

YOGA: ENHANCING ATHLETIC PERFORMANCE AND PREVENTING SPORTS-RELATED INJURIES

Dr. S. Mohan, Dr. R. Manickam

¹Director of Physical Education, SRM Arts and Science College, Trichy, Tamil Nadu.
sevathimohan@gmail.com

²Physical Director, SRM Institute of Science and Technology, Trichy, Tamil Nadu.
manickamtec@gmail.com

ABSTRACT

The most well-known proverb, "Prevention is better than cure," has always applied to sports as they strive to establish particular methods to prevent injuries to athletes and help them build strength, endurance, and bodily coordination. The effects of yoga on a sportsman's mental, physical, and emotional equilibrium. If yoga helps athletes perform better, it calms the mind. Yoga exercises give athletes a competitive edge and maintain their bodies' peak physical condition.

KEYWORDS: Sports Injuries, Yoga, Strength, Performance.

INTRODUCTION

Yoga is a scientific, holistic discipline that has an efficient cross-training tool that improves athletic performance and lowers the risk of injuries, which can be painful, frustrating, and limiting whether they are brought on by repetitive motion, an imbalance in the athlete's biomechanics, or both. As injuries are a natural part of sportspeople's lives. To prevent and treat them, it is essential to determine the reason and develop more evidence-based interventions. in order to play successfully on the field. Sportspeople frequently wind-up overusing and mistreating their bodies. [Kogler, 1995]¹ One of the main causes of sports-related injuries is a tendency among professional athletes. Although many people are unaware of the secret, yogic experts believe that the best form of protection is to become actually aware of one's physique, the joints, and also symmetry and asymmetry and imbalance that frequently arise in sportspeople, identify them, and treat them before they worsen into serious injuries.

YOGA TECHNIQUES TO PREVENT SPORTS INJURIES GOOD POSTURE

Injury avoidance is essential for a sportsperson's endurance and performance. The cutting-edge techniques of yoga suggest a special kind of training that takes a holistic stance. It aids in increasing knowledge of how the body works and makes it easier to spot and treat ailments. Through constant yoga practise, an equilibrium of the upper and lower body, as well as the left and right sides, is achieved. This form of equilibrium not only helps you lead a joyful life but also enables you to achieve the maximum level of athletic greatness.

HEALTHY BREATHING

Effectiveness in the majority of competitive sports depends on having a satisfactory degree of aerobic fitness. Surprisingly few trainers either know about or refuse to include breathing exercises that strengthen the lungs and increase their capacities in their workout routine. In a previous study, it was found that practising yoga and emphasising Pranayam significantly improved the hand grip strength of participants. Additional oxygen intake contributes to the development of a purified blood stream, which eventually supplies energy and vital capacity [Swamisatyanada Saraswati, 1998]² Yogic breathing techniques can improve respiratory, cardiovascular, metabolic, and neurological functioning, which can have a good effect on the entire body-mind complex. In other words, physical efficiency by affecting the complete brain's postural regular mechanism develops profound muscular and visceral relaxation steadiness of the body and mind.

REST AND RELAXATION

Experts have noted that every movement and facet of life is provided by dynamic vitality, which includes rest. In any athletic training programme, rest and recovery techniques play a crucial role. Sportspeople frequently experience tremendous pressure to improve their performance to the highest level, and being in constant media spotlight increases this pressure. There are three types of tension: muscular emotions, psychic systematic practise of relaxation

PICK THE SUITABLE YOGA TECHNIQUE.

For athletes, it is crucial to select the yoga asanas, pranayama, Pratyahara, dharana, dhyana, and Samadhi that best fit their needs. Astanga yoga is one such school that makes it simple for practitioners to include these disciplines into their regular practise. Athletes like the way the technique emphasises the particular aspects of yoga as well as the physical components. Numerous studies have been done to demonstrate the value of stretching in lowering the risk of exercise-related injuries. Many yoga postures focus on stretching and have positive therapeutic effects.

MINIMIZATION OF INJURIES

Injury and imbalance are unavoidable aspects of playing sports. Insofar as players do not try to lengthen and extend the muscle. People who engage in repetitive motion, such as swinging a racket repeatedly, frequently suffer injuries.

The primary lesson why yoga practise might be helpful for athletes is that it often results in scar tissue that makes muscle less supple. They greatly benefit from this type of awareness in preventing sports injuries [Zatsiorsky et al, 1981]⁴ Sports massage can also help speed up recovery from strenuous activity by reducing muscle and soft tissue soreness.

YOGA CONDITIONING FOR ATHLETES

Yoga's physical and mental challenges may come as something of a revelation to athletes who have endured years and years of consistent training in various sports. The basic idea of yoga involves the harmony and quality of movement [Judge, 2007]³ This approach, which masters have frequently referred to as holistic, can help identify and rectify some inherent weakness and imbalance that may have never been exposed before many athletes who practise sports often resort to isolating specific muscle groups to live up to the intensity and frequency of their training regimen.

CONCLUSION

Yoga is growing in popularity all over the world due to its many benefits. Yoga is also becoming recognised as a useful cross-training tool in the world of sports, and its integrated approach to balancing and calming all bodily and mental disturbances through the use of its various components has significant application value in the prevention and treatment of sports injuries.

REFERENCES

1. Kogler A. Yoga for every athlete: secrets of an Olympic coach. St Paul, MN: Lewllyn Publications, 1995.
2. Swamisatyanada Saraswati. Yoga nidra edition yoga publication trust, Ganga Darshana, Munger; Bihar, 1998.
3. Judge LW. Developing speed and strength; in season training programme for the collegiate thrower. National strength and conditioning association. 2007; 29:42-54.
4. Zatsiorsky V, Lanka G, Shalmanov A. Biochemical analysis of short putting technique exercise in sports science Review. 1981; 9:353-389.