



一般社団法人

日本スポーツウエルネス吹矢協会

Japan Sport Wellness Fukiya Association

### Special Contribution

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### Breathing Power and Health

It is well known that Deep Breathing is good for health. “Sport Wellness Fukiya Breathing” \*1 (hereinafter referred to “Fukiya Breathing” \*2) is done in the process of Basic Motions “3. Breathe in” through to “6. Blow” With the coordination of Abdominal and Thoracic breathing, the lungs repeat disinflation and inflation at the maximum.

Let us see the direct effects of Fukiya Breathing on health:

By doing Fukiya Breathing, alveolus, which is not in use usually, inflates and secretes Prostaglandin I2.

This matter helps to prevent high blood pressure, arteriosclerosis and myocardial infarction by widening blood vessels of whole body. As muscle rigidity caused by poor blood circulation improves, stiff neck and lower back pain may also be prevented. Training of disinflation and inflation of lung at the maximum by Fukiya Breathing leads effective function of lung and may increase lung capacity and its amount per second, thus we can expect the rejuvenation of lung.

Let us see the indirect effects of Fukiya Breathing on health:

They say that the deep Abdominal Breathing helps to secrete brain serotonin, which tranquilizes mind and helps to prevent melancholia and anxiety disorder. Furthermore, it is also well known that deep breathing creates the stabilizing the balance of autonomic nerves. It affects preventatively against several diseases, such as, diabetes, cold sensitivity, stiff shoulders, constipation etc. to be caused by disorderly of balance of autonomic nerves.

Good posture made by Fukiya Breathing also gives good effects on health. For example, training the abdominal muscles by Fukiya Breathing contributes to prevent Metabolic Syndrome. Way of breathing while raising hands and stretching the backbone helps to prevent lower back pain. However, as this posture may give bad effects in case one is under the medical treatment of slipped disk, one must follow the advice of the attending physician. There is a case that Fukiya Breathing gives auxiliary good effects on motor symptom improvement of Parkinsonian syndrome. Parkinsonian syndrome is known that one cannot control the movement of one’s muscles caused by the decrease of intracerebral dopamine. However, one can train the good body movement by Fukiya Breathing, and the playing the game with companion pleasantly together may increase intracerebral dopamine and helps drastic remedy secondarily.

Registered trade mark:

\*1 Sport Wellness Fukiya-shiki Kokyuuhou (Sport Wellness Fukiya Breathing)

\*2 Fukiya-shiki Kokyuuhou (Fukiya Breathing)