

Sports Nutrition through Natural Drinks

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*To maintain energy levels of sports persons with proper Nutrition.

*Sports person from Cricket, Badminton, Pingpong, Volley Ball and Kabbaddi.

***Conclusion-** Human Body fluids are distributed mainly in two compartments, extracellular and intracellular space. Blood plasma is the liquid part of blood that carries blood cells, hormones, proteins and other substances in body. Lymphatic fluid and mucus play a role in protecting body from disease. Plasma is an important transport mechanism within the human body, as it carries substances like hormones, vitamins, amino acids and antibodies to where they can be stored or put to use. Proper hydration is the most important nutritional strategy a player can use.

It is difficult to formulate the optimal nutrition of a sports drink. Fatigue is the last thing that a sports person wants.

Some of the drinks which can be useful for sportspersons are as below:

*Lemon

The distinctive sour taste of lemon juice makes it a key ingredient in drinks and foods such as lemonade.

*Ginger Juice

It contains gingerol, is very good muscle pain reliever.

*Watermelon-Cucumber-Mint Juice

This drink if taken during sports, after second break, will have a soothing effect on hyperthermic body of a person.

*Soda, Alcohol and Caffeinated Beverages

These have diuretic properties that cause to urinate more frequently.

*Cloves' Powder Cocktail Drink

Cloves contain a natural compound eugenol which helps to stabilise blood sugar and has positive effect on artery clogging cholesterol.

*Drink for Diabetic Players

The formulation of drink for such sportsperson will have to be done, on person to person basis.

Balance of all these fluids is important from overall health of a sportsperson, before the game, during the game and after the game then only a person can be a successful sportsperson.

Biography:

Dr. Prakash Kondekar had completed his BSc (Hons), LLB, MDH, ND Ayurved-Ratna. He is a Fellow of Royal Society of Health (London). He is a consultant Naturopath, Yoga & Bowen Therapist. He is the Honorable Director of Indian Institute of Naturopathy. He is a Faculty Member of Food Laws, Science and Microbiology & Saurashtra University. He is the Vice Chairman of NITIE Alumni Association. He is the EC Member of Indian Institute of Public Administration, National Centre for Science Communicators & Association of Food Scientist and Technologist. He visited various countries like UK, USA, Germany, Mauritius, Singapore, UAE, Vietnam, Austria & Italy for conducting workshops in Health Management. In India, he conducted 465 workshops. He gave 3 talks in Mumbai Doordarshan (TV) & 52 Radio Programmes in India. In the year 2008 he had given 6 Programmes in USA Radio & in the year 2001 he gave 1 Programme in Mauritius Radio. He conducted Yoga & Naturopathy Workshop in Mauritius, Somerset & UK.