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ATHLETES' PERFORMANCE WITH YOGA AND ASSOCIATED EXERCISES

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ABSTRACT

Yoga offers many mental and physical advantages to athletes. It may also assist in reducing tension, promoting relaxation, and promoting restful sleep. Athletes who are prone to overexertion may benefit from these features. Yoga provides many advantages to athletes, including improved flexibility and mental toughness. Here you'll find out more about yoga's benefits for athletes, how to create a regimen, and why you should work with a yoga expert. Benefits As your flexibility, balance, and coordination improve as a result of yoga, you'll be more productive. There's a tonne of evidence to back up the effectiveness of yoga for athletes. Check out some of the most recent findings in this area of study. According to a short research conducted in 2016 According to a reliable source, 26 male college players' performance improved after practising yoga. When compared to the 12 athletes who did not practise yoga, the 14 who did it twice a week improved their balance and flexibility significantly. In sports requiring balance and flexibility, yoga may help you perform better. Through awareness of your body, breath, and the present moment, yoga may help you build mindfulness. This may help you focus more during physical exercise.

KEYWORDS: *Athletes Performance, Sports in India, Yoga in Sports*

INTRODUCTION

Sports offer many opportunities for quick thinking, which yoga helps you develop. It's possible that all of your planning and forecasts have gone awry, and you'll have to start over again. You'll need a clean mind to make decisions like these. Yoga's focus on breathing and posture helps people think more clearly and objectively.

Many sports require exertion, which yoga helps you do without sacrificing flexibility. The amount of oxygen that enters your body determines your stamina, which is a result of your breathing process. With the use of pranayamas, you may learn to regulate your breathing. When you're swimming underwater or sprinting toward the finish line of a marathon, this gadget comes in useful.

Yoga's advantages for athletes

Yoga helps you become in shape because it tightens and stretches your muscles, which makes it easier to exercise. Yoga also aids with weight reduction, allowing you to move more quickly.

When you do yoga, you develop more than simply your speed and reflexes; yoga connects your inner and outward selves. Yoga's primary purpose in athletics is to bring the mind, body, and spirit together. As a result, your concentration and accuracy are improved.

An independent study showed that those who regularly meditated had higher levels of awareness. Shooting and dart throwing improved as a result, showing that repetition is an effective way to improve ability in high-precision sports. To completely grasp the advantages of yoga, further study into other sports is required. To help athletes avoid injury and overexertion, yoga provides many advantages.

Soccer

A 2020 research of 31 male soccer players found that those who participated in a 10-week yoga programme had reductions in tiredness, pain, and the risk of injury. However, 10 weeks after the program's conclusion, the participants reported feeling worse about themselves. This may be a short-term consequence of increasing distress awareness, leading to an impression that distress is occurring more often. To go farther with these results, further in-depth research is required.

A Sport Such As Field Hockey

Hot yoga was tested on 10 top female field hockey players in a recent short research as an alternate heat stress method. Performing hot yoga while exercising improves cardiovascular health and the body's ability to control its internal temperature, according to the study team.

The best regimen to adopt is one that involves the following:

It's better to practise yoga every day for a short period of time rather than once or twice a week for an extended period of time. If you're active in activities that need a lot of stamina, try to balance that off with a moderate kind of yoga.



Figure 1 : Athletes on Yoga Exercises

The following are some of the many advantages of yoga for athletes of all levels: With all of its positions and postures, soccer player yoga strengthens the core. For basketball players, yoga improves memory and concentration, making it a must-have for students who want to do well in school. Hockey players benefit from yoga because it enhances their flexibility and widens their range of movement. Yoga is an excellent method for cricketers to enhance their overall body balance. There are many health advantages of yoga for baseball players, including cross-training, as well as baseball-specific ones. Additionally, yoga's advantages for athletes include improved body mechanics for everyone who does it. Football players' proprioception improves with yoga, according to research. Cricketers benefit greatly from yoga since it improves posture, power, strength, and speed. Yoga for athletes is also known to reduce power leakage in cleans and improve efficiency with all explosive body movements by aligning the body optimally. Football players' yoga develops all of their muscles tremendously.

Yoga for athletes improves lung capacity and breathing patterns by increasing lung capacity and decreasing breathing patterns. With frequent practise, it may help those with asthma and other respiratory problems. Biking and yoga, in particular, may help a person stay healthy while also increasing their competitive spirit, allowing them to advance more steadily in all of their athletic endeavours. Athletes may benefit greatly from yoga and gymnastics since they help with rehabilitation. It improves lymphatic flow, which in turn helps the muscles digest metabolic waste more quickly. This hastens the healing process while also promoting regrowth. Football players benefit from yoga because it helps them concentrate and clear their minds. Running and yoga both assist to boost the immune system and bring the body's hormones back into balance. Athletes, however, need this in a crucial manner. Footballers' yoga reduces stress and detoxifies the body, making it easier to cope with frustration. It makes it possible for the muscles to be stretched and for the blood to be filled with oxygen.



Figure 2 : Adoption of Yoga Exercises for Strength

The body is more prone to damage when it's out of whack. When you hold or move your body in a different way to make up for tightness or stiffness, you put yourself at risk of injury.

Yoga aids in the re-alignment of the body and the correction of imbalances before they develop into ailments. In only a few months of working with the football squad, the trainers and coaches saw a reduction in injuries compared to prior years. On the field, it was clear that the athletes were taking better care of their bodies because of it.

Poses that relax and stretch your muscles and tissues should be part of your daily practise. Flexible, mobile and range of motion are improved. Yoga styles like yin, restorative, or Hatha may also be included in this category.

Yin yoga aids in the reduction of stress and the expansion of your range of motion. It's perfect for individuals who are suffering from tightness or discomfort. Yin yoga may assist athletes deal with the stress that comes with their sport.

By reducing tension and discomfort, restorative yoga promotes relaxation. Hatha yoga moves at a more leisurely pace, although postures may be challenging.

To get you started, here are a few postures to try:

Downward-Facing Dog

This posture, which is appropriate for practitioners of any skill level, helps to align the body and rectify imbalances. It helps loosen up tight glutes, hamstrings, and calves by reducing discomfort and stiffness. It also helps loosen up your neck, shoulders, and back.

Raise your hips to the ceiling while keeping your hands pressed against the tabletop.

2. Extend your spine by widening your shoulders.

3. Align your chin with your chest or tuck your chin into your upper arms so that your brows meet.

4. Keep your knees slightly bent to enable your spine to extend.

5. Remain in this posture for one minute at the most.

Relax your spine, increase your flexibility, and enhance your circulation with this easy backbend. Turn your eyes upwards and allow your head to sink back to deepen the posture and activate your throat chakra.

Lie on your stomach, with your knees bent and feet flat on the floor. To do this pose, you'll lay your hands exactly beneath your shoulders on the floor. Bring your elbows in toward your midsection. You may do this by lifting your chin, chest, and shoulders half-way or all the way up. Maintain a little bend in your elbows while broadening your chest. Use your hamstrings, low back, and abs. Remain in this posture for 45 seconds or more. Perform this step one to three times.

Pose with the Legs Up the Wall. This restorative posture is great for recharging your batteries while also improving your circulation and relaxing your muscles. A pillow or blanket folded in half may be placed under your chin or hips if you want. Place your right leg on the wall and sit with your right side facing the wall. Swing your legs up against the wall as you lie back on your back. As close to the wall as possible with your hips. Depending on your preference, you may either place your hands beside your body or above. This posture should be held for at least 20 minutes.

Consultation to Expert in Yoga

Consult a yoga expert if you'd want to enhance your skills or deepen your practise. Find a teacher whose philosophy aligns with your own. These objectives don't have to do with yoga or your particular activity. Many yoga instructors have worked with athletes in the past. With their help, you may create a programme that will improve your athletic ability while also reducing your risk of injury.

They may assist you in determining which poses are most beneficial to you, as well as aid in the recovery process if an injury has occurred. They may also verify that your form and technique are proper.

Ultimately, to improve strength, flexibility, and balance, consider yoga, which offers a slew of advantages for athletes. In turn, this may help you move more freely, move more quickly and better coordinate your movements to enhance your performance and keep you safe.

You will come up against this scenario as a sports player at some point in your career. Each time, the stakes and the task will likely be different. In spite of everything, the objective is always the same: to put on an outstanding show despite all the obstacles. It would be the cherry on top if we could do this while remaining calm and collected. It's a daunting task no matter where you are in your athletic career, and that's where yoga comes in.

Sports players' training regimens have become incomplete without the use of yoga. Athletes, swimmers, tennis players, and ballplayers all benefit from yoga's function in sports. If you're not sure why, read on to learn about the many advantages that yoga offers for athletes.

The kind of sport necessitates a lot of abrupt twisting and turning by the participants. Even uncomfortably may occur from time to time. Taking too many risks raises the likelihood of making a mistake. To the rescue, we turn to yoga!

CONCLUSION

Yoga teaches you how to maintain your equilibrium, be calm, and have self-control. It gets your body in shape so you can do these exercises. It teaches you to be calm and patient as well. Yoga poses help loosen up tense muscles, reducing the risk of injury. It opens the hips, back, and chest, among other body regions, as it stretches and strengthens them. Stretching and bending your body in various ways reduces the risk of injury from things like muscle tears and sprains. As a result of your yoga practise, you heal faster. It's not enough to just sleep and relax after a long and arduous physical exercise. Yoga aids in the efficient and pleasant relaxation of your weary body and mind. This is due to the methodical and elegant nature of asana practise. As a result, you'll feel less stressed and be more likely to recuperate quickly. Asanas like vrikshasana (tree pose) and virabhadrasana (warrior posture) assist improve your feeling of balance. Both physically and psychologically, you'll want to maintain your composure and equilibrium. Along with helping you stay flexible, yoga helps you stay strong in other sports like gymnastics, shooting, and archery. When you do yoga, your mental determination is strengthened, and the negative mental chatter is silenced. You're certain that your mental power will allow you to transcend your physical limitations. When it comes to sports, it's important to remember that it's not only about becoming fit. To succeed, you'll have to win a mental war. When you're stressed out, yoga may help you stay calm and collected.

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