

Remodeling Function of Yoga Exercise on Human Bones

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Abstract: Yoga is very significant for people's mental and physical health as well as the remodeling of bones. With a statement of the general situation as well as the exercise forms, state and benefits of Yoga, this work put forward the great significance of Yoga on the remodeling of human bones through a deep excavation and analysis of Yoga's benefits. Combined with Yoga exercise, this work expounded the problems which should be paid attention to and the erroneous zones easily being entered. And it also analyzed the prevention and treatment of possible muscle-bone injuries during the Yoga exercise. The purpose is to enable the masses to have a better understanding of Yoga so that they could improve their own physical quality and health level through effective and safe Yoga, thus improving the quality of life and ensure a healthy and happy life.

1 INTRODUCTION

Yoga is an old form of exercise, the wealth of fitness accumulated by people during the long course of development. Persistent and scientific Yoga exercise plays a positive role in people's mental and physical health, which could promote the health of human body and prevent some diseases. And it could help people achieve a high degree of unity and coordination in body, psychology, emotion and thought, promoting a harmonious development of people's organs, muscle-bones and emotion. All in all, Yoga could not only enhance people's physique and reduce the diseases, but also strengthen people's muscle-bones and prolong the lifespan. It is a kind of positive exercise which could improve people's living environment and quality.

2 YOGA AND HUMAN HEALTH

2.1 Overview of Yoga

Originating from more than 5,000 years ago, Yoga is an embodiment of ancient Indian theory that man is an integral part of nature. The purpose of strengthening the body and mind of human and reducing the diseases to make people healthy and long-lived could be achieved by the improvement in human physiology, psychology, emotion and spirit. Yoga emphasizes the unity of body, psychology and

spirit, which could be exercised by means of asana practice, breathing and meditation. Asana practice could impose an impact on people's muscle and bones, promoting their health. Meanwhile, it could strengthen people's nervous system and endocrine system, making each part of the human body harmonious and unified. And it could also increase the strangeness and health of human body, helping people being highly active. Breathing exercise, through Yoga's characteristic breathing mode, could relieve the pressure and relax the body and mind to make people healthy. In addition, Yoga's breathing mode could deepen into the bottom of the lungs, enabling the residual gas there to get discharged. It can also develop the areas which normal breathing can reach, promoting the development of the cardiopulmonary function and increase the health level. Through the tie of breathing, people's spiritual state will be improved. Some negative and unhealthy thought will be excluded, thus improving people's psychological health level. The method of meditation is the highest state of Yoga. In this state, people's body and mind won't be interfered so that the connection and unity of the human will & body and mind will be increased. The pressure inside the human body will be released, thus people could get relaxation. With the public paying more and more attention to the spiritual life, Yoga has won support among the people and swept the world, escorting the physical and mental health of human beings.

2.2 Benefits of Yoga on the Human Body

Yoga has a lot of benefits, such as body-building, fitness, heart-strengthening, mind- strengthening and so forth. Firstly, Yoga could release the pressure for body and mind, letting the body get the best relaxation. It guarantees people's physical and mental health and produces more strength of human activities, which improves the quality of people's life. Secondly, Yoga makes people's body, heart and ideology highly unified and harmoniously, which is of great significance in improving people's sleep and enhancing the memory. Besides, it could help control people's desires well and get a physical and mental stability, thereby raising self-cultivation. Thirdly, Yoga can effectively improve the motility of heart and lung, allowing each organ a better performance. And it delays the failure of human organs, which has a positive effect on promoting the physical and mental health and prolonging the life. Fourthly, Yoga is beneficial to the coordination of human endocrine system. It enhances people's immunity and promotes the ability of human activities, ensuring the safety and health in various activities. Fifthly, Yoga could purify the blood effectively, clearing the exhaust gas and impurities in the blood circulation. It enhances the flexibility of human blood and slows down the aging of blood vessels, increasing the wellness of human body. Sixthly, Yoga could improve the flexibility and the balance of human body and avoid the physical and psychological harm brought by puffiness and lack of exercise. At the same time, it is beneficial to the remodeling of bones and body beautification & fitness. For example, bloated waist makes people move slowly and ugly, which increases the difficulty of waist movement simultaneously. And the waist bone is also relatively weak. The muscle and bones of the waist are easily injured when exercising. Making use of some movements, such as inclined bracket type and dolphin support, in the Yoga exercise could remodel the lines and increase the flexibility of the bones of the back and the waist effectively, keeping the human body perfect line beauty and health beauty.

3 YOGA' S FUNCTION OF REMODELING THE HUMAN BONES & YOGA EXERCISE

3.1 Function of Yoga Exercise - Remodeling the Human Bones

There are 206 pieces of bones in the human body. The joint of skeleton and skeleton forms the bones. The key of the joint is osteoarthritis. Apart from the skeleton and osteoarthritis, the movement of bones still has a close connection with the nervous system, skeletal muscle and dragging skeleton. Therefore, attention should be paid to the training and promotion of skeleton, osteoarthritis, nervous system, skeletal muscle and dragging skeleton when remodeling the human bones. The function of remodeling bones is mainly manifested in the following aspects: firstly, human bones are connected by osteoarthritis, which bears huge abrasive resistance and pulling force as well as human weight in daily activities. As time passes, the flexibility of human osteoarthritis will gradually weaken, even disappear. However, Yoga can adjust the activity of osteoarthritis effectively, which could help increase the flexibility of osteoarthritis as well as the stability and toughness of the joints between the skeletons. Secondly, the friction between skeletons is unavoidable and frequent in the human activities. Yoga exercise could enhance the performance of fitting between skeletons and minimize the loss of friction, thus increasing the healthiness of human bones and the flexibility of skeletons as well as avoiding and slowing down the degradation and stiffness of human bones. In addition, it could also reduce the morbidity risk rate of arthritis and rheumatism. Thirdly, unhealthy posture, exercise deficiency, indigestion, and overeating of meat are also bad for the arthrosis in daily life. For, example, incorrect sitting posture of teenagers would lead to stoop. These unhealthy bone shapes could get rectified and recovered gradually by Yoga exercise, so as to remodel the human bones. Fourthly, Yoga exercise increases the acuity and perceptibility of the nervous system, achieving a unified and harmonious relationship of the nerves and people's body and mind. It can improve the control and balance ability of human nerves on the bones, promoting the remodeling of human bones. Fifthly, Yoga exercise promotes the healthy growth and maintain of human skeletal muscle and dragging skeleton and improves the activity ability and

toughness of human bones, which is beneficial to the growth and remodeling of human bones.

3.2 Problems to Be Noticed during the Yoga Exercise

Yoga is beneficial to the health of human body, heart and mind (ideology), which improves people's living quality, reduces human diseases and prolongs the life time. Therefore, it is a means of sports that is worth popularizing. Yet, if you want to achieve a better effect from Yoga exercise, a deep consideration aimed at Yoga's characteristics should be taken. Some problems calls for attention to be avoided to make sure that the positive significance of Yoga could be fully displayed. Firstly, Yoga exercise can't exceed your own physical limit and the difficulty of the movement should be proper. An excessive pursuit of the difficulty and perfection of the movement could easily cause the discomfort and injury of body, such as the feeling of "aching, swelling and numbing" of some organ, the sprain of the waist and ankle and so on. Secondly, Yoga exercise attaches importance to the exchange of the environment inner and outer the body, emphasizing the alternation of air "inside" and "outside" the human body. Therefore, to achieve the desired effect, the movement environment must be chosen carefully. On the one hand, Yoga exercise should not choose environmentally sensitive areas, which could hardly ensure the benefit of the exchange of human gas. On the other hand, the temperature and humidity of the environment should be proper. Overheating or super-cooling places should not be chosen, which can cause a big difference of the inner and outer temperature and environment. It may cause the organs such as heart and lungs stimulated excessively, which is harmful to people's health. Thirdly, the correctness of body position and posture should be attached importance to. Only with a scientific exercise method could it improve the exercise effect and make Yoga exercise more significant. First of all, Yoga lays emphasis on the flexibility, balance and extension of the posture. An incorrect action could not achieve a good effect, which in turn, makes muscles and bones lack of exercise as well as the blood circulation and endocrine system of the human body not improving. An excessive exercise which has exceeded the practical condition would easily lead to sprain, thus influencing the Yoga exercise and human health. Therefore, before Yoga exercise, preparations should be made carefully to ensure the development of human body flexibility, activity ability and

balance ability. For example, the movement of bending, lateral bending left and right, jump and squat before the exercise could increase the standard capacity of the exercisers effectively and prevent the injury in the Yoga exercise. Secondly, keep a protection consciousness of important places, such as waist protection consciousness. In particular, sporters who have such waist diseases as chronic lumbar strain, hyperosteogeny of lumbar vertebrae should value the protection of the waist, trying to avoid the injury in the exercise. The health level of waist muscle-bones could be increased by a step-by-step approach, thereby improving the health condition of self waist. Thirdly, Yoga exercise should attach importance to the individuality and arrange body position motions according to individual conditions. On one hand, don't follow blindly. Taken personal feelings as a starting point and gradually improve the movement. When feeling uncomfortable, body postures should be adjusted so as to avoid the injury because of hyper motility. On the other hand, the arrangement and exercise times of the movement should be attached importance to. It should be from simple to difficult, from small to big. Try to avoid physical exhaustion and prevent the injury brought by improper exercise. Besides, the strength of the force should added gradually, which could prevent the sprain and strain caused by excessive external force. Last but not the least, the injury should be cured combined with the severity of the injury. Don't not care a nut and don't be too nervous. For example, general sprain with no severe symptoms like being red and swollen or be in pain could recover by means of cold compress and resting quietly.

3.3 Misunderstandings of Yoga Exercise

Yoga is very popular among the social masses, but people's understanding of Yoga is far from enough. Many people only have a shallow recognition of Yoga, which leads to many misunderstandings when exercising. Firstly, Yoga is only suitable for people with a fine drawn body. Yoga could improve the flexibility of human body, making people's muscle-bones stronger and more flexible. The flexibility of the body is the effect and purpose, but not the prerequisite of Yoga exercise. People without a good flexibility could improve the stiffness of their muscle-bones gradually through scientific training, making the body become soft and tough. Secondly, Yoga is a kind of female sports, not suitable for male. Health has no gender restrictions. Men have

the same right to pursue physical and mental health as well as long life like women. Yoga is also beneficial to the unity and harmony of men's body, heart and mind, which is as effective in improving their physical and mental health as well as their nature and temperament. Thirdly, the purpose of Yoga is to lose weight. There is no necessity for slim people to do Yoga. In fact that was not the case. The purpose of Yoga exercise is the harmony and unity of body, heart and mind. Though it has a function in shaping body and losing weight, it just makes the muscle stronger and tougher, not just for the purpose of losing weight. Fourthly, the more difficult the action is, the more effective it will be and the better it could beautify the curve of the muscle-bones. In fact, extravagant demands on the difficulty and perfection of the action during the Yoga exercise would lead to physical injuries. And it will also be difficult to guarantee the effect of Yoga exercise.

3.4 Remedy Skills for Skeletal Injuries during the Yoga Exercise

When your bones get injured during the Yoga exercise, first of all, don't panic and don't rush to move your body adamantly. Make observation combined with the pain of the injuries and then take scientific remedies. Take an ankle injury as example. The common cases are severe pain of lateral ankle, limitation of activity, being unable to walk normally and so on. When injured, the first step is to go to the hospital to examine the injury in time, ensuring the scientificity and professionalism of the examination and treatment. After a period of time, if you still can't walk normally or subcutaneous bruises occurs after twelve hours and the injury feels pain on pressure, you have to go back to the hospital for a further diagnosis and treatment. For example, if the activity ability of ankle joints is poor and abnormal, you are overbalanced and shaking and the pain extends from the feet to legs, it might be a ligament injury. The recovery and treatment of the ligament should be strengthened. Next in importance, certain experience in the prevention of skeletal sprain and strain should be mastered. A general knowledge and recognition of common skeletal sprain and strain and a grasp of corresponding remedy knowledge could ensure a timely treatment of the sprain and strain. In a word, when doing Yoga exercise, motions and exercise should be chosen properly combined with self body conditions, trying to avoid the body injuries as much as possible.

4 CONCLUSION

In sum, Yoga should be exercised scientifically and properly with the combination of self-conditions. And attention should be paid to the relationship between sports and environment so that you could gradually improve the skills and ability of practicing Yoga gradually. In this way, it could bring into full play the positive significance of Yoga, strengthening people's body and mind as well as unifying the human body, heart and mind in a most natural way. Meanwhile, hidden dangers should also be laid emphasis to and the prevention of injury should be done well, giving full play to the benefits of Yoga exercise. Nowadays, the positive significance of Yoga has been widely recognized while its function in fitness, mind-strengthening and curing of diseases has obtained continuous development. Under the influence and support of modern science and technology, the benefits of Yoga will be developed more widely, making more significant contributions to the human health and longevity.

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