OFF THE FIELD AYURVEDIC APPROACH: A HELPING HAND FOR THE ON FIELD INJURIES

Dr. Maulik Patel1*, Dr. Mrunal Bhoir2, Dr. Kavan Zankat3

1. Final year PG Scholar, PG and PhD Department of Roga Nidana Evum Vikriti Vigyan, Parul Institute of Ayurveda, Parul University, Limda, Vadodara, Gujarat- 391760
drmppatel5121996@gmail.com

2. Associate Professor, PG and PhD Department of Roga Nidana Evum Vikriti Vigyan, Parul Institute of Ayurveda, Parul University, Limda, Vadodara, Gujarat-391760
mrunal.bhoir24537@paruluniversity.ac.in

3. Final year PG Scholar, PG and PhD Department of Roga Nidan Evum Vikriti Vigyana, Parul Institute of Ayurveda, Parul University, Limda,Vadodara, Gujarat 391760.
drk1zankat@gmail.com

*Corresponding Author: Dr. Maulik Patel,
Final year PG Scholar,
PG and PhD Department of Roga Nidana Evum Vikriti Vigyan,
Parul Institute of Ayurveda, Parul University, Limda, Vadodara, Gujarat- 391760
drmppatel5121996@gmail.com
Mob.No. 6351131060

ABSTRACT:
Ayurveda is the ancient system of medicine with an aim of maintaining the health of healthy person and cure the illness. Sports injuries can be acute, as a result of a sudden injury, commonly leading to sprains, fractures, muscle and ligament tears. However, some of the injuries occur over time. Though on field injuries were not described directly in Ayurvedic texts but in ancient time many Ayurvedic formulations were used by warriors to boost up their performance during the war and also to heal the injuries & rehabilitation of injured muscles and bones involved in it. On field Injuries are increasing day by day. Injuries like muscle injury, tendon injury, ligament injury occurring more common now a days. In ayurvedic texts references about exercises with its indications & contraindications, benefits & injuries like sandhimukta (dislocation & subluxation), kandabhagna (fractures) and its prevention and managements are described. Ayurveda has very effective modalities that can be used as a principal therapy or a supportive measure in problems encountered by sportsman. This article aims to understand the sports related injuries and its management by ayurvedic approach and how to avoid such problems in present time.
INTRODUCTION:
On field injuries that is sports injuries are dealt by sports medicine which is an important branch of medical science, has a recent origin. The branch Sports medicine is very difficult to define because it is not a single speciality but an area that includes various phases of sports activities right from diet, lifestyle to management of injuries and rehabilitation program\(^3\). This article will be going to highlight the proper dietary regimen, prevention & management of injuries and rehabilitations. Charaka acharya has mentioned Rasayana as the method of getting the best qualities of Rasadi Dhatus (body tissue) which are Rasa, Rakta, Mamsa, Meda, Asthi, Majja, Shukra. Best quality of Rasa leads to the formation of best qualities of other Dhatus. Thus, Rasayana is that important process by which all the body tissues are being nourished. So, Rasayana helps in revival, revitalization and regeneration of all body tissues/Dhatus.\(^4\)

WHAT IS SPORTS MEDICINE?
In early days, injuries during sports were dealt by orthopedicians and later this became a speciality branch of medicine. Sports medicine team is made up of orthopedician, surgeon, physiotherapist and they arrange exercise testing and provides exercise classes, training etc\(^5\). Similar way, Ayurveda can prevent sports injuries by following specific Pathya Ahara(suitable diet), techniques to rejuvenate muscles and by following proper Dinacharya (life style). Ayurveda has described better treatment modalities in minor sports injuries like- close simple fractures, sprain, strains and soft tissue injuries of various bodyparts. Ayurveda has more effective herbs that can either be used as a main therapy or as a supportive therapy in different kinds of orthopedic problems associated with on field injuries. Ayurveda also describes marma therapy similar like acupressure which helps in reduction of pain. Ayurveda can improve the psychological state of sportsperson by following Pathya ahara, dinacharya, ritucharya, sadvritta, pranayama, yoga and rasayanas accordingly. Treatment modalities of sports injuries and rehabilitation is a challenging field as it deals with career of a sportsperson. Ayurvedic sports medicines consisting of different medications, marma therapy (pressure on vital points), various kinds of Panchakarma procedures like abhyanga (massage), snehana (oilation), swedana (sweating) etc\(^6\). By considering the nature of injury during sports type of treatment should be selected accordingly. Some ayurvedic herbal medicines is helpful in increasing stamina, prevention of injuries, management and rehabilitation of the on field injuries. They also help in boosting the process of healing, even after a surgery. On field injury as per Ayurvedic concepts can be treated as bhagna (fractures), sandhimukta (dislocation & subluxation), sadoyvrrana (acute wounds), snayu & kandaragatvata (tendon & ligament injury), mamsagata vata (sprain), vranashotha (inflammatory conditions).

ROLE OF ABHYANGA (MASSAGE):
अभ्यङ्गमाचरेन्नित्यं, स जराश्रमवातहा|
दृन्निप्रसादपुष्ट्यायुुःस्वप्नसुत्वक्त्वदार्ढ्यक ृ त्\(^7\)
Abhyanga / Oil massage should be done daily, it delays ageing, relieves exertion and excess of vata (aches and pains). It improves vision, nourishes body tissues, prolongs age, induces good sleep and improves skin tone and complexion.

ROLE OF VYAYAM (EXERCISE):

Exercise brings lightness of the body, it improves ability to do work more, increases digestion power, burns excess fat and it brings body into good shape.

ROLE OF YOGA IN SPORTS:

A specific sport can develop certain muscle groups while ignoring others. Later, this process causes imbalances in the muscles & joints, resulting in overuse injuries. Yoga helps muscles, tendons & ligaments move through a full range of motion, thus initiating balance & core strength which is an immense benefit to athletes in their selective sports. Another important thing in Yoga is breath work (Pranayama). The attention to breath while performing Yoga can be considered one of the most important benefits to athletes. It is important for both physical and mental health of sportsman.

TYPES OF MANAGEMENT:

Management of on field injuries can be done by both internal medications and external therapies. The main aim of internal medication is to boost up tissue healing, alleviate the pain and also to strengthen the injured part of body. The external therapies are used to alleviate pain, strengthens joints and to improve its normal functioning. The external application like lepa and upanaha is to alleviate pain and promote tissue healing. As like this, a Panchakarma procedure like Kati vasti is very effective in low back pain and muscular pain. Acharya Susruta has mentioned vrana bandhanas which is beneficial in quick healing of injury and protection from external infection of wound. Para Surgical Procedures- like agnikarma (heat application) and raktamokshana (bloodletting) is beneficial in reducing inflammation and promoting healing. Fracture and dislocation can be managed by reduction, immobilization and rehabilitation of affected part. In ligament injuries immobilization along with murivenna bandage has great significance. Acharya Sushrut has described management of fracture by using manipulations like anchana (traction), pidanam (reduction), sanksepa (immobilization) and bandhana (bandaging).

In Ayurveda traction can be done like chakrayoga in urvasthi bhagna, immobilization can be done by using kusha, barks of madhuka, udumbara etc. Kapata shayana is a type of possession indicated in lower limb, pelvic and vertebral fractures of the body. Fractured person has to lie on a wooden cot with 5 bolts that meant to immobilize the fractured parts. Acharya Susruta has mentioned many drugs like manjista (Rubia cardifolia), raktachandana (Pterocarpus santalinus), yasthimadhu (Glycyrrhiza glabra,), astishruankhala (Cissus quandrangularis), guggulu (Commiphora mukul) which will be beneficial in acceleration of callus formation. The drugs mentioned in the sandhaneeya group by Charaka help in healing, drugs of Jeevaniya group, bruhaniya group and Balya group is helpful to enhance the performances of athletes.
**PATHYA AHARA AND VIHARA:**

Ayurveda mentioned that diet should be chosen accordingly to the constitutions of every individual sportsman. Food items which is beneficial for body and mind is to be termed as Pathya Ahara. The foods which is having snigdha, picchila and guru guna will be beneficial to increase the bala of the body. In diet, avoid items which increases vata-pitta dosha and alcoholic beverages, which will going to do vatapitta vardhana as it leads to risk of injury or less performance during the game. According to, Ayurveda the suitable time for vyayama is in between 6 to 10 a.m. The suitable season to do Vyayama is during Hemant, Shishir and vasanta ritu. It is not to be done in greeshma, varsha and pravrit ritu. Before doing vyayama, abhyanga (massage) is indicated to decrease vata vardhana, skin protection and to increase stamina. After vyayama whole body should be massaged mildly and drink ksheera which will be helpful in removing exhaustion. One should do pratimarsha nasya after doing physical exercise to remove tiredness of the body. Acharya Susruta has mentioned advartana i.e upward and downward movements with oils and dry powders, with the help of palms of hands and udgharshana i.e. more forceful rubbing with greater friction generally with dry powders to strengthen the calf and thigh muscles of the body. Ayurveda mentioned different types of massage techniques and these massages is to be used to the specific conditions to get quick relief accordingly. According to Ayurvedic texts physical exercise is to be done till the half of the strength (ardha shakthi). Exercise is contra indicated in vatapitta aggravated condition, in garbhavastha and in diseases like ajirna, jwara, kushtha, mutravaha strotovikaras etc.

**REJUVENATION:**

As per Ayurvedic literature all the on field injuries are aganthuja vyadhi and it is included in the madhyama roga marga so the prognosis of vyadhi will be difficult to cure (krichra sadhya). The challenges faced by a on field sportsperson are not just musculo-skeletal but it also includes physical, physiological, psychological, social, economic, environmental stresses. Ayurveda can effectively work towards physical challenges, stress relieving and also in developing concentration towards the game. Vyayamasakthi is defined as the capacity to perform physical exercise. With a healthy training session, sport generally makes you feel better and more energetic than previously. For empowering the physical powers of a sportperson, Ayurveda also has a herbal supplement support. Ayurvedic herbal formulations are having components that can boost up the performance level. These formulations were broadly used in ancient times by warriors to enhance their performance in the war. Some group of drugs are described as Brimhaneeya (Muscle builder), Jeevaneeya (Vitiliser), Sramahara(Promotes cheer) and Balakara(Promotes strength). These formulations are non-steroidal and act by increasing the secretion of the biological hormones and enzymes in the various parts of the body. The rasayana like amalaki having quality of immunity booster naturally and also contain muscle anabolic properties. It is also beneficial to destroy the cell destroying free radicles, produced during heavy exercise. Herbs like Gambhari (Gmelina arborea) have shown a positive result in tissue building and metabolism. Continue administration of such drugs was found to improve nitrogen balance and thus promote tissue building. The professional sportsperson needs rejuvenating food to reduce damage and should undergo Panchakarma therapy to purify the body as well as to maintain proper state of mind. Ayurveda mentions massage after exercise...
will help the body to sustain high level of strain and helps to pacify level of fatigue. Modern medical science also agrees upon the advantage of massage.

DISCUSSION:
Though, Ayurveda had been practiced in India since very long, especially for warriors in ancient time, but in the field of sports Ayurveda has got some recognition in today's era. This updated version of Ayurveda focuses on health aspect of a sport persons, which includes stamina and flexibility of the body of an individual. A proper use of Ayurvedic medicines externally and internally found to be best in the healing of on field injuries, in prevention of edema, stiffness and muscle wasting when it is compared with allopathic treatments. Ayurveda is more significant in various kinds of injuries like tennis elbow, heel pain, planter Fasciitis, heal spur, Achilles tendinitis, tenosynovitis with compared to allopathic science. As these injuries are considered as sira, snayu, sandhigata vyadhi so management can be done by Abhyanga, Swedana and immobilization by various kinds of Bandhan. Many surgical conditions like meniscal tear, ligament tear, condylar fracture, Patellar dislocation, recurrent shoulder dislocation, back pain and neck pain due to inter vertebral disc disease can be managed by various procedures of Panchakarma and life of sports persons can be successfully brought back to normalcy and patient can move without pain safely in low management cost.

CONCLUSION:
In the present scenario, Ayurvedic sports medicine is well established and accepted branch of medicine. Ayurvedic medicines have significant results in acute and chronic injuries. Ayurveda emphasizes on several principles that can be effectively used for improving sports medicine as practiced today. For an athlete performance improvement, physical and mental fitness can be gained easily through Ayurvedic management. The herbal treatment will boost up the tissue regeneration and help the athlete to go back to sports quickly. allopathic medicines like anti-inflammatory, analgesics, antibiotics, barbiturates are subsequently proving toxic and naturally affect the fitness of the sportspersons. Hence, Ayurvedic management can be used as very effectively.

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