The word Yoga has many connotations, etymologically it means Integration of the various systems of body. The term integration and samatva of the Bhagawat Gita conveys the same meaning. Other terms like homeostasis, systemic integration or a balance, harmony, etc. more or less suggest the same connotation. The aim of yoga itself is integration of personality in all aspects.

Modern techniques generally lay stress on muscles and body development but neglect concentration and confidence part of the individual. By combining yoga these faults could be corrected. Even sports people who require heavy muscular activities do not know the techniques of relaxation which are described in yoga. Yoga stretching is relaxation that have additional advantage for significant gain in sports performance. Contribution of yoga to sports has been depicted with a view to emphasise the importance of Asanas for better promotion of different aspects of sports. Yoga, therefore, not only contributes to other sports but also is a sport by itself and help in harmonious development of physical and psychological aspect of personality.

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The pressing problems facing human society today are overpopulation and malnutrition and also violence amounting to organized terrorism when yoga sculpture is the dire-necessity for bringing psychological equilibriums among to achieve harmony in human behaviour and positive health a state of complete physical, mental and social well-being of the community. Physiology, which is natural science has highlighted its relevance to the modern era of stress and strain giving rise to several disorders. Thus, totally of man being increasingly recognized as yoga has always believed in the integrated body mind. The Natural laws in respect of diet-physical activity meditation and yonic postures in daily life are more relevant today then ever before for development of mental health. With the advent in medical science most of the people carry a wrong notion that for every disease in the human body there is a fixed and forgetting that nature has given enough defence mechanisms to overcome the physical disorders. Yoga in its totality is natural science as well as philosophy and way of living and not a religious dogma as envisaged by laymen.

The physical culture in yogic practice is neither traditional exercises and nor does it require the use of extra calories for maintaining body. Moreover, it does not put any stress on muscle development Asanas, Pranayams which are key practices in yogis. Emphasize relaxation of body and mind and bring the physiological balance by involving emotions and autonomic nervous system and endocrine glands. Thus, this system of the body is different in bringing out homedtedid so essential for proper function of the body. Asanas work on tone and equilibrium at physical and emotional level and one experience stably, comfort ease and promotion of health and fitness.

The physiological basis in yoga philosophy gives more emphasis on sensory tonic activities as different from motor cortex activities applied in conventional exercise for promoting health. Relaxative asanas are claimed to give rise to chittavishranti, tranquility and
peace apart from developing stability, steadiness and lightness of body. This can be experienced in Shavasana by performing breathing activities. Paranayams through physiological activities have demonstrated beneficiary effect on cardio pulmonary efficiency because oxygen consumption and carbon and dioxide output increases. Along with kapalbharti these practices increase breath holding time. The cardiac output increases without increasing in heart beat which is attributed to the efficiency of cardiovascular system. Along with hematological picture gets improved and blood sugar levels decreases. Meditation is used for ordering the mental disorder. The techniques are used to remove the emotional disturbances like anger, frustration, Anxiety, tension which are the root cause of the present day ailments i.e., insomnia, headaches, asthma, hyperacidity, colitis, hypertension, cardiac disorders and even drug abuse. It is worthwhile to maintain that yoga is scientifically employed as a medicine for preventive and recuperative and curative aspects of diseases.

Yogic practice by affecting and integrating somatic and autonomous nervous system proved a shift in parasympathetic activity and as a result of regular training fitness of individual with improvement in the function of body and mind is affected. A significant reduction in psycho-physiological disequilibria has been noticed and overall improved performance of the mental work and programmed memory has been observed. It has resulted in cardio-pulmonary improvement, renal efficiency and endocrine co-ordination. In blood fibrin lyric activity, lowering of blood cholesterol has been reported. Yogic therapy has also tremendous scope in the present day technological advanced society. It is also helpful to resolve socio-economic, socio-psychological and even socio-political tensions and conflicts for bringing out tranquility in human mankind. Yogic exercises are already showing results in psycho-somatic chronic disorders like bronchial asthma, diabetic hypertension and other disorders. Yoga has already emerged as important and vital discipline of modern community medicine to find a pride place for serving the future mankind.
Higher performance in any sport’s activity is governed by several factors of physical fitness. The important ones may be mentioned: speed, strength, stamina, suppleness, stability and neuromuscular co-ordination of body. Although not many scientific researches have been done, the work of Devries (1962), Dhanraj (1974), Giri (1966), Gharote and Ganguly (1979) have shown enough evidence about how yoga could gainfully employed in the promotion of basic fitness factors. Using elaborate Fleischmann battery of basic fitness test, Ganguly and Gharote (1974) have shown how even a short-term yogic training could improve different basic fitness factors.

But basic levels of physical fitness must be maintained even during off-season. This can be attained excellently by indulging in yogic routine. Yogic exercise deals with the vital organs of the body on which health depends. The precursor of physical fitness has in the efficient working of the mental viz., the brain and behaviour is primary aim of the yoga. The various selected asana give different movements to the spine under controlled respiration. Relaxation technique and concentration practice as a whole form an excellent technique to take care of the health of vital organs of the body (Singh and Sinha, et al., 2007).

REFERENCES:


