

## International Conference on

## PHYSICAL EDUCATION, SPORTS MEDICINE AND DOPING STUDIES

August 08-09, 2018 Osaka, Japan

**Sustenance: A medicine for sports with major outcome and different perception in various sports and a way of anti-doping management for all sports person****Ashutosh Tiwari**

Indian Spine &amp; Arthritis Research Institute, India

**Introduction:** Sustenance means “Way or substance to survive and maintain daily needs to perform daily and responsibilities of our life.” A drink or food for source of strength and nourishment. It is also called nutrition. Sports nutrition is a method and approach to sustain of a person in sports activity. Sports nutrition is a specialization of within the field of nutrition that partners closely with the study of human body and exercise science [1]. The basic concept for sport nutrition for athletes requires proper eating strategies and need to have a command of general nutrition and as well as exercise science [2]. At the time of field performance an athlete is supposed to be well nourished, fit, focused and ready to compete. Sports nutrition can boost and maintain the required power and stamina for performance so it can avoid the risk doping as anti-doping method. We included many sports person in our study and effect of proper and planned nutritional elements. This was a satisfactory feeling and output. An athlete always needs to pay attention on WHEN, WHAT, HOW and HOWMUCH they should eat and drink prior and post game. [3]

**Design:** Cross sectional observational cohort study.

**Method:** 250 sports person from various sports and athletics activities with different problems observed and examined on systemic, continuous revision and reassessment in period of 3 weeks till 12 weeks protocol (3 Months). We examined them on the basis of following.

1. FSS (Fatigue Severity Scale).
2. P A Scale (Performance Anxiety Scale)

Fatigue Severity Scale consists of

1. Stamina
2. Strength
3. Performance
4. Biomechanics Symmetry.

We gave each 5 marks to each parameter of FSS it consist of 20 marks in grand total and 10 marks for Performance anxiety Scale total is 30. N=250 (participants), divided in to two groups as Physical therapy Supported (PTS) N=125 and Physical and Nutrition Therapy Supported (PNTS) N=125.

**Result:** After 1st round assessment (after 3 weeks of treatment) we find 30 people, 40 person, and 55 in same condition in PTS group, their mean value of improvement was 6.33. In PNTS group 40, 35, and 50 people in same condition on the basis of assessment protocol. We find mean value for this group 15.33. In 2<sup>nd</sup> assessment after 6week we find mean value of PTS 8, and for PNTS 18. In our 3<sup>rd</sup> assessment for both after 9 week we got mean values 9.33 and 19.33 for PTS and PNTS groups. After 12 weeks treatment and nutrition support when we finally compare both groups we got the mean values 11.66 PTS and 22.33 PNTS group. On percentage basis compare we find 39.68% (40% nearly) better improvement in Physical and Nutrition Therapy Supported (PNTS) group than Physical therapy Supported (PTS) group. PNTS group got relax 75% and improvement in a fixed treatment duration and PTS group 35.32%. The difference score of these groups was 39.60%.

**Conclusion:** hence it proved the sustenance has a good and enough power of healing, improvement and nurturing the people and their problems. It works like a medicine without any harm and adverse effects. The main role of sports nutrition is to support the training program. Dietary intake for performance will change as the training regime changes. Poor nutrition can

**International Conference on**

# PHYSICAL EDUCATION, SPORTS MEDICINE AND DOPING STUDIES

**August 08-09, 2018 Osaka, Japan**

---

lead to injury, fatigue and poor recovery, all three of which can hinder as to how efficiently an athlete performs [4]. It has been widely accepted from a decade sustenance is able to heal and improve the problems and brings people near to goal with improvement of physical and mental health. Greany and jeukendrup stated that from fueling to recovery muscle building weight and making optimal nutrition ensure the best platform for success in any sport [5, 6].

## **Biography**

Tiwari Ashutosh has completed BPT from Chhatrapati Shahu Ji Maharaj University, Kanpur, India in 2009. He has completed MD in Integrative Medicine from Indian Institute of Alternative Medicine, Kolkata India in 2012. He was trained at F I Hospital Lucknow and Santosh Medical College Ghaziabad. He is a Certified Manual Therapist and Research Fellow in Rural Health in Alternative Medicine. He was a Coauthor of many research papers for international academies. He presented so many research papers in national conferences in India. He is dealing with spine and arthritis patients and has special interest to treat children with disabilities. He founded Indian United Trust for social welfare activities in 2009. He is a well-known person to be engaged in social welfare in the society.

tiwari.drashutosh@gmail.com

**Notes:**