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## Hatha yoga is powerful but difficult whole principle of action is founded on an intimate connection between the body and soul

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### **Abstract**

Hatha Yoga is in its own way a system of knowledge. This is a science of being a psychophysical system. Yoga is a holistic system teaching skills which many sports persons seek, such as control over the mind, control over the body, good breathing habits, relaxation under pressure, highly developed concentration skills and the ability to focus on the present.

The aim of the Hatha Yoga is to climate toxin an impurities with the body that accumulate due to dietary habit. Yoga plays very important role in our society. Stretching is and king of exercise adapted from Hatha Yoga to suit the physiology requirement of human beings as well as sportsman. In Hatha yoga, muscles and bone, nervous, glandular, reparatory and circulatory systems are coordinated so that they help one another. In Hatha Yoga the body flexible and able to adjust itself easily to change of environment. In Hatha Yoga, yogic breathing system known as pranayama has great importance in games and sport pranayam improve the cardiovascular circulatory and respiratory system which is influences of positive effect for the sports person, Pranayam means control and regulation of breath.

**Keywords:** hatha yoga, stretching, meditation, asanas and pranayamas

### **1. Introduction**

Hatha Yoga is powerful. But difficult whole principle of action is founded on an intimate connection between the body and soul. Hatha Yoga is in its own way a system of knowledge. This is a science of being a psychophysical system. Hatha & Yoga is a discipline and its aim is to ensure perfect health by physical and mental purification through the control of mind and body. If there is balance and harmony between the body and mind the power of concentration can be developed. Leading to the realization of the self. It I the greatest strength to awaken the mind and animate the body.

Hatha Yoga means to attain physical and mental purification and balance it is the most common Yoga. The aim of the Hatha Yoga is to climate toxin an impurities with the body that accumulate due to dietary habit. Once the toxins are eliminated the body reaches a state of purification which helps to bring about a state of balance in the functioning a performance of the internal organs and system.

According to Sanskrit, "Ha" means "Sun i.e. positive energy. The word "Yoga comes from the Sanskrit root. "Yug" meaning to link join or unite yoga Composed of three inseparable factors are as:

1. Control of mind.
2. Pranayama ( Control and regulation of breath)
3. Asanas ( Body Postures)

Stretching is and king of exercise adapted from Hatha Yoga to suit the physiology requirement of human beings as well as sportsman specially for the stitching of music involved in game and sports or in any vigorous physical activity of the nature thereby increasing range of motion flexibility and relaxation yoga stretching coupled with deep breathing is a relaxation process based on the harmony of both min and body (Psychosomatic) relationship, one of the cordial principles of Hatha Yoga.

## 2. Role of Hatha Yoga

In Hatha yoga, muscles and bone, nervous, glandular, reparatory and circulatory systems are coordinated so that they help one another. In Hatha Yoga the body flexible and able to adjust itself easily to change of environment. The sympathetic and parasympathetic system are brought into a state of balance so that the internal Organs are neither overactive nor underactive, the endocrine system is controlled and regulated to secrete the Harmon from the glands in a balance qualities. Hath Yoga is the scientific method exercise for controlling tension, anxiety and other negative of the sportsmen based on the rules governing the working of the muscle in the body which are under the control of the will.

The Yoga stretching is not to be mistaken as a vigorous exercise. The scientific Stretching programming has been evolved from the various postures of Hatha Yoga traditional asana is Hatha Yoga demand only static state in the final stage of every asana. Whereas stretching for sportsman can have static state as well as dynamic state in certain stretches. Asanas do not advocate any further movements once the practitioner comes to the final stag of the asana. But in stretching a sports man can come into dynamic state from static state for example, in stretching by remaining in the basic shoulder head postman (Sarvanga of Asana) Players can to splitting of legs, cycling twisting of hips etc. Sportsman will be benefit by cycling while remaining on the shoulder stand position and also by the stretchy remaining on plough. This will help them relax after long hours of standing games by accelerating the circulation of blood through all the tired parts of the body including brain following are the few stretching exercise good for sportsman and enhance perform ace where as flexibility are required specially.

1. Matsyasana is provide the stretches from spine and fish posture.
2. Ustrasana is provide the stretches based on camel posture.
3. Sarvangasana is provide the stretching based on anterior stretch posture and unilateral foot shoulder posture.
4. Vaisasan is provide the stretching based on posterior stretch posture.
5. Chakrasana is provide the stretching based on wheel posture.
6. Halasana is provide the stretching based on shoulder stem pose and plough
7. Dhanurasana is provide the stretching based on bow posture.
8. Bhadrasana also used to knee thing and groin stretching.

In Hatha Yoga, yogic breathing system known as pranayama has great importance in games and sport pranayam improve the cardiovascular circulatory and respiratory system which is influences of positive effect for the sports person, Pranayam means control and regulation of breath.

“Prana” is a Sanskrit work, which means “Vital Force” it also signifies life of breath “Ayana. Means the control of the pran so pranayama the control of the force (Prana) by concentration and regulated breathing.

Prana is the vital power or fierce, which is motivating every element of the earth and is the airgun of the force of though. The objective of pranayam is to inspire. Motivate. Regulate and balance the vital force prevailing the body. It cleanses the body and knowledge I manifested pranayam is called the soul of Yoga Bathing I necessary for purifying the body similarly, pranayama is essential for purifying the mind. The prevalent aim of pranayam sports I to strengthen the nervous system. It also increases the concentration power of mind.

The important components of pranayam are:

- Puraka means to inhale to breath.
- Reachka means to exhale the breath.
- And Kumbhaka means to retain the breath.

## 3. Discussion

Hatha Yoga provides physical and mental relation for sports in the playing field is very much necessary to produced the desired results. Especially physical and mental at the time of critical junctures during the actual competition can be a boon to the sports persons, Nervousness can be detrimental in sports situation. Those players. Who have learnt to relax physically and mentally at critical junctures such as in the game situation, have better chances of wining. now, how to achieve the best nervous state ? the answer is by learning to relax physically and mentally. In other words by controlling tension based on the rules governing the working of the muscles in the body which are under the control mind Yoga stretching and full deep breathing are scientific methods of controlling tension.

What are the factors leading to tension and its consequences? There are quiet a few highly emotional and nervous sports persons who suffer from insomnia and irritation before competition and show unsupportive attitude towards their rivals and officials etc. they are basically emotional either conditioned their post. Then there is another type of sports person prone to become tensed during the competition. With the result they fail to give their best performance.

Physical and mental tension leas to the loss in self-confidence. Bad temper. Foul play and committing mistakes, which in the normal relaxed state they would not done they are several crucial situations in competition where a relaxed mind and body will enable to player to achieve your top performance.

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