



APPLIED YOGA IN SPORTS - A RESEARCH REVIEW

DR SONALI SIRBHATE-SURYAVANSHI

HOD, DIRECTOR OF SPORTS AND PHYSICAL EDUCATION, PRIYADARSHINI MAHILA MAHAVIDYALAYA, WARDHA.

ABSTRACT:

This study reviews research literature in area of sports & yoga particularly for athletes. The purpose of this study is to review literature about the application and effectiveness of yoga for athlete. The research review revealed that the most of yogic exercises related to restorative exercises can be influenced to athlete. Moreover, yogic stretching and relaxation can tender additional advantages to significant gain in athlete's performance.

KEYWORDS:

REVIEW LITERATURE, YOGIC APPLICATION, YOGIC EXERCISE, RELAXATION.

INTRODUCTION

Yoga is really one of the grandest of science. Take up the study of this science as you would any other science of a material nature and remember there is no mystery and no danger in it. - Swami Vivekananda

Yoga means union of body with the mind with the soul. Yogic practices developed the body to the level of the vibrant mind. Yoga is not to be only physical it is also physio- psychological and psycho spiritual subject. Yoga is for individual growth but through individual growth society and community develops Individual growth is a must and yoga develops each individual but our body is an image of the word around body can be compared to a big international club which has 300 joints that means there are 300 club members associated in one body .The blood circulation is 96000 km long with all the arteries, veins, & smaller blood vessels together and there are 16000 km of biological energy flowing in the nervous system .The surface of lungs is as big as a tennis court. Brain has four lobes. Yoga provides help to all these parts to coordinate together so that they may work in harmony and concord. Yoga works on conscience consciousness and intelligence. When body, mind soul are healthy and harmonious will bring health and harmony.

Yoga is a great practice for athletes. It helps with flexibility, balance, recovery. Increases muscle strength, endurance. Enhances mental focus and concentration. Further benefits includes reduced risk of injury, improves breathing promoting relaxation, reducing stress and increasing mental clarity. Improves sleep quality and duration, leading to improved overall health and well-being. Yoga can be an effective way to manage chronic pain, such as back pain and arthritis, as well as acute pain caused by injury.

A good yoga practice should enhance freedom of movement and not just make a person more flexible. So a balance of strength, mobility and a wider range of angles

and actions is the result of a regular, well-balanced practice of yoga asana. A sportsperson is already working on their fitness and probably doing strength and conditioning training of some kind, so the yoga practice for athletes may be used to complement their strength training as a way to improve range of movement, stability and neural conductivity.

A solid understanding of biomechanics, joint structure and functional movement is a minimum requirement for working with serious sports enthusiast. This is the starting point for the Yoga as Sports practice Adjunct.

METHODOLOGY

For this paper testimonials of various international athletes were considered. Also included are sports franchises that have incorporated yoga in their training schedule.

DISCUSSION

Seattle Seahawks (National Football League team) As part of the Seattle Seahawks physical fitness plan, the team reportedly practices yoga as what is now a mandatory portion of the team's workout. Other NFL teams like Philadelphia Eagles, New York Giants have also started applying yoga. Aaron Rodgers (National Football League Quarterbacks) Part of Rodgers' health regime includes yoga practices for 60 minutes which keeps him detoxified. "I'm really there for my flexibility. That's helped. But I think through yoga you learn some good mental disciplines, being encouraged to try and clear your mind. I think those are good mental activities, to turn your brain off, focusing on those moments."

Russell Wilson (National Football League Quarterbacks) Quarterback Russell Wilson reportedly schedules individual sessions to improve on his relaxation and mindset. "We talk about being in the moment and increasing chaos throughout practice, so when I go into the

game, everything is relaxed." Calvin Johnson (National Football League wide receiver)

Speaking about his preference for yoga as a workout he said "If I need to work on my hamstrings, if I need a full body deal or work on the hips, whatever needs work. I've done it for years. I've definitely seen a positive impact from yoga".

Los Angeles Clippers (National Basketball Association team)

Reportedly is the only team with full time instructor who incorporated yoga in training.

Joe Johnson (Basketball Player) Performing Bikram yoga in a studio. He had been known to practice a couple of hours prior to hitting the court.

LeBron James (Basketball Player) James explains that yoga not only helps him with his balance but that it has helped ease some lower back issues.

Kevin Love (Basketball Player) Practices yoga to open up hips, build on balancing and core strength according to Jamie Lisanti of Sports Illustrated. He said "Yoga has given me a newfound balance, strength and endurance. And my body has leaned out because of it."

Novak Djokovic (Serbian Tennis Player) He is a committed yoga enthusiast and embraces the physical side of the discipline as well as the spiritual, reflective practices of meditation. He once said that yoga and meditation help him stay at "an optimal state of mind and have peace and calm in life".

P. V. Sindhu (Olympic Gold Medalist Badminton Player) "I have been practicing meditation for a long time and always felt a relief as I connected very well within through meditation," she said. Sachin Tendulkar In 1999 BKS Iyenger helped him to overcome back injury in his prime days. G. Sathiyan (Table Tennis) Sathiyan banks on yoga and meditation to stay mentally healthy.

Avani Lekhara (Para Shooting Olympian) Practices yoga exercise for mental training.

Following are some the asanas used by various athletes to achieve desired results.

Urdhva Mukha Svanasana (Upward Dog), Downward Dog, Virabhadrasana 1 (Warrior I and II), Triangle Pose, Bridge Pose, Ustrasana (Camel Pose), Pigeon Pose, Child's Pose, Urdhva Dhanurasana (Bow and Upward Bow), Malasana, Halasana, Mayurasana, Salabhasana etc.

As reported above these athletes achieved greater flexibility, strength, better balance. Their rate of recovery improved significantly. They reported higher focus and concentration with added benefits of better mental toughness.

Flexibility refers to the range of motion of a joint achieved by an external force, such as gravity, leverage or assistance. This includes gravity when a person 'falls' forward into a yoga pose to touch their toes. It could also be enhanced by a teacher pushing a person deeper into a stretch. This will widen the range of movement of a joint or

a group of joints.

Yoga helps build **strength**. Yoga helps condition and stabilizes muscles that fire as a precursor to big movements like sprinting or charging uphill. In this way, it's an ideal form of cross-training for running. During yoga, you build strength and stability using your body weight. Poses that require you to stand, lunge and squat can help you develop strength in your lower body.

Yoga helps athletes recover. On a rest day, your body replenishes its energy stores and repairs damaged tissues. This process helps build strength, which is why recovery is essential. A gentle yoga practice can help you relax your body and mind; intentional movement can also help send blood and oxygen to your muscles, which in turn aids recovery.

Stretching feels great due to stretching of fascia and improving blood flow which reduces the amount of inflammatory mediators and washes out lactic acid and Substance P, especially for runners with tight hamstrings and calves. But remember to listen to your body as you move through your practice, and don't adopt any poses that are painful. It's OK—in fact, some teachers say it's ideal—to practice yoga for five to 20 minutes following your run. You don't need a full hour to enjoy yoga's physical and mental benefits.

BREATH MASTERY (PRANAYAMA)

Runners know the importance of breathing during a workout. The last thing you want when you're flying around the track is to be huffing and puffing. Pranayama, or the yogic practice of focusing on your breath, can help send oxygen to your muscles during workouts and soothe your nervous system during recovery.

We all breathe through our noses or mouths, or some combination of the two. Research shows that certain types of nasal breathing can boost runners' performance. Yoga can help you tune into how you breathe so that you can move more intentionally through your workouts. It also teaches you to breathe smoothly in and out through your nose, which research demonstrates calms the nervous system. This deep breathing can help you keep your cool during a gruelling run; it can also help you relax and unwind on recovery days.

CONCENTRATION (DHARANA) AND MEDITATION (DHYANA)

Concentration, or dharana, is the precursor to meditation. Finding a comfortable seat and choosing a single point of focus for five to 10 minutes. You might concentrate on a physical object (like a vase of flowers), a mental image (like waves crashing on a beach) or your breath moving in and out. This practice will help you to quiet your mind; and when your mind is quiet, it's less reactive.

This technique can be a useful tool in running. Adopting a single point of focus during a jog can help slow thoughts and become less impulsive. When workout is especially tough, you might pause and notice thinking, "This is really hard!" one might even get lost in the run and feel time fly

by.

CONCLUSION

After studying testimonial of international athletes from different sports we can conclude that if yoga can help athletes at highest competition levels then it can be used by trainers and coaches for upcoming athletes. This can lead to contribute to our nation in improving medal tally in all competitions. We can also see effects of dedicated yoga coaches on athletes achievements.

RECOMMENDATION

It is recommended to incorporate a mixture of both dynamic and restorative poses for a well-rounded practice. Yoga routine must be tailor made for each athlete depending on their individual physiology and needs. Yoga trainer must have through knowledge and continuous up gradation of their knowledge is must and should be incorporated as daily mandate for every athlete.

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