

Acute and Chronic Sports Injuries management by Ayurved**Dr.Kalukhe Ambadas**
(Reader)Associate Professor
Department of Panchkarma
Swami Vivekanand Ayurved
College,Shrigonda.**Dr .Swami Rameshwar**
(lecturer)Department of Kaumarbhritya,
Ramrao Patil Ayurved medical
college Purna,
Parbhani**Dr.Swami Shital**
Department of SharirRachana,
Government medical college,
Nanded**Absract –**

Ayurved is the traditional science act as a preventive and creative both side, so it is best science play major role in sports medicine. The Sports medicine is a novel concept of Ayurveda emerging from last few decades. Ayurveda offers various treatment for acute and chronic modalities for sports injury such as; Agnikarma, Vidhakarma, Raktamokshan for acute and Snehan, Swedan, Padabhangya, stanik basti, sthanik pichu and rasayana therapy for Chronic injuries.

Keywords- Ayurved, Agnikarma, Vidhakarma, Raktamokshan, Snehan, Swedan, Padabhangya, stanik basti, sthanik pichu, Rasayana

Introduction

Medical science plays an important role in the field of sports medicine. This branch is recently developed, sports medicine divided into two broad types Acute and Overuse (chronic) injuries. Acute injuries happen quickly and can be severe. Acute injuries included fractures, concussions, dislocated shoulder, broken bones, knee injuries such as ACL, meniscus tears, versus sprain and strange, rotator cough tears chronic or overall sports injury, repetitive motion in sports like long distance running, cycling, swimming this injuries called Overuse injuries.

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Role of Ayurveda in Sports medicine:

As we go through Ayurvedic literature there is no direct references regarding sports medicine. Even there is no ready-made management plans regarding sports related things. As we does not getting direct reference than most of people concluding that Ayurved has nothing to do with sports medicine". But when we observe with the open mind with curious scientist, we find enormous things. From Dincharya to Achar Rasayana each and every things are helpful in sport science. If we carry a

systematic research than Ayurved could revolutionize & Contribute a great.

This sports injuries maybe considered as a "Agantuk vyadhi" according to Acharya Charak, types of are explained by Uttapatti Bhedane (causative agent)

These types are explained according causative agent for Vyadhi formation in body with Dosh -Dushya Samurchana or external factor.

A) Nij Uttapatti hetu.

B) Agantuk Uttapatti hetu

Agantuk Uttapatti hetu further divided into four types....

1) Abhicharaj - (Jaran-Maran etc.)

2) Abhishap - (Dev-Devatancha shap etc.)

3) Abhishang - (Aamdosh Sansarg, bhoot pishachch etc.)

4) Abhighat - (hitting etc.) these sports injuries are included in these Abhighat

In sports some injuries like abrasions and contusion are also happened, so according to Acharya Charak , Dwivrini chikitsa Adhaya described in the Charak Samhita, in this Adhyay reason for Agantuk Vrana are explained like hitting, falling..

In Ayurved Samhita , Agantuj shotha concept described, this Agantuj shotha also as similar to sports injuries..In this Agantuj shotha, Chikitsa explained as Bandhan, lepa chikitsa, swedan...etc

Ayurveda described concept of Dincharya which should be strictly followed by a sport person similarly concept of Rasayana medicine imparts beneficial effects in the physical personality of a sport person. As per Ayurveda there are seven Dhatu which contributes towards the structural and functional buildup of body, in sport medicine Mansa and Asthi Dhatu play vital role, similarly Upadhatu such as; Snayu and Kandra also involve in sport injury. Prominent joints such as; Gulfa, Janu, Aratni, Jatru and Sthuladanta are vulnerable to sport injury. Ayurveda prescribed various Marma therapies along with natural medicine to empower strength Of these Dhatu and Upadhatu

Ayurvedic treatment for Sports Injury:-

According to Acharya Sushruta in the context of Agnikarma indication mentioned that when ligaments, joints and bones (deeper Structure) are affected by Vata and Kapha, such pathogenesis should be treated as Agnikarma therapy, repeatedly without any doubt while when pathogenesis involved to Tvak, Mamsa, Sira (superficial structure) then treated with Raktmokashana (2-6).

Acharya Sushuruta mentioned reference of Physiotherapy in the context of post fracture treatment rehabilitation with Salt crystal soil material and lastly Stony crystal useful one by one for affected fracture site of patients to restore normal function. Therefore we can say that Ayurveda directly or indirectly contributed greatly in the management of sport injury (3-7).

Some Ayurvedic formulation recommended for sport injury:

The specific Ayurveda treatment modalities and formulations exerted selective effect in sport injury as follows:

For Acute injury:-

- 1) **Vidhakarma** – Instant pain relief.
- 3) **Agnikarma**- Instant relief in pain. Improvement in restricted movements at the affected site.

Vidhakarma and Agnikarma are also effective in chronic musculoskeletal disorder.

- 2) **Raktamokashana** - Instant pain relief. Restore Normal function.

For Overuse injury:-

- 1) **Snehan**– Apply warm medicated oil over painful region. The massage with medicated oils improves fitness, cures injuries, heals damaged muscles, stimulates blood circulation, releases stress, reduce pain and tension
- 2) **Padabhangya**- massage to foot with the medicated oil.
- 3) **Mardana**- massage with more pressure using ayurvedic oil, while squeezing the muscles is helpful in pacifying Mamsagata Vata.
- 4) **Swedan**- the procedure which induces Sweda reduces Stambha, Gaurava, Shita. Gives relief from stiffness, restricted joints.
- 5) **Sthanik vasti**- warm medicated oil retained within a specially formed frame over the specific area. (like kati vasti, Greeva vasti, Janu vasti) Effective in local pain and in muscular pain.
- 6) **Sthanik Pichu**- use of medicated oil using gauze for 10 minutes.
- 7) **Lepana / Aalepa / Upanaha** - Manage pain and Promote tissue healing process.
- 8) **Udavartana and Udgharshana**- Application of Churna (dry powder) over body, pacify vitiated Kapha, help to dissolve fat and build up strong body.

Rasayana as a sports medicine:

Ayurveda also recommended some internal and external medicine along with yoga for internal strength Rasayana or rejuvenation therapy improves longevity, memory power, intelligence, complexion, voice and physical functioning of internal organs. Rasayana due to their rejuvenating and strengthening effect may also be used as sport medicine to enhance physical performance and muscle strength. Specifically Rasyanadravya such as Vacha and Raupyabahsma act on Majjavahastrotas while Abha offers beneficial effects for Asthivahastrotas. Rasayana therapy promotes stamina and methods like Kutipravesha boost physical power. Rasayana therapy nourishes Dhatus thus help to build strong physique, it promote general health and enhances resistant to injury.

Physical Exercises/Yoga:-

Ayurveda described importance of Vyayama for enhancing strength of body and to maintain good physical status. E.g Pranayam Asana(Yog)-Prepare body for rigors of meditation .Relax muscle through holding them in stretched position,relaxing muscle tension.

Pranayam-Increase mental strength.

Suryanamaskar -12 Suryanamaskar Asanas gives you physical strength some Yoga asanas like Balasana,Tadasana,Vajrasana,Padmasana .these Asanas increase concentration.

Some of Mudra like Ashvinimudra,

Traditional Medicines and Formulation in Sport Medicine:

The traditional medicines like Vranaropana Tailam, Satahvadi Tailam, Murivenna, Marma Tailam, Bala Tailam, Pinda Tailam, Dhanwantara Tailam, Maharajaprasarani Tailam, Mahamasha Tailam, Narayana Tailam and Ksirabala Tailam etc. may be used for the sports injuries.

These drugs offer analgesic, anti-inflammatory, relaxant and calming effects. Formulation such as; Bala Tailam, Maharajaprasarani Tailam, Dhanwantaram Tailam,Ksirabala Tailam and Mahamasha Tailam etc. offer local relief. Dhanwantaram Tailam is topical remedy recommended for chronic low back pain, spondylosis, fibromyalgia and muscular fatigue etc.

Mahanarayana Tailam, Dhanwantaram Tailam and Chinchodi Tailam offer anti-inflammatory and analgesic activity. These drugs also recommended for joint pains, sprain

Conclusion:-

Ayurveda therapy provide relief in various sport injuries such as; heel pain, tendinitis, tenosynovitis, groin injury, supra spinatus tendinitis,ligament strain and minor fracture. Performance enhancement and physical fitness can be achieved with Ayurveda medicine which acts as sport medicine. Ayurveda approaches may be incorporated effectively in sports from beginning to the end. The various concept of Ayurveda suggested rules of healthy living which is very important for a sport person. The exercises and Yog along with

Agnikarma, Raktmokshana and also Ayurveda medicine cure injury; make strong physique and enhance performances. Rasayana therapy boosts stamina and classical method like Agnikarma and Raktmokshana can also be effectively used for the management of sport injury.

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