *Chandranamaskar* cools the body, alleviates anxiety and stress, balances emotions, reduces mental restlessness and calms the mind. It also reduces aggression in adolescents. [5,6,8]

*Chandranamaskar* cultivates the lunar energy which flows in the *Ida nadi*. The qualities of *Ida nadi* include cooling, relaxing, introverted, creative, feminine and mental force. [17] Previous literature suggests that parasympathetic nervous system is stimulated due to the activation of *Ida nadi* as a result of *Chandranamaskar* practice. [7] Parasympathetic dominance results in enhanced effortless attention and self-control. [18] *Ardha chandrasana*, a key posture in *Chandranamaskar*, is known to improve concentration and balance. [19] *Chandranamaskar* is also known to increase self-awareness and introspection [5] which might improve

interoception thereby leading to enhanced overall physical and mental well-being.

#### **CONCLUSION:**

This case series demonstrates the effectiveness of *Chandranamaskar* in enhancing attention, awareness, self-control and mental health among healthy individuals as reflected in improvements in GHQ-30, BSCS and MAAS scores. However, larger, randomized studies are required to validate these findings.

#### **Limitation of the study:**

Limitations of this study include a small sample size, homogeneous group of healthy females, no control group, short duration, reliance on self-reported data, and lack of biochemical markers. These factors reduce objectivity and generalizability. Further studies with larger, more diverse samples, control groups, longer follow-up, and objective measures are needed.

**Declaration of consent:** All three participants provided written informed consent to participate in the study and for publication of this case series in a research journal

**Conflict of interest:** The author declares that there is no conflict of interest.

**Guarantor:** The corresponding author is the guarantor of this article and its contents.

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