



WEB OF SCIENCE

ADVANTAGES OF INTRODUCING TAI CHI AS AN ADJUVANT METHOD IN THE MEDICAL REHABILITATION TREATMENT PLAN

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Abstract

Tai Chi is based on the principles of traditional Chinese medicine, Taoist internal alchemy and martial arts. Thus was created a true art of the movement for health, harmony, knowledge, called Taijiquan (Tai Chi Chuan). The movements in Tai Chi are slow, continuous, supple, like a dance whose message speaks of strength and relaxation, in a unique rhythm, the rhythm of full harmony between yin and yang (the 2 forms of energy in Eastern philosophy). Also, these slow movements are not isometric exercises that overload the heart, the cardiac effort being moderate and numerous medical studies demonstrate the advantages of using this method, therapeutically and as a way to prevent certain diseases. Thus, the practice of Tai Chi corrects posture, maintains joint mobility, maintains and corrects balance, delays bone demineralization, improves cognitive function, trains respiratory muscles, stimulates immunity, lowers BP, improves the status of diabetics and can be used in stress management.