

Curative Asana for Sportspersons



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ABSTRACT

Background: Yoga is a science of right living and it works when integrated in our daily life. It works on all aspects of the person: the physical, mental, emotional, psychic and spiritual. The word yoga means 'unity' or 'oneness' and is derived from the Sanskrit word 'yuj' which means 'to join'. Yoga has gained immense popularity during the last few years and today over 30 million people practice Yoga on regular basis. Yoga is the most rapidly growing health movement of today, despite having existed for thousands of years already. Yoga can be a very helpful training for sports. More and more athletes nowadays are turning to Yoga to help improve their performance. Whatever type of sports you are into, you can be sure that Yoga can help you to improve your game.

Basic precautions: While doing yoga precautions should be followed like, practice Yoga early in the morning or evening time with relatively empty stomach. Practice Yoga at least after four hours of heavy meal. You can have meals after half-an-hour of practice. This paper is an attempt to prescribe curative asana for sportspersons having ailment in their body parts like back, knees and ankles.

Key Words: Yoga, Curative Asana, Sportspersons

Introduction

Yoga is a science of right living and it works when integrated in our daily life. It is the union between the mind, body and spirit. It involves the practice of physical postures and poses, which is referred to as 'Asana' in Sanskrit. Our modern day lifestyle is too hectic and puts a lot of stress on us which in turn causes a lot of life style problems like obesity, hypertension, high cholesterol, diabetes etc. Yoga is the answer to all these problems. It offers harmless solutions to these problems in the form of relaxation.

Yoga has gained immense popularity during the last few years and today over 30 million people practice Yoga on regular basis. It is one of the most effective and integrated systems for gaining control and experiencing supreme joy in life.

When we talk about Yoga and sports, you may think that they are very different from each other. Yoga is equals to practice while sports is equals to training. But the one thing that connects these two together is the attainment of whatever aim one wants to achieve. As a matter of fact, Yoga can be a very helpful training for sports. Whatever type of sports you are into, you can be sure that Yoga can help you up your game.

Benefits of Yoga in sports

- Yoga can bring great flexibility to the spine and joints and even help improve balance to your body.
- Yoga will help you to prevent injuries by increasing

flexibility and strengthening muscles.

- Yoga can also help improve your concentration, footwork, strength, and endurance.
- Yoga teaches the discipline of being present in the moment through the physical postures and breath work.
- Yoga helps release stress in your body and mind so the body has more freedom to perform at its best with the least amount of pain.
- Although Yoga provides a lot of benefits for an athlete, some athletes stray away from it because of its philosophical aspect. Sport Yoga focuses on fitness athleticism and makes use of traditional Yoga Poses without combining prayer, chants, and / or Meditation. Likewise, it caters to all kinds of sports.

Basic Precautions While Doing Yoga

1. Always consult your doctor and make sure whether practicing yoga will not worsen the condition of your current physical disability.
2. People suffering from breathing problems should avoid holding their breath (Kumbhaka) while performing Pranayama.
3. Always keep in mind that practicing Yoga in wrong manner or postures will leave adverse effects on your body parts. Therefore do Yoga in a proper manner under the guidance of experienced Yoga instructor to get the positive results.
4. People suffering from heart problem and high or low

blood pressure should always consult the doctor and Yoga instructor before doing any Yoga posture. They should always practice Yoga in front of Yoga practitioners.

5. Avoid doing hard exercises like jogging, cycling, swimming, and weightlifting immediately after Yoga. Take a break for at least 20 minute before starting these exercises.
6. For achieving peace of mind and body relaxation, practice Yoga in a quite place. Practice Yoga amidst greenery and fresh air.
7. Do practice Yoga early morning or evening time with relatively empty stomach. Practice Yoga at least after four hours of heavy meal. You can have meals after half-an-hour of practice.
8. Avoid having excessive amount of tea, coffee, soft drinks, alcohols and spicy fried food as they actuate chemical toxins which lead to stress and illness. Yoga's curative value for various ailments cannot be overlooked. With an established routine of a series of asana, many of the diseases commonly affecting us can be cured and a healthier lifestyle enjoyed by all of us. Keeping in mind the common ailments in sports, researcher had prescribed curative asana for ailments of following body parts i.e. back, knees and ankles.

Backache

The following asana are prescribed for backache.

1. Tadasana: This Asana helps to stretch the spinal cord and is also good for the muscles of the arms, shoulders and the neck.
2. Katichakrasana: This is a rotator asana in which trunk is twisted to both sides.
3. Virbhadrasana: This is the best asana to get relief of stiffness in shoulders and back.
4. Matsyasana: This asana is also known as "fish pose" sit in pad am asana and then lie on back while holding the toes of alternate foot.
5. Dhanurasana: Dhanur means a bow. The hands here are used like a bow-string to pull the head, trunk and legs up and the posture resembles a bent bow.
6. Setubandasana: Setu means bridge bandha means construction. So this is known as bridge pose.

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Knees

1. Trikonasana: In Hindu art, the triangle is a potent symbol for the divine principle, and it is frequently found in the yantras and mandalas used for meditation. The Trikonasana or Triangle Pose concludes the Yoga Postures in our basic session.
2. Utkatasana: During final posture of this asana hips remain little up therefore it is called Utkatasana.
3. Vajrasana: It is also known as strong asana by practicing this pose one can achieve strong posture.
4. Padamasana: This pose is good for curing stiffness in knees and ankles.
5. Janusirsasana: In this posture sit with one leg stretched out on the ground and the other bent at knee. Catch extended foot with both hands and place head on that knee.

Ankles

1. Garudasana: This asana is best for increasing the flexibility of ankles.
2. Vajrasana: To start of the sequence, kneel with your butt sitting on your heels. Make sure your heels don't sickle out to the side too much. Make sure your torso is upright as straight as possible, your tail bone is tucked in and your ribs aren't jutting out.
3. Gomukhasana: In this pose one elbow points to the ground and the other points to the ceiling, and hands are clasped behind your neck or back and then you switch arms.
4. Virasana: With feet apart and sit your tailbone onto the ground. If you're really stiff or new to yoga, or if this feels uncomfortable in your knees, use a support under your buttocks.
5. Sinhasana: Kneel back down, glue one knee against the other and cross your shin bone on top of your calf muscle. Sit like that for a while and switch sides.

Conclusion: To conclude yoga plays fundamental role in achieve optimum performance in sports with help of yogic exercises one can developed all aspects i.e physical, mental, and emotional. Nowadays sports competitions are becoming tough day by day and due to this toughness one needs to be fit in all aspects. Yoga has the power to rehabilitate that injury by means of curative asana. Yoga is a medium which gives mental as well as physical relaxation. Every sport person should include yogic exercises in their schedule.