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Impact and effect of yogic practices in game and sports: Review of researches in last decades

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Abstract

The yoga is the ultimate technique which produces a marvellous change in the life style. The criminal nature of the unsocial elements can be changed by yoga. The sentiment of dissatisfaction egotism, anger, greediness, attachment etc. are the root cause of crime, when a person being aware and conscious by yoga practice recognizes its basic nature and suffering gained by the ill statement then a change appears in his mind and he live a decent social life, which is full of softness, piousness, friendliness and happiness. In this paper, impact and yogic practices in game and sports were reviewed in last decades. The significance of the reviewed was yogic practices and training is considered effective in improving physiological and psychological balances of the players. Yoga plies an important role by bringing the therapeutic effect in asthma, diabetes, hypertension and respiratory troubles. Some yoga has both preventive as well as curative value. Positive changes in the life style of the people can be brought through yoga. During the period of education, Yoga can make them aware of their bodies and further make them realize the need of physical and emotional wellbeing. Yoga controls one of sense resulting in an integrated personality and behaviour can be moulded properly leading to balanced personalities. Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practicing of yoga asanas strengthen the muscles, release physical tension and improve concentration and poise. Yoga makes limbs balanced strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of body and brings peace and calm to the mind and spirit.

Keywords: Yogic practice, game and sports

Introduction

The yoga is the ultimate technique which produces a marvellous change in the life style. The criminal nature of the unsocial elements can be changed by yoga. The sentiment of dissatisfaction egotism, anger, greediness, attachment etc. are the root cause of crime, when a person being aware and conscious by yoga practice recognizes its basic nature and suffering gained by the ill statement then a change appears in his mind and he live a decent social life, which is full of softness, piousness, friendliness and happiness.

As the modern life is full of stress and tension, people are realizing the need of relaxation and mental calm. From ancient times the sages have developed various systems of yoga which is practiced properly give rest to your mind and body and refresh them. Yoga is universally benefiting all the peoples of all ages. The study is fascinating to those with the philosophical mind as is defined as the silencing of the mind's activities which leads to complete realization of the intrinsic nature of the Supreme Being. It is a practical holistic philosophy designed to bring about profound state of well-being is an integral subject. Which takes into consideration man as a whole? The word yoga is derived from 'Yuj' that means union of merger. The merger of soul with God and the experience of oneness with Him are meant by yoga. B.K.S. Iyengar states that, "Yoga is a timeless practice since over thousands of years dealing with physical mental and spiritual wellbeing of human society as whole."

Importance of Yoga

Yoga is a complete science of life that originated in India thousands of years ago. It is considered the oldest system of personal development in the world encompassing body, mind and spirit.

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Yoga harmonies our growth through balance and it promotes the total development. The great sage Patanjali systematically presented the science of yoga in the form of 195 'Sutras' the aphorisms. The eight fold path of Patanjali consists of Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi. Of these Yama and Niyama are the do's and don'ts of essential for the development of an individual. They provide the values to the students and bring forth the hidden potentialities in them. Yoga exercises will promote inner health and harmony by providing proper exercise and rhythm to every part of the body machine. They also enable us to have complete control over both our bodily functions and mental activity, so that one can always maintain good health. Yogasanas form the best system of physical culture. Regular practice of asanas tones up the nervous system, endocrine glands, blood circulation, digestion, excretion and respiration. The body becomes supple, light and full of vigour. A sound mind dwells in a sound body. Therefore, the practice of asanas ensures mental health too.

Benefits of Yoga

The physiological benefits one can derive from the consistent and continuous practice of the meditative techniques are to enjoy a stable automatic nervous system equilibrium with a tendency towards Para sympathetic nervous system dominance rather than the usual steers induced sympathetic nervous system dominance while the pulse rate, respiratory and blood pressure decreases the blood pressure which is of special significance for hypotensive actors.

Mediation also results in the decrease of galvanic Skin response EEG alpha waves (theta delta and beta waves above increase during various stages of meditation). The cardiovascular and respiratory efficiency increases resulting in the increase of respiratory amplitude and smoothness, tidal volume, vital capacity and breathe holding time.

Meditation executed in proper mode and mood ensures normal functioning of all the gastrointestinal components the proper endocrine and excretory functions is improved the increasing.

Musculo- skeletal flexibility and joint range of motion adds to the normal health of an athlete. The personality outward appearance of the athlete with the correct and proper posture improves the image of the person. There are umpteen numbers of benefits that indirectly help both the budding and the successful athlete in their quest for more laureates from their performance.

The consistency in achieving distinctions and triumphs in the competitive world is quite possible only with the normal and healthy physical strength and resiliency achieved through increase in both physical and mental endurance power the normal weight the increase in energy level more and believe unperturbed sleeping the immunity and the decrease in pain are other benefits derived from the practice of meditation the balanced well maintained physical health is the sound basis for physical feats of incomparable nature and measure.

Meditation indirectly silently and permanently paves ways for power, effective and creative results by sportsmen in different fields by virtue of mental health and fitness. The physical features are the real, the unseen factors influence and contribute to stunning performances. Meditation saves and ensures the conservation and utilization of energy general tied through equilibrium serenity and stress free mental attitude and approach to the targets one professed to achieve.

Impact and effect of yoga in game and sports

The practice of yoga helps individuals including sports persons to achieve higher physical, mental, emotional and

energy levels. It enables them to realize the importance of life beyond the result of sports and games. At the physical level asanas, kriyas, mudras and pranayama stabilize and balance the lop-sided physical drills necessary for sporting activity. Yoga plays vital role in improving the physiological conditions of vital organs namely cardiovascular, respiratory, digestive, eliminative, endocrine, nervous and muscle-skeletal system. It also strengthens, clean and purify the body consciously.

Like physical and physiological condition Yoga plays crucial role in enhancing the psychological condition of individuals including sports persons such as reduce anxiety, aggression, tension, ego weakness, feeling guilty, frustration. It leads individuals to complete wellbeing (physically, physiologically, and psychologically as well). With the practice of yoga individual feels fresh, relaxed and full of vitality remarkably. Asana contribute more on body while pranayama expands the consciousness. The functional characteristics of lung improved as a result of yogic exercise. The following last decade reviews explain the impact and effect of yogic practices in game and sports.

Dharmaraj and Pushparajan (2017) ^[3] investigated the impacts of shifted frequencies of Yogic Practices on the improvement of physiological factors of Middle Aged Men. In the investigation, the outcome demonstrated that the physiological factors diminished the pulse because of the yogic practices.

Elumalai and Venkatachalapathy (2017) ^[4] studied the effect of yogic practices on tidal volume and anxiety among middle aged men. The results of the study that yogic practice has increased the tidal volume and decreased the anxiety significantly. It was found that there was a significant difference was occurred between the yoga practice group and control group on tidal volume and anxiety.

Engarsal and Duraisami (2017) ^[5] investigated an exploratory study of low back pain among the yoga practitioners and non yoga practitioners in relation to specific life style factors. The findings of the study were the selected yogic practices group than the control group has significant ($P < 0.05$) effect on the anger and heart rate level.

Jelastin and Rufus (2017) ^[6] examined the effect of yogic packages and mobility training on selected psychological variables among volleyball players. The major findings of the study were the yogic packages group had shown significant improvement in all the selected psychological variables among volleyball players after undergoing yogic packages for a period of twelve weeks. The mobility training group had shown significant improvement in all the selected psychological variables among volleyball players after undergoing mobility training for a period of twelve weeks.

Kalaiarasi (2017) ^[7] assessed the effects of aerobic dancing and yogic practice on psychological variables among college women students. The pre and post-test random group design was used. ANCOVA was used to find out significant adjusted post-test mean difference of three groups with respect to anxiety and Scheffe's post hoc test was used to find out pairwise comparisons between groups with respect to anxiety and self-confidence.

Kumar and Jothi (2017) ^[8] conducted a study to find out the effect of yogic practices with and without green tea supplementation on selected health related physical fitness variables among obese men. The findings of the study were the yogic practices with green tea supplementation group and yogic practices without green tea supplementation group produced significant changes in health related physical fitness

variables. The 't' values of the selected variables have reached the significant level.

Nathiya and Ramesh (2017) ^[9] examined the influence of influence of varied packages of yogic practices on blood sugar among overweight school boys. The findings of the study were the level of significance to test the 'F' ratio obtained by the analysis of covariance was fixed at .05 level of confidence which was considered as an appropriate. In testing post test mean difference among the three groups statistically significant on blood sugar was found. In testing the post adjusted mean among the three groups also predicts the above result.

Prashanth and Sivakumar (2017) ^[10] studied the effect of yogic practice and aerobic exercise on selected physiological variables. The study found that the analysis of covariance (ANCOVA) was used to find out the significant difference if any, among the experimental groups and control group on selected criterion variables separately. Since there were three groups involved in this study the Scheff's test was used as post-hoc test. It was concluded from the result of the study that the yoga practice and aerobic exercise has positively altered the criterion variables, such as, vital capacity and blood pressure (both systolic and diastolic).

Maheswari (2017) ^[11] studied the effect on hatha yogic sadhana with and without diet counselling on dining habits among obese children. The major findings of the study were the Hatha yoga sadhana with diet counseling, hatha yoga sadhana without diet counseling had significant ($P < 0.05$) effect on the dining habits level.

Kasirajan and Karupiah (2016) ^[9] examined the effect of yogic practice on selected physical variables among school level handball players. The findings of the study showed that there was a significant difference between the post-test and adjusted post-test of Flexibility and Cardio respiratory endurance.

Chandrakumar & Ramesh (2016) ^[1] determined the best training packages among the yogic practices, aerobic exercise and interval training on selected health related physical fitness namely cardio respiratory endurance and flexibility among school boys. The results showed that the significant mean difference does not exist among the experimental groups in the pre-test on cardio respiratory endurance and flexibility. In testing post-test mean difference among the experimental groups statistically significant on variables of cardio respiratory endurance and flexibility. In testing the post adjusted mean among the experimental groups also predicts the above result. In comparing the effect the YPG showed better performance on flexibility. In comparing the effect the AEG and ITG produced similar effect on both the variables.

Karthikeyan (2015) ^[8] influenced of asana with meditation on selected haematological variables among residential school boys. The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of six weeks of asana with meditation practice. The asana with meditation practice group has showed better performance on HDL, LDL and explosive power than the control group.

Parkhad *et al.* (2015) ^[13] determined the effect of yoga training on cardiovascular response to step test and its time course after exercise in normal adolescent girls. The findings of the study revealed that after 6 months of yoga training, exercise induced changes on these parameters were found to be reduced significantly. It is concluded that after yoga training a given amount of exercise leads to a milder cardiovascular response, suggesting better exercise tolerance.

Exercise produced a significant increase in HR, systolic pressure, RPP, and DoP, and a significant decrease in diastolic pressure.

Kumar and Chandrasekaran (2015) ^[10] investigated the effect of varied combinations of yogic practices on physiological variables of school boys of Kuwait aged 13-15. The result of the study reveals that there was a significant improvement in the experimental group on selected variables when compared to the control group after the completion of twelve weeks of varied combinations of yogic practices.

Chidambararaja (2014) conducted a study to find out whether yogic practices or aerobic exercises enhancing the physical, mental and physiological fitness of middle aged men. The result of the study that yogic practices and aerobic exercises groups have improved ($P < 0.05$) all the criterion variables, such as, strength endurance, self-concept and decreased the blood pressure (both systolic and diastolic). Moreover there was no significant difference ($P > 0.05$) was found between the experimental groups on selected criterion variables.

Manikam, (2011) investigated the influence of strength training package with and without yogic practices on selected psychological and technical skills among collegiate football players. The results showed that strength training with yogic practice group showed significant improvement in all the selected psychological and technical skills of the players compared to other groups.

Saroja (2011) ^[16] conducted a study to find out the effect of yoga practice, physical exercise and combination of yoga practice, physical exercise on selected motor ability components and physiological variables among college men students. This study concluded that the level of flexibility improved greatly by selected yogic practices than that of physical exercises, and combined training of yogic practices than that of physical exercises and endurance. Physical exercises improved the cardio respiratory endurance greater than yogic practices. Yogic practices improved the resting pulse rate when compared to physical exercise.

Alagesan *et al.*, (2010) conducted a study on effect of yogasana on selected physical fitness parameters such as strength endurance and flexibility. The results of the study showed that there was a significant difference between yogasana group and control group on selected criterion variables such as strength, endurance and flexibility. Also it was found that there was a significant improvement on selected criterion variables due to yogasana.

Surenthini and Karthikeyan (2010) ^[8] conducted a study to find out the effect of yogasana on selected physical and physiological parameters. The results of the study showed that there was a significant difference between yogasana group and control group on selected criterion variables such as leg strength and breath holding time. And also it was found that there was a significant improvement on selected criterion variables namely leg strength and breath holding time due to yogasana.

Rajakumar (2010) ^[15] in his study analyze the impact of yogic practices and physical exercises on selected physiological variables among the inter-collegiate soccer players. The results of the study stated that yogic practice group showed significant improvement due to twelve weeks training on resting pulse rate, breath holding time and peak flow rate compared to the physical exercise and control group. In the overall training, effects in terms of improved number of physiological variables and their magnitude of improvement through training, yogic practice group was found to be the better group.

Significance of the reviews

Yogic practices and training is considered effective in improving physiological and psychological balances of the players. Yoga plies an important role by bringing the therapeutic effect in asthma, diabetes, hypertension and respiratory troubles. Some yoga has both preventive as well as curative value. Positive changes in the life style of the people can be brought through yoga. During the period of education, Yoga can make them aware of their bodies and further make them realize the need of physical and emotional wellbeing. Yoga controls one of sense resulting in an integrated personality and behaviour can be moulded properly leading to balanced personalities. Yoga can help to check any imbalance in muscular development and will enable both mind and body to function more efficiently. Practicing of yoga asanas strengthen the muscles, release physical tension and improve concentration and poise. Yoga makes limbs balanced strong and relaxed. The standing poses improve balance and muscle flexibility. Yogic practice can help players to relax and replenish their energy after strenuous games. It also promotes calm, clear thinking even in situations that call for fast reactions. Yoga stretches and strengthens all muscles of body and brings peace and calm to the mind and spirit. Dharmaraj *et al.* (2017)^[3], Elumalai *et al.* (2017)^[4], Maheswari (2017)^[11] Parkhad *et al.* (2015)^[13] revealed that after yoga training a given amount of exercise leads to a milder cardiovascular response, suggesting better exercise tolerance. Exercise produced a significant increase in HR, systolic pressure, RPP, and DoP, and a significant decrease in diastolic pressure. The investigator reviewed a number of studies related to yoga and pranayama. Sharma r, Gupta N, Bijlanirl (2008), Vempati RP, Sharma r, Bijlanirl. (2006), Chen TL, Mao HC, Lai CH, li CY, (2009), Chen KM, Chen Naveen Kv.(2009), Joshi M, telles S. (2008), Mandanmohan, Jatiya L, (2003), (2008), Telles S. (2009) Kazuhiko Moji, *et al.* (2003) Mashiko T, umeda t (2004), weber (2006 Carola Klarholz, (2007), (2010), Alagona G *et al.* (2010) examined on effect of yoga and pranayama, yoga and pranayama among players, role yoga and pranayama among players, effect of bio-chemical variables and physiological variables among sports players.

Conclusion

Sport training is a systematic process which enhances the physical and mental capacity of individual to fulfill the demand of sports and games. Sports training aims at improving the performance of sports persons. The sports performance depends on several factors and sports training aims to develop. Sport training is a physical, technical, moral and intellectual participation or performance with the help of physical exercises. It is a planned process for the participation of athletes and players to achieve top-level performance. As a training season develops, compressive conditioning work for the strength of endurance will gradually form a transition into an emphasis on par with a substitution of intensity of volume in determining the total load.

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