



Харківський національний медичний університет

Кафедра фізичного виховання та здоров'я

**III Науково-практична заочна конференція
з міжнародною участю
«Фізична активність і якість життя
ЛЮДИНИ»**

*присвячена пам'яті Володимира Абрамовича Бляха,
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**Харківський національний медичний університет
Харківський національний педагогічний університет
імені Г.С. Сковороди
Харківський національний економічний університет імені
Семена Кузнеця
Харківська державна академія культури
Національний аерокосмічний університет ім. М.Є.
Жуковського
«Харківський авіаційний інститут»
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«Фізична активність і якість життя ЛЮДИНИ»

**Матеріали III Науково-практичної заочної конференції з
міжнародною участю
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Kulikova O.V.

INFLUENCE OF RESPIRATORY TECHNIQUES ON THE HUMAN BODY

Department of Physical Education and Health
Higher education seeker Course 3, group 25 faculty 3

E-mail: ovkulikova.3m20@knmu.edu.ua

Department of Physical Education and Health

Kharkiv National Medical University

Academic advisor senior lecturer of the chair

Olga Vladislavivna Kudimova

E-mail: Salamandra.k2018@gmail.com

In extremely difficult times of war, it is very important to monitor personal health, because stress has a huge impact on our psyche, nervous system and the whole body. We should also not forget about the coronavirus pandemic, which also has a negative impact on human health. The best way to improve your psychological and physical condition is through breathing. Every day a person performs up to 21 thousand breaths. But according to experts, most do not breathe properly, that is, superficially. Therefore, each of us needs to pay attention to the correctness of this important process.

The ability to control breathing will help calm down, free the mind from bad thoughts and relieve stress. In India, much attention was paid to pranayama. Pranayama is not just breathing. It includes a wide variety of exercises that provide oxygen to the body. Then there are chemical changes in the body, which in turn have a beneficial effect on our body. [1]

Breathing practices are good not only for the nervous system. They are the prevention of various respiratory diseases, promote better concentration, relieve stress and panic. But

techniques can also be an obstacle to a healthy body. They should not be performed if a person has hypertension, heart attack, or any cardiovascular disease. [1]

As for the recommendations for the implementation of the practice, they must be performed in a room without dust, or better in the fresh air. The person should take a comfortable position, keeping his head, neck and chest straight. The period of time should be comfortable for the person. Experts recommend performing in the morning or four hours after a meal. The effectiveness of pranayama can be increased with the help of aroma lamps. So the olfactory receptors of the brain will perceive odors, and oxygen will enter the body in larger quantities. You need to take 6-10 slow breaths per minute. Breathing itself should be diaphragmatic. [2]

Feeling better - guaranteed! And this is one hundred percent proven. Patients at a hospital in Milan monitored their breathing for fourteen days. At the end of the experiment, it was found that the emotional state of most of them significantly improved, lost anxiety and stress, increased sleep duration. This indicates that people have lost insomnia. [1,2]

Thus, proper breathing is a step towards maintaining physiological and mental health in optimal condition. We can also say that we live while breathing, and the correct technique of inhalation affects not only the ability to breathe, but also the internal processes in the human brain.

Literature:

1. <https://vitaguru.co/ua/blog/pranayama-polza-dyhatelnyh-tehnik/>
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