

AYURVEDA DRUGS TOWARDS PHYSICAL STRENGTH AND BODY BUILDING
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ABSTRACT

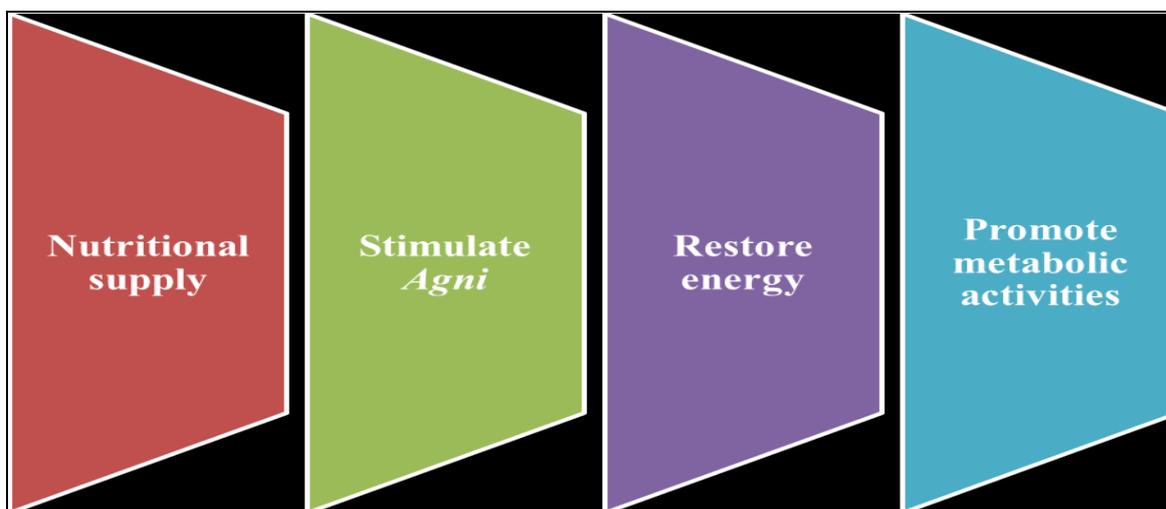
Ayurveda is one of the classical system of Indian health science that provides various approaches towards the healthy well being. The science of ayurveda mainly focuses towards the maintenance of general health by preventing invasion of disease causative factors thus we can say that ayurveda emphasizes concept of disease prevention rather than treatment. Ayurveda suggested concept of Dincharya as a preventive approach that helps to remain healthy and prevent invasion of diseases causative factors. On other hand ayurveda described use of various natural drugs to treat health ailments, these drugs may includes; herbs, plants, classical ayurveda formulations and drugs from animal sources, etc. Moreover Ayurveda enriched with several health supplements that improves general health and helps to maintain physical as well as mental health status. Considering this aspect present article explored role of two ayurveda drugs; Ashwagandha and Gokshur in body building.

KEYWORDS: Ayurveda, Ashwagandha, Gokshur, Body Building.

INTRODUCTION

The consumption of health supplements increases day by day since large number of global population using such products for various physical as well as mental health benefits. The natural health supplements also acquiring remarkable attention of health seeking peoples due to their health boosting effects. The ayurveda science mentioned various herbs/plants or animal products for empowering physical and mental health; *Ashwagandha* and *Gokshur* are some of them. These drugs offer

rejuvenative effects, improves digestive power, restore energy, increases strength, acts as an antioxidants and boosts circulatory process of body thus help to enhances physical and mental health. *Ashwagandha* and *Gokshur* can be used for body building due to their beneficial biological responses. Present article exploring role of *Ashwagandha* and *Gokshur* for body building purpose. The general health benefits of these herbs towards body building depicted in **Figure 1**.

Figure 1: General health benefits of *Ashwagandha* and *Gokshur* in body building.

Ashwagandha (*Withania somnifera*)

Ashwagandha (*Withania somnifera*) belonging from family *Solanaceae* also known as Indian Ginseng since it imparts remarkable physical strength. It is considered as *Rasayana* drug used to improve youthfulness and longevity. It possesses adaptogenic and anti-stress properties thus boost mental health. *Ashwagandha* is an important Indian medicinal plant used for the treatment of various health ailments including anxiety, attention deficit hyperactivity disorder, obsessive-compulsive disorder, insomnia, asthma, arthritis, bronchitis, menstrual problems and hypothyroidism.

Synonyms

Ashagandha, *Ashwanga*, *Asundha*, *Avarada* and Indian Ginseng.

General health benefits of *Ashwagandha*

- Enhances brain function and improves coordination of nervous system.
- Promote reproductive system and boost sexual activities.
- Calm mental anxiety and imparts relaxation
- Improves immunity thus prevent common infections.
- Acts as an anti-oxidant agent thus prevent radical induced tissue damage.

Role in body building

- *Ashwagandha* can be used as natural health supplements for bodybuilders due to its *Rasayana* or rejuvenator effect.
- It prevents symptoms of early aging thus reduces effects of degenerative process and maintain physical strength even in elderly person.
- It enhances fertility and sexual desire that boosts psychological confidence.
- Enhances circulatory process of body therefore maintain nutritional supply thus helps in body building.
- It balances *Agni* thus maintain growth and development of physical composition of body.
- Pathological progression of diseases can hamper physical strength of person due to the vitiation of *Doshas*, *Ashwagandha* establishes synchronization amongst the *Doshas* and prevent pathological invasion of general diseases therefore helps to restore normal physical strength.
- It empower cardio function require to perform physical activities thus restore physical vitality and energies require to perform exercise or *Yoga*.
- *Ashwagandha* relaxes smooth muscle which is prerequisite after performing physical exercise for body building purpose.
- The stimulation of thyroid function support physical strength thus helps in process of body building.
- It suppresses level of stress hormone cortisol thus prevent dullness and lethargy.
- *Ashwagandha* increases testosterone thus helps to promote muscle growth.

Gokshur or Gokharu (*Tribulus terrestris*)

Gokshur or *Gokharu* (*Tribulus terrestris*) belongs from family *Zygophyllaceae* used as aphrodisiac, diuretic, anti-diabetic, hypolipidemic, cardiotoxic, hepatoprotective, antibacterial and anthelmintic, etc.

Synonyms

Puncture vine, *Bethagokharu* or *Nanagokharu* and *Nerinjil*

General health benefits of *Ashwagandha*:

It posses *Madhura Rasa*, *Guru Guna*, *Sheeta Veerya*, *Madhura Vipaka* thus offers following biological effects

- ❖ *Vrusya* (sexual stimulant)
- ❖ *Brumhana* (Nourishing)
- ❖ *Vatanut* (pacifies *Vata*)

Role in body building

- *Gokharu* acts as a cardio-tonic thus boost energy supply to perform exercise require for body builder.
- Treat sexual dysfunction and maintain physical strength.
- Restore liver functioning hence helps in digestion thus boost process of growth and development.
- It balances metabolic activities therefore balances anabolic and catabolic process.
- It enhances muscle growth & body mass.
- Elevate level of testosterone and androsterone hormones require for physical energy and strength.
- Improves anaerobic muscle power thus restores energy required for physical activities.
- Boos immunity thus maintains normal health status and reduces loss of disease induced physical strength.
- Improves youthfulness and reduces degenerative effects of aging.

Mode of action in body building

Presence of phytochemicals (Saponins) helps to boost testosterone levels and protodioscin promotes nitric oxide release resulting increases oxygen flow to blood and muscles thus enhanced consumption of nutrients and protein by body tissues. Increases physical stamina during work out and muscle recovery after physical exercise. Stabilizes adrenal system and hormonal balances require for physical activities.

Presence of plant flavonoid; Icariin facilitate transmission of nitric oxide thus boost circulation of testosterone to enhances overall physical strength and body building capacity. These constituents increases muscle mass, enhances muscular pump and boost stamina. These drugs prevent binding of free testosterone to protein (sex hormone binding globulin) therefore elevates levels of freely circulating testosterone. Regulates functions of serotonin thus improves feeling of well being that imparts confidence and helps in body building.

Gokshura rich in Protodioscin which helps in body building since it promotes flow of oxygen to the tissue and stimulates pituitary gland leading to the enhanced level of testosterone that significantly support muscle building.

CONCLUSION

The plant constituents such as; flavonoids and saponins present in natural drugs boost testosterone levels. The flavonoids, steroidal saponins and alkaloids helps to regulate biological process while vitamins & amino acid contributes towards the protein synthesis require for muscles building and physical growth. These drugs increases muscle growth, boost athletic performance, delaying fatigue, enhances capacity to exercise, enhances hormonal levels, increases physical stamina and muscle recovery therefore significantly helps in the process of body building.

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