



YOGIC TECHNIQUES FOR WELLNESS AND SPORTS PERFORMANCE

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ABSTRACT

The attainment of optimal health is a goal that is commonly pursued, and for those who take the time and effort to accomplish it, it is the pinnacle of everyone's ultimate objective in life. Individuals are required to practise healthy habits on a consistent basis in order to keep up with the requirements of a healthy lifestyle. At some point in their lives, every single individual will have a few minor health issues. The implementation of a significant number of safety precautions is something that may be done in the case that there are significant health concerns. A number of additional unfavourable health problems may emerge as a consequence of the circumstances that certain persons employ to regulate their circumstances. For example, hypertension, diabetes, acidity, and asthma are all examples of conditions that fall within this category. There is also the possibility of other health concerns. Regular, systematic, and persistent yoga practice is excellent for the maintenance of good health as well as the relief of a broad variety of illnesses. Yoga is a practice that has all of these benefits. There are a lot of things that may go wrong with a body, but according to the most recent findings in medical research, the most prevalent mistake is an infection or disease that is brought on by harmful bacteria. The body is not the source of mental health problems like anxiety and depression, which are examples of mental health conditions. Through the central nervous system, the brain is able to control every process that occurs within the body. All of the functions of the body get impaired when there is mental stress present, and the body's response is to combat the stressors that are causing the stress. The most significant contributors to bad health are eating the incorrect foods and consuming an excessive amount of food. The generation of energy, the cleanliness of the blood, and the attentiveness of all of our organs are all determined by the habits that we have about our food. A diet that is either incorrect or unbalanced, excessive eating, or eating habits that are irregular can all contribute to the slow beginning of a number of different disorders.

KEY WORDS: Yoga, Health, Wellness, Sports Performance, Body Functions.

INTRODUCTION

As a result of the practice of yoga, which is marked by movements that are purposeful and intentional, it is possible to achieve optimal health, mental stability, and self-actualization. Even though yoga has the potential to enhance one's health and energy levels, a substantial number of individuals are still unaware of how to engage in regular yoga practice. This is despite the fact that yoga offers several health benefits. People stop practicing yoga, which is considered a short-term treatment, when they see changes in their health. Yoga is believed to be a transitory treatment. For this reason, it is not possible to conclude with complete and utter confidence whether or not activities involving yoga are an efficient form of exercise. A significant amount of study has been carried out by experts in the domains of medicine, psychology, and science all around the world to investigate the numerous health advantages that yoga offers.

Yoga has the ability to eliminate all health risks and dissatisfaction associated with human existence if it is practiced by those who are able to maintain moderation in their dietary, recreational, sleeping, and working routines. This is going to be especially true for individuals who engage in yoga practices. Not only do the

methodical practices of yoga have the power to regulate and eliminate a variety of diseases, but they also have the ability to cultivate a mind that is in a state of purity, tranquilly, and calm. Those who are living in challenging conditions in today's world are more prone to suffer mental unrest, concern, and sadness than those who are not living in such situations. The practice of yoga has been demonstrated to have a number of beneficial impacts on health, including the reduction of stress and tension, the enhancement of mental focus, and the treatment of a wide range of ailments.

Patanjali, who is widely regarded as the most revered instructor of yogic philosophy on a global scale, is the one who introduced the concept of an "eight-fold path" that promotes enlightenment and mental mastery. There are two types of yoga practices that are equally important: the practice of yoga as a way of life and yoga as a scientific topic. Your innermost muscles will be affected by this exercise program that you are going to be doing. The state of our body and mind is considered to be in excellent health when all of our internal organs, such as the heart, lungs, digestive system, glands, and neurological system, are functioning at their maximum capacity. Under the presumption that the internal organs are operating as they should and that the body has adequate resistance to the force that is applied to it. One may be able to strengthen their immune system and enhance the functioning of a variety of glands by engaging in the practice of yoga. Because it is connected to the higher nerve centres, the brain is able to activate any region of the body. This capacity allows the brain to exert its influence over the body. It is beneficial to our brain and central nervous system to engage in Yogasana on a daily basis since it helps to keep them in excellent form and maintains their overall health. People who practise Pranayama not only experience a reduction in feelings of anxiety and an improvement in cognitive ability, but they also tend to feel more confidence in self.

YOGASANAS: EFFECTS ON HEALTH

1. The practice of yoga Asanas is an effective method for ridding the body of toxins and acquiring control over its systems, the health and well-being of which are dependent on the systems' ability to function well.
2. Asanas are a kind of yoga that helps improve the mind and the capacity to control one's sensory systems.
3. The suppleness of our body experiences an increase, which results in increased activity and flexibility.
4. As a result of improved blood circulation, the cardiovascular system is able to carry out a greater number of duties.
5. By preventing the accumulation of toxic chemicals and working to improve our immune system, it also helps to maintain the body free from the effect of external factors.
6. The different Asanas cleanse the organs and systems that receive blood, which enables blood to circulate freely throughout the body and protects it from any potential poisons that may be present.
7. The practice of Yogasanas is the most efficient method for preserving that organ function that is healthy.
8. In addition to boosting one's physical health, yoga poses have been shown to have a relaxing effect on the mind-body connection. When a person's thoughts are calm and in harmony with themselves.
9. Yogasanas are wonderful for activating various glands, which enables them to release the quantity of liquid that is required at the precise moment that it is required.

PRANAYAMA: EFFECTS ON HEALTH



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

HEALTH BENEFITS OF SIX COMMON YOGA PURIFICATION METHODS

The vaat, the pit, and the cough are the three most important aspects of our health and well-being. Once these three components have reached a state of balance inside the body, the body is able to maintain its cleanliness and its ability to protect itself from sickness. The accumulation of toxins in the body may lead to a number of health problems; however, the six limbs of yogic cleansing can help in maintaining equilibrium. Unhealthy eating patterns and a sedentary lifestyle are among the factors that contribute to these health problems. When it comes to the eradication of various illnesses, the six-fold yogic cleansing practices are recommended. These practices allow the body to function regularly in its original state. The yogic cleansing practices of Neti, Dhauri, Nauli, Basti, Kapalbharti, and Trataka are the six disciplines that make up cleanliness.

YOGIC DIET: EFFECTS ON HEALTH

In the yogic diet, a vegetarian diet that is both nutrient-dense and low in stimulants is considered to be one of the most important principles. Keeping track of the food you consume is really necessary if you want to make progress in your yoga practice. Within the realm of modern science, yoga and the notion of a balanced diet are in agreement. Given that yoga holds the belief that our dietary choices have an impact on our mental and spiritual well-being in addition to our physical health, a yoga diet does not include any foods that are not vegetarian or intoxicating, such as meat, dairy products, eggs, or other non-vegetarian meals. According to the yoga philosophy, the most beneficial meals are Sattvic meals. For a Sattvic individual, it is of the utmost importance to consume food that is full of nutrients, reasonable in quantity, and tasty, and that promotes vigour, intellect, health, happiness, and joy. Not only can a yogic diet aid in the preservation of bodily vitality, but it also has the potential to support great mental and spiritual development.

STATUS OF GAMES & SPORTS PRESENTLY AT INTERNATIONAL LEVEL

India's current position in the area of sports and athletics is clearly far lower than that of other countries, particularly those that are smaller. This is especially true when compared to the international level. South Korea, much like Japan, has achieved a number of key milestones in terms of its ability to compete on an international level inside the international arena. Therefore, in order to liberate ourselves from this unfavourable scenario, we need to give serious thought to the numerous alternative treatments that are available to us. The theory that yogic practices have the ability to significantly improve players' mental preparation for competition and also boost their performance on the pitch is promoted by a small but vociferous group of scholars who specialise in yoga and physical education. These researchers believe that yogic practices have the capacity to improve both mental and physical performance. In addition, they have suggested a variety of ways in which yoga practices might be utilised within the context of the fields of athletics and physical education.

YOGA FOR PROMOTION OF SPORTS

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

depends 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.

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 greatly useful to develop the neuromuscular co-ordination balancing efficiency, accuracy etc. As well as stretching also improves the performance of sports man. The purpose of steady stretching could be solved by Asanas.

To Develop Psychological Factors: Psychological factors are playing very important role in the performance of sports. Psychological disorders like emotions, anxiety, stress, depression are controlled properly; these could be contributed to improve the performance. Emotions are governed by autonomic nervous system. Control over autonomic nervous system brings the emotional disturbances down. Yogic practices like Asanas, Pranayama, and Dhanya are excellent in conditioning the autonomic nervous system.

Yoga for Prevention and Cure Sports Injuries: Muscle stretching procedure prevents the athletic injuries. Paschimotasana, Padhastasan, 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.

CONCLUSION

Before, during, and after competition, athletes can reap the advantages of yogic practices because these activities help athletes achieve mental stability and reduce feelings of worry, tension, and stress. This is because yogic practices help athletes achieve mental stability. During the off-season, which is the period of time when athletes are not participating, they have the chance to revitalise themselves and find pleasure in their spare time. There are times when he has symptoms of sickness after he has finished his workout. Because of this, there is a possibility that the level of physical fitness that an individual possesses will diminish in this case. Taking all of this into mind, it is not out of the question that yogic practices that encourage calm and physical health might end up being useful in light of the circumstances. As a result of having a body that is physically fit, it is much simpler to maintain mental tranquilly, which in turn makes it possible for one to access their innate capabilities. It is possible for the person to maintain his composure by maintaining his composure and concentrating on the work at hand. It is directly owing to the amount of diligence that we have displayed, which has resulted in an increase in our capacity for work, which we have been able to accomplish the level of success that we have attained. We are going to have the chance to speak with them in a direct line of communication. In the process of refocusing our attention on activities that are constructive and positive, our thoughts begin to align in the appropriate manner. At this point, we start to bring our ideas into alignment with one another.

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