

Sports Training and Ayurvedic Treatments: -a case study of Kreedakul Athletes

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Abstract

In the process of grooming players, sports training must be backed with sports medicine, sports psychology, diet and nutrition. To preserve ancient sciences is one of the aims of Jnana Prabodhini hence choice of Ayurveda is obvious; even though various modern sciences are available for fitness. Being the best treatment, for the protection of student's health *Ayurveda* helps a lot. Kreedakul uses Ayurveda, the ancient and holistic medical science of India for prevention of overuse injuries, enhancement of various fitness components, diet and nutrition management, treatment and management of chronic sports injuries, certain cases of acute sprain, strain, and contusions. This study was descriptive type of research, where author collected the data from Kreedakul Ex-players, where regular and professional coaching for the different sports was given for minimum of four years. Author design one questionnaire by Google form in English to address as the data collection tool and gather the required data from ex-player's opinion. This tool was teacher made questionnaire consisting of fifteen MCQ questions about Ayurvedic Treatments given at the time of school and their opinion. Total 36 ex- players from Kreedakul who were high achievers such as state, national and University players were sample used as data collection. Sample (N=36) having average age was 28.53 years were respondents. All the data collected from the tool suggested that most ex-students of Kreedakul were enjoyed, benefitted and promote the Ayurvedic Treatments for Sports Players to the Medical Assistance of Sports Achievers. This study concluded that Sports is beneficial from Ayurvedic Treatments which were reduce the Injury reasons and increase recovery also.

KEYWORDS- Sports Training, Ayurvedic Treatments, Kreedakul

Sports and physical movement have been considered as avital part of human life since its beginning. It is commonly accepted that sports and games fulfil the requirements of human activities. A sport is now popularly considered as both: socially and personally helpful activity. In modern time, the spirit of extreme competition has changed the entire scenario in sports. Due to modernization in sports, the performance of all players improved tremendously, successively physical fitness developed. The rage for winning medals in the Olympics and in other international competitions has catalyzed the sport scientists to take interest in exploring all the aspects and possibilities which can contribute to enhance sports performance to undreamed heights. Direct assistance from various sports sciences such as sports physiology, sports medicine, biomechanics and sports psychology have raised the sports performance to a great height. The sport scientists have now started looking beyond these horizons. The idea that athletes must perform under similar conditions of training and competition are getting well-established firmly because physical efforts are important during training and psyche state is important during competition.

In the modern world, scientific approach in sports training and coaching is very vital for high performance (Singh H. , 1983). There are different performance factors affecting the success of players in the competition (Singh H. , 1983) e.g. physical fitness, environmental factors, psychological makeup, etc.

Winning a medal in Olympics, World Championship and International competitions is a tough task in the hard globalized world of sports competitions. Medal winning is a long-term plan in the clench of die-hard competitive training, which has eventually forced coaches, trainers and all those concerned with the development of sports to pick-up children at an early age in order to train them in long term planning for optimum results. Competition has posed a problem to the physical educationists and sports scientists to find out methods for selection of potential sportsmen at very early age, which has resulted in an increasing interest in talent spotting in all sports. (Brar, 1991) The search and selection of potential athletes in specific fields based on scientific knowledge is a matter of routine in many developed countries. Unfortunately, in India this aspect has not been given serious consideration. Consequently athletes are selected from the "Available Pool" mainly on the basis of their performance records on various sports meets. It is often forgotten that such "talents" have already reached their peak performance with little scope for further spectacular improvement in spite of intense grooming schedules; therefore fresh look needs to be taken to improve upon the methods of selection of Indian athletes. The need is to be identified at a very young age. (Singh J. , 1987)

The identification and selection of future elite athletes in childhood or adolescence has become a necessity. It takes years of intensive regular training for an international performance to be achieved. Children selected for elite sports activities require suitable conditions and sports facilities, equipments of high quality, a rational style of life and the service of experts, including a sports physician, a well educated and experienced coach etc. Such conditions can be created for selected children only. Therefore, correct identification, selection and placement of young talents is becoming important everywhere. (A. Dirix, 1986)

Talent search is designed to identify gifted young athletes or players (12 years and older) and prepare them for participation in domestic, national and eventually international competition. The program utilizes information across all disciplines of sports science to identify young athletes with characteristics associated with elite performance. Athletes are then guided to sports and games that best suit their attributes and provided with the opportunity to realize their potential in a high quality talent development program.

India is a great mine of sports talents with its vast spread. Yet the achievement at the international level is dismal. This is due to the lack of timely recognition and nurturing of talent coupled with ignorance, lethargy, lack of facilities and disproportionate focus on other areas. Kreedakul is a humble step in the direction of removing a foresaid contradiction. (Lunkad, 2015) It is a Sports School devoted to the identification of sports talent at early age and nurturing it through systematic, scientific efforts so as to win laurels at the international level. This is done through competent trainers, research based methodology and state of the art technology.

In the process of grooming players, sports training must be backed with sports medicine, sports psychology, diet and nutrition, etc. For this, experts from these fields are consulted at regular time intervals. To preserve ancient sciences is one of the aims of Jnana Prabodhini hence choice of Ayurveda is obvious; even though various modern sciences are available for fitness. To have health precaution, the ways to eat and live, the changes in season are responsible for the body disturbances. Strenuous

sports and exercise may have ill effects on body. To avoid this, care is given on the diet and health planning of these students. Even after these efforts, if students fall sick, they are given Ayurvedic treatment. This treatment cures the problem and stops its recurrent occurrences. Being the best treatment, for the protection of student's health *Ayurveda* helps a lot. Kreedakul uses Ayurveda, the ancient and holistic medical science of India for prevention of overuse injuries, enhancement of various fitness components, diet and nutrition management, treatment and management of chronic sports injuries, certain cases of acute sprain, strain, and contusions. (Lunkad, 2015)

Method of study

This study was descriptive type of research, where author collected the data from Kreedakul Ex-players, where regular and professional coaching for the different sports was given for minimum of four years. Author design one questionnaire by Google form in English to address as the data collection tool and gather the required data from ex-player's opinion. This tool was teacher made questionnaire consisting of fifteen MCQ questions about Ayurvedic Treatments given at the time of school and their opinion. Total 36 ex- players from Kreedakul who were high achievers such as state, national and University players were sample used as data collection. Sample (N=36) having average age was 28.53 years were respondents. Collected data was analyzed and results were put which were as follows.

Results and Discussion

- 1) The reason for choosing Kreedakul over other streams or school- 78 % students was interested in Sports when they were admitted in the Kreedakul.
- 2) 100 % respondents remember that they had Panchakarma treatments applied to them during Kreedakul days. And 100 % respondents remember the names of the Ayurveda Panchakarma treatments like *Nasya*, *Basti* and 75 % remember of *Snehan and Swedan* which was Steam Bath, Massage.
- 3) 83.34 % respondents have opinion that they enjoyed therapies related with Ayurveda treatments in Kreedakul.
- 4) 100 % respondents felt that those Ayurvedic therapies were beneficial for their health and fitness in Kreedakul days.
- 5) 92 % respondents were of opinion that those Ayurveda treatments in Kreedakul days helped them to enhance your sporting skills and abilities.
- 6) 83.33% respondents were of opinion that those Kreedakul days Ayurveda therapies might have helped them in their post Kreedakul life too. (This was about general health and fitness aspect)
- 7) 94.44% respondents felt that Ayurvedic treatments during Kreedakul might have helped them in achieving sporting excellence in whole of their sports career.
- 8) 97.22% respondents were of opinion that those Kreedakul days Ayurveda treatments and therapies helped them to increase awareness of Ayurveda & Panchakarma treatments.
- 9) 64% respondents still use Ayurveda medicines, therapies for their health and fitness sometimes and 19 % still always use.
- 10) 94.44% respondents wish to be beneficiary of / to utilize wisdom of Ayurveda in their future sports life.
- 11) For health and fitness, 100 % respondents recommended Ayurveda medicines, therapies, lifestyle and diet suggestions to their family members.
- 12) For the enhancement of athletic abilities, 100% respondents recommended Ayurveda medicines, treatments, lifestyle and diet suggestions (sports Ayurveda) to other fellow athletes and Sports persons.

- 13) 89 % respondents have opinion that the Kreedakul days helped them in achieving their current professional achievements.
- 14) 86 % respondents have opinion that if India adapts Ayurveda in national sports policy, it would help to achieve more success in international sporting events like Olympics.

All the data collected from the tool suggested that most ex-students of Kreedakul were enjoyed, benefitted and promote the Ayurvedic Treatments for Sports Players to the Medical Assistance of Sports Achievers. This study concluded that Sports is beneficial from Ayurvedic Treatments which were reduce the Injury reasons and increase recovery also.

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