

SALIVARY INDICATORS IN THE PHYSICAL EXERCISE

Abstract

Saliva is a physiological fluid which can be used in the medicine and physiology of sports as a diagnosis mean, its sampling being easy, non-invasive and without stress effects. Changes in untrained and trained subjects' salivary composition may serve as objective markers for the body response to the physical exercise. The determination of some salivary indicators, especially Ig and hormones (cortisol and testosterone), offers beneficial information when studying the organism's adaptation to exercise.

Keywords: salivary indicators, physical exercise, adaptation to exercise, oxidants/ antioxidants.