

スポーツ人類学 ポスター発表

[12 人-ポ-01]Study on the application of Chinese Tuina

In college students' physical and mental health

○Yi Luo¹ (1.China Sport Science Society)

Objective: "Tuina" is based on the theory of zangfu organs and meridians of traditional Chinese medicine, combined with anatomical and pathological diagnosis, not only on the surface of the body massage, but also the body movement, is a traditional health care measure of China. Through the study, the excavation of "Tuina" is easy to master, can carry out their own health care "Tuina" method.

Research methods: use physiology, anatomy and other modern medicine to "Tuina" analysis, develop a set of their own health care "Tuina" method. Then hire a "Tuina" technician to lead 85 volunteer college students to carry out self "Tuina". For 7 days, 20 minutes each time, twice a day, the first time at 10am (after study), the second time at 18pm (after exercise).

Results: "Tuina" is a physical treatment. It is basically the mechanical stimulation human body through the technique, make capillary dilate, stimulate peripheral nerve, promote the circulation of blood, lymphatic and the metabolism between the organization, coordinate the function between each organization, organ, improve the metabolism level of function. After learning and exercising, college students feel that their muscles are relaxed, joints are flexible, fatigue disappears and qi and blood flow is smooth after a simple self-massage. College students, from the age, understanding ability, knowledge structure is easy to grasp and apply "Tuina". Compared with other traditional Chinese ways and measures of fitness and health preservation (such as Qigong and Taijiquan), it is easy to master.

Conclusion: self massage is not limited by time, place and climate conditions, and can be carried out anytime and anywhere. It is easy to learn and use without any side effects. The combination of "Tuina" and various sports, fitness methods and health measures that college students like can better promote the physical and mental health of college students.