



Ayurveda in Sports medicine A Case of Athletes

September, 2011



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Introduction:

Ayurveda Medicine is a system of traditional medicine native to India that is primarily a health care system aimed at prevention and cure of illness. Sports medicine is an interdisciplinary subspecialty of medicine which deals with the overall care of an athlete at all levels, both amateur and professional.

The sports medical "team" includes specialty physicians and surgeons, athletic trainers, physical therapists, coaches, other personnel and, of course, the athlete. This paper aims at exploring the scope of Ayurveda in making very significant contributions to the field of modern sports medicine.

History of Ayurveda

Ayurveda is the ancient Indian system of medicine that has a known and traceable history of prevalence in India at the least for the past 5000 years. It is one of the oldest systems of medicine in the World and yet the fact that as much as 80 % of the population in India and a lesser proportion around the globe utilize this form of medicine at some point of time is a testimony to its contemporary relevance. The term Ayurveda combines two Sanskrit words AYUS which means life and Veda which means knowledge or science.

The principles of Ayurveda are enshrined in three major Textbooks of Ayurveda called the "Brihat Trayee" (meaning the "Great Three") viz. Susruta, Samhita, Caraka Samhita and Ashtanga Hridaya which form the basis for the science of Ayurveda. Although there had been many innovations and additions to the practice of Ayurveda subsequently, these texts remain the main stay of Ayurvedic practice even today.

Sports medicine

Sports medicine has always been difficult to define because it is not a single specialty, but an area that involves health care professionals, researchers and educators from a wide variety of disciplines. Its function is not only curative and rehabilitative, but also preventative, which may actually be the most important one of all. Despite this wide scope, there has been a tendency for many to assume that sport-related problems are by default musculoskeletal and

that sports medicine is an orthopaedic specialty. There is much more to sports medicine than just musculoskeletal diagnosis and treatment. Illness or injury in sport can be caused by many factors - from environmental to physiological and psychological.

Consequently, sports medicine can encompass an array of specialties, including cardiology, pulmonology, orthopedic surgery, psychiatry, exercise physiology, biomechanics, and traumatology.

Ayurveda in sports medicine Role of Ayurveda in the Selection of the Athlete. Anybody can be an athlete. But if one need to outperform there are certain features narrated in Ayurvedic texts that could be handy.

a. Prakruthi (constitution of the body) b. The physical fitness and performance are highly influenced by the constitution (Diathesis habitus) of the body.

Accordingly the human race can be classified into certain somatotypes. Endomorph, Mesomorph and Ectomorph. Similarly Ayurveda classifies human race basically into three.

They are Vata, Pitta and Kapha and their combinations. They will remain unchanged till the death of the individual. They are formed at the time of fertilization

At the time of fertilization the dosha prakruthi is influenced by the following factors:

1. Nature of Sukra and Sonitha
2. Garbhashaya
3. Season
4. Food and deed of mother
5. Panchavnahabhutha.

Accordingly each person is born with this inbuilt and unchangeable prakruthi. Depending upon the event a vata prakruthi person can be a better athlete than a kapha prakruthi person. Similarly a person specializing in chess should be kapha predominant person.

Dictum of Ayurveda for an athlete Practise makes a man perfect. If one has to perform he has to undergo rigorous practices.

A concept that is quite unique to Ayurveda is the concept of Daily and Seasonal regimen mentioned very elaborately to promote a healthy living.

This regimen is quite exhaustive, giving very fine details like:

- * When a person should get up in the morning.
- * The necessary activities to be done in a day.
- * The amount of exercise he should perform.
- * The type of food he should consume in a particular season.
- * Seasonal purificatory therapies to be performed to detoxify the body periodically.
- * To avoid incompatible food stuffs * Sleep * Celebacy

Conclusion

Ayurveda incorporate several principles that can be effectively used for improving the sports medicine as practiced today. Detailed studies using modern principles of investigation should be initiated as a combined project between the practitioners of different systems of medicine so as bring out the benefit or otherwise of these tenets enunciated in Ayurveda.

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