

Relevance of Hata Yoga on Sports Performance

Dr. Sinku Kumar Singh: *Sawmi Ramanand Teerth Marathwada Univeristy, Nanade, Maharashtra*

Mr. Sachin Pagare: *Vinayakrao Patil Mahavidyala, Vaijapur, Aurangabad, Maharasht)*

Abstract

Yoga stretching is an kind of exercise adapted from Hata Yoga to Suit the Physiological requirement of human being as well as sportsmen specially for the stretching of muscles involved in game and sports or in any vigorous physical activity of the nature thereby increasing range of motion. Flexibility and relaxation Yoga stretching coupled with deep breathing is a relaxation process based on the harmony of both mind and body (Psycho Somatic) relationship, one of the cordial principles of Hata Yoga.

This is the scientific method of exercise for controlling tension anxiety and other negative feelings of the sportsmen based on the rules governing the working of the muscle in the body which are under the control of the will.

The yoga stretching recommended for this purpose is the stretching from head to foot, which will not only affect all the muscles of a particular system or organ but almost, all the muscles involved in the normal games. It well also gives a massage to the spinal cord.

The brain and spinal cord constitute the central nervous system and the nerves impulse could be controlled by practicing stretching properly and regularly.

Pranagama is a basic yogic breathing technique in Yoga, yogic breathing system known as Pranagama has great importance for making better performance not only for yogacharya but also helpful for sportsmen in games and sports controlling of breaching can neither be recommended, nor possible during the actual player performance because it can be perform under the guidance of an expert through proper environment conditions. In brief we can say that it is a complete process of sportsmen can use of the great benefits of the full deep breathing on many other stages. Deep full breathing has provided beyond doubt to be extremely good for sportsmen for improving their cardiovascular system, thereby developing endurance and stamina and also for attaining physical and mental relaxation.

The prevalent aim of the theoretical as well as scientific based paper is to provide of convey the role of stretching (Yogic) and pranayam for both yogacharya and sportsmen for achieving best performance in all aspects of life.

Hata Yoga is powerful, but difficult whose whole principle of action is founded on an intimate connection between the body and soul. Hata & Yoga is, in its own way, a system of knowledge, this is a science of being, a psychophysical system. Hatha & Yoga is a discipline and its aim is to ensure perfect health by physical and mental purification through the control of mind and body. If there is balance and harmony between the body and mind, the power of concentration can be developed, leading to the realization of the self. It is the greatest strength to awaken the mind and animate the body.

Hata Yoga means to attain physical and mental purification and balance. It is the most common Yoga. The aim of the Hata Yoga is to eliminate toxin and impurities within the body that accumulate due to dietary habit. Once the toxins are eliminated the body reaches a state of purification which helps to bring about a state of balance in the functioning and performance of the internal organs and system.

According to Sanskrit, "Ha" means "Sun" i.e. positive energy; the word "Yoga" comes from the Sanskrit root, "Yug" meaning "to link" join or unite. Hatha Yoga is composed of three inseparable factors are as:

1. Control of mind
2. Pranayama (Control and regulation of breath)
3. Asanas (Body Postures)

Stretching is and kind of exercise adapted from Hata Yoga to suit the physiological requirement of human beings as well as sportsmen specially for the stitching of muscle involved in game and sports or in any vigorous physical activity of the nature thereby increasing range of motion flexibility and relaxation yoga stretching coupled with deep breathing is a relaxation process based on the harmony of both mind and body (Psycho somatic) relationship, one of the cordial principles of Hata Yoga.

In Hata Yoga, muscles and bone, nervous, glandular, respiratory excretory and circulatory systems are coordinated so that they help one another. In Hatha Yoga Asana make the body flexible and able to adjust itself easily to change of environment. The sympathetic and parasympathetic system are brought into a state of balance so that the internal organs are neither overactive nor underactive, the endocrine system is controlled and regulated to secrete the Harmon from the glands in a balance qualities. Hata Yoga is the scientific method of exercise for controlling tension, anxiety and other negative feelings of the sportsmen based on the rules governing the working of the muscle in the body which are under the control of the will.

The Yoga stretching is not to be mistaken as a vigorous exercise. The scientific stretching programming has been evolved from the various postures of Hata Yoga. Traditional asana in Hatha Yoga demand only static state in the final stage of every asana, whereas stretching for sportsmen can have static state as well as dynamic state in certain stretches. Asanas do not advocate any further movements once the practitioner comes to the final stage of the asana. But in stretching a sports man can come into a dynamic state from static state for example, in stretching by remaining on the basic shoulder head postmen (Sarvangha of Asana) players can to splitting of legs, cycling, twisting of hips etc. sportsmen will be benefited by cycling while remaining one the shoulder stand position and also by the stretch remaining on plough. This will

help them relax after long hours of standing game by accelerating the circulation of blood through all the tired parts of the body including brain. Following are the few stretching exercises good for sportsmen and enhance performance where as flexibility are required specially.

1. Matsayasan is provides the stretches from spine and fish posture.
2. Ushtrasan is provides the stretches based on camel posture.
3. Sharavangasan is provides the stretching based on anterior stretch posture and unilateral foot shoulder posture.
4. Vaisasan is provides the stretching based on posterior stretch posture.
5. Chakrasan is provides the stretching based on wheel posture.
6. Halasan is provides the stretching based on shoulder stem pose and plough pose.
7. Dhanurashan is provides the stretching based on bow posture.
8. Bhadrasana also used to knee thing and groin stretching.

In Hatha Yoga Yogic breathing system known as pranayama has great importance in games and sports pranayam improve the cardiovascular circulatory and respiratory system which is influences of positive effect for the sports person.

Pranayam means control and regulation of breath.

“Prana” is a Sanskrit word, which means “Vital Force”. It also signifies “life” of breath. “Ayana, Means the control of the pran so pranayama means the control of the vital force (Prana) by concentration and regulated breathing.

Prana is the vital power or fire, which is motivating every element on the earth and is the airgun of the force of thought. The objective of pranayam is to inspire, Motivate, regulate and balance the vital force prevailing in the body. It cleanses the body and knowledge is manifested pranayama is called the soul of Yoga. Bathing is necessary for purifying the body similarly, pranayama is essential for purifying the mind. The prevalent aim of pranayam in sports is to strengthen the nervous system. It also increases the concentration power of mind.

The important components of pranayama are:

- Puraka means to inhale the breath,
- Reachka means to exhale the breath.
- And Kumbhaka means to retain the breath.

Discussion: Hata Yoga provides physical and mental relation for sports man in the playing field is very much necessary to produce the desired results. Especially physical and mental relaxation at the time of critical junctures during the actual competition can be a boon to the sports persons. Nervousness can be detrimental in sports situation. Those players, who have learnt to relax physically and mentally at critical junctures such as in the game situation, have better chances of winning. Now, how to achieve the best nervous state? The answer is by learning to relax physically and mentally. In other words by controlling tension based on the rules governing the working of the muscles in the body which are under the control of mind. Yoga stretching and full deep breathing are scientific methods of controlling tension.

What are the factors leading to tension and its consequences? There are quite a few highly emotional and nervous sports persons who suffer from insomnia and irritation before

competition and show unsupportive attitude towards their rivals and officials etc. they are basically emotional either conditioned their post. Then there is another type of sports person prone to become tensed during the competition, with the result they fail to give their best performance.

Physical and mental tension leads to the loss in self-confidence, bad temper, foul play and committing mistakes, which in the normal relaxed state they would not have done. There are several crucial situations in competition where a relaxed mind and body will enable to player to achieve your top performance.

References:

- Capt. M. Rajan, Yoga stretching and relaxation for sportsmen:
- Dr. Ajmer Singh, Shareerik Shiksha and Olympic Abhiyan.
- Sinku Kumar Singh, Yoga and Health
- Sinku Kumar Singh, Physiological Efficiency in Male Yoga Practitioner.