

Sports Medicine as a New Frontier for Ayurveda

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Abstract

Ayurveda, an ancient Indian medical system, is one of the most important systems of alternative medicine. Due to its distinct unmatched concept, it is proven to be highly practical even in the current period of medicine. We can't find any field of current medicine that has explanations of sports medicine from two centuries ago, and the same is true of Ayurvedic literature. However, in this modern era of medicine, the discipline of medicine is becoming increasingly multidisciplinary by combining information from other professions. In contemporary medicine, the area of sports medicine has just recently evolved as a separate department. As a result, Ayurvedic practitioners began to use the term "sports medicine" and chose a number of traditional, time-tested formulas that were discovered to be acceptable for prescription for modern-day sports injuries. They also took many of the formulas and procedures used in many ancient martial arts schools and produced numerous contemporary medicaments based on them. This study tries to describe this new subject by mentioning historic formulations as well as current pharmaceuticals.

Keywords: *Ayurveda, Sports medicine, Physical exercises, Rasayana Diet, Ayurvedic Practitioners*

INTRODUCTION

As one of the most well-known systems of alternative medicine, Ayurveda cannot

avoid new discoveries in order to expand into new sectors. Sports medicine is one of those sectors where it must demonstrate its

ability to heal and prevent illnesses. It may also demonstrate the need of maintaining a healthy lifestyle, especially in this sophisticated day of medicine. We can't locate the field of Sports Medicine in either Ayurvedic or Allopathic literature from two centuries ago, nor can we find a branch called Department of Sports Medicine. Ayurveda is based on ancient Samhitas, and no such classifications were explained in those Samhitas. However, by understanding the illnesses and injuries that occur, the classical medicines described in those foundational sources may be applied to treat Sports injuries. In this modern era of medicine, the discipline of medicine is becoming increasingly multidisciplinary. Many effective approaches, including medications from other disciplines, are being incorporated into this field without reluctance. Alternative medicines are important in that they provide many established medications and regimens to this new growing area. The Kalari system includes its own herbal formulations and therapy procedures for a variety of illnesses that arise during martial arts performances. Many of the miraculous formulas used to cure injured soldiers have expired and must be replenished. This might be an excellent magic recipe for healing sports injuries, and researchers should focus their

efforts in this area. The profession of emergency medicine is nearly extinct in Ayurveda, and its revival might benefit the area of sports medicine.

Ayurveda and Physical Exercises: A sportsperson's health and physical fitness are extremely essential, and they achieve this through a variety of physical workouts. The ancient school of alternative medicine Ayurveda emphasises the importance of a daily routine (both day and night) as well as seasonal changes in the individual. Reorganizing and timing your daily workout regimen according to Ayurvedic principles may be a better option. Many Ayurvedic masters have written on the value of Vyayama in their books (exercises). Vyayama (exercises) is defined by Ayurveda as any physical activity that is beneficial and capable of bringing about physiological stability and increasing body strength when done properly¹. It should always be done with age, habitat, and diet in mind, as well as physique and strength, and it should be tailored to the climatic variations or season. Incorporating Ayurveda with physical workouts can help not just the physical body but also the mind, senses, and soul, resulting in greater outcomes. The more decisive and stress-free mind, as well as robust senses, plays a key part in

attaining success via improved performance. This may be shown by objectively evaluating the performances of a number of well-known athletes who struggle throughout qualification and finals. The main issue is a loss of peace of mind, which may be substantially improved by Ayurveda and Meditation alone, rather than by medicines.

Significances of Ayurvedic Massage:

Different forms of massages are listed in Ayurveda's old classical writings, depending on the necessity. In the realm of sports injuries, the similar technique may be applied. 2. For example, one of the most common massage types is Abhyanga, which is derived from the Sanskrit words Abhi (opposite or opposing) and Anga (body part or movement). It denotes motions in various directions. According to traditional literature, a person who desires for good health should practise this massage every day for best effects. This Abhyanga massage not only improves a person's health but also helps to prevent and treat illnesses. It improves clear eyesight, shines the skin, and offers the ideal physique by feeding the body. Udavartana is another form of upward and downward massage that uses various medicinal oils and dry powders. Udgharshana relieves routine for avoiding

illnesses and improving the health of vitiated Kapha, dissolves fat, and strengthens and tones the body. This massage technique is recommended for calf and thigh muscle strengthening. The massage styles Mardana (downward movement of hands while squeezing muscles after workouts) and Unmardana (opposite to the former) have both been proven to be effective in reducing mamsagata vata. Another form of massage known as Samvahanam will help you gain strength by removing weariness and lethargy caused by vitiated Vata and Kapha doshas. It aids in the recovery of muscular vitality, according to ancient teachings. Padaghata, or foot massage, is beneficial for building muscular strength and stress resistance. Aside from the aforementioned, there are a variety of massage kinds to choose from, each with its own set of benefits. The medicinal oils used in massage have clearly therapeutic potential, not only for increasing fitness but also for treating injuries. By combining traditional massages, which have been used for therapeutic purposes for millennia, with modern massages, sportspeople's health can be improved by mending injured muscles, increasing blood circulation, releasing stress, and lowering pain and tension. It should always be done

under the guidance and supervision of trained individuals.

Rasayana Diet and Therapy: Certain doctors believe that Rasayana therapy should be incorporated into the training session itself to improve stamina and recommend approaches such as Kutipravesha. When properly implemented, the Rasayana therapy is beneficial for promoting the dhatus of the individual in training. Individualized medicine can also aid to enhance stamina for personal accomplishments by picking the appropriate single medications. For improved results, there are various specific diets that may be followed from samhitas³. The majority of these diets are recommended for curing Rajayakshma and enhancing the different vital dhatus, which can help athletes improve their overall health and stamina.

Sports Injuries and Ayurveda: A comprehensive examination of the cases reveals that many of the main injuries in the realm of sports are musculoskeletal in origin. These injuries require prompt medical care and high-quality medications with strong therapeutic qualities. Medicated massage oils have also been proven to be effective in treating a variety of sports injuries with significant

therapeutic potential. Many forms of Swedakarma sudation treatment are beneficial for healing a variety of sports injuries, as detailed in traditional literature. By adopting these approaches, contemporary procedures may be adjusted and the use of Infrared rays can be reduced, resulting in better outcomes. The different therapeutic modalities used in Kalari during martial arts training might be effectively combined. Various oil formulations and massages, as well as internal medications, are among the treatments and drugs used. Many of the emergency formulations used to treat injured troops during the war were nearly lost, and just a few are still accessible and used today. Those are to be revitalised and used in the treatment of sports injuries. The idea of Bhagnasana the fracture, as described in classical sources, must be intelligently applied to the area of sports medicine in order to treat a variety of common fractures. Various formulations of the oil, such as Bhagnasana-Sandhanaka taila, a traditional oil, might be utilised. The idea of Agnikarma may be successfully applied for improved outcomes, and numerous institutes are conducting study in the subject of Agnikarma.

Traditional Medical Treatments:

Traditional remedies such as Vranaropana Tailam, Murivenna, Satahvadi Tailam, Marma Tailam, Dhanwantara Tailam, Bala Tailam, Pinda Tailam, Narayana Tailam, Maharajaprasarani Tailam, Mahamasha Tailam, Ksirabala Tailam, and others can be used to treat sports injuries⁴. As evidenced by numerous texts, these are time-tested remedies that have been used since the beginning of Ayurveda.

Diclofenac diethylamine, a key component of modern anti-inflammatory and muscle relaxant medications, is used to treat musculoskeletal ailments in a variety of formulations. Many people may find this irritating and allergic, and this may be prevented by successfully combining the different professionally established herbal formulas. Bala Tailam, Dhanwantaram Tailam, Maharajaprasarani Tailam, Mahamasha Tailam, Ksirabala Tailam, and other ancient remedies are suggested for oral therapy in addition to external applications. With the modernisation of these formulas by making them soft gel capsules, creams, and liniments, the difficulties of handling and utilising these medicinal oils for oral therapy and external application are eliminated.

Many traditional remedies, such as Bala Tailam, Dhanwantaram Tailam, Maharajaprasarani Tailam, Mahamasha Tailam, Ksirabala Tailam, and others, have been converted into soft gel capsule form for oral therapy⁵. These soft gel capsules have been proven to be beneficial for quick absorption and precise dosage distribution to assure efficacy, as well as being very easy to handle as modern medications. Oils are difficult to handle on the field, and these updated forms are far more convenient and beneficial as sports medicines. Various Ayurveda Medicine manufacturers are converting many of these ancient medications to contemporary versions while maintaining their traditional efficacies. These types of studies and initiatives should be commended and supported. These studies would undoubtedly pave the way for Ayurveda to enter and flourish in the field of sports medicine.

Dhanwantaram Cream: Arya Vaidya Sala, Kottakkal, manufactures and markets Dhanwantaram Cream, a modified cream variant of the ancient recipe Dhanwantaram, a time-tested topical treatment to accompany oral therapy. This is beneficial as a time-tested sports medication for different musculoskeletal problems such as persistent low back pain,

spondylosis, fibromyalgia, bursitis, muscle exhaustion, and so on.

Dazzle Cool Cream is a Vasu Healthcare Pvt. Ltd., Gujarat, patented medication. It comprises a number of medicines with established anti-inflammatory properties, as evidenced by Samhitas and clinical studies. The decrease in ESR, CPR, and WBC levels, as well as the results of hot plates and tail flick tests, show that it has clinically established anti-inflammatory and analgesic action. Clinical investigations have shown that it is an effective Ayurvedic medication for treating acute and chronic inflammatory and pain problems.

Rheumat is a Nagarjuna Herbal Concentrates Ltd.-developed proprietary medication that comes in cream and liniment versions. It's a wonderful combination of old-school formulas and cutting-edge technology. Camphor, Mahanarayana Tailam, Dhanwantaram Tailam, and Chinchodi Tailam are the main ingredients. All of these formulations have been shown to have anti-inflammatory and analgesic properties in the past. General discomfort and inflammation, muscle and joint aches, sprains, and lumbago are among conditions that this is advised for. The

most frequent sports injuries are musculoskeletal ailments.

Himalaya Drug Company manufactures and markets Rumalaya, a phytopharmaceutical formulation for the treatment of pain and inflammation associated with musculoskeletal inflammatory diseases and sports injuries. It aids in the restoration of joint mobility through rapid action and relief. This composition comes in gel, liniment, and tablet form. This formulation has been verified by a biotech test approved by the US FDA. Frozen shoulders, low backache, sprains, and arthritis can all benefit from these formulas. Fibrositis, bursitis, synovitis, capsulitis, tenosynovitis, myositis, sciatica, and other traumatic inflammatory diseases have also been reported to benefit from it. Many studies have been written about the therapeutic implications of various mixtures.

CONCLUSION

Ayurveda may be successfully implemented into all aspects of sports, from training to healing. The athletic training curriculum may be effectively adjusted by incorporating Ayurvedic ideas of healthy living into the regimen. Exercises and diets based on Ayurveda and Yoga may be created for a strong

physique and mind for improved performance. It can also include Rasayana Therapy to help create the necessary stamina according on the individual's demands and requirements. For improved outcomes, Ayurveda's traditional and unique medicines, as well as the application of several less often utilised procedures like Agnikarma, can be successfully integrated. Many studies must be conducted in order to revitalise emergency medicine and therapeutic approaches in order to improve the area of sports medicine.

Ayurvedic medications those are more effective. Incorporating successful alternative medicine methods and medications can reduce the need of mainstream medicines and thus reduce the danger of adverse effects, resulting in a better career and performance.

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