Impact Factor 3.025

ISSN 2349-638x

Refereed And Indexed Journal

AAYUSHI INTERNATIONAL INTERDISCIPLINARY RESEARCH JOURNAL (AIIRJ)

Monthly Publish Journal

VOL-IV ISSUE-VI JUN 2017

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Health Benefits Through Practicing of Yoga

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Abstract

Many researchers strongly support the regular practice of yoga helps one to keep a strong and healthy and to prevent cardio vascular diseases. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular practice of yoga and individual's capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change. Practice of yoga generally used for rehabilitation of psychological or treatment of some type of chronic disease of sports person practice of yoga is are one of the most valuable modalities used in physical rehabilitation. Some of the primary objectives of therapeutic practice of yoga are to improve active pain-free range of motion, muscle mass & muscle strength, balance, performance with daily function, aerobic capacity, help prevent further injury to reduce weight, and lameness.

Hatha Yoga

Many researchers strongly support the regular practice of yoga helps one to keep a strong and healthy and to prevent cardio vascular diseases. Physically fit person, heart beats at a lower rate and pumps more blood per beat at rest. As a result of regular practice of yoga and individual's capacity to use oxygen is increased systematically energy production depends on internal chemical or metabolic change. practice of yoga generally used for rehabilitation of psychological or treatment of some type of chronic disease of sports person practice of yoga is are one of the most valuable modalities used in physical rehabilitation. Some of the primary objectives of therapeutic practice of yoga are to improve active pain-free range of motion, muscle mass & muscle strength, balance, performance with daily function, aerobic capacity, help prevent further injury to reduce weight, and lameness. Practice of yoga is relatively inexpensive and similar principles apply to a variety of individuals and conditions. Yoga is powerful, but difficult whose whole principle of action is founded on an intimate connection between the body and soul. Hatha &Yoga is, in its own way, a system of knowledge, this is a science of being, a psychophysical system. Hatha &Yoga is a discipline and its aim is to ensure perfect health by physical and mental purification through the control of mind and body. If there is balance and harmony between the body and mind, the power of concentration can be developed, leading to the realization of the self. It is the greatest strength to awaken the mind and animate the body.

Hatha Yoga means to attain physical and mental purification and balance. It is the most common Yoga. The aim of the Yoga is to eliminate toxin and impurities within the body that accumulate due to dietry habit. Once the toxins are eliminated the body reaches a state of purification which helps to bring about a state of balance in the functioning and performance of the internal organs and system. According to Sanskrit, "Ha" means "Sun" i.e. positive energy; the word "Yoga" comes from the Sanskrit root, "Yug" meaning "to link" join or unite.

Pranayama is a basic yogic breathing technique in Yoga, yogic breathing system known as Pranayama has great importance for making better performance not only for yogic practitioners but also helpful for sportsmen in games and sports controlling of breaching can neither be recommended, nor possible during the actual player performance because it can be perform under the guidance of an

expert through proper environment conditions. In brief we can say that it is a complete process of sportsmen can use of the great benefits of the full deep breathing on many other stages. Deep full breathing has provided beyond doubt to be extremely good for sportsmen for improving their cardiovascular system, thereby developing endurance and stamina and also for attaining physical and mental relaxation.

Benefits of yoga practice

Healthy body is necessary for increasing the working capacity and maintaining mental fitness of any individual to perform his daily tasks vigorously and alertly, with left over energy to enjoy leisure time activities. It also helps to withstand stress and carry on, in circumstances where a physically unfit person could not continue. Fitness is a required element for all the activities in our life. Fitness of an individual is mainly dependent on lifestyle related factors such as daily physical activity levels.

In Yoga, muscles and bone, nervous, glandular, respiratory execretory and circulatory systems are coordinated so that they help one another. In Hatha Yoga Asana make the body flexible and able to adjust itself easily to change of environment. The sympathetic and parasympathetic system are brought into a state of balance so that the internal organs are neither overactive nor underactieve, the endocrine system is controlled and regulated to secrete the Harmon from the glands in a balance qualities. Hatha Yoga is the scientific method of exercise for controlling tension, anxiety and other negative feelings of the sportsmen based on the rules governing the working of the muscle in the body which are under the control of the will.

Traditional asana in Yoga demand only static state in the final stage of every asana, whereas stretching for sportsmen can have static state as well as dynamic state in certain stretches. Asanas do not advocate any further movements once the practitioner comes to the final stage of the asana. But in stretching a sports man can come into a dynamic state from static state for example, in stretching by remaining on the basic shoulder head postmen (Sarvanga of Asana) players can to splitting of legs, cycling, twisting of hips etc. sportsmen will be benefited by cycling while remaining one the shoulder stand position and also by the stretch remaining on plough. This will help them relax after long hours of standing game by accelerating the circulation of blood through all the tired parts of the body including brain. Following are the few stretching exercises good for sportsmen and enhance performance where as flexibility are required specially.

1. Matsayasan is provide the stretches from spine and fish posture.
2. Ushtrasan is provide the stretches based on camel posture.
3. Sharavangasan is provide the stretching based on anterior stretch posture and unilateral foot shoulder posture.
4. Vaisasan is providing the stretching based on posterior stretch posture.
5. Chakrasan is providing the stretching based on wheel posture.
6. Halasan is providing the stretching based on shoulder stem pose and plough pose.
7. Dhanurashan is provide the stretching based on bow posture.
8. Bhadrasana also used to knee thing and groin stretching.

In Yogic breathing system known as pranayama has great importance in games and sports pranayam improve the cordiovesular circulatory and respiratory system which is influences of positive effect for the sports person.

Yoga provides physical and mental relation for sports man in the playing field is very much necessary to produce the desired results too. Especially physical and mental relaxation at the time of critical junctures during the actual competition can be a boon to the sports persons. Nervousness can

be detrimental in sports situation. Those players, who have learnt to relax physically and mentally at critical junctures such as in the game situation, have better chances of winning. Now, how to achieve the best nervous state? The answer is by learning to relax physically and mentally. In other words by controlling tension based on the rules governing the working of the muscles in the body which are under the control of mind. Yoga stretching and full deep breathing are scientific methods of controlling tension.

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