EFFECTS OF ACUTE AND CHRONIC EXERCISE ON FREE RADICAL PRODUCTION IN ALBINO RATS

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ABSTRACT

It has been established that exercise induced oxidative stress and causes adaptation in antioxidant defense. The purpose of the present study was to observe the effect of different duration regular exercise on free radicals generation. After thoroughly searching all the available scientific literature it was hypothesized that regular exercise may have an influence on free radical production. Thiobarbituric acid reactive substances (TBARS) were measured for detecting free radical production in the different duration regular exercise group. For statistical analysis mean, SD, and "Mann-Whitney- U test" were calculated through SPSS software package. TBARS levels were found higher in highly trained group in comparison with the moderately trained group. Plasma TBARS was significantly higher in regular exercise group than the control group. Regular moderate exercise may favorably alter Free Radical production.