EFFECT OF SESAME OIL MASSAGE ON MUSCULAR STRENGTH OF BASKETBALL PLAYERS

Dalvi Prachi D, Naik Priya V, Jadhav Sujata P, Borkar Sneha P

ABSTRACT

Sports have been part of human life since time immemorial. They help in the development of an individual’s persona at mental, social, cultural and spiritual levels. According to Sushrutacharya, Vyayam (Exercise) is defined as work involving exertion of the body. He states that after performing it one should do gentle body massage. Present study was done to study the effect of Sesame Seed Oil Massage on the Mansadhatupushti (Muscular Strength) in Basketball players. Study trials carried out in two groups of 10 players each between age group 20 yr. – 30 yr for eight weeks. Assessment criteria were Muscle strength. Tools used for muscle strength was grip Dynamometer and Leg and Back Dynamometer.

Result: Group A –
Day 30th - Muscle Strength was increased by approx. 10 – 12 kg
Day 45th - (After giving 15 days gap in Sesame Seed Oil Massage) Muscle Strength was decreased by approx. by 1-2 kg.

Group B -
Day 30th – Muscle Strength was increased by approx. 2-3 kg.
Day 45th - Muscle Strength was increased by approx. by 1-2 kg.

Conclusion: Evidence was generated for the concept ‘Tiltaila (Sesame Seed Oil) is useful in Brihan Karma’ (Growth) & also helps in removal of oil soluble tissue toxins.

Keywords: Abhyanga, Sport massage, Muscle strength, Basketball.

INTRODUCTION: Ayurveda believes in the concept of prevention is better than cure. Ayurveda is a precise science it cures the diseased body and also explains measures to sustain health in a healthy individual [1]. Sports have been part of human life since time immemorial. They help in the development of an individual’s persona at mental, social, cultural and spiritual levels. They inculcate in an individual the spirit of friendship, endurance, forgiveness, acceptability and obedience, which is sportsman spirit, along with the mental constitution the physical constitution, plays an important role to form a Sportsperson. According to Sushrutacharya, Vyayam (Exercise) is defined as work involving exertion of the body. He states that after performing Vyayam one should does gentle body massage [2]. It influences the overall personality by causing (stimulating) physical development, eg. Luster, compactness of the body parts, promote strength, growth, stimulation of digestive power, absence of idleness, firmness, lightness, tolerance to fatigue, exhaustion, thirst, heat, cold etc. and provides optimum immunity [3]. The greatest importance of Vyayam (Exercise) in today’s life style lies in fact that it can digest all food types causing...
**Doshaprakopa (Vitiation Of Doshas)** e.g., junk food, etc. It ultimately increases the Agni. **Abhyanga (Massage)** and **Mardana** (Pressure / Deep Tissue Massage) are both type of massage. **Abhyanga (Massage)** is a gentle massage and **Mardana** (Pressure/Deep Tissue Massage) is massage done with pressure. Daily oil massage delays ageing, cures tiredness and **Vata Dosha**, improves vision nourishes the body, increases longevity (lifespan), promotes sound sleep, improves skin luster and texture and strengthens the body.

**Need of the study maintain:** It is the moral duty of every sport person to maintain good muscle health. Till yesterday steroid were a boon to the competitive world of sports, but its adverse effects in the long run have in no time contradicted this fact. With this changing picture, today **Abhyanga** (Massage) or **Mardana** (Pressure/Deep Tissue Massage) along with all its advantages, easy availability (accessibility) and cost effectiveness are paving a path for good health.

**AIMS:**
- To study the effect of **Tiltaila Abhyanga** (Sesame Seed Oil Massage) on the **Mamsadhatupushti** (Muscular Strength) in Basket ball players

**OBJECTIVES:**
- To measure muscle strength with the help of Dynamometers.

**MATERIALS AND METHODS**

**Research design:**
- Comparative clinical trial

**Selection criteria:**
1. **Inclusion criteria**
   - 1. Players between age group 20 yr. – 30 yr.
   - 2. Players playing Basketball regularly minimum for 1 yr.
   - 3. Players participating in competitions
   - 4. No health complaints according to Ayurveda

**Muscle strength:**
- Forearm muscle strength were measured by Grip Dynamometer

**2. Exclusion criteria**
1. Nawajwara (Acute Fever)
2. Ajirna (Indigestion)
3. Samata
4. Players newly joined

**Grouping:**
- Study trials carried out in two groups of ten players each.
  - Group A: Ten players with **Tiltailabhyanga** (Sesame seed Oil Massage) (5 Females, 5 Males)
  - Group B: Ten players without **Tiltailabhyanga** (Sesame seed Oil Massage) (5 Females, 5 Males in each game)

**Sample size:** Total sample size was 20 complete units, Total of Ten individual in each group were included.

**Time and duration of the study:** Clinical study of eight weeks, **Tiltailabhyanga** (Sesame seed Oil Massage) is performed on group ‘A’ for approx. 45 -60 min. on the whole body after their regular practice in the evening between 5 pm - 6 pm, over the period of one month. At the same time group ‘B’ was also under observation. After one month of **Tiltailabhyanga** (Sesame seed Oil Massage) the players from group ‘A’ received Fifteen days gap and again on day 45th the Tests were performed in both groups.

- 1st reading - on 0th day
- 2nd reading - on 30th day
- 3rd reading - on 45th day (After giving 15 days gap in Group A)

**Research techniques:** Muscle strength is the main assessment criteria. The muscle fiber never contracts together which makes it impossible to measure the total muscular strength of the body by a single test hence, the measurement of the muscular strength is based on the measurement of strength of various groups of muscles which act together for causing a particular joint movement or for preventing a particular movement.
Leg and Back muscle strength were measured by Leg and Back Dynamometer.

To test:
- $H_0$: There is no significant difference between the observed values in pre and post test.
- $H_1$: There is significant increase in the observed values in pre and post test.

**Group A** – Day 30th - Muscle Strength was increased by approx. 10 – 12 kg.

Day 45th - (After giving 15 days gap in Taila Abhyanga ) Muscle Strength was decreased by approx. by 1-2 kg.

**Group B**

Day 30th – Muscle Strength was increased by approx. 2-3 kg.

Day 45th - Muscle Strength was increased by approx. by 1-2 kg.
Table 1: Muscle Strength of Female Players with and without *Til Tailabhyanga* (Sesame seed Oil Massage) Day 0

<table>
<thead>
<tr>
<th>Muscle Strength</th>
<th>Mean</th>
<th>S.D.</th>
<th>T Cal</th>
<th>P Val</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOREARM</td>
<td>X1</td>
<td>X2</td>
<td>X1</td>
<td>X2</td>
<td></td>
</tr>
<tr>
<td>RT.</td>
<td>2</td>
<td>2.8</td>
<td>2.04939</td>
<td>2.712932</td>
<td>0.692129</td>
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<tr>
<td>LF.</td>
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<td>1.2</td>
<td>1.445683</td>
<td>0.979796</td>
<td>0.174342</td>
</tr>
<tr>
<td>LEG</td>
<td>13.5</td>
<td>11.1</td>
<td>5.904447</td>
<td>4.988989</td>
<td>0.918157</td>
</tr>
<tr>
<td>BACK</td>
<td>17.2</td>
<td>12.3</td>
<td>5.758472</td>
<td>5.330103</td>
<td>1.636154</td>
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</tbody>
</table>

Table 2: Muscle Strength of Female Players with and without *Til Tailabhyanga* (Sesame seed Oil Massage) Day 30

<table>
<thead>
<tr>
<th>Muscle Strength</th>
<th>Mean</th>
<th>S.D.</th>
<th>T Cal</th>
<th>P Val</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOREARM</td>
<td>X1</td>
<td>X2</td>
<td>X1</td>
<td>X2</td>
<td></td>
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<tr>
<td>RT.</td>
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<td>LF.</td>
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<td>1.6</td>
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<tr>
<td>LEG</td>
<td>23.5</td>
<td>12.2</td>
<td>4.91935</td>
<td>4.853864</td>
<td>4.649773</td>
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<tr>
<td>BACK</td>
<td>28.05</td>
<td>13.2</td>
<td>5.58771</td>
<td>5.325411</td>
<td>5.138977</td>
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</table>

Table 3: Muscle Strength of Female Players with and without *Til tailabhyanga* (Sesame seed Oil Massage) Day 45

<table>
<thead>
<tr>
<th>Muscle Strength</th>
<th>Mean</th>
<th>S.D.</th>
<th>T Cal</th>
<th>P Val</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOREARM</td>
<td>X1</td>
<td>X2</td>
<td>X1</td>
<td>X2</td>
<td></td>
</tr>
<tr>
<td>RT.</td>
<td>10.7</td>
<td>7.1</td>
<td>2.685144</td>
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<tr>
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<td>5.4</td>
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<td>LEG</td>
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<td>12.3</td>
<td>4.975942</td>
<td>4.838388</td>
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<tr>
<td>BACK</td>
<td>27.4</td>
<td>13.6</td>
<td>5.607138</td>
<td>5.083306</td>
<td>4.911063</td>
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Table 4: Muscle Strength of Male Players with And without *Til Tailabhyanga* (Sesame seed Oil Massage) Day 0

<table>
<thead>
<tr>
<th>Muscle Strength</th>
<th>Mean</th>
<th>S.D.</th>
<th>T Cal</th>
<th>P Val</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOREARM</td>
<td>X1</td>
<td>X2</td>
<td>X1</td>
<td>X2</td>
<td></td>
</tr>
<tr>
<td>RT.</td>
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<td>15.3</td>
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</table>
**Table 5: Muscle Strength of Male Players with and without *Til tailabhyanga* (Sesame seed Oil Massage) Day 30**

<table>
<thead>
<tr>
<th>Muscle Strength</th>
<th>Mean</th>
<th>S.D.</th>
<th>T Cal</th>
<th>P Val</th>
<th>Significance</th>
</tr>
</thead>
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<tr>
<td>X2</td>
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</tr>
<tr>
<td>RT.</td>
<td>22.6</td>
<td>18.6</td>
<td>6.636264</td>
<td>0.056152</td>
<td>ACCEPT H0</td>
</tr>
<tr>
<td>LF.</td>
<td>23.7</td>
<td>15.7</td>
<td>6.80147</td>
<td>0.010607</td>
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</tr>
<tr>
<td>LEG</td>
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<td>8.357033</td>
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<tr>
<td>BACK</td>
<td>34.7</td>
<td>31</td>
<td>8.20975</td>
<td>0.013136</td>
<td>REJECT H0</td>
</tr>
</tbody>
</table>

**Table 6: Muscle Strength of Male Players with and without *Til taila abhyanga* (Sesame seed Oil Massage) D45**

<table>
<thead>
<tr>
<th>Muscle Strength</th>
<th>Mean</th>
<th>S.D.</th>
<th>T Cal</th>
<th>P Val</th>
<th>Significance</th>
</tr>
</thead>
<tbody>
<tr>
<td>FOREARM X1</td>
<td>22.6</td>
<td>18.6</td>
<td>6.636264</td>
<td>0.056152</td>
<td>ACCEPT H0</td>
</tr>
<tr>
<td>X2</td>
<td>5.780138</td>
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<tr>
<td>RT.</td>
<td>23.3</td>
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<td>8.043009</td>
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<tr>
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<td>LEG</td>
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<td>9.63587</td>
<td>0.454683</td>
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<td>BACK</td>
<td>5.752391</td>
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<td>0.115451</td>
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</table>

**DISCUSSION**

- On Day 30th the Group A & Group B showed increased in there Muscle Strength but at the rate Group A responded to Abhyanga (Massage) is noteworthy that is the effect of *Til taila Abhyanga* (Sesame Seed Oil Massage).
- On Day 45th Muscle Strength Group A decreased, while Group B showed improvement in there Muscle strength.
- Though Group A Showed decreased in there Muscle strength on Day 45, but it was still on higher side than Day 0. On Day 30 in Group A muscle strength was increased approx. by 10-15 kg. While in gr. B Muscle strength was increased approx. by 2-3 kg. in no. Although the diet, exercise, daily routine were same in both groups. The extra 8-10 kg. improvement in strength in Group A is the effect of *Til taila Abhyanga*. (Sesame Seed Oil Massage)
- After giving 15 days gap of Abhyanga (Massage) in Group A , the strength which was achieved till day 30 could not sustained
- As stated in Charak Samhita axle of the chariot and leather bottle become durable by oiling same the body become strong after *Taila Abhyanga*. (Sesame Seed Oil Massage) [11]. As
stated in Sushrut Samhita when Abhyanga (Massage) is done for\textsuperscript{[12]} 300 matras (approx 5 min.) It penetrates through Skin. \hfill (1 matra = 1 unmesha nimesha = approx. 1 sec.)

400 matras (approx 6.6 min.) It reaches Rasadhatu
500 matras (approx 8.3 min.) It reaches Raktadhatu
600 matras (approx 10 min.) It reaches Mamsadhatu
700 matras (approx 11.6 min.) It reaches Medadhatu
800 matras (approx 13.3 min.) It reaches Asthidhatu.

According to latest study deep stroking massage techniques create a localized increased in pressure which causes the pores in tissue membranes to open, facilitating the exchange of fluids.\textsuperscript{[13, 14]}

**Fatigue** – It is define as the inability to maintain a given exercise intensity. Tissue Toxins were assumed to be the main cause of Fatigue. Tissue toxins hamper the muscle endurance which causes fatigue & Tiltaila Abhyanga (Sesame Seed Oil Massage) helps in removal of tissue toxins. Tilataila (Sesame Seed Oil) is Tikshna, Ushana, Vyayai and is quickly absorbed by the skin and it is the best Taila for Brihan\textsuperscript{[15]}. Research shows that on the skin, oil soluble toxins are attracted to sesame seed oil molecules which can be washed away with hot water.\textsuperscript{[16]}

**Muscle Strength depends on the following Factors –**

**Hypertrophy of Muscle Fibers:** Growth in diameter of Muscle fibers. \textsuperscript{[Brihan karma]}

**Intra Muscle co-ordination:** Capacity to apply motor units simultaneously. \textsuperscript{[Vatakarma]}

**Inter - Muscle co-ordination:** Interplay between the muscles that generate movement through contraction. \textsuperscript{[Vatakarma]}

The muscle strength depends on hypertrophy of muscle fibers, inter muscle co-ordination, and intra muscle co-ordination, according to Charkacharya co-ordination is a Prakrit karma of Vata\textsuperscript{[17]} and Tiltaila (Sesame seed Oil) enhances the capacity of Vata to perform its Prakrit karma (Normal Function) as well as Brihan.

After doing Vayyam (Exercise) Vata prakopa (Vitiation Of Vata) in the body takes place, and Tiltaila Abhyanga (Sesame Seed Oil Massage) is the best Remedy for Vataprapaka (Vitiation Of Vata).

**CONCLUSION**

- Muscle Strength was increased by Abhyanga (Massage).
- After giving 15 days gap of Abhyanga (Massage) in Group A, the Muscle strength decreased hence “Abhyangam Acharet Nityam...” is proved.
- The significance of Abhyanga (Massage) duration specified in Sushrut i.e. Abhyanga is performed for 600 matras approx. (10 min.) on each part of the body it reaches to Mamsadhatu (Muscles) & Brihan karma (Growth) takes place. Also helps to remove tissue toxins is validated
- Evidence is generated for the concept ‘Tiltaila (Sesame Seed Oil) is useful in Brihan Karma’ (Growth) & also helps in removal of oil soluble tissue toxins.

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