

Complimentary And Supplementary Yoga in Sports

**Dr. Raghavendra Basireddy¹, Dr. K. Rama Subba Reddy²,
Yarram Pakkiraiah³**

^{1,2}Department of Physical Education & Sports Sciences, Yogi Vemana University, Kadapa-516005, A.P., India.

³Research Scholar, Department of Physical Education & Sports Sciences, Yogi Vemana University, Kadapa-516005, A.P., India.

ABSTRACT

Yoga is an ancient property of India, which is directing humans towards an eternal state and it is a laser beam to reach Moksha. Many ancient Indian sages, Mystics, and Thinkers drew upon the inspiration of life and death to reveal one of the greatest gifts to the human race in addition to being highly competitive yoga will also help the sports world the sport enhancing athletic performance, prevent injuries, and increasing flexibility. The vitality of practicing yoga is that besides all the mentioned benefits it produces a very pleasant feeling, and regeneration of the body and mind. Yogic exercises and techniques derived from yoga indirectly affect technical and tactical preparation. Yogasanas can be used for warm-up, cool down, regeneration, compensation of muscle misbalance, synthesis of mind and body, and activation of the body as supplemental exercises. Yoga also helps to decrease the negative feelings and effects of a sports training regimen. It also provides ease in doing training exercises which is why yoga is a weapon used as supplementary, compensatory, and regenerative exercises in the process of sports training.

Keywords: Yoga, Yoga as training Hatayoga, Yogasanas, Pranayama, Meditation, Supplementary yoga, Compensatory yoga.

INTRODUCTION

Yoga is the oldest known science of self-development. It is a tool for physical, mental, and spiritual control. Since thousands of years ago in India, Yoga means joining- the joining of the individual self with the universal self. Yoga will help you with your sport enhancing athletic performance, preventing injuries, and increasing flexibility. Find ways to cross-train and become stronger in sports. This joining is achieved through practicing and mastering specific physical postures called asanas, breathing exercises called pranayama, and concentration called meditation.

The nature of yoga is discovered in doing. In essence, it is a non-verbal process, an inner journey to the true center of the soul, which is the source of all happiness and ultimately of union or non-separateness.

Hatha and Raja Yoga:

The two most popular yoga systems are Hatha yoga (Physical practice) and Raja Yoga (Mental exercise). The practice of these yoga forms is to develop a healthy and flexible body, improve general health, and to gain self-control and inner peace. Hatha Yoga is composed of exercises for the body. It consists of Asanas (Body posture), Pranayama (Breathing exercises), relaxation, and cleaning techniques.

J. Andy Smith et.al (2011), hatha yoga, from the branch of Raja Yoga, is a good candidate as an Alternative and complementary therapy to enhance physical and psychological well-being. In contrast to other branches of yoga, hatha yoga focuses on the development of the body and physical fitness. Hatha yoga practice involves an exercise component along with breath control, meditation, and spiritual and ethical components.

As a player sometimes gets a sense of hope, fear, excitement, and expectations arises around him. In these situations players may not sleep, eat, have proper rest and also could think on winning/loosing, for all these problems players may not show good performance in the sport competitions. For all these problems yoga can support to improve sports performance. Stakes may be different and the challenges, probably unique each time however, the goal remains the same. To deliver a superlative performance in the face of all changes. Yoga has become an inseparable part of training for sports players. Whether player has plays different sports the role of yoga is indispensable.

Sports & Wellness:

Physical preparation for maintaining optimum fitness, technical preparation for improving sports skills, and tactical preparation for developing strategy and tactical skill require a lot of time. Daily mental skills to control mental state must also be practiced for which enormous should spend on it, yoga is a very effective means of training to bring significant shift in the mind/body simultaneously.

According to **The Art of living** Yoga has become an inseparable part of training for sports players. Whether you are an athlete, swimmer, tennis player or ballplayer, the role of yoga in sports is indispensable

Aladarkogler (2006) observed during many years of working with athletes, both as coach and psychologist, that yoga is the most effective means in accomplishing the daily practice of mental skills. Incorporating one or two asanas into regular warm-up and /or cool down routine provides several mental benefits in addition to the usual physical effects.

Practice attention-concentration relaxation while simultaneously stretching and warming-up to body, increasing flexibility and body awareness and also tune our body mentally. Yoga concentration is a 'transition' to the concentration required for performance or training. Also mental skill practice becomes a regular, systematic habit of the athlete. Incorporating yoga in cool-down routine will also simultaneously speed up the recovery (regeneration) process.

The most wonderful thing about practicing yoga is that besides all the mentioned benefits it produces a very pleasant feeling, regenerating, rejuvenating the mind/body. Athletes claim that they feel re-energized after practicing yoga.

Sports Training:

Sports training require a holistic approach. The human being is a psychosomatic unit. There is no mind-body separation. The mind influences the body and body influences the mind. Athletes are no exception to this rule. A holistic approach is required when aiming for top competitive results as well as when seeking a greater sense of wellbeing and deeper unity of body, mind, and spirit. Yoga exercise and techniques derived from yoga indirectly affect technical and tactical preparation. Yoga exercises and techniques also have significant, direct effects on the physical, psychological, theoretical preparation and on the regeneration of the strength process, with instance application of yoga as complimentary and supplementary capsule it certainly enhance the quality of execution in selected sports event.



Yoga asanas can be used for worm-up, cool down, regeneration, compensation of muscle imbalances, synthesis of mind and body, activation or deactivation of the body, and as supplemental exercises.

Psychological Preparation:

Psychological preparation can be divided in to two types one is general preparation and another specific preparation. The general preparation is to develop basic mental skills such as goal setting, relaxation techniques, concentration, and visualization. Specific psychological preparation alert the athlete for the upcoming competition. Ultimate goal of psychological preparation is self-mastery: control of emotions control of the mind and conceive good ideas.

The necessary yogasanas for daily practice:

- Body awareness: sitting in meditative pose and concentrate on pulse
 Suryanamaskara
- Breathe Awareness: Abdominal breathing; Natural, deep, smooth, even rhythmic breathing
 Complete yoga breathing
 Nadisodhana pranayama
- Attention Focus: Breath awareness focus
 Practicing yoga asana with full attention
 Practicing activities daily with full attention

Concentration: It is one of the important element in training. There are so many exercises to practice to enhance degree of concentration one must. Assured that body awareness, breath awareness, attention focus, concentration and relaxation will be a part of regular warm-up and cool-down phases.



After practicing and mastering the above four basic steps, should start to practice meditation and autogenic training.

Yoga as supplementary exercise:

Yoga supplemental exercises are an important means of preparation in each sport. Supplemental training means practicing sports and activities other than sport in order to build overall fitness.

Benefits of supplementary exercises:

- Some sports develop only a limited range of muscles (fencing, alone develops a certain group of muscles than others)
- Beginning competition at an early age can negatively influence the harmonious development of the young child.
- Supplemental training is necessary to assure harmonious development, supplemental exercises are a good habit to develop in a young athlete for they help develop a strong base on which to build specific abilities.
- Increased training load along with a prolonged preparation period and extensive competitive period also puts high pressure on the nervous system. Supplemental training creates a desirable switch off mechanism for the physical and mental stress accumulated from high pressure.

Yoga supplemental exercises are an effective means to avoiding monotony and boredom in training program.

Supplemental yogic exercises:

Practice the asanas in the following order.

- Meditative pose and breathe slowly and deeply and concentrate on breathing for 2-3 minutes.
- Pachimothanasana

- Bhujangasana
- Dhanurasana
- Sethubandhasana
- Halasana
- Mathsyasana
- Arthamachendrasana
- Savasana

Above asanas positively responds the mental state, the process of recovery, improves the elasticity of the spine, relaxes the muscles and benefit the cardiovascular system and other organs and body functions.

Yoga as compensation exercises:

As a result of long-term sport training, muscle misbalance can develop in the athlete's body. The cardiovascular and pulmonary systems are usually loaded as a unit, but the different muscle groups are loaded individually. Partial loading occurs when some muscle groups are neglected, not strengthened during training. Only partial loading of the muscle takes place, depending on the given sport.

The muscle groups become unbalanced either by overloading certain muscle groups through 'one sided' training, or by weakening some muscle groups through lack of involvement or practice. In fencing, for example, the non-weaponed arm, and the leg and trunk on the non-weaponed side become less developed than the other side. Such 'one-sided' loading produces damage, disturbance, and injury to the motoric system. An effort must be made to avoid this misbalance in order to ensure overall fitness.

Yoga has the compensating and correcting the misbalance which results from one-sided loading of the muscles. Yoga exercises are the most complex, rational, and complete activity for overcome the one-sided effects of loading. Learning the different Yoga composition exercise asanas and their effects as well as becoming aware of the insufficiently loaded muscle groups by your sport will enable you to select the appropriate asanas for compensation of the muscle misbalances.

Yoga as Regeneration Exercises

After intensive training or competition, it is necessary to immediately start the process of regeneration. Regeneration is a biological process fostered by athletes for regaining strength and prevention of injuries. It is an inseparable part of sport preparation. Yoga Regeneration Exercises are useful truly committed implementation off regeneration methods, it is possible to decrease muscle fatigue by 30 percent and to increase the intensity of training by 20 percent, according to eastern European experts.

Regeneration has many benefits for athletes. Among the most important are:

- Restoration of strength after loading.
- Fast elimination of the symptoms of fatigue especially in the muscles.
- Prevention of injury to permanently loaded muscle groups.

These benefits make possible a significant increase in the effectiveness of the entire training process. They facilitate the development of correct sports skills, movement habits, and protect the body of the athlete, thereby increasing the overall effectiveness of an economy of training regimen. Top athletes pay special attention to the regeneration process. Yoga Regeneration Exercise positively influences this process. Psychologically, yoga exercises generally optimize passive attention which leads to greater autonomic control. Yoga exercises gather attention, as in meditation, enabling the regeneration of the entire body by developing a favourable mental state.

Regenerative yogic exercises:

After completing a training session or following competition or at other times when short rest needed, lie on back allow to body rest, breathe easily. Maintain this position 30-60 seconds.

Asanas for cool down:

- Modified padahasthasana
- Pachimothanasana
- Arthapadmasana
- Modified bhujangasana
- Arthahalasana
- Savasana

Asanas to prevent and rehabilitate back pain:

- Navasana
- Pavanamuktasana
- Salabasana
- modified halasana
- modified salabasana raise the leg about 90 degrees
- arthamatsyendrasana

Asanas for relaxing tired legs after intensive workout:

Following yogasanas speed up the process of regeneration by applying pull, rotation, pressure and the force of gravity. This asanas increasing the flexibility, elasticity of leg muscles and the ligaments.

- Modified padahasthasana
- Modified halasana
- Modified Bhadrasana
- Sarvangasana
- Trikonasana
- Supthapadangusthasana
- Padottanasana

Some Yogic practices for supplementary, compensatory and regenerative exercises for different sports:

- ✓ Complete yoga training as supplemental, compensation and regeneration training that is Suryanamaskara.
- ✓ Asanas affecting the spine and developing a sense of balance such as: Bhujangasana, dhanurasana, trikonasana, Ardhamachendrasana, Padmasana, Halasana, Bakasana, Mayoorasana.
- ✓ YRE relaxing tired legs after intensive loading
- ✓ YRE for speeding up the recovery process
- ✓ Yoga abdominal breathing exercises

Benefits of yoga for sports persons:

1. **Yoga helps to prevent the strains and sprains:** yoga asanas help relaxing muscles. It also stretches and strengthens various body parts, opening the hips, back and chest. The different bends and stretches reduce the chance of wear and tear, muscle pulls and sprains.
2. **Yoga reduces recovery time:** sleep and rest are not enough after a long and gruelling physical session. Yoga helps you relax your tired body and mind in an effective and peaceful manner. This is because asanas are performed systematically and gracefully. This helps remove the tension in the body and enhances the chances of a quick recovery.
3. **Yoga enhances sense of balance:** asanas like the vrikshasana or tree pose and virabhadrasana of warrior pose helps to develop the balance. Yoga also helps to maintain posture and stability as is required in gymnastics, archery and shooting.
4. Yoga strengthens your mental resolve and stops the negative mental chatter. You believe you can go beyond body with the strength of your mind.

Discussions:

After long and intensive athletic training for achieving top performance depends largely on the extent to which the athlete can regenerate physical and mental strength after training. Without fast and profound muscle regeneration, it is impossible to withstand a daily, rigorous regimen **Suchomel TJ et al (2016)**.

Yoga also helps to reduce stress and anxiety, cultivate self-confidence and self-belief. All of these elements are pivotal to sporting excellence and peak performance (**Jayita A Belcourt 2011**)

According to **Vikram Singh & Ramesh Kumar (2021)** yoga offers a promising means of incorporate in sports training for increasing mental abilities like focus, concentration, coping with anxiety, yoga is safe for people of all ages and all genders and is very cost effective method of developing flexibility, functional strength and developing better reaction to frustration, self-esteem.

Conclusion:

The athlete can practice the yoga asana anytime and anywhere without the need for special equipment or workout space. Yoga helps to decrease the negative effects of a sports training program. These negative effects include small deformations, which deformities are over a long period of time, can damage the body or can lead to the development of improper body posture. For Prevention of injury and relaxation of muscles have suggested the training exercises supplemental, compensation and regeneration of training programs. Yoga is able to mobilize joints, stretch tissues and ligaments, tone muscles, bring flexibility to the spine and strengthen internal organs. Yoga exercises are based on the formula of stretching, relaxation, deep breathing, increasing circulation and concentration

Implications: The sports men can practice yoga as supplementary, complementary and regenerative exercises for development of sports performance. These paper useful to control the injuries, increase the healing capacity and also benefit to regeneration after the training program. Outmost useful from this article is to develop overall performance of the athlete.

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