

Role of Ayurveda in Sports

Dr. Ashok Kumar Sharma

Assistant Professor, Department of Physical Education Ch. Devi Lal University, Sirsa, Haryana

DOI: 10.29322/IJSRP.8.6.2018.p7834

<http://dx.doi.org/10.29322/IJSRP.8.6.2018.p7834>

Abstract: Ayurveda is popular and well known in India since the ancient time. Ayurveda was the core of lifestyle of Indian people and used to treat diseases before the modern Allopathic system came into existence. The Ayurvedic herbs were also used for enhancing the performance in sports which was very effective and safe. Even the foreign countries used some herbs in different ways. But due to increase in popularities of modern medicine system at the end of eighteenth century, the popularity and faith in Ayurveda started decreasing. From the last one to two decades Ayurveda has once again gained popularity not in India but also all over the world. Some research studies also indicate that Ayurveda is not only useful in treatment of diseases but also useful for enhancing the physical capacities of human being which directly correlates with sports performance. In this study, we have described the uses of one Ayurvedic herb Ashwagandha on sports performances. As per our study and some other studies we can say that Ashwagandha is very useful for improving strength and maximum strength of the sportspersons and it significantly improves the Explosive strength.

Key Words: Ayurveda, Yoga, Ashwagandha and Body strength

Introduction

Ayurveda is key of healthy life style not a medicine. Ayurvedic Vaid (Doctors) regard physical existence, mental existence, and emotions as a unit, with each element being able to influence the each others. This is a holistic approach used during treatment and therapy, and is a fundamental aspect of Ayurveda. Another part of Ayurvedic treatment says that there is a way, which transport fluids, and that the mode can be opened up by massage treatment using oils and herbals materials. A healthy way that thought to cause disease there are plant based treatments in Ayurveda which are used to roots, leaves, fruits, stems, and seeds. In the 19th century, many authors summarized hundreds of plant-derived medicines along with their uses, their microscopic structure, chemical composition, toxicity, prevalent myths and stories, and different outcomes. In the Ayurveda uses many animal productions especial cow that include milk, urine, Ghee and others materials. In addition, Ghee and butter are prescribed both for consumption and for external use. The addition of minerals to herbal medicine is called Ras Shastra.

Ayurveda is a most popular and oldest medicinal system in the world. It is very popular medicinal system in Indian subcontinent. The main classical Ayurveda texts begin with accounts of the transmission of medical knowledge from the gods to sages, and then to human physicians. In Ayurveda, therapies are typically based on complex herbal compounds, minerals and metal substances.

It is a historical system of medical science and it is a oldest healing science which is almost 5000 years old. Ayurveda is a combination of two Sanskrit words – Ayu which means life or lifespan and Veda-meaning knowledge (The science of life). Hindu Veda considered Ayurveda as a gift of Gods to mankind which was communicated to the saints and sages through deep meditation.

Veda Vyasa, one of the greatest sages of India is considered to have written the Vedas for the first time. These Vedas have topics on health and the use of various herbs to cure the diseases. Ayurveda also became popular in china, Tibet, Greece, Rome, Egypt, Afghanistan and many more country. They came to India to learn Ayurvedic principles of hearing and treatment of diseases.

Alcoholic beverages are also used in Ayurveda called madhya, which are used to treated the many diseases (doshas) by increasing Pitta and reducing Vatta and Kapha. Madhya or sura are prepared by the raw material and fermentation process, and the different categories include: sugar-based, fruit-based, cereal-based, cereal-based with herbs, fermented with vinegar, and medicated wines etc. The intended results can include causing improving digestion or taste, maintains proper urinations, remove dryness, and

loosening joints etc. According to some sources, up to 70 to 80 percent people in India use some form of traditional herbs as medicine, a category which include Ayurveda.

Ayurveda is based on that fundamental principles which to prevent and treat diseases, maintaining a balance in the body, mind and consciousness through proper diet and life style, as well as herbal remedies, also is essential. Since the mid 70's the popularity of Ayurveda has steadily increased in the developed nations like U.S.A. and Europe. In these countries it is included in the alternative and complementary therapies and is often used along with conventional medications for treatment of chronic illness such as joint problems and skin problems. People from these developed countries have been coming to Ayurvedic schools to learn its principles of healing and treatment.

Ashwagandha is one of the most effective herbs in traditional Indian Ayurvedic medicinal system since ancient time. Ashwagandha is most powerful Ayurvedic product that are not only support overall health but also support intense training sessions under the bar. Ashwagandha (*Withania Somnifera*) has become the most popular Ayurvedic herb used in all over the world. Ashwagandha has been used Ayurveda for thousands of years as a rejuvenation and as an adaptogenic herb. According to Ayurvedic medicinal system Ashwagandha helps in reducing physical and physiological stress. Ayurveda has used Ashwagandha to treat people for their day to day woes such as stress, anxiety exhaustion, lack of sleep etc. Ashwagandha is a magical herb of Ayurveda because of its abundance of antioxidants, iron and amino acid contents it helps to gain & maintain physical and mental health, restore the body and increase healthy life it has been glorified over time for its dual capacity to energies and calm at the same time.

Ashwagandha contains many useful medicinal chemicals, including Withanolides (steroid lactones), Alkaloids, Choline, fatty acids, amino acids, and variety of sugars. The leaves and fruits have valuable therapeutic and medicated properties, the root of the Ashwagandha plant is the most commonly used in Indian herbal remedies.

Researchers of medical field have been studying Ashwagandha for years and have completed more than 250 studies on the healing benefits of this botanical plant. Some examples of the healing effects of Ashwagandha are Protects the Immune system, Helps combat the effects of stress, Improve learning, memory and reaction time, Reduces anxiety and depression, Reduce brain-cell degeneration, Stabilizes blood sugar, Helps lower cholesterol, Offers anti-inflammatory benefits Contains anti-malarial properties and Enhances sexual potency for both men and women.

Studies have proved that everyday our body needs essential nutrients like vitamins, minerals and other micro nutrients to maintain our body healthy, wealthy and wise. Taking Ashwagandha is highly effective way to maintained out body healthy and sound. It enables the body to reserve vital energy throughout the day to promoting the sound and peaceful sleep.

Objectives of the Study

The objectives of the study was to test the effects of Ashwagandha on Explosive strength variables of beginner level players.

SOURCES OF THE DATA

The sources of the data for the present study to selected the 40 male players of Bhiwani district. The male players who have participated at Zonal and district Level Tournaments of combative games was considered as sources of the data. The 40 male players divided two groups of 20 players each i.e. one of experimental group and others is controlled group. The 20 players of experimental group provided Ashwagandha for 8 months.

PROCEDURE FOR COLLECTION OF DATA

The investigator used Judgment sampling methods for selection of the subjects for the research, whom are to be tested, and explained them to the purpose of the present research and guided properly. The researcher divided the all players into two groups,

one of controlled group and others is experimental group, that divided 20 players of each groups. The fix dose of Ashwagandha which recommended by the qualified Ayurvedic doctor give the players for six months. First the researchers collected data from experiment group then the control group. He explained and demonstrated them the Standing broad jump and Medicine ball put, which the subjects had to took, so that the subjects form a mentally ready for the performing the test, they was going to attempt. The subjects were asked to clarify their doubts by asking questions and quires. The data was collected two time once before initial level before starting the Ashwagandha and after eight months completion the experimentation periods. The data related to both strength components collected as per requirement of research. At the last of every day the researcher thanks the students for their cooperation. The researcher also took the help of concerned coaches, grounds men and other colleagues to recorded the data of different test items in a require manner.

Data Analysis

For the present study, the mean value, standard deviation, ‘t’-test was applied to analyse the data, different steps of ‘t-test was used with spss statistical software and the final conclusion was drawn, it was also be compared with the significant value at .05 level of confidence.

Results of the Study:

Table-I

Mean Difference of Medicine ball Put between pre and post results of Experimental and Controlled Group.

Groups	Pre-test mean	Post-test Mean	Pre-test SD	Post-test SD	d.f.	‘t’
Experimental Group	8.62	11.66	2.24	2.81	38	3.78*
Controlled Group	8.25	9.23	2.23	2.67	38	1.259**

*Significant at 0.05 levels of significance

**Not Significant at 0.05 levels of significance

Table-I showed that the t-value of experimental group is 3.78 which is indicated that the difference between Pre and post-test mean values of experimental group in strength ability i.e. Medicine Ball Put which was found significant and whereas the t-value of controlled group is 1.259 that indicated, the mean difference in Pre and Post-test mean values of control group in strength ability was not found significant. Thus the Hypothesis “There is no significant effect of Ashwagandha on strength ability of the boy’s sportspersons” was rejected at 0.5 level of significance.

Table-II

Mean Difference of Standing Broad Jump between pre and post results of Experimental and Controlled Group.

Groups	Pre-test mean	Post-test Mean	Pre-test SD	Post-test SD	d.f.	‘t’
Experimental Group	2.54	2.87	.39	.40	38	2.641 *
Controlled Group	2.57	2.62	.35	.37	38	.439**

*Significant at 0.05 levels of significance

**Not Significant at 0.05 levels of significance

Table-II showed that the t-value of experimental group is 2.641 which is indicates that the difference between Pre and post test mean values of experimental group in Explosive strength ability which was found significant, whereas the t-value of controlled group is .439 that indicated, the mean difference of Pre and Post test results of control group in Explosive strength ability was

found not significant. Thus the Hypothesis "There is no significant effect of Ashwagandha on Explosive strength ability of the boy's sportspersons", was rejected at 0.5 level of significance.

Discussion

Many studies suggested that there are many herbs come from plants and tree are very useful and beneficial for all living being especially for human and if they use under the supervision experts, have minor side effects or about to say no-side effects, Ashwagandha is one of them. Ashwagandha considered is energy booster as well as, it is good for health and also strengthen immune system, provide strength & body mass and it is also provide mental strength. **Sachin Wankhede et. al.** they studied that *Withania somnifera* (Ashwagandha) is useful to increase muscles strength when this consume 300 mg daily twice a day. The researcher has selected 56 young male who provided Ashwagandha for eight weeks. Study also showed that the subjects receiving Ashwagandha also had significantly greater decreasing of exercise-induced muscle damage as indicated by the stabilization of serum creatine kinase, was significantly greater, increases total health and immune system. **Tripathi RK, Salve BA Petare AU, Raut AA, Rege NN** explained that Ashwagandha improves the cardio-vascular efficiency as well as decrease the physical stress when is take an appropriate dose. They divided the subjects into two groups one group give 330 mg and second group give 500 mg dose of Ashwagandha respectively. The results of the study showed that there is significant improvement in cardio-vascular efficiency, BP and physical stress levels. As per our research study and supporting with above related study, we can say Ashwagandha is very effective to improve physical fitness of human being and studies also showed that it has almost no-side effects on health.

Conclusion

Ashwagandha helps to develop or maintain physical fitness and overall health. It is evident from a number of the adaptations that occur in research that there are several health-related benefits of Ashwagandha. From the results of the study, we concluded that the experimental group i.e whom given Ashwagandha shows better results in Strength variables i.e. Standing broad jump and Medicine ball put than Controlled group i.e. not given Ashwagandha and it is also significant when applied the t-test at .05 level of significance. This showed that Ashwagandha is works as enhance the power & energy also provide strength to mind.

References:

- John Douillard (2007) "Ayurvedic Fitness" Article P Tonthe Net
- Kamlesh, M.L., "Foundations of Physical Education", Delhi: Metropolitan Book Co. Pvt. Ltd, 1996
- Kothari, C.R., (2001) "Research Methodology: Methods and Techniques", New Delhi: Wishwa Prakashan,.
- Wankhede Sachin, Langade Deepak , Joshi Kedar Shymal R. Sinha Sauvik Bhattacharyya. " Examining the effect of *Withania somnifera* supplementation on muscle strength and recovery: a randomized controlled trial." *Journal of the International Society of Sports Nutrition* 12.43, 2015.
- Sidney J. Stohs, Kanhaiya Singh, Amitava Das, Sashwati Roy, Chandan K. Sen, (2017), "*Energy and Health Benefits of Ashwagandha*" Academic press pp-187-204.
- Srivastava, G.N. Parkash, (1994) "Advanced Research Methodology", NewDelhi: Radha Publications.
- Tripathi RK, Salve BA, Petare AU, Raut AA, Rege NN, "Effect of *Withania somnifera* on physical and cardiovascular performance induced by physical stress in healthy human volunteers" *International Journal of basic and clinical pharmacology*. vol. 5 Issue-6 2016.

Author:

Dr. Ashok Kumar Sharma

Assistant Professor, Department of Physical Education

Ch. Devi Lal University, Sirsa

Email: ashokcdlu@gmail.com , parasharashok00@gmail.com

Mobile No. 8930401864