

Review Article

Role of Yoga in Sportsman

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ABSTRACT:

Sports medicine is a medical specialty that mainly deals with the physical fitness & prevention of injuries related to sports & exercises. Due to concussions & repetitive motion there is risk of musculoskeletal strain or trauma. A sport is a cultural phenomenon. The benefit to health & quality of life from participation in physical activity at all levels is clearly apparent. Despite all the physical advantages, participating in a sport also works wonders to your brain & overall personality. It is necessary for the player to have few qualities which are an essential part of his success. They include flexibility; agility, concentration, speed, balance, strength and stamina. *Yogasana* help us to bring up these qualities in use in games.

Material & methods-

Extensive literature review done using ancient yogic texts such as *Gherand samhita*, *Hathyog pradipika* & *Patanjali yogsutra*. Internet databases such as Pubmed, Scopus, Cochrane, Google scholar, DHARA etc

Discussion-

Prevention is an area of increasingly specialized interest knowledge & expertise. Sports medicine will make its significant contribution in the area of prevention which necessitates adoption of yogic postures & breathing techniques. Sports medicine & *yoga* both serve to benefit active people & professionals within two distinct perspectives, one pushes the limit, and the other protects health within these limits. The present paper intends in the above context to identify the possible contribution of *Yoga* in the field of sports. Obviously there is hardly any direct reference in the ancient yogic texts. But some *Asanas*, *Pranayam* are prescribed for active individuals routinely

Conclusion-

Yoga offers many benefits for sportsman. It can improve sportsman's performance. *Yoga* is a key for improving balance & helps avoid injuries with increased flexibility & sharpen your focus through mindfulness. *Yoga* can help them to get your body & mind into the game. It builds strength to improve your overall performance. *Yoga* play vital role in life of athlete. *Yoga* works on strength, flexibility, balance, agility, endurance, core & overall strength general also helps to prevent injury.

KEY WORDS: Sinus track, Traumatic Abscess, Suppuration, Pustules, Probing, Scraping.

INTRODUCTION:

Relevance of sports Medicine:

Sports medicine is a medical specialty that mainly deals with the physical fitness & prevention of injuries related to sports & exercises¹. Due to concussions & repetitive motion there is risk of musculoskeletal

strain or trauma in sports². A sport is a cultural phenomenon. The benefit to health & quality of life from participation in physical activity at all levels is clearly apparent.

Physical fitness plays important role in sport person's life. For that daily physical exercises are done by them. Sportsman requires physical exercises, which result in better blood circulation & overall improve his physical stamina. It opens up ones nerves & makes the body more flexible, agile & responsive. Despite all the physical advantages, participating in a sport also works wonders to your brain & overall personality. A sport is a competition where you compare yourself with opponents. You need to judge their moves & make instant decisions, consequently improving your mental ability. Thinking quickly & responding accordingly has positive impact on a sportsman's brain. Sports also develop you social skills as you interact with your opponents as well as the teammates. It improves one's ability to work in a team.

Relevance of yoga:

Yoga is the science of life & the art of living. It is India's oldest scientific, perfect spiritual discipline. It brings about deep change of attitude. Yoga is a great low impact exercise with combinations of poses & breathing exercises. A 8-week RCT conducted on sedentary healthy adults concludes that to improve functional fitness, regular Yoga practice is just as effective as stretching-strengthening exercises with minimal equipment³.

Ashtang yoga⁴:

According to sage Patanjali Ashtang yoga means *Yam, Niyam, Asana, Pranayam, Pratyahar, Dharana, and Dhyana & Samadhi*.

Eight stages of Patanjali yoga are -

1. *Yama*- The universal moral laws.
2. *Niyam*- personal moral roots of conduct. Niyam of Ashtang yoga is concerned about mental health.
3. *Asana*- yogic postures.
4. *Pranayam*- acquiring & controlling prana or energy, by means of the breath.
5. *Pratyahar*- The withdrawal of the senses from the outer environment.
6. *Dharana*- concentration
7. *Dhyana*- meditation
8. *Samadhi*- Enlightenment

It is explained for the maintenance of personal, social, mental & spiritual health of human being. By practicing Ashtang yoga we can prevent & promote our health. So sportsman should try this to maintain his personal, social & mental health.

Relevance of Asana in Sportsman

Sports make the environment around us full of excitement and cheerfulness. We see players in full spirit and confidence and nevertheless audience which keep inspiring the players whereas; yoga teaches us to concentrate and creates a peaceful surrounding. Can these contrast things ever be linked to each other? If yes, then till what extent can we relate yoga with sports? If we systematically study yoga then surely the answer is yes. It is necessary for the player to have few qualities which are an essential part of his success. They include flexibility, agility, concentration, speed, balance, strength and stamina⁵. Regular practice of asana can increase core stability which important for injury prevention and sports performance. Few of these are found innate in the player and some can be achieved by regular practice. Yogasana help us to bring up these qualities in use in games. Doing Asanas with deep conscious breathing increases oxygen supply to the cells and stretching and contraction of different muscle groups builds stamina and strength of the sportsman⁶. A particular sport requires only certain muscle group to develop. Yoga helps in this by allowing a full range of motion of the tendons, ligaments and muscles of the body. This cultivates balance and increases their strength which is beneficial for them⁷. Nowadays we see people spending money on consulting a dietician to maintain their body and strength. Also they spend a lot of money in gyms. In short maintaining our body has become too costly. But yogasana are cost recessive and healthy and guaranteed which substitute gyms and dieticians without any doubt.

To develop the above mentioned physical qualities, few yoga asana are recommended:

Flexibility:

For any game and player especially for outdoor games flexibility is of significant importance. Muscles make us flexible, few of which are involuntary. The muscles of limbs and forelimbs are very stiff and strong which reduce the flexibility in them. For reducing their stiffness following asana can be performed:

TRIKONASAN, PARSHWAKONASAN, ARDHACHANDRASAN, VEERBHADRASAN, MARICHASAN, ARDHAMATYASAN AND BADHKONASAN.

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Speed:

Flexible muscles make the movements of the player easy and fast. In outdoor games like football, running, etc. it is important player increase their speed. Every sport needs considerable amount of time and energy to acquire speed in that sport. If the sportsperson does not have enough velocity then the performance would have no grace⁸. For that following Asanas are recommended:

ADHOMUKHSHWANSAN, UTHITHTRIKONASAN, ARDHACHANDRASAN, VEERBHADRASAN AND BADHKONASAN

Agility:

Agility means to increase speed and move faster and easily. For that players need synchronized co-ordination between hands, eyes and brain. For that players have to perform some asana one after another quickly. A 6-week Yogasana training program conducted on engineering students shows significant improvement in agility⁹. These include asana right from TADASAN then NAMASKARASAN → URDHWAHASTASAN → UTTANASAN → ADHOMUKHSHWANASAN → URDHWAMUKHSHWANASAN → CHATURANGDANDASAN → URDHWAMUKHSHWANASAN → ADHOMUKHSHWANASAN → UTTANASAN → URDHWAHASTASAN → TADASAN

Concentration:

For concentration 'Tratak' is important for all sports, especially Jyoti tratak.

Balance:

It is the ability to stay upright or stay in control of body movement. For example gymnastics.

Following asana help us in doing so:

For eyes and hands and legs coordination: Uttanasan, Urdhwahastasan

Eyes and Vertebral Coloumn:-Bhardwajasan, Marichasan

Stabilities of extremities: Tadasan, Utthit-trikonasan, Ardchhandarsan, Veerbhadrasan, Dandasan

Strength:

Outdoor games require a lot of strength in muscles. Routine and consistent practice of the various

yogasana has helped to build strength and improve lean muscle mass. They are:

Dhanurasan, Veerbhadrasan, Ardhhchandrasan.

Stamina:

Long lasting games such as cricket, football, etc. stamina of player is of utmost importance as our performance depends on it. For increasing the stamina of player, following Asanas are performed:

Adhomukhshwanasana, Ardhalasana, Paschimottanasana, Uttanasana.

Stretching and Relaxation:

After every game the body is under tremendous stress. To reduce this stress various asana are given by which the body is back to normal. These are:

Sheershasana, Uttanasana and Suptveerasana

YOGASANA- A THERAPEUTIC ROLE IN SPORTSMAN

Once the day at sports ground is over, Asana aids the recovery of tired muscles & joints of sportsman. It rejuvenates a sportsman to be ready for next day's game.

Back /Neck pain:

Backward bending poses like *Ushtrasana*, *Bhujangasana*; *Shalabhasana* reduces back pain by stretching & strengthening the muscles. It gives a good stretch to the back muscles & helps in correcting the posture.

Sleep related problems:

Sleep is another body pattern to be affected due to hectic practice schedule & travel. Lack of sleep or prolonged periods of wakefulness make body & mind irritable & sluggish. Tranquilizers or anxiolytic drugs are often prescribed but natural sleep is more important than drug induced sleep. According to B K S Aiyangar; *Setubandha*, *Sarvangasana*, *Vipritkarni* & *Shavasana* are useful in this situation. This calms mind & induces good sleep.¹⁰

Relaxation after game:

After the game, it is important that we relax our body and muscles. It is so because we must keep our body relaxed so that it should not hinder our next movements. For this shavasana is useful.

Frequent travelling:

Travelling is a constant part of sportsman's professional life. Due to prolonged travelling and lack of mobility, joint pain, back pain, etc. are the problems they frequently face. After the long journey, knee joint is mostly affected due to restricted mobility. The asana which works especially on the knees to improve circulation in that joint are *Baddhakonasana*, *Upvishtakonasana*, *Suptapadangushtasana*.

YOGASANA – A way to prevent Sports Injuries

Yogasana has a greater prophylactic role than a therapeutic role. The role of Asana of correcting the individual on all level is great. It gives proper muscle tone, balanced postures & gives massage to the deeper muscles.

STHIRAM SUKHAM ASANAM | Patanjalyogdarshan 2|46

Asana is that which contribute to stability & comfort. Asana are expected to counteract the instability. Asana brings steadiness. Here stability means not only for body but also for mind as only stability of body & mind together would lead us to the sense of wellbeing.

By practicing them one develops agility, balance, endurance & great vitality.

Yoga for prevention of osteoarthritis:

Osteoarthritis is a degenerative condition. This condition can occur in any joint and is common in knees, hips, lower back, neck, hands and big toes according to specific sport. Osteoarthritis is more common in sportsman in their later life due to injuries during sports.

So with proper Asana osteoarthritis can be nearly cured & a good control can be achieved to lead a fruitful retirement life.

YOGA AND PRANAYAM IN MENTAL HEALTH:

Every sportsman wants to enjoy happy & balanced life. Nowadays, every sportsman is under some kind of stress. This stress can be mental, financial or emotional. In general every sportsman set their goals like name, fame, good lifestyle & money. But how many really succeed in it? In this era of rat race, they put extra pressure on their mind & body which results in stress. In this situation they need to plan

their daily schedule in such a way that they give justice to profession & health. Balancing poses (Asana) in corporation of medication & breathing can help improve a person's mental well being & calmness. Other benefits are increasing body's awareness, relieve chronic stress patterns, relax the mind, centers attention & sharpens concentration. For prevention & promotion of mental health yoga has given various procedures to practice daily. They are **Anulom- vilom Pranayam, dhyana & omkar chanting**. These procedures decrease Raj & Tam doshas of mana & increase Satva Guna in body which results into improvement in daily work, increase in concentration, improves relationships with other people etc. At the end of the day before going to sleep, spend 15 to 30 min for meditation. Due to this we get connected with our soul & increase inner strength. In yoga **Yam, Niyam, Dharana & Dhyana** are explained for maintenance of mental & spiritual health. Therefore, to enjoy happy & balanced life one should do **Asana, Pranayam & Dhyana** regularly & do not forget to celebrate success. To achieve physical and mental health, yoga uses the body as a tool to develop the attitudes which help in doing so.¹¹

CONCLUSION:

Yoga offers many benefits for sportsman. It can improve sportsman's performance. Yoga is a key for improving balance & helps avoid injuries with increased flexibility & sharpen your focus through mindfulness. Yoga can help them to get your body & mind into the game. It builds strength to improve your overall performance. Yoga play vital role in life of athlete. Yoga works on strength, flexibility, balance, agility, endurance, core & overall strength in general also helps to prevent injury. Thus *self discipline* is maintained through *Yama*, *positive attitude* towards community is maintained through *Niyam*, *physical fitness* through *Asana*, *positive vitality* through *Pranayam*, *training and controlling the sensory system* through *Pratyahar*, *mental fitness*, *peace & self awareness* through *Dharana*, *Dhyana & Samadhi*.

Yoga is dedicated in restoring & maintaining 'Health' by harmonizing the physical, mental, emotional & spiritual elements. After all good health is a crucial element of a happy, fulfilling life of sportsman. We aim to develop holistic model with integration of yoga to all existing treating methodologies with an intention to reduce prevalence of sports injury.

To ensure the best recovery plan for the individual for prevention of musculoskeletal injuries, strain yoga

plays a vital role. It helps to make the better performance & ensuring their safety while performing the activity. It can help them to get your body & mind into the game.

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