PERSPECTIVES OF YOGA AND NATUROPATHY INTERVENTIONS IN PSYCHOLOGICAL REHABILITATION OF SPORTSPERSON DURING COVID-19 PANDEMIC

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ABSTRACT

The devastating effects of the rapid progression of the COVID-19 (coronavirus) pandemic across the globe have created unprecedented challenges concerning the health, wellness, and survival of the human populations. The impact of the pandemic situation on the global sports scenarios continues to trouble the health, wellness, quality of life, and professional development of elite athletes. The high incidence of depression, anxiety, suicidal tendencies, and other mental health complications among sportspersons impacts their physical fitness and adds to their disability-adjusted life years. The cognitive decline and loss of interest in future sporting events adversely impact the current performance of sportspersons and also increase their post-sport unemployment issues. The lack of self-control, coping skills, and self-management of sportspersons triggers the need for psychological interventions to enhance their mental health outcomes. Yoga and Naturopathy are robust techniques with the potential to minimize the overall stress of athletes and reduce their risk of psychosocial complications. The Yoga practices like Asanas, Sun salutations, Pranayama, Mantra, Sudarshan Kriya, and Kriyas like Kapalabhati potentially boost the immune system, respiratory health, physiology, and psychological processes of the sportspersons. The strengthening of the central nervous system and cardiovascular system functions via Yoga and Naturopathy improve the concentration, attention span, focus, coping skills of the sportspersons and impact performances. Yogic practices also enhance their self-control and minimize their predisposition to chronic disease conditions. The Yogic techniques also prove cost-effective for the sportspersons and help them fight the stress and adversities of the COVID-19 pandemic. The health care sector duly acknowledges the power of Yoga and Naturopathy to improve the health-appropriate behaviours of sportspersons irrespective of the adversities they face due to the pandemic situation.

Keywords: Yoga, Naturopathy, COVID-19, anxiety, depression, mental health, wellness, athletes, sportspersons

I. INTRODUCTION

The deleterious outcomes of the COVID-19 (coronavirus) pandemic continue to challenge human existence and the strength of the current health care system to mitigate the health-related adversities. The downsizing of the sporting business due to economic restrictions and social distancing requirements potentially barricades the personal and professional development of the sportspersons. The deleterious impact of the pandemic situation on the physical and mental health of elite athletes has triggered their attrition from the sporting profession. The rising cases of psychosocial complications prove to be the warning signs that deteriorate the future of sporting events across various developed and developing nations of the world. This evidence-based paper analyses the multidimensional impact of the COVID-19 pandemic on the mental health, performance, and professional development of sportspersons. It finally examines the role and potential of Yoga and Naturopathy to curb the mental health complications of sportspersons and empower them to face and overcome the unprecedented challenges of the pandemic situation.

II. THE IMPACT OF COVID-19 ON THE GLOBAL SPORTS SCENARIOS

The world continues to witness the economic slump under the deleterious impact of COVID-19 (coronavirus disease) manifestations. The mandatory requirements of social distancing for minimizing person-to-person contact, prolonged and intermittent lockdowns, rescheduling of sporting events, and limited participation of people in...
sporting activities have placed the future of sports at high stake across the globe. The sporting events during the coronavirus pandemic do not witness many spectators due to the risk of infection transmission (1). People tend to avoid crowded places, prefer to stay at home, and rarely participate in outdoor activities due to the ongoing restrictions. The lack of funding in international sporting events like cricket and hockey by the lower-ranked nations has adversely impacted the future of sports across the globe. The reduction in the frequency of sporting events and their television broadcast rights during the COVID-19 pandemic has deteriorated the revenue generation systems concerning the sports bodies. The non-renewal of media contracts of developing countries like Sri Lanka, Bangladesh, and the West Indies increase their challenges concerning the enhancement of sporting activities. The sports (excluding cricket) may take a long deal of time and effort to regain normalcy across the Asian regions. The inappropriate governance, mismanaged policies, and the complexities of the coronavirus pandemic continue to deteriorate the integrity and autonomy of sports (2).

The loss of incomes of the competent athletes, broadcasters, betting firms, and sponsors during the coronavirus pandemic has affected the organization of various sporting events concerning tennis, rugby, marathons, cricket, golf, football, and Olympics (3). The intense waves of COVID-19 led to a delay in Major League Baseball competition and Australia’s National Rugby League/Basketball Euro League seasons in 2019-2020. The restrictions in outdoor activities have also challenged the fitness goals and overall performance of athletes (4). The training restrictions following the COVID-19 positive tests of potential sportspersons have delayed their return to sporting activities. Their long inactivity periods after contracting COVID-19 not only impact their accomplishments but also derail their vision, objectives, and spirit for sporting activities. The cancellation of the major sporting tournaments increases the risk of liquidation of the sociometric and financial support frameworks of sports on a global scale (5).

The Socioeconomic Impact of COVID-19 on Global Sporting Fraternity and Life of Sportspersons

The COVID-19 pandemic resulted in the cancellation of national, international, and regional level sporting tournaments across various regions of the world (6). The postponement of wrestling, skiing, sailing, cricket, rugby, ice hockey, handball, and basketball championships during the pandemic for an unspecified tenure has unprecedentedly destabilized the global sporting fraternity. The pandemic has drastically impacted the 756-billion-dollar sports industry and its support structure relying on media broadcasting, catering, transportation, infrastructure management, tourism, and travel. The rescheduling of the training sessions of the potential athletes and the gradual loss of their sponsorships have disrupted their professional development to many folds. The loss of social and emotional cohesion of the athletes with their fans and reduction in their physical activities have substantially affected their mental health and wellness. The COVID-19 pandemic has also hit the informational network of the global sporting fraternity and hindered its future planning. The financial burden of canceling the sporting events has also impacted the decision support systems of the global sporting fraternity (7). The social distancing and lockdown measures have disrupted the global infrastructure of the sporting fraternities and restricted their sustainable development. The rising unemployment in the deserted global sporting sector and the macroeconomic impact of the coronavirus pandemic continue to threaten its growth and survival (8).

The resurfacing of protectionist and nationalist approaches during the COVID-19 pandemic in some of the developing countries has also affected the dynamics of sporting infrastructure across the globe (9). The fragility of the current socio-economic systems has diminished the hope of reviving and redeveloping the sporting paradigm in the absence of sustainable business development models. The stress of the COVID-19 pandemic has deteriorated the resilience and psychological well-being of sportspersons (10). The reduction in their interactive relationships with the public due to the social distancing protocols restricts their communication channels and sporting opportunities. The sportspersons with multiple morbidities experience the challenge of controlling their physiological burden. Their deconditioning under the impact of social isolation and work loss deteriorates overall health and wellbeing. The socioeconomic burden of the coronavirus pandemic further deteriorates the psychosocial outcomes of the sportspersons (11) (12). The fear of contracting the contagious virus, loss of livelihoods, social exclusion, and sense of powerlessness potentially increase their anxiety levels and predispose them to major depression (13). The social dysfunction of the sportspersons, surge for a dual career, and loss of confidence adversely impacts the mental health of young athletes. Many of them aim for career transitions to secure their personal and professional development in the context of the pandemic situation.
Psychological Impact of COVID-19 Pandemic on Sportspersons

The worrisome impact of the COVID-19 pandemic on the psychology of sportspersons warrants the immediate attention of the global sporting fraternity (14). The stress of underperformance and reduction in sporting events triggers constant apprehension, uneasiness, sleeping difficulties, and attention problems among the sportspersons. They also experience physical symptoms including, dry mouth, abdominal discomfort, sweating, and shortness of breath that impact their overall wellness and quality-adjusted life years. The pandemic-related stress further increases their risk of substance abuse and antisocial activities. It also deteriorates their immunity that increases their risk for gastrointestinal/respiratory tract infections and dermatological conditions (1). Some sportspersons also develop suicidal or homicidal tendencies under the consistent impact of social exclusion (15). The feelings of hopelessness and self-harm consistently overburden the isolated sportspersons and decrease their self-care levels. The psychological distress of the sportspersons due to the coronavirus pandemic also increases their risk of failures in upcoming sporting events.

The reduction in the frequency of playing events has deteriorated the perception (of diffusion of responsibility) among sportspersons and shifted their introspection towards the assumptions of individual flaws concerning their reduced performances in selected tournaments (16). The progressive decline in the mental health of the athletes during the pandemic situation adversely affects their sport-specific fitness and coping skills. The COVID-19 pandemic and its restrictions have also potentiated the sedentary attitudes of the sportspersons that gradually trigger their mood swings and increase their irritability with time (17). The job insecurity among the athletes adds to their overall stress and increases their predisposition to mental health complications (18).

III. THE TENDENCIES CAUSED BY COVID-19 PANDEMIC AMONG ATHLETES

The lockdown situation due to the coronavirus pandemic has increased the risk of several psychopathological conditions for the sportspersons (19). These conditions potentially predispose athletes to cardiometabolic abnormalities, hepatorenal dysfunction, and other health-related issues. The pandemic situation continues to degrade the competitive spirit of the sportspersons while deteriorating their success trajectories. The broken expectations of the athletes due to extended restrictions and lack of interactive training sessions have substantially increased their professional challenges. The sportspersons also experience considerable difficulties in using their athletic identities in social events. The cognitive decline of the sportspersons and loss of their physical fitness further increases their risk of injuries during future sporting events. The lack of harmony between the goal-directed training environment and the sporting framework of the competitive elite athletes not only demotivates them but also triggers their aversion to the sporting profession (20). The slow and gradual depletion of sporting resources and reduction in facilitative learning continues to decrease the positive adaptations of the potential athletes.

The Impact of Stress on Various Psychological Issues in the Lives of Sportspersons

The continued psychological stress often compels the sportspersons to engage in deleterious activities like substance abuse gambling (21). The consistent reduction in the self-confidence of the athletes after engaging in these activities reduces their tolerance and belief systems to a considerable extent. The domination of negative feelings reduces their overall satisfaction levels and forces them to live a sedentary lifestyle. They often engage in binge eating habits, while their maladaptive coping strategies further deteriorate their health-related attitudes. The demotivated athletes experience a marked deterioration in their health-seeking behaviors, while their poor performance and lack of engagement in physical training reduce their resilience and problem-solving skills. The reduced endurance and mental strength of the sportspersons increase their risk of injuries in various sporting events (22). The prolonged stress also results in early burnouts, thereby reducing their perseverance, attention span, and patience (23).

The sportspersons eventually experience challenges in fighting back the environmental stressors emanating from bullying, hazing, gender issues, and other forms of misconduct during sporting activities (24). The perceived stress of the sportspersons further challenges their transition from sports to other professions. The anxiety, depression, and sleep disturbances of the sportspersons due to their passive experiences or past trauma increase their risk for posttraumatic stress disorder (25). The social isolation and stress of post-sport unemployment adds to their panic and deteriorates their psychosocial outcomes (26). The high-stress levels of the sportspersons in the pandemic situation deteriorate their exercise levels and minimize their self-control. The underperformance due to the stressful situations restricts their neurogenesis and increases their glucocorticoid levels. The alcohol addiction of the stressful sportspersons deteriorates their physical/mental health and increases their predisposition to chronic disease.
The perceived stress of the sportspersons also impacts their cognitive patterns and increases their risk of withdrawal symptoms following the deaddiction attempts (28). The consistent stress and eventual deterioration in the psychosocial outcomes and wellness levels of the sportspersons increase their disability-adjusted life years.

Need for Psychological Intervention

The sportspersons require psychological support to effectively improve their stress levels, social perceptions, and minimize their risk of psychosocial adversities (29). Psychological support is the key to reduce their predisposition to a major stress disorder, generalized anxiety disorder, and other mental health conditions. The interventions based on Yoga and Naturopathy potentially assist in controlling the depressive symptoms of the sportspersons while stabilizing their sympathetic and parasympathetic systems (30). They also increase the sense of satisfaction of the sportspersons, thereby minimizing their intrusive thoughts and increasing their spiritual wellbeing. The psychological support also improves the overall physical health and wellness of the sportspersons and helps improve their coping skills and strength to withstand day-to-day challenges (31). It further improves their cardiovascular system and enhances their antioxidant status. The psychological support actively reduces the levels of anti-inflammatory mediators in the sportspersons and increases their problem-solving skills. Psychosocial rehabilitation improves the self-control of the sportspersons and boosts their immune system and self-reliance (32). It helps them to mitigate their internal and external stressors including work pressure, toxic play environment, major life challenges, financial stress, negative self-talk, fear of change, and desire for perfectionism.

The psychological support improves the sleep hygiene of sportspersons and prepares them for developing health appropriate behaviors (33). It further helps the sportspersons to improve their social support network and emotional health. The preventive psychological support measures assist in reducing the predisposition of sportspersons to sport-related injuries (34). Cognitive behavior therapy potentially improves their decision-making abilities and helps minimize their inclination towards substance abuse behaviors. The psychological support measures like emotional disclosure, spiritual counseling, goal setting, and positive self-talk help the sportspersons to improve their mental health while reducing their risk of mood alterations and panic attacks (35). The somatic and cognitive relaxation interventions alter the salivary cortisol levels of the sportspersons that minimize their acute stress and improves their self-management attitudes (36).

Psychological Parameters and Assessments

The comprehensive psychological testing relies on various parameters, including legal/occupational/educational/medical records, interview responses, behavioral observations, corroborative sources, and neuropsychological testing (37). The reliability of these psychological assessments depends on their internal consistency, while their validity depends on the fairness of their execution. The mental status examination is another best technique to systematically evaluate the motor activity, speech, mood, affect, perception, thought, insights, attitudes, attention span, cognitive abilities, memory, and language skills of the sportspersons (38). This examination helps understand the psychosocial problems of the sportspersons and directs their mental health care processes. The mental status examination deploys the Bayesian strategy to record the general impressions, history, sociodemographic details, and other attributes concerning the mental health issues of the screened individuals. The clinical presentation and detailed history of the patients help examine their mental states and psychosocial outcomes (39). The comprehensive assessment of the mental health history of the concerned patients warrants the evaluation of their presenting symptoms, care patterns, antecedent events, social functioning, communication, self-care levels, adaptive functions, personality patterns, and current/premorbid behaviors (40). The complete assessment of their medication side effects and past psychiatric treatments also help understand their current psychosocial complications.

The detailed assessment of the living situations, work patterns, habilitative requirements, and educational background of the sportspersons assists the formulation of their person-centered and holistic treatments (41). The focused interview sessions gather this information and utilize it to strengthen the mental health support interventions for the sportspersons. The anxiety assessment of the sportspersons relies on several evidence-based tools including Zung Anxiety Scale, Hamilton Anxiety Rating Scale, Generalized Anxiety Disorder Screener, and Depression Anxiety Stress Scale (42). The thorough evaluation of addiction patterns depends on the meaningful use of techniques/parameters including, the Drug Abuse Screening Test, Alcohol Use Disorders Identification Test, South Oaks Gambling Screen Assessment, Brief Addiction Monitor, and Addiction Severity Index (43). The Bipolar Spectrum Diagnostic Scale and Mood Disorder Questionnaire help examine the mood disorders of the

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sportspersons. Zung Self-Rating Depression Scale potentially examines the depression predisposition, while the Adult ADHD Self-Report Scale evaluates the personality disorders of the psychologically unstable sportspersons (44). The Columbia Suicide Severity Rating Scale evaluates the suicidal tendencies of the suspected candidates (45). The Kessler Psychological Distress Scale and Post-Traumatic Stress Disorder Checklist help evaluate the traumatic conditions experienced by the sportspersons in their lifetime. The assessment of binge-eating disorder and anorexia depends on the systematic use of the Eating Disorder Diagnosis Scale (46). The personality and behavioural assessments warrant the evidence-based methods including, the ADL (Activities of Daily Living) checklist and Wahler Self-Description inventory (47) (48).

IV. PSYCHOLOGICAL REHABILITATION OF SPORTSPERSONS VIA YOGA AND NATUROPATHIC MEDICINE

The integrative Yoga and Ayurveda protocol based on Yoga Indra, dhyana, pranayama, asana, and breathing/loosening exercises strengthen the overall immunity and mental health of the sportspersons (49). Pranayama is a type of systematic breathing pattern that enhances the coping skills of sportspersons and alleviates their passive thought processes. The physicians recommend the concomitant use of pranayama with Yoga asanas (postures) with seated meditation to achieve the best results in several mental health care scenarios. The Tele-Yoga intervention potentially reduces the chronic pain patterns of the sportspersons and elevates their confidence to many folds (50). The sectional, forward, backward, hand stretch, and outbreathing approaches improve the cardiovascular system of the sportspersons and increase their strength to withstand environmental adversities. The other well-tested breathing practices endorsed through Yoga and Naturopathic medicine include skull shining breathing, Kapalabhati, bellows breathing, victorious breathing, alternate nostril breathing, and mantra (51). The home-based Yoga practice modules prove highly beneficial for the sportspersons in terms of controlling their anxiety, depression, and stress levels. The SKY (Sudarshan Kriya Yoga) practice potentially alleviates posttraumatic stress, depression, routine stress, and anxiety by systematically enhancing the natural host immune defense systems (52). The guided relaxation techniques help mitigate the suicidal tendencies of the sportspersons and improve their day-to-day performance to many folds. The curative Yoga treatment/Medical Yoga Therapy substantially improves the attentional networks, emotional regulation, endurance, fitness perceptions, and physical flexibility of the sportspersons (53). It also helps them expand their social contacts by strengthening their relaxation responses, respiratory/heart rate, and vagal afferent activity (54).

The Yogic angles facilitated by right foot lunge, downward movement, and chair position potentially increase the balance and overall flexibility of the athletes (55). The Yogic interventions effectively improve the movement performance of sportspersons by strengthening their lower back flexibility and hamstring muscles. The improvement in sports performance through Yoga helps minimize the distressing and intrusive thoughts of the sportspersons that eventually improve their mental health and fitness goals (56). The Yogic interventions also strengthen the belief systems of the sportspersons and enhance their positive thought processes. The belief in the goodness of nature and beneficial outcomes from earnest efforts improves the self-control and self-management skills of the sportspersons and helps them overcome their personal and professional challenges. The Yogic practices including, Niyamas, Yamas, Asanas, Kriyas, Bandhas, and Mudras effectively improve the occupational health of the elite athletes (57). Family-oriented Yoga for sportspersons helps them improve their psychosocial outcomes. The blend of respiratory practices, diet, and meditation improves the attention, focus, decision-making capacity, and oxygen saturation levels of the sportspersons. The psychosocial rehabilitation guidelines minimizes the risk of muscular dystrophy among elite athletes (58). The improvement in exercise capacity through Yoga further improves the blood flow of the athletes that directly improves the physiological functioning of their central nervous system. The Yoga directed multifactorial practices also enhance the critical thinking of the sportspersons and reduce their predisposition to deleterious mental health conditions (like Parkinson’s disease) in later life. Yoga therapy also complements routine health care interventions and helps alleviate the risk for mental health conditions including schizophrenia and bipolar disorder. Its concomitant use with other similar approaches like dancing, qigong, and tai chi potentially boosts the morale of the sportsperson and improves their mental health and wellness (59).

The Naturopathy interventions for the psychosocial rehabilitation of athletes include heliotherapy, acupressure, massage therapy, aromatherapy, gargling, hot foot immersion, and steam inhalation. The heliotherapy (sunbathing) approach helps improve the immunity of athletes by exposing them to sunlight for a duration of 15-20 minutes (60). Sunlight exposure improves the vitamin D levels of the sportspersons that effectively enhance their immunity and coping skills. The early morning Sunbath also helps improve the circadian rhythms of the sportspersons and
improves their resistance against inflammation and infection. The Sunbath induced enhancement of physical health directly improves the mental health of the elite athletes. It also controls the levels of endorphins and neuropeptide substance-P in the sportspersons that eventually improve their stress responses (60). The acupressure approach potentially improves the vital capacity, pain tolerance, and immunity of athletes. The acupressure therapy also improves the serotonin, endorphin, and cortisol levels/transmission of athletes that triggers their physical performance and relaxation responses (61). It further activates the hypothalamic-pituitary-adrenocortical axis that eventually triggers the sensory neuron and ion activation networks in the sportspersons. The acupoint activation gradually improves the immune responses of elite athletes. The blend of mental health consoling and body-mind acupressure techniques improves their pain management skills and psychosocial outcomes (61) (62). Acupressure also helps some of the sportspersons to overcome the side effects of routine pharmacotherapy that they often receive to improve their chronic health conditions. The recovery-oriented approach of acupressure facilitates mind-body relaxation of athletes and minimizes their predisposition to anxiety, depression, posttraumatic stress disorder, and other mental health complications.

The psychological remediation via massage and aromatherapies depends on the systematic application of essential oils and sniffing (63). The relaxation triggered by aroma massage reciprocates with the improved functioning of ionotropic receptors and serotonin transporter. The localized massage through lavender, gingelly, mustard, and coconut oil combats the anxiety and depression of the sportspersons (64). The antidepressant effects of inhaled aromatherapy minimize the self-harm tendencies, anger-hostility mood states, and tension-anxiety of sportspersons and improve their self-confidence (63). The oral gargling through warm saline water improves the oral health and hygiene of the sportspersons (65). The rinsing of the mouth through warm water and glucose also strengthens their central nervous system that eventually improves their self-control (66). The hot foot immersion technique improves the breathing patterns of athletes and minimizes their sleeping difficulties. The improvement in the neuromuscular and cardiovascular systems under the impact of hot foot immersion intervention increases the overall blood flow of the elite athletes and reduces their predisposition to stress, depression, and anxiety (67). The steam inhalation through water and peppermint oil, eucalyptus, or Ocimum sanctum leaves before bedtime improves the psychological relaxation and sleep patterns/circadian rhythm of the sportspersons (68).

Psychological Rehabilitation via Other Holistic Medicine Therapies

The other holistic medicine therapies guided by Unani Medicine, Homeopathy, mindfulness-based cognitive therapy (MBCT), Reiki therapy (energy healing), and integrated psychological care help improve the mental health and psychological wellbeing of sportspersons. The evidence-based, holistic, and person-centered care via Unani medicinal (herbal) therapy improves the temperament (humoral balance) that assists in minimizing stress and improving self-preservation in psychiatric patients (69). The symptom-guided approaches of homeopathy help improve the deleterious conditions including, chronic fatigue syndrome, fibromyalgia, and other functional somatic syndromes in sportspersons. They also minimize circadian rhythm disturbances, stress, and anxiety with the administration of diluted medicinal substances (70). The psychoeducation and cognitive-behavioural training guided by MBCT minimizes the depressive symptoms of the sportspersons by enhancing their emotions, thoughts, and cognitive capacity (71). Reiki/energy therapy channelizes the energy levels of distressed patients and improves their overall sense of wellbeing, satisfaction level, and comfort (72). The relaxing impact of energy healing improves the parasympathetic nervous system activity and self-esteem of sportspersons. Integrated psychological care adopts a whole person approach to mitigate the adverse impact of social and mental factors on the psychological wellbeing of distressed sportspersons (73). It also helps improve their family outcomes, medication adherence, physical health, pain management, and stress levels. The integrated administration of psychological counseling and cognitive behaviour therapy potentially improves their anxiety, depressive symptoms, and overall mental health and wellbeing (74).

The Cost-Effectiveness, Validity, and Reliability of Yoga and Naturopathic Medicine

The self-paced learners find no difficulty in understanding and following the cost-effective Yogic and Naturopathy techniques at the comfort of their homes (75). The receivers of Yoga therapy may not always require compensating an instructor or a therapist and learn the simple self-enhancement techniques through freely available YouTube channels, lecture notes, brochures, and other similar online resources. The sportspersons who intend to acquire the benefits of Yoga Therapy and Naturopathy face no challenge in self-administering Yogic interventions with minimal guidance. The individuals who intend to get in touch with Yoga/Naturopathy instructors do not require investing heavy amounts to receive the self-support sessions. These persons have the privilege to continue and comply with the Yoga poses and obtain their mental health benefits through structured training sessions at an
average cost. The incremental quality-adjusted life-years gained through Yoga therapy and Naturopathy potentially reduce the overall health care costs and treatment requirements of the care receivers (76). The high self-efficacy scores obtained via the Yoga Self-Efficacy Scale substantiate the validity and reliability of Yoga therapy (77). The improvements in chronic mental health conditions, musculoskeletal pain, cardiovascular complications, and self-regulation skills with time through cost-effective multimodality Naturopathy interventions affirm their reliability/validity in the health care sector (78).

V. FINAL THOUGHTS
The stressful circumstances of the COVID-19 pandemic situation continue to impact the mental health, wellness, and professional goals of elite athletes. The cost-effective and self-paced interventions of Yoga, Naturopathy, and Holistic medicine help increase the state of calm and strengthen the positive thought processes of the elite athletes. The Yogic interventions potentially increase the sense of balance of sportspersons while improving their self-perceptions and coping skills. The physiological enhancement guided by Yoga and Naturopathy at the comfort of the home reduces the psychological stress of sportspersons and improves their self-control. The Yogic techniques integrate the spirit, body, and mind that eventually enhance the precision, attention span, and focus of sportspersons. The interventions including pranayama and asana effectively strengthen the cardiovascular and nervous systems of athletes and prepare them to fight the adversities of life. Yoga therapy and Naturopathic interventions also help minimize the social isolation of sportspersons and control their anxiety/depressive symptoms. The sleep enhancement potential of Yoga and Naturopathy helps the sportspersons to maintain their health-related quality of life. The Yogic interventions potentially improve the cognitive capacity of the sportspersons and help them make appropriate decisions at their personal and professional fronts. They also strengthen their recovery from traumatic events of life and improve their concentration and memory. Yoga and Naturopathy effectively enhance the happiness quotient of athletes and improve their overall psychological well-being. The immune system enhancement guided by Naturopathy further reduces the risk of athletes to health-related issues. The consistent adherence to Yoga and Naturopathy interventions by sportspersons is conducive to increase their quality-adjusted life years. In conclusion, Yogic/Naturopathy support is the ultimate strategy to strengthen and enhance the well-being and survival of humans not only in the pandemic situation but also during normal circumstances.

Ethics Statement
The authors confirm that the ethical policies of the journal, as noted on the journal’s author guidelines page, have been adhered to. No ethical approval was required as this is a review article with no original research data.

Conflict of Interest Statement
The author has no conflicts of interest to declare. Authors has seen and agree with the contents of the manuscript and there is no financial interest to report. The author certify that the submission is original work and is not under review at any other publication.

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