

# Chandra Namaskar as a Mind–Body Practice for Improving Youth Lifestyle and Well-Being

Dr. Hemant Pandya<sup>1</sup>, Garvit Choudhary<sup>2</sup>

Professor, Department of Yoga, Pacific Academy of Higher Education & Research University, Udaipur<sup>1</sup>

Research Scholar, Department of Yoga, Pacific Academy of Higher Education & Research University, Udaipur<sup>2</sup>

**Abstract:** In recent years, unhealthy lifestyles among youth—characterized by sedentary behavior, excessive screen time, poor sleep patterns, and increasing stress—have become a significant public health concern. Mind–body practices such as yoga have gained increasing attention as holistic interventions that integrate physical activity, breathing regulation, and mental awareness. Chandra Namaskar (Moon Salutation) is a sequence of yoga postures performed with coordinated breathing and mindful movement that promotes relaxation, emotional balance, and physiological harmony. Unlike more vigorous yoga sequences, Chandra Namaskar emphasizes calm and cooling movements that activate the parasympathetic nervous system and promote mental tranquility. Regular practice has been associated with improved flexibility, better sleep quality, enhanced emotional stability, and reduced stress levels. Studies on yoga-based interventions demonstrate positive effects on physical fitness, cognitive functioning, and psychological well-being among young individuals. Additionally, emerging research suggests that Chandra Namaskar may influence cardiovascular autonomic function and improve cognitive performance in young adults. Therefore, incorporating Chandra Namaskar into daily routines may serve as an effective, low-cost strategy for improving youth lifestyle habits and enhancing overall well-being. This paper explores the role of Chandra Namaskar as a mind–body practice and highlights its potential contribution to improving lifestyle behaviors and holistic health among youth. This study examines the impact of Chandra Namaskar, a yogic practice emphasizing lunar energy, on the lifestyle and well-being of youth. Using empirical data from 100 youth respondents aged 18–25, the research assesses physical, psychological, and lifestyle changes after a six-week Chandra Namaskar intervention. Findings indicate significant improvements in well-being, stress reduction, sleep quality, and lifestyle behaviors

**Keywords:** Chandra Namaskar, Yoga, Mind–Body Practice, Youth Lifestyle, Well-Being, Mental Health

## INTRODUCTION

Youth today face rapid lifestyle changes characterized by stress, sedentary habits, and mental health challenges. Mind–body practices like yoga have shown promise in addressing these issues. **Chandra Namaskar** (Moon Salutation) is a gentle sequence of asanas that harmonizes body rhythms with lunar energy, potentially fostering relaxation and balance.

Modern lifestyles have significantly transformed the daily habits of young people, leading to increasing concerns regarding physical inactivity, stress, sleep disturbances, and mental health issues. Rapid technological advancement, academic pressure, and reduced physical activity have contributed to unhealthy lifestyle patterns among youth, which may result in long-term physical and psychological health problems. Lifestyle-related disorders, including obesity, anxiety, and fatigue, are becoming more prevalent among adolescents and young adults, highlighting the need for preventive and holistic health approaches. Mind–body practices such as yoga have been widely recognized as effective interventions for promoting physical fitness, mental balance, and emotional resilience. Yoga integrates postures (asanas), breathing techniques (pranayama), and meditation to create harmony between the body and mind.

Among various yogic practices, **Chandra Namaskar (Moon Salutation)** is a gentle and rhythmic sequence of postures designed to cultivate calmness, flexibility, and inner balance. Unlike Surya Namaskar, which is associated with energizing movements, Chandra Namaskar emphasizes slow and cooling movements that help calm the nervous system and promote relaxation. The practice involves coordinated breathing, stretching, and mindful awareness, which collectively enhance the mind–body connection and improve overall health outcomes. Regular practice has been reported to improve flexibility, posture, and emotional stability while reducing stress and anxiety. It also supports better sleep quality and enhances mindfulness, which are essential components of psychological well-being.

Scientific interest in yoga-based interventions has increased in recent years. Studies indicate that yoga practices can improve mental health, self-control, and mindfulness among adolescents and young individuals. For instance, research on yogic sequences such as Surya Namaskar has demonstrated improvements in self-control, mindfulness, and overall psychological well-being among school students. Similarly, emerging research suggests that Chandra Namaskar may

positively influence cardiovascular autonomic functions and cognitive performance among young adults, highlighting its potential as a holistic mind–body intervention.

Chandra Namaskar also strengthens the mind–body connection by integrating gentle physical movements with breath awareness and relaxation. This practice helps regulate the nervous system, reduce stress, and enhance emotional resilience. Additionally, it promotes flexibility and joint mobility while fostering mindfulness and inner calmness, which are important for maintaining healthy lifestyle behaviors among youth.

Given the growing challenges related to youth lifestyle and mental well-being, incorporating simple and accessible practices like Chandra Namaskar into daily routines may offer a sustainable approach to promoting holistic health. Therefore, exploring Chandra Namaskar as a mind–body intervention is important for understanding its role in improving lifestyle habits, psychological well-being, and overall quality of life among young individuals.

### Theoretical Background of Chandra Namaskar

Chandra Namaskar, or the *Moon Salutation*, is a traditional yogic practice rooted in ancient Indian yoga philosophy and spiritual sciences. Unlike Surya Namaskar, which is associated with stimulating and heating energy, Chandra Namaskar emphasizes **cooling, calming, and restorative effects** on the body and mind (Saraswati, 2008). The practice is designed to activate lunar energy (*Chandra Shakti*), which is believed to regulate emotions, mental stability, and inner awareness.

Yogic philosophy describes two major energy channels (*Nadis*) in the human body—**Ida** and **Pingala**. Ida Nadi, associated with lunar energy, governs mental processes, intuition, and emotional balance, whereas Pingala Nadi represents solar energy and physical activation (Swami Sivananda, 1999). Chandra Namaskar predominantly stimulates Ida Nadi, thereby promoting psychological calmness and emotional harmony. This concept aligns with Patanjali's view of yoga as a discipline for controlling mental fluctuations (*Chitta Vritti Nirodha*) (Patanjali, 200 BCE/2015).

### Mind–Body Integration Theory

Chandra Namaskar is theoretically grounded in the **mind–body integration model**, which proposes that coordinated physical movement, breath control (*Pranayama*), and mental awareness influence emotional and cognitive states (Brown & Gerbarg, 2005). The slow, rhythmic movements of Chandra Namaskar encourage mindfulness and present-moment awareness, reducing sympathetic nervous system activation and enhancing relaxation responses. Contemporary studies on yoga support the role of such practices in improving emotional regulation and psychological well-being (Field, 2011). From an Ayurvedic standpoint, Chandra Namaskar is effective in balancing **Vata and Pitta doshas**, which are often aggravated in modern lifestyles due to stress, irregular routines, and mental overload (Lad, 2002). The cooling and soothing nature of lunar practices helps stabilize the nervous system, improve sleep patterns, and support mental clarity. Ayurveda emphasizes harmony between lifestyle, mind, and body (*Swasthavritta*), and Chandra Namaskar fits well within this preventive health framework.

### Physiological and Psychological Basis

The gentle stretching and controlled breathing involved in Chandra Namaskar stimulate the **parasympathetic nervous system**, leading to reduced cortisol levels and improved autonomic balance (Streeter et al., 2012). Regular practice has been associated with lower stress, improved mood, and enhanced well-being. Psychologically, such practices promote self-awareness, emotional resilience, and stress coping mechanisms, which are especially relevant for youth populations (Ross & Thomas, 2010).

Chandra Namaskar also aligns with **health behavior and lifestyle modification theories**, which suggest that consistent, low-impact physical activity combined with mindfulness can foster positive lifestyle habits, emotional stability, and self-discipline (WHO, 2010). As a holistic practice, it supports healthy routines, improved sleep quality, and balanced emotional responses, contributing to overall lifestyle improvement.

Youth today experience high levels of academic stress, digital overload, and lifestyle irregularities. The theoretical foundations of Chandra Namaskar support its role as a **non-pharmacological, preventive, and promotive intervention** for youth well-being. Its gentle nature makes it accessible and sustainable, offering benefits for both physical health and psychological balance (Telles et al., 2014).

## LITERATURE REVIEW

Research has documented positive effects of yoga on stress, physical fitness, and mental health. However, studies specifically focusing on Chandra Namaskar among youth are limited. Chan et al. (2022) found yoga enhanced emotional regulation in young adults. Sharma and Mishra (2023) reported improvements in sleep quality after mind–body practices. This study fills the gap by focusing specifically on Chandra Namaskar.

### **Yoga as a Mind–Body Intervention**

Yoga has long been recognized as a holistic discipline integrating physical postures, breathing techniques, and mental awareness to promote overall health and well-being. Classical yogic literature defines yoga as a practice aimed at harmonizing the body, mind, and spirit (Patanjali, 2015). Contemporary research increasingly supports yoga as an effective **mind–body intervention** that enhances physical fitness, psychological health, and emotional regulation, particularly among young populations facing academic and lifestyle stress (Ross & Thomas, 2010; Field, 2011).

Studies have shown that regular yoga practice improves flexibility, muscular strength, cardiovascular endurance, and balance, while also reducing stress, anxiety, and depressive symptoms (Telles et al., 2012). These benefits make yoga particularly relevant for youth, who often experience mental strain due to academic pressure, competitive environments, and digital overexposure.

Chandra Namaskar, also known as Moon Salutation, is a sequence of yogic postures performed in a slow, rhythmic manner, emphasizing relaxation and introspection. Unlike Surya Namaskar, which is stimulating and energizing, Chandra Namaskar is believed to have **cooling and calming effects** on the body and mind (Saraswati, 2008). Yogic philosophy associates lunar energy (*Chandra Shakti*) with emotional balance, mental stability, and restorative processes.

Swami Sivananda (1999) emphasized that lunar-based practices stimulate **Ida Nadi**, the energy channel responsible for mental and emotional functioning. Activation of Ida Nadi is associated with reduced mental agitation and improved emotional control. Although classical texts discuss these concepts symbolically, modern researchers interpret them through psychophysiological mechanisms such as autonomic nervous system regulation.

### **Physiological Effects of Yogic Practices**

From a physiological perspective, yogic practices involving slow movements and controlled breathing activate the **parasympathetic nervous system**, which is responsible for rest, recovery, and emotional regulation (Streeter et al., 2012). Research has demonstrated that yoga reduces cortisol levels, improves heart rate variability, and enhances autonomic balance, thereby reducing stress and anxiety.

Although limited studies focus exclusively on Chandra Namaskar, research on gentle yoga sequences suggests that such practices are effective in improving sleep quality, reducing fatigue, and promoting relaxation (Woodyard, 2011). These outcomes are particularly relevant for youth, who often report irregular sleep patterns and lifestyle imbalances.

### **Psychological Well-Being and Emotional Regulation**

Psychological well-being is a multidimensional construct encompassing emotional stability, life satisfaction, and positive functioning. Yoga-based interventions have been shown to improve mood, reduce perceived stress, and enhance emotional resilience (Brown & Gerbarg, 2005). Field (2011) noted that mind–body practices improve neurotransmitter balance, which contributes to better emotional regulation.

Chandra Namaskar, due to its meditative pace and emphasis on breath awareness, encourages mindfulness and present-moment awareness. Mindfulness-based models suggest that such practices reduce rumination and enhance cognitive flexibility, thereby improving psychological well-being among youth (Kabat-Zinn, 2003).

### **Yoga and Youth Lifestyle Modification**

Lifestyle behaviors such as physical activity, sleep patterns, stress management, and emotional coping play a crucial role in youth health. Health behavior theories suggest that regular engagement in structured physical activity positively influences lifestyle choices and promotes self-discipline (WHO, 2010). Yoga, as a non-competitive and low-impact activity, is particularly suitable for sustained practice among youth.

Several studies have reported that yoga interventions among students lead to improved lifestyle habits, including better sleep quality, reduced screen dependency, and enhanced self-regulation (Telles et al., 2014). Chandra Namaskar, with its gentle nature, aligns well with lifestyle modification goals, offering a sustainable practice for long-term well-being.

## **RESEARCH GAP**

While extensive literature exists on the benefits of yoga and Surya Namaskar, **empirical studies focusing specifically on Chandra Namaskar are limited**, particularly in the context of youth lifestyle and well-being. Most existing studies examine generalized yoga practices without isolating the effects of lunar-based sequences. This gap highlights the need for focused empirical research examining Chandra Namaskar as a distinct mind–body intervention for youth.

### **Research Objectives**

1. To measure changes in lifestyle behaviors after Chandra Namaskar practice.
2. To assess the effect on psychological well-being (stress, anxiety, mood).
3. To examine improvements in physical health indicators and sleep quality.

## Research Design

A quantitative pre–post intervention design. 100 youth respondents (aged 18–25), were selected using purposive sampling The respondents practiced Chandra Namaskar daily for six weeks, under supervision. The Data Collection Tools used were

- **Lifestyle Index Scale** (self-reported)
- **Perceived Stress Scale (PSS)**
- **WHO-5 Well-Being Index**
- **Sleep Quality Questionnaire**

## Analysis & Discussion

Pre- and post-intervention scores were analyzed using **paired sample t-tests** and **descriptive statistics**.

## Respondent Profile

| Variable        | Frequency  | Percentage |
|-----------------|------------|------------|
| Gender (Male)   | 52         | 52%        |
| Gender (Female) | 48         | 48%        |
| Age Mean        | 21.3 years | —          |

## Pre–Post Comparison

| Measure             | Pre Mean | Post Mean | t-value | p-value |
|---------------------|----------|-----------|---------|---------|
| Lifestyle Index     | 52.4     | 60.8      | 8.12    | 0.000*  |
| Perceived Stress    | 24.5     | 18.9      | 7.08    | 0.000*  |
| WHO-5 Well-Being    | 56.2     | 71.4      | 9.37    | 0.000*  |
| Sleep Quality Score | 7.8      | 5.2       | 6.68    | 0.000*  |

\*Significant at  $p < 0.05$

## FINDINGS

- **Lifestyle Improvements:** Significant positive change in lifestyle behaviors post intervention.
- **Stress Reduction:** Average stress scores decreased significantly.
- **Well-Being:** Well-being index improved markedly.
- **Sleep Quality:** Better sleep quality reported.

The present study examined the impact of **Chandra Namaskar as a mind–body practice** on youth lifestyle and well-being. The results of the pre- and post-intervention analysis reveal significant improvements across all measured variables, including lifestyle behaviors, perceived stress, psychological well-being, and sleep quality. The paired sample t-test results indicate statistically significant differences between pre- and post-intervention scores ( $p < 0.05$ ), suggesting that regular practice of Chandra Namaskar had a positive effect on the participants.

Firstly, the **Lifestyle Index** showed a substantial increase from a pre-intervention mean score of 52.4 to a post-intervention mean score of 60.8 ( $t = 8.12$ ,  $p = 0.000$ ). This indicates that the intervention contributed to healthier lifestyle behaviors among youth, such as increased physical activity, improved daily routines, and better self-care habits. These findings align with previous research suggesting that yoga practices help individuals develop discipline, mindfulness, and healthier lifestyle patterns.

Secondly, the results demonstrate a **significant reduction in perceived stress levels**, with the mean score decreasing from 24.5 to 18.9 ( $t = 7.08$ ,  $p = 0.000$ ). The calming and meditative nature of Chandra Namaskar likely contributed to this reduction by promoting relaxation and regulating breathing patterns. Mind–body practices such as yoga are known to activate the parasympathetic nervous system, which helps reduce stress and enhance emotional stability.

Thirdly, the **WHO-5 Well-Being Index** scores increased notably from 56.2 to 71.4 ( $t = 9.37$ ,  $p = 0.000$ ), indicating a significant improvement in participants' psychological well-being. This suggests that the intervention not only

influenced physical health but also enhanced emotional and mental well-being. Practices that combine physical movement with mindfulness have been shown to improve mood, self-awareness, and overall life satisfaction.

Another important finding relates to **sleep quality**, where the mean sleep quality score decreased from 7.8 to 5.2 ( $t = 6.68$ ,  $p = 0.000$ ), indicating better sleep among participants after the intervention. Regular yoga practice is known to improve sleep patterns by reducing stress, calming the mind, and balancing physiological processes. Improved sleep quality further contributes to better cognitive functioning and emotional regulation among youth.

Overall, the results support the hypothesis that Chandra Namaskar, as a holistic yoga practice, can positively influence multiple aspects of youth lifestyle and well-being. The practice integrates physical movement, breathing regulation, and mindfulness, which together promote physical health, psychological balance, and improved quality of life.

## CONCLUSION

The findings of this study highlight the significant role of **Chandra Namaskar as an effective mind–body practice for enhancing youth lifestyle and well-being**. The results demonstrate that regular practice of this yoga sequence leads to improvements in lifestyle behaviors, significant reductions in perceived stress, enhanced psychological well-being, and better sleep quality among young individuals.

The statistical analysis reveals that regular Chandra Namaskar practice significantly improved lifestyle, reduced stress, enhanced overall well-being, and improved sleep quality in youth. These findings align with existing yoga research, suggesting that gentle mind–body practices foster both physical and psychological health.

The statistically significant differences between pre- and post-intervention scores confirm that Chandra Namaskar can serve as a practical and accessible strategy for promoting holistic health among youth. In an era where young people are increasingly exposed to sedentary lifestyles, academic pressure, and digital distractions, integrating yoga-based practices into daily routines may provide a sustainable approach to maintaining physical and mental balance.

Therefore, educational institutions, wellness programs, and youth development initiatives may consider incorporating Chandra Namaskar into regular health and fitness activities. Such initiatives can encourage healthy lifestyle habits, improve emotional resilience, and support the overall well-being of young individuals.

Future research may explore the long-term effects of Chandra Namaskar practice, involve larger and more diverse samples, and compare its effectiveness with other yoga interventions to further strengthen the evidence base for mind–body practices in youth health promotion.

Chandra Namaskar proved effective in enhancing lifestyle and well-being among youth. The intervention can be incorporated in educational and wellness programs to promote balanced living and mental health.

## REFERENCES

- [1]. Sharma, R., & Mishra, P. (2023). *Yoga and Sleep Quality in Youth*. Journal of Holistic Health.
- [2]. Chan, L., et al. (2022). *Mind–Body Practices and Emotional Regulation*. International Journal of Yoga Therapy.
- [3]. Brown, R. P., & Gerbarg, P. L. (2005). Sudarshan Kriya yogic breathing in the treatment of stress, anxiety, and depression. *Journal of Alternative and Complementary Medicine*, 11(4), 711–717.
- [4]. Field, T. (2011). Yoga clinical research review. *Complementary Therapies in Clinical Practice*, 17(1), 1–8.
- [5]. Lad, V. (2002). *Textbook of Ayurveda: Fundamental Principles*. The Ayurvedic Press.
- [6]. Patanjali. (2015). *The Yoga Sutras of Patanjali* (Trans. Swami Satchidananda). Integral Yoga Publications. (Original work circa 200 BCE)
- [7]. Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: A review of comparison studies. *Journal of Alternative and Complementary Medicine*, 16(1), 3–12.
- [8]. Saraswati, S. (2008). *Asana Pranayama Mudra Bandha*. Yoga Publications Trust.
- [9]. Streeter, C. C., Gerbarg, P. L., Saper, R. B., Ciraulo, D. A., & Brown, R. P. (2012). Effects of yoga on the autonomic nervous system, gamma-aminobutyric-acid, and allostasis in epilepsy, depression, and post-traumatic stress disorder. *Medical Hypotheses*, 78(5), 571–579.
- [10]. Swami Sivananda. (1999). *The Science of Pranayama*. Divine Life Society.
- [11]. Telles, S., Singh, N., & Balkrishna, A. (2014). Managing mental health disorders resulting from trauma through yoga: A review. *Depression Research and Treatment*, 2014, 1–9.
- [12]. World Health Organization. (2010). *Global Recommendations on Physical Activity for Health*. WHO Press.



- [13]. Bhavanani, A. B. (2014). Yoga as a holistic approach for stress management. *Journal of Yoga and Physical Therapy*, 4(2), 1–3.
- [14]. Iyengar, B. K. S. (2005). *Light on Life: The Yoga Journey to Wholeness, Inner Peace, and Ultimate Freedom*. Rodale.
- [15]. Khalsa, S. B. S. (2016). Yoga in schools research: Improving mental and emotional health of youth. *International Journal of Yoga*, 9(1), 1–8.