

A Study on the Evaluation of the Impact of Yoga Training on Health

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Abstract: Yoga as a popular sport, is of great help to human health. However, many modern people have limited understanding of its level of health assistance, which limits the spread of yoga and is not conducive to the improvement of public health. Therefore, this article will analyze the health impact of yoga training and propose precautions for practicing yoga, hoping to promote yoga.

1. Introduction

In recent years, yoga, as a popular sport, has become increasingly popular in China and has a positive impact on human health. Modern medical research has found that yoga has a positive impact on various functions of the human body. It is a whole body exercise that can regulate nerve and muscle states, improve blood circulation, promote metabolism, and play a very important role in improving the functions of various organs in the body. At the same time, yoga can also relax the body and mind, reduce stress, alleviate psychological problems, and achieve the goals of cultivating one's character, treating diseases, and exercising. However, many modern people have limited understanding of the impact of yoga training on health, which will limit the development of yoga in China. Therefore, in order to further promote yoga and better promote the development of social health in China, it is necessary to conduct relevant research.

2. Analysis of the health impact of yoga training

2.1. Impact on cardiopulmonary function

In China, with the rapid development of the economy and the continuous improvement of people's living standards, people's lifestyles and dietary habits have undergone changes. In recent years, due to long-term physical labor and high-intensity work, people's cardiovascular function has been severely damaged, which not only affects human health but also causes many diseases. As a suitable exercise method for long-term practice, yoga can exercise cardiovascular function through reasonable exercise methods [1].

Research has found that yoga can improve the capacity of fat metabolism, heart function, Vital capacity, etc., and can effectively improve the heart and lung function. A study has found that in yoga training, when the intensity is low, the heart rate and respiratory rate of the human body will significantly decrease. Taking a 40 year old woman as an example, she underwent one year of yoga

training and showed significant improvement in her cardiopulmonary function compared to before the training. The specific comparison data is shown in Table 1[2].

Table 1: Comparison of Cardiopulmonary Function of Study Subjects before and after One Year (Only Key Indicators Shown)

Time	Key indicators	Cardiopulmonary function results
A year ago	heart rate	55-89/1 min (below normal)
One year later	heart rate	63-101/1 min (in line with normal values)

2.2. The impact on body shape

The impact of yoga training on human body shape is mainly reflected in two aspects: firstly, yoga training can reduce body fat content, reduce excess fat, enhance muscle strength, and control weight to maintain a healthy weight; Secondly, yoga training can improve poor posture and enhance core stability of the body.

Yoga, as an aerobic exercise, mainly exercises muscle groups in various parts of the body through exercise to achieve weight loss. For example, yoga poses such as head elbow handstand and supine hand grasping big toes can increase muscle strength in the lower limbs and waist and abdomen, and increase spinal flexibility and flexibility by stretching the spine, which plays a very important role in improving human body shape. Table 2 shows the body shape changes of a 40 year old woman before and after one year of yoga training, with significant improvement in her spinal curvature [3].

Table 2: Body shape changes of a 40 year old woman before and after one year of yoga training

Time	Key indicators	Body shape indicators
A year ago	Spinal curvature	14 ± 9mm (above normal)
One year later	Spinal curvature	12 ± 3mm (closer to normal)

2.3. Other impact performance

Firstly, during the process of yoga exercise, the nervous system of the human body undergoes a series of changes, and the changes in the body muscles also stimulate the nerves, promoting the metabolism of the nervous system. Modern research has shown that yoga training can effectively improve the human nervous system. In yoga training, the nervous system and Muscular system will change accordingly. When Neurogenesis changes, the Muscular system will also change. According to a survey, during yoga training, the body's breathing rate decreases, heart rate slows down, and nerve tension correspondingly decreases. Therefore, long-term yoga training can effectively regulate the nervous and muscle states of the human body, alleviate negative emotions such as nervous system tension and anxiety. Simultaneously practicing yoga can also promote the speed of human metabolism, improve the body's immune system, create a sense of pleasure, and help maintain a good mindset [4].

Secondly, yoga training is mainly aimed at improving the flexibility and strength of the body, and this improvement is usually carried out during exercise. The methods and contents of modern yoga training are more and more abundant. According to its movement characteristics and physiological functions, it can be divided into several categories, such as breathing method, posture method, stretching method, Pranayama, etc. Through yoga training, muscle strength and flexibility can be effectively improved. Overall, yoga practice can enhance the strength of muscle groups throughout the body and improve one's athletic level. This is because the postures in yoga practice have a promoting effect on the overall muscle function, especially on the improvement of muscle function in the shoulders, legs, and other areas. At the same time, yoga training can also improve the body's balance ability and reduce the risk of accidents during exercise [5].

3. Precautions for practicing yoga

3.1. Choose a suitable position for oneself

Yoga posture is the foundation of yoga practice, and without a good foundation, it is difficult to achieve high-quality yoga training. Therefore, when practicing yoga, it is very important for practitioners to first choose a yoga position that is suitable for them. When choosing a position, you can refer to the following aspects: first, choose a suitable exercise method based on your physical condition. If the body has poor flexibility or is obese, you can choose some relatively simple yoga postures for practice, such as headstand, handstand, etc; If your body has good flexibility, but you want to practice some difficult poses, you can choose some simpler positions for practice. Secondly, when performing yoga poses, it is important to maintain a balanced, slow, gentle, and coordinated movement. For example, when doing spinal stretches, one can use a bent knee position to maintain even breathing; When doing handstand, one can use the handstand posture to maintain even breathing; When doing an inverted position, one can practice standing with both hands and feet together. Finally, pay attention to controlling your breathing during the practice process. If you breathe too fast or too hard, or if you breathe too fast or too hard, it can affect the effectiveness of yoga exercises. For example, when doing "inverted standing", if you breathe too quickly, you will experience chest tightness, dizziness, and other symptoms; When doing a handstand, excessive breathing can lead to dizziness, nausea, and other symptoms. Therefore, when practicing yoga poses, it is important to control your breathing speed and rhythm. When practicing yoga, if any discomfort occurs, immediately stop practicing and rest in a timely manner. In addition, when doing yoga poses, it is important to pay attention to the breathing method. For example, when doing "handstand", it is important to use the correct breathing method: inhaling slowly and exhaling also slowly; Diaphragmatic breathing method should be adopted when doing "upside down"; When doing "inverted standing", one should adopt chest breathing method; When doing "handstand", take chest Diaphragmatic breathing method [6-7].

3.2. Keep breathing evenly, do not hold your breath

When practicing yoga, we should maintain even breathing and not hold our breath. In yoga practice, it is important to maintain even breathing. Generally, one should try to breathe in and out as much as possible, without suddenly stopping breathing. Holding one's breath can lead to an increase in carbon dioxide content inside the body, a decrease in oxygen content inside the body, and the inability to expel carbon dioxide from the body. Holding one's breath for a long time can cause mental tension, physical fatigue, and hypoxia. In addition, when practicing yoga, it is important to pay attention to the correct posture. Because incorrect posture can cause physical damage, it is important to pay attention to the standards, rhythm, timing, and amount of exercise when practicing yoga. Improper practice can lead to physical injury. If the posture is not correct, it can lead to muscle strain, ligament tear, and other problems. The standardization of movement can effectively avoid the recovery time after Sports injury. When practicing yoga, it is important to pay attention to the standardization of movements. If the body is not standardized, it can lead to damage and pain during the practice of yoga. When practicing yoga, it is important to pay attention to the standardization of time. If the time is too short, it can lead to rapid blood flow in muscle tissue, leading to muscle soreness and injury; Prolonged time can lead to slow blood flow in muscle tissue, leading to muscle soreness and injury[8].

3.3. Pay attention to warm-up

As a form of exercise, yoga is characterized by targeted improvement of flexibility and muscle

strength. Therefore, before practicing yoga, you must do a full Warming up exercise to avoid injury during the practice.

Generally speaking, adequate Warming up before yoga practice can make the body sweat slightly, increase the flexibility and flexibility of the body, and better prepare for yoga practice. Before yoga practice, you must carry out sufficient Warming up, mainly stretching the joints, muscles, ligaments and other parts of the body, so that the muscles and joints are in a stretching state, which can effectively prevent muscle and joint injuries.

Yoga, unlike traditional sports, requires a lot of physical effort and is generally focused on relaxation and pleasure, which requires thorough preparation before practice. Before practicing, it is necessary to do some simple warm-up activities, such as jogging, skipping rope, and barehanded exercises. Through these activities, muscles in various parts of the body can be fully extended and relaxed, avoiding excessive muscle stiffness[9-10].

At the same time, because the body undergoes corresponding changes with the movements during yoga practice, it is important to choose an intensity that is suitable for one's own level of exercise. Compared to: beginners can start with a low intensity warm-up; For professional athletes, it is necessary to make reasonable adjustments and choices based on their own situation.

4. Conclusion

With the development of the economy and society, people's living standards are constantly improving, and their awareness of health is also gradually increasing. In modern life, people not only pay attention to physical health, but also pay more attention to mental health. As a popular sport, yoga's impact on health cannot be ignored. But in order to fully utilize the positive effects of yoga, it is necessary to pay attention to some things in practice and engage in yoga exercises in the correct way in order to better promote one's own healthy development.

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