



BENEFITS OF YOGA IN SPORTS –A STUDY

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ABSTRACT

Yoga has been drilled for around 5,000 years. A few schools and associations of yoga have risen after some time to time. It tends to overpower at first to discover a style of yoga that impacts you. In the event that you are an aggressive competitor, it is ideal to tailor your yoga practice to your preparation plan in light of the fact that a specific game can build up certain muscle gatherings while disregarding others. After some time, this procedure causes uneven characters in the muscles and joints, prompting abuse wounds. Yoga helps the muscles, ligaments, and tendons travel through a full scope of movement, along these lines developing equalization and center quality which is an enormous advantage to competitors in their picked games. A tri-competitor from San Diego, Heidi Resiert stated, "I'm happy I discovered yoga and added it to my week by week exercise schedule. In addition to the fact that I feel more grounded, yet I additionally feel more certain that I will keep on being sans damage." Another basic component in yoga is breath work (pranayama). The consideration regarding breath amid yoga can be viewed as a standout amongst the most significant advantages to competitors. Figuring out how to remain engaged and focused through awkward postures by focusing on even inward breaths and exhalations sets up the competitor to remain centered amid a race or testing exercise. The mind-body association in yoga is fundamental to helping competitors create mental keenness and focus. In expansion, yoga encourages you to loosen up tight muscles, yet additionally on edge and overemphasized minds. Yoga works in the sagittal plane, however in the frontal and transverse planes too, guaranteeing balanced improvement. Being increasingly loosened up will likewise help in athletic execution. Thus, why not upgrade your amusement execution and forestall damage by adding yoga to your preparation plan now.

KEYWORDS: Athlete, yoga, damage, muscle, execution.

INTRODUCTION :

Numerous global football clubs, American footballers and rugby, golf and cricket clubs in Australia, South Africa, New Zealand and the US have utilized this hundreds of years old practice from India as a dynamic preparing strategy for quite a while. Yoga is both preventive and restorative and has appeared offer both physical and mental advantages to the body and psyche. Yoga is unmistakably unique in relation to different sorts of activity as it produces movement without causing strain and irregular characteristics in the body. Accordingly the training is a perfect supplement to other types of activity and an outrageous preferred standpoint to any game. The "stances" are the physical positions that organize breath with development and we hold these situations to extend and reinforce distinctive pieces of the body. They methodically work all the real muscle gatherings, counting the back, neck, and shoulders, profound abs, hip and butt cheek muscles and even lower legs, feet, wrists and hands. Albeit most postures are non oxygen consuming in nature, they do actually send oxygen to the cells in the body by method for cognizant profound breathing

and continued extending and withdrawal of various muscle gatherings. Yoga can check any irregularity in strong improvement and will empower the body to work all the more productively. On the off chance that the body is adaptable and supple, it will be less inclined to sports wounds as the joints will be kept greased up. "At the point when the outside of a lake is still, one can see to the base in all respects obviously" this is unthinkable at the point when the surface is disturbed by waves. Similarly, when the brain is still we can control mental fomentation by concentrating on impeccable fixation. At the point when a player, in any game, is attempting to satisfy thousands, many thousands or if playing for their nation, a large number of individuals' desires their psyches are totally focused and their normal productivity lessens. No measure of instructing or preparing can get ready for uncertainty or stress entering the brain of a player amid an amusement. By holding relentless stances, and focusing on profound stomach relaxing we can expand body mindfulness, alleviate endless pressure designs in the body, loosen up the psyche, focus ones consideration, hone fixation and "remain in the zone!" Many competitors are having more wounds that require medical procedure due to the expanded spotlight on quality preparing with weight opposition. This technique for expanding quality and bulk is exceedingly compelling and effective, yet it significantly diminishes adaptability. Be that as it may, if yoga or different kinds of delayed extending are drilled in blend with quality preparing and commonsense application works out (utilizing the body such that impersonates the developments of their specific game, while playing out a adjusting or center development), damage can be limited amid commitment in other aggressive games that require the competitor to be progressively unconstrained with their bodies, calling for overextended achieves, lurches, falls, and so forth., all of which increment the chances of damage, restricted to the wellbeing of controlled mechanical movement utilized in weight room exercises. With yoga, the competitor won't just expand adaptability, yet additionally increment balance and parity from the act of the yoga holding/adjusting presents. When adjusting presents are aced the competitor is then molded to unwittingly recuperate from any lopsided characteristics their body may involvement, remaining focused in activity, minute by minute amid play. This is the point at which the competitor starts to perform extraordinary tricks. He can utilize his body in manners he never thought conceivable while remaining focused and damage free. Yoga additionally fortifies connective tissue, separate grips (minor scar tissue) from old wounds and over-preparing that have fixed as we age, consequently making portability of the joints and an enemy of maturing pose. The profound cadenced breathing performed in yoga moreover makes and develops one's life power energies or Prana, too called Qi or Chi in Chinese recuperating and combative techniques. Along these lines, one all things considered makes more vitality than is used amid a yoga session. The kind of vitality that isn't from the caloric admission of our eating regimen, yet a vast vitality.

2. FITNESS AND YOGA IN SPORTS

i. Improved Strength

Normal and steady routine with regards to the different yoga asanas has helped me fabricate quality and improve fit bulk. Most eminently as for a few muscle bunches under-used in my picked athletic controls of swimming, cycling and running. These increases have upgraded center body soundness and altogether obstructed abuse damage by reinforcing the steady yet generally immature muscles encompassing the more used muscles, making a more adjusted and ideally practical by and large quality.

ii. Balance

As a swimmer, I have dependably been somewhat adaptable. In any case, my balance is verifiably repulsive. In any case, through a predictable yoga practice, my coordination and parity have improved colossally. For what reason is this significant? Better equalization and coordination implies improved command over how I move my body, which thus prompts better strategy and structure - the metal ring each competitor spends a lifelong refining, regardless of whether your center is a dip stroke, golf swing, running step, and bounce shot or wrestling move.

3. OBJECTIVES OF YOGA IN SPORTS

Health, physical wellness and passionate strength are the goals which expedite yoga and physical training a normal stage to support the human person. Wellbeing is a progressively broad and complete term passing on the 'feeling of prosperity', while physical wellness is a progressively explicit term. Physical wellness is the limit of a person to play out a given assignment at a specific time. Wellbeing and physical wellness are not static. They are continually transforming they pursue the law can be kept up just via deliberately chosen physical exercises which are called 'work out'. The utility of the specific practice program can be assessed just in the types of the impacts that one got in advancing a specific factor of physical wellness. Trough steady routine with regards to yoga, one can defeat all troubles and destroy all shortcoming torment can be transmitted in to 24bliss, distress in to delights, furthermore, disappointment into progress and ailment in to consummate wellbeing. Assurance, tolerance and perseverance lead one to objective.

4. HEALTH AND YOGA IN SPORTS

Yoga has both preventive and restorative advantages. It has been appeared offer both physical and mental advantages to the body and the psyche. The numerous physical advantages of hatha yoga are: it improves adaptability and muscle joint versatility; fortifies, tones, and fabricates muscles; redresses act; fortifies the spine; moves back agony; improves solid skeletal conditions, for example, awful knees, tight shoulders and neck, swayback and scoliosis; increments stamina; makes parity and elegance; animates the organs of the endocrine framework; improves processing and disposal; builds dissemination; improves heart conditions; improves breathing issue; helps safe reaction; diminishes cholesterol and glucose levels; furthermore, empowers weight reduction. The psychological advantages include: it expands body mindfulness; mitigates interminable pressure designs in the body; invigorates the body by calming muscle strain; loosens up the psyche and body; focuses consideration; hones focus; and liberates the soul. Western specialists and researchers are finding extra medical advantages of hath yoga. Studies have demonstrated that it can assuage the indications of a few normal and possibly perilous diseases, for example, joint inflammation, arteriosclerosis, perpetual exhaustion, diabetes, AIDS, asthma what's more, heftiness. Many trust it even battles off the desolates of maturity.

5. HEALTH BENEFITS OF YOGA

1. Stable autonomic sensory system harmony, with a propensity toward parasympathetic sensory system predominance as opposed to the standard pressure – incited thoughtful sensory system predominance.
2. Heartbeat rate diminishes.
3. Respiratory rate diminishes
4. Pulse diminishes (of unique criticalness for hypo reactors)
5. Galvanic Skin Response (GSR) increments
6. EEG-alpha waves increment (theta, delta and beta waves likewise increment amid different phases of reflection)
7. Cardiovascular productivity increments
8. Respiratory productivity increments (respiratory abundancy what's more, smoothness increment, tidal volume increments, indispensable limit expands, breath – holding time increments).
9. Gastrointestinal capacity standardizes
10. Endocrine capacity standardizes
11. Excretory capacities improve
12. Strong skeletal adaptability and joint scope of movement increments
13. Stance improves
14. Quality and versatility increment
15. Continuance increments

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16. Vitality level increments
 17. Weight standardizes
 18. Rest improves
 19. Insusceptibility increments
 20. Torment diminishes

6. CONCLUSION OF THE STUDY

As featured above, specialist discover that yoga in games as significant as other might suspect it encourages us in various ways and distinctive dimensions in a games men life. We have improved our execution by every day yoga rehearsing so as to play out a wearing activity proficiently and viably, an individual needs to have a high level of fixation and center with a mind that is quiet and controlled, Yoga can help a sportsperson to have equality of psyche and control of their contemplations notwithstanding amid stress as well as affliction. Yoga can assume a key job in developing mind control and focus which encourages a sportsperson to perform at their pinnacle leaves and yoga causes us a great deal.

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