

Yogic Practices for health & Sports Performance

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Introduction

Today we are in 21 century there is a landmark development in the science & Technology including space, defense, atomic energy, computer, internet service etc. By the internet invention we can collect required information within a fraction of second from any part of the universe. Due to this advanced scientific technological invention the body movements of the human being have been restricted. Tension & competitive feeling increased. Man has been felt the prey of stress, hypokinetic and psychosomatic diseases. So time has come that man should not ignore the importance of Yoga.

Every one desires good health and it is the ultimate objective of all those who want happiness in life. Each & everyone has to follow good health practices in their routine life. Minor health disorders are quite common to all. In the case of major health problems, the precautionary measures are plenty. Some people control their diseases like blood pressure, diabetes, acidity, asthma, etc. by taking medicines regularly. But such practice does not in any way completely eliminate the health disorders on the other hand, it leads to several other adverse health problems. The continuous, systematic and regular practice of yoga is an effective tool to maintain good health and also helps eliminate all the dreadful diseases from the human body.

Causes of ill health

The body falls ill due to many reasons, main reason, as per modern science is harmful bacteria causing infection or a disorder. But ailments caused by mental stress etc. have no physical basis and are caused by mental stress etc. All functions of the body are controlled by brain through complete nervous system. With mental stress function all systems is impaired and ailments start attacking the body and reaction starts. The main reason for bad health is incorrect food and overeating. To give energy to body, keeping the blood stream clean and all organs to function in alert manner depends on our food habits. Incorrect food, imbalance food, overeating, irregularity cause diseases to creep in the body.

Yoga is a scientific way to health

Yoga is a Systematic and methodical process to control and develop the mind and body to attain good health, balance of mind and self-realization. Though yoga has the potential power to make us healthy add to our vigor, still most people lack the knowledge of systematic practice of yoga. They performs yogic exercises for a short period and when they are health improves, they discontinue the yoga practice. For this reason, the effective results of yogic practices cannot be determined perfectly. Many scientists, doctors, psychologists etc. all over the world are extensively studying the beneficial aspects of yoga which encourages us to attain positive health through yoga.

Yoga is for him who is moderate in eating and recreation, in actions systematic in sleeping and working and more than that, it is yoga, which ultimately eliminates all the health hazards and misery of human life. The systematic yogic practices not only eliminate and control several diseases but also keep the mind perfect, clean and peaceful. In the present difficult

living situations, mental agitation, anxiety and depression are quite common. Yoga practice helps to cure several diseases and to develop the concentration of mind and eases stress and tension.

The great master of YOGADARSHANA, Patanjali gives 'Eight-fold path' which helps a seeker to realize self and to attain perfect state of mind. Yoga is a part of living and yogasana is a scientific procedure. This is the only exercise which affects the inmost parts of the body. The health of our body and mind depends on the soundness of the health of our internal organs- the heart, lungs, digestive systems, glands, the nervous systems etc. If the organs inside the body are active and the body has adequate resistance power Yogic exercises activate various systems in our body, better functioning of different glands and improving immune system. The brain includes on the higher nerve centers, it activates the whole body by means of these centers. Yogasanas keep our brain and whole nervous system active and functional. Pranayama also makes the nerves calm and active, the mind steady and increases self-confidence.

Effects of yogasanas on health

- Yogasanas are very effective in throwing out all our body wastes and bring control over the body and organs are proper functioning of which depends our health and happiness.
- The asanas improve mental power and health in controlling the sense organs.
- It increases the elasticity of our body and make the body more active and supple.
- The blood circulation takes place more smoothly and properly and the body becomes capable of more works.
- It improves our resistance power against diseases and do not allow any external matter to accumulate in the body, they keep the body free from diseases.
- The deferent asanas clean the blood circulation drains of our body and circulates bloods freely in all parts of our body and helps keep our body free from impurities.

- Yogasanas are the best means to keep organs in proper functioning order.
- Yogasanas not only improve body health, they also have sobering effects on the mind. The mind becomes balance and peaceful,
- The practice of yogasanas is very effective activating on various glands, so that they secrete their juices in the required quantity and function properly.

Effects of Pranayama on health

- Pranayama is controlling the normal breathing cycle, it increases the expansion and contraction of our lungs so that they become capable of purifying more and more blood.
- Mind becomes capable of concentration.
- It has a unique power to throw waste products from the body.
- It creates resistance power in the body against diseases.

Effects of Six types of yogic purification practices on health

Our body has three basic properties - vat, pit and cough. If these three are present in the body in a balanced form, the body remains pure and disease free. Six fold yogic purification practices help to maintain them in a balanced form our present they habit of consuming undesirable food and leading fast life are the cause of several body disorders through the accumulation of impurities in the body. To remove these diseases the six fold yogic purification practices are prescribed so that the body may function properly in its natural way. The six types of yogic purification practices are neti, dhauti, nauli, basti, kapalbhati and trataka.

Effects of yogic diet on health

Yogic diet has all along insisted on a nourishing but non- stimulant, vegetarian diet, One who want to advance on the path of yoga should first pay attention to his diet. There is no conflict between yoga and modern science as far as the principle of balance diet is concerned. But yoga diet would exclude all those food items which are non-vegetarian and intoxicating,

because according to yoga food is not physical fitness alone, it also affects mental and spiritual state of a being. Yoga lays emphasis on sattvic food. Food which promote 1pncevit intelligence, health, happiness and delight which are sweet, bland, nourishing and agreeable, are dear to lfr sattvic type of man. Yogic diet not only help the body to remain strong and active but lead one to high mental and spiritual attainments.

Present Status of Games and Sports on Inter-National Screen

As far as concerned about the present status of games & sports of India it is found that we are much behind of Inter-national competitions even to smaller countries. Like Japan, South Korea have made many land marks of achievement in inter-national contest. Therefore, it is the time to think seriously that how this regretted situation could be overcome. Some research personnel in the field of yoga and physical education are of this view and opinion yogic practices could be much more useful to develop and maintain the sport performance and make the psychological preparation of the sports man. They have suggested various areas of the physical education and sports, where the yogic practices could be utilized.

1. Yoga for promotion of Sports

A) To develop basic fitness

Fitness is that state which characterizes the degree to which the person is able to function. It implies the ability of each person to live most efficiently with his potential. Ability to function depend upon physical, mental, emotional and social component of fitness, all of which are related to each other. The various health related fitness parameters viz; cardio respiratory endurance, muscular strength, muscular endurance, flexibility, co-ordination ability can be develop through yogic practices.

B) Development of Specific Sports Skill

Development of Sports Skills depend on various factors. Out of these neuromuscular co-ordination is one of the main factors, Yogic practices are eatly useful to develop the neuromuscular co-ordination, r to balancing efficiency, accuracy etc. As well as stretchiñjálso improves the performance of sports man. The purpose of steady stretching could be solved by asanas.

C) To Develop Psychological factors

Psychological factors is play very important role in the performance of sports. Psychological disorders like emotions, anxiety, stress, depression are controlled properly, these could be contributed. The to improve the performance. Emotions are governed by autonomic nervous system. Control over autonomic nervous system bring the emotional disturbances down. Yogic practices like Asanas, heir Pranayama's, Dhyana are excellent in conditioning the autonornic nervous system.

2. Yoga for Prevention and Cure Sports Injuries

Muscle stretching procedure prevents the athletic injuries. Paschimottanasana, Halasana, PadaHastasana, ugrasan etc. are good stretchers. These asanas not only prevent sports injuries but also cure some injuries like sprain, strain etc. and some psychological disorders.

3. Maintenance of Physical Fitness

Yogic practices are useful to lowering the anxiety level, tension, stress and keeping the athlete in his/her normal state during competition period. As the off season state is tension free state for athlete. Sometimes he feels nausea after the exercise. In this state there is a possibility for lowering the fitness. Therefore in this period yogic practices may help in maintaining fitness and promote rest and relaxation. When physical structure is healthy the mind is serene, which, in turn, activates the inner powers. The man becomes steady and concentrated. This boosts our

working capacity and success follows our efforts. We acquire the power of facing to them. Thinking becomes positive and constructive and our actions have the right direction.

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