



# The Potential Benefits Of Ayurvedic Sports Massage For Improving Athletes Performance And Healing

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## Abstract

A massage always energizes the body from the inside out and has many other advantages. It may be advantageous for anyone experiencing body or muscular fatigue. If you have certain regions of your body that hurts an ayurvedic massage is a great option. People who work in corporate environment, certainly need a massage because their muscles are not used much unless they exercise or perform other strenuous tasks. For those who play sports, massage treatment can help stay injury free and feel energized. The body can get hurt when it moves vigorously, the muscles and other body components can feel less tense after receiving an ayurvedic massage. Ayurvedic sports massage is a great way to support and feed internal organs and tissues. Ayurvedic sports massage is one of the several ayurvedic treatments available to athletes.

**Keywords:** Ayurvedic sports massage, Panchakarma, Therapy, Therapeutic.

## Introduction: -

Sports participation can often lead to injuries to the muscles, tendons, bones, and other body parts. While playing, a player will unavoidably get hurt. Sports massage is a viable option to consider for a quick recovery after a strenuous training session or workout. Expert sports massage facilitates tissue regeneration and relieves

muscle tension. Athletes and anyone else involved in intense exercise and activities receive this type of massage. Sports massage with an Ayurvedic focus helps the body nourish itself in order to get ready for physically demanding activities. Numerous techniques are available that are used to help people relax greatly. To loosen up the muscles for relaxation, one could, for example, get an Ayurveda sports massage in middle of a training session. It can also help the tissues repair while you are sleeping. In particular, this aids in the revitalization and energization of bodily cells, promoting the skin's capacity for self-healing and restoring maximum health. A professional therapist is providing massage treatment that has the potential to improve a person's mind, body, and spirit. Abhyanga is a well-liked ayurvedic treatment that stimulates nerve endings with coordinated movement, enhances blood circulation, and helps the body eliminate impurities. Herbs with medical qualities that strengthen tissues, flush out pollutants and impurities, and energize cells are utilized to make the therapeutic oils used in treatment. In abhayanga therapy, the primary focus of the herbal oils is on an individual's dosha, such as vata, pitta, and kapha. These oils aid the body's detoxification by profoundly permeating the cells. Abhayanga practice can have a variety of therapeutic benefits including detoxification. The following list a few therapies that can be used to treat sports related injuries: -

**1: BASTI (Therapeutic enema therapy)** – the foundation of panchakarma basti deals with the imbalance of vata dosha (medicated enemas) are used to nourish tissues, clear the colon and discharge build up toxins. they are made using herbal decoction and oils.

**2: NASYA (Errhine therapy)** - The goal of nasya therapy is to balance prana vata, the energy that governs the head and neck. By passing therapeutic oils or herbal powder via the nasal passages, sinus congestion is relieved the mental clarity is enhanced.

**3: LEPAM** –Applying a medicated herbal paste to bodily parts that requires, extra care is done. Ayurvedic medicine using lepum is well known for lowering inflammation buries and muscles pain.

**4: MARMA** – This process aids in the stimulation calming and treatment of the body's many marma points. Individual body section receives targeted pressure and strokes to help strengthen, cleanse, and rejuvenate the body release energy and promote relaxation.

**5: PODIKIZHI** – This ayurvedic treatment relieves edema, spasms, and discomfort. It also fortifies tissues and muscles. Podikizhi is used to treat a variety of ailments including physical pain, with hot herbal boluses and medicinal oil.

**6: SNEHANA** – An essential step before shodhana or purification is snehana. Ghee or oil is utilized in an increasing dose pattern during the operation, this results in the involvement or separation of dosha from every channel in the body. Snehana is important because it helps the body release ama, or poisons and dosha which help the body release this substance during the pradhankarma stage. The two main forms of snehana are Abhyantara snehana (internal oleation ) and Bahaya snehana (external oleation).

**7: SWEDANA** –The Sanskrit word ‘swedana’ whose root word ‘swid’ means ‘to sweat’ represent the therapeutic methods that involve inducing sweating to enhance wellbeing and healing. This age-old remedy generates heat –typically through steam on warm material to cause produce sweating which rids the body of toxins, eases tense muscles, and revitalizes the mind. Swedana is a vital component of ayurvedic medicine that helps the body absorb medical substance more effectively by remove toxins and preparing it for deeper therapies. The technique ranges from localized heat treatment to conventional steam therapy each specifically designed to meet the demand and conditions of the patient.

**8: SHIRODHARA** – Shirodhara has the ability to calm the hypothalamus, which in turn stimulates the pituitary gland regulation. In order to properly manage stress, it also works to lower increase serotonin levels and stress hormones like noradrenaline and andrenaline.

**9: RAKTAMOKSHAN** – The process of purifying blood is called Raktamokshana. Either preventive of therapeutic purpose may be served by it. Rakta is blood and Moksha is idea of release. Raktamokshana then, is the therapeutic process of drawing blood from the body. Raktamokshana is a dependable method that can be used to treat skin condition such as pigmentation, indigestion anorexia, drunkenness sour belching excessive sleep etc. Regular raktamokshana practitioners will not experience skin condition, edema, or other bleeding diseases.

**10: ABYANGA** – By using medicated or herbal oils that are specifically tailored to your natural constitution ( dosha ) or current condition (vikriti or imbalance ) , you can massage your body and release tension and stress from your muscles reduce aches and pains and balance .Vata dosha governs all movement in the body including

elimination .It improves the health of the neurological system and musculoskeletal system and guards against muscle strain and damage . Receiving it with the change of the season is ideal as it increase organ function. By balancing the dosha and directing excess toxins into the digestive system for excretion abhyanga massage prepare the body for panchkarma.

### **HOW CAN SPORTS MASSAGE THERAPY AID ATHLETES:**

There are always many benefits to receiving a massage when done properly. It's not necessary to be athletic to receive a sports massage. Regardless of athletic ability or level of exercise, it can be beneficial to everyone. Sports massage may truly help you in many ways, whether you work in a professional job or household tasks. It can keep injuries at bay and leave your body feeling young and invigorated. However, it is more advantageous for the athletes if they are allowed to excel in their pursuits.

### **CLEANING AND REVITALIZATION OF THE BODY: -**

By enhancing bodily function, the therapy enables us to lead healthier lives. Moreover, panchakarma strengthens the body's innate capacity for recovery. The goal of the ayurvedic approach is to mimic toxins and boost digestive fire while cleansing the body at various levels and phases.

### **TAKE THE EDGE OFF: -**

Our health is killed by stress, which acts like a gradual poison. In our bodies, stress and toxins build up more quickly due to our fast-paced lifestyle. Throughout the course of treatment, specialist recommend avoiding social media and phones. In order to lead the body's natural energy flow and therefore lower stress and improve health, the therapy makes sure that clogged channels are that clogged channels are removed.

### **CONTROLLING WEIGHT: -**

One of the best ayurvedic technique for managing weight is panchakarma therapy. In order to restore the body's natural capacity to maintain ideal weight, the treatment focuses on eliminating toxins.

### **BOOST YOUR SLEEPING HABITS AND SCHEDULE: -**

A balanced and healthful lifestyle is encouraged by panchakarma. It includes consuming a diet that is well-balanced, practicing yoga and meditation, obtaining enough rest, and breaking unhealthy eating habits. A great way to show our bodies our appreciation is to incorporate it into our daily routine.

**PRAKRITI BODILY EQUILIBRIUM: -**

The balance and harmony between the three dosha- vata, pitta and kapha – are adjusted by panchakarma therapy. This will strengthen immunity and shield the body against disease.

**HOW DOES RECEIVING A SPORTS MASSAGE AFFECT YOUR BODY: -**

Your muscles may ache after receiving an intense sports massage; this is a side effect of DOMS, or delayed onset of muscular soreness. By increasing blood flow, the lactic acid that accumulated during physical activity can be eliminated, hastening the process of muscle recovery through sports massage .it improves a person's performance and endurance.

**SPORT'S MASSAGE LIMITATIONS: -**

Sports massage can be uncomfortable since they involve stretching weary muscles, unlike conventional massages. It may not be very pleasant at first, but only after the massage will the relaxation begin the flow. It is concentrated more in a small area. Throughout the massage, different body position must be maintained. A bit more scheduling may be involved with a lengthier consultation timetable. Ignorance of massage therapy can be a major problem. Muscles and nerves are the primary targets of sports massage. Even lifetime harm can result from a small mistake.

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