

Chapter 6: Nerves

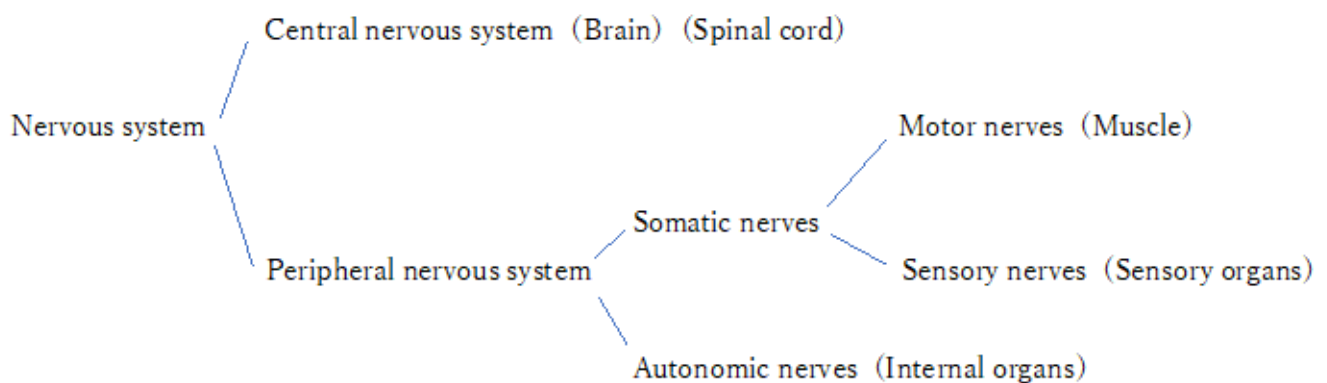
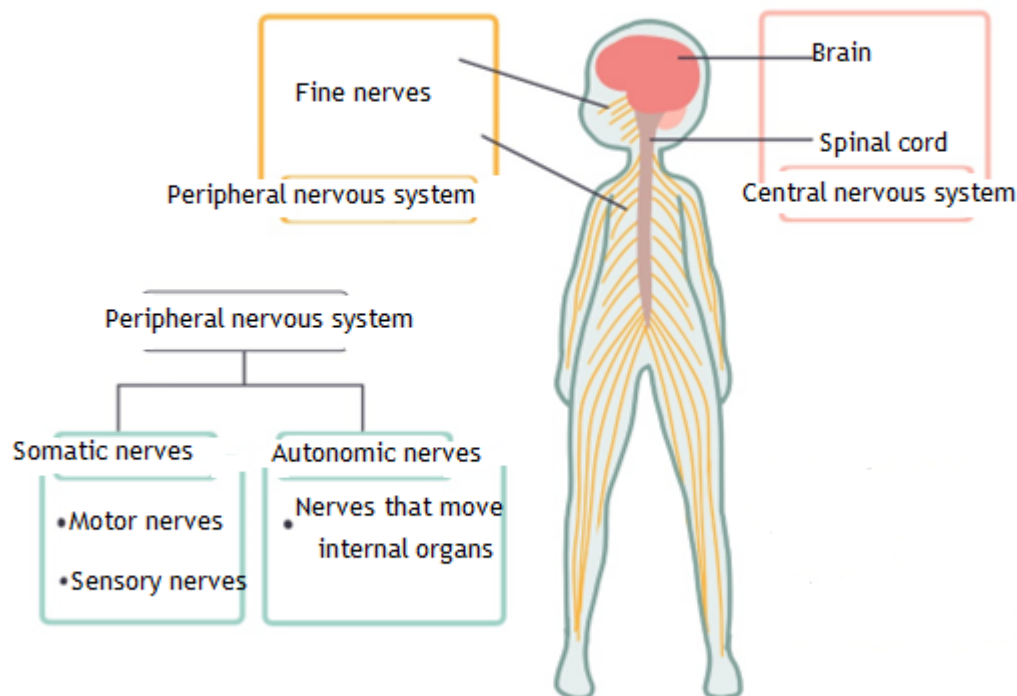
Kuseka, kulira, kukwiya, kukhumudwa, kuyankhula, kuganizira za anthu, ife eni, ndi dziko lapansi ndizo zonse zomwe zimagwira ntchito mu "ubongo" m'mitu yathu. Komanso, gwiritsani ntchito minofu kuti musunthe thupi lanu.

Khungu lokhudzidwa, monga kumva "kukhudzidwa" kapena kumva "ululu", "kutentha" kapena "kuzizira". Zomwe zimatchedwa mphamvu zisanu zomwe zinati kununkhiza, kulawa, kupenya, makutu amatha kumva. Kuonjezera apo, ntchito ya ziwalo za m'mimba m'mimba imayendetsedwanso ndi "ubongo" ndi "mitsempha" yomwe imatambasula thupi lonse. Nthawi ino, tiyeni tione msempha uwu.

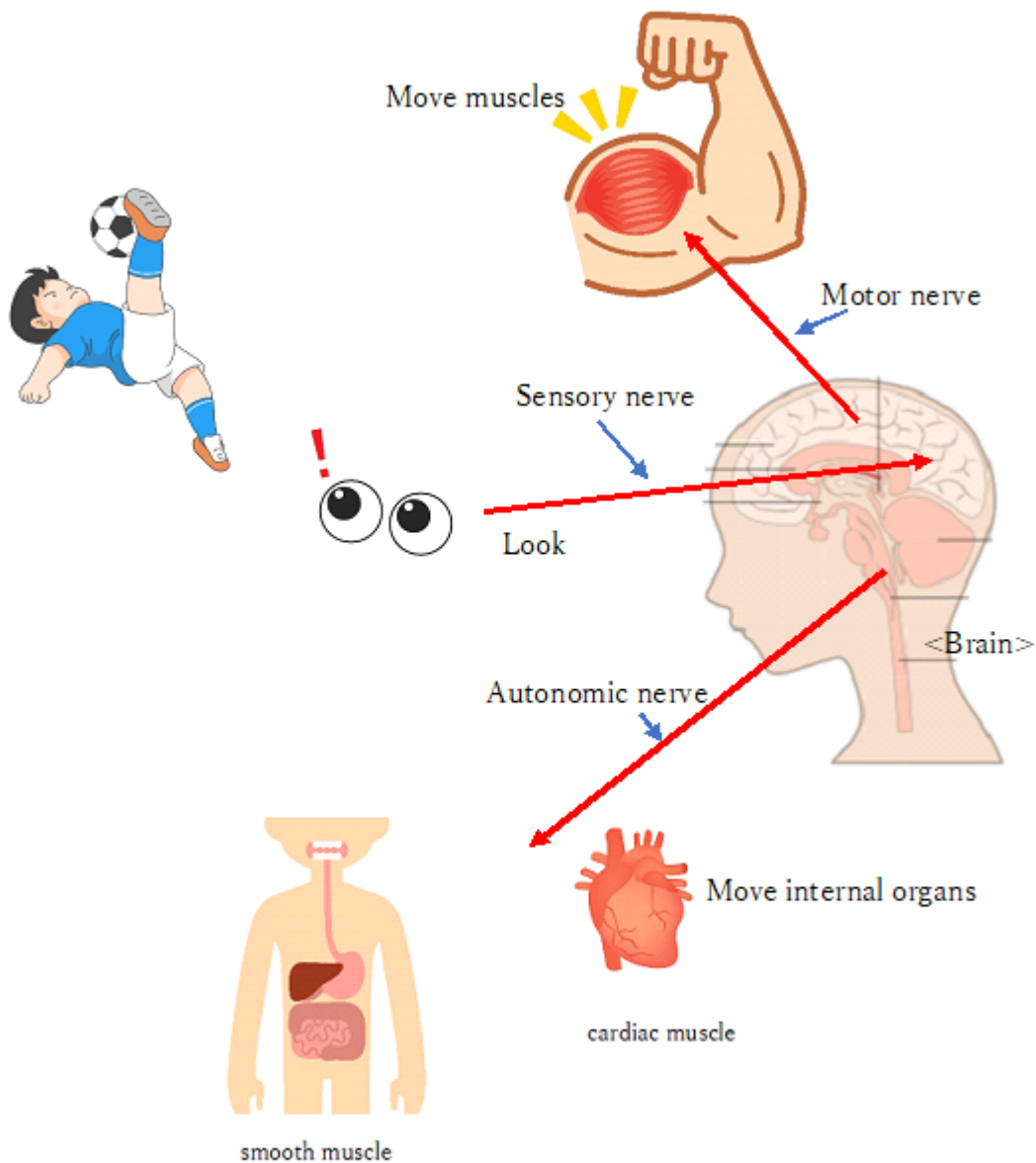
"Nervous system" imagawanika kukhala "Central nervous system" ndi "Peripheral nervous system".

Dongosolo lapakati la mitsempha limatanthawuza "Brain" ndi "Spinal cord." Peripheral nervous system ndi Mitsempha yabwino yomwe imachokera ku Central nervous system.

<Nervous system>



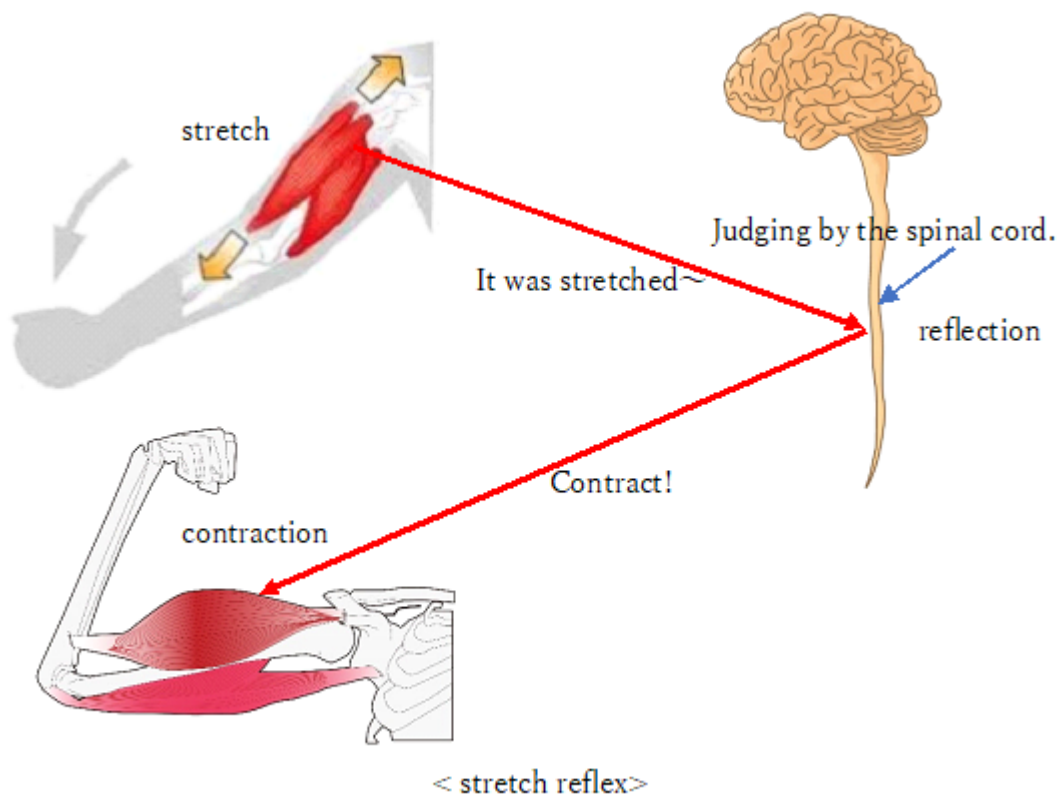
"Momwe Ubongo ndi Mitsempha Zimagwirira Ntchito"



Ubongo ndi msana zomwe zimapereka malamulo motere zimatchedwa ma central nerve system. Khungu, maso, makutu, mphuno ndi lilime zimatchedwa ziwalo zomva, ndipo minofu ndi ziwalo zamkati zimatchedwa zipangizo zolimbitsa thupi. Peripheral Nervous System imalumikiza Central Nervous System, Sensory Organs, ndi Exercise Device ngati mawaya amagetsi. Kudzera m'dongosololi, anthu amasunga moyo wa munthu pogwira ntchito za ziwalo zambiri zokhala ndi ntchito zosiyanasiyana moyenerera.

Tiyeni tiwone momwe ubongo umagwirira ntchito, zomwe ndizofunikira kwambiri pamasewera ndi masewera olimbitsa thupi. Ndi "reflection". Kulingalira ndi njira yomwe imayendetsa minofu kupyolera muzochitika za msana musanatumize kumveka kwa ziwalo zomveka ku ubongo. Mwa kuyankhula kwina, umayenda ubongo usanaweruze, choncho umayenda mofulumira kwambiri.

Pali mitundu yambiri yosinkhasinkha. Mwachitsanzo, mukamva kuwawa koopsa kapena kukhudza chinthu chotentha, mumadzidzimuka ndipo mkono wanu umachepa. Ichinso ndi chimodzi mwa malingaliro. Pakati pawo, kulingalira komwe kuli kofunikira pakuchita masewera olimbitsa thupi ndi "stretch reflex". Kunena mwachidule, "stretch reflex" ndi ntchito yomwe imayesa kuchepa popanda chilolezo pamene minofu ikutambasula.



Minofu imasunthidwa ubongo usanaganize, kotero mutha kuyenda mofulumira. Kuti muchite bwino pamasewera, ndikofunikira kugwiritsa ntchito mwayi uwu wowunikira.

Pofuna kusuntha pogwiritsa ntchito ma reflexes, ndizothandiza kutambasula minofu kamodzi ndikugwirizanitsa.



Stretch your body muscles around T12



Shrink

Komabe, ndikofunikira kuti musatambasule ndi kuchepa mosayenera, koma "kulumikizana" ndi Scapula Spine No,12 Pelvis. Tinakambirana za minofu. Chomwe chimasokoneza ndi "mphamvu." Ndi za kuyika mphamvu zambiri zowonongeka.

Gwiritsani ntchito thupi lanu motere ndikugwiritsa ntchito reflex yanu kuti muyandikire kukhala katswiri wothamanga!

Body conditioning Reflexer
Masatomo Ono <https://reflexer.jp/index.php>