



## Yoga in sports: A descriptive study

Dr. Mukesh Kumar Upadhyay

Assistant Professor, Department of Physical Education & Sports, Regional Campus Manipur of Indira Gandhi National Tribal University, Manipur, India

### Abstract

Yoga is an ancient Indian science practiced for around 5,000 years. Several schools and organizations of yoga have emerged over a while. It can be devastating at first to find a style of yoga that shudders with any person. For any sports person or competitive athlete, it is best to tailor a yoga practice to their training schedule. Particular sports can develop certain muscle groups while ignoring others. This process causes muscle and joint imbalances, leading to overuse injuries. Yogasana helps the muscles, tendons, and ligaments move through a full range of waves, thus educating balance and core strength, a huge benefit to athletes in their chosen sports. Another essential element in yoga is Pranayama (breath control). The attention to breath during yoga is one of the most significant benefits to athletes. Knowledge to stay focused and centered through rough poses by concentrating on even inhalations and exhalations groups the athlete in staying focused during a race or stimulating workout. An athlete, Heidi Resiert, said, "I am glad I found yoga and added it to my weekly training repetitively. Not only do I feel stronger, but I also feel more confident that I will continue to be injury-free." "The mind-body connection in yoga is essential in helping athletes to develop mental acuity and concentration. In addition, yoga helps to relax tight muscles and the anxious and overstressed mind. Yoga works not only at the physical level but also at the psychosomatic level, ensuring well-rounded growth. Being more relaxed will also aid in athletic enactment. A sportsperson could enhance his show and prevent injury by including yoga in his training schedule.

**Keywords:** Yogasana, athlete, injury, performance, pranayama

### Introduction

Yoga is preventive and healing and has been shown to offer physical and psychological benefits to the body and mind. Yoga is particularly different from other kinds of exercise as it generates motion without causing strain and imbalances in the body. Therefore, yoga is an ideal accompaniment to other forms of exercise and an extreme benefit to any sport. The "yogasana" are the physical positions that coordinate breath with movement, and we hold these positions to stretch and strengthen different parties. They systematically work on all major muscle groups, including the back, neck, shoulders, abdomen, hips, feet, wrists, hands, etc. Although most poses are non-aerobic, they send oxygen to the cells in the body through conscious deep breathing and sustained stretching and contraction of different muscle groups. Yoga can help check any imbalance in muscular development and enable the body to function more efficiently. Many athletes have more injuries requiring surgery because of the increased focus on strength training with weight resistance. This method for increasing strength and muscle mass is highly effective yet dramatically decreases flexibility. However, suppose yoga or other types of prolonged stretching are combined with strength training and practical application exercises. If the body becomes flexible and supple, the person will be less prone to sports injuries and can perform better.

### Objectives of yoga and sports

Health, physical fitness, emotional stability, and better performance are the objectives that bring yoga and physical education to a common platform for the benefit of human beings. 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 constantly changing. They follow the law and can be maintained only by carefully selected physical activities, called 'exercise'. The utility of the particular exercise program can be evaluated only in the form of the effects obtained in promoting a specific physical fitness factor. Through constant yoga practice, one can achieve the goal with determination and patience.

### Yoga for fitness in sports

Improve Strength Routine and constant practice of the various yoga asanas have helped to build strength and improve lean muscle mass, most notably concerning several muscle groups under-utilized in chosen athletic restraints of swimming, cycling and running. These expansions have enhanced core body constancy and significantly impeded overuse injury by firming the supportive but otherwise under-developed muscles adjacent to the more utilized muscles, creating a more balanced and optimally practical overall strength.

### Balance

Better balance and coordination mean enhanced control over athletes' bodies, leading to better technique and form. As a swimmer, the athlete has always been somewhat flexible; however, balance has historically been horrible. With the practice of balancing yoga poses, the athlete will not only increase flexibility but also increase poise and stability. When balancing poses are learned, the athlete is conditioned to recover from any imbalances mechanically, staying centered in action, moment by moment, during play. A

steady yoga practice improves an athlete's synchronization and balance immensely.

### Flexibility

Yoga habitually improves joint and muscular pliability, crucial to the body's overall essential soundness. Enhanced joint and muscle pliancy translates to a more excellent range of motion or an increased enactment latitude for a particular movement or sequence of movements. For example, a swimmer with supple shoulder and hip joints can capture and twitch more water than a swimmer with an inadequate range of motion. The result is more onward movement per stroke and enhanced muscular economy. This improved range of motion provides a more notable ability to strengthen conditions. Yoga is the best tool to uphold flexibility, making athletes less likely to agonize over an overuse injury.

### Stress-Free Mind

Creating a stress-free mind is a noteworthy benefit of yoga practice. When the mind is steady, a person can control mental anxiety by focusing on perfect concentration. When an athlete plays for his country, millions of people's expectations and minds are entirely stressed, and their natural efficiency diminishes. No amount of coaching or training can prepare for doubt or worry entering a player's mind during a game. Holding steady postures and concentrating on deep abdominal breathing can increase body awareness, relieve chronic stress patterns, relax the mind, center our attention, sharpen concentration, and perform well.

### Health benefits of yoga

- Strengthen deep connective tissue, preventing or minimizing injury.
- Increase strength and overall body flexibility. Increase range of motion and mobility.
- Increase endurance and energy level
- Normalize weight and enhance physical balance.
- Improve circulation and massage internal organs and glands for optimal functioning.
- Reduce blood pressure and heart rate and increase cardiovascular efficiency.
- Reduce anxiety and stress
- Improve cognitive functions
- Enhances sensory acuity, mental focus, concentration, mental clarity, willpower, and determination.
- These benefits allow for better rest, sleep and recovery, and the ability to think more clearly under pressure.

### Conclusion

As highlighted above, yoga helps in different ways and at various levels in a sportsman's life. He can improve his performance by practising daily yoga to perform sporting actions efficiently and effectively without injuries. A sportsperson needs high concentration and focus and a calm and controlled mind. Yoga can help a sportsperson to have a balanced mind and control of their thoughts even during stress and adversity. Yoga can play a key role in cultivating mind control and concentration, which helps a sportsperson to perform at their peak levels.

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