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# Review of Research

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“INFLUENCE OF YOGIC PRACTICES TO SPORTS”



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## ABSTRACT:

The benefits of yoga are very far reaching indeed. There is no one other exercise per with yoga. Yoga is all about learning our body and mind and who to construct our body healthy from birth till the rest of your life. yoga is not only a type of exercise, but it is a lively procedure of self-discovery. yoga experts would insist that one can practically engage in yoga practice regardless of our age and still reap benefits from it. Some people associate yoga as complicated and demanding poses that are either too difficult for young children or too challenging for older individuals.

**KEY WORDS:** Yoga, Physical Exercise, Physiological, Psychological.

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### **INTRODUCTION:**

The advancement of science and technology though a Boon to mankind, is leaving behind a dark path which man has to endure with. Life of the modern man is so comfortable among machines, computers and fast locomotion that he feels uneasy when he is away from them.

Man has started to divide and innovate new ways to Overcome this stiffness. The oriented India had designed a Set of exercises away back 4,000 years, which is called as Yogic practice which if practiced under set regulations may Cure most common diseases. Asanas are postural patterns which are to be achieved slowly, maintained for sometime steadily and released again in slow and smooth manner to train the body and mind in such a way that necessary Equilibrium is established in over all function in recent years more and more attention has been paid To nature of “Physical fitness” not only in terms of general health, but particularly of the special physical requirements for competitive sports and certain highly specialized and demanding occupations.

Moreover flexibility is an essential part of life even to A Common man. It is possible with high degree of flexibility that even a common man can avert a possible injury resulting from a fall while performing his daily chores.

### **What is yoga?**

All yoga exercises and processes aim at purification, Nervous controls-ordination of muscles. They give gentle Exercises to the body as a whole including individual organs. The simplicity of technique, lack of fatigue and non-Requirement of any accessories are great advantage of yogic Exercises. The caloric requirement of these is exercises much lower than that of other physical exercises.

Yoga, derived from yuga, has been defined variously, to join, to a special effort for united action. In an applied Sense, it is yoking of the mind forces to purity one self and attains the highest of knowledge; it is the impact of controlled mind on the heart for self awareness identification or union of the self with the supreme source.

### **Importance of yoga:**

Positive changes in the lifestyle of the people can be brought through yoga. Yoga can make people aware of their Bodies and further make them realize the need of emotional and physical well being. The behavior can also be molded properly leading balanced personalities. Yoga plays an important role by bring the therapeutic to effects to in to Asthma, Diabetes, Hypertension, Respiratory troubles and the like. Some yogic asanas brings both preventive as well as curative values.

### **Yoga and physical factors:**

Yoga is an excellent method of enhancing the performance of sports participants. The Salient feature of yoga is combination of both physical conditioning and focused concentration. One of the most essential elements for athletic performance is balance. Physical fitness is a must for any good performance in sports. Different sports require different types of fitness emphasizing on a particular fitness factor. However, general level of physical fitness is necessary for every human being. The law of use and disuse suggest that if you want to be fit you must exercise.

The routine of exercise differs from individual to individual according to purpose. Sportsmen also select different routines of participation. This can be attained excellently by indulging in yogic routine. Yogic exercises deal with the vital organs of the body on which health depends. The precursor of physical fitness lies in the efficient working of the vital organs of the body and yoga aims at it. The

various selected asana giving different movements of the spine, controlled respiration, relaxation technique and concentration practice as a whole from an excellent routine to take care of the health of vital organs of the body.

This is vital for the sport person who otherwise develops the muscular system but puts too much stress and strain on the other systems leading to failure sooner than later. In yoga all possible body positions are explored and the body is exercised standing, sitting, lying down. This creates an acute awareness of the entire body, strengthens the body systems and develops flexibility of the body that is not present in most sports persons.

#### **Yoga And Physiological Factors:**

It is possible to identify four main types of environment; namely physical, mental, social and cultural environments. Yoga with its physical and mental disciplines can mould the behavior of an individual promoting perfect harmony with his environment to relieve him from any suffering. Yoga is a discipline which seeks to bring the internal environment of an individual under his control thereby making a good adjustment of the individual with his surroundings. Asanas and all yogic exercises are confined to minimum motions involved with everything done at a slow tempo which is the direct opposite of gymnastics, calisthenics Swedish drills, all of which emphasize on speed and rhythm. Further by influencing the autonomic nervous system the yogic exercises ensure better food utilization and improved nourishment besides proper relaxation and sleep due to superior voluntary control of such individuals.

#### **Yoga And Psychological Factors:**

From the opinion of many world class sports persons, it is found that the practice of yoga helps them to achieve greater skills in their sport. This is because yoga not only works on the physical level but also has benefits for the mental, emotional and energy levels. Yoga enables them to realize that winning is not everything and that there is more to life than to sporting ‘highs’ and ‘lows’. Yoga helps to develop all system of human body thus strengthening, cleansing and purifying the body so that it is brought under our conscious will. Yogic exercises as a group play a significant role in training the autonomic nervous system. Stretching exercises like asanas, relaxation techniques and breathing exercises in the form of pranayama are excellent in conditioning the autonomic nervous system.

Emotional factors are very important in the performance of sports. If rightly used, emotions can contribute to the improvement of the performance of sports. Emotions are governed by the working of autonomic nervous system. Control over the autonomic nervous system brings the emotional disturbance down. Yogic exercises as a group play a significant role in training the autonomic nervous system. Stretching exercises like asanas, relaxation techniques and breathing exercises in the form of pranayama are excellent in conditioning the autonomic nervous system. A few studies made on the effect of short term yogic routine have shown the utility of yoga in the achievement of emotional stability.

#### **The following are the importance of yoga on physical and physiological aspects**

1. Improve circulation vital to proper functioning of the body.
2. Nourish, stimulate and maintain the vital balance of the endocrine glands which govern growth and development.
3. Helps to establish a regular menstrual cycle.
4. Improve functions such as digestion and respiration so that there is more energy available for the

growing child.

5. Increase the supply of fresh blood to the brain thus enhancing the mental capacity.
6. Promote proper structural development by working on the joints.
7. Strengthen the nerves there by endurance capacity improves.
8. Yogasana can cure and help in preventing diseases.
9. Yogic practice helps in regulating the breathing Mechanism and increasing vital capacity.
10. Yogic exercise develops the muscular fitness Endurance, strength and flexibility.
11. Yogic practices are the most cost benefit therapy. The greater thing about Yoga exercises is that its constituent that is the asanas for various diseases such as asthma, diabetes and heart ailments.

**Psychological importance of yogasanas:**

1. Help a boy to become self- controlled and less prone to extremes of behavior (which tends to occur during adolescence) by regulating endocrinal function.
2. Check excessive aggression and excitability through the regulation of the adrenal glands.
3. Correct brooding and melancholy in girls by regulating pituitary and pineal functions.
4. Check laziness and lethargy which sometimes characterizes this phase.
5. Build up self-confidence, remove shyness and improve self-consciousness.
6. Control the arousal of the emerging sexual urge.
7. Direct the found energy into creative outputs.
8. Create predisposition towards yogic principles of yama and niyama thereby developing child’s moral and ethical development.

**General effects of yoga practices:**

- Relief from tension.
- Improvement of our complexion.
- Normalized weight.
- A trim and firm figure/body posture.
- Lungs become cleaned and strengthened.
- Circulation improved.
- Overcome chronic fatigues.
- Makes the person slim, flexible and elastic.

**CONCLUSION:**

Yoga is a most important aspect in every human being. It is a powerful mode in a present technical era. In a day a person must invest his one hour time for this type of activities it always helps for his routine work. But here I am telling to everyone yoga is not a workout it is perfect working in. it gives physical, physiological and emotional perfection. Do it and get it its result is sure it is in your hand don’t make late and take it easy.

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