

The Rehabilitation Value of Yoga

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Abstract: Yoga is an ancient aerobic fitness exercise. It has many similarities with traditional Chinese medicine fitness methods, and has a very high value of rehabilitation and health care. With the rapid development of the times, yoga, as a new sport, is playing an increasingly important role in the field of sports and health. While yoga practice nourishes the practitioner's physiological system and organs, it can also help the practitioner understand their own body. Through the analysis of literature related to yoga and health care and rehabilitation, to understand the characteristics of yoga fitness and widely adapted sports and the role it plays in the prevention and rehabilitation of sports. In order to guide the practitioners to practice safely and scientifically participate in sports, it provides a reference for the application of yoga in the prevention and rehabilitation of sports injuries.

Keywords: yoga, rehabilitation, health

1. Introduction

With the rapid development of the times, if people are in an environment of mental stress, stress and noise for a long time, coupled with nutritional imbalance, insufficient exercise, the body will become gaunt, aging, and all kinds of diseases will be plagued people pay attention. Nowadays, as the oldest fitness technique in the East, yoga has emerged all over the world, but it is not just a set of popular or fashionable fitness exercises[1]. This is not only due to the unique cultural charm of yoga, but also as the most natural and most natural the practice of affinity can be suitable for people of different ages and is not limited to gender. It allows people to appreciate its mystery between movement and calm, share the wonderful feeling of "body and mind" it brings, and promote the healthy development of mind and body. Therefore, the practice of yoga is very beneficial to people's rehabilitation and health care.

2. The characteristics of yoga

From ancient and esoteric art to the popular fitness exercises in today's society, yoga combines with the needs of life practice to continuously inclusive and innovative development, so that modern yoga can not only dredge the meridians, improve the cardiopulmonary function and achieve the effect of strengthening the body, but also help practitioners adjust their temperaments, relieve stress and promote physical and mental health. In general, yoga is an aerobic fitness exercise that seeks peace of mind and health and beauty of the human body through breathing, asanas and meditation exercises. There are many ways to practice yoga asanas, it is easy to control the difficulty of practice and the amount of exercise, and the requirements for venue equipment are not high [2]. Therefore, all kinds of people can find their own way from yoga practice, and they can all benefit from yoga practice. For example, people with weak physique can choose the basic yoga asanas to start practicing to achieve the purpose of understanding themselves, strengthening their physique and preventing injuries; for those with better physical fitness and love challenges, they can choose more difficult advanced yoga asanas[3]. The content of the exercise; for people suffering from sports injuries, the functional exercises of yoga can not only relieve physical pain, but also promote the rehabilitation of the injury. Therefore, yoga has a wide range of adaptability characteristics.

3. The regulating effect of yoga on the body

3.1 The influence of yoga on cardiopulmonary function

Pranayama breathing is one of the three major elements in the structure of yoga. It is divided into chest breathing, abdominal breathing and combined chest-abdominal breathing. Yoga breathing focuses on deep, slow, combined with soft and powerful movements, with a sense of rhythm. If you keep exercising for a long time, you can strengthen intercostal muscle strength, expand the chest cavity, increase lung ventilation, and increase lung capacity, thereby increasing the oxygen supply of the respiratory system and purifying the blood, which is beneficial to improve the lung resistance to bronchitis, asthma, etc., resistance to diseases[4]. Yoga movements are mostly twisted and squeezed to a large extent, which speeds up blood circulation in the body, increases oxygen consumption in the body, accelerates metabolism, prevents congestion and residues from accumulating on the blood vessel wall, and helps reduce the occurrence of cardiovascular diseases such as arteriosclerosis and high blood pressure.

3.2 The influence of yoga on motor function

The movement of the human body depends on the support of bones, the connection of joints and the support of muscle strength. There are many asanas in yoga, and each posture is designed to have different exercise positions and exercise methods. After a complete set of yoga exercises, you will feel that every cell of your body has been baptized. Yoga exercise forms a variety of dynamic and static posture combinations through posture changes and the movement of human body points and lines. At the same time, it combines with the athlete's head, neck, chest, waist, hip and other expressions to reflect the graceful shape of the human body[5]. Yoga training enables the meridians to be stretched statically, stretches muscle lines, relaxes tense tendons and ligaments, rhythmically contract and relax, joint activities are more flexible, body flexibility is improved, and body movement coordination is improved.

3.3 The impact of yoga on mental health

The biggest difference between yoga and aerobics, track and field and other fitness exercises lies in the environment and background conditions of the exercise. Yoga requires a very quiet exercise environment, and the completion of each movement is based on meditation and listening. In the harmonious and soothing sound of natural music, such as the sound of birds and insects, the sound of wind, and the sound of waves, it can calm the heart, imagine and relax to the full, and achieve a state of unity of body and mind. "Lingshu•Original God" says: "The one who came from the past is called the essence, the two essences fight against each other is called the god, the one who walks with the spirit is the soul, and the one who walks in and out of the essence is called the soul." God is hidden in the heart, so peace of mind is clear. "A healthy spirit resides in a healthy body, and a healthy body rests on a healthy spirit" is the focus of yoga[6]. After practicing yoga, people can feel physically and mentally happy and have a strong physique. Over time, yoga can cultivate people's personality and attitude towards being objective, calm, letting go, hard and soft, and helpful to the release of negative emotions such as depression and anxiety.

3.4 The impact of yoga on the health of pregnant women

With the improvement of people's living standards, diet and lifestyle changes, especially urban women's reduced physical activity during pregnancy, and excessive intake of nutrients, are likely to cause obesity, cause hypertension, hyperglycemia and other diseases. The dystocia rate and the birth rate of giant babies have also increased. Yoga is a gentle exercise with a slower rhythm and deep breathing. Pregnant women do yoga training on time during pregnancy. For example, sitting postures in yoga exercises for pregnant women can exercise muscles, pelvis and joints, while increasing the tension and elasticity of abdominal muscles, back muscles and pelvic floor muscles, and the flexibility of joints and ligaments enhancement, it is helpful for the fetus to pass through the birth canal during delivery and helps natural delivery. Yoga is a kind of aerobic exercise. It takes slow, soft, and slightly sweaty movements as the degree. There is no strenuous movement. It is safer for mothers and babies to exercise in soft, even, and gentle exercises. As exercise consumes physical energy and promotes the metabolism of three major nutrients, it is beneficial to reduce weight, control the occurrence of

hypertension, preeclampsia and gestational diabetes, and also help prevent the occurrence of macrosomia.

4. The embodiment of the rehabilitation value of yoga

4.1 Yoga to relieve dysmenorrhea

Dysmenorrhea is more common in young unmarried women. Traditional Chinese medicine believes that the pathogenesis of dysmenorrhea is that the cold and coagulation pathogens invade the Chong Ren two channels and the uterus, causing the qi and blood to stagnate and the channels are blocked, or the liver and blood are insufficient, the liver and kidneys are insufficient, and the channels cannot be nurtured. The so-called "It hurts if it doesn't work, and it hurts if it's not honored." In modern society, due to the high work pressure, busy work and study, irregular diet and daily life, the phenomenon of dysmenorrhea increases, which causes physical and psychological problems for women and affects the quality of life.

Yoga exercise can relieve or even eliminate the symptoms of patients with dysmenorrhea. For example, the heroic pose, cobra pose, and leg back stretching pose in yoga are mainly low back muscle stretching and leg kicking movements. It performs aerobic training on the pelvic muscle tissue and related nerves by stretching the latissimus dorsi, abdominal horizontal machine, and hip adductors to regulate the spinal nerve, iliac hypogastric nerve and other innervation functions of the liver and kidneys, thereby improving the waist of the human body[7]. Local blood and cell circulation in the abdomen regulate the muscle tension of the uterine muscles, from the perspective of Chinese medicine. The above-mentioned posture training can promote the blood flow of the whole body to the abdomen, back and waist, dredge the meridians, warm up the evil of cold and silt, thus promote the circulation of the two channels of Chong and Ren, and nourish the blood of the uterus. At the same time, yoga training is carried out in soothing music with natural sounds, which helps listeners to obtain inner peace and relaxation, thereby relieving stress and eliminating tension.

4.2 The impact of yoga on the urinary system

Dysfunction of the pelvic floor muscles can lead to urinary system diseases. Insufficiency of pelvic floor muscle tone is often accompanied by urinary incontinence, bladder protrusion, anus prolapse, and uterine prolapse; prostatic pain, external negative vaginitis, chronic orchitis, chronic epididymitis, and cystitis caused by excessive pelvic floor muscle tone.

Yoga can prevent urinary system diseases by changing the contractility of the pelvic floor muscles and the flexibility of the pelvis. For example, the frog pose can strengthen the strength of the pelvic floor muscles and levator ani muscles and relieve the tension of the pelvic muscles; the bird pose can enhance the elasticity and flexibility of the shoulders and hips, and the sitting twist pose can enhance the elasticity and flexibility of the hips and spine. So as to cure urinary incontinence, bladder protrusion, anus prolapse, uterine prolapse and other diseases caused by insufficient pelvic floor muscle tone. Another example is the squatting position, which can stretch the iliac lumbar ligament and the sacrotuberous ligament, thereby effectively enhancing the strength and elasticity of the hips, pelvis and legs; the spinal twisting type can enhance the flexibility of the hips and spine; the semi-lotus position, It can enhance the elasticity of legs, buttocks and pelvis, help concentration, help reduce stress, and prevent prostatic pain, external negative vaginitis, chronic orchitis, chronic epididymitis, and cystitis caused by excessive pelvic floor muscle tension[8]. In yoga asanas, the body's external muscle power acts on the nerve receptors in the muscles through the nerve-muscle information transmission system, and feeds back to the muscle fibers through the nervous system, using the "stretch reflex" to stimulate muscle excitability. Therefore, yoga exercise can prevent urinary system disorders caused by chronic disorders, or as an auxiliary therapy for urinary system diseases.

4.3 Yoga for the treatment of lumbar muscle strain

Lumbar muscle strain is caused by prolonged formation of traumatic inflammation or acute lumbar trauma due to long-term tension of the waist muscles. It is characterized by long-term repeated attacks and aggravated cold and wet weather. Traditional Chinese medicine believes that the spleen governs the muscles and the waist is the home of the kidneys. Weakness of the spleen and stomach, dysfunction of spleen and stomach transportation and chemistry, failure of clearing Yang, failure of turbid yin,

resulting in poor qi, stagnation of blood stasis and low back pain; failure of meridians, deficiency of kidney yang, inability to warm the waist and cause cold pain in the waist. Due to the high work pressure and fast pace of life of modern people, coupled with improper diet and overwork, it is easy to cause disorders of the spleen and stomach and insufficient kidney qi, which can easily lead to lumbar muscle strain.

Yoga exercises are mostly stretching and static contraction of the waist and abdomen muscles and leg muscles. Such as tiger pose, wind blowing tree pose, garland pose, etc., are more typical movements, by pulling the erector spinae, hamstrings, biceps femoris and other muscle lines to stimulate the lumbar nerves. For example, the lumbar nerve plexus located in the deep surface of the psoas major muscle, its main branches are the obturator nerve distributed in the medial femoral area, the femoral nerve in the anterior femoral area, as well as the iliac hypogastric nerve, iliac-inguinal nerve, lateral femoral cutaneous nerve and reproduction The femoral nerve, etc., through the static relaxation and stretching of yoga, can adjust the tension of the peripheral nerve, which is beneficial to enhance its function of regulating the transportation, transmission, and warming of the spleen and kidneys, thereby improving the spasm and contraction of the psoas muscle. These exercises can increase gastrointestinal peristalsis, promote the secretion of digestive juices, and improve the spleen's transport and chemical function; stretch muscles and tendons, improve muscle spasms and cord adhesion caused by strain, and regulate the strength between the body's active and antagonistic muscles balance. Exercise increases physical metabolism, increases heat production, promotes blood circulation, and helps increase muscle strength, thereby improving lumbar muscle strain.

4.4 Yoga to improve insomnia

Insomnia is a common sleep disorder. Modern medicine believes that changes in environmental factors, excessive excitement or anxiety and other mental factors cause the decrease of brain neurological factors such as interleukin 1 (IL-1), which weakens the neurotrophic and neuroprotective effects of the brain, which in turn affects the quality of sleep. Traditional Chinese medicine believes that the pathological changes are related to the heart, liver, and kidneys, and the main pathological changes are the heart. The ancients said: "Yin wins more sleep soundly, Yang wins more sleep." Heart fire interacts with kidney water, and when the heart is stable, you can sleep normally; if the heart fire is not with kidney water, you can't fall asleep if you can't stabilize the heart and fire. Yoga is guided by infant poses, sun salutations and other postures, breathing training and consciousness meditation to make people mentally stable. Posture exercises make the shoulders, neck and lungs softer and get better breathing. Stretching with relaxation and concentration of thoughts can dredge the meridians, help the heart and kidney, dredge the liver, and provide a good internal environment for sleep.

5. Conclusion

In the modern fast-paced life, study, and work, people's body and mind are under greater tension and pressure, so that more and more people are tired, anxious, and melancholy that cause various diseases. As an Indian fitness technique, in the process of physical and mental training, it can better health care, improve people's mental state, and achieve the purpose of fitness and health. Therefore, people will abide by the laws of nature, follow the rhythm of human life, and choose In a clean and elegant environment, listen to ethereal and soft music, and practice daily yoga breathing and meditation to control the senses, train thinking, calm the soul, achieve self-cognition, increase wisdom, and enhance physical fitness. Prevent diseases, thereby maintaining life and prolonging life.

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