

عنوان مقاله:

Interactive effect of exercise training with ω -3 supplementation on resting levels of TNF- α and IL-1 β in Karat Men

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خلاصه مقاله:

Introduction: Perform heavy exercise training, causing a variety of changes including a reduction in performance. Few human studies have been examined of supplemental ω -3 and exercise, then the aim of this study was to study the interactive effect of exercise and ω -3 on resting levels of TNF- α and IL-1 β in elite Karate and compared with untrained. Methods: In this quasi-experimental study 42 healthy young male elite karate and non-athletes, were randomly divided into study groups. Athletes: 1- ω -3 and exercise, 2- placebo and exercise, 3- exercise and non-athletes: 1- ω -3, 2- placebo, 3- control. Athletes groups performed pre-season practice in 65% to 80% VO $_2$ max. Consumption of ω -3 was 1800mg/day for 4 weeks. Blood sampling done 48 hours before, 12 hours fasting after protocol. TNF- α and IL-1 β were measured by ELISA and LDL, HDL Enzymatic methods. Results: Exercise training with ω -3 for 4 weeks do not have a LDL ($P > 0.05$). Then ω -3 do not have a significant effect in 9 significant effect on resting levels of IL-1 β , TNF- α , HDL non-athletes ($P > 0.05$). Conclusion: The results showed that Although the consumption of ω -3 do not have significant changes in TNF- α and IL-1 β , but can slightly reduced TNF- α and increase in the IL-1 β , that confirm its positive effects on inflammatory factors. However, more research seems necessary in this context

کلمات کلیدی:

IL-1 β , TNF α , Exercise, IL-1 β , TNF α , Exercise

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