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Muscle cramps meaning in tamil



Although most muscle cramps are benign, sometimes they can indicate a serious medical condition. See your doctor if cramps are severe, happen often, respond poorly to simple treatments, or are not related to obvious causes like strenuous exercise. You may have problems with circulation, nerves, metabolism, hormones, medications, or nutrition. Muscle cramps can be part of many conditions ranging from minor to severe, such as Lou Gehrig's disease (amyotrophic lateral sclerosis), spinal nerve irritation or compression (radiculopathy), hardening of the arteries, narrowing of the spinal canal (stenosis), thyroid disease, chronic infections, and cirrhosis of the liver. Muscle cramps happen when your muscles tense up and you can't relax them. While painful, most often you can treat them yourself. Exercise, dehydration, and menstruation are common causes. One way to stop cramps is to stretch or massage your muscles and to eat enough of these essential nutrients: potassium, sodium, calcium and magnesium. They are called electrolytes, and you can find them in the following foods. You probably know that bananas are a good source of potassium. But they will also give you magnesium and calcium. That's three out of four nutrients you need to relieve muscle cramps tucked under the yellow shell. No wonder bananas are a popular, quick choice for cramp relief. Like bananas, sweet potatoes give you potassium, calcium and magnesium. Sweet potatoes may win because they have about six times as much calcium as bananas. And it's not just sweet potatoes: Regular potatoes and even pumpkins are good sources of all three nutrients. Plus, potatoes and pumpkins obviously have a lot of water in them, so they can help keep you hydrated as well. A creamy, green berry (yes, it's really a berry!) has about 975 milligrams of potassium, twice as much as a sweet potato or banana. Potassium is important because it helps your muscles to function and keeps your heart healthy. So replace the mayonom on a sandwich with mashed avocado, or slice one on your salad to keep muscle cramps away. They have a lot of fat and calories, so remember that. Legumes such as beans and lentils are packed with magnesium. A cup of cooked lentils has about 71 milligrams of magnesium, and a cup of cooked black beans has almost twice as many as 120 milligrams. Plus, they are high in fiber, and studies show that high-fiber foods can help relieve menstrual pain as well as help control your blood sugar and lower levels of bad LDL cholesterol. These fruits have it all: lots of potassium, a good amount of magnesium and calcium, a little sodium, and a lot of water. Sodium and water are key because when you exercise, your body flushes sodium out with your sweat. If you lose too much water, you get dehydrated, and muscle cramps can happen. Eating a cup of cubic cantaloupe after a workout can help. They are about 90% water, so when you need food like hydrate, a cup of watermelon will do it. As it is melon, it is the high in potassium, but not quite as high as others. It is a natural source of electrolytes such as calcium, potassium and sodium. It's good for hydration. And it is packed with protein, which helps to repair muscle tissue after exercise. All of the above can help protect against muscle cramps. Some athletes swear by pickle juice as a quick way to stop a muscle cramp. They believe it is effective because of the high water and sodium content. But that may not be the case. While pickle juice can help relieve muscle cramps quickly, it's not because you're dehydrated or low on sodium. It's more likely because pickle juice triggers a reaction in the nervous system that stops cramping, according to new research. They are rich in calcium and magnesium. So adding kale, spinach, or broccoli to your plate can help prevent muscle cramps. Eating leafy vegetables also can help with menstrual cramps, as studies show that eating foods high in calcium can help relieve pain from periods. A cup of refreshing OJ has plenty of water for hydration. It is also a potassium star with almost 500 milligrams per cup. Orange juice has 27 milligrams of calcium and magnesium. Choose a calcium-fortified brand for an extra boost. Like beans and lentils, nuts and seeds are a great source of magnesium. For example, 1 ounce of roasted sunflower seeds has about 37 milligrams of magnesium. And 1 ounce of roasted, salted almonds has twice as much. Many types of nuts and seeds have calcium and magnesium as well. Sometimes muscle cramps are the result of poor blood flow. Eating oily fish like salmon can help improve it. Plus, a 3-ounce portion of boiled salmon has about 326 milligrams of potassium and 52 milligrams of sodium to help with muscle cramps. Not a salmon? You can also try trout or sardines. Tomatoes are high in potassium and water content. So if you gobble down 1 cup of tomato juice, you get about 15% of your daily value of potassium. You will also give your body hydration to prevent muscle cramps from starting. Generally, women need about 11.5 cups of water a day, and men 15.5 cups. But that doesn't mean you should chug water. The water you get from other drinks, plus fruits and vegetables, also counts. Before you reach for a sports drink, know this: You only need these sweet electrolyte drinks if you do high intensity workouts for an hour or more. For electrolytes without sugar, drink coconut water instead. Sources: PHOTOS FROM: Getty Thinkstock Thinkstock Thinkstock References: Mayo Clinic: Muscle Cramps, Water: How Much Should You Drink Every Day? Doctors Committee for Responsible Medicine: Using Foods For Menstrual Pain. Cleveland Clinic: Don't Let Foot Cramps and Charley Horses Slow You Down. Cedars-Sinai Medical Center: Magnesium Rich Foods. Columbia University: Foods that minimize menstrual pain? It is Institute: Does Pickle Juice Relieve Muscle Cramps? American Heart Association: Hyperkalemia (high potassium). European Journal of Clinical Nutrition: Associations of menstrual pain with ingestion of soy, fat and dietary fiber in Japanese women. Medicine and Science in Sports and Exercise: Reflex inhibition of electrically induced muscle cramps in hypohydrated people. National Institutes of Health Office of Supplements: Magnesium. U.S. Department of Agriculture: Basic Report: 09040, Bananas, Raw, Basic Report: 11507, Sweet Potato, Raw, Unprepared, Full report (all nutrients): 11353, Potatoes, Russet, meat and skin, raw, Basic report: 11422, Pumpkin, Raw, Basic report: 09037, avocado, raw, all commercial varieties, Basic report: 16070, lentils, ripe seeds, cooked, cooked, cooked, without salt, Basic report: 16015, Beans, Black, Ripe seeds, Cooked, Cooked, Unsaltsalt basic report : 09181, Melons, Cantaloupe, Raw, Basic report: 09326, watermelon, Raw, Basic report: 01079, Milk, reduced fat, liquid, 2% Milkfat, with added Vitamin A and Vitamin D . Basic Report: 11457, Spinach, Raw, Basic Report: 11233, Kale, Raw, Basic Report: 09206, Orange Juice, Raw, Basic Report: 12539, Seeds, Sunflower Seed Seeds, Roasted, With Salt Added, Basic Report: 12563, Nuts, Almonds, Dried, with Salt Added Basic Report: 15237, Fish, Salmon, Atlantic, Cultivated, Boiled, Dry heat, Basic report: 11886, tomato juice, preserved, without salt added. Academy of Nutrition and Dietetics: Hydrate Right During Physical Activity, Coconut Water: Is That What It's Cracked Up To Be? Kidney Disease: High- and Moderate-Potassium Foods, 4 Keys to Strength Building and Muscle Mass. Muscle spasms are the sudden, intense and uncontrollable contraction of the muscles. They are painful and frustrating, and can stop athletes in their tracks or shake someone awake in the middle of the night. Also called a muscle cramp or charley horse, a muscle spasm happens when the muscle is tired and becomes unable to relax. Stretching is the best remedy, and regular exercise and maintaining a healthy lifestyle can help prevent muscle spasms from occurring. Cramping during the menstrual phase of menstruation causes similar discomfort as muscle cramps but for another reason. Doctors may suggest certain medications or contraceptives to minimize period seizures, although extreme or persistent seizures may be a sign of a more serious health problem. [Diagram of the human muscle system (Infographic)] What causes exercise cramps? Muscle cramps during exercise can be debilitating, so it is hardly surprising that people go to great lengths to avoid them. The sports world is full of secrets to avoid cramps, from Epsom salt baths to drinking pickle juice or mustard, most of which are ineffective. So, what causes muscle cramps during or after exercise? Researchers have hypothesized that seizures can be caused by electrolyte imbalance or dehydration, primarily based on anecdotal evidence. Many experts agree that the strongest scientific evidence pointing to muscle cramps is caused by a misunderstanding between the senna ice that controls the muscle and the nervous system. According to a 2009 review by Dr. Martin Schwellnus, professor and sports medicine physician at the University of Pretoria in South Africa, the miscommunication that causes exercise-associated muscle cramps (EAMC) is probably the result of muscle fatigue. The muscles constantly communicate with the nervous system, it tells it if they are stretched or contracted. When a muscle becomes tired, the signals between the senand and the central nervous system essentially become confused. Instead of signaling for the muscle to tighten, and then relax, the central nervous system sends more signals for the muscle to hold contracting. The signal to relax will not get through and the muscle cramps. If you tend to have muscle cramps, you may have a genetic predisposition based on the type of collagen in tendons, according to research by Malcolm Collins, professor of exercise science and sports medicine at the University of Cape Town in South Africa. You are also more likely to suffer from cramps during exercise if you have experienced it before, and if you have had damage to the senor or ligaments, according to Schwellnus' 2009 review. The best way to relieve cramps? Powerfully stretch the cramp muscle. This stops the muscle from contracting and allows the relaxation signals to be received. The easiest way to avoid cramps during and after exercise is to avoid overexertion. Several studies have shown that athletes who crowded often ran faster than their normal speeds. Exercising in hot or humid conditions is more tiring and will cause muscles to fatigue faster. Staying hydrated and making sure your body is properly conditioned for exercise will also help ward off fatigue that causes cramps. Vigorously stretching the cramp muscle is the best way to stop the painful muscle spasm. (Photo credit: Shutterstock) Cramps during sleepFor many people, muscle cramps do not come during exercise, but in the middle of the night, and the pain can be excruciating. The condition is more common in older adults and in people with other health issues, such as hypertension, diabetes or poor cardiovascular health. People who have other sleep problems are also more likely to suffer from leg cramps during sleep. When cramps hit, they can be alleviated by stretching the muscle. To prevent nocturnal cramps, stretching leg muscles before bed has been shown to help, and there are some prescription medications that have varying levels of effectiveness in preventing and treating seizures. But the best treatment is an improvement in overall health. Doctor recommended quinine (the chemical that gives tonic water its bitterness) for nocturnal leg cramps, but due to the drug's potentially serious side effects, the FDA warned doctors not to prescribe it for nocturnal leg cramps in 2010. The amount of quinine in tonic water is not enough to cause health problems for most people, but it is also not enough to prevent leg cramps. One thing that can help prevent nocturnal cramps is untucking sheets and blankets at the foot of the bed to give your feet room to relax in an upward position. If your feet are pointed all night, your calf muscles are contracted, and it can cause cramping. Period crampsVarious exercise-associated or nocturnal cramps, period cramps are not related to overall health or physical exertion. Instead, they are a painful and sometimes debilitating side effect of the uterus contracting to expel the tissue built up to support a potential pregnancy as part of the menstrual cycle. Period cramps are the result of a mechanism other than muscle cramps and therefore require a different treatment. Nonsteroidal anti-inflammatory drugs (NSAIDs) such as Advil, Motrin or Aleve relieve seizures by directly and indirectly reducing muscle contractions in the uterus, according to Medline Plus. For people whose menstrual cramps are not calmed by painkillers, birth control pills may be the solution because they limit the growth of uterine lining in the first place. With less uterine lining to throw, the risk of cramping decreases. If period cramps are very painful and do not respond to analgesic or hormonal contraceptives, they may be the result of an underlying medical condition such as endometriosis or uterine fibroids. At that point, a doctor will have to do more tests to find the cause. Additional resources: This article is for informational purposes only, and is not intended to offer medical advice. Advice.

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