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An Evaluation of Balya and Rasayana Dravya's Contributions to Sports Medicine

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Abstract:
Ayurveda, the ancient science of life, offers a holistic approach to health with both preventive and curative aspects. Although classical Ayurvedic texts do not explicitly describe sports medicine, Ayurvedic principles can be effectively applied to the prevention and management of sports-related injuries. Balya Dravyas, with properties such as Madhura rasa, Madhura vipaka, and Sheeta virya, play an important role in enhancing strength, tissue nourishment, immunity, and recovery. The concepts of Bala, Ojas, and balanced Kapha dosha, along with the involvement of Mamsa, Asthi, Snayu, and Kandra, highlight the relevance of Ayurveda in maintaining athletic health and managing sports injuries holistically.

Keyword: Rasayan, Balya, Madhur rasa, Sheet Veerya, Sports Injuries, Mamsa, Snayu, Asthi, Sandhi,Vata

Introduction:
The traditional Indian medical system is called Ayurveda. The Sanskrit words AYU, which means life, and Veda, which means knowledge or science, are combined to form the term Ayurveda. It is still one of the world's oldest medical systems. Sports medicine is a subspecialty of medicine that focuses on treating and preventing sports and exercise-related injuries as well as physical fitness. There are no explicit allusions to the field of sports medicine in the Ayurvedic Samhita, nor are there any pre-made treatments for sports-related issues. We will gain an understanding of how to handle sports medicine after careful observation and accurate interpretations of Ayurvedic scriptures.
Sports medicine is a subspecialty of medicine that addresses physical health as well as the management and avoidance of sports-related injuries. ACL (anterior cruciate ligament) sprains and rips, ankle sprains, shin splints, muscular strains, or fractures are typical sports injuries. Sports medicine is a distinct medical specialization within the field of medicine. Ayurveda is the best science that plays a significant part in athletic medicine since it is both preventive and curative.
Due to the presence of madhur rasa, madhur vipak sheeta virya, etc., Balya Dravyas have preventative, protective, and therapeutic aspects for sports injuries. Both internal and external treatments can benefit from balya dravyas.
Mansa (muscles), asthi (bones), snayu (ligaments), and kandra (tendons) are the major dhatu and upadhatu in athletic medicine. The Ayurvedic medical philosophy states that the function of asthi, or

bones, is to give our bodies shape and structure. Asthi is linked to ligaments, muscles, and tendons. A strong physique is a result of having strong bones.

Strength of mind, body, and its constituent parts has always been referred to as bala. Nonetheless, the phrase is also used to refer to bodily portions that serve to give the other parts of the body stability, strength, protection, and food. As a result, the terms Ojus (bioenergy or body component that aids in sustaining life) and proper Kapha dosha (the factor largely responsible for strengthening and lubricating the body) are used interchangeably. Additionally, it represents immunity and a healthy immune system.

Sushruta defines "Bala" as "the factor due to which one obtains the nourishment and stability of Mamsa dhatu (~the muscular tissues of the body), ability to perform various tasks efficiently, good complexion, clearness and pleasantness of voice along with clear and efficient working of all the organs either internal like Manas (mind), Aatma (spirit), etc., or external like Jnyaanendriya (sense organs) or Karmendriya (organs with motor functions).

Sports Injury Related Conditions in Ayurveda

- *Bhagna*: Bony injuries
- *Kandaragatvata* : Tendon injury Ligament versus tendon
- *Mamsagatvata* : Sprain, & Fatigue syndrome
- *Sandhimukta*: Joint injuries (dislocation, & subluxation).
- *Snayugatvata*: Ligament, Nerve & Bursa injuries
- *Mamsa-Sandhi-Snayugat Abhighat*
- *Vrana (wound)*
- Kshaya and Dhatu kshaya in athletes

Common Symptoms in Sports Injury Related Conditions

- Pain (Shula)
- Swelling (Sotha)
- Stambhan (Stiffness)
- Gatisang (Restricted movement)
- Crackling sound
- Loss of strength
- Muscle cramps
- Fanting etc

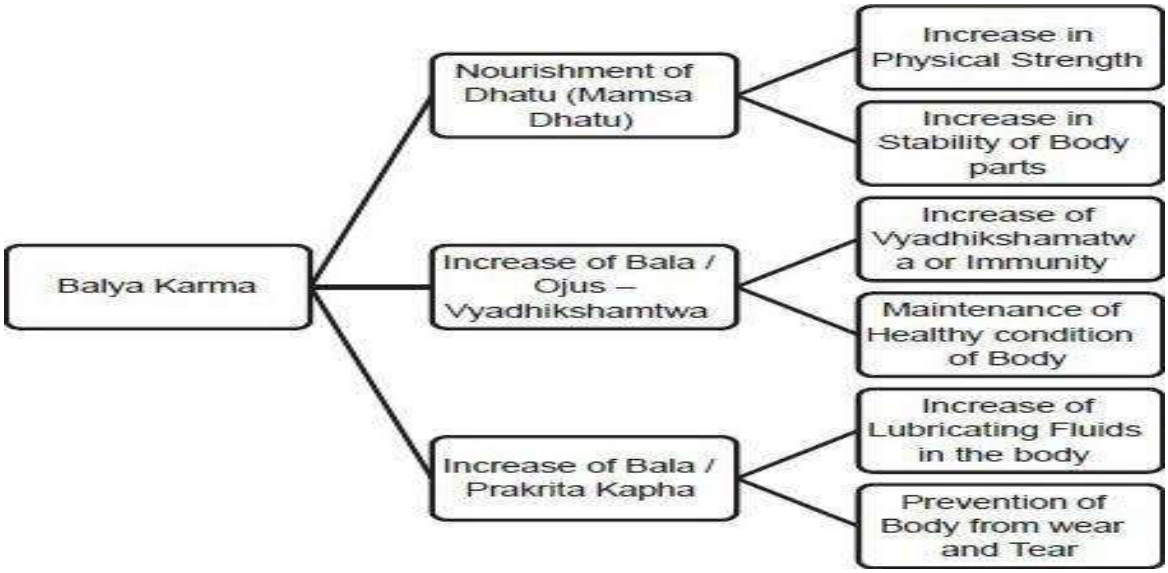
The chief aim of Internal Medication and External therapies are

- To boost up tissue healing
- To alleviate pain and Strengthens joints, ligaments and muscles
- In order to strengthen the injured part and improve function

The feeding components that provide the nutrients needed to preserve the integrity of specific tissues and organs make up the balya action. Their activities include bulk promoters, hematinics, intestinal tonics, stomachic tonics, nervine tonics, cardiac tonics, and vascular tonics. These drugs usually strengthen and stabilize the entire body while simultaneously stabilizing and nourishing a specific part of

the body. They include anti-periodic, generalized tonics, high-nutrient foods, nutritional supplements, and activities that help increase the bio energy of the specific group of action known as Balya, which is made up of those that provide the supplements required to maintain normal Kapha dosha. Generally speaking, they are regarded as secretions or liquids that shield the body's vital organs, especially the heart, brain, joints, etc. Nutritional supplements are usually included because these fluids are mostly composed of proteins. Cardiac tonics, medicinal oils, medicated ghee, general tonics, and treatments like oil massages are among them.

MODE OF ACTION OF BALYA DRAVYA'S AS SPORTS MEDICINE



Some other medication for sports injuries-

Rasayana- In regards to supplementation in sports, Ayurveda recommends a rasayan and balya dravya (a potent mixture of herbs for Example Ashwgandha, Amalki, Mulethi, Shatavri, Guduchi, Gokshur, Musli, Bala etc). This has shown to aid natural holistic immune booster as well as muscle building (anabolic) properties.

Abhyang and Swedan: It is very effective in generalized pain, muscular pain and spasm and fatigue syndrome.

Basti Chikitsa : Sports related injuries mainly Due to elevation of vata that's why It is very effective as per need.

***Kati Basti* :** It is very effective in low back pain, muscular pain and fatigue syndrome.

Greeva Basti : It is very effective in Neck related muscular pain.

***Bandhana*:** Bandage with or without oil massage. 15 types of Vrana Bandhana are described in Ayurveda

Anushastra Karma: Among these are parasurgical techniques like Raktamokshana (blood letting therapy) and Agnikarma (direct heat treatment). Both promote healing, lessen pain, and reduce inflammation.

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