

The Impact of Yoga on Sports Performance and Health

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Abstract

An ancient discipline, Yoga is a concept that comes from a Sanskrit word meaning 'union'. It combines bodily processes with breathing techniques, meditation, and mental exercises in order to bring a sense of calm and composure in life. Though it originated in the Indian subcontinent, Yoga now has spread its wings across continents. Yoga as a practice has innumerable benefits that positively affects an individual both physically and mentally. Whether it is reducing your blood pressure or raising pain tolerance is explored in this study.

Key Words- Yoga, performance, Health.

Introduction

Today, sport is a career for the few talented individuals who participate at the highest level. Some of the most popular elite team sports are football, hockey and Cricket. Yoga has been practiced for around 5,000 years. Several schools and organizations of yoga have emerged over time to time. It can be overwhelming at first to find a style of yoga that resonates with you. If you are a competitive athlete, it is best to tailor your yoga practice to your training schedule because a particular sport can develop certain muscle groups while ignoring others. Over time, this process causes imbalances in the muscles and joints, leading to overuse injuries. Yoga helps the muscles, tendons, and ligaments move through a full range of motion, thus cultivating balance and core strength which is a huge benefit to athletes in their chosen sports. The practice of yoga was first developed in India and has evolved over thousands of years. Yoga disciples use poses, or asanas, to prepare their bodies for meditation practice—much as an athlete would prepare for a sports competition. The poses also serve as a means to alter one's consciousness and mental focus in the spiritual quest for "enlightenment." This spiritually transformative process is, in fact, the overriding purpose of the practice of hatha yoga. In essence, yoga is designed to bring body, mind and spirit into balance.

Aim of The Study

The aim of the study is to present the impact of yoga on sports performance and health.

Methodology

Secondary source reference of national and international literature, newspaper clippings, internet references were used for current study.

Health Benefits of Yoga

- Nervous system:** Stable autonomic nervous system equilibrium, with a tendency toward parasympathetic nervous system dominance rather than the usual stress-induced sympathetic nervous system dominance.
- Pulse rate decreases:** Yoga eases the body by reducing the strain. When the body relaxes, the pulse rate decreases. A low pulse rate indicates that your heart is strong enough to pump more blood in a span of fewer beats.
- Respiratory rate decreases:** Yoga involves a whole lot of controlled breathing. It entails filling your lungs to their full capacity, thus allowing them to work more efficiently.
- Lowered Blood Pressure:** Practicing yoga on daily basis enhances the blood circulation in the body. This enables oxygenation in the body due to which there is a significant reduction in the blood pressure as the body calms down. Blood pressure decreases (of special significance for hypo reactors)
- Galvanic Skin Response (GSR) increases
- Cardiovascular efficiency increases:** EEG-alpha waves increase (theta, delta and beta waves also increase during various stages of meditation)
- Respiratory efficiency** increases (respiratory amplitude and smoothness increase, tidal volume

- increases, vital capacity increases, breath –holding time increases).
8. **Gastrointestinal function normalizes:** The internal organs are massaged when you practice yoga, thereby increasing your resistance to diseases. Also, once you are attuned to your body, after years of practice, you will be able to tell instantly if your body doesn't function properly.
 9. **Excretory functions improve:** Practicing yoga regularly activates the digestive system and the other stomach related diseases like indigestion and gas are eliminated. Therefore, gastrointestinal functions improve in both men and women.
 10. Muscular-skeletal flexibility and joint range of motion increases
 11. **Improves immunity:** Yoga and Immunity go hand in hand. As yoga works towards healing and enhancing every cell in the body, your body automatically becomes more immune. Thereby, increasing your immunity.
 12. **Increases Strength:** You use the weight of your own body to increase your strength. This is a very bewildering method of strength training.
 13. Weight normalizes
 14. Sleep improves

Yoga Improves:

1. Strengthens deep connective tissue preventing or minimizing injury.
2. Creates an overall body flexibility. Increases range of motion and mobility.
3. Dramatically enhances physical balance by developing the athlete's 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. **Enhanced Circulation:** Improves circulation, massages internal organs and glands for optimum health.
5. **Yoga improves your blood circulation:** 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. Increased Metabolism:
10. Yoga keeps the metabolism in check since a balanced metabolism is essential to achieve ideal weight. Trains the athlete gets and stays in the mental zone.

Conclusion

As highlighted above, researcher find out that yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. We have improved our performance by daily yoga practicing 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, Yoga can help a sportsperson to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak leaves and yoga helps us a lot.

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