

## **Yoga is effective method to prevent sports related injuries**

**Lingaraju VN**

Assistant Teacher, Physical Education, Chikkanayakanahalli Taluk, Tumkur, Dist. Karnataka, India

### **Abstract**

over the decades sports are trying to develop specific method to prevent injuries to sports persons to develop strength, endurance and body co-ordination if injuries interest on sports the most familiar cues is always prevention ie. Prevention is better than cure. The yoga impact on physical mental and mental balance of sports man. Yoga gets calm mind if improves the performance of sports person. Yogic practices provide a competitive edge and keep an athlete's high performance body in perfect physical condition.

**Keywords:** sports injuries, yoga, strength, performance

### **Introduction**

Yoga is an scientific of holistic discipline has now an effective cross training tool that helps boost athletic performance and lower the risk of injuries, weather caused by repetitive motion, imbalance in athlete biomechanics or both can be painful frustrating and limiting. As injuries are part and parcel of sports persons, life. It is vital to identify the cause and development of more evidence based intervention to prevent and cure them. With a view to performance well on field. Sports person often end up overusing and abusing their body on a regular basis

The tendency among professional athlete is one of the major factors that result in sports related injuries their eyes is always perfection unfortunately many are unaware of the secrete yogic experts opinion that the best form of protection is to become actually aware of one's physique, the joint, and also symmetry and asymmetry and imbalance arise in sportspersons quite often identify and address them before the deteriorate into serious injuries.

### **Yoga strategies to restrain sports injuries**

#### **Right body posture**

Prevention of injuries is vital for the stamina and performance of sports person s. The novel methods of yoga imply a unique form of training that adopts a holistic approach. If helps with an awareness on how the body functions and enables to identify and overcome injuries. Muscles group in the body acquire strength and flexibility as a equilibrium of the upper and lower parts of the body as well as left and right sides are realized through consistent yoga practice this sort of equilibrium also helps you to attain highest of athletic excellence apart from providing you with a pleasant life style.

#### **Right breathing**

Satisfactory level of aerobic is key to success in majority of competitive sports. Surprisingly many trainers of either unaware of or refuse to incorporate into their regimen breathing techniques that helps strengthen the lungs and boost the lungs capacities. Extra intake of oxygen helps build a purify blood stream that eventually provide energy and vital capacity in an earlier study showed significant

improvement in hand grip strength after yoga practice Emphasising Pranayam. Yogic breathing technique can have positive impact on the total body mind complex by enhancing respiratory, cardiovascular, metabolic, and neural functions. In other words physical efficiency by influencing the entire postural regular mechanism in the brain developing deep muscular and visceral relaxation steadiness of the body and mind.

#### **Relaxation and rest**

Expert have pointed out that relaxation is a dynamic vitality which provides every movement and aspect of living. Yoga nidra is a very powerful technique to achieve a total transformation and get rid of all negativity it has been provide to benefits for psychometric disorder for any athletic training programme rest and recovery technique are vital role sportsperson often face tremendous pressure to boost their performance to the optimum level being in constant media limelight adds to their pressure there are three kind of tension muscular emotions, psychic systematic practice of relaxation, three fold tension progressively and effectively.

#### **Identify the right yoga practice**

Choosing the right yogic practices that's suit their requirement is all the moment important for sports persons specific school of yoga helps fitness training focus among these astanga yoga they are yama, niyama, asana, pranayama, Pratyahara, dharana, dhyana and Samadhi easier to adapt their regular practice. The style Accentuates the specific aspect of yoga as well as one stress the physical components are popular among athlete. Many studies were conducted to prove that effectiveness of stretching for reducing the risk of exercise related injuries in yoga many poses concentrate on stretching and has a good therapeutic effect.

#### **Prevention of injuries**

Injuries and imbalances are part and parcel of sport life. Sports man are The at the rate of risk great deal of pounding shortening and tightening of muscles. As long as players do not attempt restore elongate and stretch the muscle. Injuries

occur frequently people who perform repetitive motion swinging a racket over and over. And this often leads to scar tissue rendering muscle less elastic being able to aware of once own physic is the prime lesson that yoga practice can important to athletes. This sort of awareness helps them to prevent sports injuries to a great extent. Sports massage can also be used as a motility of muscles and soft tissue pain and improving recovery after intense exercise.

### **Conditioning yoga for sports**

Sports person exposed to years and years of consistent training of different kind mastering the physical and mental challenges of yoga may come as a revelation of sorts. As part of attempt to excel in their respective arena, many athlete and sports practitioner often resort to isolating specific muscle group to live themselves up to the intensity and frequency of their training regimen but the basic concept of yoga involved the harmony and quality of movement this approach which masters have often termed as holistic can help identify and rectify some inherent weakness and imbalance that may have never been exposed before many athlete who believe that they understand their physical frame perfectly may prove themselves wrong here.

### **Conclusion**

yoga is becoming popular in all over the world due to its multirole advantages yoga is gaining the status of an effective cross training tool in the field of sports also the integrated approach of yoga to harmonised and calm down all the disturbances of body and mind though its different components has a great application value in preventing and treating sports injuries.

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