

Benefits of Yoga for Physical Fitness

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Abstract

The paper is highlighting the yogic benefits for reaching the demand of optimum level of fitness among sports persons. The human body needs sound relation to nature and its natural remedies which are available in our surround in this article the author has tried to highlight the need of yoga and its versatility in the vast field of sport. The author in lightened the asana. This study may provide a general guideline for sports seekers. By adopting yogic way of life performance can be developed.

Key words: Yoga, Asana, Physical Fitness

Introduction

Energy is the capacity to do work, it is needed in every aspects of life i.e. for sitting, standing, sleeping, reading, Dancing or any other major or minor, things requires energy. This energy is also needed in sports activity, can be improved by Yogic asana and kriya. The word Yoga comes from the Sanskrit word 'Yuj' which means 'to unite or to bind' It is about the union of a person's own consciousness and the universal consciousness. The scientific inventions, technological developments and rapid processes of urbanization have improved the standard of bring forth varied range of materialistic sufficiency, comfort and enjoyment in human life. Science has also invented pharmaceutical wonderful drugs and surgical equipments to die out human suffering and illness, but in spite of these, new diseases have cropped up and the frequency and number of victimized people by cardiac disorders, respiratory ailments, diabetes and peptic ulcer is increasing day by day. To day medical research declares that 90 to 95% of physical disorders are due to stress and tension (zaveri and zaveri, 2006). That's why natural life through the yoga is demand of today. Competition demands, huge hard work and sound will to win the match. Every field is connected with competition even in academic field or sports. Every body is trying to get medals or a place in sports by any mean whether it is fair or unfair. In the field of Sports, Coaches, Sports Scientist, Physiologist, Psychologist are trying to find out the momentum of success for player. All these science helps to develop maximum performance. But our own science i.e., "Yoga" is un-touchable.

Discussion

Branches of Yoga

- Heath Yoga or Yoga of Postures
- Bhakti Yoga or Yoga of Devotion
- Raja Yoga or Yoga of Self – control
- Jnana Yoga or Yoga of the mind
- Karma Yoga or Yoga of service
- Tantra Yoga or Yoga of Rituals

Principles of Yoga

- : Proper relaxation

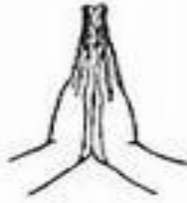
- : Proper exercise
- : Proper breathing
- : Proper Diet
- : Positive thinking and meditation

Benefits of Yoga

- Provide a holistic approach towards your welfare.
- Help to improve your strength and flexibility.
- Help in removal of toxins in the body & aid in relaxations.
- Help to reduce the weight.
- Help in hearing and nourishing the body.
- Also calms your mind
- Gives clarity to your thought.
- It doesn't need any special place, or equipment or clothes
- Yoga can enhance concentration
- Also release the stress from body.

Yogic Asana with their benefits

1) **Anjali Mudra** (Salutation seal) also called Pranamanjali. In India people are greeted by this Mudra with Verbal salutation 'Namaskar'



Method

- Sit comfortably in Siddhasana or stand in Tadasana
- Inhale & bring your palms together
- Rest thumbs lightly on your sternum
- Press the hand firmly
- Bow your head slightly drawing the crease of neck toward the centre of your head.
- Lift your sternum into your thumbs & lengthen down along the back of armpits making the back elbows heavy.

Benefits

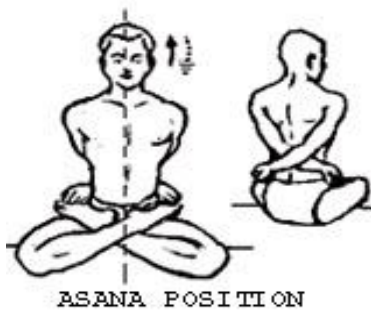
- Reduces Stress and anxiety
- Calms the brain
- Creates Flexibility in the hands, fingers, wrists and arms.
- Open the heart.

Use in sports

Boxing, Swimming, Judo, Diving

2) Baddha Padmasana

Also known as Baddha Padmasana



Benefits

- Helps in keeping the spine erect.
- Useful in constipation and improves digestive power.
- It is beneficial in Arthritis.
- It improves sexual health.

Use in sports

Archery, Shooting, Fencing.

3) Dhanurasana



Benefits

- Activates and strengthen all the major and minor joints of the body.
- Strengthens all the abdominal muscles and organs. Back muscles thigh macula.
- Develops digestive power and removes extra weight and fat from the stomach & waist areas.
- Enhance the elasticity of the spine
- Chest, lungs, and neck are strengthened and activated.

Use in Sports

Long jump, Gymnastic, Swimming

4) Ustrasana – Camel Pose



Benefits

- Stretches the front of the body including the chest, abdomen & quadriceps.

- Improves spinal flexibility.

Use in Sport

Rope Mallakhamb, Mallakhamb, Running events

5) Setu Bandh Sarvangasana – Bridge Pose



Benefits

- Stretches the chest, neck and spine
- Calms the brain & helps alleviate stress & mild depression
- Stimulates abdominal organs lungs & thyroid
- Rejuvenates digestion
- Helps relieve the symptoms of menopause
- Relieves menstrual discomfort when done supported.
- Reduces anxiety, fatigue, backache headache , insomnia
- Therapeutic for asthma, high blood pressure osteoporosis and sinusitis

Use in Sports

Kho-Kho, 400mt. running.

Conclusion:

Yoga is a process to control and develop the mind and body to gain good health, balance of mind and self realization. Proper understanding and practice one can reach the optimum level to keep physical fitness. Balance between exercise diet and relaxation will provide the sound mental and physical capacities. Though yoga has the potential power to make up healthy, add to our vigor, still most people lack the knowledge of systematic practice of yoga.

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