

Application Research of "Yoga Physical Therapy" Course on Nursing Rehabilitation

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Abstract: Through the analysis of the physiological and psychological effects of yoga, compared with the traditional physical therapy, this paper shows that yoga as a physical therapy has more advantages than traditional sports therapy, and proposes the popularization and application of yoga as a sports therapy. To the various types of disease rehabilitation process.

1. Introduction

Yoga originated in India and is a movement that integrates body and mind through physical manipulation, physical and mental adjustment, and psychological guidance. It is currently prevalent in the world and attracts attention. With the development of science and technology, the exploration of yoga is not limited to its fitness effect. In India and other countries in the world, appropriate scientific methods are used to systematically study yoga to evaluate its prevention, stimulation and treatment of diseases. The potential and possibilities. Its unique medical effects have also received more and more attention. In recent years, it has developed rapidly in China. The medical and sports science circles are studying the fitness of yoga and the mechanism of treating some chronic diseases. Yoga is a safe, effective, economical and simple self-rehabilitation treatment method, which deserves further research and application.

2. Basic concepts, characteristics and physiological effects of physical therapy

Sports therapy is also called medical sports, also known as physical therapy. It is a method of using physical exercise to prevent diseases and promote rehabilitation. Medical sports are through the central nervous system, the regulation of endocrine metabolic functions, and the improvement of exercise, cardiovascular, respiratory and other systems. Function, powerfully play a role in preventing disease rehabilitation. At the same time, through the active medical physical exercise class to relieve or adjust the psychological negative anxiety, depression and other negative state, enhance the confidence of rehabilitation, it is an effective measure of psychological rehabilitation. After a period of medical physical exercise, the patient's metabolic capacity, cardiovascular system, respiratory system, nervous system, muscle and bone and joint function have been significantly improved. As the body produces energy, it improves the body's metabolic capacity, especially the aerobic capacity, and the increase in enzyme activity in the body promotes the decomposition of fat, which is of great significance for the prevention and treatment of atherosclerosis. Medical physical exercise can make the heart have greater reserve power and have stronger work efficiency. At the same time, it can also regulate the excitability of the nervous system, enhance the body's defense ability, and promote the recovery and recovery of the disease. Long-term physical exercise can improve the metabolism of intervertebral discs and ligaments, reduce the incidence of cervical spondylosis and other diseases, and delay the degenerative changes of bones and joints.

Sports therapy has a unique function that can invigorate the spirit and enhance the taste. Many patients often lose confidence in treatment because of their inability to understand the disease correctly, which in turn leads to pessimistic disappointment and mental depression. These depressions further weaken the body's function. When patients participate in medical sports, they can reflexively increase the excitability of the cerebral cortex and thalamus. The hypothalamus is a high-level center that regulates heart activity and endocrine activity, and regulates body temperature,

diet, and mood. The increased excitability can make the happy center active, so it shows good and pleasant emotions, and produces nutritive effects through the sympathetic nerves to promote the body's material metabolism process. When the patient benefits from a period of physical therapy training, it can enhance the confidence in the treatment of the disease, which is conducive to the recovery of the body.

3. Characteristics of yoga and fitness

Yoga is a system that helps people reach their full potential by raising awareness. It is done by breathing, mind and posture, by stretching, pulling, twisting, bending, and the rest time of the movement and the rest time between the movement and the movement, to stimulate the gland, massage the internal organs, relax the nerves, stretch the muscles, Strengthen the body's role while improving people's physical, psychological, emotional and spiritual abilities. Experimental studies have shown that by practicing yoga, physical functions such as vital capacity, maximum oxygen uptake, and pulse during quiet can be improved, and physical fitness such as endurance, flexibility, and sensitivity can be improved (Du Xiru et al.). Li Shunying's research on the influence of yoga on the physical and mental health of female college students and obese girls also proves that adhering to yoga exercise can improve the flexibility, balance and lung capacity of the body, enhance the respiratory function of the lungs, and the sense of coordination and strength of the various muscle groups of the body. Improve the overall physical quality. Yoga posture exercises can stimulate the glands, strengthen blood circulation to remove toxins from the body, massage the internal organs, relax nerves and muscles to achieve physical fitness. At the same time, yoga can improve the body problems caused by muscle imbalance and gravity, so as to reduce the back and neck pain caused by long hours of work and study; let the body spit out the new, Gu Benqiang, Shujin active, keep elegant and tight The body shape.

Yoga posture training is to match the rhythm of breathing, stretching the body around the spine to complete various postures, in which a large number of twisting, squeezing and stretching the trunk, limbs and other movements, so that the abdominal organs bathe in the blood, effectively regulate the human circulatory system At the same time, the electrical activity of the brain cells can be adjusted, improved and improved, which is beneficial to the brain to control and adjust the functions of various organs, especially the functions of the endocrine system. Jin Man, Li Feng in the discussion of the role of yoga breathing in the health and rehabilitation of the respiratory system, pointed out that the yoga breathing method is beneficial to improve lung ventilation and lung ventilation, reduce pulmonary hypertension, and have a health-rehabilitation effect on the respiratory system. Liu Lifang, Yao Chunqing's yoga and urinary dysfunction prove that yoga posture can effectively strengthen the pelvic floor muscle strength, improve the flexibility and flexibility of these muscles, change the release of hormones in the body, relieve mental stress, and then change and treat urinary dysfunction. .

Yoga breathing removes a lot of toxins from the body and stores energy. Coupled with yoga posture exercises can improve the body's immunity, once the body appears uncomfortable body instinct will mobilize some of the stored energy to fight various diseases. For example, yoga breathing can enhance lung ventilation and ventilation, increase oxygen intake and utilization, and relieve pulmonary hypertension. At the same time, yoga has curative effect on certain pains. Lan Rong demonstrated that the traditional Chinese medicine Shentong Zhuyu Decoction combined with Shenqi Pill combined with yoga treatment in the efficacy study of traditional Chinese medicine combined with yoga treatment of lumbar muscle strain, the subject (except one) has significantly reduced pain state. Liu Huayun, Tang Feng et al. The effect of yoga exercise on female college students with primary dysmenorrhea. The results indicate that yoga body therapy has a positive effect on primary dysmenorrhea, especially for mild to moderate dysmenorrhea. Yu Huihua's clinical efficacy in the treatment of cervical spondylotic radiculopathy proves that yoga is one of the effective rehabilitation methods for cervical spondylosis, with no trauma and no drug side effects. India and other countries have systematically studied yoga using appropriate testing methods. The Science Society of New Delhi and the related Society for the Protection of Science (DIPAS) study

the use of high-fiber, low-fat foods and aerobic exercise to treat coronary heart disease, and perform yoga exercises in terms of physiology, anatomy, biochemistry, psychology, and medicine. In-depth research. Yoga has a positive effect in the treatment of stubborn obstructive diseases. Epidemiological reports indicate that the incidence of breast cancer is reduced by 30% to 40% for women who regularly participate in physical exercise. GurTeghBadhd, Delhi, India, Institute of Medical Sciences, Department of Physiology, Department of Physiology, the study of the effect of yoga asana on the conduction of nerves in patients with type 2 diabetes, the results show that the yoga position method is beneficial to blood sugar control and improve the nerve conduction function in a gentle way, Reduce the clinical neuropathy of type 2 diabetes. The medical profession in foreign countries has extensive and in-depth research on the therapeutic effects of yoga. Thailand studies the role of yoga in patients with hypertension and has a significant effect in lowering blood pressure. Currently, at the National Center for Compensatory and Alternative Medicine (M), 35 researches on yoga can be found. Studies have reported that Yoga has a good therapeutic effect on the integrated carpal tunnel syndrom. Ayurveda (Indian Traditional Pharmacy) has used yoga to study the prevention and treatment of cardiovascular diseases.

4. Comparative analysis of traditional sports therapy and yoga exercise

Traditional sports therapy is boring, and it has high requirements for practice conditions and environment. Yoga can supplement this deficiency. Yoga is a static and non-competitive activity, and it is also a minority that is not affected by weather and space. One of the activities that are performed indoors. Furthermore, yoga is not limited to age, gender and physical health. It does not require special equipment. It requires little cost, and can be practiced at any time and anywhere according to needs to meet the needs of different patients. At the same time, yoga can be practiced under the guidance of music, using the particularity of music, affecting the human body through the influence of music traits, increasing the interest of practitioners, assisting individuals in the treatment of diseases or disabilities, achieving physical, psychological and emotional integration. . Huang Yingying, Chen Yixiang, in the observation of yoga exercise to alleviate the anxiety state of patients with malignant tumors, proved that music as a special psychological treatment method, relieved patients' anxiety and distracted, and had obvious effects on relieving pain and increasing patient safety and comfort. . Music stimulates the patient's desire to survive, enhances the tolerance to endure the pain of treatment, improves the enthusiasm of the treatment, the patient's anxiety and depression level is significantly reduced, the improvement of the symptoms, the psychological stimulation response is alleviated, while relieving pain, reducing symptoms Promote treatment and prolong the survival of patients with advanced cancer to improve the quality of life of patients. The psychological impact of yoga on people is more calm and peaceful than traditional sports therapy, so that patients are fully relaxed psychologically and spiritually. Lin Yihuan, Wang Junqing, etc. in the effect of yoga fitness to alleviate the adverse reactions of antipsychotic drugs, it is observed that the yoga fitness method can effectively improve the adverse reactions of antipsychotic drugs, especially to reduce the digestive system, skeletal muscles and nerves caused by antipsychotic drugs. Adverse reactions caused by the system, etc.

5. Conclusion

Yoga is not an independent traditional therapy. Its medical effect is different from ordinary drug effects. Therefore, patients should adhere to the principle of gradual and long-term adherence under the premise of normal medical treatment, and persevere. However, before the patient practices yoga, professional doctors and yoga instructors can choose to contribute to good health and health according to some basic conditions of the patient, such as physical type, body weight, age, health status and previous surgical conditions. The best way to recover is to exercise to recover from the disease, and you can't practice yoga blindly.

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