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Significance of oils for physical fitness & sports

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Abstract

Beyond the physical performances of the humans, the brain has an essential role during the preparation, the practice and the recovery. The properties of some plants help to re-center emotions and eliminate psychological blockages by going through olfaction. It is the case with essential oil which brings assurance and determination during sports and fitness trials. Some of the essential oils like Rosemary oil gives courage and helps to better manage the situation in team sports. The peppermint essential oil helps to get rid of fatigue and stimulates the body as well as the mind. Over a hundred different natural essential oils having antiseptic, anti-inflammatory, pain relieving, antidepressant and even expectorant properties. The application of these oils not only helps to prevent and cure sports injuries but also to stimulate and relax the mind and body leading to higher fitness levels. Because of these inherent properties of essential oils, there is a growing interest in using them intoning up the body and mind in a variety of ways to enhance performance in sports and fitness.

Keywords: Antiseptic, anti-inflammatory, pain relieving

Introduction

Mechanisms and general effects

Olfactory messages, process and interpretation is not yet fully understood, but it is known that olfactory signals are transmitted to the brain from the olfactory bulb. Olfactory receptors are found in olfactory epithelium, immersed in a mucus layer. Olfaction process begins when odorants from the air in the nose or by diffusion up to the nose from the mouth enter the mucus layer around the receptor cell which sends signal to brain their by it promotes the brain function.

As described by the Nobel Prize awardees Buck and Axel, Mammals have 1000genes for odor receptors of which 347codefor functional odor receptors. Humans can smell between four and ten thousands different odors, and each receptor type responds to arange of odorant molecules, and each odorant interacts with arrange of receptors. Our olfactory receptors are tuned to physical and chemical properties of odorant molecules. Few publications suggest that beneficial effects of odor compounds are not only exerted by stimulation of olfactory system through inhalation, as exposed above, but they can also enter the body through absorption through the skin, nose mouth, and thereafter, enter the blood stream and reach the brain.

Importance of healthy diet and exercise

We all have different bodies, issues, and physical needs, but a healthy lifestyle can often help any person feel better especially when consistent exercise and healthy eating is practiced. Eating a healthy balanced diet accompanied by regular exercise is essential in maintaining physical and mental health. Physical activity particularly improves brain related functions. during a workout, no matter your health status or preferences. Some people like to exercise outdoors by hiking or biking, while others prefer to play team sports, and some simply like to go to the gym several times per week. Regardless of your preferences when it comes to physical fitness, most workout routines consist of the same basic elements which includes pre-work out, work out itself, recovery and rest.

Effects of essential oils on human body

Essential oils have wide variety of use and benefits that make them useful for fitness, but as we learn more about the characteristics of each oil, it becomes easier to determine which ones

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are the best fit for your healthy lifestyle and work out routines. Generally, some of the essential oils known for their anti-stress effect which are helpful in reducing tension and anxiety (Calming effect) and some modifies night-time sleep (improves sleep quality), alters emotional behavior, improves skin immune function, acts as Antidepressants and stimulates salivary functions etc., at the bottom of the article list of some of the important essential oils and their functional utility information is provided in Table 1.

How to use essential oils on the body

There are three main way the essential oils can be used to have fro found effect on the human body. Inhalation has its significant impact on mood and emotions where as body massage and ingestion are the common methods used for effective utilization.

Few ways that any Athlete can use essential oils during practices/workouts/Games

- Diffuse essential oils in the locker room before a game to promote uplifting, energizing, or motivating feelings.
- Apply cooling essential oils to the chest before a game to help promote clear airways and easy breathing.
- Apply soothing essential oils to the feet after a long practice or tournament to soothe the legs and feet.
- Use calming, soothing, or warming essential oils for massage after a game or practice to help your body recover.
- If you like to soak in a hot or cold bath after a game, consider adding a few drops of an essential oil to the water.
- Use essential oils that are soothing to enhance your post-game bath experience.
- Place a few drops of Wintergreen on a cotton ball and place in your gym bag. Wintergreen's strong scent will work to mask any odor.

Table 1: Functional utility some of the important essential oils

Sl. No.	Name of the essential oils	Functional utility
1	Basil oil	known to calm tense muscles.
2	Bergamot oil	known to calm the nervous system and relax the muscles, helps support a healthy metabolism.
3	Black Pepper oil	Contains important antioxidants, supports a healthy metabolism.
4	Cardamom oil	Promotes clear breathing and maintains respiratory health.
5	Cassia oil	Can be used to create a warming massage after a difficult workout.
6	Cedar wood oil	Before exercising, try rubbing one to two drops on your chest to maintain vitality throughout your workout.
7	Cinnamon Bark oil	Dilute with Fractionated Coconut Oil and create a warming massage for cold, achy joints.
8	Clove oil	Helps maintain a healthy immune system, promotes healthy blood circulation may calm tense muscles.
9	Coriander oil	After a short workout, apply to the legs for a soothing massage.
10	Cypress oil	Prior to a long run, apply to the feet and legs for an energizing boost.
11	Eucalyptus oil	Promotes feelings of clear breathing and open airways, creates soothing massage.
12	Fennel oil	Take a drop in water or tea to help fight off sweet tooth cravings.
13	Frankincense	After a day of outdoor activity, massage into the hands and feet for a warming and soothing effect.
14	Geranium oil	Apply to armpits after a sweaty workout.
15	Ginger oil	May help support healthy joint function diffuse to promote a sense of equilibrium.
16	Grapefruit oil	Diffuse while dieting or trying to lose weight to increase motivation.
17	Helichrysum oil	Use in conjunction with full body massage to promote vitality and energy.
18	Lemongrass oil	Combine with a carrier oil and use for massage after a hard workout.
19	Lime oil	Supports healthy metabolism and healthy weight management.
20	Marjoram oil	Add to a massage blend for targeting tired, stressed muscles, or apply before and after exercising.
21	Melaleuca oil	Supports healthy joint function and soothes body soreness after exercise.
22	Melissa oil	Can help calm and soothe after a rigorous workout.
23	Myrrh oil	Helps relax the musculoskeletal system and relieve tension.
24	Oregano oil	Can contribute to better overall health and wellness when used in conjunction with healthy dietary and exercise patterns.
25	Peppermint oil	Promotes clear airways; provides an energizing pick-me-up when applied topically or diffused.
26	Siberian Fir	Diffuse before exercising for an energizing effect.
27	Thyme	May contribute to better overall health in conjunction with a better diet and exercise regimen.
28	Vetiver oil	Apply to feet after a workout as part of a soothing massage.
29	Wild Orange oil	Add to your water for a burst of flavor and to promote overall health.
30	Wintergreen oil	Massage into hands, back, and legs for a warming and soothing sensation after exercise.

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