

THERAPEUTIC APPLICATION OF YOGA: A STUDY ON SPORTS MAN

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Abstract: Today large numbers of publications are available studying various aspects of yoga in health, disease and for sports man also. Several schools and organizations of yoga have emerged over time to time. If you are a competitive athlete, it is best to tailor your yoga practice to your training schedule because a particular sport can develop certain muscle groups while ignoring others. Over time, the process causes imbalances in the muscles and joints, leading to overuse injuries. Yoga helps the muscles, tendons, and ligaments move through a full range of motion, thus cultivating balance and core strength which is a huge benefit to athletes in their chosen sports. It places a substantial burden on the workforce and the health care system. It's proven very difficult to pleasure, and it is one of the most commonly reported reasons for the use of complementary and alternative medicine. Many different methods of Yoga exist and each has its own technique for preventing and treating disease. Yoga systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Yoga works as a therapy on back pain, carpal tunnel syndrome, cervical spondylosis, fibromyalgia and chronic pain. This article describes the rationale and method for the therapeutic application of Yoga for health and diseases. And it is worked as a remedy of some diseases which are not best for our bodily life. So yoga practice is an important part for the healthy life.

Key Words: Yoga, health, sports man, therapeutic and sports injuries.

1. INTRODUCTION:

1.1 Yoga:

Despite more than a century of research, we still don't know much about the earliest beginnings of Yoga. We do know, though, that it originated in India 5,000 or more years ago. In the ruins of the big cities of Mohenjo Daro and Harappa, excavators found depictions engraved on soapstone seals that strongly resemble yogi-like figures. Many other finds show the amazing continuity between that civilization and later Hindu society and culture.

The conceptual background of yoga has its origins in ancient Indian philosophy. There are numerous modern schools or types of yoga (i.e., Iyengar, Viniyoga, Sivananda, etc.), each having its own distinct emphasis regarding the relative content of physical postures and exercises (*asanas*), breathing techniques (*pranayama*), deep relaxation, and meditation practices that cultivate awareness and ultimately more profound states of consciousness. The application of yoga as a therapeutic intervention, which began early in the twentieth century, takes advantage of the various psychophysiological benefits of the component practices. The physical exercises (*asanas*) may increase patient's physical flexibility, coordination, and strength, while the breathing practices and meditation may calm and focus the mind to develop greater awareness and diminish anxiety, and thus result in higher quality of life. Other beneficial effects might involve a reduction of distress, blood pressure, and improvements in resilience, mood, and metabolic regulation.

Khalsa stated that a majority of the research on yoga as a therapeutic intervention was conducted in India and a significant fraction of these were published in Indian journals, some of which are difficult to acquire for Western clinicians and researchers. In their bibliometric analysis from 2004, they found that 48% of the enrolled studies were uncontrolled, while 40% were randomized clinical trials (RCT), and 12% non-RCT (N-RCT). Main categories which were addressed were psychiatric, cardiovascular, and respiratory disorders.

Yoga is the most important and valuable gifts of our culture. The modern era with the development of science and technology provides man more comforts for his basic necessities, but with these comforts man faces lot of problems, which cannot be solved only by the above facilities. Today, the world is looking for solutions to solve the menacing problems of unhappiness restlessness, emotional, imbalance, hyper activity, tension, stress etc. Now, the time has come to think of a change in attitude and take a new dimension to solve the problems. There is the importance of Yoga and spiritual love. Yoga is the gift of our rishi culture, is a science and art of pure life style. Yoga

offers man a conscious process to solve his problems. Yoga helps the man to evoke the hidden potentialities of man in a systematic and scientific way by which man becomes a fuller individual in this universe.

1.2 Yoga as a Therapy:

Yoga Therapy is that facet of the ancient science of Yoga that focuses on health and wellness at all levels of the person, physical, psychological and spiritual. Yoga Therapy focuses on the path of yoga as a healing journey that brings balance to the body and mind through an experiential understanding of the primary intention of yoga: awakening of Spirit, our essential nature. The Healing journey is unique to each individual and Yoga Therapy therefore selects, adapts and modifies the practices of yoga appropriately for the individual with respect to age, culture, religion, and specific physical challenges and conditions to facilitate optimal health and healing of the body/mind.

The Yoga therapy process begins with a thorough description of the student's present status at physical, psychological and spiritual levels. It takes into consideration the student's Ayurvedic constitution, specific areas of physical and psychological strength and weakness, the role of stress and areas of separation in the life of the student. It then looks at which facets of yoga would facilitate optimal wellness and finally designs a program of yoga practice to meet the needs and goals of the student. There are so many steps by which yoga achieved as a therapy which are as follows-

i. Improved Strength

Routine and consistent practice of the various yoga asanas has helped me build strength and improve lean muscle mass. Most notably with respect to several muscle groups under-utilized in my chosen athletic disciplines of swimming, cycling and running. These gains have enhanced core body stability and significantly impeded overuse injury by strengthening the supportive but otherwise under-developed muscles surrounding the more utilized muscles, creating a more balanced and optimally functional overall strength.

ii. Balance

As a swimmer, I have always been rather flexible. But my balance is historically horrible. But through a consistent yoga practice, my coordination and balance have improved immensely. Why is this important? Better balance and coordination means enhanced control over how I move my body, which in turn leads to better technique and form -- the brass ring every athlete spends a career refining, whether your focus is a swim stroke, golf swing, running stride, and jump shot or wrestling move.

iii. Flexibility

Yoga invariably improves joint and muscular flexibility, which is crucial to the body's overall structural soundness. Enhanced joint and muscle pliancy translates to a greater range of motion, or an increase in the performance latitude for a particular movement or series of movements. For example, a swimmer with supple shoulder and hip joints is able to capture and pull more water than a swimmer with a more limited range of motion. The result is more forward movement per stroke as well as enhanced muscular economy. In turn, this increased range of motion provides a greater ability to strength condition a particular muscle group due to the amelioration in overall force that can be exerted with each movement. And although there is some dispute about the advisability of "over" stretching (for runners in particular), I remain a huge advocate, finding that the more I work to maintain my flexibility (something that wanes with age), the less likely I am to suffer an overuse injury.

iv. Free Your Mind

The ability to create a stress free mind is a significant benefit of yoga practice. The physical practice is used as a tool to enhance breath control, which helps improve focus and concentration, allowing clarity of thought and clear decision making. A valuable tool in any sporting arena. Mental practice in any sport will teach you how to gain control of your emotional states, so arousal levels and anxiety don't impede your performance.

2. YOGA AND MEDITATION: ALTERNATIVE TREATMENT:

The Yoga therapy as a form of disease management which creates physical, mental and emotional balance in the body Populace from all age groups are becoming busier to yogic exercises for their option medicinal value, commonly known as yoga therapy. A number of diseases are being treated through this therapy, at least to a definite extent. Some of these ailments are migraine, asthma, anxiety, depression, back pain, neck pain, diabetes, digestive disorders, obesity, blood pressure, chronic fatigue and many more. Yoga Therapy hearts on the technical aspects of aasanas to aim particular body parts to heal disease. There are many mental and physical disorders commonly seen in youngsters which are being cured by therapeutic yoga exercises - problems like thyroid and survival, stiffness, mood swing and hormonal changes, which are easily being cured with exercises like neck rotation, half fish pose, sarp asana, bhujang asana, gomukh asana and pranayam. Another major problem seen in youngsters and early childhood is migraine which is caused due to emotional stress. It can be cured with pranayams, bhujang asana and camel pose, she further explained. Malhotra ,2012).

Meditation has great potential for preventing cognitive and memory decline because of its stress reducing effects. Stress is related directly to the levels of cortisol in the body, which in turn is well-known for its toxic effects on the hippocampal cells (Starkman et al, 1999) critical for the normal memory function.

The effectiveness of *Hatha Yoga* has been studied in improving symptoms of Carpal Tunnel Syndrome (CTS) in a randomized, controlled trial. Garnfinkel *et al.* (Garfinkel *et al.*, 1998) studied 42 individuals with CTS who were given eight weeks of *Hatha Yoga* sessions with a control group receiving a wrist splint to supplement their current treatment. In one randomized potential study, yoga was compared to sport climbing for its' therapeutic value in treating Multiple Sclerosis. These are two forms of aerobic exercises assessed for their effects on spasticity, cognitive impairment, depression, and fatigue. Bell and Seyfer have described specific adaptations of yoga postures that can be utilized by people with limited mobility due to neurological conditions such as multiple sclerosis and stroke.

“In recent years Hong Kong has seen a huge ‘yoga’ surge; yoga has become faster, harder, more - subsequently resulting in the unfortunate increase of yoga related injuries. The practice of Hatha Yoga is without doubt an excellent practice for maintaining general health and wellbeing. However, in the classroom, the desire to do the poses regardless of an individual’s actual ability can easily give rise to functional imbalances and compensatory patterns in their body which may result in a decreased range of movement, pain or even injury. This is especially significant where there is stress, bad posture or other complications. Therapeutic Yoga is not merely for yoga enthusiasts but for anyone who recognizes and values the importance of a body that moves with grace and stability.

Therapeutic yoga practice builds balance, ease, strength and better functional movement. It is an effective restorative blend of biomechanics, kinesiology, anatomy, physiology and pure awareness. And, when coupled with the ancient wisdom of the yogis then there is a unique formula for maintaining mind-body balance through movement, breathing and stillness. Although the benefits of Hatha Yoga can also be applied to Therapeutic yoga, Therapeutic Yoga is especially suitable for those who are experiencing aches and pains in their joints, reduced range of motion, restrictions due to injury or surgery etc. Its effects go further than the ‘mat’. The practice can be carried through one’s daily activities from low activity - sitting at a desk to the high activity of sports” (Jan Moor, 2011).

3. EVIDENCE ON RESEARCH ON YOGA AND THE APPLICATION AS THERAPEUTIC METHODS:

The earliest medical studies of Yoga were conducted at the Yoga Institute in Santacruz, Bombay. The Institute was founded in 1918 by Shri Yogendra as a research and educational organization and today is directed by his son Jayadeva Yogendra, Ph.D., who is also the editor of the quarterly magazine *Yoga and Total Health*, now in its forty-second year of publication. Another well-known Indian Yoga research institution is Kaivalyadhama in Lonavla, which was founded in 1924 by Swami Kuvalayananda, who also launched *Yoga-Mimamsa* journal.

Over the years, numerous medical studies have been carried out that typically bear out the modest-to-moderate claims made by Yoga authorities. These range from Yoga’s beneficial effect on physical flexibility, muscle tone, and stamina to poor eyesight, obesity, indigestion, back pain, hypertension, various respiratory diseases, sinusitis, arthritis, diabetes (I and II), as well as anxiety, nervousness, attention deficit, and memory loss.

Hatha yoga has a lot to offer to correct this misalignment; the standing poses are especially effective. But be forewarned: Misalignments of the knee in various āsanas can amplify the imbalances that lead to injury and can aggravate existing problems instead of correcting them. (2007, Doug Keller)

Traditionally, Yoga was not intended for the imbalanced or sick individual but for the normal person interested in, and capable of, pursuing what Abraham Maslow called B-values. Yoga is not physical or psychological therapy—even though it contains a therapeutic element—but a tradition of psycho-spiritual growth leading to inner peace and freedom. Today, however, in Western countries, Yoga is almost universally pursued as a discipline for fitness and health and has proven to be highly effective as such.

While Yoga’s comprehensive methodology includes many techniques that serve the popular goals of enhancing or restoring fitness and health, its real potency lies in the domain of psycho spiritual maturation, notably at the higher levels of self transcendence and self-transformation through profound meditation. As a psycho spiritual discipline, which also involves a therapeutic component, Yoga can offer an unusually comprehensive and practical perspective on this acute problem in medical care. The yogic perspective is inclusive of the moral and spiritual aspects of human life but also of the practical issues of pain, suffering, illness, and death.

Yoga offers several techniques for reducing pain, including deep relaxation, conscious breathing, visualization, and meditation. Hypnosis also has long been used successfully in dealing with pain. In 1995, a National Institutes of Health (NIH) panel endorsed hypnosis as an effective method for alleviating the chronic pain associated with cancer, irritable bowel syndrome, inflammatory conditions of the mouth, and tension headaches. While Yoga is not identical with hypnosis, some of the mental and neuro-physiological factors utilized in Yoga and hypnosis are similar or the same.

4. YOGA AND HEALTH IN SPORTS:

There are so many advantages in yoga by which a sports man made his strength and ability or capability such as-

1. Strengthens deep connective tissue preventing or minimizing injury.

2. Creates overall body flexibility. Increases range of motion and mobility.
3. Dramatically enhances physical balance by developing the athletes awareness of his body's centre place, thus keeping their body balanced in action, moment by moment, giving the ability to recover from or prevent falls, while enhancing agility and manoeuvrability.
4. Improves circulation, massages internal organs and glands for optimum health.
5. The yoga breath circulates and detoxifies the LYMPH FLUID to speed up recovery time from training 15% faster, eliminating fatigue.
6. The yoga breath builds up increases one's life force energy.
7. Enhances sensory acuity, mental focus, concentration, mental clarity, will power, and determination.
8. Dissolves pre competition anxiety and stress. Helps to balance & manage emotions that could cloud focus, concentration & judgment.
9. Trains the athletes get and stay in the mental zone.
10. Quickens mental response time for more effective game play and strategy.

5. SOME ADDITIONAL BENEFITS OF YOGA IN SPORTS :

There are some additional benefits of yoga which are as follows-

1. Bestows greater powers of concentration and self-control
2. Inculcates impulse Control
3. Helps in rehabilitation of old and new injuries
4. Intensifies tolerance to pain and enhancing mental clarity
5. Boosts functioning of the immune system
6. Enhances posture and muscle tone
7. Improves blood circulation
8. Results in healthy, glowing skin
9. Cleanses and improves overall organ functioning
10. Bestows peace of mind and a more positive outlook to life

6. CONCLUSION:

Now I have concluded that many different methods of Yoga exist and each has its own technique for preventing, treating and remedy of disease. Yoga systematically work all the major muscle groups, including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Yoga works on back pain, carpal tunnel syndrome, cervical spondylosis, fibromyalgia and chronic pain. Finally, I have concluded that yoga as works therapeutic application on different way to the different sports in the modern age. In this regard a slogan may be highlighted as "Live long do yoga". And it is very effective to practice yoga in everyday life not only to the sports man but I think it practiced to all for living healthy life.

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