



# REVIEW OF RESEARCH

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## “ROLE OF YOGA ENHANCEMENT OF SPORTS PERFORMANCE”

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### ABSTRACT :

*Athletic performance is primarily based on the spirit. The thoughts and the frame, the athlete desires all 3 included to have top overall performance. The athlete should finely tuned, bendy and strong physical body. This is wherein the bodily factor of practising yogasanas blessings the athletes. The advantages are the expanded flexibility concept out the muscular machine and increase within the body's potential to cleanse and detoxify, the position of Yoga in improving the performance of athletes is reviewed*



**KEY WORDS:** Yoga sports performance.

### INTRODUCTION

Yoga has been practiced for thousands of years and has numerous benefits for both physical and mental health. Some of the positive outcomes associated with practicing yoga include .Today's age is age of competition, every player is trying for the highest performance sport scientist are trying for the excellence of the sports man they are using many allied science such as sport medicine kinesiology sports psychology etc. But unfortunately very few researcher are done in the field of sport yoga which is our own heritage other countries are taking advantage of yoga for the development of sports performance. Performance is directly related with the health and fitness of an individual good health provides a solid foundation on which fitness rests and at the on which fitness rests and at the same time fitness provides one of the most importance keys to health and living one life to the fullest freedom from disease, organic development, efficient movement alertness of mind and emotional adjustment provide the framework of fitness. It has been said that fitness not only adds years to one's life but life to ones years. For enhance the sports performance athletes or players must increase skill related fitness there are so many factors in skill related fitness a) Cardio respiratory endurance b) Muscular endurance c) Flexibility d) Muscular strange e) Speed f) Power g) Agility h) Balance i) Reaction time j) Body composition stamina etc. And must of all those fitness components can be well develop through yoga in order enhance the sport performance it would be well first to elaborate upon these 0305 components to factors which are basic to all moment and which contribute to successful performance of skills motor performance depends on the presence of reasonable amounts of these factors. If they are inadequate physical performance will never be effective Cardiorespiratory Endurance with the help of various types of pranyana cardio respiratory endurance can be developing it is the prime component of all it increases or carrying capacity and vo2 max also Flexibility:- Is range of movement of a joint once flexibility increase other component of fitness can be develop easily, with help of various yogasana flexibility can develop for ex. Chakrasana, Dhanusana, Garudasana, Pachimasana, etc. In yoga more impassion is given on flexibility and it is must for the longativity of life and here she should be younger

for ever. Strange and endurance:- Strength as the capacity of individual to exert muscular factor all movements and muscular activity are depends on strength Endurance :- Ability of a muscular or group of muscle to do work for a longer duration with under fatigue. There components of fitness can be develop through various yogasanas such as sarvagasana, mayurasana, Chakrasana, Trikonasana, Padamasana, Vajarasana, Suptavajarasana, Ardha Masayasana, Bhujangasana, Dhanurasana, Makarasana , Halasana, and relaxtion in shavasana etc. Balance: - Is the ability to sustain in the body posture in a static position for an effective response or to control it adequately in a specific position? It can be develop through various type of Asana Why Yoga? Actually all about components of fitness can be develop through the various type of exercise also then why should be yoga 1. Economy of energy, There is minimum expenditure of energy these do not lease fatigue 2. Physical development: These emphasize on health of the inner organs 3. Prevent lion of sports injuries for the mental preparation of the player. Research has suggested that yoga improves flexibility, balance, coordination and lung function. It can also help athletes effectively manage stress, an often forgotten but key contributor to recovery and performance Yoga, of course, isn't just a physical practice. It's also a mental practice and another aspect of the performance-enhancing benefits of yoga: the mental benefits of meditation that's often part of the practice. Many athletes struggle with stress. Research has found that university and professional athletes experience more stress than non-athletes. A rigorous training programme and demanding expectations can lead to stress, which ultimately impairs performance. Yoga allows for body awareness. Slowing down your breathing and entering into a parasympathetic 'rest and digest' state increases the flow of oxygen. Breathing centres your mind as each pose centres your body. It's a mind-body workout that relaxes your nervous system. Fitness professionals teaching yoga typically emphasize the following components: asana (postures for stretching), pranayama (breathing control), Dharana (concentration or focus), and dhyana (meditation and relaxation). These elements collectively contribute to enhancing athletic performance by addressing various aspects of physical and mental well-being.

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