

## **EFFECT OF MEDICATED OIL MASSAGE THERAPY (*ABHYANGA*) ON MUSCLE ENDURANCE IN SPORTSMEN**

### **ABSTRACT**

Sports world also has become rather competitive and employing field and they are seeking an instant, more effective and express procedure to increase their endurance. Delayed –onset muscle soreness (DOMS) in response to extreme exercise is so common. So this condition affect to the sportsmen to decrease their endurance. Exercise physiologist are actively researching in the prevention and treatment of such muscle soreness, but no conclusive recommendations are currently available. Massage is a popular treatment choice of Athletes, coaches and sports physical therapists to increase endurance They are seek an instant, more effective and express procedure to increase their endurance and against to DOMS. When considering that demand this research was to evaluate the efficacy of medicated oil massage (*Abhyanga*) on endurance and also power and flexibility in sportsmen. Twenty young recreationally active men who play rugby 2-3 times per week (age:  $22.0 \pm 1.8$ y; weight  $64.5 \pm 9.4$  kg (mean  $\pm$  SD) were recruited to participate in the study. Study was employed two groups, randomize control design. Investigations were done pre and post exercise and at two time points. Each participant performed in one practice session the one trial in a counter balanced design. Group A players were received massage as the intervention. And group B was completed same procedures not receiving intervention. Medicated oil message was given two day per week. A selected medicated oil was used as the medicated oil, which is commonly applied externally in musculoskeletal system. As measurements, for the flexibility sit and reach test was performed, To measure the power of distance, vertical jump is used and to evaluate the endurance push up's per minute, sit up's per minute and distance ran minutes is used. And the decrease of the pain and fatigue in after activities also taken using by body ache grading chart. There was a significant difference between heart rate, respiratory rate, dips, body ache (pain) and fatigue levels of Group A and B after to the initiation of oil massage. The heart rate of Group A and Group B were  $78.42 \pm 1.1$  and  $91.57 \pm 26.27$ /min after 3 months ( $p < 0.05$ ). The respiratory rate of Group A and Group B were  $15.28 \pm 0.62$  and  $19.28 \pm 0.7$ /min after 3 months ( $p < 0.05$ ). The pain