



## Impact of Yoga Asana on The Flexibility of Sports Players

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### Abstract

Yoga is a science which deals with the health of body and harmony of mind. It can be practiced by the people of any age, creed, relation and casts. The main purpose of yoga is to provide the sound body and tension free sound mind. Its ultimate objective is self-identification and self-realization. Some people erroneously think that yoga is a thing meant for a person who has renounced the world. It is right to say that yoga is a way of life, a means to enjoy complete healthy, happy and peace of life and the best source to enjoy the worldly pleasure.

Patanjali has attempted to define the term 'yoga', therefore, carries the sense of purposeful action, an action undertaken in order to achieve a specific end. From this point of view of their ultimate significance all the Hindu scriptures, indeed the scriptures of all religious may be said to treatises of yoga. The aim of the religion is to bring man towards union with or reintegration into the Supreme Being. "Yoga is that type of education in which we can get all round development of human being through yogic activities like health development, mental development. Physical development, emotional balance, social development and to attain the moksha is called yoga."

The present study deals with the impact of yoga asanas on the physical flexibility of the sports players, the study was conducted the experimental test on the sports players in the Raichur district, Karnataka state. To find out the difference among the sample group due to gender. Four weeks yoga practice class arranged for sample groups the researcher hypothesized that there would be impact of yogic exercises on the flexibility of sports players, and also there would be the difference in impact due to gender difference in the sample group of the study. In this present study fifty male and fifty female sports player taken as sample for the research study all are in same age group, before conducting the test the researcher given details of instructions to the sample group about the study, the statistical tools mean, SD, t tests are used to find out the results of the study to prove the research hypotheses.

**Key Words – Yoga asana, Flexibility.**

**INTRODUCTION** Man is not living in a happy state of mind. Most of the men run after money. Money is everything for the most of them, it is mother, it is father it is God. Some of them keep themselves busy in unhealthy competitions. They want to leave others for behind in the race of how to be ahead of others. So men remain so much busy that he cannot spare a span of time to maintain health. Results of this are that he creates lot of diseases in this body due to lack of exercises. Here, it may be pointed out that yoga is not only

Physical exercises but also a mental exercise through which one can maintain his health with span of time. Yoga exercises can be done even in one's residential room, there are people who have all material comforts and modern amenities at their command but even than their life are full of worries and disturbances. They can not go to bed without taking sleeping pill even the teacher are not exception. Thus, we find that everyone is sick having mental tension in are or another form. Under the circumstances yoga can play a vital role to reduce, eliminate tensions and to maintain motor fitness.

**MEANING AND CONCEPT OF YOGA:**

The word 'yoga' has many etymologically, it means integration. The term Samatva of Bahgaradgita conveys the same meaning certain other terms like hemostatic equilibrium, balance, harmonious development etc. more or less suggest the something. The word yoga has been derived from the root "Yuj". It means to join two thing is known as Yoga. 'Joining Prana and Apana.' Prana is situated in the heart and Apana is situated in Anus. Joining these and talking then to Sahasra Chakra is known as yoga. 'Joining Shakti with Shiva' 'Joining Soul with God.' 'Joining moon with sun.'

The science which gives us knowledge about all these is called the science of yoga.<sup>1</sup>

The Geeta defines<sup>2</sup> yoga as the eventless of temper "Sidhyasidhayoh Samo Bhuta Samatvan yoga uchyate"

**(a) Definition of Yoga:**

According to Patanjali<sup>3</sup> "Yogashchitta vritinirodha" i.e. withdrawal of sense organ from the worldly objects and their control is yoga. Therefore, it can be said that control of sensory and motor organs and mind, is called yoga.

According to Geeta<sup>4</sup> "Yogakaramsukaushlam" To get excellence and the perfectness in any Karama is yoga. Patanjali has attempted to define the term "yoga" therefore carries the sense of purposeful action, an action undertaken in order to achieve a specific end.

J.P.N. Misra (1999)<sup>7</sup> points out more clearly linequistic meaning as 'yoga is derived from the Sanskrit root' yuj' which means to joins or to bind, to attach. It also means 'to direct' and to concentrate on a particular point of thought', 'to work in full attention of mind and body.' It is a true union of 'Atma with Parmatma'. This union also includes physical mental, intellectual and spiritual faculties of a human being.

Euther Mishra cited the words of Mahadev Desai as, 'it is the yoking of all the powers of body, mind and soul to God'. He says, "This means the disciplining of the intellect, the mind, the emotion the will, that yoga. Presupposes, it means a poise of the soul which enables one to look at life in all its aspects evenly."

Practically speaking yoga is a science which deals with the health of body and harmony of mind. It can be practiced by the people of any age, creed, relation and casts. The main purpose of yoga is to provide the sound body and tension free sound mind. Its ultimate objective is self-identification and self-realization. Some people erroneously think that yoga is a thing meant for a person who has renounced the world. It is right to say that yoga is a way of life, a means to enjoy complete healthy, happy and peace of life and the best source to enjoy the worldly pleasure.

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### **History of Yoga:**

Yoga is born with Indian culture. The ancient history support that our Rishi Moonies and Sadhus had a great practice of yoga and its activities. Their activities turned to inward study the mind and the soul and to explore their vast, almost infinite, potentialities. In this sphere the ancient yogis had, age ago, found out that control of 'chit' which includes mind intellect, ego and soul is only powerful means for yoga and they enthusiastically pressed its study to utmost. They then systematized their findings into a science of yoga.

The aim of yoga itself is integration of personality in all aspects. In order to help the development of such integration various techniques are employed. Those techniques or practices enjoined in yogic literature and handed down in different traditions also go under the name of Yoga. At the heart of the traditional Indian Philosophy, in Yoga lies the concept of the union of the soul with God and the consequent attainment of liberation achieved through yogic practices and the 'yogic way of living'. With the advent of materialism, commentators sought a compromise by calling it a way of improving mental capacity. Today with its increasing popularity all over the world, the term has become a misnomer: people mostly take to 'yoga' looking for help in physical ailments. For the common man, 'yoga' has become primarily a matter of physical exercises only.

### **Yoga in Upanishad and Vedanta:**

India is acknowledged the country of the origin of yoga where for hundreds of years it has been a part of man's activities directed towards higher spiritual achievements. To describe yoga, even in Indian terms, requires research into its past history and present situation, observed Singh (1999). It has been rightly pointed out by **Werner (1998)**<sup>11</sup> that the country of origin of Yoga is undoubtedly India where for many hundreds of years it has been a part of man's activities

directed to higher spiritual achievements. It belongs to the distant past- when and how it begins, can't be established. It is not really proper to speak about the historical origin of Yoga. What is possible is to try to trace historical sources of information about the occurrence of yogis and yoga practice in the past in India. **Werner (1998)**<sup>12</sup> further advances that the very earliest indication though not a proof, of the existence of some form of yoga practice in India comes from the pre-Vedic Harappan culture which can be dated at least as far back as 2700 B.C. A number of excavated seals show pictures of a figure seated in a yoga posture that has been used by the Indian yogis of meditation till the present day. The posture of the figure pertaining to yogasana of meditation is important. Many seals were found in Mohanjodaro and Harappa picture scenes from religious life and mythological events, which obviously were of great significance to the people of that time. The seated deity and other figures, undoubtedly absorbed in meditation, indicate that mental yoga exercises were known and played a substantial part in the religious or may be perhaps even said philosophical-outlook. Archaeological discoveries allow us, therefore, to speculate with some justification that a wide range of yoga activities were already known to the ancient people of pre-Aryan Civilization of India. In Vedic India, the situation was less difficult, but it is by no means easy to draw a picture of the state of yoga practice and knowledge of that time. Even when we accept sympathetically the view that the Vedic literature which is the sole source of our knowledge originated with inspiration of enlightened seers. It has been preserved in the form of the hymns, arranged into collections of our Vedas, namely, the Rig Veda, the Yajur Veda, the Sam Veda and the Atherva Veda.

Eliade (1958)<sup>13</sup> rightly reported that the term Yoga: in its technical sense first occurs in the 'Taittiriya Upanishad' and the 'Jatha Upanishad'. But Yogic practice is discernible in the earliest Upanishad. Thus a verse from the Chandogya Upanishad, 'atman sarvendriyani sampratisha', meaning that concentrating one's all senses upon oneself allow us to infer the practice of pratyahara'; similarly, term 'pranayama', is frequently used in the 'Brihadaranyaka Upanishad'.

A physiological detail can be found in the 'Chandogya Upanishad', it is mentioned that there are a hundred and one arteries of the heart. Only one of these passes up to the crown of the head. Going up by it, one goes to immortality. This reference is of considerable importance; it reveals the existence of a system of mystical physiology concerning with psycho-spiritual phenomenon.

**Dasgupta's (1974)**<sup>14</sup> observations state that in 'Prashna Upanishad', it is said that the vital principle (prana) derives its existence from the self. He shows 'Yoga' as a system of thought or discipline apart from the general metaphysical

position. The Yogic Upanishads and the literature of Tantra will give increasingly important and valid details. The 'Kathopanishad' describes Yoga thus: "When the senses are stilled, when the 'mind is at rest, when the intellect wavers not, then, says the wise, the highest stage is reached.

This steady control of the senses and the mind has been defined as Yoga. He, who attains it, is free from delusion". Generally lack of body movement (Niscalā). That is not comfortable (anudvijaniyan) and provides pleasant feeling with the ideas of an asana. Statements are very clearly available in old literature such as yogicintamani that an asana is so called only when it

does not cause tremors or tension, and is comfortable. Misra (1991)<sup>15</sup> presenting his paper, He describes the eight steps of Astang Yoga as given below:

- YAMA – Social code of conduct is called Yama.
- NIYAMA-Personal code of conduct is called Niyama.
- ASANA(postures)- ‘Sathersukhamasana’
- PRANAYAMA (control of breathing) – Swaspraswas gatti Vichada is called Pranayama.
- PRATAHARA Control of senses organs is called yoga.
- DHARANA concentration of mind towards the target.
- DHYANA (unbroken contemplation) concentration of mind toward the adopted/required object is called Dayan.
- SAMADHI (complete absorption) Deep concentration and passion of mind towards the target is called Samadhi.

As we know yoga was originated and developed in Ancient Indian civilization in India known as Harappa. It was located in the Indus Valley of India. The Harappa civilization dates back five thousand years and has only recently been unearthed and archaeological evaluated.

This culture passed very high levels of technology for it's time, such as ever systems, toilets and indoor plumbing, they had sophisticated art, jewelry and beautiful pottery.

### **Yoga Today:**

Yoga has gained tremendously in popularity during the last few years and today. Over 30 million people are practicing yoga on a regular basis. Yoga is the most rapidly growing health movement of today despite having existed for thousands of years already. People attitudes towards health, spirituality and way of life in our society has hanged quite dramatically as people are looking for answers for their everyday problems. In these chaotic (confused) times, our environment is fighting for survival and we humans suffer more and more from physical and psychological stress with new diseases developing while old ones, that we thought we could handle with an vengeance in the midst of our society. We can't always control these developments, but we can learn to face them and to this end, yoga is a good invention.

In the previous descriptions/version regarding yoga of this chapter it has been cleared that yoga is most important exercising pattern in the modern society to make the healthy, physical fit, emotionally balance, mental fitness and socially soundness of the citizens. Besides this, it can not be ignored that peacefulness of the mind, spirituality and the meditation of the human being is also being developed, to releasing the mental disorder and to eradicate the evils of the society. It is pertinent to maintain here that, yoga play the vital and pivot role for the harmonious development of the human being and to make sound and strong citizens of the country. It also touches the other some aspects like to attain Moksha and to merging the soul in the nature which cannot be developed by other present modern educational systems of the world.

**Yoga and Health:**

Yoga also insists on the primary need of day to day good health which is to be achieved through its own system of yogic activities and which promotes moral and mental discipline. The purity of human nature and of the mind has to be achieved through good health of the body. There is no doubt the various activities included in the present programme of physical education and education such as development exercises or athletes games and sports, Gymnastics, recreative games, mass drill, military drill, swimming etc. We should have to also of the paramount value to athlete and sportsmen. Late Prime Minister of India, Mrs. Indira Gandhi while wishing success to Indian Olympians regretted that India had still a long way to attain high standard of health and motor know that yoga system is entirely beneficial for human body system such as mind and body. Health fitness is not only essential for total effectiveness of all individuals but it is fitness.

**Physiological, Cognitive and Psychological Benefits of Yoga**

Here is a list of the physiological, cognitive and psychological benefits of Yoga:

**PHYSIOLOGICAL and PHYSICAL BENEFITS**

- Reduced sympathetic dominance/increased parasympathetic activation
- Reduced blood pressure
- Reduced resting heart rate
- Reduced cholesterol
- Reduced blood glucose levels
- Improved lipid profile
- Decrease in inflammatory markers
- Improved endothelial function
- Decreased body weight
- Reduced waist-hip ratio
- Increased strength
- Increased core stability
- Improved balance
- Improved lung function
- Improved breath control
- Improved immune system function
- Reduced muscle tension
- Reduction in chronic pain, including lower back pain

**COGNITIVE BENEFITS**

- Improved concentration

- Sharper focus
- Increased mental clarity
- Increased ability to be present

### **PSYCHOLOGICAL (mental health, emotional) BENEFITS**

- Reduced sleep and sleep disturbance
- Reduced anxiety and negative affect
- Reduced depression
- Increased feelings of well-being
- Positive shifts in locus of control
- Improved coping

### **Methodology**

The present study deals with the impact of yoga asana`s on the physical flexibility of the sports players, the study was conducted the experimental test on the sports players in the Raichur district, Karnataka state. Four weeks yoga practice class arranged for sample groups to find out the difference among the sample group due to gender. The researcher hypothesized that there would be impact of yogic exercises on the flexibility of sports players

### **Objectives**

- To identify the level of flexibility in sports players in pre test and post test
- To find the impact of yoga asana`s on flexibility of sports players
- To know the difference sample group due gender differ

### **Hypothesis**

- There would be impact of yogic exercises on the flexibility of sports players,
- There would be the difference in impact due to gender difference in the sample group of the study.

### **Sample**

In this present study fifty male and fifty female sports player taken as sample for the research study all are in same age group, before conducting the test the researcher given details of instructions to the sample group about the study,

### **Tools**

Flexibility scale



**Statistical tool**

The statistical tools like mean, SD, t tests are used to find out the results of the study to prove the research.

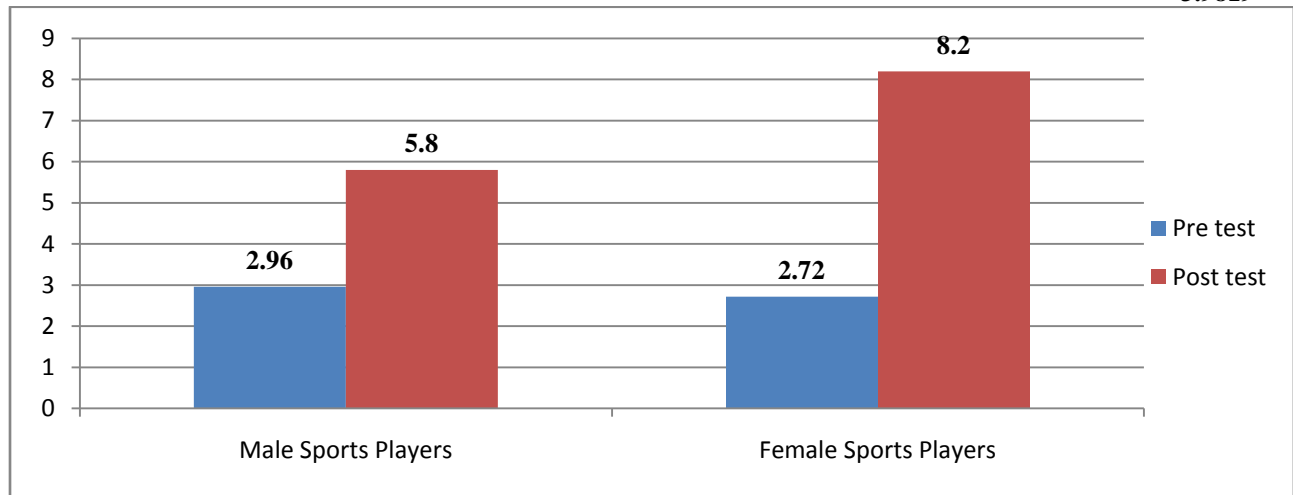
**Table No 1 - Mean, SD, t Values of flexibility test before and after yogic practice**

**Paired Samples Statistics**

Flexibility		Mean	N	Std. Devi	t- Value
Male Sports Players	Pre test	2.96	25	3.322	2.470**
	Post test	5.80	25	5.322	
Female Sports Players	Pre test	2.72	25	2.491	6.312*
	Post test	8.20	25	3.011	

**Significant at 0.01\* and 0.05\*\* level**





The table no 1 and graph are showing the significant impact of the yoga asana's on the flexibility of sports players, the female sports players are having more flexibility than the male sports players, both t values are significant at 0.01 and 0.05 levels. There are significant differences in pre and post tests male and female sports players of Raichur district, Karnataka.

### Conclusion

- There is impact of yoga asana's on the flexibility of male sports players of Raichur district.
- There is more impact on flexibility of female sports players than the male sports players.
- Yoga has impact on the physical flexibility
- The female sports players are having more sports players than male

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