

Garlic supplement effect on response of inflammatory and oxidative stress index of women athlete saliva following a progressive aerobic exercise session

Mahsa Mossavat*,

The aim of this study was to determine the effects of garlic supplements on the response of inflammatory and oxidative stress index of women athlete salivary following a progressive aerobic exercise session. The present study is a semi-experimental design and the design of the pre-test and post-test research. The statistical population of this study included young women athletes in Rasht, among which 30 female athletes with the age range of 25 to 35 years old and having at least 2 years of training experience in a representative sample were ed and then randomly divided into two groups: experimental groups (n= 15) and placebo (n=15). To measure variables in this research, various measurement tools were used; these tools included: Digital Race Scale, Wall Scale, Caliper, Interlacing. 500-milligram pill supplement was used to make the United States. The subjects took pills twice a day with a 12-hour interval with food for 14 days. The lactose capsule was used for the placebo group. In this study, the Bruce test on treadmill was used as a progressive aerobic exercise. Independent T-test was used to compare the data between the two groups. For this purpose, 23 Spss software was used to analyze the data. The results showed that Bruce test significantly increased MDA in both the pre-garlic and post-supplementation stages, and garlic supplementation prevented MDA increasing after Brus test. But in comparing the stages using Bonferroni post hoc test, it was found that MDA increase after garlic supplementation was less than its increase before garlic supplementation, and as a result of garlic supplementation, MDA was increased (P = 0.05). Also, the amount of MDA after supplementation was lower in the garlic supplement group than in the placebo group (P = 0.03). In the case of variable IgA,

test beam results in a significant reduction in IgA before and after supplementation in garlic, and garlic supplements did not prevent the decrease in IgA, but decreased IgA upon completion of the course compared to before supplementation. In garlic supplementation group, it was lower ($P = 0.03$). Also, IgA levels in complementary garlic group were significantly higher than placebo group after supplementation and Bruce test, which was statistically significant ($P = 0.01$). Given that athletes are looking for ergogenic benefits to improve performance and reduce injuries, athletes engaging in severe activity can use garlic supplementation as a way to increase antioxidant capacity.

Keywords : Garlic supplementation, inflammatory indexes, salivary oxidative stress, progressive aerobic activity

[Islamic Azad University, Rasht Branch - Thesis Database](#)
[دانشگاه آزاد اسلامی، واحد رشت - سامانه بانک اطلاعات پایان نامه ها](#)