



## Review Article

### CRITICAL REVIEW STUDY ON CONTRIBUTION OF YOGA IN SPORTS

Kunj Biharee Saini<sup>1\*</sup>, Sandeep M. Lahange<sup>2</sup>

\*<sup>1</sup>MD Scholar, <sup>2</sup>Assistant professor, Dept. of Sharir Rachana, National Institute of Ayurveda, Jaipur, India.

#### ABSTRACT

Every sports person in his career suffers from various sports injuries. Here treatment required is faster and long lasting. Recently research studies proved that Yoga are very effective in sports, health and fitness related fields such as aerobic training, strength training, body building, and endurance sports. A combined approach of Ayurveda, physiotherapy and *Yoga* can be successfully employed sports, for training sports person, treating injuries and rehabilitation. *Yoga* is useful for all type of sports to help prevent injuries. One gets extra agility which avoid damage, provides more strength and improves a player's ability to react to a situation. *Yoga* works not only at physical level but also at psychological level, ensuring well-rounded development. *Yoga* can benefit professional sports person, it is necessary to explore What kind of sport required to play and play it well. So we can say that *Yoga* is very beneficial to everyone specially for a sportsman.

**KEYWORDS:** *Yoga, Asana*, Sports injuries, Physical, Mental health, Strength.

#### INTRODUCTION

*Yoga* postures are the physical positions that coordinate breath with movement and with holding the position to stretch and strengthen different parts of the body. *Asana* practice is the ideal complement to other forms of exercise, especially running, cycling and strength training, as the postures systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominal, hip and buttocks muscles and even ankles, feet, wrists and hands. By their varying nature, *Asanas* affect major and minor muscle groups and organs as they simultaneously import strength, increase flexibility and bring nourishment to internal organs. Learning to stay focused and centre through uncomfortable poses by concentrating on even inhalations and exhalations sets up the athlete to stay focused during a race or challenging workout. *Yoga* works not just in the sagittal plane but, in the frontal and transverse planes as well, ensuring well-rounded development. Being more relaxed will also aid in athletic performance. *Yoga Asanas* prove to be very beneficial for women athletes provided they do the right *Asanas* in the right way. The *Yoga asanas*, in fact, work in such a way that supports the basic systems of the body and boosts the immune system as well. So, why not every people prevent our body and life from many diseases by doing *Yoga* every day.

#### Yoga and Sports<sup>[1]</sup>

Although most poses are not aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and

sustained stretching and contraction of different muscle groups. Whatever sport you choose to practice, *Yoga* can enhance and complement your ability. Most sports build muscular strength and stamina, often in specific areas of the body. *Yoga* can help to check any imbalance in muscular development and will enable both your body and your mind to function more efficiently. If your body is flexible and supple you will be less prone to sports injuries, as your joints will be kept lubricated. Skiing demands mental alertness as well as good balance. *Yoga Asanas* strengthen your muscles, release physical tension and improve your concentration and poise. *Yoga* makes your limbs balanced, strong and relaxed. Golfers may be prone to one-sided or uneven muscle development. *Yoga Asanas* can strengthen weak areas and ease muscular tension. The standing poses improve balance and muscle flexibility. *Yoga* breathing techniques help swimmers to breathe in a relaxed way when exercising. For bicyclists, back bends can relieve any stiffness caused by bending over handlebars. Because a cyclist's back stays in one position for long period, the muscles may become tense. This can be remedied with stretches. Gentle stretching exercises also ease stiffness in the legs and shoulders. *Yoga Asanas* will also improve flexibility. Racket sports often involve intense physical effort. *Yoga* practice can help players to relax and replenish their energy after strenuous games.

#### Aims of Yoga in Sports<sup>[2]</sup>

Health, physical fitness and emotional

stability are the objectives which bring yoga and physical education on a common platform for the benefit of human being. Health is a more general and comprehensive term conveying the 'feeling of well-being', while physical fitness is a more specific term. Physical fitness is the capacity of an individual to perform a given task at a particular time. Health and physical fitness are not static. They are always changing they follow the law can be maintained only by carefully selected physical activities which are called 'exercise'. The utility of the particular exercise program can be evaluated only in forms of the effects that one obtained in promoting a particular factor of physical fitness.

#### Health Benefits of Yoga<sup>[3]</sup>

1. Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress -induced sympathetic nervous system dominance.
2. Pulse rate, blood pressure and respiratory rate decreases.
3. Cardiovascular efficiency increases
4. Respiratory efficiency increases (respiratory amplitude and smoothness increase, tidal volume increases )
5. Strength and resiliency increase
6. Endurance, immunity and energy level increases
7. Weight normalizes
8. Pain decreases

#### Health and Yoga in Sports<sup>[4]</sup>

*Yoga* has both preventive and therapeutic benefits. It has been shown to offer both physical and mental benefits to the body and the mind. The are many physical benefits of *Hatha Yoga* such as: it improves flexibility and muscle joint mobility; strengthens, tones, and builds muscles; corrects posture; strengthens the spine; eases back pain; improves muscular-skeletal conditions such as bad knees, tight shoulders and neck, swayback and scoliosis; increases stamina; creates balance and grace; stimulates the glands of the endocrine system; improves digestion and elimination; increases circulation; improves heart conditions; improves breathing disorders; boosts immune response; decreases cholesterol and blood sugar levels; and encourages weight loss. The mental benefits include: it increases body awareness; relieves chronic stress patterns in the body; refreshes the body by relieving muscle strain; relaxes the mind and body; centers attention; sharpens concentration; and freez the spirit.

#### Yoga and Fitness<sup>[5]</sup>

*Yoga* and Physical Fitness are must for any good performance in day today life. Different activities require different type of fitness emphasizing a particular fitness factor. However, general level of physical fitness is necessary for every individual to function effectively. The law of use and disuse suggests that if you want to be fit you must exercise. The routine of exercise differs from individual according to purpose. This can be attained excellently by indulging in Yogic routine. Yogic exercises deal with the vital organs of the body on which health depends. The precursor of physical fitness lies in the efficient working of the vital organs of the body and *Yoga* aims at it. The various selected *Asanas* giving different movements to the spine, controlled respiration, relaxation technique and concentration practice as a whole form an excellent routine to take care of the health of vital organs of the body. *Yoga* can contribute to the promotion of sport whether we use the term sport in a restricted sense or in a wider sense. The concept of lifetime sports suggests that exercise is for everyone including those persons who have various deformities. From this point of view *Yoga* could be fittingly called life time sports.

*Yoga*, therefore, not only contributes to the other sports but also is a sport by itself, which is excellent in nature. *Yoga* principle involves slow movement and maintaining poise and balance. It is based on stretching relaxation, deep breathing and body flexibility and increasing blood circulation and concentration. Physical Exercises lay emphasis on strong movements of muscles whereas *Yoga* opposes violent muscle The "postures" are the physical positions that coordinate breath with movement and to hold these positions to stretch and strengthen different parts of the body. They systematically work all the major muscle groups including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Although most poses are non-aerobic in nature, they do in fact send oxygen to the cells of the body by way of conscious deep breathing and sustained stretching & contraction of different muscle groups. *Yoga* can help to check any imbalance in muscular development and will enable the body to function more efficiently. If the body is flexible and supple it will be less prone to sports injuries as the joints will be kept lubricated

#### Yoga Improves<sup>[6]</sup>

1. Strengthens deep connective tissue preventing or minimizing injury.
2. Creates overall body flexibility. Increases range of motion and mobility.

3. Dramatically enhances physical balance by developing the athletes awareness of his body's center place, thus keeping their body balanced in action, moment by moment, giving the ability to recover from or prevent falls, while enhancing agility and maneuverability.
4. Improves circulation, massages internal organs and glands for optimum health.
5. The *Yoga* breath circulates and detoxifies the Lymph Fluid to speed up recovery time from training 15% faster, eliminating fatigue.
6. The *Yoga* breath builds up increases one's life force energy.
7. Enhances sensory acuity, mental focus, concentration, mental clarity, will power, and determination.
8. Dissolves pre competition anxiety and stress. Helps to balance & manage emotions that could cloud focus, concentration & judgment.
9. Trains the athletes get and stay in the mental zone.
10. Quickens mental response time for more effective game play and strategy.

#### CONCLUSION

*Yoga* focuses on harmony between mind and body. To achieve this, *Yoga* uses movements, breath, posture, relaxation and mediation in order to establish a healthy, lively and balanced approach to life. *Yoga* plays an important role in games and sports also. *Yoga* improves near about all physical fitness and wellness components required by sportsman.

*Yoga* works on strength, flexibility, balance, agility, endurance, core, stability, recovery and overall strength, among other things. *Yoga* is able to mobilize joints, stretch tissue 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, and increasing circulation and can play a key role in cultivating mind control and concentration which helps a sports person to perform at their peak level.

#### REFERENCES

1. B K S Iyengar, The illustrated light on Yoga, Harper Collins Publishers India, 2005 Page no. 37-41
2. Chen TL et al. The effect of yoga exercise intervention on health related physical fitness in school-age asthmatic children 2009; 56(2): page no. 42-52.
3. Clay CC, Lloyd LK, Walker JL, Sharp KR, Pankey RB: The Metabolic Cost of Hatha Yoga. J Strength Cond Res 2005, 19 Page No. 604-610
4. Clair W. Famment 'An introduction of tests of Agility'. Completed research in health, Physical education and recreation 1966; page no. 2-44.
5. Chen KM et al. Silver Yoga Exercises Improved Physical Fitness of Transitional Frail Elders" Chen KM, Fan JT, Wang HH, Wu Sj, Lin HS 2010; 59(5): page no. 364-70.
6. Dune D. The Manual of yoga: W. Fauloshan and co. Ltd. London, 1956 page no. 144.

#### Cite this article as:

Kunj Biharee Saini, Sandeep M. Lahange. Critical Review Study on Contribution of Yoga in Sports. International Journal of Ayurveda and Pharma Research. 2017;5(6):52-54.

**Source of support: Nil, Conflict of interest: None Declared**

#### \*Address for correspondence

**Dr Kunj Biharee Saini**

MD Scholar,

Dept. of Sharir Rachana, National

Institute of Ayurveda, Jaipur, India.

Email: [kb.saini303@gmail.com](mailto:kb.saini303@gmail.com)

Contact: 8104463355

Disclaimer: IJAPR is solely owned by Mahadev Publications - A non-profit publications, dedicated to publish quality research, while every effort has been taken to verify the accuracy of the content published in our Journal. IJAPR cannot accept any responsibility or liability for the articles content which are published. The views expressed in articles by our contributing authors are not necessarily those of IJAPR editor or editorial board members.