

# International Sports and Games and the Implications of Yogic Practices: A Review of Recent Studies

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**Abstract:** *Yoga is the most effective way to bring about a positive adjustment in lifestyle. Yoga has the ability to change the criminal nature of the unsocial components. Feelings of unhappiness, egotism, rage, greed, attachment, etc. are the main reasons of crime. Yoga practitioners have a change in awareness and go on to lead respectable social lives filled with compassion, piety, tenderness, and pleasure when they become aware of these sensations and the agony produced by erroneous assertions. This study examined how yoga practices have affected sports and games over the last several decades. Since it included the advantages of yoga poses and training for improving athletes' physiological and psychological balance, the information under study was important. Asthma, diabetes, hypertension, and other respiratory disorders may all be effectively treated with yoga. Some forms of yoga provide internal and exterior benefits. People's lifestyles may be favorably impacted by yoga. During their time at school, kids who practice yoga may become more aware of their bodies and the value of maintaining their physical and mental health. Yoga balances the senses, leading to a well-rounded personality. Additionally, it permits the shaping of acceptable conduct, resulting in balanced personalities. Yoga corrects any imbalance in muscular growth, enhancing the body's and mind's efficiency. Yoga poses build muscle and ease physical tension while encouraging composure and concentration. Yoga leads to limbs that are calm and strong. Standing poses improve balance and muscle flexibility. Yoga is a great way for players to relax and refuel after physically hard activities. It also promotes calm, clear thinking even in situations when prompt action is required. Yoga strengthens and stretches every muscle in the body while calming and relaxing the mind and spirit.*

**Keywords:** Yogic practice, game and sports

## I. INTRODUCTION

Yoga is the most effective way to bring about a positive adjustment in lifestyle. Yoga has the ability to change the criminal nature of the unsocial components. Feelings of unhappiness, egotism, rage, greed, attachment, etc. are the main reasons of crime. Yoga practitioners have a change in awareness and go on to lead respectable social lives filled with compassion, piety, tenderness, and pleasure when they become aware of these sensations and the agony produced by erroneous assertions. Because modern life is so hectic and tense, people are becoming more conscious of the need for mental calm and relaxation. Long ago, the sages developed a range of yoga methods that, when done properly, revitalize and calm the body and mind. Everyone can benefit from yoga, regardless of age. The research will be interesting to philosophical mind, which is defined as the complete comprehension of the fundamental nature of the Supreme Being via the quiet of the mind's activity. It is a crucial subject and a practical, all-encompassing philosophy meant to provide a profound sense of wellbeing, which takes into account all of humanity? The word yoga comes from the phrase "Yuj," which means unification or merging. The goal of yoga is to facilitate the soul's union with God and a feeling of one with Him. "Yoga is a timeless practice since over thousands of years dealing with physical mental and spiritual wellbeing of human society as a whole," said B.K.S. Iyengar.

### **Importance of Yoga**

With its origins dating back thousands of years to India, yoga is a whole science of life. It is recognized as the oldest approach to personal progress for the body, mind, and soul in history. Yoga promotes holistic growth and uses balance to keep our advancement in check. The yoga literature was meticulously transmitted by the ancient philosopher Patanjali in the form of 195 aphorisms called "Sutras." Patanjali's eightfold path consists of the following: Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana, and Samadhi. These have dos and don'ts that are called Yama and Niyama, and they are very important for human development. They assist the students in realizing their own potential and model values for them. Yoga positions provide the ideal amount of movement and rhythm for every part of your body, which may help you reach inner peace and well-being. They also provide us complete control over our actions, both physical and mental, which enables us to continuously maintain outstanding health. Yogasanas constitute the best method of physical culture. Regular asana practice tones the nervous system, endocrine glands, blood vessels, respiration, digestion, and excretion. The body becomes lighter, more supple, and more energetic. A sound body is the foundation of a sound mind. Thus, engaging in asana practice ensures mental well-being as well.

### **Benefits of Yoga**

Physiological benefits, such as a stable autonomic nervous system homeostasis with an inclination toward forward motion, may result from regular meditation practice. Particularly for hypo-me performers, blood pressure is decreased by parasympathetic nervous system dominance rather than the usual stress-induced sympathetic nervous system dominance. Breathing and blood supply both lower blood pressure. While beta and theta delta waves above grow at various stages of meditation, Galvanic Skin Reaction EEG alpha waves likewise decrease throughout meditation. Breathing amplitude and smoothness, tidal volume, vital capacity, and breathing holding time all rise with improvements in cardiovascular health and breathing efficiency. All components of the gastrointestinal system function regularly when meditation is performed correctly and at the appropriate times. Correct endocrine and excretory functions are also boosted. The normal range of motion and musculoskeletal flexibility of an athlete are improved. An athlete is seen more favorably if they keep proper posture and a cheerful attitude. There are several benefits that help both aspiring and experienced athletes get greater accolades for their accomplishments. In the competitive world, distinctions and triumphs can only be regularly attained by normal and healthy physical strength and resilience, which can be attained by an increase in both physical and mental endurance power and the normal weight. Improved immunity, reduced pain, more vitality, and undisturbed sleep are some of the other benefits of meditation practice. Furthermore, balanced and well-maintained physical health provides a strong basis for physical achievements of an unmatched caliber. Athletes in a range of sports may obtain strength, efficiency, and inventiveness via meditation, which quietly and permanently opens doors due to its good impacts on mental and physical fitness. The physical attributes are genuine, and spectacular performances are impacted and enabled by unseen factors. The approach to achieving one's own objectives and the general stability, calm, and stress-free mental attitude are both preserved and guaranteed by meditation.

### **Impact and effect of yoga in game and sports**

Yoga improves physical, mental, emotional, and energy, particularly for athletes. It teaches students that life matters more than sports and contests. Sports demand unequal physical workouts, which asanas, kriyas, mudras, and pranayama stabilize and balance. Yoga improves the nervous, endocrine, digestive, respiratory, circulatory, and skeletal systems. Additionally, it cleanses, strengthens, and purifies the body. Yoga improves mental health, particularly in athletes, as well as physical and physiological health. It may reduce guilt, rage, worry, tension, and ego weakness. It promotes psychological, physiological, and physical well-being. Yoga makes people feel relaxed, revitalized, and energized. Pranayama raises consciousness, whereas asanas concentrate on the body. Yoga improved lung function. Evaluations over the previous decade illustrate how yoga affects games and sports. Dharmaraj and Pushparajan (2017) [3] examined how various yoga frequencies enhanced middle-aged men's physiological characteristics. Yoga reduced the pulse, according to the study. Elumalai and Venkatachalapathy (2017) [4] examined how yoga influenced middle-aged men's anxiety and tidal volume. The research found that yoga lowered anxiety and increased tidal volume. Yoga practice and control groups had dramatically different tidal volumes and anxiety levels. Engarsal and Duraisami (2017) explored

lifestyle characteristics and low back pain in yoga practitioners and non-practitioners [5]. The research found a substantial ( $P < 0.05$ ) difference in anger and heart rate between the yoga group and the control group. Yoga and mobility exercise affected volleyball players' psychological traits, according to Jelastin and Rufus (2017) [6]. The research found that volleyball players in the yoga packages group improved in all psychological aspects after twelve weeks. Volleyball players in the mobility training group improved in all psychological aspects after twelve weeks. Kalaiarasi (2017) examined how yoga and aerobic dancing affect female college students' mental health [7]. Random groups were used for pre- and post-tests. Significant adjusted post-test mean differences in anxiety were identified using ANCOVA, and Scheffé's post hoc test was used to compare anxiety and self-confidence across the three groups. Kumar and Jothi (2017) [8] investigated how yoga affects health-related physical fitness parameters in obese men. The research found significant variations in health-related physical fitness features between yoga practices with and without green tea administration. Select variables' 't' values are significant. Nathiya and Ramesh [9] examined how yoga practice packages affected blood sugar in overweight schoolboys in 2017. The research found that the 'F' ratio, calculated using analysis of covariance, could be checked at 0.05. This level of confidence was appropriate. A substantial difference in post-test mean blood sugar levels was found across the three groups. Evaluation of the post-adjusted mean across the three groups predicts the following result. Prashanth and Sivakumar (2017) [10] examined how aerobic exercise and yoga affected physiological markers. In the study, analysis of covariance (ANCOVA) was employed to assess whether the experimental and control groups differed on key criterion variables. This study employed Scheffé's post-hoc test since it had three groups. The research found that yoga and aerobic exercise improved blood pressure (systolic and diastolic) and vital capacity. Maheswari (2017) [11] examined how hatha yogic sadhana changed obese children's eating habits with and without diet coaching. The research found that both diet counseling and the combination of Hatha yoga sadhana and diet yoga substantially ( $P < 0.05$ ) influenced eating behaviors. Kasirajan and Karupiah (2016) examined how yoga affects school-level handball players' physical attributes [9]. The research found a significant difference between the Flexibility and Cardio Respiratory Endurance post-test and adjusted post-test. Yoga, aerobic exercise, and interval training were shown to be the best training methods for schoolboys' cardio respiratory endurance and flexibility by Chandrakumar & Ramesh (2016) [1]. The pre-test showed no significant difference in cardio respiratory endurance and flexibility between experimental groups. Both cardiovascular endurance and flexibility post-test mean differences were statistically significant between experimental groups. Examining the post-adjusted mean across experimental groups predicts the same outcome. Comparatively, the YPG was more adaptable. The AEG and ITG had similar impacts on both variables. Through asana and meditation, Karthikeyan (2015) [8] studied the impact of haematological variables on residential school boys. The experimental group outperformed the control group on many parameters after six weeks of asana and meditation. The asana with meditation group had higher HDL, LDL, and explosive power than the control group. Parkhad et al. (2015) [13] examined how yoga instruction affected the cardiovascular response to the step test and its time course following exercise in healthy adolescent girls. Six months of yoga training decreased exercise-induced effects in these parameters, the research found. Post-yoga activity leads in a smoother cardiovascular response, suggesting greater exercise tolerance. Diastolic pressure dropped significantly while HR, systolic pressure, RPP, and DoP increased significantly after exercise. Kumar and Chandrasekaran (2015) examined how different yoga practices affected physiological characteristics in 13–15-year-old Kuwaiti males [10]. After 12 weeks of various yogic practices, the experimental group outperformed the control group on numerous parameters. Chidambararaja (2014) examined whether yoga or aerobic exercise may enhance middle-aged men's physical, mental, and physiological fitness. Research indicates that aerobic exercise and yoga practices significantly improve all variables, including strength endurance, self-concept, and blood pressure (systolic and diastolic) ( $P < 0.05$ ). Several criterion variables showed no significant difference ( $P > 0.05$ ) between experimental groups. Manikam (2011) examined how a strength training program with and without yoga postures affected college football players' technical and psychological skills. Strength training with a yoga practice group enhanced all players' psychological and technical skills more than other groups. Saroja (2011) [16] examined the effects of yoga, physical exercise, and the combination of the two on male college students' motor abilities and physiological parameters. The research found that certain yoga postures increased flexibility more than physical exercises or yoga plus endurance training. Physical activities improved cardio respiratory endurance more than yoga. Compared to activity, yoga increased resting pulse rate. Alagesan et al. (2010) examined how yoga positions affect strength, endurance, and

flexibility. The research found significant differences in strength, endurance, and flexibility between the yogasana and control groups. Yogasana also improved some criteria. Surenthini and Karthikeyan (2010) examined how yogasana affects physical and physiological markers [8]. The research found significant differences in leg strength and breath holding time between the yogasana and control groups. Yogasana also increased breath-holding time and leg strength. Rajakumar (2010) [15] studies how yoga and exercise impact intercollegiate soccer players' physiological traits. The yogic practice group improved resting pulse rate, breath holding time, and peak flow rate after twelve weeks of training compared to the physical exercise and control groups. The yoga practice group had the best overall training benefits, as indicated by physiological variables improved and training change.

### **Significance of the reviews**

It is believed that practicing yoga and receiving coaching in it may improve an athlete's mental and physical balance. Yoga is important because it has a therapeutic effect on respiratory problems, diabetes, hypertension, and asthma. There are preventive and therapeutic advantages to certain forms of yoga. People who practice yoga could be able to positively modify their way of life. Yoga may help kids become more conscious of their bodies and comprehend the value of maintaining their mental and physical well-being while in school. Yoga balances the senses, which leads to a cohesive personality. Well-shaped conduct results in well-rounded personalities. Yoga may help to rectify any imbalance in the development of muscles and enhance the efficiency with which the mind and body function. Asanas improve muscular strength, reduce physical tension, and sharpen concentration and poise. Yoga helps to relax and strengthen the limbs. Standing positions improve muscle flexibility and balance. Yoga meditation may help athletes relax and rejuvenate after physically taxing sports. It also promotes calm, rational thought in situations when making judgments quickly is necessary. Every muscle in the body is strengthened and stretched by yoga, which also fosters spiritual and emotional peace. Elumalai et al. (2017) [4], Dharmaraj et al. (2017) [3], and Maheswari (2017) [11] According to Parkhad et al. (2015) [13], a specific amount of activity after yoga training causes a kinder cardiovascular response, suggesting increased exercise tolerance. Exercise showed a substantial rise in heart rate (HR), systolic pressure, diastolic pressure, RPP, and DoP, respectively. The researcher analyzed several studies on pranayama and yoga. (2009), Joshi M, telles S. (2008), Mandanmohan, Jatiya L, (2003), (2008), Telles S. (2009), Sharma r, Gupta N, Bijlanirl (2008), Vempati RP, Sharma r, Bijlanirl (2006), Mashiko T, Umeda T, et al. (2003), Weber (2006), and Kazuhiko Moji The effects of yoga and pranayama, the relationship between yoga and pranayama and players, the impact of biochemical and physiological aspects on athletes, and the use of yoga and pranayama by athletes were all studied by Carola Klarholz in 2007, 2010, and Alagona G et al. in 2010.

## **II. CONCLUSION**

Sport training is a methodical approach that improves a person's physical and mental ability to meet the demands of games and sports. Enhancing athletic performance is the goal of sports training. Sports training seeks to improve sports performance, which is dependent on a number of variables. Sport training is the use of physical activities to support participation or performance in the physical, technical, moral, and intellectual domains. A structured procedure is used to ensure that players and athletes participate and perform at the highest level possible. Compressive conditioning exercises for endurance strength will progressively give way to a focus on par with a substitution of volume for intensity in calculating total load as the training season progresses.

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