

ROLE OF YOGA IN SPORTS

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Abstract

With all of the benefits that can be provided to athletes who perform yoga, more athletes should add yoga into their exercise routine and live a balanced, less stressful, It is through practices containing these elements that athletes can recover faster from vigorous workouts, open up tight areas that hinder performance, align the spine, and improve mental focus and concentration and stronger athletic life.

Keywords: Yoga, Sports, Performance Stress.

Introduction

Yoga is a very ancient discipline. Its importance for the spiritual attainment has been recognized throughout the ages by all the systems of Indian Philosophy; however, its application in various fields is a new trend.

Although the world 'yoga' has many connotations etymologically it means 'integration' the term 'Samatva' of the Bhagwat Gita conveys the same meaning. Other terms like homeostasis, equilibrium, balance, harmony etc. more or less suggest the same thing. The aim of Yoga itself is integration of personality in all its aspect.

In order to help the development of such integration various. Each one of these consists of many sub sections. They not only purify internal organs but also train the reflex mechanisms. These are the practice involving control of the mental functions which start from the initial withdrawal of the senses from external objects to the complete oblivious of the external environment. Meditation is a great tranquillizer. The basic principle of meditations is to develop internal awareness. The nature of all yogic practices is psycho physiological. Some practices which emphasize on the direct control of mental process are more psychological, other practices are more physical or physiological.

Benefit for Sports Sports can lead to injury because of its repetitive nature and the resulting musculoskeletal imbalances. On a physical level, yoga restores balance and symmetry to the body, making it the perfect complement to sports. Runners are often drawn to yoga to deal with specific issues, such as improving flexibility or helping with an injury. Yet many are shocked at the world it opens for them, specifically, the strengthening capacity and the use of muscles they never knew they had. Let's take a closer look at the effects of yoga, both physical and mental, on runners.

Keywords: Yoga, Sports, Daily life, Importance

Benefits of yoga for sportspersons

Depending on the sport, players are required to twist, turn, lunge, jump, run, stretch and bend quickly and suddenly. Sometimes even awkwardly. This increases the chances of a wrong step. Enter yoga to the rescue!

Yoga teaches you to balance, be poised and disciplined. It makes your body fit enough to perform these moves. It also trains your mind to be patient and steady. How can it do that? Read on.

1. **Yoga helps prevent the strains and sprains:** Yoga asanas help relax taut muscles. It also stretches and strengthens various body parts, opening the hips, back and chest. The different bends and stretches reduce the chance of wear and tear, muscle pulls and sprains.
2. **Yoga reduces your recovery time:** Sleep and rest are not enough after a long and grueling physical session. Yoga helps you relax your tired body and mind in an effective and peaceful manner. This is because asanas are performed systematically and gracefully. This helps remove the tension in your body and enhances the chances of a quick recovery.
3. **Yoga enhances your sense of balance:** Asanas like the vrikshasana or tree pose and virabhadrasana or warrior pose help develop the balance in you. Poise and balance are required physically and mentally. Yoga also helps you maintain posture and stability as is required in gymnastics, archery, and shooting.
4. **Yoga helps you conquer your demons:** Sports is not a purely physiological exercise. There is a huge mental battle you must prepare for. Yoga helps you steel your nerves when you are tense.
5. **Yoga makes you intuitive and single-minded:** Sports presents many occasions where you need to think on your feet. All your earlier preparations and predictions may go haywire and you may need to start from scratch. At such a time, you need a clear head to determine your next move. The discipline of yoga enables objective thinking.
6. **Yoga helps you control your breathing:** Many sports require you to exert yourself. Your stamina depends on how much oxygen goes in, a function of the breathing process. Pranayamas teach you to control your breath. A handy tool when you are swimming underwater or eyeing the finish line of the marathon.
7. **Yoga helps you get in shape:** It tones your body, making it lithe and flexible and hence, easier to train. Yoga also helps in weight loss, which helps you move faster.
8. **Yoga unites your inner and outer self:** Yoga does more than just improve your speed and reflexes. The ultimate role of yoga in sports is, essentially, to unite the mind, body, and spirit. This, in turn, enhances your focus and precision.

Yoga improves flexibility

In 2016, two of yoga's leading organizations, Yoga Journal and Yoga Alliance, conducted a worldwide survey looking at a variety of statistics about yoga in an attempt to quantify its value amid ever-increasing popularity.

The most cited reason people selected for doing yoga was to “increase flexibility”

Flexibility is an important component of physical health. Yoga offers many styles to choose from, varying in intensity from high to moderate to mild. Even the lowest intensity styles have been found to increase flexibility

Yoga seems to be especially helpful for improving flexibility in adults ages 65 and older. Reduced flexibility is a natural part of aging, and a 2019 study found that yoga both slowed down loss and improved flexibility in older adults

Yoga helps with stress relief

The American Psychological Association recently shared that 84% of American adults are feeling the impact of prolonged stress

So, it makes sense that the second most cited reason people selected as to why they do yoga was to relieve stress. Thankfully, the science supports that yoga, and especially asana, is excellent at reducing stress

But remember — the physical practice is just one aspect of yoga. Meditation, breath work, and auditory rituals, like chanting and sound have all also been shown to significantly lessen tension and relieve stress.

Yoga improves mental health

Major depressive disorder (MDD) is thought to be one of the most common mental health disorders in the world.

A 2017 meta-analysis of 23 interventions looking at the effects of yoga-based treatments on depressive symptoms overwhelmingly concluded that yoga can now be considered an effective alternative treatment .

Both movement-based yoga therapies and breathing-based practices have been shown to significantly improve depressive symptoms.

Yoga may reduce inflammation

Often, the precursor to illness is chronic inflammation. Heart disease, diabetes, arthritis, Crohn's disease, and many other conditions are linked to prolonged inflammation.

One review examined 15 research studies and found a common result: Yoga — of various styles, intensities, and durations — reduced the biochemical markers of inflammation across several chronic conditions.

Yoga will likely increase your strength

While most people associate yoga with stretching and flexibility, some types of yoga classes can also be considered strength-building. It just depends on the class level, approach, and teacher. This makes yoga asana a multimodal form of exercise

Yoga's effectiveness at building strength has been studied in several specific contexts — for instance, as it pertains to people with breast cancer, older adults, and children.

Another study conducted on air force personnel found yoga to be an effective strength-building practice across many age groups of healthy participants.

Yoga helps you sport a smile on the road back

Even a few months out of the sports scene is equivalent to years of a setback in the world of sports. Your body needs time to recover to prevent recurrence, or worse, escalation. Many times, just resting may not be enough to get back to your original form and fitness

With yoga, sports players are able to gradually tone and strengthen their body. Yoga also helps you deal with the mental pressure of missing out on some of the best playing years. It trains your mind to accept your situation and coaxes you to make a strong comeback.

Yoga is a life time sports

Most athletes / sportsmen often have mental issues. This becomes more popular in the final circumstances of the game. Another forgets the knowledge of the body and commits so many errors and is predisposed to injuries while still risking harm to many people. The participant goes on to make errors in Badminton, table tennis, basketball, shuttle-ball games. The shuttle / ball comes out of court / field. You have to do a little bit of Ujjayi Pranayama correctly. To this field of research Dr. Halls is worth investing. Over-confidence is one of the otherwise recurring problems for any group. Self-confidence is essential as compared to this, although over-confidence can be harmful to teams. Until some sports occur, yoga training may help to fix that. The physical exercise will be followed by intellectual conditioning. Teams also bring damage to others and sometimes deliberately commit fouls. Yogic behavior restraint such as yamas, niyamas etc. could be adapted to correct the sportsmen's intentional foul play. Coaches will focus on yamas-niyamas, bringing the coaching philosophy into account.

Since physical education and athletics are diverse topics they may gain from adopting concepts and yoga exercise practices. There are also Non-conventional approaches. The basic principle is clear mind in a body of speech. Body teaches the body's muscles, and soul. These approaches are now common, too.

a. Physically (practice): Mental conditioning Improves the quality of economic energy use in action.

b. Psychologically (Imagination): professional preparation increases attention, good vision, emotional awareness of team mates / coaches / pain, learning to eliminate old mistakes and fear of failure.

Health and yoga in sports

Yoga provides both healing and cardiovascular advantages. This has been demonstrated that the body and the mind have both physical and emotional advantages to deliver. The other physical benefits of hatha yoga are: it enhances stability and body joint mobility; it strengthens, cleans, and develops muscles; it corrects posture; it strengthens the spine; it relieves back pain; it enhances body-skeletal problems such as weak knees, rigid shoulders and arms, swayback and scoliosis; it promotes stamina; it generates equilibrium and grace; it activates endocrine glands; The mental effects include: growing body awareness; relieving repetitive body pain patterns; cleansing the body by relieving muscle strain; calming the mind and body; concentrating attention; sharpening concentration; and freeing the spirit. Modern physicians and scientists are considering additional advantages in hatha yoga for the body. Studies have shown that it may relieve the effects of numerous serious and life-threatening disorders such as arthritis, arteriosclerosis, persistent weakness, diabetes, AIDS, asthma, and obesity. Some believe it still burns away the ravages of old age.

Fitness and yoga in sports

1. Improved Strength Routine and regular practice of the different yoga asanas has helped me develop power and raise lean muscle mass. Most specifically about many underutilized muscle classes in my preferred sporting activities of swimming, riding and running. Such

improvements have improved core body flexibility and dramatically impeded overuse injury by improving the muscles that are protective yet otherwise underdeveloped across the most utilized muscles, providing a more integrated and usable total strength.

2. Balance I have also been very agile as a swimmer. Yet, traditionally, my performance is bad. Yet my agility and posture have vastly strengthened due to a daily yoga practice. What does it matter? Good posture and agility ensures greater influence of how I shift my body, which in effect contributes to improved technique and form — the brass ring any competitor spends a lifetime mastering, whether it's a swimming motion, a golf drive, a running pass and a jump shot or a wrestling shift.

3. Flexibility Yoga also increases strength of the joints and muscles, and is important for the general physiological soundness of the body. In a single gesture or sequence of motions, increased joint and muscle pliancy transforms into a wider range of motion, or an improvement in output latitude. For instance, a swimmer with supple shoulder and hip joints is capable of catching and pulling more water than a more narrow range of motion swimmer. The effect is greater forward motion per stroke, as well as improved muscle activity. In addition, because of the change in total force that can be applied for each step, this improved range of motion allows a greater capacity to adapt a single muscle group to power. And although there is some debate over the advisability of "over" stretching (especially for runners), I remain a massive supporter, realizing that the harder I try to preserve my stability (something that declines with age), the less probable I would experience an overuse injury.

4. Free Your Mind

An significant advantage of yoga practice is the opportunity to build a tension free mind. Regular exercise is used as a method for improving breath management, helping to enhance attention and concentrating, allowing for quick thought and effective decision taking. A useful weapon in every sports environment. In any sport, mental practice will teach you how to gain control of your emotional states, so that excitement and anxiety do not impede your performance.

Conclusion

Yoga is able to mobilize joints, stretch tissues and ligaments, tone muscles, bring flexibility to the spine and strengthen internal organs. Yoga exercises are based on the formula of stretching, relaxation, deep breathing, increasing circulation and concentration. As such, yoga is beneficial to a professional athlete as it enables them to strengthen their concentration ability, foster a calm and relaxed mind, enhance the mind / body connection allowing an athlete to have greater muscle coordination and fluidity of movement. Yoga is also beneficial to a professional athlete as it positively contributes to the health and vitality of the body, strengthens internal organs such as the heart, lungs and liver and helps to maintain fitness and agility. Yoga also helps to reduce stress and anxiety, cultivate self confidence and self-belief. All of these elements are pivotal to sporting excellence and peak performance. As highlighted above, in order to perform a sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind that is calm and controlled. Swami Sivananda states the importance of mind control; he asserts "*without concentration you cannot have success in any walk of life*".# Yoga can help a sportsperson to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga is able to help a person have control over their body through control of their mind. As such, Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak level.

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