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Yogic and Nutritional Benefits of Sports Performance

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ABSTRACT

Derived form the sankrit word yuji meaning yoke or union, yoga is an ancient practice that brings together mind and body practicing yoga is said to come with many benefits for both mental and physical health though not all of these benefits have been backed by science. nutrition is a topic of constant change and has grown as a dynamic field of clinical study. Nutrition plays a very vital role in our life. Yoga and Ayurveda had laid down the foundations of dietetics. The valuable guidelines regarding various food articles and diet for Yoga Sadhaka, to achieve maximum benefits, are given in traditional yoga texts like Hatha Pradipika and Gheranda Samhitha. Now is the time to evaluate the place of nutrition in Yoga and to study how the dietetic principles in yoga will help to eradicate the national problem of Mal-nutrition and poverty which is the pressing need of the moment

Keyword:-yoga, nutrition, performance

I. INTRODUCTION

Yoga emphasizes an intimate connection of diet with mind, because mind is formed from the subtlest portion of the essence of food. According to the yogic concept of good nutrition, diet is of three kinds: Sattvic (pure),Rajasic (over-stimulating) and Tamasic (dull) with respect to its effect on the body and mind. Sattvic diet is supposed to increase the energy of the mind and produce cheerfulness, serenity and to improve mental health .Rajasic food creates jealousy, anger, delusion, fantasies and egotism. Tamasic food increases pessimism, laziness and doubt. Sattvic food is fresh, juicy, light, unctuous, nourishing and tasty. Rajasic food is bitter, sour, salty, pungent, hot and dry. Tamasic foods are stale, heavy, half-cooked or over-Cooked sports nutrition is the foundation for success of athlete . It is a well designed nutrition plan that allows active adults and athletes to performs as their best. It supplies the right food type energy nutrients, and fluids to keep the body well hydrated and functioning as peak levels .sports nutrition is unique to each preson and is planned according to individual goals. To examine yoga practically, the Astanga yoga system of Patanjali and the techniques of Hatha yoga can be used to divide it into two parts - Physical yoga and Non-physical yoga. The two main activities of Physical yoga

i. Physical Postures.
ii. Breathe control (Pranayama).

The two main activities of Non-Physical yoga are

i. Ethical disciplines (Yama and Niyama)
ii. Meditative practices (Pratayahara, Dharana, Dhyana and Samadhi

Nutritional Aspects Now more than ever, the need for accurate sports nutrition information is increasing. Whether the athlete's performance is recreational or elite, it will be influenced by what he or she eats and drinks. Unfortunately, there is much misinformation regarding a proper diet for physically active persons. In the quest for success, many health- and fitness-conscious persons will try any dietary regimen or nutritional supplement in the hope of reaching a new level of wellness or physical performance. The 40-30-30 Diet Athletes must supposedly eat the

Sports nutrition basics: - macronutrients

The energy required for living and physical activity comes from the food we eat and fluid intake. Macronutrients in the following food group supply the energy essential to optimal body function.

Carbohydrates: - are either simple or compels and the most important energy source for the human body. simple cards include sugars naturally occurring in food like fruits, vegetables, and milk .whole grain bread ,potatoes ,most vegetables, and oats are examples of healthy compels cards. Your digestive system breaks down carbohydrates into glucose or blood sugar which feeds energy to your cells, tissues and organs.

Proteins: - proteins are made up of amino acids and are essential to every cell of the human body. protein contains all the amino acids needed by the body, and include animal sources like meat, fish poultry and milk .Essential amino acids cants be made by the body and must be supplied by food .protein plays an important role in muscle recovery and growth.

Fats:- can be saturated or unsaturated and they play a vital role in the human body. unsaturated fats are considered healthy and come form plant sources like olive oil and nuts saturated fats are found in animal products like red meats and high fat dairy, which are indicated to increase the risk of disease. Healthy fats provide energy, help with body development protect our organs, and maintain cell membranes.

Active adults and competitive athletes lean mass, improving body composition, or enhancing athletic performance. these sport-specific scenario require differing nutritional programs. research findings indicate the right food type, caloric intake, nutrient timing, fluids ,and supplementation are essential and specific to each individual. the training programs require a well designed diet for active adults and competitive athletes. research shows a balanced nutrition plan should include sufficient calories and healthy macronutrients to optimize athletic performance. the body will use carbohydrates or fats as the main energy source, depending on exercise intensity and duration .Active adults exercising three to four times weekly can impede athletic training and performance.

Increase Strength In addition to improve flexibility, yoga is the best way to an exercise routine for its strength-building benefits.In fact, there are specific poses in yoga that are designed to increase strength and build muscle.

Promotes Healthy Eating Habits:

Mindful eating, also known as intuitive eating, is a concept that encourages being present in the moment while eating.

It's about paying attention to the taste, smell and texture of your food and noticing any thoughts, feelings or sensations you experience while eating.

This practice has been shown to promote healthy eating habits that help control blood sugar, increase weight loss and treat disordered eating behaviors .

Because yoga places a similar emphasis on mindfulness, some studies show that it could be used to encourage healthy eating behaviors.

One study incorporated yoga into an outpatient eating disorder treatment program with 54 patients, finding that yoga helped reduce both eating disorder symptoms and preoccupation with food .

Another small study looked at how yoga affected symptoms of binge eating disorder, a disorder characterized by compulsive overeating and a feeling of loss of control.

Improve Breathing: Pranayama, or yogic breathing, is a practice in yoga that focuses on controlling the breath through breathing exercises and techniques.several studies have found that practicing yoga could help improve breathing.

Vital capacity is a measure of the maximum amount of air that can be expelled from the lungs. It is especially important for those with lung disease, heart problems and asthma. Improving breathing can help build endurance, optimize performance

Improves Flexibility and Balance: Many people add yoga to their fitness routine to improve flexibility and balance. There is considerable research that backs this benefit, demonstrating that it can optimize performance through the use of specific poses that target flexibility and balance.

Improve Heart Health: From pumping blood throughout the body to supplying tissues with important nutrients, the health of your heart is an essential component of overall health. Yoga may help improve heart health and reduce several risk factors for heart disease.

II. CONCLUSION

To sum it up, sports is a demanding activity which requires one to be physically, mentally, emotionally and nutritionally fit. Yoga and nutrition are allied sciences which play an essential role in enhancing performance of sportsmen and women. Yoga has manifold physiological, psychological benefits, Nutrition contributes by laying a good dietary foundation, by means of planning a well-balanced diet sufficient to cater to the needs of sportsmen and women. By the intelligent application of the above discussed and many more aspects of yoga and nutrition, one can maximize their performance.

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