**ALTERNATIVNA MEDICINA-JOGA IZ PERSPEKTIVE FIZIOTERAPEUTA**

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**UVOD:** Alternativna medicina je već dugi niz godina predmetom rasprave. Raznim istraživanjima na velikim uzorcima utvrđeno je da se 35% ljudi uz klasičnu medicinu koristi i alternativnom. Sama riječ alternativa označava izbor između dva pojma ali u našem jeziku ova riječ znači i drugu mogućnost, drugi izbor. Svjetska zdravstvena organizacija (WHO) je napravila podjelu na tradicionalnu medicinu koja je vezana uz specifičnu kulturu nekog naroda, komplementarnu koja nadopunjuje službenu medicinu, integrativnu koja uzima najbolje od svih naučno potvrđenih terapija i alternativu.

Joga je stara disciplina, datira 1500 pr.n.e. Ima puno pravaca, a jedan od njih je hatha joga koja se bavi aktivnim pokretom. Sadrži znanja o inteligentnom načinu kretanja tijela i slobodno se može reći da predstavalja temelj biomehanike pokreta.

**CILJ RADA:** Razlučuje i predstavlja one djelove joge koje fizioterapeut može koristiti u svom radu. Daje uvid u prednosti i nedostatke joge u fizioterapiji, osvrće se na klinička istraživanja i kompetenciju joga terapeuta.

**RAZRADA:** Naše tijelo je napravljeno da bi se kretalo. Pokret je njegovo prirodno stanje i važnost pokreta je odavno poznata. Aktivan pokret uz pravilno disanje temelj je svake kako rehabilitacije tako i prevencije. Drevni jogiji bili su izvrsni poznavatelji anatomije, fiziologije, neurologije, energetskog i mentalnog ustrojstva čovjeka. Zbog svog dokazano izrazito povoljnog utjecaja na zdravstveno stanje, jogu je već odavno službeno potvrdila Svjetska zdravstvena organizacija (WHO) kao priznati zdravstveno-terapijski sustav.

Ona kao alternativna disciplina nailazi na niz prepreka kao što su zakonska regulativa, nedostatak referenci i etičnost provođenja.

U hrvatskoj su zakoni još u izradi i pitanje je kojem će se obrascu prikloniti. Naime postoje zemlje Europske Unije koje u potpunosti negiraju alternativnu medicinu, druge joj daju prostora kao nadopuni klasične i treće, koje joj daju potpunu slobodu. Također je nužno donijeti zakonsku regulativu kako i gdje će se „alternativci“ educirati kako bi imali kompetenciju provođenja terapije.

**ZAKLJUČAK:** Sustav joga asana i tehnika disanja je doveden do savršenstva. Sve gimnastike imaju temelj u joga asanama i neizmjeran benefit fizioterapeuta je upoznati se sa „izvorom“ aktivnog pokreta. Smatram da je nužno otvaranje medicinske struke prema alternativnoj medicini. Vrlo je važno da se upravo oni pravilno educiraju, prate istraživanja i pišu radove kako bi preporukom od strane stručnjaka pacijenti stekli povjerenje u takav način terapijske nadopune klasičnoj medicini.

**KLJUČNE RIJEČI:** Yoga, yoga disanje, yoga terapija, yoga u rehabilitaciji.

**ALTERNATIVE MEDICINE- YOGA FROM THE PERSPECTIVE OF THE PHYSIOTHERAPIST**

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**INTRODUCTION:** Alternative medicine has been the subject under discussion for many years. According to various researches on large samples it has been estimated that 35% of population use alternative medicine in combination with the classical one. The word alternative describes the choice between two terms, but in our language it denotes the second option, another choice. The World Health Organisation (WHO) has divided medicine into traditional medicine, connected to the specific culture of particular pupulation, and the complementary one which supplements the official medicine, the integrative one, which takes the best out of all the scientifically confirmed therapies and alternatives.

Yoga is an old discipline, it has got its origin in 1500 BC. There are a lot of yoga directions, one of which is hatha yoga, which deals with the outgoing movement. It consists of the knowledge of the intelligent body movement and it can be declared as a basis of the biomechanics of movement.

**THE AIM OF THE THESIS:** It distinguishes and represents those parts of yoga a physiotherapist can use in his/her work. It gives an insight into the advantages and disadvantages of yoga in physiotherapy, it reviews the clinical research and the physiotherapist's competence.

**ELABORATION:** Our body has been created to move. The movement is its natural state, and the importance of movement has been recognised a long time ago. Active moment with proper breathing is the basis of both, rehabilitation and prevention. Ancient yogis were experts in anatomy, physiology, neurology and energetic and mental establishment of a human being. Due to its extremely positive impact on our health, yoga has been confirmed by The World Health Organisation as a declared health-therapeutic system a long time ago. Being an alternative discipline it has been confronted to many obstacles, such as law regularities, lack of references and the ethycal issues.

In Croatia the process of legislating has not been finished and it is still unknown which form will be selected. Namely, in some countries of the European Union alternative medicine has been completely negated, in some countries it has been treated as a complement to the traditional medicine and in some counties alternative medicine has been given complete freedom. It is also necessary to legalize the education of the alternative medicine staff, in order to gain their competence in conducting therapy.

**CONCLUSION:** Yoga asana and breathing technique system have been brought to perfection. All the gymnastics types derive from the yoga asanaa and the immense benefit of the physiotherapist is getting acquainted with the „source“ of the active movement. What I consider as essential is the acceptance of the alternative medicine by the medical staff. It is of great importance for them to be properly educated, well informed and included in doing researches to this subject in order to get their patients' confidence in such a therapeutic supplement to the classical medicine.

**KEYWORDS:** Yoga, yoga breathing, yoga therapy, yoga in rehabilitation.