

YOGIC PRACTICES FOR HEALTH AND SPORTS PERFORMANCE

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ABSTRACT

Significant advancements have been made in a broad number of subfields of science and technology in the 21st century, including space flight, military might, nuclear power, information networks, and computers, to name a few. As a result of the expansion of the internet, it is presently attainable to gain access to info in a brisk and uncomplicated manner from any location in the universe. This paves the way for an entirely new set of opportunities and prospects. Because of the implementation of this scientifically and technologically sophisticated technology, the human capacity for free mobility has been severely restricted. This is a direct consequence of the advancement of technology. It is very obvious that both the degree of stress and the sentiments of competition were amplified to significantly higher levels. It is difficult to refute the reality that mental illness, leading a sedentary lifestyle, and stress all have a detrimental influence on the human body, and this fact simply cannot be ignored. It is also hard to argue against the fact that these three factors have a negative impact on the human body. The significance of yoga needs to finally be understood by the modern man in order for humanity to continue to advance.

KEY WORDS: Performance, Yoga, Sports, Health, Disorder

INTRODUCTION

Those who are looking for happiness in their lives should make it their top priority to keep their health in the best possible form at all times. This will help them experience more contentment in their lives. Everyone, without exception, should make it a point to include routines that are helpful to their health into their typical, day-to-day activities and make this a priority in their lives. Every one of us will, at some point or another, struggle with a relatively little issue pertaining to our health. When it comes to lowering one's chances of developing

severe health issues, one has access to a wide variety of choices from which to make their selection. On the other hand, the illnesses that are used by some individuals to keep conditions like as hypertension, diabetes, acid reflux, asthma, and so on under control are connected to a broad variety of additional health issues. Some examples of these illnesses are hypertension, diabetes, asthma, and acid reflux sickness. When it is performed in a systematic, constant, and ongoing manner, yoga has the potential to be employed not just for the treatment of disease but also for the prevention of illness. This is because yoga is a powerful instrument that has the potential to be used not only for the treatment of illness but also for the prevention of illness.

DISEASE INDUCTORS

People can become ill for a variety of reasons, but the most common causes, according to the findings of the most recent study in the area of medicine, are infections and diseases that are brought on by bacteria that are pathogenic. There are a lot of reasons why people get sick. On the other hand, the origins of mental agony may be traced back only to psychological elements. This is because mental misery is caused by psychological variables. The brain, in conjunction with the rest of the nervous system, is responsible for coordinating the operations of the whole body. When the levels of stress in the body continue to build, ultimately all of the body's functions will stop working properly, and illnesses will start to attack. Both incorrect nutrition and excessive eating are major contributors to poor health, but inappropriate nutrition is by far the more significant of the two. Our eating habits determine whether or not we are able to provide the body with the necessary amount of energy, maintain a healthy blood stream, and ensure that all of our organs perform in a proper manner. People who consume food in an unhealthy manner, to an excessive degree, inconsistently, and in a manner that is nutritionally imbalanced are at a greater risk of developing various diseases.

YOGA IS A SCIENTIFIC METHOD FOR ACHIEVING HEALTH

To bring about favorable changes in one's physical and mental health and to pave the way to enlightenment, the practice of yoga calls for a high level of self-discipline and concentration on the present moment. In spite of the fact that yoga has the ability to improve our health and energy levels, the vast majority of individuals do not have a crystal clear grasp of how to practice yoga in a methodical manner. They take part in yoga practices for a limited length of time, and once they observe an improvement in their health, they stop participating in yoga practices

altogether. It is difficult to offer an accurate assessment of the benefits that come with participation in yoga activities due to the fact that yoga is always evolving. Extensive study into the good effects that yoga has on health has been carried out by scientists, medical experts, and mental health specialists from all over the world. The findings of this research have been published in scholarly journals. If you are the type of person who seeks for balance in all aspects of their lives, from the food they eat to the amount of time they spend relaxing to the way they spend their days at work, yoga is an excellent practice for you to engage in since it will help you achieve that balance.

If this describes you, then you are going to find that yoga is a fantastic activity for you to participate in. The methodical nature of yoga not only helps to prevent and treat a wide range of illnesses, but it also helps to keep one's mind calm and clear. Yoga has been shown to be beneficial in both of these areas. Both of these advantages have been linked to practicing yoga. It is all too typical for people to suffer emotions of anxiety, despair, and other sorts of emotional distress in today's high-stress culture. The culture has contributed significantly to the high levels of stress that people face. In addition to its capacity to sharpen mental focus and soothe anxious nerves, research has shown that yoga may be effective in the treatment of a wide variety of illnesses. Patanjali, the great teacher of Yoga Darshan, came up with a technique that he named the "Eight-Fold Path" so that those who were interested in yoga may learn more about themselves and arrive at a level of mental perfection via the practice. In contrast to Yoga, which is more of a concept, Yogasana is more of a set of techniques that one might use to achieve their goals. Only one type of physical activity, in particular, can reach the muscle and connective tissue layers that are the closest to the surface. This type of exercise, when it comes to maintaining our general health, the function of our internal organs, which include but are not limited to the heart, lungs, digestive system, glands, and neurological system, amongst others, is of the utmost importance. Whether or not the organs located internally in the body are functioning properly and whether or not there is a enough degree of strength and resistance found within the body. The consistent practice of yoga has been found to activate various systems in our body, resulting to enhanced glandular activity as well as a more robust immunological response. This can be a result of our bodies' natural response to the stress that comes from our practice. The brain contains the more complex nerve centers that are accountable for the overall activation of the body. These nerve centers are found in the brain. Yoga helps to

maintain our entire nervous system as well as our brain active and healthy, which is one of the many benefits of practicing yoga. In addition to these benefits, Pranayama helps one feel more confident by calming the nervous system, concentrating the mind, and boosting one's feeling of self-worth.

THE BENEFICIAL RESULTS OF YOGA ASANAS

1. The physical postures, or Asanas, that are practiced in yoga are extremely effective methods for removing toxins from the body and cultivating greater control over the physiological processes that underlie our well-being.
2. The Asanas work to develop both the intellect and the body, which ultimately results in improved sensory control.
3. The final product is a physique that is suppler, nimbler, and more flexible than it was in the past.
4. As a result, the blood within the body is able to flow more effectively, allowing it to perform a greater range of functions.
5. These dietary supplements contribute to our overall well-being by lowering the probability that potentially hazardous chemicals taken in from the environment will be able to accumulate within the body.
6. Different Asanas help maintain a healthy interior environment by cleaning out the lymphatic systems of the organs, increasing blood flow to all areas of the body, and increasing overall circulation.
7. Maintaining good organ function may be accomplished in the most efficient manner by frequently engaging in the practice of yoga Asanas.
8. The positive effects of Yogasanas on the body are only the beginning of their relaxing effects, though. The mental state gradually changes into one of stability and relaxation.
9. The physical postures of yoga, known as Asanas, have a powerfully stimulating effect on the endocrine system. As a result, these Asanas stimulate various glands to discharge their fluids in sufficient quantities.

PRANAYAMA'S BENEFITS TO HEALTH

1. We may be able to strengthen our lungs' capacity to filter blood by practicing breath control, which is also referred to as Pranayama. This practice involves learning to regulate one's breath.
2. The capacity to concentrate is honed by the intellect.
3. It is able to remove waste products from the body in a way that is unparalleled.
4. The natural defenses that the body already possesses to ward against sickness are boosted.

THE HEALTH BENEFITS OF SIX DIFFERENT YOGA DETOX METHODS

The human body is said to have three fundamental features that are referred to as the "Vaata," the "Pit," and the "Cough." Both one's physical well-being and one's vitality may be maintained when these three components are in harmony with one another. However, the sixfold yogic purification processes can be of assistance in preventing the formation of these impurities, which are the underlying cause of many health problems that are prominent in today's contemporary civilization. The goal of the six yogic purification practices is to rid the body of a wide variety of illnesses and to restore it to a state of health that is conducive to a life that is lived to its fullest potential. The practices of neti, dhauri, nauli, basti, kapalbhati, and trataka are all examples of the many different types of yoga techniques that may be utilized to fulfill the goal of purification.

YOGA DIET'S BENEFIT TO HEALTH

The yogic diet has always advocated for a plant-based diet that is not just high in nutrients but also relatively low in stimulants. This is still the recommended course of action. The first thing you need to do if you are serious about making progress on the path of yoga is to pay attention to what you put into your body. When it comes to consuming a diet that is both good for one's health and well-balanced, the teachings of yoga and those of modern science are entirely compatible with one another and may be used in tandem to achieve optimal results. On a yoga diet, you are not allowed to consume any meals that are not vegetarian and you cannot drink any alcoholic drinks. Because yoga teaches that the meals we eat have an influence on more than just our physical health, this is one of the benefits of practicing yoga. A significant emphasis is placed in yoga on the consumption of Sattvic foods. These are the types of foods that enhance life, intellect, health, and the sensation of pleasure and joy, therefore Sattvic men are

drawn to meals that are sweet, mild, nutritious, and delicious. The yogic diet is excellent not only for keeping a healthy and active body, but also for achieving remarkable success in the realms of the mind and spirit. This is because the yogic diet emphasizes eating foods that are high in both protein and healthy fats. This is due to the fact that an emphasis is placed on the eating of entire foods in the yogic diet.

THE CURRENT STATE OF SPORTS AND GAMES AROUND THE WORLD

India is now a considerable way behind the rest of the world in terms of the development of its games and sports on a national level. This gap can be seen when compared to the rest of the globe. This is still the case even when contrasted to countries that are a great deal more compact. South Korea has racked up an unheard of number of triumphs on the world stage, which is in stark contrast to Japan's record-setting performance in this regard. Now is the time to give serious thought to potential answers to the problems that have been brought about by the unfavorable circumstance that has come about.

CONCLUSION

Yoga and physical education researchers have come to the conclusion that yogic practices may assist athletes of all levels in improving their performance and psychologically preparing for competition. They have recommended a number of distinct yogic practices in addition to presenting their thoughts along with a number of various methods in which yogic practices might be introduced into physical education and sports. The below presented are key beneficial features of the Yogic practices based on this research.

1. YOGA IS BEING USED TO PROMOTE ATHLETIC EVENTS

A) AIMING AT GENERAL FITNESS

It is possible to gain some insight into a person's ability to efficiently handle their day-to-day duties by assessing the degree of physical fitness the individual possesses. It provides the sense that it is possible for each person to achieve their full potential in their day-to-day life and make the most of their talents. Each component of fitness—physical, mental, emotional, and social—has an influence on the others and, ultimately, on a person's capacity to accomplish functional activities. These components are: physical fitness, mental fitness, emotional fitness, and social fitness. Through regular practice of yoga, you may improve your cardiovascular fitness, respiratory fitness, muscular strength

and endurance, muscular flexibility, and coordination. In addition to this benefit, yoga helps enhance flexibility.

B) SPORTS-SPECIFIC ABILITY DEVELOPMENT

There are many different aspects of an athlete's environment that might have an effect on the development of their talents. One of the advantages of doing yoga is that it helps one develop the ability to maintain balance and maintain control over their muscles. Yogic practices are extremely helpful in the process of building this capability. Another strategy that may assist increase athletic performance is to stretch before and after workouts. It's probable that Asanas are quite effective in helping practitioners reach their aim of maintaining their flexibility.

C) FOR PERSONAL PSYCHOLOGICAL DEVELOPMENT

There is a considerable connection between one's mental condition and the amount of success they have in their physical endeavors. When correctly managed, negative feelings such as anxiety, tension, and sadness have the potential to contribute to enhanced productivity. The autonomic nerve system is in charge of emotions and directs their expression. Bringing one's autonomic nervous system under control can be an effective means of reducing emotional instability. The regular practice of yoga, particularly via the utilization of Asanas, Pranayama, and Dhanya, has the ability to greatly improve one's autonomic nerve system.

2. SPORTS INJURY PREVENTION AND RECOVERY THROUGH YOGA

Athletes can prevent muscle injuries and improve their flexibility by stretching their muscles on a regular basis. To name just a few examples, the yoga stretches known as paschimotanasan, padhastasan, and ugrasan are all of great use. The practice of these Asanas not only has the potential to help you avoid common sports injuries like sprains and strains, but it also has the therapeutic potential to treat disorders of a similar kind as well as mental health issues.

3. KEEPING UP WITH MY PHYSICAL CONDITIONING

The natural condition of the athlete can be retained in part by employing yogic practices with the goal of minimizing anxiousness, tension, and stress. This is one way that the natural state can be preserved. Because during the offseason, an athlete's mental condition is not affected by the demands of competition as much as it would be during

the season. It's not always the case that he comes out of his workouts reporting that he feels terrific. It is possible that one's level of physical fitness will decline as a result of the circumstances described below. As a consequence of this, participating in yogic practices might be of assistance in both the maintenance of one's physical health and the promotion of one's capacity for rest and relaxation at this time. When the body is in good shape, the mind is able to relax, which in turn releases skills that had been lying dormant up until that point. It would appear that the man is regaining his composure and willpower at this point. As a direct result of this, our entire output has increased, and we are now able to witness the results of our effort. We are now in a position where we can have a confrontation that is straight with them. Our perspectives start to shift, becoming more optimistic and productive, and we start behaving in a way that is more focused toward accomplishing the things we set out to do.

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