



- ३) श्रीनिवास भालेराव- राजर्षी शाहू महाराज ( दु. आ. २००५) अशोक प्रकाशन पुणे पृ. ३८
- ४) श्रीनिवास भालेराव- राजर्षी शाहू महाराज. कित्ता पृ. ३९
- ५) राजर्षी शाहू गौरवग्रंथ - कित्ता पृ. १९१
- ६) प्रदीप गायकवाड ( संपा) राजर्षी शाहू महाराजांची निवडक भाषणे आणि आज्ञापत्रे ( दु. आ. २००३) क्षितिज पब्लिकेशन्स नागपूर पृ. २४
- ७) धनंजय कीर- लोक राजा शाहू महाराज व्यक्तिमत्त्व आणि विचार ( दु. आ. २०००) सुधीर प्रकाशन बोरगाव मेघे जि. वर्धा पृ. ९
- ८) धनंजय कीर- राजर्षी शाहू छत्रपती ( ति. आ. २००८) पॉप्युलर प्रकाशन मुंबई पृ. ४९
- ९) धनंजय कीर- राजर्षी शाहू छत्रपती ( दु. आ. २००२) कित्ता पृ १७
- १०) धनंजय कीर- राजर्षी शाहू छत्रपती ( ति. आ. २००८) कित्ता पृ १७५
- ११) डॉ. जयसिंग पवार- राजर्षी शाहू छत्रपती: एक मागोवा ( प. आ. २००४) सुमारे प्रकाशन डोंबिवली पूर्व पृ. १०



## Yoga for Sports Performance

**Dr. Vikram Venkat Chinte**

Dayanand College of Law,  
Latur

### ABSTRACT

Yoga is an ancient art, harmonizing of development for the body, mind and spirit. Yoga includes its techniques, which are practiced to join body, mind and spirit together. In Sports, generally seen that Sports persons get injured frequently due to improper flexibility, coordination as well as they do not get proper relaxation after their work-out. The present study was to observe the effect of selected yoga practices on sports performance. Review was done through electronic database - PubMed, Google Scholar and various journals. It has been observed that yoga is a great tool for Sports persons. Yoga practicing offers a number of physical, emotional and psychological benefits. An intelligent yoga practice may increase mental concentration and significantly reduce the level of stress and anxiety. Yoga practices are also observed most beneficial for eliminating stiffness, improving coordination and preventing injuries. Even though after the injuries occurring in the body, these can easily be cured by doing yoga practice. The stretching and breathing practices of yoga help the Sports persons and athletes to improve their Sports performance and to maintain their body. Practices of different form of yoga significantly increases the physical, mental and emotional energy, which helped in better concentration and endurance. Moreover, Relaxation technique allows body and mind to recover from fatigue and weakness and had a significant impact on mind calmness.

*Key words: Yoga, Asanas, Pranayama, Meditation, Health, Sports Performance.*

### 1. INTRODUCTION

Practice and Exercise are two different terms. Exercise means work out and practice means custom. As far as sports activities are concerned, exercise is a must to achieve good physique, but to maintain physique, exercise, performance, practice is needed. Practices, which will lead to a sound functioning body, are yoga. Yoga is an ancient culture as well as discipline of India outlining Indian philosophy. It is a combination of three basic components in an individual i.e. body, mind, spirit which are harmonized by doing yogic practices, that leads to a spiritual individual. The word Yoga has come from Sanskrit word yuj which means "to join" or "to yoke". The importance of yoga for the attainment has



been recognized throughout the ages by all the systems of Indian philosophy (Mishra, 2001)

Today yoga is gaining increasing popularity due to its possible application in various fields of human interest, i.e. Health, cure and prevention of sports injuries. Sports performance, body relaxation and above all, the development of physical fitness and the key prerequisite factor for performance in different Sports activities (Mishra 2001). As far as physical body of man is concerned many studies show that the practices of yoga make the body strong, flexible and improves performance. Similarly, in terms of physiology, it improves cardiovascular fitness. As far as psychological demand is concerned among Sports persons. Yoga practices give mental equilibrium to an individual or Sports persons. Udupa et al (2003) have made an examined-on Pranayama training on cardiac function in normal young volunteers; and found potential benefits of Pranayama in health and diseases. Manjunath and Telles (2003) have studied on the effect of Sirs asana practice on autonomic and respiratory variables and observed the practice of Sirsasana causes sympathetic activation. Maity and Samanta (2001), found significant effect of yogasanas on developing motor fitness in late childhood period. Tiken et al (2002) reported that yoga practice improves motor abilities, which leads to improvement in performance. Giri (1966), Giri and Prokash (1988) and Bera (1991) have also reported that yogic training improves the physical fitness as well as performance. Similarly, Gharote (1973) and others have found significant results with short-term yogic practice on more improvement of physical fitness and motor abilities too for the different age groups. So, the present paper investigates experimental studies the some of yogic practices, which can be applied on Sports persons, athletes to improve their physical, physiological psychological benefits. and

## **2. YOGIC PRACTICES AND SPORTS**

Yoga offers the means to react complete and perfect self realization and self development, one can develop inherent power in a balanced manner which does exist in our body, to achieve and maintain the required physical, physiological and psychological fitness in Sports, there are mainly three basic practices in yoga - Asnasa, Pranayama, Meditation.

### **2.1 ASANA**

Yogasana is one of the parts of yoga. According to patanjali; stable and happily posture/state of the body is called yogasana. By practicing yogasana, an individual can remain cool, calm, quiet in terms of physical as well as mental. As far as Sports activities are concerned one can keep his body flexible and strong, which prevents Sports injury,



which is usually occurs in athletes because of improper flexibility. Even though practicing yogasana can cure injury. In present days many famous players have practiced yoga for achieving highest level of perfection in their career. Some of the famous sports persons are Sachin Tendulkar, Virat Kohli, Ravi Shastri, Yuvraj Shing, Zaheer Khan, Harbhajan Singh, Shikhar Dhawan. In this connection we found that Sachin Tendulkar had practiced under guidance of world-famous yoga teacher BKS Iyengar (times of India, news)

## **2.2 SURYANAMASKAR**

Suryanamaskara comes under asanas, and includes 12 different postures, which consists of 8 asanas. It is performed in the morning during sun rise. This practice benefit of asanas, pranayama, mudra and meditation. During surya namaskarasana, an individual concentrate on chakras, which exist in our body. Surya namaskarasana releases energy to the neuro-muscular system of the body, improves cardiovascular fitness, which leads to harmony within and between all systems of the body that results make the body physically, physiologically and neychologically fit individual.

## **2.3 PRANAYAMA**

Pranayama is a part of yoga. Pranayama is an ancient yoga technique. The regular practice of pranayama integrates the mind and the body. Shankarappa v. [et.al.](#), (2012), worked on Short Term Effect of Pranayama on the Lung parameters, and found that the pulmonary function was improved after Short term pranayama practices. A study by Bhargava et al. (1988) showed a Statistically significant increased breath holding time after the pranayama practice. Another study by Upadhayay A et al. (2008) in which pranayama practice was conducted for a duration of 4 weeks and revealed increase Peak expiratory flow rate. Bhavani et al (2014) observed that pranayama caused immediate and significant reduction in the auditory and visual reaction time, indicating an improved performance an enhanced processing ability on central nervous system. Rabindra et al. (2005) conducted a study on patients with premature ventricular complexes (PVC) and episode of palpitations, found that pranayama produced an immediate relief in the palpitation and PVC. This improvement could have been because of the reduction of the sympathetic reactivity which was attained by the pranayama training.

## **2.3 MEDITATION**

"Peak performance is meditation on motion" is a revealing quote by the Olympic championship diver Greg Louganis which nicely incorporates the crucial role of meditation in "making the mind quite" for many athletes. Meditation is a practice in yoga, which initially starts turning of the senses (Panch Indriya) inward from outward which leads to creative aspects through developing concentration. From a recent survey, it seems that



athletes perceive meditation as an important means for enhancing sport performance, the higher the level of sport proficiency, the more important meditation seems to cope with to reduce anxiety levels (Kudlackoa et al. 2013). Furthermore, several studies had revealed that long-term mindfulness meditation practice enhances the experience of flow, which consists of the absence of negative thoughts and a feeling of enhanced physical and psychological functioning (Kee and Wang 2008; Bernier et al. 2009; Kaufman et al. 2009; Scott-Hamilton et al. 2016; Zhang et al. 2016). Related to it, in a seminal study, Jhon et al. (2011) found decrements in cortisol levels (stress hormone) in a group of elite Shooters who underwent a training of 5 weeks mindfulness meditation and it was found to be effective in achieving optimal athletic performance through decreasing the level of anxiety, ruminative thing and enhancing the experience of flow (Birrer et al. 2012 and pineau et al. 2014

## **2.4 RELAXATION**

In yoga, there is an asana called Savasana which means dead body, when one is in Savasana he looks like a dead body. Savasana is a deep relaxation technique in which one can get completely relaxed. It is generally seen that sportsmen do not get proper relaxation; because of that performance deteriorates. This asana allows releasing the body and mind from fatigue and weakness and keeps calming impact on mind. Of course, by getting proper relaxation, performance, can be enhanced

## **3. RESULTS AND DISCUSSION**

It has been observed that yoga is a great tool for Sports persons. Yoga practicing offers a number of physical, emotional and psychological benefits. An intelligent yoga practice may increase mental concentration and significantly reduce the level of stress and anxiety. Yoga practices are also observed most beneficial for eliminating stiffness, improving coordination and preventing injuries. Even though after the injuries occurring in the body, these can easily be cured by doing yoga practice. The stretching and breathing practices of yoga help Sports persons, athletes to improves their sports performance and to maintain their body.

## **4. CONCLUSION**

Finally, from the present study, it may be concluded that combined approach different form of yoga (Asanas, Suryanamaskara, Pranayama, and Meditation) significantly increases the physical, mental and emotional energy, which make better concentration and endurance. Moreover, relaxation technique allows the body and mind to recover from fatigue and weakness and had a significant impact on mind calmness.



## 5. REFERENCE

- Bera, T.K. (1991): Development of training schedule for improving physical performance in Athletics, based on the science of yoga. Psychology and Physical training. journal of Sports and Sports Sciences. Vol.14 (4).22-34.
- Bernier, M., Thienot, E., Cardon, R., Fournier, J. F. (2009). Mindfulness and acceptance approaches in Sports performance. Journal of Clinical Sport psychology. 25(4), 320-333.
- Birrer, D., Rotlin, P., Morgan G. (2012). Mindfulness to enhance athletic performance: Theoretical consideration and possible impact mechanisms. Mindfulness 3(3), 235-246.
- Bhargava, R., Gogate M.G., Mascaronhas, J.F. (1988). Autonomic responses to breath holding and its variations following pranayama. Indian J. Physiol. Pharmacol.32, 257-264
- Bhavani, A.B., Ramanathan, M., Balaji, R., Puspa, D., (2014): Different effects of uninostril and alternate nostril pranayama on cardiovascular parameters and reaction time. International journal of yoga. 7(1), 60.
- Giri, C. (1966). Yoga and physical fitness with special reference to Athletics, IATHPER Quarterly journal. Vol. 2(6). pp.237.
- Gharote, M.L. (1973): Effect of yogic training on physical fitness. Yoga Mimansa. vol. 15(4), P.31.
- Giri, R. and Prakash, N. (1988): Yoga nidra an effective counter action for stress and anxiety Journal of Sports and Sports Sciences. Vol. 11(2), 52-56.
- John, S., Verma, S.K., Khanna, G.L. (2011). The effect of mindfulness meditation on HPA.Axis in pre- competition Stress in Sports performance of elite Shooters. National Journal of Integrated Research in Meditation. 2(3), 15-21.
- Kaufman, K., Glass, C., & Arnkoff. D. (2009): Evaluation of mindful sport performance enhancement (MSPE), a new psychology. 14(4), 334-356.
- Kudlackova, K., Eccles, D. W., & Dieffenbach, K.(2013): Use of relaxation skills in differentially Skilled athletes. Psychology of Sports Exercise. 14(4), 468-475.
- Manjunath, N.K. and Tells, S. (2003). Effect of Sirsaasna practice on autonomic and respiratory variables. Indian journal of Physiology and Pharmacology. 47(1), 34-42.