

عنوان مقاله:

Determining the effect of frankincense extract supplementation on the characteristics of delayed muscle onset soreness following a high-intensity interval training session in inactive girls in Kerman province

محل انتشار:

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خلاصه مقاله:

Previous studies showed that some medicinal herbs can prevent Delayed Onset Muscle Soreness (DOMS). The present study investigates the effect of frankincense supplementation on DOMS elements on passive girls in Kerman province. Thirty healthy adult passive girls were randomly chosen and equally divided into experimental and control groups. Blood samples, Sargent jumps (SJ), Range of motion of the thighs and knees and pain perception tests were measured at the starting point. Each of the experimental and control groups, respectively, frankincense gum (three doses of 300 mg per day to be chewed and after each meal) and in control group dextrose (5.5 mg per kg of body weight per day). They were consumed exactly on the day of the test up to 48 hours after the contusion protocol. After consuming the supplementations, the second samples and tests were taken. All athletes participated in the high interval intensity training. Third, fourth, and fifth samples/tests were exactly executed in immediately, 24, and 48 hours after HIIT. Statistical analysis was conducted, and $P \leq 0.05$ was considered the significant level. The results showed that HIIT induced a significant increase in the serum tumor necrosis factor-alpha (TNF- α) and creatine kinase-MB (CK-MB) values, as well as the pain perception. Round thigh. Range of motion of the thigh and knee in both groups. TNF- and pain perception were significantly lower in the frankincense group immediately, 24 and 48 hours after HIIT. CK-MB activity was significantly decreased in the frankincense group during next 24 and 48 hours after HIIT. But it was not statistically significant. The muscle soreness protocol and Frankincense chewing gum had no significant effect on SJ. The present study suggests that the consumption of frankincense based on the present study dose and timespan may be effective to attenuate inflammation and pain induced by HIIT in passive girls and probably has functional impact on muscle and Inflammation.

کلمات کلیدی:

DOMS. Frankincense. CK. TNF- α . sargent jump

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