补充疗法：瑜伽和太极

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YogaTaichi.jpg

背景介绍

瑜伽已经在亚洲国家践行了数千年，有时被采用治疗多种疾病。 1一般来说，虽然瑜伽包含了不同的派系和思想，其主要特点有呼吸，冥想，和姿势技术。在美国，哈他瑜伽（传统瑜伽）最为盛行。 2太极与瑜伽类似，也是通过控制身体配合呼吸进行缓慢、有规律的运动。 3

近年来在西方文化中，瑜伽已被建议治疗关节炎 4, 哮喘 5, 冠状动脉疾病, 6 和癫痫等疾病。7瑜伽与太极都可以被视为有氧运动，可以有效减轻与癌症治疗相关的恶心，呕吐，疲劳，抑郁等症状。8, 9它们也同时被证明可以改善治疗后的生活质量。10, 11, 12, 13, 14

究竟瑜伽、太极是如何对抗压力的问题现在还是未知，但是研究表明其中的机制是错综复杂的。根据其中一个理论，呼吸、姿势、和肌肉的变化会造成皮质下层或无意识或潜意识模式的改变。15

目前，许多研究都在深入探索瑜伽和太极对于癌症患者和幸存者的益处。

访问国家癌症研究所，了解更多有关瑜伽的临床试验。

访问国家癌症研究所，了解更多有关太极的临床实验。

想要了解更多临床实验，点击我们的寻找临床实验。

推荐

综合肿瘤学会推荐：在治疗期间及治疗后通过瑜伽来缓解乳腺癌患者的焦虑并且改善情绪。16轻柔的瑜伽同时也可以改善睡眠质量。16

请确保看到我们 关于补充疗法的通知。 为了更好的理解和评估上述研究, 请参阅我们的科学研究导论.

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