

Ayurveda and Yoga in Sports Medicine

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Abstract

Sports or athletic activities require optimal physical conditioning, endurance and swift healing from injuries. Despite advancements in modern medicine, Ayurveda and Yoga, the conventional holistic Indian practices, provide natural and sustainable approaches to enhance athletic performance, minimise injuries and promote overall well-being. Averting injuries is as indispensable as treating them, Ayurveda and Yoga support sustained physical balance and reinforce strength, stability and resilience from within. Ayurvedic therapies and yoga practices for sports have long been integrated into conditioning programs to enhance physical preparedness, facilitate pre- and post-competition recovery, lower the risk of injuries and support rehabilitation. Beyond physical benefits, Ayurvedic and yogic sports medicine foster psychological balance, mental calmness and sustained alertness. Ayurvedic management and yogic interventions are safe, non-surgical treatments with minimal side effects, which make them constructive components of sports medicine. In essence, the combination of these conventional practices with contemporary sports medicine creates a holistic framework that simultaneously nurtures physical strength, psychological resilience and long-term health, allowing athletes to achieve high-level performance while minimising injury risks and promoting sustainable well-being. By addressing the interconnected nature of the body, mind and lifestyle, such a framework fosters sustained health and wellness, enabling athletes to maintain consistency, prevent burnout, and adapt effectively to the physical and mental demands of competitive sports. Moreover, this synergy between conventional and modern methodologies encourages self-awareness, discipline and mindful engagement with training, which are critical for both performance optimisation and overall life balance. This paper explores the importance of Ayurveda and Yoga as complementary systems to contemporary sports medicine, enhancing athletic performance, supporting physical conditioning and recovery, preventing injuries and promoting mental focus and psychological resilience.

Keywords: Sports medicine; Sports injury; Athletic performance; Ayurveda; Yoga

Introduction

Sports, whether competitive or recreational, have become performance-oriented and have resulted to a rise in sports injuries amongst athletes and active individuals. Sports medicine plays a pivotal role in ensuring the health and well-being of athletes and active individuals. Sports Medicine is a multidisciplinary field encompassing numerous subspecialties, including Sports Psychology, Biomechanics, Nutrition, Trauma Care, Rehabilitation, Doping Control and Sports Physiology. Its primary focus is to ensure optimal fitness and well-being before, during and after sporting events, while also addressing the prevention and management of sports-related injuries.

Sports injuries are a common consequence of athletic and recreational physical activity, with frequently reported conditions including sprains, strains, fractures, dislocations, concussions, tendonitis, stress fractures, ligament injuries and overuse syndromes. Sports medicine plays a pivotal role in injury prevention through appropriate conditioning, gradual training progression, balanced nutrition, optimal biomechanics and education on safe sporting practices. Accurate diagnosis using clinical evaluation and imaging, followed by evidence-based management strategies such as rehabilitation, pharmacological therapy and surgical intervention when required, is essential for effective recovery. Beyond injury care, sports medicine supports athletes across the lifespan by addressing physical performance, mental

health, age-related physiological changes and long-term athletic development. Performance enhancement strategies, including sport-specific training, strength and endurance conditioning, recovery optimisation, and biomechanical analysis, further contribute to improved efficiency and reduced injury risk. Sports medicine integrates preventive, therapeutic and performance-oriented approaches to promote athlete health, safety and sustained participation in physical activity [1].

Sports medicine refers to the study of the dynamic relationship between physical activity and health. Physical activity in this context encompasses daily and occupational activities, structured exercise for non-competitive individuals and organised sports participation. The discipline examines not only the health benefits of regular physical activity but also the adverse effects of physical inactivity, deconditioning, excessive training loads, improper techniques and biomechanical stress, all of which may contribute to injury and disease.

Health is a state of complete physical, psychological, and social well-being rather than merely the absence of disease. Sports medicine is therefore grounded in the reciprocal relationship between physical activity and health, recognising that regular participation in appropriate physical activity, exercise or sport is essential for achieving and maintaining optimal health. This principle applies equally to the general public and competitive athletes, as optimal performance is inseparable from optimal health and sustained health is dependent on adequate levels of physical activity. Through its emphasis on disease prevention, functional capacity enhancement and injury management, sports medicine advocates both health for sports and sports for health [2].

A sportsperson must maintain optimal physical, mental, social and ethical well-being to meet the rigorous demands of training and competition. Accordingly, the scope of sports medicine has expanded substantially in recent years, with the primary goal of enhancing performance while safeguarding long-term health. Ayurveda provides extensive knowledge of Ahara (nutrition), Vihara (lifestyle), Ritucharya (seasonal regimen), Dincharya (daily regimen), Sadvritta (ethical conduct) and Yoga, along with special management modalities of Panchakarma, Marmachikitsa and Rasayana Chikitsa in addition to specific and general lines of treatment for different sports injuries [3]. These modalities complement modern approaches in managing sports injuries, improving recovery and promoting sustained athletic excellence.

Sports medicine plays a central role in healthcare for athletes and active individuals, providing advanced treatments and effective rehabilitation for a wide range of injuries. Beyond conventional interventions, complementary practices such as Yoga and Ayurveda are recognised for their role in enhancing physical performance, preventing injuries and supporting holistic recovery. Yoga contributes to flexibility, balance, mental focus and the regulation of energy, while Ayurveda emphasises personalised nutrition, lifestyle interventions and herbal therapies to maintain overall health and optimise recovery.

Critical factors that contribute to a country's prominence in sports medicine include the availability of advanced medical facilities, the expertise of medical professionals, the use of innovative treatments and technologies and the implementation of effective rehabilitation programs personalised to the athlete's specific needs. Emerging trends in sports medicine, including telemedicine, regenerative therapies and personalised care, are transforming how athletes receive treatment, recover from injuries and optimise performance [4].

Overview of Ayurveda

Ayurveda, the indigenous ancient medical science of India, is considered to be an upveda of the Atharva Veda. References to the medicinal use of herbs can be found in the Rigveda. The term Ayurveda combines two Sanskrit words: Ayu, meaning life and Veda, meaning science. Thus, Ayurveda is the "science of life," focusing not only on the treatment of diseases but also on the preservation and promotion of health. Its core principle is "Swasthasya Swasthya Rakshnam, Aturasya Vikara Prashaman", i.e., the protection of health in the healthy and the alleviation of illness in the unwell. The enduring relevance of Ayurveda is supported by its evidence-based principles and the rich availability of medicinal herbs in India. Ayurveda is founded on universal principles and offers profound insights into the connection between mind, body and the laws of nature. Its holistic approach aims to maintain balance and harmony in all aspects of life, contributing to its growing relevance and appeal in contemporary health and wellness practices [5].

Ayurveda is among the most prominent traditional systems of medicine that has endured and flourished over the ages, retaining its relevance in contemporary healthcare. Ayurveda has its foundations rooted in the classical schools of Hindu Philosophical teachings, namely Vaisheshika and Nyaya, as well as the metaphysical framework of Samkhya, all of which flourished during the same historical period. The Vaisheshika School preached about perceptions and inferences, emphasising the importance of systematic observation of pathological conditions prior to therapeutic intervention. However, the Nyaya School focused on a comprehensive understanding of both the patient's condition and the disease as a prerequisite for effective treatment. The Vaisheshika School categorises the attributes of any object into six fundamental attributes: Dravya (substance), Guna (quality), Karma (activity), Samanya (generality), Visheshha (particularity) and Samavaya (inherence). Over time, the Vaisheshika and Nyaya traditions converged to form the Nyaya-Vaisheshika school, which played a pivotal role in systematising and disseminating Ayurvedic knowledge subsequently.

Beyond its philosophical underpinnings, the origin of Ayurveda is traditionally regarded as divine. According to Hindu belief, this holistic science of healing originated from Brahma, the creator of the universe, who transmitted the knowledge to sages for the welfare of humanity. The sages, in turn, passed this wisdom to their disciples and later to society at large through both oral transmission and written texts. Medicinal knowledge, particularly regarding the

therapeutic properties of plants, was preserved in poetic verses known as Shlokas, facilitating memorisation and transmission across generations.

The Hindu system of healing practice is closely linked to the four principal Vedic compilations, Rig Veda, Yajur Veda, Sam Veda and Atharva Veda. Among these, the Rig Veda is the most prominent, describing 67 plants and 1,028 hymns. The Atharva Veda and Yajur Veda further describe 293 and 81 medicinally significant plants. Ayurvedic knowledge is largely derived from these Vedic sources.

The systematic compilation of Vedic knowledge was undertaken by Agnivesha, whose work was refined and redacted by Charaka and other scholars, culminating in the authoritative text known as the Charaka Samhita. This treatise comprehensively addresses the theoretical and practical dimensions of Ayurvedic medicine, while the Sushruta Samhita focuses extensively on surgical science. Both texts remain foundational to contemporary Ayurvedic practice. These classical works have been translated into several languages, reflecting their historical influence beyond the Indian subcontinent.

Ayurveda postulates that the entire universe, including the human body, is constituted by five fundamental elements, Vayu (air), Jala (water), Aakash (ether/space), Prithvi (earth) and Teja (fire), collectively known as the Pancha Mahabhoota. Ayurvedic treatment strategies are individualised and formulated after assessing an individual's bodily constitution, Dosha characteristics, pathological history, lifestyle patterns and environmental conditions. Preventive care, lifestyle modification, dietary regulation and detoxification form the cornerstone of therapeutic intervention.

Ayurveda incorporates Pancha Karma as a central therapeutic modality, applying various processes for the rejuvenation of the body, cleansing and enhancing longevity. Pancha Karma comprises five principal therapeutic actions (Karmas) aimed at eliminating accumulated toxins from body tissues. These include Virechan (therapeutic purgation using powders, pastes or decoction), Vaman (forced therapeutic emesis by use of some medicines), Basti (use of enemas prepared from medicated oils), Rakta Moksha (blood purification) and Nasya (administration of medicines like decoctions, oils and fumes through nasal route).

In practice, Ayurveda has eight disciplines known as Ashtanga Ayurveda. These include Kayachikitsa (internal medicine treatment), Kaumar Bhritya (pediatric treatment), Bhootavidya (treatment of psychological disorders), Rasayana (geriatrics), Vajikarana (treatment through aphrodisiacs and eugenics), Shalya (surgical treatment), Shalakya (otorhinolaryngological and ophthalmological treatment) and Agada Tantra (toxicology). Through its theoretical framework, individualised therapeutic strategies and rich knowledge derived from plant, mineral and animal sources, Ayurveda has achieved sustained global recognition as a holistic and integrative system of medicine [6].

Overview of Yoga

Yoga is an ancient discipline that integrates body, mind, and consciousness to achieve harmony, health and self-realisation. The

term Yoga is derived from the Sanskrit root Yuj, meaning "to join" or "to unite," signifying the union of individual consciousness with universal consciousness. Classical Yogic philosophy emphasises that this union fosters balance between the body, mind, and environment, guiding practitioners toward liberation (Moksha or Kaivalya). While traditionally considered a spiritual science, Yoga also serves as a practical discipline for promoting physical, mental and emotional well-being.

Yoga is an ancient science whose origins are believed to have started with the very dawn of human civilisation. Long before the emergence of organised religions or belief systems, yoga existed as a holistic means of understanding life and consciousness. In yogic tradition, Shiva is revered as the first yogi (Adiyogi) and the first teacher (Adi Guru). Traditionally, the Adiyogi is considered to have imparted this knowledge to the Saptarishis (seven sages), who then disseminated it across India and beyond. Archaeological evidence from the Indus-Saraswati Valley Civilization, including seals and fossils with yogic postures, indicates the practice of Yoga in ancient India.

Yoga's presence is also evident across diverse traditions, folk practices, Vedic and Upanishadic literature, Buddhism, Jainism, Darshanas, epics such as the Mahabharata and Ramayana and Shaivas, Vaishnavas and Tantric traditions. During this early period, yoga was practiced under the direct guidance of a Guru, with strong emphasis on spiritual realisation. Yogic practices were deeply integrated into rituals (Upasana), daily life and spiritual discipline (Sadhana). In the Vedic era, the Sun held supreme importance, which later influenced practices such as Surya Namaskara. Pranayama formed an integral part of daily rituals and to offer the oblation.

Although yoga existed in various forms during the pre-Vedic period, it was Sage Maharshi Patanjali who systematically codified yogic knowledge in the Yoga Sutras. Following Patanjali, many sages and yoga masters preserved and expanded yogic wisdom through texts, commentaries and disciplined practice.

The Classical Period is regarded as a highly fertile phase in yoga's evolution. Key texts such as Vyasa's commentary on the Yoga Sutras and the Bhagavad Gita emerged during this time. This era was profoundly influenced by Mahavira and Buddha, whose teachings emphasised ethical discipline, mental control and liberation. Mahavira's Pancha Mahavrata (five great vows) and Buddha's Ashta Magga (Eightfold Path) reflect early yogic disciplines. The Bhagavad Gita further elaborated the paths of Gyan Yoga (knowledge), Bhakti Yoga (devotion) and Karma Yoga (selfless action), which continue to guide seekers toward inner peace and balance. During this period, special emphasis was placed on mastering the mind-body connection to attain equanimity.

The Post-Classical Period saw yoga integrated with devotional movements and philosophical schools. The teachings of the Acharya Trayas, Adi Shankracharya, Ramanujacharya and Madhvacharya were prominent. Bhakti saints such as Tulsidas, Mirabai, Surdas and Purandaradasa popularised devotion as a yogic path.

Simultaneously, the Hatha Yoga tradition flourished through the Natha Yogis, including Matsyendranath, Gorakshanath, Swatmarama, Gheranda and others. The period (1700-1900 A.D.) witnessed the emergence of great spiritual masters such as Ramana Maharshi, Ramakrishna Paramahansa, Swami Vivekananda and Paramahansa Yogananda, who emphasised Raja Yoga, Vedanta, Bhakti Yoga and meditation.

In contemporary times, yoga has attained global recognition for its profound contributions to physical health, mental well-being, and spiritual growth. Its teachings are actively disseminated through institutions, educational initiatives and worldwide yoga communities, successfully bridging ancient wisdom with modern scientific understanding. Yoga stands as a timeless and universal discipline, harmonising body, mind and spirit and guiding individuals toward inner peace, discipline and self-realisation.

Yoga is perceived as a therapeutic or exercise system for health and fitness. While improvements in physical and mental health are natural outcomes of yogic practice, the ultimate aim of yoga is far more expansive. Yoga is the science of harmonising the individual with the universe, a systematic method of aligning one's inner structure with the cosmic order to achieve heightened perception, balance and harmony.

Yoga encompasses diverse schools and methodologies, including Hatha, Raja, Karma, Bhakti, Jnana, Mantra, Kundalini, Laya and Dhyana Yoga. Across these traditions, the aim remains consistent: the harmonious integration of body, mind and consciousness.

Yoga practices (Sadhana) involve ethical restraints and observances (Yama and Niyama), physical postures (Asanas), controlled breathing (Pranayama), withdrawal of senses (Pratyahara), concentration (Dharana), meditation (Dhyana) and ultimate integration (Samadhi). Ancillary practices include bandhas, mudras, mantra japa, detoxification techniques (Shatkarmas) and mindful dietary habits (Yuktahara). These practices cultivate physical stability, mental focus, emotional resilience and spiritual awareness [7].

Beyond spiritual growth, yoga is widely recognised as a therapeutic and preventive modality for health promotion. The benefits of yoga include physical fitness, stress reduction, cardiovascular health, musculoskeletal flexibility and mental well-being. Significantly, yoga education and therapy focus on the holistic development of the individual, promoting ethical living, emotional balance, inner awareness and overall well-being. Yoga is practiced worldwide in educational institutions, spiritual centers and clinical as well as preventive healthcare facilities. Its principles are also applied in integrative health fields, such as sports medicine, where yoga supports physical conditioning, improves flexibility and focus, reduces the risk of injury and aids recovery.

Ayurveda in Sports Medicine

The expansion and professionalisation of the sports sector have been accompanied by a corresponding increase in health-related challenges among athletes. Consequently, sports medicine

has assumed a vital role in addressing key areas such as optimal sports nutrition, prevention and management of injuries, scientific identification and conditioning of athletic talent and the maintenance of physical and psychological well-being across the pre-event, event and post-event phases of performance. Sports performance is not determined solely by physiological and biochemical factors; psychological factors also play a crucial role in shaping athletic performance. Ayurveda, the science of life, is recognised as the most ancient and comprehensive system of healthcare. It emphasises the principle that "prevention is better than cure," with its primary objective being the maintenance and promotion of health in healthy individuals, alongside the management of disease [8]. Sports Ayurveda currently plays a pivotal role in improving the strength, stamina and endurance of athletes.

Sports medicine is an interdisciplinary medical specialty that deals with the overall care of an athlete at all levels. Athletic performance is influenced by multiple interrelated factors, including physical strength, endurance, nutrition, mental stability and recovery capacity. Ayurveda, the ancient Indian system of medicine, addresses these dimensions through dietetics, lifestyle regulation, herbal supplementation, mental conditioning and therapeutic interventions. Modern sports demand high levels of physical exertion, psychological resilience and swift recovery. In addition to musculoskeletal stress, athletes face physiological, psychological, social, economic and environmental challenges. Ayurveda adopts a preventive, promotive, curative, corrective and rehabilitative approach to sports health management. Its principles emphasise individual constitution, balanced nutrition, regulated lifestyle and mind-body harmony.

Nutrition plays a pivotal role in athletic performance, alongside genetic endowment and training status. Whilst optimal nutrition alone cannot guarantee success, inadequate dietary practices can significantly impair performance and recovery. Ayurveda provides a detailed description of a diet that promotes muscle mass, strength and endurance. Dietary intake is guided by eight classical factors, such as the nature of food, processing methods, combination of ingredients, quantity, place, time, dietary rules and individual constitution. Adherence to these principles ensures optimal digestion, nutrient assimilation and energy availability, which are essential for athletic performance.

Vyayama Shakti refers to an individual's capacity to perform physical exercise. It is influenced by factors such as age, tissue excellence (Sara), dietary intake (Ahara), mental stability (Satva) and overall lifestyle. Ayurveda emphasises personalised exercise prescriptions, preventing overexertion and reducing the risk of injury and fatigue. This individualised approach aligns with modern concepts of tailored training and load management.

Ayurveda uniquely emphasises daily (Dinacharya) and seasonal (Ritucharya) regimens to maintain health and prevent disease. These include guidelines on time of waking and sleeping, daily activities and hygiene practices, appropriate intensity of exercise, seasonal dietary modifications, periodic detoxification therapies, avoidance of incompatible food combinations, adequate sleep and

sensory discipline. Such structured routines support metabolic balance, injury prevention and sustained athletic performance.

Psychological stability is as critical as physical strength in competitive sports. Ayurveda recognises the mind-body connection and recommends therapies such as Shirodhara to promote mental calmness, reduce anxiety and enhance concentration. These interventions may support emotional regulation and performance consistency under competitive stress. Ayurveda adopts a holistic treatment approach that integrates herbal medicine with Yoga, Pranayama and meditation. This combined approach addresses not only physical ailments but also psychological stress, enhancing concentration, emotional balance and stress resilience in sportspersons [9].

Ayurvedic principles are being applied in sports medicine and physical rehabilitation, particularly for injury prevention, performance enhancement and recovery. When integrated with Yoga-based practices, Ayurveda supports both physical conditioning and mental resilience. Personalised dietary interventions, herbal supplementation and lifestyle modifications are used to maintain energy balance, minimise physiological stress and facilitate efficient recovery from physical strain. In parallel, Yoga contributes to flexibility, muscular strength and psychological stability.

One of the major challenges facing sports medicine and athlete healthcare systems globally is the rising cost of medical care, which places a substantial burden on both institutional budgets and individual athletes. Despite advances in pharmacological interventions, drug-based approaches alone have shown limitations in promoting long-term health and in effectively managing chronic and recurrent conditions. From the perspective of Ayurveda and Yoga, pharmaceutical interventions are not considered inappropriate or unnecessary; rather, they are best positioned as supportive or secondary measures when required. Primary emphasis is placed on non-pharmacological strategies, including personalised nutrition, herbal support, lifestyle regulation, Yoga and meditation [10].

Yoga in Sports Medicine

In competitive sports, injuries are common and can significantly affect an athlete's career, causing pain, functional limitations and prolonged recovery. Rehabilitation is essential for restoring performance, preventing recurrence and supporting long-term health. Conventional sports medicine often focuses on physiotherapy, strength and flexibility exercises, but integrative approaches, including Ayurveda, Yoga and other traditional medicine systems, are being recognised for their complementary benefits. Yoga, as an ancient mind-body practice, enhances physical, mental and emotional recovery in athletes. It improves strength, flexibility, balance, proprioception and circulation while promoting pain management and reducing stress. Yoga also supports psychological resilience, helping athletes cope with injury-related anxiety, depression or trauma. By integrating breathing techniques, meditation and postures, Yoga fosters mindfulness, body awareness and injury prevention [11].

Injury prevention is a critical aspect of athletic training, as injuries can adversely affect performance, prolong recovery and shorten career longevity. Yoga has emerged as a valuable complementary practice for athletes due to its combined focus on flexibility, strength, balance and mindfulness. Regular yoga practice enhances muscle and joint flexibility, thereby reducing the likelihood of strains, sprains and other musculoskeletal injuries. It also strengthens stabilising muscles, improves postural alignment and enhances neuromuscular control, all of which are critical for maintaining biomechanical efficiency and preventing injury. Additionally, yoga cultivates proprioception and body awareness, allowing athletes to detect and correct movement patterns that may predispose them to injury. Integrating controlled breathing techniques (pranayama) and mindfulness practices further supports stress management and recovery, mitigating the risk of injuries associated with intense training [12].

Yoga's benefits extend beyond the physical domain, significantly impacting mental health and psychological resilience. By emphasising breath control and present-moment awareness, yoga shifts the autonomic balance from sympathetic (fight-or-flight) dominance to parasympathetic activation, promoting relaxation, reducing heart rate and enhancing digestion. Regular practice has been associated with improved mood, increased endogenous melatonin secretion and reduced perceived stress, contributing to overall well-being. By cultivating mindfulness and self-regulation, athletes can maintain focus under pressure, mitigate stress-related performance decrements and enhance competitive outcomes. Yoga shows promise as both a preventive and performance-enhancing strategy in sports medicine. By supporting physical conditioning, mental focus and emotional regulation, yoga can help athletes reach their full potential while reducing barriers associated with stress and injury [13].

Athletic success requires physical conditioning, technical skill and mental acuity. Yoga integrates these components by improving neuromuscular coordination, body awareness and mind-body connectivity. Its emphasis on sustained postures, breathing and relaxation strengthens internal organs, supports cardiovascular and respiratory efficiency and optimises energy utilisation. As a result, athletes demonstrate improved muscle coordination, fluidity of movement and resilience during both training and competition. Yoga also enhances psychological factors essential to sports performance, including self-confidence, focus and emotional regulation. By reducing performance-related stress and anxiety, yoga helps athletes maintain mental equilibrium, supporting consistent execution of complex skills in competitive settings.

Yoga serves as a preventive, therapeutic and performance-enhancing intervention in sports medicine. Its physical benefits include flexibility, strength, balance and injury prevention, combined with mental advantages, such as concentration, emotional regulation and stress reduction. Yoga is a critical intervention for athletes seeking to optimise performance and longevity. By fostering mind-body integration, enhancing recovery and supporting psychological resilience, yoga contributes holistically to athletic excellence. For

professional and recreational athletes alike, yoga enables optimal performance through improved physical efficiency, mental clarity and sustained focus, highlighting its role as an essential component of contemporary sports medicine [14,15].

Conclusion

Athletes represent a population at elevated risk for both physical and psychological stress, including anxiety, depression and other mental health challenges. The high-pressure environment of competitive sports, characterised by intense training loads, high-stakes competitions, scrutiny from coaches, peers and spectators and the demands of a performance-driven lifestyle, places substantial strain on athletes' well-being. Among these challenges, sports or performance anxiety is particularly prevalent, emerging when apprehension about suboptimal performance disrupts an athlete's ability to compete effectively.

Yoga offers an integrated mind-body approach that targets both the physical and psychological dimensions of athletic performance. Physiologically, yoga enhances flexibility, strength, balance, joint mobility and cardiovascular efficiency, reducing injury risk and promoting functional capacity. Psychologically, yoga supports stress management, emotional regulation, focused attention and mitigation of performance anxiety. Practices such as pranayama (controlled breathing), mindfulness and meditation cultivate mental resilience, enabling athletes to maintain focus and composure under pressure.

Additionally, the ancient wisdom of Ayurveda offers valuable strategies for addressing these challenges, providing preventive, performance-enhancing and recovery-focused interventions. Unlike short-term fitness trends, Ayurvedic principles adopt a holistic and individualised approach, balancing physiological, psychological and lifestyle factors to optimise overall health. Evidence suggests that Ayurvedic interventions such as Rasayana therapy, proper nutrition, Swasthavritta (healthy lifestyle practices) and therapeutic modalities can improve physical resilience, reduce fatigue and accelerate recovery, thereby supporting sustained athletic performance.

Integrating Ayurveda and yoga into sports medicine programs provides a holistic framework for optimising athletic performance and well-being. By combining preventive care, injury management and mental conditioning, this integrative approach addresses the full spectrum of athletes' needs, supporting both peak performance and long-term health.

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