

## CRITICAL APPRAISAL ON CONCEPT OF SPORTS MEDICINE IN AYURVEDA

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### ABSTRACT

Sports medicine is a branch of medicine which can be defined precisely as medicines develop in response to the sportsmen needs and increasing their physical performance and prevents sports injuries. Sports medicine is described as such, neither in modern nor in ancient medicine. Sports medicine which is almost a new branch of medical science deals with the health of sportsmen. Sports medicine has two goals to achieve. Primarily fitness of the sportsman and second goal is treating the sporting injuries of the sportsman. *Ayurvedic* treatment

procedure like *Panchakarma* (purification & rejuventory system), *Rasayana* and herbal compounds can do wonderful impacts in sports medicine. Sports medicine is the application of various medical principles to the sports activities, physical exercise and performance endeavors. It is related to the physiological as well as patho-physiological aspects of sports and athletics injuries. Concepts of sports injuries and their management can be spotted in *Ayurvedic Samhitas* like-*Bhagva*, *Vrana*, *Vranashotha*, *Sadyovrana* and *Sayugata Vaata*. *Ayurvedic medicine*, *Lapana*, *Kativasti*, *Bandhana*, *Anushastrakarma* (*Agnikarma*, *Raktamokshana*) *Rasayana* therapy, diet, *Vyayama*(exercise), *Abhyanga*, *Swedana* are directly related to sports medicine of *Ayurveda*.

**KEYWORDS:** *Ayurveda*, Health, Sportsman, *Panchkarma*, *Vyayama*, Herbal compound.

### INTRODUCTION

*Ayurveda* is an intricate system of healing that originated in India thousands of years ago, a rich store house for treating many of the ailments known to mankind which are considered to

be chronic or acute in nature. The especially of this science is that it deals not only with the cure of disease but also with the maintenance of physical, mental and social health of an individual and society as a whole. *Ayurveda* and *Yoga* make sports person physically and mentally fit to complete internal level. There is a lot of knowledge available to practice different treatment modalities for injuries, uses of drugs and dietetics as well as practices of rehabilitation. The fitness of the sportsman is not merely his healthy condition but it is a state of his healthy condition but it is a state of physical and mental endurance to extreme stress. Even though the injuries of any other kind do not distinctly vary from those of sports, the etiology and line of treatment may have to be considered with different view. Apart from the injuries, extreme fatigue and allied problems also have place in the field of sports medicine.

### Concept of sports medicine in *Ayurveda*

- Sports nutritional science in *Ayurveda*.
- Sports medicine in *Ayurveda*.
- Physiotherapy and therapeutic *Vyaayaama* in *Ayurveda*.
- Sports injury in *Ayurveda*.
- History of *Vyaayaam*-culture and sports-games in ancient India.
- *Vyaayaam*, sports, healthcare and sports physiology in *Ayurveda*.

### Sports injury related conditions in *Ayurveda*

*Bhagna*: bony injuries

*Sandhimukta*<sup>[1]</sup>: joint injuries (dislocation and subluxation)

*Mamsagat Vaat*<sup>[2]</sup>: sprain and fatigue syndrome

*Snayugat Vaat*<sup>[3]</sup>: ligament, nerve and bursa injuries

*Kandaragat Vaat*: tendon injuries

### Management principles for sports injuries in *Ayurveda*

***Prakritisthaapana***<sup>[4]</sup>- To regain physical fitness of a sports person and send him back to the field as early as due to protection, rest, medication, physiotherapy that's result alleviating pain, correcting disability, strengthening joints and related structures, improving function and performance

### Internal medication

- To boost up tissue healing
- To alleviate pain

- To strengthening the injured part

**Examples-** *Lakshadi Guggulu, Yograj Guggulu, Shatavri Guggulu, Sinhnad Guggulu, Kaishor Guggulu, Abha Guggulu, Maharasnadi Kashay, Aswagandha Ghrita, Panchatikta Ghrita* ect.

### External therapies

- To alleviate pain
- Strengthens joints
- Improve function

❖ **Parisheka**<sup>[5]</sup>–*Sarvadaika, Sthanika, Shitaparisheka* and *Ushnaparisheka*.

❖ **Lepana /Aalepa /Upanaha**<sup>[6]</sup>. Local application of various types of *Lepa* can be play important role in the conditions like, stiffness, pain, swelling and to promote tissue healing.

**Examples** – *Nagaradi Lepa, Dashanga Lepa, Shothahar Lepa*.

❖ **KatiVasti** - Low back pain, Muscular pain, Fatigue syndrome, sacroileitis, lumbosacral strain, disc prolapse and spondylitis.

❖ **Janubasti**- *Janu basti* is very useful in the conditions like, osteoporosis, pain, swelling etc.

❖ **Bandhana**<sup>[7]</sup>

Stabilization of *Bhagna* /fracture / dislocation

Rest to injured part

To prevent further injury

15 types of *Vrana Badhana* are described in *Ayurveda*. Bandage with or without oil massage example *Lakshadi* plaster.

❖ **Anushastrakarma (Para surgical procedures)**

**Agnikarma**<sup>[8]</sup>- direct heat application for chronic musculo skeletal pain.

**Rakata mokshana**– bloodletting therapy for chronic inflammatory disorders.

- Application of *Jalouka, Siravedha* can be done to reduce inflammation, edema, pain and stiffness.

- ❖ **Vyaayam<sup>[9]</sup> (exercise)**- The training in sports is of prime importance for fitness and involves physical exercise, which improves the tonicity and strength of muscles and also tones up cardiac and respiratory functions.
- ❖ **Abhyanga (massage)<sup>[10]</sup>** – *Ayurveda* emphasizes the role of *Abhyanga* after the tenure of exercise. In fact at the ancient techniques of massage are of great important in field of sports. These techniques can be made use of during training period for fitness and as a therapeutic measure after injuries. *Charaka* advice the massage after exercise which would enable the body to endure extreme strain. It reduces fatigue after stress. He further emphasizes that by massage, one gets the power of endurance, if afflicted by injury.
- ❖ **Swedana** –*Swedan Karma* (sudation) therapy too can be of great use in the injury of sports. Many types of sudation techniques have been prescribed in *Ayurvedic* text books.
- ❖ **Bhagna (fracture)<sup>[11]</sup>**– Fracture is one of the common hazards in sports. *Ayurvedic* approach to fracture especially the role of medicinal herbs and minerals, is noteworthy and can become revolutionary in the treatment of sports fractures. *Sushrut* and many other classical scholars have dealt with fractures elaborately. He has indicated many herbs like *Manjistha*, *Yasthimadhu*, *Asthi Shrunkhala*, *Guggulu* which will help in acceleration of clus formation. The drugs noted in *Sandhaneeya* group by *Charaka* too may be considered. *Sushruta* have prescribed *Bhagna-Sandhanaka Taila* and similar other oils obviously medicated, can also be tried.

## CONCLUSION

- ❖ By all these above points we can conclude that, In modern system, Sports medicine is explained has separate branch in a wide manner but in *Ayurveda* it is not explained has separate branch even though our *Acharyas* have explained various treatment modalities like *Bhagna*, *Abhyanga*, *Bandhana*, *Rasayana*, *Snehana*, *Svedana*, *JanuBasti*, *Kati Basti* and *Anushastra karma* (*Agnikarma*, *Raktamokshna*) which we can implement during sport injuries which are cost effective and easy to implement by which the injured sports person can get relief as early as possible and the primary aim of which is to send the injured person to the ground quickly by means of protection, rest, medication, physiotherapy all these procedures acts by alleviating pain, correcting disability, strengthening joints, improving function and performance.

- ❖ There are two types of modalities one is internal medication which boost up tissue healing, alleviate pain and strengthen the injured part. While the other is external therapies like *Parisheka*, *Lepana*, *Kati Basti* etc. which alleviates pain and improves function of the injured part.

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