

## OFV-18

### Reviving Strength: Ayurveda in Modern Sports Medicine

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Ayurveda, the ancient Indian system of medicine, offers a holistic approach to health, wellness, and performance that is increasingly relevant in the field of modern sports medicine. While contemporary sports medicine focuses largely on biomechanics, nutrition, and injury management, Ayurveda complements these practices by emphasizing individualized care, balance of body and mind, and natural methods of healing. For sportspersons, the Ayurvedic system provides preventive strategies, performance enhancement techniques, and rehabilitative therapies that go beyond symptomatic treatment. Traditional practices such as Abhyanga (therapeutic massage), Panchakarma (detoxification), and the use of herbal formulations are proven to aid in muscle recovery, stress reduction, and injury rehabilitation. Additionally, Ayurvedic dietary principles and Rasayana (rejuvenation therapies) support endurance, immunity, and sustained energy levels essential for athletes. By integrating Ayurveda into modern sports medicine, athletes can benefit from a more comprehensive approach that not only addresses physical injuries but also nurtures mental resilience and emotional well-being. This synergy of ancient wisdom and modern science creates new opportunities for sustainable athletic performance, reduced injury risk, and faster recovery. Ayurveda, therefore, stands as a valuable and holistic partner in empowering sportspersons to achieve peak performance while maintaining long-term health and vitality.

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