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@AUGUST2023IRJPSS

IRJPSS Research Journal Impact Factor (ISRA & SJIF): 7.436

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Website: www.sportjournals.org.in**A RELATIVE IMPACT OF CHOSEN AYURVEDIC MEDICATION ON SOLID PERSEVERANCE OF SPORTSPERSON**Singh Abhijeet¹

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ABSTRACT

The main objective of the study was to know the impact of Ayurvedic medication on solid perseverance of sportsperson. Three groups of students were selected and given Ashwagandha to one group, Vidarikanda to second group and third one was controlled group. Experimental group – A total 120 subjects kept in experimental group and categorized into two group's viz. Ashwagandha drug group also called as a group A, and vidarikand drug group also called as a group B, each carrying 60 subjects. Control group (c) - remaining 60 volunteers kept in control group. Mean, S.D and t test were used to analyze the data. The mean difference of squat among the study groups were found similar $p > 0.05$ at initial level whereas the statistically significant difference in the mean values was observed at posttest ($p < 0.05$). Thus the hypothesis "There will be no significant effect of Ashwagandha on selected Physical fitness plank and squat variables of the sportspersons" was rejected.

Keywords: Ayurvedic Medication, Solid Perseverance & Sportsperson.

INTRODUCTION

The main work of the players starts from his basic formative stage and increases to an undeniably high level. Actual health terms are often used in sports and can mean many different things to many people. In sports, it refers to a competitor's ability to make a movement faster and more accurately. The main goal of actual wellness preparedness is to promote the energy building



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frameworks expected from surprise workouts. Ayurvedic practitioners respect real presence, spiritual presence and character as a whole, with each component having the potential to influence the others. It is a comprehensive method used in research and treatment that is central to Ayurveda. Another Ayurvedic approach states that there are channels that carry fluids and that the channels can be opened by kneading, using oils and foaming. Remembering that unfortunate channels cause disease, Ayurveda offers herbal remedies derived from roots, leaves, natural products, bark or seeds such as cardamom and cinnamon. During the 19th century, William Dymock and other creators brought together many herbal remedies with purpose, minimal design, synthesis of substances, toxicology, circulating legends and stories, and a connection to English trade in India. Animal products used in Ayurveda include milk, bones and gallstones. Similarly, greases are recommended for both community and outdoor use. In addition, the use of minerals including sulphur, arsenic, lead, copper sulphate and gold is encouraged. The expansion of minerals into natural medicines is called Rasa Shastra. According to some sources, up to 80 percent of Indians use some form of conventional medicine, which includes Ayurveda. **Ashok Kumar Sharma (2018)¹**, Ashwagandha assists with creating or keep up with actual wellness and in general wellbeing. It is obvious from some of the transformations that happen in research that there are a few wellbeing related advantages of Ashwagandha. Ayurveda is famous and notable in India since the antiquated time. Ayurveda was the center of way of life of Indian individuals and used to treat illnesses before the advanced Allopathic framework appeared. The Ayurvedic spices were additionally utilized for improving the presentation in sports which was extremely viable and safe. Indeed, even the far off nations involved a few spices in various ways. However, because of expansion in popularities of current medication framework toward the finish of eighteenth hundred years, the ubiquity and confidence in Ayurveda began diminishing. **Maha Sellami et.al. (2018)²**, Competitors' utilization of home grown supplements has expanded colossally throughout the last 10 years. The utilization of natural restorative items and enhancements has expanded during last many years. As of now, a few spices are utilized to improve muscle strength and weight. New proof proposes that the medical advantages from plants are credited to their bioactive mixtures like Polyphenols, Terpenoids, and Alkaloids which significantly affect the human body. Now and again, makers send off various items

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with prohibited fixing inside with unseemly sums or phony enhancement initiating destructive secondary effect. **Sandeep Singh et al. (2019)³**, Aerobics and Yogasana are great for the advancement of physical and physiological wellness of a person. These preparation strategies are helpful to create the individual's wellness part like strength, speed, cardiovascular perseverance, adaptability and deftness as well as physiological parts like Constrained Imperative Limit (FVC), Inspiratory Limit (IC) and Expiratory Limit (EC). Consequently, this study was wanted to figure out the variety of cardiovascular perseverance, aspiratory limit and constrained crucial limit among sport people through high-intensity aerobics and Yogasana practice in various Prakriti people.

60 youthful and sound male old enough gathering 18-28 years, entomb college level game players were chosen and separated into three gatherings, two trial bunch (Yogasana and aerobics gathering) and one benchmark group. Prakriti of every not entirely set in stone by the standard proforma. Harvard step test and PFT was finished when fruition of intercession.

HYPOTHESIS OF STUDY

There will be no significant effect of Ashwagandha on selected Physical fitness Plank, Squat variables of the sportspersons.

DESIGN OF THE STUDY

To main objective of the study was to find out the effect of Ashwagandha on selected Physical fitness variables Plank, Squat of the sportspersons. The study is an experimental one, where pre & post-test experimental design was followed. Three groups of students were selected and given Ashwagandha to one group, Vidarikanda to second group and third one was controlled group. Experimental group – A total 120 subjects kept in experimental group and categorized into two group's viz. Ashwagandha drug group also called as a group A, and vidarikand drug group also called as a group B, each carrying 60 subjects. Control group (c) - remaining 60 volunteers kept in control group. The review is an exploratory one, where pre and post-test trial configuration was followed. Three gatherings of understudies were chosen and given Ashwagandha to one gathering, Vidarikanda to second gathering and third one was controlled gathering. Trial bunch - An all out 120 subjects kept in exploratory gathering and sorted into two gatherings viz. Ashwagandha drug bunch likewise called as a gathering A, and vidarikand drug bunch likewise



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called as a gathering B, each conveying 60 subjects. Control bunch (c) - staying 60 workers kept in charge bunch.

Tool Used

Information was gathered on the picked factors at the pre and post exploratory stage. The accompanying test was utilized to gather the information.

Physical Fitness Test – Plank, Squat

STATISTICAL ANALYSIS OF THE DATA

Table No- 1

Effect on plank of Experimental Groups Ashwagandha & Vidarikand and Control

Groups	Pretest		Posttest		Difference Mean	d.f.	't'
	mean	SD	mean	SD			
Ashwagandha Experimental Group(N=56)	118.23	31.75	209.57	38.92	91.34	55	15.25*
Vidarikand Experimental Group(N=56)	119.84	39.58	195.68	54.07	75.84	55	11.99*
Control Group(N=60)	119.03	38.75	121.77	35.06	2.74	59	1.47**
ANOVA'F'	0.02**		69.61*				

*Significant at 0.05 levels of significance.

**Not Significant at 0.05 levels of significance.



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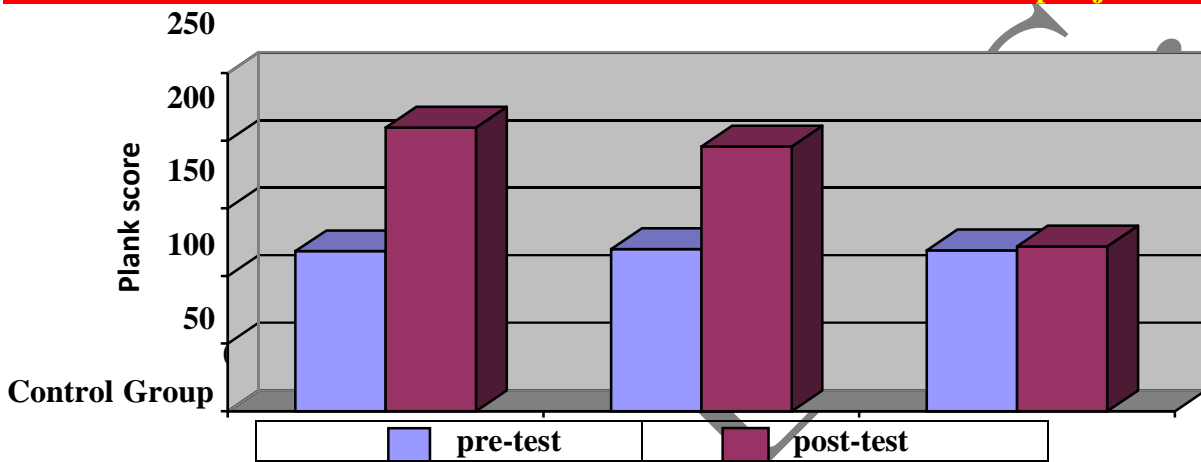


Table no 1 and graph indicate the mean difference of plank score between pre and posttest experimental groups Ashwagandha & Vidarikand and control. The mean values of pre and posttest of experiment group Ashwagandha in plank were cited as 118.23 and 209.57 respectively. Whereas the S.D. of pre and posttest of experiment group Ashwagandha in plank were cited as 31.75 and 38.92 respectively and mean difference was 91.34. The 't' was calculated as 15.25 which was significant at the level of significance at $p < 0.05$. Statistically Significant mean difference shows the effect of selected ayurvedic medicine Ashwagandha on muscular endurance of sportsperson. The mean values of pre and posttest of experiment group Vidarikand in plank were cited as 119.84 and 195.68 respectively. Whereas the S.D. of pre and posttest of experiment group Vidarikand in plank were cited as 39.58 and 54.07 respectively and mean difference was 75.84. The 't' was calculated as 11.99 which was significant at the level of significance at $p < 0.05$. As the same mean values of pre and posttest of control group in plank were cited as 119.03 and 121.77 respectively.



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Whereas the S.D. of pre and post test of Control group in plank were cited as 38.75 and 35.06 and mean difference 2.74. The 't' was calculated as 1.47, which was no significant at the level of significance at $p > 0.05$.

Table No- 2
Effect on squat of Experimental Groups Ashwagandha & Vidarikand and Control

Groups	Pretest		Posttest		Difference Mean	d.f.	't'
	Mean	SD	Mean	SD			
Ashwagandha Experimental Group(N=56)	130.68	48.56	219.64	71.75	88.96	55	9.20*
Vidarikand Experimental Group(N=56)	126.25	43.66	227.80	57.85	101.55	55	10.38*
Control Group(N=60)	120.67	43.49	132.70	46.46	12.03	59	1.41**
ANOVA'F'	0.71**		46.26*				

*Significant at 0.05 levels of significance.

**Not Significant at 0.05 levels of significance.



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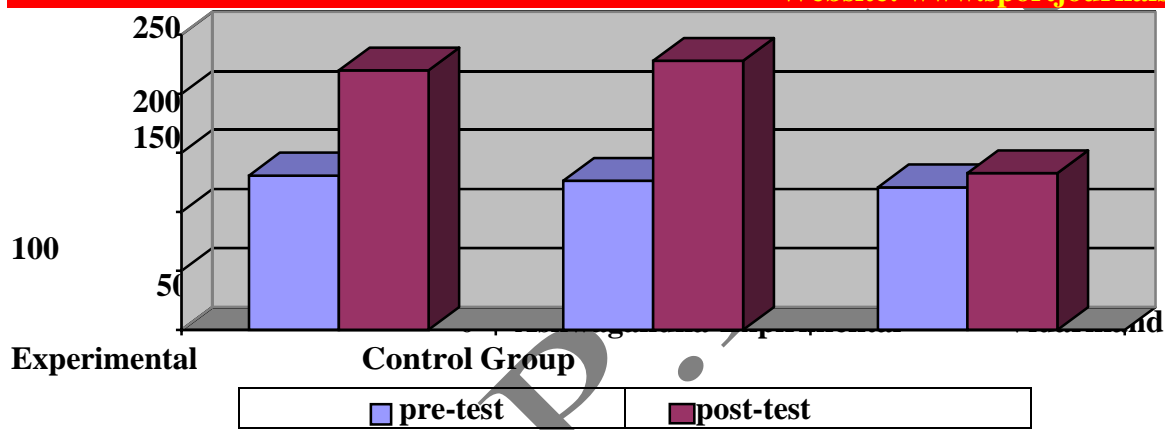


Table no 2 and graph indicates the mean difference of Squat score between pre and posttest experimental groups Ashwagandha & Vidarikand and control. The mean values of pre and posttest of experiment group Ashwagandha in Squat were cited as 130.68 and 219.64 respectively. Whereas the S.D. of pre and posttest of experiment group Ashwagandha in Squat were cited as 48.56 and 71.75 respectively and mean difference was 88.96. The 't' was calculated as 9.20 which was significant at the level of significance at $p < 0.05$. Statistically significant mean difference shows the effect of selected ayurvedic medicine Ashwagandha on muscular endurance of sportsperson.



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The mean values of pre and posttest of experiment group Vidarikand in Squat were cited as 126.25 and 227.80 respectively. Whereas the S.D. of pre and posttest of experiment group Vidarikand in Squat were cited as 43.66 and 57.85 respectively and mean difference was 101.55. The 't' was calculated as 10.38 which was significant at the level of significance at $p < 0.05$. Statistically significant mean difference shows the effect of selected ayurvedic medicine Vidarikand on muscularendurance of sportsperson. As the same mean values of pre and posttest of control group in Squat were cited as 120.67 and 132.70 respectively. Whereas the S.D. of pre and posttest of Control group in Squat were cited as 43.49 and 46.40 respectively and mean difference 12.03.

CONCLUSIONS

The results of study showed the effect of selected ayurvedic medicines Ashwagandha & Vidarikand on muscular endurance (plank) of sportsperson, whereas control group showed no effect on muscular endurance (plank) of sportsperson. The mean values of plank among the study groups was found significant at posttest $p < 0.05$ and not found significant difference at pretest level. The results of study showed the effect of selected ayurvedic medicines Ashwagandha & Vidarikand on muscular endurance (squat) of sportsperson, whereas control group showed no effect on muscular endurance (squat) of sportsperson. The mean difference of squat among the study groups were found similar $p > 0.05$ at initial level whereas the statistically significant difference in the mean values was observed at posttest ($p < 0.05$). Thus the hypothesis



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"There will be no significant effect of Ashwagandha on selected Physical fitness plank and squat variables of the sportspersons" was rejected.

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