

of inherent force providing capacity within the muscle, resulting in decrease in resting elbow angle. The increase in biceps brachii girth was due to inflammatory response because of the micro trauma in muscle due to unaccustomed eccentric exercise resulting in swelling. Our result showed that ice massage along with local application of turmeric produce more effect on DOMS than ice massage only. Local application of turmeric along with ice massage adds on to the effect of cryotherapy in management of DOM. It may be due to the anti-inflammatory property of turmeric. curcumin, the main yellow bioactive component of turmeric has two natural analogues FHM [feruloyl-(4-hydroxycinnamoyl)-methane] and BHM [bis-(4-hydroxycinnamoyl)-methane], are potent anti-inflammatory agents, which are potent anti-inflammatory agents, results in decrease in swelling and pain. Turmeric is also thought to reduce inflammation by lowering histamine levels and it may also stimulate the adrenal glands to increase production of inflammation reducing hormones.

150 **LOCAL APPLICATION OF TURMERIC ON DELAYED ONSET MUSCLE SORENESS**

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The aim of this study was to determine the effect of local application of turmeric on delayed onset muscle soreness (DOMS). The study had 12 healthy, untrained subjects. Subjects were then randomly assigned to two groups, six participants in each group. Subjects of group A were given cryotherapy and subjects of group B were given cryotherapy along with local application of turmeric. The soreness was on its peak at 48 h post exercise in both groups. Mean extension strength was lowest at 48 h post exercise in both group A and B, strength decrease results because of the reluctance to use sore muscle and from the loss