

2.0 LITERARY RESEARCH

2.1 REVIEWS ON PREVIOUS STUDIES

The word 'yoga' is originated from the Sanskrit root *Yuj*, meaning as to associate, to combine or to join. Idealistically, yoga is combination of Atma with Paramatma that is ultimate creator of this world (Hadi 2007). Thousands of year ago, Vedic scriptures in India which focus upon attaining the Samadhi through physical and psychological practices (Lidell, 1983). In general, yoga is a combination of body and mind (Madanmohan, 2008). It is going to enhance physical health and also able to know our self-real nature.

The relation between body and mind can be known as quoted by well-known Greek Philosopher;

“Sound mind in a sound body”

Thales Miletus

Yoga becomes most popular globally as it releases stress, tension, work pressure and improves physical and mental strength through regular practices (Schell et al; 1994). Swatmarama promoted physical health and mental development through asana and pranayama (Hatha yoga Pradipika).

हठस्य प्रथमांगत्वात् आसनम् पूर्वमुच्यते । कुर्यात्तदासनम् स्थैर्यमारोग्यम् चांगलाघवम् ॥ ह.प्र, १७ ॥

Asana is the first step of hatha yoga. The practice makes oneself diseaselessness, improves the range of motion in joints and also gets steadiness in body and mind. To summarize, hatha yoga highlights more on physical health and mental alertness through traditional practices

(Worthington, 1982; Zor, 1968). The All-round development shall be enhanced by regular practices of yogic skills (Upadhyay et al., 2008) and their outcome on

physiological functions were noted (Hadi 2007). Yoga practices can also be used as psycho-physiological stimuli to increase the secretion of melatonin which, in turn, might be responsible for perceived well-being (Harinath et al., 2004). Yogic practices are as efficient as physical exercise for the improvement in a variety of health-related outcome measures (Ross and Thomas; 2010).

2.2 AIM

To reveal the concept of 'fitness' according to yoga and ancient spiritual texts.

2.3 OBJECTIVES

1. To be aware of the definition of 'fitness' and reason behind it.
2. To find out the deficiency and problems associated with 'fitness'.
3. To untie methods stated in scriptures to overcome the consequences.

2.4 METHODOLOGY OF THE STUDY

1. The first step is to search the Sanskrit words synonymous related to fitness, coaching sports and games, competitions and its influence from Sanskrit and English dictionaries.
2. The second step is to find all related Shlokas from the following literature.
 - a. Shrutis: 10 upanishads.
 - b. Smrutis: Manu smruti, Bhagavatgita.
 - c. Prakarana granthas: Brahmasutra Bhashya
 - d. Itihasa: Ramayana and Mahabharata.
 - e. Yoga Texts: Patanjali Yoga Sutra, Hatha Yoga Pradipika
3. The final step is compiling and summarizing the contents of the collected related shlokas in to a model under the guidance of a Vedic expert.

2.5 LITERARY RESEARCH OUTCOMES

2.5.1 Definitions of 'fitness'

The fitness is defined as the 'the condition that being physically fit and healthy. The fitness is the quality of being suitable to fulfill a role or task according to English dictionary. Physical fitness is the ability to work our day to day activities without undue fatigue and also to keep the energy for unforeseen emergencies.

2.5.2 Role of yoga in sports and games

The strength and fitness is the basic qualities of sportsman which will be useful to keep oneself fit and use the same during sports and games. Yoga is also an alternative method of strengthen the body and mind. The basic sanskaras of Ahimsa (non-violence), Satya (truthfulness), Asteya (stealing), Bramhacharya from the foundation of values are part of Ashtanga Yoga. The Yama-Do's and Niyama -Don'ts are the rules and regulations to be followed by every sportsman. Anyone who fails to follow has to pay penalty. Hence the concept of respecting the rules with true sense makes the player as real sportsman. The Asana, Pranayamas, Kriyas, Bandhas and Mudras are not only beneficial for body as well as mind. The healthy mind exists in healthy body. When the integration of body, mind and spirit is achieved, one's personality grows. The overall performance can be achieved through the proper practice of yoga in day to day's activities along with player's physical fitness training.

Yoga offers a sports person to solve the threatening problems like unhappiness and emotional upset when he loses the match, restlessness due to playing more number of matches in short interval. Yoga brings to mind the hidden potentialities of a player in a systematic and scientific way by which he becomes a complete sports person. The faculties like physical, mental, intellectual and emotional develop in a harmonious

and integrated approach to meet the all-round challenge of the modern technical era by sharpening in tune for better progress.

2.5.2 IMPORTANCE OF YOGA AND PHYSICAL FITNESS

Importance of Yoga

In modern sport and games, yoga plays vital role by keeping the body proportionately with all muscles relaxed in the normal state. The energy flow in the right path is possible by yoga practices. The energy preservation and activation of the muscles, greater range of motion in joints are additional benefits. The energy supply to the body as per the requirement and keeping the various organ functioning efficiently are the additional advantages of yoga. Yoga by its systematic and conscious process of calming down the mind erases the weaknesses in the mind and builds willpower in to it. In such a mind each hindrance is considered as a challenge and awakens tremendous energy to fight against the situation. One can able to face the challenges and converts them in to opportunities for completing his goal. Yoga trains us to sharpen and sensitise our emotions. Whenever we lose, mind gets upset. If we win, we feel very happy. Therefore, Krishna says in Bhagavadgita

सिध्यसिध्यो समो भूत्वा समत्वम् योग उच्यते ॥

॥Siddhyasiddhyoh Samo Bhootva Şamtvam Yoga Ūcyate ॥

॥ Gīta 2,48 ॥

Yoga is nothing but equanimity among dualities. Win-defeat, happiness-sorrow, respect-disrespect, desire – undesired, success-failure etc. are leads in to confuse state. Therefore, one has to perform actions unattached and even minded to get success.

Krishna points out that, the strong attachments should be diffused. It is the skill of action which characterizes Karma (action).

॥ योगः कर्मसु कौशलम् ॥

॥ Yogah Karmasu Kauśalam ॥

॥ Gita 2,50 ॥

With this evenness mind, one can learn the skill by which he does not get emotionally disturbed, retaining the sensitiveness and sharpness of his faculties. Hence, it is advised to do all the actions unattached.

Importance of Physical Fitness

In olden days, all the kings, Prince were taught the skills of archery, wrestling, horse riding, pole arm skills such as the spear, flax and javelin; hand to hand weapons such as swords, spear, club, mace etc. by expert to save their kingdom from enemies. The physical fitness plays major role to get success in above said skills. To rule the kingdom, one has to have the quality of physical fitness, mental alertness and social well-being. It is very difficult to imagine how mankind could survive without health and fitness. Hence, as stated by Kalidasa in his poetry, says

शरीरमाद्यम् खलु धर्म साधनम् ॥

Śarīramādyam khalu dharmasādhanam ॥

(Manusmṛiti, Kumarasabhavam, 5/33)

This body is surely the foremost instrument of doing [good] deeds. It means that, the physical body is the media by means of which one can perform our duty, right act to

enhance the quality of life, values in the society. Therefore, it is necessary to keep our body and mind fit enough to achieve success.

In Mahabharat, Dronacharya forms Chakravyuha to kill Abhimanyu, the son of Arjuna. Abhimanyu alone knows how to enter Chakravyuha after Arjuna and he succeeded to enter the same. Even after entering alone, he didn't have fear in him. Alone Abhimanyu killed ten thousand warriors during the battle. He fought against six Maharathikas at a time. He showed his talent of battle through Archery, attacking skills made the opponents stun. Then Karna asked Dronacharya for solution to get rid from Abhimanyu. The Dronacharya says,

अभेद्यमस्य कवचम् युवचाशु पराक्रमह ।
उपदिष्टामवाचास्य पितुः कवच धारिणा ॥

॥ द्रोणपर्व ४८ । २७ ॥

Abhedyamasya Kavacam Yuvācaṣu Parakramaha /

Upadiṣṭa Mayācāsyā Pithuh Kavaca Dhārīna //

// Dronaparva Capter 48verse 27//

The kavacha which Abhimanyu wearied is not thrash by any of the weapons because he tied it skillfully. Dronacharya taught this skill to Arjuna and Abhimanyu learned it from his father. Before he killed, by attacking six charioteers at a time from back, Abhimanyu found fearless, showed skillful actions, concentrated and fought against enemies and also did all the skilled actions as a duty of Kshatriya. He has tremendous energy, stamina and courage to perform all these super human actions. In 1200 century, the poet Narayana Panditacharya in his Sumadhvajaya Kavya explains the physical fitness of the great sage Madhvacharya.

प्लवनतेजसि हंत न केवलम् जितवान् स तदा सकलान् जनान् ।

प्रभुनिदेशकरो हनुमत्तनौ ननु जिगाय स वालिसुतादिकान्

॥ सुमध्वविजय ३,४५ ॥

Plavanatejasi Hanta Na Kevalam Jitavän Sa Tada Sakalän Janän /

Prabhunideçakaro Hanumattanou Nanu Jigäya Sa Välisutädikän //

// Sumadhvavijaya- 3,45 //

Madhvacharya in his child hood play becomes first in Long Jump, High jump all the time. His friends feel Madhvacharya as Hanumanta as he jumped high and cross the ocean to find Sita in Tretayuga.

स शनकैर्बलिनो अयुगपद्गतान् प्रविहृतेषु सखीन्निरपातयत ।

अशनकैर्युगपत्प्रकृताहवान् सहसितो द्विजसूनुरयत्नवान् ॥

॥ सुमध्वविजय, ३,४७ ॥

Sashanakairbalino Ayugapadgatän Pravihruteçu Sakheen Nirapätayat //

Ashanakairyugapat Prakrutähavän Sahasito Dvijasonurayatnavän //

// Sumadhvavijaya-3, 47//

All the friends of Madhvacharya wish to fight wrestling individually and they lose the competition. Then all of them came together to fight against Madhva in wrestling, again they lost their fight. Everybody felt that, the sage Madhva is like Bhima from Dwaparayuga. It shows the physical fitness and skillfulness of the Madhva to defeat the opponents in all sorts of games and competitions including swimming.

॥ आरोग्यम् भास्करात् इच्छेत् ॥

॥ भागवत ४,२९,४२ ॥

Ārogyam Bhaskarāt Iccet ||

|| Bhāgavat 4,29,42 ||

The above verse is used in Aayurveda and Sun salutation to substantiate significance of Lord Surya as bestowed of good health.

Control over emotions (anger) plays vital role during game. If not controlled, it leads to foul. If it is considered purposeful, the player will be sent out from the game.

नायमात्मा बलहीनेन लभ्यः ||

|| मुंडक उपनिषत् | मुंडक ३/२ खंड ||

Nāyamātmā Balahīnena Labhyh ||

|| Mundak Upanishat | Mundak 3/khanda 2 ||

This Self cannot be won by any who is without strength, nor with error in the seeking, or by an askesis without the true mark: but when a man of knowledge strives by these means his self enters into Brahman, his abiding place. The all mighty god says, I am not available to those who is weak (in strength and fitness).

Swamy Vivekaanand says – “Strength is Life; Weakness is Death”. He also said that, ‘all power is within you. You can do anything and everything. Believe in that’.

In Rigveda samhita of Balittha Sukta explains the importance of having strength and fitness all the time.

बळित्था तद्वपुषे धायि दर्शतम् देवस्य भर्गः सहसो यतो जनी ||

|| ऋग्वेदसंहिता, मंडल-१, अष्टक-२, सूक्त-१४१ ||

Balittha Tadvapuse Dhāyi Darśatam Devasya Bhargah Sahaso Yato Jani ||

|| *Ṛgveda Samhita Mandal 1 Astaka 2 Sukta 141* ||

The word Balittha is from the Sanskrit root बट् । बट् means Baladevata refers to Vayudev. The person having same physical and mental strength all the time even when he takes birth on earth is called Parakrami or powerful person. In football, all the players require the physical and mental fitness all the time to win the match.

These verses show several skills of mace fight. Bhima and Duryodhan coming face to face as fast as possible, understanding the skills of opponent and making him to fall down, steadiness, start fighting again when opponent gets up, going around to hit the opponent, resisting the opponent, bending towards ground and escaping from

मंडलानि विचित्राणि गत प्रत्यायिकानि च ॥ महाभारत - गदापर्व ॥

Mandalaani Vichitrani Gata Pratyayikaani Cha || Mahaabhaarata – Gadaaparva ||

अभिद्रविणमाक्षेपम् अवस्थानम् सविग्रहम् । परिवर्ध संवर्त अवप्लुतमुपप्लुतम् ॥

॥ महाभारत गदापर्व -५७ । १९ ॥

Abhidraviṇamākṣepam Avasthānam Savigraham ।

Parivārtha Saṁvarta Avaplutamupaplutam ॥

॥ *Mahābhārata Gadāparva -57,19* ॥

गदाभ्याम् सहसाऽन्योन्यम् माजघ्नतु मरिदमो ॥

महाभारत गदापर्व - ५७-२१ ॥

Gadābhyām Sahasāḥnyonyam Mājaghnatu Parindamou ॥

॥ *Mahābhārata Gadāparva - 57-21* ॥

opponent's punch are the different skills of mace fight carried out by Bhima and Duryodhana in Gadayuddha of Mahabharata.

By following *Karma Yoga* – good and proper actions - helps to bring peace and happiness in life.

“For him, who is moderate in eating and recreation, temperate in his actions, who is regulated in sleep and wakefulness, yoga becomes the destroyer of pain” (Ramsukhdas, 2012).

2.6 CONCLUSION

To conclude, yoga has a positive effective on an individual and enhances one’s health through physically fit, mentally alert, emotionally controlled and socially well being. If a player wishes to achieve success in his life and also improve his performance, he has to follow and respect rules and regulations of the game. Yoga teaches us to think positive and keeps the hope till the last minute and it will not allow us to give up. There is a quote, ‘Hard work beats talent when talent fails to work hard – Kevin Durant. Yoga practice explores the hidden talent and makes us to work hard till we reach our goal. When the qualities of fitness like; strength, speed, muscle endurance, agility, flexibility, coordination, cardio-vascular endurance, balance etc. maintained properly, then we can expect high level of performance during the game. This alertness makes player to react in time as per the situation. The negative qualities like anger, stress, anxiety, fear, disliking etc. makes the player to do foul forcibly. Hence, Yoga, fitness and positive energy is the key to get success in the life.