

Effect of Yoga Training on Physical Fitness

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Abstract - It's important to maintain a healthy level of physical fitness so that you can participate in a wide range of sports, occupations, and daily activities. Overall physical fitness benefits from proper nutrition, moderate to vigorous exercise, consistent physical activity, and sufficient rest. Physical fitness in the pre-industrial age indicated the ability to perform daily duties without becoming unduly fatigued. As time has progressed and society has changed, the definition of "physical fitness" has broadened to include an individual's ability to carry out routine chores, keep them well, avoid hypokinetic disorders, and react appropriately to threatening or emergency situations. Being physically fit means that you are in sufficient physical condition to perform the tasks required of you. Around 1950, the use of the word "fitness" multiplied by a factor of ten in Western vernacular, which may be related to the expansion of the industrial economy and the emphasis placed on physical health during World War II. Depending on the specifics of the situation, a contemporary definition of fitness may place more value on an individual's or a machine's general adaptability and capacity to deal with change, or it may place greater value on their specific ability to do a narrow range of tasks. Therefore, the link between physical fitness and attractiveness has stimulated the global fitness and fitness equipment industries. From a practical point of view, employees who are fit have high levels of either aerobic or anaerobic capacity, i.e. strength or endurance. To be fit, according to Cross Fit journal contributor Greg Glassman, means to be able to increase one's labor capacity across several time and modal domains. The ability to enhance one's work capacity in a given time span necessitates mastery of multiple fitness traits, including strength, endurance, power, speed, balance, and coordination. A well-rounded fitness program will help an individual develop in all aspects of fitness, not just the ones they focus on (such as cardio or weight training). Training methods as they currently stand offer a conventional viewpoint, and any strategy that can be used to strengthen these systems will surely increase the athlete's ability to perform at his or her top. Yoga and pranayama, two classic cardio-respiratory manipulation systems, have been considered by the researcher, as have contemporary yogic approaches for the quick development of athletes.

Keywords - Yoga Training, Physical Fitness, Players, physical condition.

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INTRODUCTION

Yoga isn't just a fitness routine. The goal of yoga is union, or the joining of spirit with flesh. It helps people make adjustments in accordance with the values of introspection, honesty, and awareness. Vision and metamorphosis play a crucial role in the method. Hatha yoga is often practiced through the three pillars of asana (posture), pranayama (breath control), and bandha (energy locks). The term "hatha yoga" is commonly used to describe the asana practice, and there are several variations of hatha yoga now being taught. The Indian discipline of yoga (; ksX Sanskrit, Listen) involves the body, the mind, and the spirit. Hinduism, Buddhism, and Jainism each have many different schools, practices, and purposes. Hatha yoga and raja yoga are two of the more popular schools of yoga practice. Although yoga is mentioned in the Rig-Veda and may have its roots in pre-Vedic Indian traditions, it most likely emerged around the sixth and fifth centuries BC as part of ancient India's ascetic and

sramana movements. The first descriptions of yoga-practices have been variously attributed to the Buddhist-Pali Canon and the Hindu Upanishads, both of which likely date to the third century BC, but may have been written earlier. Patanjali's Yoga Sutras were written in the early 1st millennium, but they didn't become widely read in the West until the 20th century. Hatha yoga developed from tantra in the 11th century. After Swami Vivekananda popularized yoga in the west in the late 19th and early 20th centuries, Indian yoga masters brought the practice to other parts of the world. By the 1980s, yoga had spread throughout the Western world as a kind of mainstream physical fitness. The practice of yoga in Indian culture is more than just a set of physical postures; it also includes a strong spiritual and meditative component. In addition to being the name of one of the six major orthodox schools of Hinduism, Yoga is also the name of a philosophical

tradition that is linked to but distinct from Hindu Samkhya.

Yoga's potential as a supplemental treatment for serious illnesses like cancer, schizophrenia, asthma, and heart disease has been the subject of numerous scientific investigations. While some studies on cancer have shown little or only limited benefit from yoga, others have found that it can help lower risk factors and aid in the psychological healing of cancer patients. In its most frequent literal interpretation, yoga (from the root yuj) in Vedic Sanskrit means "to add," "to join," "to unite," "to attach," and so on. Yoking originally meant to harness animals like oxen or horses, but the word eventually came to denote "usage," "application," "performance," and other similar concepts (compare the figurative uses of "to harness" as in "to put something to some use"). Every subsequent evolution of this term's meaning is post-Vedic. The more prosaic feelings of "exertion," "endeavor," "zeal," and "diligence" are also present in Indian epic poetry. In Sanskrit, yoga appears in a large number of idioms. Yoga can be interpreted in many different ways. It can imply "touch," "union," "method," "application," "addition," or "performance," among other things. Yoga can also mean "mixed" or "together" in its simplest form. For instance, the term guá yoga refers to "contact with a cord," while chakra yoga refers to "installing a splint or similar apparatus by means of pulleys (in case of dislocation of the thigh)" and Chandra yoga refers to the "conjunction of the moon with a constellation" in astronomy. Therefore, "devoted attachment" is the correct interpretation of the term bhakti yoga within the monotheistic Bhakti tradition. Kriya yoga can also be understood in its grammatical sense, that is, as "linking to a verb." But the Yoga Sutras (2.1) also give the same compound a technical connotation, signifying the "practical" parts of the philosophy, i.e. the "union with the sublime" owing to fulfillment of tasks in everyday life. Panini, a Sanskrit linguist from the sixth century BC, proposed that the word "yoga" comes from one of two different roots: yujir yoga (to yoke) or yujsamadhau (to concentrate). Traditional interpreters on Patanjali's Yoga Sutras have argued that the root yujsamadhau (to concentrate) is the most accurate etymology. Vyasa, the original commentator on the Yoga Sutras, echoes Panini in saying that yoga is synonymous with samadhi (concentration).

GOAL OF YOGA

Moksha (freedom) is the ultimate aim of Yoga; however its precise shape varies depending on the philosophical or theological framework to which it is married. According to Jacobsen, "Yoga has five principal meanings:

1. Yoga, as a disciplined method for attaining a goal;
2. Yoga, as techniques of controlling the body and the mind;
3. Yoga, as a name of one of the schools or systems of philosophy (darsana);

4. Yoga, in connection with other words, such as "hatha-, mantra-, and laya-," referring to traditions specializing in particular techniques of yoga;
5. Yoga, as the goal of Yoga practice."

According to David Gordon White, from the 5th century CE onward, the core principles of "yoga" were more or less in place, and variations of these principles developed in various forms over time:

1. Yoga, as an analysis of perception and cognition; illustration of this principle is found in Hindu such as the Bhagavad Gita and Yogasutras, as well as a number of Buddhist Mahayana works;
2. Yoga, as the rising and expansion of consciousness; these are discussed in sources such as Hinduism Epic Mahabharata, Jainism Prasamaratiprakarana;
3. Yoga, as a path to omniscience; examples are found in Hinduism Nyaya and Vaisesika school as well as Buddhism Madhyamaka , but in different ways;
4. Tantric literature of Hinduism and Buddhism, including the Buddhist Samannaphalasutta, detail the use of yoga as a technique for astral projection, multiplication of the human body, and other supernormal achievements. White makes it clear that the final tenet pertains to the mythical aims of "yogi practice," as opposed to the more realistic aims of "yoga practice," as they have been understood in South Asian thought and practice since the beginning of the Common Era, across the various Hindu, Buddhist, and Jain philosophical schools. The term "yoga" has been used to describe a wide range of techniques and philosophies, including those of the Jain and Buddhist traditions. Jnana Yoga, Bhakti Yoga, Karma Yoga, Laya Yoga, and Hatha Yoga are some examples from Hinduism. Raja Yoga, as it is often known, is only another name for Ashtanga Yoga, the eightfold path to Samadhi laid out in Pantajali's Yoga Sutras. It was Vivekananda who popularized the phrase raja yoga as the general moniker for Ashtanga Yoga, albeit the term originally referred to the ultimate objective of yoga, Samadhi.

Buddhism

Pranayama practices within the Buddhist tradition comprise a wide range of methods for enhancing qualities including awareness, focus, transcendental abilities, serenity, and insight. Ancient Buddhist teachings have kept their core techniques alive while spreading and evolving through teacher-student transmissions. To achieve enlightenment and Nirvana, pranayama is a practice that many Buddhists engage in. Pranayama's closest

translations in the traditional languages of Buddhism are bhavana and jhana/dhyana.

Classical Yoga

In Hinduism, Yoga represents a distinct philosophical tradition. In this sense, yoga represents one of Hinduism's six astika schools (those which accept the Vedas as source of knowledge). Vivekananda helped elevate Patanjali's Yoga Sutras to their current stature as the canonical text of classical yoga, which it did not enjoy until the 20th century. The Bhagavad Gita and Yoga Vasistha were regarded as the most important texts prior to the twentieth century, while Tantric Yoga and Hatha Yoga were more popular than Ashtanga Yoga.

Ashtanga Yoga

Ashtanga Yoga is the style of yoga outlined in Patanjali's Yoga Sutras. Patanjali's Yoga Sutras are revered as a foundational text of the Yoga tradition of Hindu thought. The word "Raja yoga," or "yoga of the kings," originally referred to the supreme, royal objective of yoga, which is typically Samadhi, but was popularized by Vivekananda as the general name for Ashtanga Yoga. Ashtanga Yoga is a holistic practice that aims to improve one's body, mind, and soul via the integration of various philosophies and methods of self-improvement. It shares the Samkhya School's epistemology (pramanas). Perception (pratyaka, direct sensory observations), inference (anumana), and the testimony of credible experts are all recognized as valid ways to acquire knowledge in both systems (sabda, agama). These two orthodox schools have a deep dualism tradition. Yoga school of Hinduism embraces the concept of a "personal, yet fundamentally inert, deity" or "personal god," in contrast to the Sakhya School, which pursues non Y theistic/atheistic rationalist approach. In addition to its epistemological and metaphysical underpinnings, the Yoga school of Hindu philosophy also includes ethical precepts (yamas and niyamas) and a self-reflective lifestyle aimed at developing one's full potential (liberated, unified, content state of existence).

Hatha yoga

Hatha yoga, also called hatha vidya, is a kind of yoga focusing on physical and mental strength building exercises and postures described primarily in three of Hinduism:

1. Hatha Yoga Pradipika, Svatamarama (15th century)
2. Shiva Samhita, author unknown (1500 or late 17th century)
3. GherandaSamhita by Gheranda (late 17th century)

Many researchers also consider the 11th-century GorakshaSamhita, written by Gorakshanath, to be part of the aforementioned canon. Many people attribute

the spread of modern hatha yoga to Gorakshanath. There are a number of postures and breathing exercises in Vajrayana Buddhism—a school of thought developed by Indian Mahasiddhas—that are similar to those used in hatha yoga. These include tummo (Sanskrit: caali) and trulkhor.

Jainism

Yoga is employed in Shaivism to bring kundalini into union with Shiva. For more on tantra, see the note below. Along with the Three Jewels, Jain pranayama has traditionally served as Jainism's primary spiritual practice. The ultimate goals of pranayama in Jainism are self-realization, salvation, and the liberation of the soul. Its ultimate goal is to achieve and maintain what is called "the pure condition of soul," where one's consciousness is thought to be uncontaminated by bias or biases of any kind. It is the goal of the practitioner to become an absolute expert (Gyata-Drashta). DharmyaDhyana and ShuklaDhyana are the two forms of beneficial Jain pranayama, while ArttaDhyana and RaudraDhyana are the two forms of harmful pranayama.

Tantra

According to Samuel, the concept of Tantrism is controversial. Tantra yoga, as described by Samuel, is rooted in Buddhist and Hindu (Saiva, Shakti) practices from the 9th to 10th centuries and features yogic practices such as elaborate deity visualizations using geometrical arrays and drawings (mandala), fierce male and particularly female deities, transgressed life stage related rituals, extensive use of chakras and mantras, and sexual techniques, all of which are intended to promote health, longevity, and liberation.

MODERN HEALTH APPLICATION

Yoga's physical postures are practiced today for reasons other than their spiritual ones, including the treatment of health issues, the reduction of stress, and the improvement of spinal flexibility. It is also common practice to incorporate yoga into a comprehensive fitness and physical therapy regimen. Yoga's popularity in modern America is on the rise, but so is the gap between how much people knows about its beginnings and how little they know. Andrea R. Jain claims that, despite Yoga's traditional use as a Hindu practice for spiritual pranayama, the practice is now being promoted as a means of increasing cardiovascular fitness. Such an expansion "waters down its Hindu essence." Yoga's increasing popularity has led some contemporary Hindus to claim that its historical roots are of less importance to the practice's adherents. However, these same people also argue that while anybody can practice yoga, only those who give Hinduism due credit for the practice will reap the full benefits of the habit. Yoga was one of 17 practices reviewed by the Australian Government's Department of Health in

2015, and the results showed that there was insufficient proof of its effectiveness for it to be covered by health insurance.

CONCLUSION

Applied Yoga & Pranayama in sports is an upcoming idea, which is being accepted by the professionals from all across the world who work with athletes and coaches. Although more studies in this area are required, the present investigation was conducted in the field of athletics. Yoga and Pranayama as well as cooling down exercises have been shown to be a successful technique to achieve a state of confidence, calm, and concentration; nevertheless, it is believed that Yoga and Pranayama may be more valuable to boost performance efficiently among the Athletics players. Specified training on Yoga & Pranayama relaxation may be incorporated instead of conventional cooling down exercises not only for the elite Athletics players but for the athletes of other sports also. The advanced design Yoga & Pranayama training may additionally be included in the main training schedule of Athletics and be experimented to see its overall effects on Athletics performance.

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