

Optimal health and Holistic Nutrition

Dr.Sagar.A.Zalte

Certified Nutritionist & wellness advisor, India

Abstract

Acute or strenuous exercise is sometimes related to upper respiratory tract infections in athletes. Practicing intense and regular exercise can lead to incorrect activation of the immune system, causing athletes to be excluded from training programs and competitions. Defensins are small antimicrobial peptides that are part of the innate immune system and dynamically involved in several biological activities. In this study, we highlight the role of human defensins in competitive basketball athletes. In particular, we consider the behavior of alpha- and beta-defensins together with white blood cells in a cohort of players. Moreover, we focus our attention on cortisol, a physiological indicator of stress, and testosterone, both of which are human hormones involved in muscle metabolism. The free-testosterone/cortisol ratio is considered to be an indicator of overtraining among athletes. This results provides an up-to-date information of the role of human defensins as self-defense molecules during a continuous stressor such as long-term exercise, and it recognizes them as potential markers of infection.

Received: June 07, 2022; **Accepted:** June 17, 2022; **Published:** June 27, 2022

Biography

Dr.Sagar.A.Zalte has completed his Certified Nutritionist & wellness advisor, India He has over 10 International Publications with 2 Abstract as titled in souvenir in his Post graduation academics period. He has presented almost 40+ Paper presentations in International conferences, Symposium, CME in both International & National platform. Recently he has been awarded with "Bharat Gaurav Puraskar 2021" and "Certificate of Excellence" for outset contribution

Dr.Sagar.A.Zalte was an IOC research scholarship winner, the Award of the 2008 ICSEMIS Committee(China, Guangzhou). His current research interests include adaptation to exercise training, training in young athletes, sports and pediatric cardiology Aquatic sports training and its effect on functional capacity, sport for peace and development and another Paralympic research.