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Γιόγκα Νέο Βιβλίο-Yoga NEW Book

/ Ειδήσεις και Ανακοινώσεις / Επιστήμες, Τέχνες & Πολιτισμός

About the author.
Christos V. M. Tagarakis is researcher at the German Sports University Cologne and holds the title „Doctor of Sport Sciences" (Dr. Sportwiss.). His specializes in the field of Sports Medicine – Cardiology. Fields of the authors´ scientific interest are:
a) physical exercise and the lack of it in relation to health and more specifically with the cardiovascular system, the brain, stress, overtraining of athletes and fatigue as well as aging, and
b) the side effects of androgenic anabolic steroids upon the health (especially of persons undergoing physical exercise or athletic training).
A recent contribution of the author is:
Christos V.M. Tagarakis. Androgenic anabolic steroids, exercise and the heart. The effect of androgenic anabolic steroids (dianabol, oral turinabol), testosterone-propionate and physical exercise on the cardiac myocyte hypertrophy, capillary supply and angiogenesis of the heart. Foreword Wildor Hollmann. Sportverlag Strauss, Cologne, Germany, 2012 (1st edition).

About this book.
This book is addressed to people having to do with exercise sciences, sports medicine, health sciences and biomedicine. Some of the topics discussed in this monograph are:
- Which are the appropriate modes of exercise and under which conditions should they be applied in order to improve physical health?
- If one considers yoga as a model of physical exercise, is it appropriate for improving physical health?
- Is it possible to consider yoga just as physical exercise, isolated from Hinduism and Buddhism?
- Where could be attributed the feeling of well being, which results when yoga is applied as physical exercise?
- Which are the differences of this yoga-induced feeling of well-being and that induced by the participation in common physical / athletic activities?
- Physical exercise, stress and relaxation.

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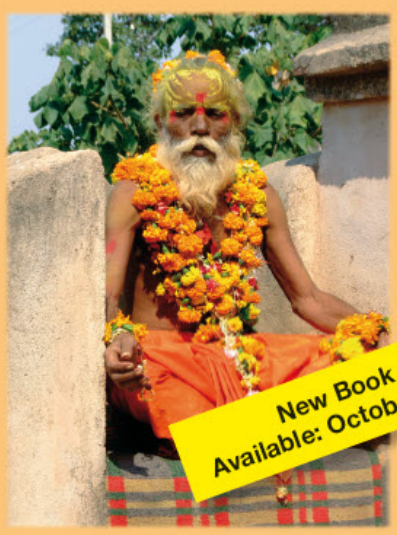
Christos V. M. Tagarakis

Is Yoga Physical Exercise – Sport?

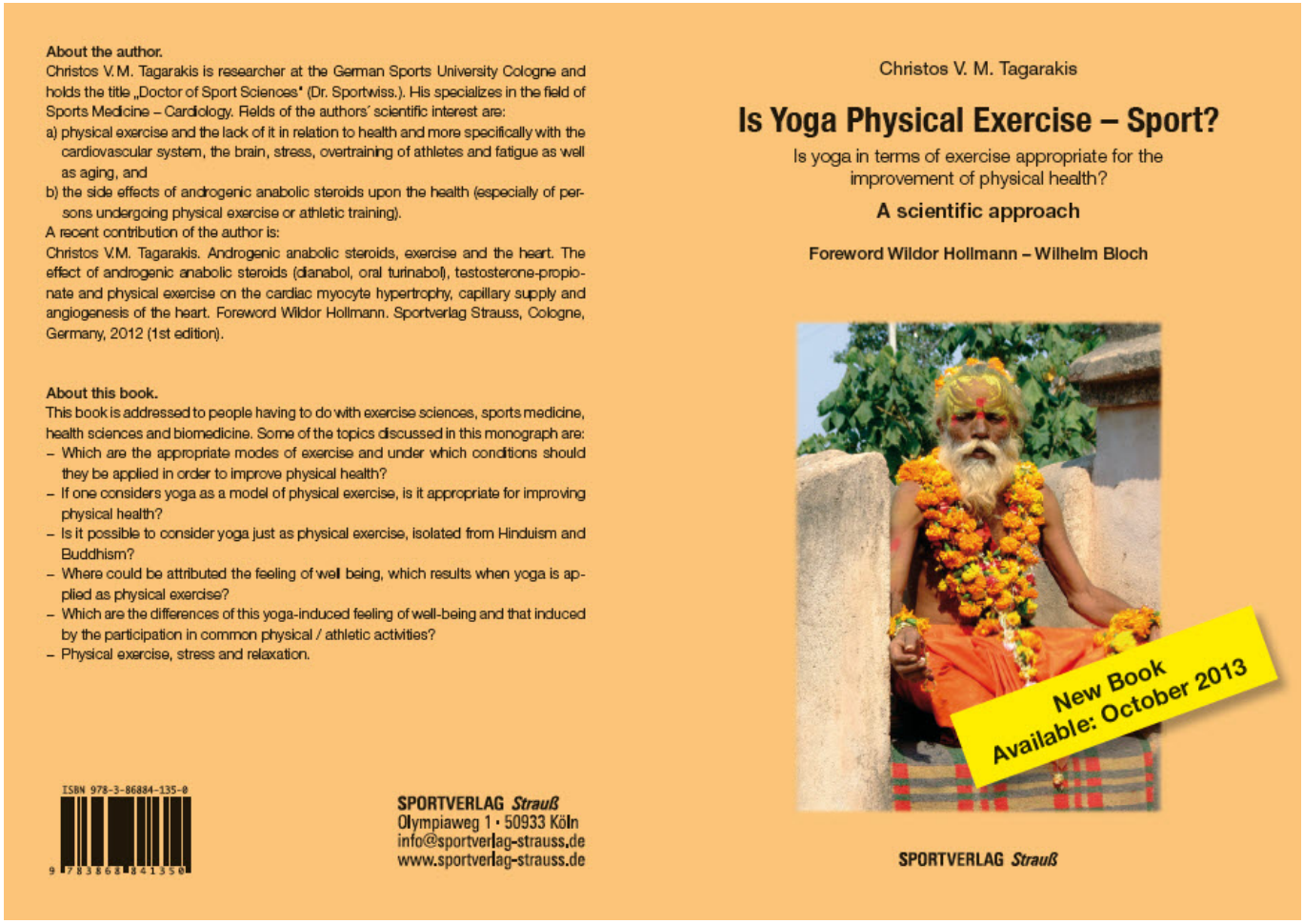
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A scientific approach

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Είναι η γιόγκα σωματική άσκηση – γυμναστική; Μια επιστημονική προσέγγιση. Δρ. **Χρήστος Ταγαράκης, Εκδόσεις Διάλογος, Αθήνα 2013.**

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1. Since many decades it has been scientifically documented that physical exercises which are appropriate for the improvement of physical health, are based upon the principle of *dynamic aerobic endurance*. This point is taken for granted today in sports medicine, exercise sciences and biomedicine. It is unthinkable that someone has to do with the first two of them (or with biomedicine in relation with physical exercise) without accepting this simple principle.

2. If yoga is viewed as physical exercise, it is not appropriate for the improvement of physical health (through enhancement of the physical fitness level). This is the case because yoga consists of static exercises and sedentary postures, which are *physical inactivity*.

3. Yoga is not just physical exercise (or athletic exercise or sports), but it is a religious practice of Hinduism and Buddhism. The person applying yoga, whether he recognizes this or not, is applying a religious practice.

4. The positive state of feeling which may occur in response to yoga presents at best a *simple biopsychological phenomenon*, like one occurring temporarily due to *analgesic medication*.

5. If someone instead of being physically *active* (*motion, mobility, mobilization*), spends his leisure time with *sedentary postures* like those applied by yoga, his very *physical inactivity* (sedentary life style) may result in a risk for his physical health. For this reason, if someone wants to spent some time for improving his physical health, he should engage in physical activities like *walking, jogging, endurance running, cycling, swimming*, or sports like *soccer, basketball* etc.