



ROLE OF SWASTHVRITTA IN SPORTS MEDICINE

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ABSTRACT

Ayurveda is an ancient Indian medical system. Sports medicine is a discipline of medicine that deals with physical fitness as well as the treatment and prevention of sports and exercise-related injuries. Direct references of this neither mentioned in ancient nor in modern medicine. Sportsmen's basic needs are to maintain fitness throughout events and to have increased physical and mental stamina. Sports medicine has two objectives. The primary goal is to improve the athlete's fitness, and the secondary goal is to treat the athlete's athletic injuries. So, without a doubt, prevention is better than treatment in the case of athletes. When it comes to prevention, Ayurveda may play a major role, as the first goal of Ayurveda is "Prevention of Health." Ayurveda is one of the world's oldest holistic healing systems, which is based on the thought that health and wellness depend on a fine equilibrium between the mind, body and spirit. Ayurveda can make some possible contributions to this field of sports medicine. We certainly do not find direct references to sports medicine in Ayurvedic *samhitas*, but after much close observation and precise interpretation of Ayurvedic texts, we discovered an idea about how to deal with sports medicine. *Vyayama* (exercise), *Abhyanga* (massage), *Yoga Asanas*, *Dhyana* (meditation), *Rasayana* (Rejuvenation therapy), *Dincharya* (Daily regimen) and other Ayurvedic procedures can provide the best results in sports medicine.

Keywords: Sports medicine, *Ayurveda*, *Vyayama*, *Rasayana*, *Abhyang*, *Dincharya*

INTRODUCTION

Ayurveda is both an art and a science of life. Ayurveda is a combination of two Sanskrit words: AYU, which means life, and Veda, which means knowledge or science. Ayurvedic information both preventive and therapeutic aspects. Sports medicine is a discipline of medicine that focuses on physical health as well as the treatment and prevention of sports-related injuries. Sports and physical activity. Thus, sports medicine has primarily two goals - The athlete's fitness, Treating a sportsman's athletic injuries. Ayurveda has both preventive and therapeutic properties, making it the perfect science to use in sports medicine. There are no direct references in Ayurvedic literature. In terms of sports medicine. There are no ready-made management plans for sports-related issues. Due to the lack of obvious references, most people conclude that "Ayurveda has nothing to do with sports medicine." However, when we observe with an open mind as inquiring scientists, we discover huge things. From *Dincharya* to *achar Rasayana*, each and every thing is playing an important role in sport science.

ROLE OF RASAYANA THERAPY

The physical and mental stamina of a sportsman indicate perfect health with tridosha and *Saptadhatu* in their normal condition. However, for *Dhatupachaya* and *Balavridhhi* (Strength) naturally the *Rasayana* Therapy is most suitable and can be adopted during the training programme. Rejuvenation therapy has incredible and magnificent effects. Acharya Charaka has described *Rasayana* as the method of acquiring the best qualities of *Rasadi Dhatus* (*Rasa, Rakta, Mansh, Meda, Asthi, Majja, Shukra*). The best quality of *Rasa* leads to the formation of the best qualities of other *Dhatus*. Thus, *Rasayana* is that process by which all the body tissues are nourished. So, *Rasayana* helps in revival, revitalization and regeneration of all body tissues/*Dhatus*.¹ *Rasayana* or rejuvenation therapy is one of the eight major clinical disciplines of Ayurveda, which plays a pivotal role in dealing with the process of ageing.² By *Rasayana* therapy an individual will get *Dirghayu* (longevity of lifespan), *Smriti* (memory power), *Medha* (intelli-

gence), *Aarogya* (health), *Trunavastha* (youth), *Prabha* (lustre), and *Varna* (complexion), *Swarodarya* (good voice), excellent potentiality of the body and the sense organs.

ROLE OF ABHYANGA (MASSAGE)

Ayurveda emphasises the importance of *Abhyanga* (Massage) after exercise. In fact, classical massage techniques are quite important in the field of sports. These approaches can be used for fitness during training and as a therapeutic measure after an accident. Charaka recommends massage after workouts that allow the body to withstand tremendous tension. He also emphasises that massage provides the ability to endure if one is injured.³ This *Abhyanga* massage not only boosts a person's health but also prevents and heals ailments. It improves *priyadarshnam* (clear vision), radiance, *Susparsh* (Skin become soft to the touch) and the desirable physique by nourishing the body. Organs and parts get accumulated.⁴ It also improves the signs of aging. Massage with various oils; *Udavartana* pacifies vitiated (*kaphaharm medaspravilayanam*) *Kapha*, help to dissolve fat and build-up a strong body.⁵ These massages strengthen the calf and thigh muscles, which are prone to damage. The downward massage *Mardana* while squeezing the muscles is beneficial in calming *Mamsagata Vata*. Another massage *Samvahanam* increases strength, alleviating vitiated *Vata* and *Kapha* doshas and remove fatigue. The massage with feet; *Padaghata* strengthens muscles and helps to combat against stress *Drastiprasadam* (Clear vision)⁶. *Abhyanga* (massages) can help athletes' health by repairing damaged muscles, boosting blood circulation, releasing stress, and reducing pain and tension.

ROLE OF AYURVEDIC DIET IN SPORT MEDICINE

Sports nutrition regimens should be customised to the individual athlete, taking into account their specific sport, goals, food preferences, and practical problems. Ayurveda specifies which foods can boost muscle mass and athletic performance. Food consumption should be guided by eight factors: *Prakrati* (food type), *Karan* (food pro-

cessing), *Samyoga* (combination), *Rashi* (quantity), *Desh* (place), *Kala* (time), *Upyogsanstha* (dietetic rules), *Upyokta* (constitution and combination).⁷ These are type of *Rashi* (quantity) *Sarvagraha* and *Parigrah* are two nomenclatures for overall food quantity and quantity of individual food items, respectively. principle of Ayurveda known as *Aahar Vidhi Vidhan* which is useful for humankind *Ushnam Ashniyat* (Food should be warm), *Snigdham Ashniyat* (Food should be unctuous), *Matravat Ashniyat* (Food in proper quantity), *Jirne Ashniyat* (Intake after digestion of previous meal), *Virya Avirudham Ashniyat* (Intake of food having no contradictory potencies), *Ishte Deshe Ishta Sarva Upkaranam Ashniyat* (Intake in proper place and with all accessories), *Na Atidrutam Ashniyat* (Intake, not in hurry), *Na Ativilambitam Ashniyat* (Intake, not too slow), *Ajalpana Ahasana Tanmana Bhunjita* (Intake with concentration).⁸

ROLE OF YOGASAN IN SPORTS MEDICINE

Yoga plays an important role in sports medicine. Free from all kinds of pain (Physical and mental) and focusing on one goal is called yoga. *Yogasana* is one of the eight limbs of Ayurveda. In Ayurveda, yoga is considered as a daily routine activity known as "*Dinacharya*." Asanas also help in the creation of harmony and balance between the mind and body, resulting in a healthy body and a stable mind. Doing asanas brings stability, health and lightness to the limb. It can be divided into 3 parts in terms of benefits.

- 1.) Meditative Asanas (*Dhyanatamak Asanas*) - Doing these asanas bring stability so the yogi can happily do *pranayama*, meditation etc. such as *Siddhasana*, *Padmasana*, *Bhadrasana*, *Vajrasana*, *Swastikasana* etc.
- 2.) Enhancing Asanas (*Samvardhnamak Asanas*) - Doing these asanas gives strength, lightness and health in the body such as *Bhujangasana*, *Gomukhasana*, *Dhanurasana*, *Pachimottanasana*, *Mandukasana* etc.
- 3.) *Shaithilyakar* or *Vishrantikar* - *Asanas* are done at the end of yoga practice for relaxation of the body and peace of mind.⁹

ROLE OF DINCHARYA (DAILY REGIMEN) IN SPORTS MEDICINE

The science of ayurveda has 2 objectives- "*Swasthasya Swaasthyarakshnam Aaturasya Vikaara Prashamnam*" to maintain the positive health in the individuals who are healthy and to treat the persons who are suffering from disease. For fulfilment of the first objective (to maintain positive health in healthy individuals), Ayurveda has mentioned some lifestyle strategies: *Dincharya* (Daily regimen) is one of them. This is a preventive principle of ayurveda. Ayurveda emphasises the importance of daily routine (both day and night) and seasonal routine in preventing diseases and enhancing individual health; it deals with the mental, vocal, and physical components of well-being that should be followed every day. It is essential for sports people to follow the concept of *Dinacharya* because to maintain hygiene of the body as well as mind.

1. *Brahmamuhurta jagrana* - There is less pollution in the early morning, which increases concentration. Nascent oxygen in the early morning environment easily and quickly combines with haemoglobin to generate oxyhemoglobin, which rapidly nourishes the distant tissues.
2. *Usha jalpana* - Before sunrise (*Brahmamuhurta*), drink 1-2 glasses of water that has been preserved overnight.
3. *Shauchvidhi* - Every individual should eliminate their natural urges (faeces and pee) on a daily basis. Defecation at proper time clears the rectum, increases digestive power.
4. *Dantadhavana* (Tooth brushing) - It is directed to clean the teeth in the morning and after taking meals.
5. *Jihva -nirlekhana* (tongue cleaning) - Tongue should be cleaned by a long flexible strip of metal or plant material.
6. *Anjana* (application of collyrium in eyes) - When *Anjana dravyas* are applied, it causes irritation to eyelids and conjunctiva and enhances the circulation.

7. *Nasya* (oily nasal drops) - The sticky quality of the *nasya dravyas* prevents dust particles from entering the nasal canal.
8. *gandusha dharana* - Gargling procedure of *ka-vala* poses the massaging effect over the oral mucosa and even strengthens the muscles of cheek, face and jaw bones.
9. *Abhyanga* - Massage enhances the overall blood circulation.
10. *Vyayama* - For a sports person the health and physical fitness are very important.
11. *Chankramana* - It clears the channels (*srotas*) of the body and increases the perceptive power of organs.

ROLE OF RITUCHARYA IN SPORTS MEDICINE

Ayurveda emphasises the importance of seasonal routine (*Ritucharya*) in preventing diseases and enhancing individual health. It is essential for sports person to follow the concept *Ritucharya* because to maintain to prevent disease in the long run, to cleanse and promote the health, to enhance and maintained the physical strength, to keep the mind in peace and harmony. It is essential for sports person to follow the suitable diet and regimen of every season to achieve balance in the body, strength and lusture. This concept of seasonal regimen is known as *Ritucharya*.

1) Shishira (winter)-Shishira Ritu is defined as the period from Mid-January to mid-March. The predominant *Rasa* and *Mahabhuta* during this season are *Tikta* (bitter) and *Akasha*, respectively. The strength of the person becomes less. Foods having *Katu* (pungent), *Tikta* (bitter), *Kashaya* (astringent) predominant *Rasa* are to be avoided. *Laghu* (light) and *Shita* (cold) foods are advised to be prohibited. Foods having *Amla* (sour) as the predominant taste are preferred. Cereals and pulses, wheat/gram flour products, new rice, corn, and others, are advised. *Vata* aggravating lifestyle like exposure to cold wind, excessive walking, sleep at late night, are to be avoided.

2) Vasanta (spring) - (mid-March to mid-May) is considered as Vasanta Ritu. In this Ritu Strength of the person remains in medium degree, vitiation of Kapha Dosha occurs and Agni remains in Manda state. Food items tasting *Tikta* (bitter), *Katu* (pungent), and *Kashaya* (astringent) are to be taken. Besides those, honey is to be included in the diet. Meats like that of *Shahsa* (rabbit), which are easy to digest can be taken. Foods which are *sheeta* (cold), *Snigdha* (viscous), *Guru* (heavy), *Amla* (sour), and *Madhura* (Sweet), are not preferred. New grains, curd, and cold drinks, are also prohibited. Lifestyle One should use *Udvardhana* (massage) with powder of *Chandana* (*Santalum album*) *Agaru*, *Kawal* (gargle), *Dhoom* (smoking), *Anjana* (collyrium), *Vamana* and *Nasya* are advised.

3) Grishma (summer) - Mid-May to mid-July is considered as Grishma (summer) season. The strength of the person becomes less, and deposition of *Vata Dosha* occurs, but the vitiated *Kapha Dosha* is pacified during this season. *Agni* of the person will remain in mild state. Foods which are light to digest - those having *Madhura* (sweet), *Snigdha* (unctuous), *Sheeta* (cold), and *Drava* (liquid) *Guna*, such as rice, lentil, etc, are to be taken. *Lavana* and food with *Katu* (pungent) and *Amla* (sour) taste and *Ushna* (warm) foods are to be avoided. Excessive exercise or hard work is to be avoided. keeping cool, using sandalwood and other fragrant pastes all over the body,

4) Varsha (monsoon) - Varsha ritu is defined as the period from Mid-July to mid-September. The strength of the person again becomes less, vitiation of *Vata Dosha* and deposition of *Pitta Dosha*, *Agni* also gets vitiated. Foods having *Amla* (sour) and *Lavana* (salty) taste and of *Sneha* (unctuous) qualities are to be taken. Among cereals, old barley, rice, wheat, etc., are advised. Besides meat soup, *Yusha* (soup), etc. are to be included in the diet. Getting wet in rain, day-sleep, exercise, hard work, etc. are to be prohibited.

5) Sharad (autumn) - The period between mid-September to mid-November is *Sharad Ritu* (autumn). The strength of the person remains medium, pacification of vitiated *Vata Dosha* and vitiation of *Pitta Dosha* occur, and activity of *Agni* increases during this season. Foods have *Madhura* (sweet) and *Tikta* (bitter) taste, and *Laghu* (light to digest) and cold properties are advised. Wheat, green gram, sugar candy, honey, and *Patola* (*Trichosanthes dioica*), are to be included in the diet. Hot, bitter, sweet, and astringent foods are to be avoided. procedures, such as *Virechana* (purgings), *Rakta-Mokshana* (bloodletting), etc., should be done during this season.

6) Hemanta Ritucharya - Hemanta Ritu is defined as the period from mid-November to mid-January. A person's strength stays at its peak and *Agni*'s activity has risen. Predominant *Rasa* during this season is *Madhura* and the predominant *Mahabhutas* are *Prithivi* and *Apa*. Diet regimen One should use unctuous, sweet, sour, and salty foods. we should regularly eat preparations of cow's milk, sugarcane juice, fats, oils (like sesame oil), rice flour, black gram, New rice, Tila (Sesame). We should also regularly drink warm water throughout the day in winter. *Vata* aggravating foods, such as *Laghu* (light), cold, and dry foods are to be avoided. Exercise, body and head massage, use of warm water, *Atapasevana* (sunbath)¹⁰.

CONCLUSION

The Ayurveda can be effectively incorporated in all the fields of sports medicine beginning from training to treatment. The sports training curriculum can be efficiently improved by including the Ayurvedic concept of healthy living and by following the routine. Ayurvedic and Yoga-based routines and diets can be designed for a strong physique and mind for improved performance. It can also include *Rasayana* Therapy to help create the necessary stamina based on the individual's demands and requirements.

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