



## Traditional Sport: Mud Wrestling & Mud Preparation

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## LETTERS

### ***Tapering in Wrestling: The Yin-Yang of Muscle Glycogen Concentrations and Training Frequency***

Amateur Wrestling is a very intense sport with the average intensity over the 6-7 minute match being 95-100% of VO<sub>2</sub>max (3). As with all exercises or sport at this intensity it is almost exclusively dependent on the stores of carbohydrate in the muscle: muscle glycogen (2). This is true quantitatively during one match and is particularly true during multiple match days, such as practice or tournaments (3). With regard to practices over the course of a week, coaches have choices to make regarding the yin-yang of carbohydrate intake and total work during practice. Training every day for 2 hours will require a consumption of 8-10 g carbohydrate/kg body weight (for the 70 kg wrestler, 560 g carbohydrate; 2240 kcals/day of carbohydrate) which is a very large amount; similar to endurance athletes. An alternative approach would be to practice 3 non-consecutive days/week or every other day, in this case only half of the carbohydrate would be needed to be consumed every day (70 kg wrestler; 280 g/day or 1120 kcal of carbohydrate/day.) This second approach would appear to be supported by tapering (reduced training volume) research where muscle glycogen is increased (1) and lactate is increased after an improved maximal performance (4,5,6). This approach would also appear prudent for the student-athlete as low muscle glycogen would lead to low blood glucose and quite likely to a reduced performance in the classroom as well as in the gymnasium. Again, it is reducing the training frequency variable that is most important to optimize muscle glycogen concentrations for practices and competitions.

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**TRADITIONAL SPORT: MUD WRESTLING & MUD PREPARATION** Today our whole country is aware about traditional sports & mud wrestling is one of them. As wrestling in India is played on mud so it is called as mud wrestling (kushti). Kushti is an ancient Indian game since ancient times in Maharashtra. Therefore in this paper the researcher has interpreted various types of Mud wrestling, popular Indian Mud wrestlers and the benefits of mud wrestling. The objective of this letter is to develop awareness of this activity. It is evident that mud Wrestling (Kushti) is an ancient game of India. It has its deep roots in our tradition and culture. It is an Art which is almost 3000 years old.

#### **Various types of Mud wrestling:**

- Krishna Kusti
- Jambuvanti kusti
- Hanumanti kusti
- Bheamsene Kusti
- Jarasandi kusti

#### **The popular Indian Mud wrestlers are:**

- Gama
- Gunga
- Denanath sinh
- Harishcandra Birazdar
- Dadu Chougule

## Benefits of mud wrestling

- Improve muscular strength
- Improve coordination
- Improve balance
- Improve muscular endurance

As wrestling (kusti) in India is played on mud it is known as mud wrestling. Kushti is an ancient Indian game since ancient times in Maharashtra. Before the players begin the wrestling, the pit must be made ready with 3 feet of sand, which must be filtered and then it is spread on the Aakhars which is a minimum 20x20 feet. The wrestling pit must be watered properly.

Mud wrestling is practiced in a specially prepared red soil. It is prepared by combining the following ingredients which are given below. Each ingredient has their own special benefits. When these ingredients are mixed in the soil, we get their benefits through the soil.

Name	Quantity	Purpose
Nuts oil/mustard oil	45 tin (60liters)	Nut oil is known to absorb quickly into the skin, leaving a light, velvety, protective barrier on the skin. It makes a wonderful "carrier oil" for aromatherapy uses. The sand remains cool and no dust is created.
Curd and butter milk	4tin (60liters)	Curd has a nutritive content; it has extensive special values for therapeutic purposes.
Lemon	1600	Lemon fruit acids are ideal for gentle exfoliation, Neutralizing environmental damage, Toning, Hydrating and nourishing, Fighting wrinkles, Pore cleansing.
Camphor	4kg	Camphor provides a cooling sensation and relieves symptoms such as pain, irritation and cough. It can be used in soothing backaches and muscle pain. To soothe skin conditions such as eczema or acne, camphor is used due to its ability to reduce redness and irritation.
Turmeric	80kg	Useful in disinfecting cuts and burns. Treats acne blemishes, blackheads, dark spots and hyper pigmentation and other skin conditions like eczema and psoriasis. It helps heal and prevent dry skin, and to slow the skin aging process, and is used to diminish wrinkles, keep skin supple and improve skin's elasticity. It is used as an ingredient in sunscreens.
Color agent	15kg	To make the sand brighter in appearance
Neem leaves powder	40kg	If you have pimples on your face then apply the <u>neem leaf</u> decoction. Even this can be used to treat minor wounds as this reduces the chance of getting further infection.
Chandan powder (sandal)	40kg	It has medicinal properties which is useful for treating several health problems and fighting skin infections. It has a calming effect on the nerves, and hence, proved to be beneficial to relieve stress, anxiety, irritability etc.
Water	400 litter	When water is put there is no dust created, it should be soft to prevent injuries, and is cool.

These materials are mixed with 4 tons of dry soil. This soil content takes care of our health as well as improves performance in mud wrestling.

**CONCLUSION:** Though there is not much importance for mud wrestling at the international level today, it is still of great importance as it has many health benefits. As it is an Indian traditional sport, it is our responsibility to keep our culture alive.

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