عنوان مقاله:

The effect of resistance training and Silymarin consumption on some of angiogenic f actors in untrain male

محل انتشار:

سومین کنفرانس بین المللی پژوهش های کاربردی در تربیت بدنی، علوم ورزشی و قهرمانی (سال: 1397)

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خلاصه مقاله:

Background: The muscle capillary supply and exercise-induced angiogenesis are regulated in part by vascular endothelial growth factor (VEGF). VEGF is produced by skeletal muscle cells and can be secreted into the circulation.VEGF and PDGF play central role in the processes of angiogenesis and vascular changes in most body tissues. The present study investigated the effect of four weeks of resistance training with Silymarin on VEGF and PDGF levels is untrain male. Methodology: Thirty-two untrain male students were randomly divided into four groups included: control(C), resistance(R), resistance and Silymarin(RS) , Silymarin(S). Subjects perform resistance training and consumed Silymarin extract for four weeks. Eight untrain young men performed resistance training at an intensity corresponding to 60-75% of the 1repetition maximum in an tree times/week for 4 wk. Blood samples from the subjects before and after the test was performed. The t-test and one-way analysis of variance were used. To determine within and between groups different, Tukey test was used to show the significant changes in eachvariables. Results: Results of research show that body mass index and body Untrain mass were significantly decreased in Rand RS groups ($\alpha \leq 0.05$) and Vo2max significant increased in R and RS groups ($\alpha \leq 0/05$). Four weeks of Silymarinconsumption can be caused significant reduction of VEGF and PDGF levels in R and RS groups. There was no significant change in the control group. Conclusion: The finding of the current study indicated that Sylimarin could through reducing of angiogenesis factors Such as VEGF and PDGF and reduced activity of tumor necrosis factor and inhibited inflammatory process.

کلمات کلیدی:

resistance, sylimarin, VEGF, PDGF, untrain.