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Yoga exercise and sports

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Abstract

Good Health is the key to a happy life for every human being, everyone know that health is wealth. The modern pace of life hardly gives time to take care of health, but ancient Indian literatures says that the true accomplishment of life begins with good health, for a good health numerous things has to be done like intake of calories accordingly body activity demands, and regular exercise has to be done according (Divakar and Mulla, 1978; Shambekar and kate, 1980).

According to the experts, for human physical Health refers to 'good body health or fitness' which is due to regular exercise or physical activity good nutrition and adequate.

Keywords: Health sport and yoga exercise

Introduction

Yoga is a 3,000 year old tradition and it's first described by Indian saint 'Patanjali' in the classic book 'yoga sutra' which is widely recognized as the authoritative book on yoga. The 'yoga' word comes from a Sanskrit word 'yuj' which means yoke or union to join, and to direct and concentrate one's attention today, many people's think that yoga means only physical poachers, Asana is just one of the eight tools used for get good physical health; in the text of yoga sutra only three of the 196 sutras mention asana and the remain 193 sutras discusses the other factors of yoga including controlled breathing meditation or Dayan, diet changes, lifestyle, healing use of sound and visualization, among many others. In yoga sutra pathanjali mentioned eight fold ways or path to get awareness and enlightenment about life and it's called as an 'ashtanga' which literally means 'eight limbs or eight parts'

Yoga as we identify it today is the product of a complex spiritual evolution that has taken place over centuries, the exact history of Yoga is uncertain. The earliest signs of Yoga can betrayed to Stone Age Shamanism, both Shamanism and Yoga has cultural similarities. The shamanistic civilization revered the sacred art of discern the cosmic order through inner vision; they used rituals to create shifts in their perceptual field to communicate with the spirit world. Shamans were the precursors of the Yogis. The development of yoga can be traced to over 5,000 years ago, evidence of yoga postures were found on stone drawings dating from these times. Yoga's long rich history can be divided into five main periods: Vedic Yoga, Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga and Modern Yoga.

Definitions

- According to Patanjali,-it is affected by preventing the modification of Cite or the thinking principle by keeping in mind in its unmodified state—a state as clear as crystal when uncolored by contact with other substances.
- According to Oxford Dictionary,-as a Hindu system of philosophical meditation and asceticism, yoga was designed to affect the union of the devoted soul with the universal soul.

Yoga asanas and their benefits

Yoga asanas are the simplest and the easiest way to reduce our excess weight and meditating our body and mind. The ancient practice types of yoga asanas provides a wide range of mind and body benefits, including other benefits like giving strength and flexibility, stress relief and even cures many diseases. Yoga is all about stretching our body in different forms and

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meditation. Yoga poses like Surya Namaskara (Sun Salutation), Dhanurasana (Bow pose), Bhujangasana (Cobra pose), Kapalabhati pranayama and so many other effective yoga poses, helps in reducing our weight as well as our belly fat.

Fitness and yoga in sports

Increasing balance and core strength

In order to preserve the balance in your body, you must strengthen the core, which is the center of your body. The human body is divided into two major muscles groups, the upper body muscles and lower body muscles. The core is the one that has the duty to balance these so they can work synergistically therefore, it has to be strengthened. Perhaps there is no better way of understanding and achieving this other than practicing yoga.

Increasing flexibility

No doubt that yoga is the best way to increase flexibility. Flexibility is very much needed for an athlete to be able to jump higher, hit harder, reach further or run faster. Sometimes in order to achieve the desired results an athlete would force their bodies to an extreme training which can cause the muscles to become too tight. Yoga can help to loosen these muscles and make them flexible again.

Objectives

1. To evaluate the effect of integral yoga on human potential by assessing sustained attention, emotional intelligence, general health, triune personality inventory and to evaluate the correlations of each variable with other variables.
2. To study the immediate effect of Kapālabhāti and Breath awareness on human potential assessed by state anxiety, sustained attention and verbal and spatial memory.
3. To study the immediate effect of Deep Relaxation Technique vs Supine rest on human potential assessed by state anxiety and sustained attention.

Health and yoga in exercise and sport

Strong muscles do more than look good. They also protect us from conditions like arthritis and back pain, and help prevent falls in elderly people. And when you build strength through yoga, you balance it with flexibility. If you just went to the gym and lifted weights, you might build strength at the expense of flexibility.

Your head is like a bowling ball-big, round, and heavy. When it's balanced directly over an erect spine, it takes much less work for your neck and back muscles to support it. Move it several inches forward, however, and you start to strain those muscles. Hold up that forward-leaning bowling ball for eight or 12 hours a day and it's no wonder you're tired. And fatigue might not be your only problem. Poor posture can cause back, neck, and other muscle and joint problems. As you slump, your body may compensate by flattening the normal inward curves in your neck and lower back. This can cause pain and degenerative arthritis of the spine.

Increases your blood flow

Yoga gets your blood flowing. More specifically, the relaxation exercises you learn in yoga can help your circulation, especially in your hands and feet. Yoga also gets more oxygen to your cells, which function better as a result. Twisting poses are thought to wring out venous blood from internal organs and allow oxygenated blood to flow in once

the twist is released. Inverted poses, such as Headstand, Handstand, and Shoulder stand, encourage venous blood from the legs and pelvis to flow back to the heart, where it can be pumped to the lungs to be freshly oxygenated. This can help if you have swelling in your legs from heart or kidney problems. Yoga also boosts levels of hemoglobin and red blood cells, which carry oxygen to the tissues. And it thins the blood by making platelets less sticky and by cutting the level of clot-promoting proteins in the blood. This can lead to a decrease in heart attacks and strokes since blood clots are often

Maintains your nervous system

Some advanced yogis can control their bodies in extraordinary ways, many of which are mediated by the nervous system. Scientists have monitored yogis who could induce unusual heart rhythms, generate specific brain-wave patterns, and, using a meditation technique, raise the temperature of their hands by 15 degrees Fahrenheit. If they can use yoga to do that, perhaps you could learn to improve blood flow to your pelvis if you're trying to get pregnant or induce relaxation when you're having trouble falling asleep.

Health benefits of yoga exercise

Benefits

The practice of sun salutation which is comprised of a series of postures helps in maintaining good health and vigor. It invigorates the body and the mind. It helps to reduce abdominal fat and increases the flexibility of the spine and limbs. Since the various steps of sun-salutation require coordination with breathing, it strengthens the breathing capacity. The reduction of fat will help to reduce the effects of hypertension, diabetes etc. It has the potential to penetrate and rejuvenate most of the vital organs of the human system, while keeping the mind calm and focused.

Health benefit of yoga

Here's a list of some of the most beneficial aspects of power yoga:

- It increases endurance, strength, and flexibility.
- Mental endurance and physical stamina are tested through holding postures for extended breaths.
- Improve your posture
- Improves anxiety and depression
- Helps with chronic pain
- Release endorphins that improve your mood
- Helps you sleep better
- Increase your energy levels
- Improve athletic performance
- Reduce injuries
- Detoxify your organs
- Hip flexors are stretched and strengthened.
- Gluts, quads, hamstrings, and calves are strengthened.
- Increase your flexibility
- Increase muscle tone and strength
- Improve your circulatory and cardio health
- Helps you sleep better

Conclusion

As highlighted above, researcher find out that yoga in sports as important as other think it helps us in different ways and different levels in a sports men life. We have improved our performance by daily yoga practicing in order to perform sporting action efficiently and effectively, a person needs to have a high degree of concentration and focus with a mind

that is calm and controlled, Yoga can help a sportsperson to have evenness of mind and control of their thoughts even during stress and/or adversity. Yoga can play a key role in cultivating mind control and concentration which helps a sportsperson to perform at their peak levels and yoga helps us a lot.

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