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The Need of Yoga on Physical Fitness

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Abstract

The paper is highlighting the yogic benefits for reaching optimum level of physical fitness of an individual. The human body needs sound relation to nature and its natural remedies which are available in our surround in this seminar I tried to highlight the need of yoga and its benefits for human being to be in physically fit. Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities.

Keywords: Yoga, Physical Fitness.

1. Introduction

Yoga is considered, both in the East and the West, as one of the best exercises for physical fitness, and emotional and spiritual well-being. Its benefits are numerous, and it can be practiced by anyone, the young and old alike, besides the fact that it is useful in preventing and even curing many minor and major diseases. Yoga is perhaps the best known way to bust stress, which is the root cause of chronic diseases such as reproductive problems, heart problems, immune system problems, arthritis, depression, and anxiety. Because yoga also helps in healing the mind, the healthy mind can lead to greater physical fitness, and a fit body leads to a healthy life. The effects of yoga on the mind and body's fitness are amazing. The muscles are exercised by stretching and relaxing. Breathing and blood circulation also improve. One develops stronger muscles, and consequently a stronger body, which makes it more resistant to illnesses, whether viral or related to stress. Relaxation of the body and its fitness are achieved by yoga through breathing techniques known as pranayam, and strong but gentle asanas (poses). The exercises target the parasympathetic nervous system, a component of the autonomic nervous system that deals with the rest-and-repose mechanism of the body. Therefore, optimal function of this component would ensure that the damage sustained from too much stress is kept under control. Stress can show up through a sudden increase in heart rate, shallow breathing, excessive sweating, and affect physical fitness as well. Though these are normal body reactions, when an excess of these are triggered by stress it can be a sign of trouble and can upset one's physical and mental fitness. Yoga is an effective insurance against stress-causing work overload. It restores the body to its natural balance and fitness. Yoga as we identify it today is the product of a complex spiritual evolution that has taken place over centuries, the exact history of Yoga is uncertain. The earliest signs of Yoga can be traced to Stone Age Shamanism, both Shamanism and Yoga has cultural similarities. The shamanistic civilization revered the sacred art of discern the cosmic order through inner vision; they used rituals to create shifts in their perceptual field to communicate with the spirit world. Shamans were the precursors of the Yogis. The development of yoga can be traced to over 5,000 years ago, evidence of yoga postures were found on stone drawings dating from these times. Archaeological findings from the Indus Valley Civilization, revealed a portrait of a Yogi meditating in what looks like an Asana, it is known as the Pashupati seal. Yogas long rich history can be divided into five main periods: Vedic Yoga, Pre-Classical Yoga, Classical Yoga, Post-Classical Yoga and Modern Vigor is the limit of a single physical framework to perform work, it is wanted in each parts of life i.e, for strolling, utilizing, sitting, standing, dozing, perusing, Dancing or any possible major or minor, things needs vigor. This vigor could be enhanced by Yogic asana and Yoga is very beneficial for your physical fitness levels. Not only does it reduce stress levels, but it also makes your whole body fitter and ensures longevity. In a recent study, the University of California at Davis tested the muscular strength, cardio respiratory fitness and lung function of students after 8 weeks of regular yoga practice. After 8 weeks the student's muscular

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strength increased by 31%, flexibility by 188% and VO₂max by 7%. This just proves that yoga is very beneficial for increasing physical fitness levels.

Significance of Yoga

The saying Yoga hails from the Sanskrit word “Yuj” which intends to join single (“Jivatma”) with matchless awareness (“Paramatma”).

- **Samatvam Yoga Uchyate:** yoga is offset (Bhagwad Gita).
- **Yoga Karmasu Kaushalam:** yoga is skilled activity (Bhagwad Gita).

Objectives of Yoga in Sports

Health, physical fitness and emotional stability are the objectives which bring yoga and physical education on a common platform for the benefit of human individual. Health

is a more general and comprehensive term conveying the ‘feeling of well-being’, while physical fitness is a more specific term. Physical fitness is the capacity of an individual to perform a given task at a particular time. Health and physical fitness are not static. They are always changing they follow the law can be maintained only by carefully selected physical activities which are called ‘exercise’. The utility of the particular exercise program can be evaluated only in forms of the effects that one obtained in promoting a particular factor of physical fitness. Trough constant practice of yoga, one can overcome all difficulties and eradicate all weakness pain can be transmitted in to 24bliss, sorrow in to joys, and failure into success and sickness in to perfect health. Determination, patience and persistence lead one to goal.



Types of yoga

- Ashtanga Yoga – Discipline of Mind
- Hatha Yoga – Discipline of Body and Prana [2,3]
- Bhakti Yoga – Discipline of Emotions
- Karma Yoga – Discipline of Actions
- Gyan Yoga – Discipline of Intellect

Standards of yoga

- Proper unwinding
- Proper activity
- Proper inhaling
- Proper Diet
- Positive thinking and contemplation

Profits of yoga

- Increased adaptability.
- Increased grease of joints, ligaments and tendons.
- Massaging the form's interior organs.
- Toning the muscles.
- Help in listening to and feeding the form.
- Also cools your brain
- Help to decrease the weight.
- Yoga can improve focus.
- Help in evacuation of poisons in the form & support in relaxations.

- Yoga can expand your respiratory fitness levels.
- It can expand our circulatory fitness levels.
- It can expand our expiratory fitness levels.
- It can expand our digestive fitness levels.
- Provide an all-encompassing methodology towards your welfare.

Yoga and Fitness

Yoga and Physical Fitness Physical fitness is a must for any good performance in day today life. Different activities require different type of fitness emphasizing a particular fitness factor. However, general level of physical fitness is necessary for every individual to function effectively. The law of use and disuse suggests that if you want to be fit you must exercise. The routine of exercise differs from individual according to purpose. This can be attained excellently by indulging in Yogic routine. Yogic exercises deal with the vital organs of the body on which health depends. The precursor of physical fitness lies in the efficient working of the vital organs of the body and yoga aims at it. The various selected asanas giving different movements to the spine, controlled respiration, relaxation technique and concentration practice as a whole form an excellent routine to take care of the health of vital organs of the body. Yoga can contribute to the promotion of sport whether we use the term sport in a restricted sense or in a wider sense. The concept of lifetime

sports suggests that exercise is for everyone including those persons who have various handicaps. From this point of view yoga could be fittingly called life time sports. Yoga, therefore, not only contributes to the other sports but also is a sport by itself, which is excellent in nature. Yoga principle involves slow movement and maintaining poise and balance. It is based on stretching relaxation, deep breathing and body flexibility and increasing blood circulation and concentration. Physical Exercises lay emphasis on strong movements of muscles whereas yoga opposes violent muscle The “postures” are the physical positions that coordinate breath with movement and we hold these positions to stretch and strengthen different parts of the body. They systematically work all the major muscle groups including the back, neck, and shoulders, deep abdominals, hip and buttock muscles and even ankles, feet, wrists and hands. Although most poses are non-aerobic in nature, they do in fact send oxygen to the cells in the body by way of conscious deep breathing and sustained stretching & contraction of different muscle groups. Yoga can help to check any imbalance in muscular development and will enable the body to function more efficiently. If the body is flexible and supple it will be less prone to sports injuries as the joints will be kept lubricated

Some Yogic Asanas with their benefits to Physical Fitness Shavasana (Corpse pose)

Profits

- Returns cardiovascular flow to typical Slows heart rate, decreases pulse
- Teaches complete unwinding Stills and centres the brain.

Paschimottanasana (Head to knee pose)

Head to knee posture assists offset glucose levels and the metabolism.

- Improves adaptability of sciatic nerve and ankle, knee and hip joints
- Increases adaptability of the trapezes, deltoid, erectus femora's and biceps
- Stretches and reinforces pelvic support, hip joints, bear joints and
- Mobilizes joints and expands versatility in the lumbar spine
- Strengthens and extends the hamstrings
- Improves focus and mental continuance

Tad asana (Tree pose)

Assists to remedying terrible carriage

- Increases hip and knee adaptability and portability
- Stretches spine
- Releases stomach tension
- Relieves lower back torment
- Tightens gluteus muscles

Poorna salabhasana (Full locust pose)

- Firms muscles of the abdomen, upper arms, hips and thighs
- Increases spinal strength and flexibility
- Improves flexibility and tone of spinal muscles
- Helps relieve and prevent lower backache
- Helps cure or relieve lumbago, rheumatism, arthritis and menstrual
- Problems Helps cure loss of appetite
- Helps correct bad posture
- Improves function of liver and spleen

Conclusion

Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities. Yoga is a procedure to control and advance the psyche and figure to increase great health, adjust of psyche and self-acknowledgement. Fitting comprehension and rehearse one can achieve the ideal level to keep physical fitness. Equalize between activity abstain from food and unwinding will furnish the sound mental and physical capacities.

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