

Research Paper

## Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being

Prashant Verma<sup>1\*</sup>, Gurmeet Singh<sup>2</sup>

### ABSTRACT

**Background:** Cricket is a popular sport that is celebrated worldwide and due to its popularity, it puts a lot of physical and mental pressure on the cricketers. The demand of rigorous physical and mental work leads to a number of health problems among the cricketers. The paper highlights the various issues faced by cricketers, types and frequency of injuries, and the susceptibility of different cricketing roles to specific injuries. Further the research emphasises the potential of yoga as a complementary therapy, highlighting its benefits, contemporary and historical studies, and its adoption by international cricket teams. **Objective:** The systematic review aims to investigate the efficacy of yoga interventions on the physiological, psychological, and biomechanical aspects of cricket performance. The study strives to evaluate the effectiveness of yoga for the prevention and reduction of physical and mental disorders among cricketer. **Methods:** An exhaustive systematic search was conducted in January 2025 according to Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA) guidelines. Electronic searches of MEDLINE, PUB MED, Web of Science, Scopus, EMBASE, and Research gate were performed. Inclusion criteria included peer-reviewed articles published in the last two decades that examined the physiological, psychological, and biomechanical effects of yoga on cricketers. **Results:** The review found that yoga interventions significantly improve flexibility, muscle strength and balance in cricketers, thereby reducing the incidence of injuries in cricketers. Studies show that yoga contributes to mental health by improving concentration and breathing capacity, reducing stress, thereby supporting faster recovery of the player's body after exertion. However, variations in study designs and intervention protocols pose challenges in drawing definitive conclusions. **Conclusion:** It is found that the emerging trends of Yoga is effective for the sportspersons such as cricketers. The paper concludes with future ramifications of integrating yoga into cricket training system.

**Keywords:** Yoga, Asana, Yoga nidra, Cricket, Cricketers, Injury, Mental health

Cricket is the second most popular sport around the world with billions of fans and the hundreds of full time and affiliated countries. Cricket is a highly demanding sport that places significant physical and mental stress on players (1). From last two decades after introducing the short events of cricket such as t20 and IPL needed more

<sup>1</sup>Ph.D. Scholar, Interdisciplinary Centre for Swami Vivekananda Studies, Panjab University, Chandigarh

<sup>2</sup>Professor, Department of Physical Education, Panjab University, Chandigarh

\*Corresponding Author

Received: April 22, 2025; Revision Received: September 20, 2025; Accepted: September 24, 2025

## **Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being**

intense and rapidly movements and gruelling training sessions to intense matches spanning multiple days. Cricketers often experience fatigue, injuries, and psychological pressure (2). These challenges directly or indirectly affect their performance, well-being, stamina and longevity in the sport. Thus, finding effective ways to address these issues is crucial for the success and sustainability of cricketers worldwide (3).

### **PREVALENCE OF INJURY IN CRICKETERS**

The prevalence of injuries in cricket players remains an important area of research. Recent studies provide a detailed understanding of the patterns of injuries in cricket, prevalence rates and factors contributing to injuries. The latest studies show that the overall incidence of injuries among cricketers shows significant variations according to their position and the reasons behind these injuries. Bowlers, especially those who bowl fast, have a higher risk of suffering from back and shoulder injuries. On the other hand, batsmen and fielders are more prone to muscle strains and injuries related to repetitive use (4) (5) (6).

A recent study in wales, England provides a report on injury among the men's and women's cricketers in consecutive 3 tournaments. The data was collected by the medical staff during the 2021–2023 cricket competition in wales, with the median age of 28.5 ( $\pm 4.8$ ) (men) and 25.1 ( $\pm 4.8$ ) (women), an average no. 149 ( $\pm 10$ ) men and 130 ( $\pm 9$ ) women cricketers were registered for each competition in 3 years. In the men's and women's matches, the incidence of tournament injuries was 36.6 (95% CI 31.4 to 42.7) and 32.5 (95% CI 27.3 to 38.7)/100 players/tournament, respectively. In both men and women, Lower limb injury incidence was more significant than the upper limb injuries. Additionally, the lower limb injury was more severe than the upper limb injury, that's why the rate of NTL (non-time loss injuries) was higher in upper limbs and the rate of TL (time loss injuries) was higher in lower limbs and thigh region was the most affected region in both men and women cricketers (7).

Another study includes the injury data of elite male Australian cricketers from T20 and one day International cricket season 2006–2007 to season 2015–2016. The average match injury incidence for match time-loss injuries during the previous ten seasons was 155 injuries/1,000 days of play. The average yearly injury prevalence was 12.5%, with an annual injury incidence of 64 injuries/100 players per season (fast bowlers averaged 20.6%, substantially higher than other positions). The most frequent injury was a hamstring strain, with a seasonally averaged incidence of 8.7 per 100 participants. Lumbar stress fractures were the most common injury (1.9% of players were never allowed to play because of these injuries, or 15% of total missing time) (8).

A study by Cross et al. (2022) focused on the types of injuries prevalent in cricket revealed that musculoskeletal injuries account for approximately 80% of all cricket injuries, with fast bowlers particularly prone to back and shoulder injuries. Research by Gabbett et al. (2023) highlighted that fast bowlers face the highest injury risk due to the intense demands of their role. The study found that fast bowlers are particularly susceptible to lower back injuries, shoulder injuries, and hamstring strains. Fast bowlers had injury rates of around 70% in a season, with back injuries being the most common. Overuse and technique-related factors were significant contributors (9) (10).

The research by Chalmers et al. (2022) indicated that batsmen also face a considerable injury risk, primarily from muscle strains and overuse injuries. Batsmen and fielders had a higher prevalence of soft tissue injuries and overuse injuries (11). A study by McCallum et al. (2023) explored injury patterns in wicketkeepers and fielders, revealing that knee and

finger injuries are common among these players. Wicketkeepers frequently suffered from knee injuries due to the crouched stance and rapid movements. Fielders often experienced finger injuries from catching or blocking the ball. To reduce the number of injuries in cricket it is necessary to carefully control the amount of training, increase the quality of the playing environment and adopt specific strategies aimed at preventing injuries (12).

### REVIEW OF RELATED LITERATURE

The literature review explores the physical and mental challenges faced by cricketers, including musculoskeletal disorders, shoulder and elbow injuries, lower back pain and knee injuries, which impact performance and career longevity. It also examines mental health issues such as stress, anxiety, depression, self-esteem concerns and burnout, highlighting their impact on players. Additionally, the review discusses the role of yoga in addressing these challenges, emphasising its benefits in injury prevention, rehabilitation, mental resilience and overall well-being through flexibility training, mindfulness and breathing techniques.

#### The Global Problem of Cricketers

Cricketers face a variety of problems that can be broadly categorized into physical challenges and mental health issues.

#### *Physical Challenges*

Cricketers frequently encounter physical challenges such as muscle strains, joint injuries, and fatigue due to the repetitive nature of their movements and the long duration of matches. Further we can categories these challenges into four major categories (13).

**Musculoskeletal Disorder:** This condition involves dysfunction or injury to a group of moving structures such as muscles, bones, and joints. These types of injuries are more prevalent among fast bowlers than batsmen and spin bowlers due to the repetitive and high-impact nature of their bowling actions. The muscles, tendons and ligaments are put under tremendous strain to produce the speed and power vital to fast bowling, and the repeated use of these blows increases the risk of injury. Additionally, the one-sided bowling action of fast bowlers creates muscle imbalances, which also increases the likelihood of injuries to some muscles and joints due to this asymmetry. Some pharmacological treatments have been considered as possible solutions, but their effect on pain management is short-lived and these options have also provided limited efficacy in repairing damaged tissues (14) (15) (16) (17).

**Shoulder and Elbow Injuries:** Shoulder and elbow injuries are common in various sports and activities, in cricket, spin bowlers and batsmen are more prone to it. There are various types of injuries that falls in this group such as Rotator Cuff Injuries (Tendinitis, Tears), Shoulder Impingement, Labral Tears, Shoulder Dislocation, Shoulder Bursitis, Tennis Elbow (Lateral Epicondylitis), Elbow Bursitis, Elbow Dislocation etc. Spin bowlers frequently experience shoulder injuries due to multiple reasons such as the overuse and repetitive nature of their actions, poor technique or inadequate strength and conditioning. They often use a high-arm action to impart spin on the ball, which requires significant shoulder rotation and tension. The repetitive nature of this motion, especially when combined with forceful delivery, can put strain on the shoulder joint and surrounding muscles. The mechanics of spin bowling often involve complex shoulder movements, including internal rotation and elevation. Over time, these movements can lead to imbalances and wear-and-tear injuries, such as rotator cuff injuries or impingement

## **Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being**

syndrome. Batsmen are also often affected by this type of injury because of the powerful shoulder movements required when playing shots, particularly in the case of aggressive or cross-bat strokes. The repetitive nature of these high-force movements can cause shoulder injuries. Elbow injuries, such as tendinitis (commonly known as "cricketer's elbow"), are also common in batsman. Hamstring strains and side strains are also prevalent, particularly during running between the wickets and playing shots that require significant trunk rotation (18).

**Lower Back Pain:** Lower back pain is a major issue that is very prevalent among the cricketers specially in fast bowlers. Fast bowlers in cricket are particularly susceptible to lower back pain due to the high demands placed on their bodies during their bowling action. They generate significant force and speed during their delivery. The rapid acceleration and deceleration involved in their action can put a lot of strain on the lower back. The repetitive nature of the bowling action—where the bowler's body undergoes a violent rotation and forward flexion—can lead to overuse injuries (19). Apart from this inadequate warm-up, fatigue, muscle imbalance, stiffness and weakness can accelerate the pain. It can range from mild discomfort to severe pain and can be caused by a variety of factors. It may vary from simple muscle-ligament strain to herniated disc, spondylolisthesis, spinal stenosis, and injuries (20).

**Knee Injuries:** Knee injuries are more prevalent among the fielders and wicketkeepers due to the nature of their roles such as diving, sliding, frequent kneeling, squatting, and other repetitive movements such as catching, throwing, and rotational stress on the knees (21). There are several types of common knee injuries among the cricketers which are patellar tendonitis (Inflammation of the tendon that connects the kneecap to the shinbone), meniscal tears (Damage to the cartilage in the knee joint caused by frequent twisting or rotating movements), ligament injuries (Damage to the front of the knee joint's main ligament (ACL) or the side ligament (MCL) due to quick changes in direction or force.), chondromalacia patella (softening or damage to the cartilage underneath the kneecap, often due to repetitive stress or improper positioning of the knee. These issues can lead to reduced performance and prolonged recovery times, affecting players' availability for selection and overall career prospects (22) (23) (24).

### ***Mental Health Issues***

Achieving peak performance in cricket requires not only physical fitness but also mental clarity, emotional resilience, and strategic decision-making. The competitive nature of cricket, combined with the expectations from fans, media, and team management, can take a toll on cricketers' mental well-being (25) (26).

Anxiety, depression, burnout, and performance anxiety are prevalent among players which impacts their confidence, focus, and motivation on and off the field. Other factors such as injuries, lengthy recovery process, expectation to consistently perform, issues within the team, personal life challenges, uncertainty of the professional career can also contribute following mental health issues (27).

**Stress and Anxiety:** The intense demands and stress from performing well in cricket can cause a lot of stress and worry. This situation is made worse by the intense attention from supporters and the media. Performance anxiety, fear of failure, and the pressure to meet expectations can lead to chronic anxiety (28). This might manifest as nervousness before games, constant worry about performance, or general anxiety about career longevity. The

## **Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being**

stress of all these can affect both mental and physical health, impacting overall performance and quality of life (29).

**Depression:** Depression in cricketers can occur due to prolonged poor performance, injuries or being dropped from the team. Other factors such as being away from home for long periods of time, and high expectations can also push them towards depression. Symptoms might include persistent sadness, lack of motivation and feelings of hopelessness (30).

**Self-Esteem Issues:** Self-esteem problems in cricketers can negatively impact their mental health and overall well-being which can affect a player's ability to perform well on the field. Cricketers with low self-esteem may experience excessive anxiety about their performance, fearing that they will not live up to expectations or make mistakes (31). The main consequences of this can be seen in the form of hesitation, indecisiveness, lack of determination on the field, doubting their abilities, focusing on their perceived failures rather than their successes, constantly comparing themselves to their teammates or opponents, engaging in negative self-talk, etc. (32).

**Burnout:** The pressure to constantly perform, rigorous schedules, excessive travel, and long-playing hours can lead to physical and mental exhaustion, commonly referred to as burnout. Its symptoms include emotional exhaustion, reduced performance, and a feeling of disconnect from the sport (33).

### ***The Role of Yoga in Addressing Cricketers' Challenges***

Yoga is an ancient Indian practice consists physical postures (asanas), breathing techniques (pranayama), and meditation (dhyana). It aims to establish harmony between body, mind and soul and promote overall well-being. Yoga has become a vital tool in dealing with the various challenges faced by cricketers, capable of providing both physical and mental benefits. Yoga is becoming a suitable complementary therapy for athletes including cricketers due to its ability to enhance physical and mental health. It is rapidly gaining recognition at the international level. Yoga can be used in cricket both as a preventive medicine for injury prevention and for better recovery after a physical injury or mental issues (34) (35) (36) (37) (38) (39) (40) (41) (42).

## **METHODS**

This systematic review was conducted in accordance with the Preferred Systematic Review and Meta-Analysis (PRISMA) guidelines to ensure a systematic selection process. Due to the limited availability of randomised controlled trials (RCTs) specifically on yoga and cricketers, peer-reviewed studies, quasi-experimental designs, observational studies and systematic reviews were also included. A comprehensive literature search was conducted in databases including PubMed, Scopus, Web of Science and Google Scholar using keywords such as yoga, cricket, sports performance, athlete well-being, resilience, mental resilience and injury prevention. Along with this, some other methods were also searched using keywords like "yoga and cricketer or player or athlete or asanas or pranayama or meditation or yoga nidra or injury or anxiety or meditation". Studies were included based on peer-reviewed empirical research assessing the physiological, psychological or biomechanical effects of yoga on cricketers or comparable athletic populations; studies with measurable performance or well-being outcomes, and; studies published in English from 2004 to 2024. Articles were excluded that were non-peer-reviewed sources, expert opinions, or focused only on general fitness without direct applicability to cricket.

## **RESULTS**

The findings of this systematic review emphasise the diverse and important effects of yoga on cricket players, beyond traditional fitness training. Yoga not only enhances physical attributes such as flexibility, strength and balance, but also plays a vital role in reducing injury risk and improving overall conditioning. Additionally, it enhances mental resilience by helping cricketers manage stress, anxiety and concentration in high-pressure sporting situations. Furthermore, yoga supports holistic rehabilitation by aiding physical recovery, promoting psychological well-being and facilitating social reintegration following injuries.

### **Yoga for Injury Prevention and Physical Conditioning**

Injury prevention is very important in cricket because of the physical demands of the sport. Yoga emphasizes alignment, balance, and controlled movement, which helps prevent common injuries such as muscle strains and joint problems.

#### **(i) Enhancing Strength and Stability**

A study in Sports Medicine states that having a strong and stable core is essential for cricketers to maintain their balance, bowl fast or hit precise shots. Yoga plays a vital role in increasing core strength and stability, which is important for maintaining good posture and alignment, thereby reducing the chances of injuries. Various yoga postures, especially core-focused postures such as Shalabhasana, Nokasana, Dandasana, Utthita Vasishtasana and Bhujangasana, help strengthen core muscles. Research in sports medicine suggests that yoga can enhance core stability, thereby improving performance and reducing the risk of injuries (43).

#### **(ii) Improving Flexibility and Range of Motion**

Yoga helps increase flexibility and range of motion, which is important for cricket players who need to perform dynamic movements such as bowling, batting, and fielding. Yoga techniques like Parvatasana, Marjari Asana, Tadasana, Paschimottanasana etc. focus on stretching and lengthening the muscles, thereby improving flexibility in key areas like hamstrings, hips and shoulders. Many athletes and cricketers have poor flexibility, so they cannot practice typical yoga postures, so it is helpful for them to start with subtle yogic exercises at the beginning of yoga practice. Yoga practice can prove to be an important tool for everyone from teenage cricketers to senior cricketers, which can reduce the risk of injuries by increasing their flexibility and preparing muscles and joints for strenuous activity (44).

#### **(iii) Enhancing Balance and Coordination**

Cricket is a sport that is a short break followed by intense activity and this process is repeated continuously, making it difficult for players to maintain a constant rhythm and conserve energy for long periods of time. Research has shown that practicing yoga can help regulate energy levels and increase endurance, which is beneficial for maintaining performance during long games. Yoga helps balance the body's energy by focusing on controlled breathing (pranayama) and relaxation techniques. Research indicated that postures that focus on balance such as Vrksasana, Natarajasana and Garudasana can lead to better balance and coordination, which can reduce the chances of injury or accident during the game by enhancing the performance of players. Regular yoga practice promotes proprioception and coordination, which can be particularly useful for fielders and wicketkeepers (45).

### **Harnessing Yogic Therapy for Mental Resilience and Focus**

Mental disorders like depression, anxiety, stress and insomnia have become an important part of today's society and cricketers are no exception to this. Due to problems like difficult selection process, injuries, traumas, rejections, monetary limitations, peer pressure, such mental problems are seen in international level cricketers as well as beginners, which directly or indirectly affects their game. The high expectations and performance pressures placed on cricketers can lead to significant stress and anxiety. This is exacerbated by the scrutiny of fans and media. Prolonged periods of poor performance, injuries, or being dropped from the team can contribute to depression among cricketers. Studies show that yoga practices involving mindfulness and deep breathing can significantly reduce stress and anxiety, which are common in high-pressure sports environments. A yoga study which implemented mindfulness and breathing techniques state that yoga can be applicable to improve focus, mental clarity, and in the management of stress and anxiety among the cricketers (46).

### **Pathophysiology of Yoga in The Management of Mental Health Disorders**

The primary purpose of yoga is to promote mental peace, general well-being, improve self-esteem, increase concentration, reduce irritability and encourage an optimistic outlook. Yoga techniques such as Bhramri Pranayama, Om chanting and Nadirvishudhi Pranayam promotes relaxation by shifting nerves responses from the sympathetic (fight-or-flight mode) to the parasympathetic (rest-and-digest mode) nervous system. Yogic breathing exercise such as abdominal breathing slows down the breathing rate and as a result of lower blood pressure, pulse rate and cortisol levels. Additionally, it improves blood flow, increases haemoglobin and red blood cell levels, which reduces the risk of heart attack and stroke due to the effective functioning of the circulatory system. Regular practice can significantly reduce depression by increasing serotonin levels and reducing monoamine oxidase and cortisol. Through the regulation of hormones, immune system works very well and channelize the energy into the whole body. Yoga amplifies stress responses, restores autonomic balance, and decreases aggression and fear while triggering the pleasure pathways in the brain. It accomplishes this by restricting the sympathetic area of the hypothalamus (47) (48) (49) (50).

### **Integrating Yogic Techniques into Holistic Rehabilitation**

Complete rehabilitation not only involves physical recovery, but also psychological and social well-being. Yoga plays a vital role in injury management, reducing muscle pain, restoring flexibility, and enhancing overall rehabilitation. Physically, customized yoga postures and breathing exercises aid gradual recovery, helping cricketers regain strength and mobility after injury. Studies show that yoga-based rehabilitation can accelerate healing by reducing muscle tension and improving blood circulation. Psychologically, injuries often cause anxiety and emotional distress, which yoga alleviates through breathing techniques, relaxation, and visualization. These exercises increase resilience, help athletes manage stress, and maintain a positive mindset. Top cricketers such as Virat Kohli and Cheteshwar Pujara have credited yoga for mental strength during challenging periods. Socially, cricketers often face criticism and social isolation during injury (51)(52)(53)(54).

## **DISCUSSION**

The findings of this review suggest that incorporating yoga into cricket training can enhance flexibility, balance and muscle strength, significantly reducing the risk of common joint injuries and muscle strains. Additionally, pranayama and body awareness techniques aid in faster rehabilitation and reduce the risk of chronic injuries. Beyond the physical benefits,

## Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being

yoga enhances mental resilience by reducing performance anxiety, improving focus and promoting emotional stability, allowing players to better handle career challenges. However, long-term studies are needed to further validate these benefits and explore position-specific yoga interventions for bowlers, batsmen and all-rounders. Future research should aim to establish structured yoga protocols in professional cricket to optimize performance, prevent injuries and promote career longevity.

### CONCLUSION

The findings of the current review indicate cricketers have a high prevalence of injuries, with significant differences depending on playing roles and contributing factors. Fast bowlers are particularly at risk of back and shoulder injuries, while batsmen and fielders are at risk of muscle strains and overuse injuries. Managing training loads, improving playing conditions and implementing targeted injury prevention strategies are key to reducing injury rates in cricket. Incorporating yoga into a cricketer's training program provides a number of preventive benefits, from increasing flexibility and strength to improving mental concentration and aiding recovery. Incorporating yoga into cricket training programs may help cricketers improve their performance and prevent injuries as well as take a holistic health approach.

### REFERENCES

- (1) Pardiwala, D. N., Rao, N. N., & Varshney, A. V. (2018). Injuries in cricket. *Sports health, 10*(3), 217-222.
- (2) Dixit, P. V. (2023). The Indian premier league (IPL) and its transformative impact on Indian cricket: A comprehensive review of available literature. *J. Survey in Fisheries Sci.*, 3641-3653.
- (3) Williams, A., Peirce, N., Griffin, S., Langley, B., McKay, C., Stokes, K. A., & Williams, S. (2024). Annual incidence and prevalence of injuries in elite male academy cricketers: A 4-year prospective cohort study. *JSAMS Plus, 3*, 100050.
- (4) Elliott, B. C. (2000). Back injuries and the fast bowler in cricket. *Journal of sports sciences, 18*(12), 983-991.
- (5) Senington, B., Lee, R. Y., & Williams, J. M. (2020). Biomechanical risk factors of lower back pain in cricket fast bowlers using inertial measurement units: a prospective and retrospective investigation. *BMJ open sport & exercise medicine, 6*(1).
- (6) Niebulski, H. Z., & Richardson, M. L. (2011). High-grade pronator teres tear in a cricket batsman. *Radiology Case Reports, 6*(3), 540.
- (7) Williams, A., Peirce, N., Griffin, S., Langley, B., Warren, A., Wedatilake, T., ... & Williams, S. (2024). A similar injury profile observed in franchise men's and women's cricket in England and Wales: injury surveillance analysis from the first three 'The Hundred' competitions. *BMJ Open Sport & Exercise Medicine, 10*(1).
- (8) Orchard, J. W., Kountouris, A., & Sims, K. (2016). Incidence and prevalence of elite male cricket injuries using updated consensus definitions. *Open access journal of sports medicine, 187-194*.
- (9) Tarnowski, M., Tomasiak, P., Tkacz, M., Zgutka, K., & Piotrowska, K. (2022). Epigenetic alterations in sports-related injuries. *Genes, 13*(8), 1471.
- (10) Forrest, M. R., Scott, B. R., Hebert, J. J., & Dempsey, A. R. (2018). Injury prevention strategies for adolescent cricket pace bowlers. *Sports medicine, 48*(11), 2449-2461.

## Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being

- (11) Jacobs, J., Olivier, B., Dawood, M., & Perera, N. K. P. (2022). Prevalence and incidence of injuries among female cricket players: a systematic review and meta-analysis. *JBI evidence synthesis*, 20(7), 1741-1790.
- (12) Dhillon, M. S., Prabhakar, S., & Raj, N. (2013). The wicketkeeper and injury. *J. Postgrad. Med. Edu. Res*, 47, 99-102.
- (13) McNamara, D. J., Gabbett, T. J., & Naughton, G. (2017). Assessment of workload and its effects on performance and injury in elite cricket fast bowlers. *Sports medicine*, 47, 503-515.
- (14) Gabbett, T. J., et al. (2023). Injury Patterns and Prevention in Fast Bowlers: A Comprehensive Review. *Sports Medicine*.
- (15) Drago, J. L., & Braun, H. J. (2010). The effect of playing surface on injury rate: a review of the current literature. *Sports Medicine*, 40, 981-990.
- (16) Orchard, J. W., Kountouris, A., & Sims, K. (2016). Incidence and prevalence of elite male cricket injuries using updated consensus definitions. *Open access journal of sports medicine*, 187-194.
- (17) Stretch, R. A. (2007). A review of cricket injuries and the effectiveness of strategies to prevent cricket injuries at all levels. *South African Journal of Sports Medicine*, 19(5), 129-132.
- (18) Olivier, B., Obiora, O. L., MacMillan, C., & Finch, C. (2022). Injury surveillance in community cricket: A new inning for South Africa. *South African Journal of Physiotherapy*, 78(1), 1756.
- (19) Harris, I. (1993). The prevalence of low back pain in cricketers—An undergraduate epidemiological study. *South African Journal of Physiotherapy*, 49(4), 65-66.
- (20) Malik, K. M., Nelson, A. M., Chiang, T. H., Imani, F., & Khademi, S. H. (2022). The specifics of non-specific low back pain: re-evaluating the current paradigm to improve patient outcomes. *Anesthesiology and pain medicine*, 12(4), e131499.
- (21) Dhillon, M. S., Garg, B., Soni, R. K., Dhillon, H., & Prabhakar, S. (2012). Nature and incidence of upper limb injuries in professional cricket players a prospective observation. *Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology*, 4, 1-4.
- (22) Stretch, R. A., & Venter, D. J. L. (2005). Cricket injuries—a longitudinal study of the nature of injuries to South African cricketers. *South African Journal of Sports Medicine*, 17(3), 4-10.
- (23) Sloane, S. (2020). *Analysis of performance indicators in IPL Twenty20 Cricket from 2015 to 2017* (Doctoral dissertation, University of the Free State).
- (24) Stretch, RA\* & Venter, D. (2003). Cricket injuries a longitudinal study of the nature of injuries in South African cricketers. *South African Journal of Sports Medicine*, 15(2), 4-8.
- (25) McCabe, T., Peirce, N., Gorczynski, P., & Heron, N. (2021). Narrative review of mental illness in cricket with recommendations for mental health support. *BMJ Open Sport & Exercise Medicine*, 7(1).
- (26) Pilar, P. M., Rafael, M. C., Félix, Z. O., & Gabriel, G. V. (2019). Impact of sports mass media on the behavior and health of society. A systematic review. *International journal of environmental research and public health*, 16(3), 486.
- (27) Schuring, N., Kerkhoffs, G., Gray, J., & Gouttebauge, V. (2017). The mental wellbeing of current and retired professional cricketers: an observational prospective cohort study. *The Physician and Sportsmedicine*, 45(4), 463-469.
- (28) Neil, R., Bowles, H. C., Fleming, S., & Hanton, S. (2016). The experience of competition stress and emotions in cricket. *The Sport Psychologist*, 30(1), 76-88.

## Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being

- (29) Malele, L., & Noorbha, H. (2023). Prevalence and associated factors with mental health symptoms among semi-professional cricket players after the resumption of sporting activities following an extensive lockdown. *South African Journal of Sports Medicine*, 35(1).
- (30) Noorbhai, H. Prevalence and associated factors with mental health symptoms among semi-professional cricket players after the resumption of sporting activities following an extensive lockdown. *South African Journal of Sports Medicine*, 35(1).
- (31) Khetmalis, S. (2012). Relationship of Self-Esteem with the Performance of Contact and Non-Contact Sports. *Online International Interdisciplinary Research Journal*, 2, 51-56.
- (32) Orth, U., & Robins, R. W. (2013). Understanding the link between low self-esteem and depression. *Current directions in psychological science*, 22(6), 455-460.
- (33) Ahmed, D. Burnout among Cricketers at Different Level of Achievements.
- (34) Polsgrove, M. J., Eggleston, B. M., & Lockyer, R. J. (2016). Impact of 10-weeks of yoga practice on flexibility and balance of college athletes. *International journal of yoga*, 9(1), 27-3
- (35) Huxel Bliven, K. C., & Anderson, B. E. (2013). Core stability training for injury prevention. *Sports health*, 5(6), 514-522.
- (36) Sharma, Luxmi. "Benefits of yoga in sports–A study." *Int J Phys Educ Sports Health* 1.3 (2015): 30-32.
- (37) Krishnamurthy, M. N. (2023). Yoga as part of sports medicine and rehabilitation. *International Journal of Yoga*, 16(2), 61-63.
- (38) Lee, H., Kim, E. S., Huh, J. H., & Lee, J. (2024). The effects of yoga-psychological skills training on mental health coping in injured young athletes. A Case Study. *Int. J. Sport Psychol*, 55, 90-108.
- (39) Zhang, R. (2019). The effect of meditation on concentration level and cognitive performance. *Global J Health Sci*, 11(1), 134-140.
- (40) Gandrapu, A., & Rakesh, K. R. Sports Psychology: Mental Skills Training and Performance Enhancement Strategies for Athletes. *Innovations in Sports Science*, 1(3).
- (41) Halappa, N. G. (2023). Integration of yoga within exercise and sports science as a preventive and management strategy for musculoskeletal injuries/disorders and mental disorders–A review of the literature. *Journal of Bodywork and Movement Therapies*, 34, 34-4
- (42) Krishnamurthy, M. N. (2023). Yoga as part of sports medicine and rehabilitation. *International Journal of Yoga*, 16(2), 61-63.
- (43) Ravi, S. (2016). The application and effectiveness of yoga in prevention and rehabilitation of sport injuries in athletes participating in competitive sport. *LASE JOURNAL OF SPORT SCIENCE is a Scientific Journal published two times per year in Sport Science LASE Journal for sport scientists and sport experts/specialists*, 44.
- (44) Tornóczky, G. J., Bánhidi, M., Rózsa, S., & Nagy, H. (2022). Yoga in university sports: Effects on spirituality, well-being, and physical symptoms among students-A quasi-experimental study. *International Leisure Review*, 11(1), 22-47.
- (45) Deshmukh, L., Janghel, U., Sonkuwar, A., & Thakur, R. (2024). Exploring the Synergy between Yoga and Mindfulness Sport Practices: Enhancing Mental and Physical Well-Being. *Indian Journal of YOGA Exercise & Sport Science and Physical Education*, 26-32.

## Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being

- (46) Grilli Cadieux, E., Gemme, C., & Dupuis, G. (2021). Effects of yoga interventions on psychological health and performance of competitive athletes: A systematic review. *Journal of Science in Sport and Exercise*, 3(2), 158-166.
- (47) Bharadwaj, B. (2019). Role of Yoga and Mindfulness in Severe Mental Illnesses: A Narrative. *International Journal of Yoga*, 12(1).
- (48) Woodyard, C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International journal of yoga*, 4(2), 49-54.
- (49) Broughton, M. K. (2016). Yoga for depression and anxiety: A review of published research and implications for healthcare providers. *Rhode Island medical journal*, 99(3), 20.
- (50) Varambally, S., George, S., Srinivasan, T. M., & Bhargav, H. (2021). *The science and art of yoga in mental and neurological healthcare*. Jaypee Brothers Medical Publishers.
- (51) Xu, D., Wu, H., Ruan, H., Yuan, C., Gao, J., & Guo, M. (2022). Effects of yoga intervention on functional movement patterns and mindfulness in collegiate athletes: a quasi-experimental study. *International Journal of Environmental Research and Public Health*, 19(22), 14930.
- (52) Raghuram, N., Parachuri, V. R., Swarnagowri, M. V., Babu, S., Chaku, R., Kulkarni, R., ... & Nagendra, H. R. (2014). Yoga based cardiac rehabilitation after coronary artery bypass surgery: one-year results on LVEF, lipid profile and psychological states—a randomized controlled study. *Indian heart journal*, 66(5), 490-502.
- (53) Sfindla, A., Malmström, P., Torstensson, S., & Kerekes, N. (2018). Yoga practice reduces the psychological distress levels of prison inmates. *Frontiers in psychiatry*, 9, 407.
- (54) Wertman, A. H. (2013). An Exploration into Pathways, Motivations, Barriers and Experiences of Yoga Among Middle-aged and Older Adults.

### **Acknowledgment**

The author(s) appreciates all those who participated in the study and helped to facilitate the research process.

### **Conflict of Interest**

The author(s) declared no conflict of interest.

**How to cite this article:** Verma, P. & Singh, G. (2025). Integrating Yoga into Cricket: A Contemporary Approach to Performance and Well-Being. *International Journal of Indian Psychology*, 13(3), 3903-3913. DIP:18.01.356.20251303, DOI:10.25215/1303.356