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Yoga intervention in health and sports performance

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Abstract

Yoga began thousands of years ago in India as a method for assisting individuals in attaining spiritual enlightenment. Students think that Yoga promotes health by enhancing how you see the world, which calms the soul and reduces stress, because it is based on the premise that the mind and body are one. Yoga is now practiced by people to better their physical, mental, and spiritual health. There are a variety of yoga disciplines that focus on distinct areas of the mind, body, and soul.

Although most poses are not aerobic, they do send oxygen to the body's cells through conscious deep breathing and persistent stretching and contraction of various muscle groups. Yoga may help you improve and complement your ability in any sport you choose to participate in. Most sports increase muscular strength and stamina in specific body parts. Professional athletes can benefit from yoga; it is vital to investigate what is required to play a sport successfully. It is commonly known that in order to play any sport, whether it is tennis, volleyball, surfing, swimming, or running, we must first master the fundamental abilities and then train our bodies to apply the talent in a sophisticated and polished manner. To practice the talent at hand, you'll need a lot of time, energy, and devotion. Another key element is having a flexible, strong, and controlled body; if one is unable to move the body with the grace, velocity, and speed required, performance will suffer.

As a result, we may conclude that yoga is useful to everyone, particularly athletes.

Keywords: Yoga, Sports and physical activity, inception, physical, mental, spiritual well being, disciplines, sports persons, ability, systematic process

Introduction

Since their inception, sports and physical activity have been considered an essential component of human life. Sports and games are commonly acknowledged to meet the needs of human activity. Electronic media's revolutionary breakthroughs have increased its importance not only in the lives of participants, but also in the lives of millions of spectators, viewers and listeners Sports are now widely regarded as a positive social and personal activity.

The spirit of fierce competition has transformed the sports landscape in modern times. The desire to win gold at the Olympics and other international contests has prompted sport scientists to investigate all aspects and possibilities that can help athletes achieve previously unimaginable levels of performance.

Sports performance has risen to new heights thanks to direct help from several sports sciences such as sports physiology, sports medicine, biomechanics, and sports psychology. Sports scientists are increasingly beginning to seek beyond these limits.

Physiological principles are extremely crucial for sports performance, and as a result, they are receiving more attention in recent years. There are several established physiological principles that must be applied during training in order for players to perform at their best. Coaches, physical educators, and sport scientists have long voiced a desire to learn more about these physiological principles that aid in the development of players' motor skills.

The field of sports medicine is growing, with physical educators and physicians collaborating to achieve goals like enhancing physical performance. Moreover, many years ago, physical activities were mostly carried out in a vacuum, with no scientific reason. Today, physical educators can scientifically justify their claims that physical activity is a medium for improving human existence as a result of their research.

Sports have grown so popular in the current world that a big number of young men and women from all over the world participate in them.

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Mechanical principles and modern training have greatly increased the quality of games and sports. A sporting event. A man or a player takes advantage of training methods and constantly switches from one to the other to reap the benefits. Yoga and aerobic training are thought to be more beneficial in building physical fitness than other training approaches. It lasts a long time and can be done at several stations without the use of any equipment. Physical fitness is improved through yoga (Asanas and Pranayama) and aerobic exercises (running, walking, swimming, bicycling, and aerobic dance).

Yoga

Yoga is a part of India's cultural legacy. It has a long history. Yoga is a practical, logical, and systematic discipline for unleashing humanity's ultimate potentialities. It has been passed down to us in the form of a living tradition, which was systematized circa 2000 BC by the sage Patanjali under the name of yoga *italic*, also known as "Astanga yoga."

Swami Rama claims that "Yoga" is a Sanskrit term derived from the root "Yuj," which means "unity." Yog is a Sanskrit term that means "to connect" or "to merge." Yogic Asanas are a method that requires equal participation from the body and mind in today's complicated and dynamic environment. It is both a science and an art. Yog practice assists the body in integrating with the mind and the mind with the soul. It assists us in learning about nature and coexisting peacefully with our fellow humans. Yogic practice can be done by anyone from any corner of the world, with any face or colour.

Yoga activities are scientifically defined as the strengthening of all muscles, fibers, and tissues. Yoga aims to integrate the body, mind, and soul by uniting the various parts of the human being. Many approaches are employed in Yoga, but the purpose is the same. Yoga is the connection of the physical body and the universal spirit.

In other definitions, Yoga means to "yoke," "union," "bind," "link," "connect," or "blend." Yoga, for example, combines the body and mind in the same manner that a yoke unites two bulls. Yoga is the union of the soul with God and the sense of oneness with oneself. Yoga is founded on universal physical and spiritual rules that can be followed by anyone of any age, health condition, religion, or nationality. Only with constant effort and detachment will we be able to manage our sense organs.

Man's goal now is to be free of the world's problems, fears, and afflictions in order to experience serenity and joy. There are various varieties of yog, such as Bhakti yog, Karma yog, Dhyana yog, Jnana yog, Hatha yog, and other yog, that assist us in overcoming the world's tragedies, pains, and enticing delusions. Although there are various yoga paths, the ultimate goal of yoga remains the same. It is stated that our bodies are the temples of God. "If we keep our bodies pure and devoid of disease," Shankracharya says, "we will see the image of God in our bodies." Yoga is a science for mental and physical control. Just like a pristine mirror reflects a clear image, the body and mind, if kept pure and healthy, will lead us to success. Yoga is a mind-and-body self-renewal system. It aids in the development of a slender, supple, and healthy body. We can acquire inner peace and spiritual enlightenment through yoga. Yoga has eight levels, according to our ancient Rishis and Sages. Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi are the eight yamas.

Yoga is a Scientific Way to Health

Yoga is a deliberate and methodical procedure. It helps the body develop in order to achieve good health, control, mental

equilibrium, and self-realization. Even though yoga can help us stay healthy by increasing our vigor, many people are unaware of how to properly practice yoga. They only do yoga for a brief period of time. When their health improves, they stop doing yogic practices. As a result, the beneficial effects of yogic practices cannot be fully realized. Many scientists, doctors, psychologists, and others have extensively researched the benefits of Yoga, which provide us with good health and positive thinking.

Effects of Yogasanas on Health

Our happiness and health are dependent on having a healthy body. Yogasanas are particularly efficient in maintaining fitness since they eliminate all waste material from our bodies and regulate the body's and organs' appropriate functioning. Asanas boost mental power and wellness by controlling the sense organs. It boosts the body's flexibility and makes it more active and softer. The body becomes more capable of carrying a heavy workload, and blood circulation improves. It boosts our immune system's ability to fight illnesses. It prevents any external substance or waste from accumulating in the body.

The many Asanas purify and circulate blood to all regions of the body, keeping it free of contaminants. Yogasanas maintain the normal functioning of the body's organs. It not only benefits one's physical health, but it also benefits one's mental health. It aids in the development of a more balanced and serene mind. Various glands are efficiently activated via the practice of Yogasanas, and they secrete their secretions in the needed quality and execute their tasks properly and in a favourable way.

"The Yogic Asanas aims at a homogenous integrated system of neuro-muscular movement in which muscle concentration is always consciously followed by their connection or relaxation of some other muscle masses," writes Brahmachari. Every step establishes a mental association with the physical activities, allowing the mind's unfathomable stores and strength to be tapped in order to achieve a perfect physical culture for the body."

Benefits of yoga on Sports Performance

Mental health

Let's start with the mental health advantages of yoga. After all, maintaining excellent mental health is critical to maintaining physical health. Breathing technique is an important aspect of Yoga, as previously stated. Is that a question you're asking? It's fairly simple: by breathing deeply and correctly, as you would when doing Yoga, you are inhaling more oxygen and allowing your body's cells to have access to that oxygen for a longer amount of time.

Breathing solely from one nostril at a time while closing the other with the tip of your finger is a classic yoga technique. According to medical study, this stimulates the opposing side of the brain's activity, resulting in improved cognitive performance and tasks connected with the opposite side of the brain. Children with attention deficit disorder, as well as those suffering from anxiety, sadness, and mood swings, benefit from regular yoga practice. It also aids in the relaxation of the mind and the reduction of tension, thereby improving a person's overall well-being.

Strength

Have you ever wondered why, after a long day at work, so many of us come home and collapse on our sofas, unable to even get a glass of water for ourselves? Lack of inner strength

is the source of this Yoga asanas aid in the development of inner strength. Inner strength is necessary for day- to-day tasks as well as injury prevention. This is especially beneficial as we age and require more energy and power to perform the same task

Flexibility

The prevalent belief that you must be flexible in order to do yoga is erroneous; rather, you should practice yoga in order to become more flexible. You will find it easier to complete chores if you have a flexible body. Many of the poses in Yoga are designed to stretch and improve flexibility.

Yoga works not just the muscles but also the softer tissues of the body, resulting in less lactic acid buildup, which causes stiffness in various sections of the body. Yoga increases the range of motion of the inner muscles that aren't used as much and aids in joint lubrication. The end result is a more flexible physique that can easily do duties!

Cardiovascular

Yoga has numerous beneficial impacts on our body's cardiovascular system. Heart attacks, strokes, and hypertension can all be avoided with a healthy cardiovascular system. Heart disease is an issue that stems from a sedentary lifestyle, a poor diet, and negative thoughts. Our bodies are affected by our thoughts, emotions, and feelings, and negative emotions/thoughts trigger a cascade of complex and unhealthy chemical reactions throughout the body, signalling that something is wrong. By bringing in fresh life-giving oxygen, yoga seems to control them. Yoga's antioxidant capabilities aid in the prevention of bad emotions and enhance physical well-being.

Joint pain and arthritis

People with joint discomfort, inflammation, and stiffness have a natural predisposition to avoid activity. Yoga tones the muscles and loosens the joints, which helps to prevent the disease from progressing. When a person with joint pain does yoga, the gentle stretching and strengthening motions of the various Yogic poses improve blood flow to the muscles and tissues that support the joints, making it easier to move.

Respiratory problems

Certain Yoga asanas have been shown to aid people with Asthma and other respiratory disorders. When the nasal passages become inflamed, they produce an excessive amount of mucus, making it harder to breathe and causing common symptoms such as coughing, wheezing, and so on. Multiple variables, such as allergies, exercise, and weather change, can cause respiratory issues. The capacity of the lungs, as well as stamina and stress on the airways, increase as a result of yoga practice.

Back pain

Numerous cases of back pain have been treated by yoga. Stress and tension in the muscles that support the spinal cord create back pain. Back pain can be caused by poor posture, minor injuries that have gone untreated, and so on. Yoga appears to aid back pain sufferers by increasing flexibility and strengthening the muscular groups that support the spine, allowing the body to maintain a more upright posture. It relieves back pain by increasing blood flow and delivering healing nutrients to wounded muscles. It not only heals wounded muscles, but it also strengthens them to prevent additional injuries.

Memory improvement

Due to its emphasis on concentration and meditation, yoga aids in the retention of information for a longer period of time. More blood rushes to the brain when you breathe properly, concentrate, and meditate, making it supple and ready to take more information and duplicate it when needed.

Obesity

Obesity occurs when a person's weight exceeds his or her normal/specified weight. This could be attributed to poor eating habits, stress-related eating, digestive and endocrine system abnormalities, or even something as simple as a lack of physical activity. Yoga aids weight loss by boosting oxygen intake, which aids in the breakdown of fat cells and the increase of metabolism. It also aids in the elimination of sluggishness in the digestive and endocrine systems.

What are the advantages of doing yoga?

1. Maintain a healthy mental and physical balance
2. Increase your body's strengths and endurance
3. Improve entire flexibility
4. Increase awareness of body tension
5. Assist relaxation with breath static stretching
6. Improve overall, mental, physical, and spiritual health
7. Improves the efficiency of the rehabilitation and healing/prevention mechanisms.

Asthma

Studies conducted at yoga institutes in India have shown that yoga can significantly improve asthma symptoms. It has also been proven that yoga techniques may usually avoid asthma attacks without the need of medicines.

Respiration Problems

Patients who practice yoga have a better probability of getting control over their breathing issues. It is possible to control an attack of severe shortness of breath with the use of yogic breathing techniques without having to seek medical help. Yoga's therapeutic effects on people with respiratory difficulties have been established in a number of research.

High Blood Pressure

Yoga's relaxation and activity elements are important in the treatment and prevention of high blood pressure (hypertension). In persons with high blood pressure, a combination of bio feedback and yogic breathing and relaxation techniques has been demonstrated to drop blood pressure and lessen the need for medication.

Pain Management

Yoga is thought to help the brain's pain center regulate the gate controlling mechanism in the spinal cord, as well as the body's natural painkiller secretion. Yoga breathing exercises can also help to relieve discomfort. Because muscles relax when you exhale, increasing the length of time you exhale can help you relax and reduce stress. Breathing awareness aids in relaxation and pain management by allowing for calmer, slower breathing.

Fitness and Yoga in Sports

Improved Strength

I've been able to increase my strength and lean muscle mass by practicing various yoga asanas on a regular and consistent basis. Specifically, certain muscle groups that are underutilized in my chosen physical disciplines of swimming,

cycling, and running. These increases have improved core body stability and reduced the risk of overuse injury by strengthening the supporting but underdeveloped muscles that surround the more heavily used muscles, resulting in a more balanced and ideally effective overall strength.

Balance

I've always been a rather adaptable swimmer. My balance, on the other hand, is historically poor. My coordination and balance have greatly improved as a result of a continuous yoga practice. What is the significance of this? Better balance and coordination means more control over how I move my body, which leads to improved technique and form the gold ring that every athlete spends a career honing, whether it's a swim stroke, golf swing, running stride, jump shot, or wrestling move.

Flexibility

Yoga enhances joint and muscular flexibility, all of which are important for the body's general structural soundness. Greater range of motion or performance latitude for a specific activity or series of movements is the result of improved joint and muscle pliancy. A swimmer with fluid shoulder and hip joints, for example, can collect and pull more water than one with a limited range of motion. As a result, there is more forward movement per stroke and improved muscular economy. As a result of the improved overall force that can be exerted with each movement, this enhanced range of motion allows for a stronger ability to strength condition a specific muscle group. And, while there is some debate about the benefits of "over" stretching (especially for runners). I am a firm believer in it, finding that the more I try to maintain my flexibility (which deteriorates with age), the less likely I am to sustain an overuse injury.

Free Your Mind

A significant benefit of yoga practice is the capacity to cultivate a stress-free mind. The physical practice is intended to increase breath control, which improves attention and concentration, allowing for clear thinking and decision-making. In every sporting arena, this is a valuable tool. Any sport's mental practice will teach you how to control your emotional states so that arousal and anxiety don't get in the way of your performance.

Objectives of Yoga in Sports

The goals that combine yoga and physical education together for the benefit of the human being are health, physical fitness, and mental stability. Physical fitness is a more precise term that conveys the "feeling of well-being." Health is a more general and comprehensive term that conveys the "feeling of well-being." Physical fitness refers to a person's ability to complete an activity at a specific time. Physical fitness and health are not static. They are constantly changing and can only be maintained by carefully selected physical activity referred to as "exercise." The value of a particular exercise program can only be assessed in terms of the effects it has on promoting a certain aspect of physical fitness. Through regular yoga practice, one can conquer all obstacles and eliminate all weaknesses. Pain can be transformed into ecstasy, sorrow into joys, failure into success, and illness into perfect health. Determination, patience, and perseverance lead to a successful outcome.

Health and Yoga in Sports

Yoga is beneficial for both prevention and treatment. It has been proved to improve the body and mind in both physical and mental ways. Hatha yoga 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 flexibility and muscle joint mobility; improves flexibility and muscle joint mobility; It promotes body awareness, reduces chronic stress patterns in the body, refreshes the body by alleviating muscle strain, relaxes the mind and body, centres attention, sharpens concentration, and frees the spirit, among other mental advantages. Additional health benefits of hatha yoga are being discovered by Western doctors and scientists. Arthritis, arteriosclerosis, chronic tiredness, diabetes, AIDS, asthma, and obesity are just a few of the frequent and possibly life-threatening conditions that it has been shown to help with in studies. Many people believe it can even protect them from the effects of aging. Meditation is a mental practice proven to improve cognitive performance, lower blood pressure and heart rate, boost immunological function, reduce anxiety and stress by lowering cortisol levels and increasing soothing hormones. These advantages work together to improve rest, sleep, and recovery, as well as the ability to think more clearly under duress

Effects of yoga on different factory Physical effects

1. Make muscles more supple by stretching them
2. Increases joint mobility by stretching ligaments to their maximum length
3. Assists with injury rehabilitation and reduces the chance of injury.
4. It's a good way to rehabilitate soft tissue and collagen fibers.
5. Contributes to better cardiovascular fitness and stamina by bringing the body back into alignment and improving posture
6. Increases stride length
7. Improves co-ordination and agility.
8. Instills in athletes an understanding of how the body works as a cohesive entity.
9. Increases VO2 max while lowering resting heart rate.

Psychological effects

1. Reduces performance anxiety and tension while also removing mental distractions from athletes
2. Enhances concentration
3. Encourages self-discipline and determination
4. Encourages athletes to push themselves and step out of their comfort zones.
5. Provides a way of relaxation and reduces tension.
6. Breath work teaches athletes strategies for controlling arousal levels while
7. Assists players in achieving flow and entering "the zone"
8. Instructs athletes in the use of visualisation and relaxation techniques.
9. Assists athletes in realizing the value of relaxing, resting, and recovering.

Team effects

1. Strengthens team cohesion
2. Improves team motivation
3. Allows for team cohesiveness outside of the constraints of hard training
4. Improves trust
5. Improves player-player support

Conclusion

Overall, studies comparing the benefits of yoga and exercise appear to indicate that yoga may be as beneficial as or better than exercise in improving a number of health-related outcome measures such as HRV, subjective measures of fatigue discomfort, and sleep in both healthy and diseased populations. Future clinical trials will be needed to investigate the differences between exercise and yoga, specifically how the two modalities differ. In terms of their impact on athletic performance. Researchers discovered that yoga in sports is just as vital as other people believe, and that it benefits us in a variety of ways and at many levels in a sportsman's life.

As previously stated, researchers discovered that yoga in sports is as vital as others believe, and that it benefits us in various ways and at various levels in a sportsman's life. We have improved our performance by practicing yoga on a daily basis. In order to perform a sporting action efficiently and effectively, a person must have a high level of concentration and focus, as well as a calm and controlled mind. Yoga can assist a sportsperson in maintaining mental calmness and control, even in the face of stress and/or adversity. Yoga can assist a sportsperson perform at their best by cultivating mind control and concentration, which can help them perform at their best levels, and yoga can help us a lot.

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