The recovery time of blood granulocyte after excessive physical exercise in mice
JURNAL KEDOKTERAN YARSI 13 (2) : 169-173 (2005)
by
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ABSTRACT Excessive physical exercise during training and competition, without optimal recovery time, can adversely affect the immunologic system of the body, so infection is easy to occur. The recovery time of the component of immune system are varied. This study’s objective was to investigate the recovery time of blood granulocytes after excessive physical exercise. The study was done on 50 adult Balp/C mice, divided into five groups of ten employing randomized control group post test only design. Observation was made on blood granulocytes of the control group, the group with swimming until near to drowning, and the group with recovery at one, two and three days. Blood granulocytes count was measured by means of Cell Dyn 1400. The data obtained were tested using t-test. The findings showed that the number of blood granulocytes significant increased after excessive physical exercise (p