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EFFECT OF FULL BODY OIL MASSAGE THERAPY (ABHYANGA) WITH MAHĀNĀRĀYANA OIL ON MUSCLE ENDURANCE IN SPORTSMEN

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Sports world also has become rather competitive and employing field, seeking an instant, effective and express procedure to increase endurance. Delayed –onset muscle soreness (DOMS) cause to decrease endurance. Exercise physiologists are actively researching prevention and treatment method. No conclusive recommendations are currently available. This was to evaluate the efficacy of *Abhyanga* on endurance, power and flexibility in sportsmen. Twenty young active men who play rugby 2-3 times per week [age: 22.0 ± 1.8 y; weight 64.5 ± 9.4 kg (mean \pm SD)] were recruited. Study was employed two groups, randomize control design. Investigations were done pre and post exercise. Group A was received *Abhyanga*. Heart rate, respiratory rate, vertical jump, push-ups, sit-ups and the reduction of the body ache and fatigue after activities were measured. There was a significant difference between heart rate, respiratory rate, push-ups, body ache and fatigue levels of Group A and B after the treatment. After 3 months the heart rate: A= 78.42 ± 1.1 and B= 91.57 ± 26.27 /bpm ($p < 0.05$), respiratory rate: A= 15.28 ± 0.62 and B= 19.28 ± 0.7 /min ($p < 0.05$), body ache and fatigue: A= 1.4 ± 0.4 and B= 2.28 ± 0.4 ($p < 0.05$) and push-ups: A= 42.74 ± 7.5 and B= 20.42 ± 4.94 ($p < 0.05$). No significant difference between jumps and sit-ups in Group A and B ($p > 0.05$). And in comparison to Group B, in Group A heart rate: A=4% increment and B=24.6 % increased, respiratory rate: A=33.33% reduction and B=11.76 % increased, push-ups: A= 75% increased and B=42 % increased, body ache and fatigue: A=51% reduction and B=1% reduction, sit-ups: A=18% increased and B=10% increased, jumps: A= 31% increased and B=21.4% increased. In conclusion *Abhyanga* can be used to enhance the endurance in sportsmen and also to improve the power and flexibility.

Keywords: DOMS (Delayed Onset of Muscle Soreness), *Abhyanga*, Endurance