

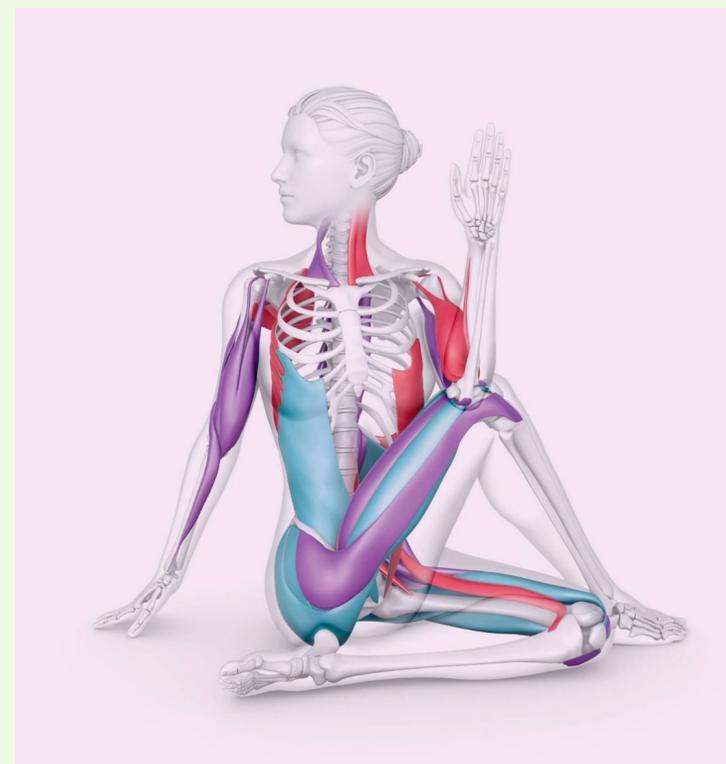
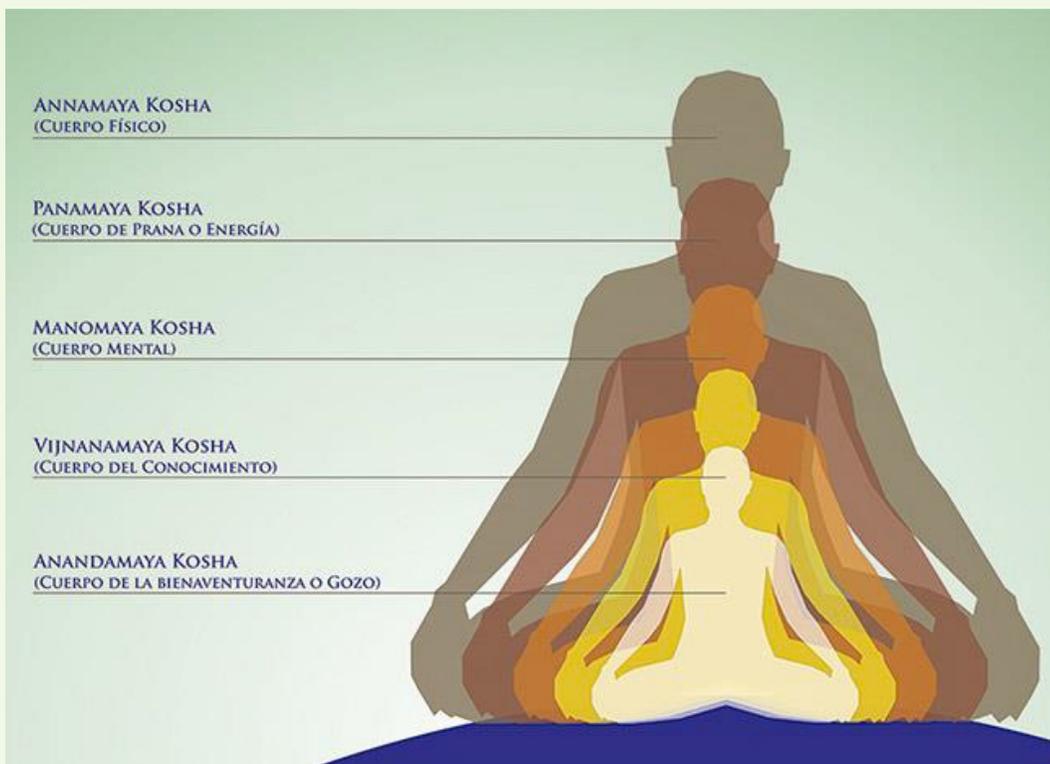


LOU LAVIGNE

# V Formación de Profesores de Yoga



## Annamaya Kosha: el cuerpo físico. Bases anatómicas



LETICIA LÓPEZ ARELLANO

Médico Especialista en Radiodiagnóstico

# CONTENIDOS

1. INTRODUCCIÓN.
2. SISTEMA ESQUELÉTICO.
3. SISTEMA MUSCULAR.
4. SISTEMA RESPIRATORIO.
5. SISTEMA NERVIOSO.
6. SISTEMA ENDOCRINO.
7. SISTEMA CARDIOVASCULAR.
8. SISTEMA LINFÁTICO.
9. SISTEMA DIGESTIVO.
10. SISTEMA URINARIO.
11. SISTEMA REPRODUCTOR.

# 1. INTRODUCCIÓN

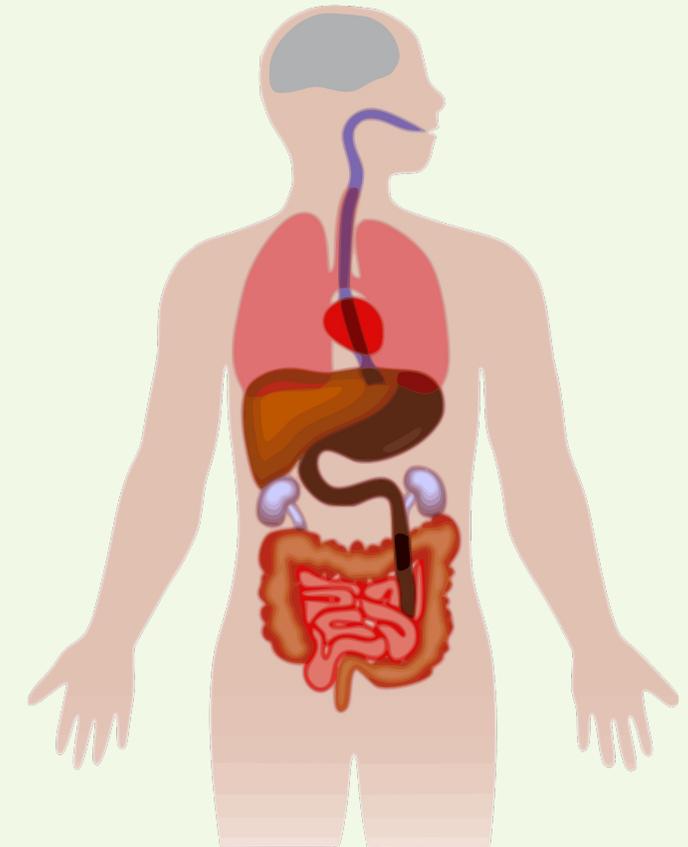
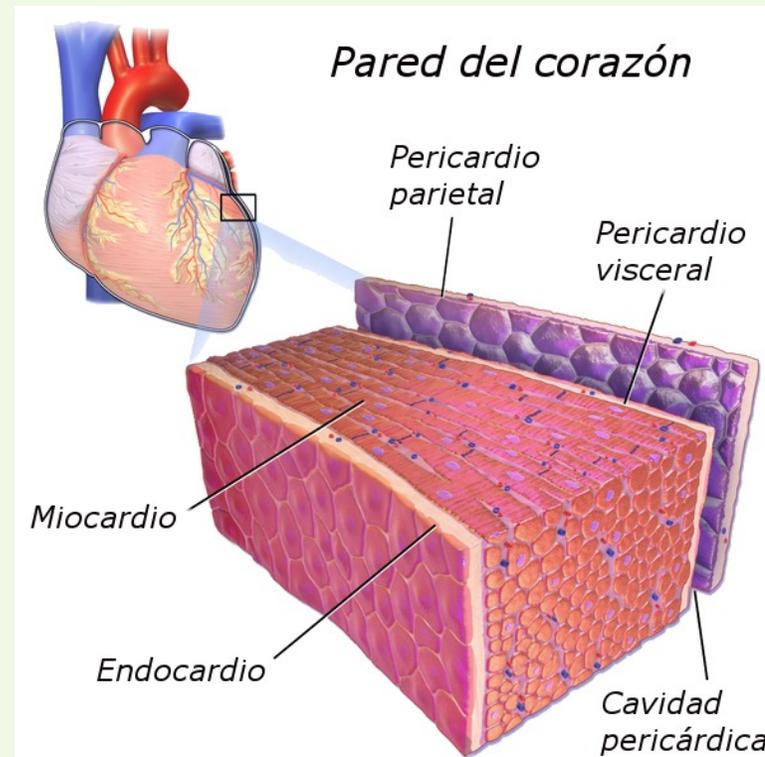
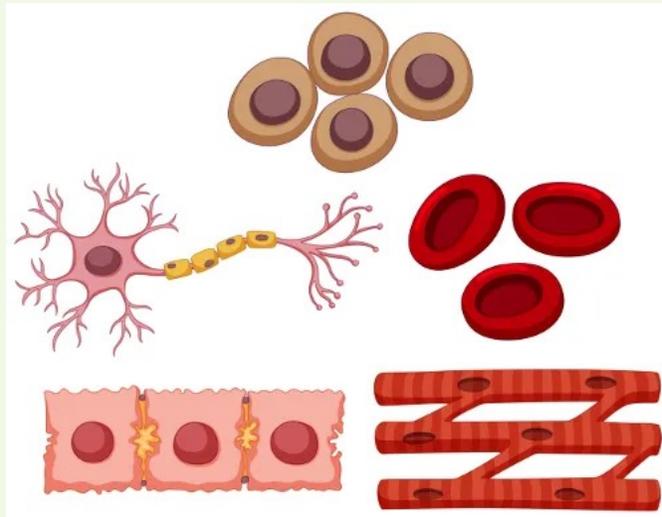
Células

Tejidos

Órganos

Sistemas

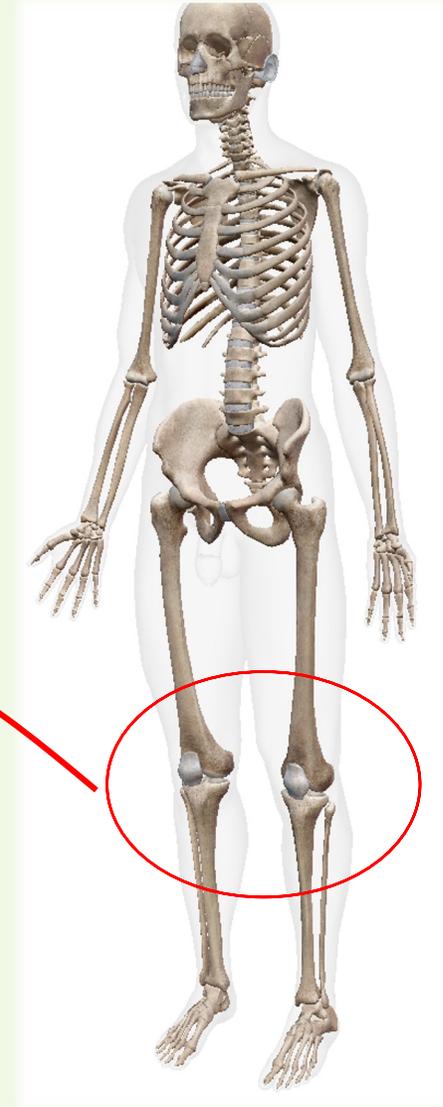
Cuerpo Humano



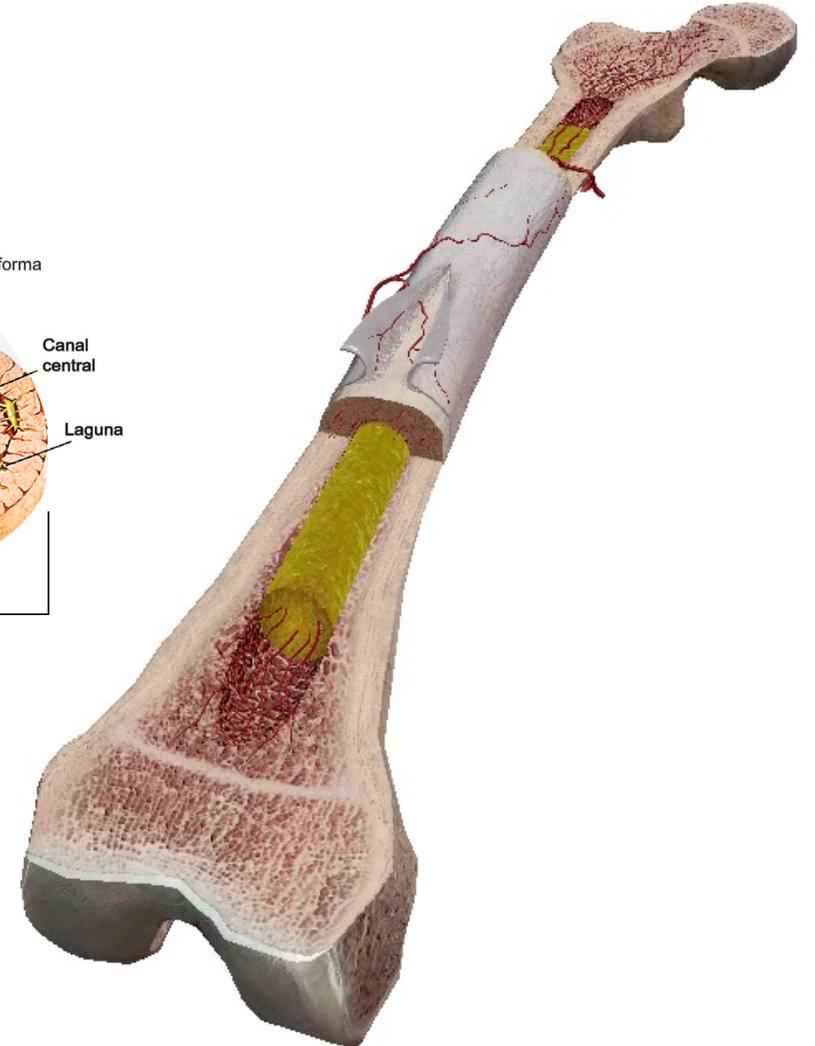
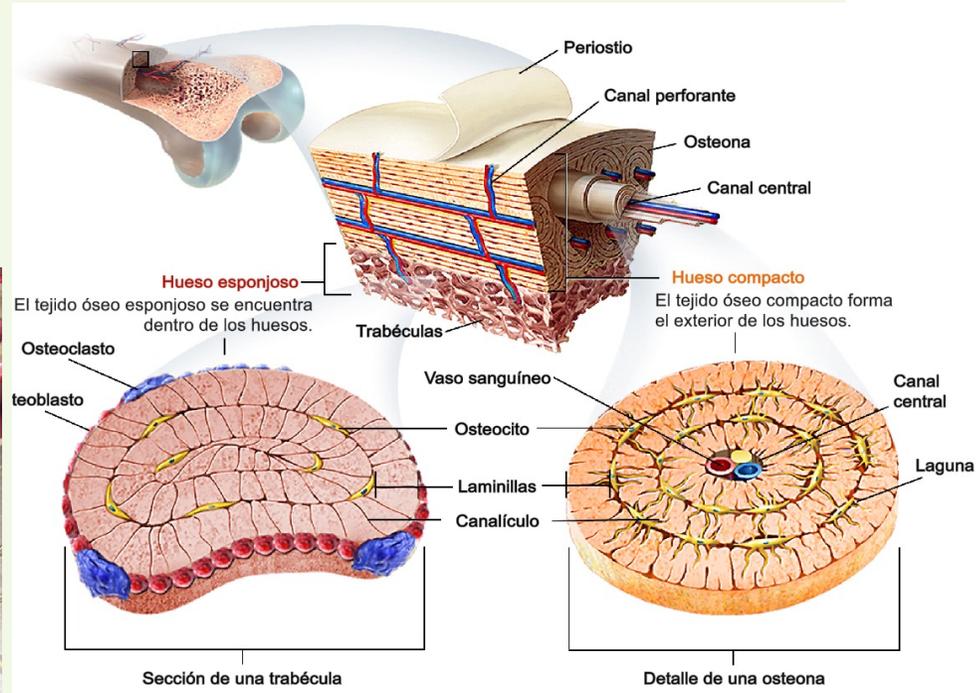
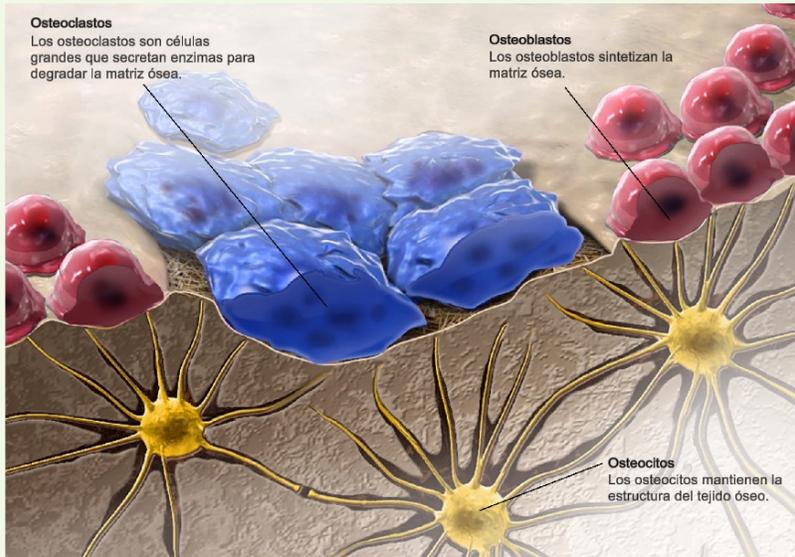
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- HUESOS
- ARTICULACIONES

Ligamentos



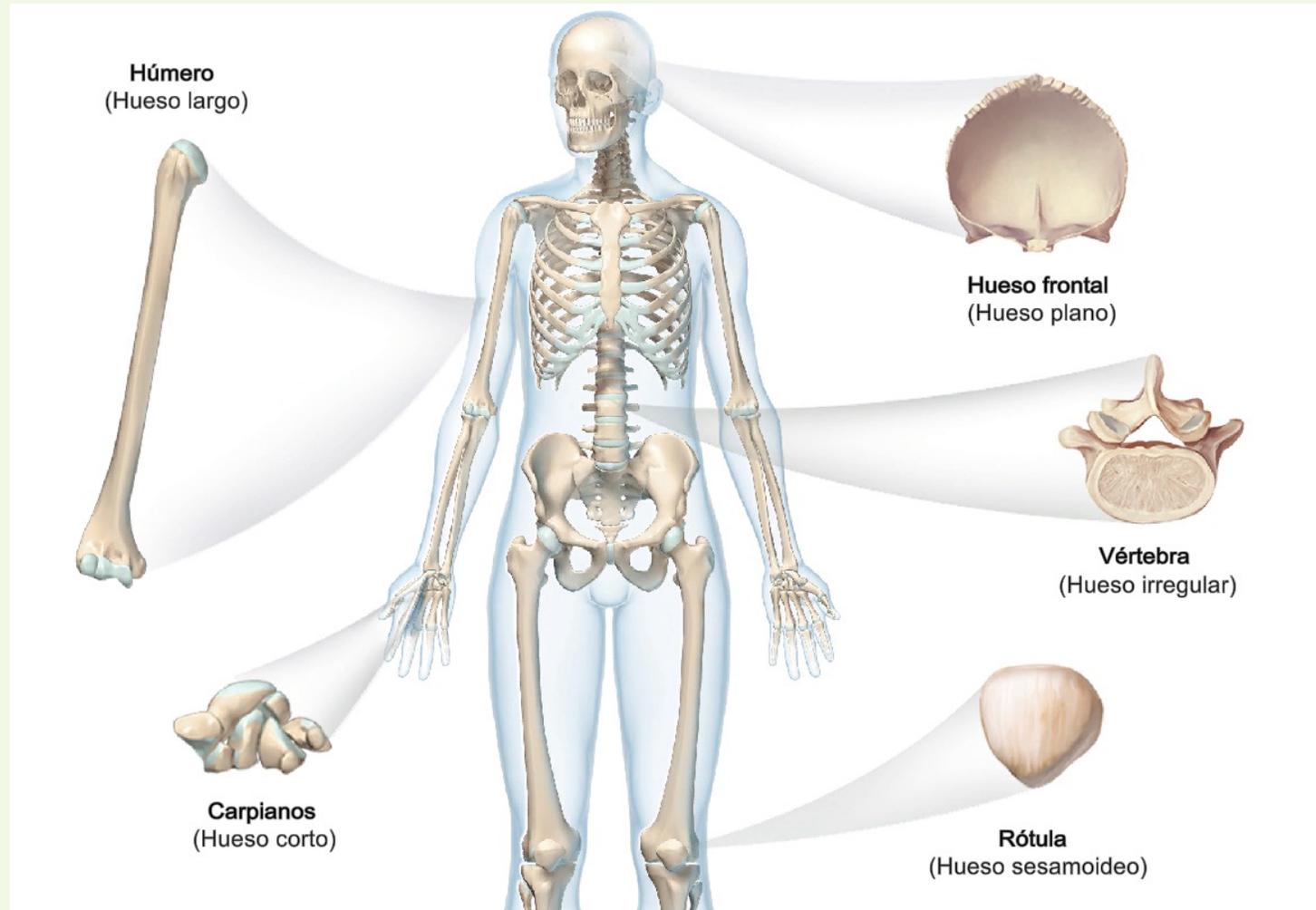
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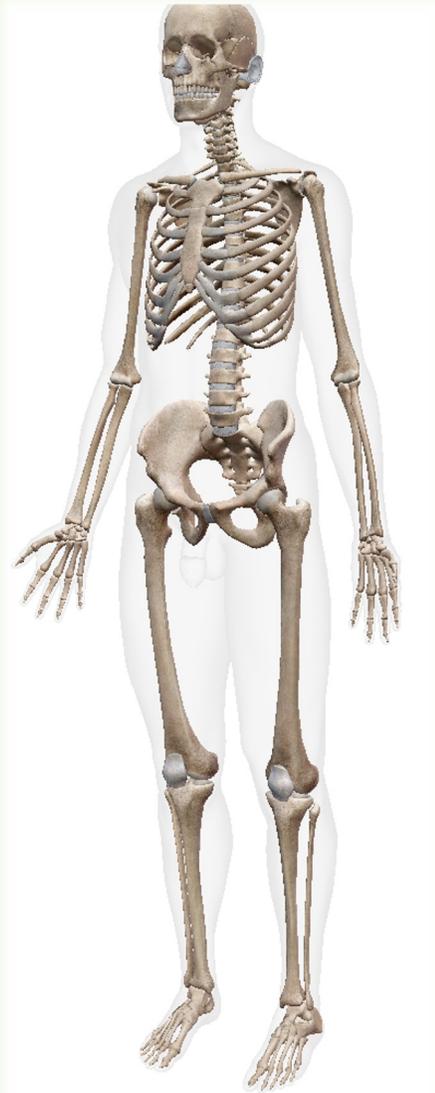
ÓRGANOS VIVOS,  
DINÁMICOS

## 2. SISTEMA ESQUELÉTICO.

### Tipos de huesos según su forma



## 2. SISTEMA ESQUELÉTICO.



## 2. SISTEMA ESQUELÉTICO.

- HUESOS
- ARTICULACIONES

### Tipos de articulaciones

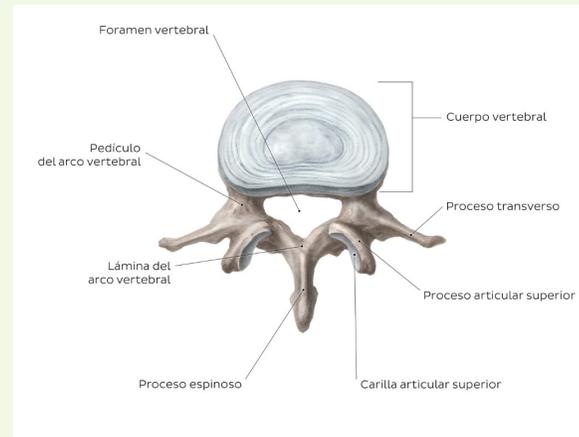
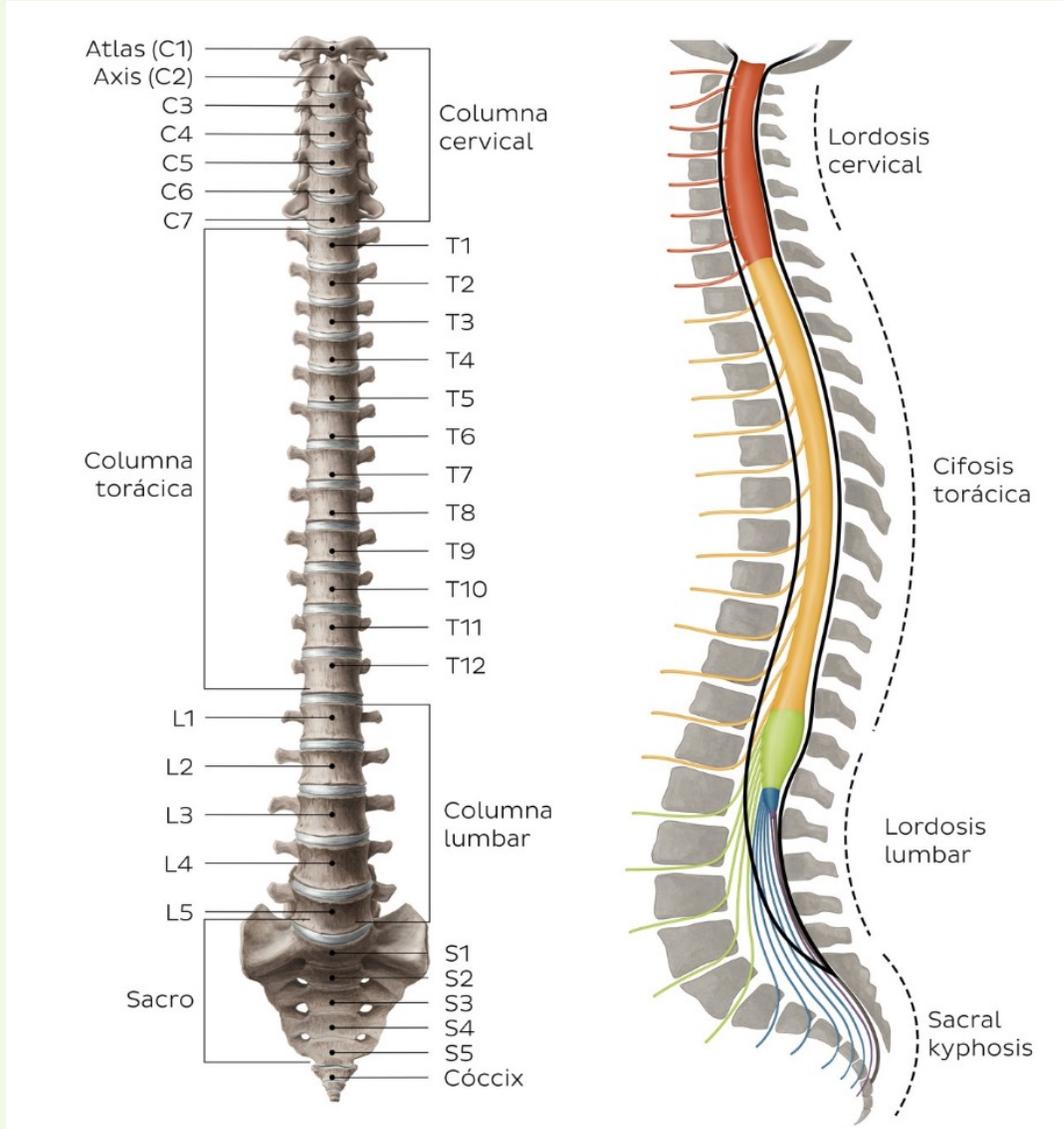
- Fibrosas.
- Cartilagosas.
- Sinoviales.

### Ejemplo de articulación sinovial.

- Cartílago
- Ligamentos
- *Cápsula articular*
  - *Líquido sinovial*

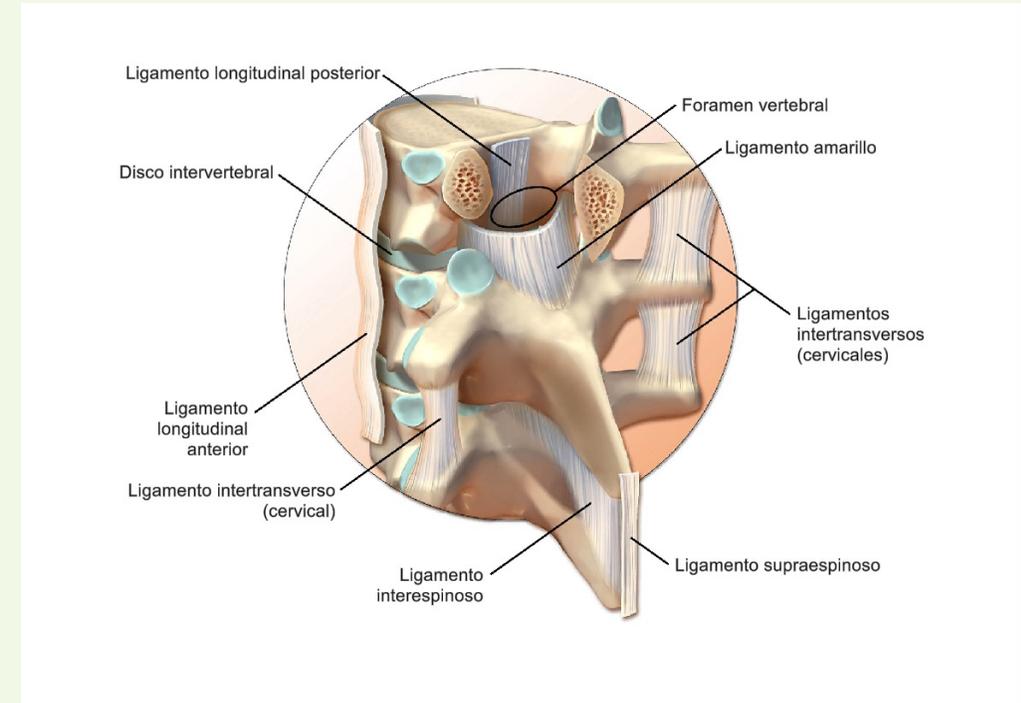
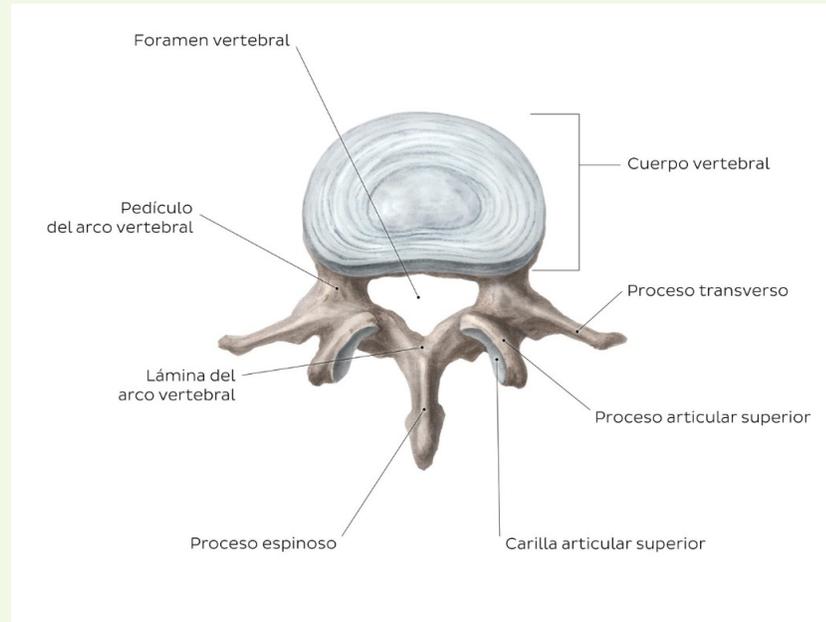


## 2. SISTEMA ESQUELÉTICO. **Columna vertebral**



Contiene la médula espinal

## 2. SISTEMA ESQUELÉTICO. **Columna vertebral**



**Discos intervertebrales  
Ligamentos**

## 2. SISTEMA ESQUELÉTICO. Pelvis ósea



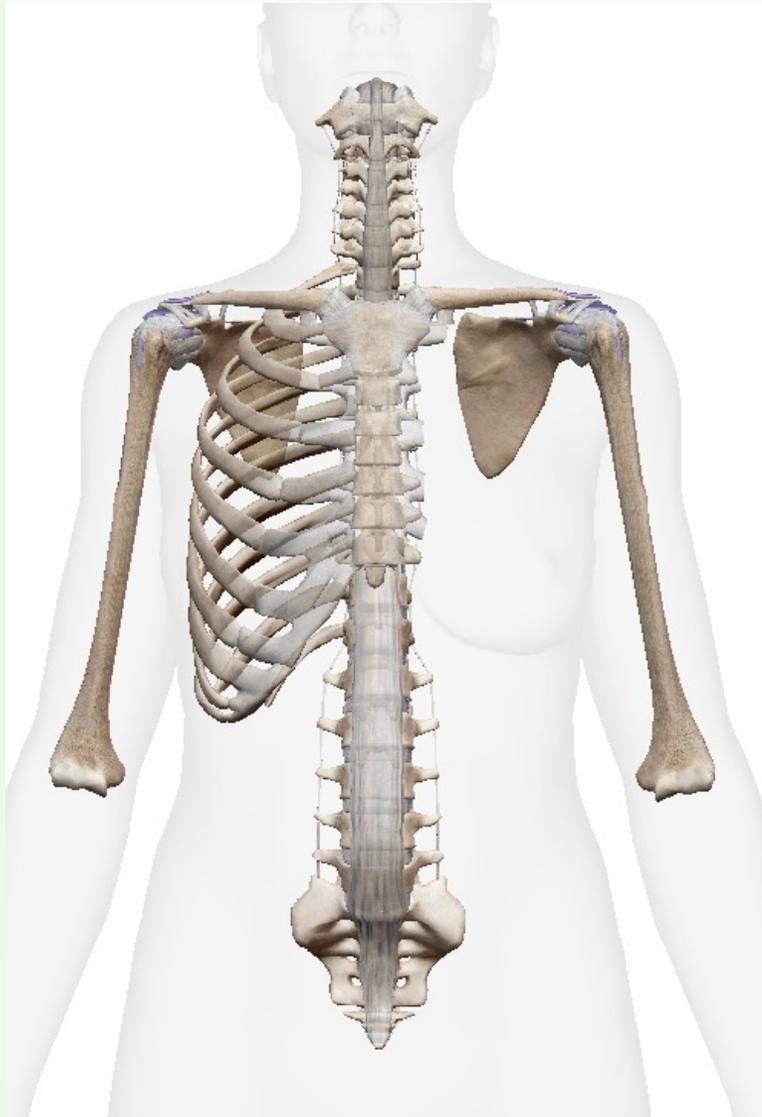
## 2. SISTEMA ESQUELÉTICO. Pelvis ósea

Ligamentos

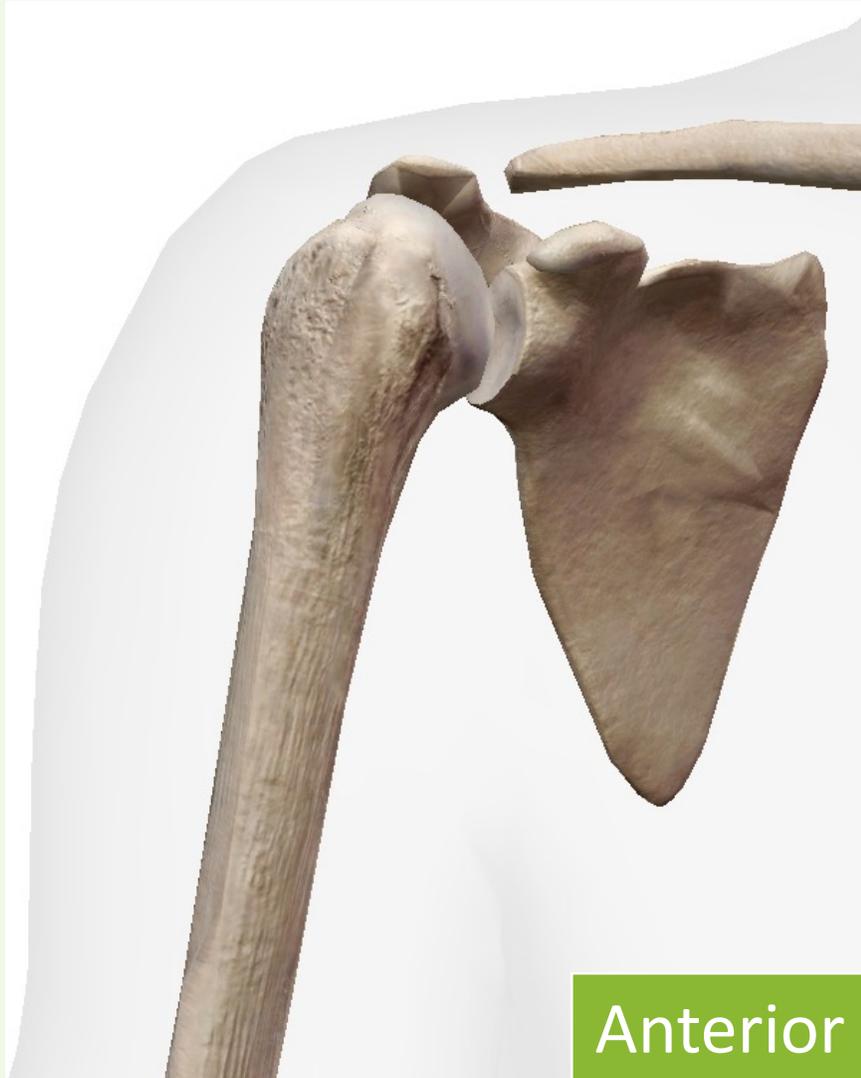


Sostener – Conectar – Dejar pasar

## 2. SISTEMA ESQUELÉTICO. Cintura escapular



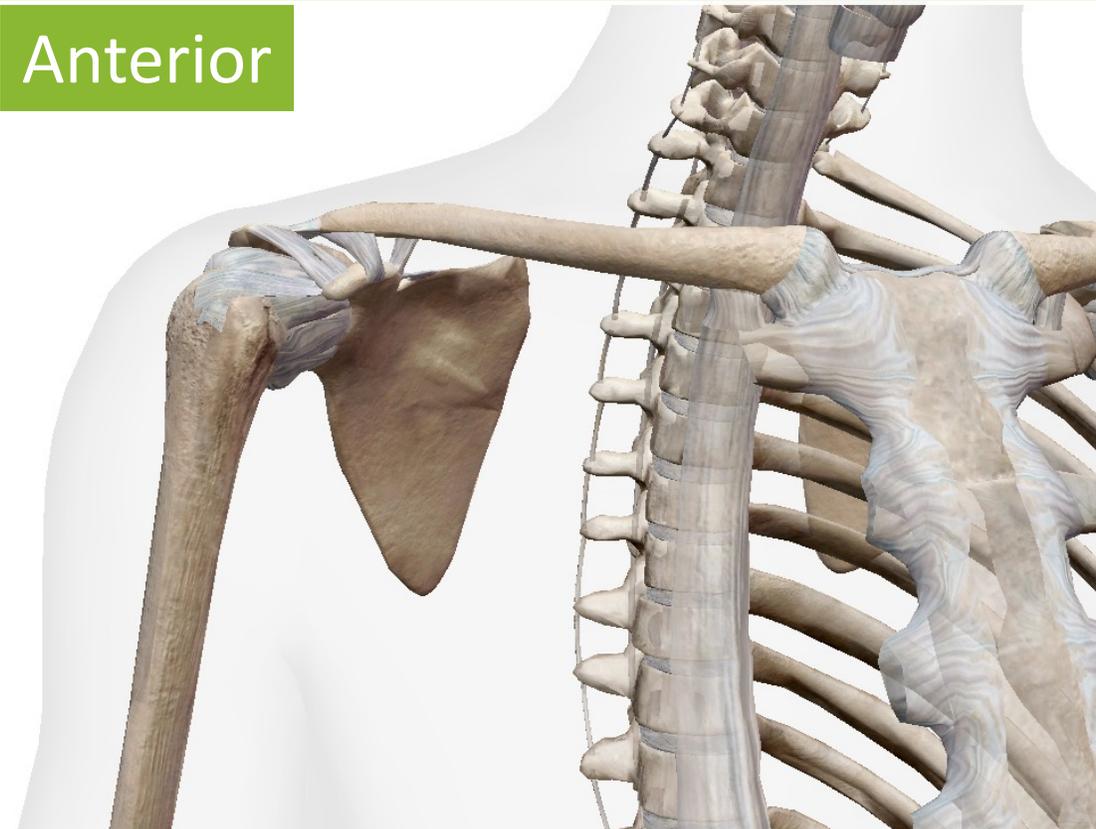
## 2. SISTEMA ESQUELÉTICO. Cintura escapular



Omóplato



## 2. SISTEMA ESQUELÉTICO. Cintura escapular



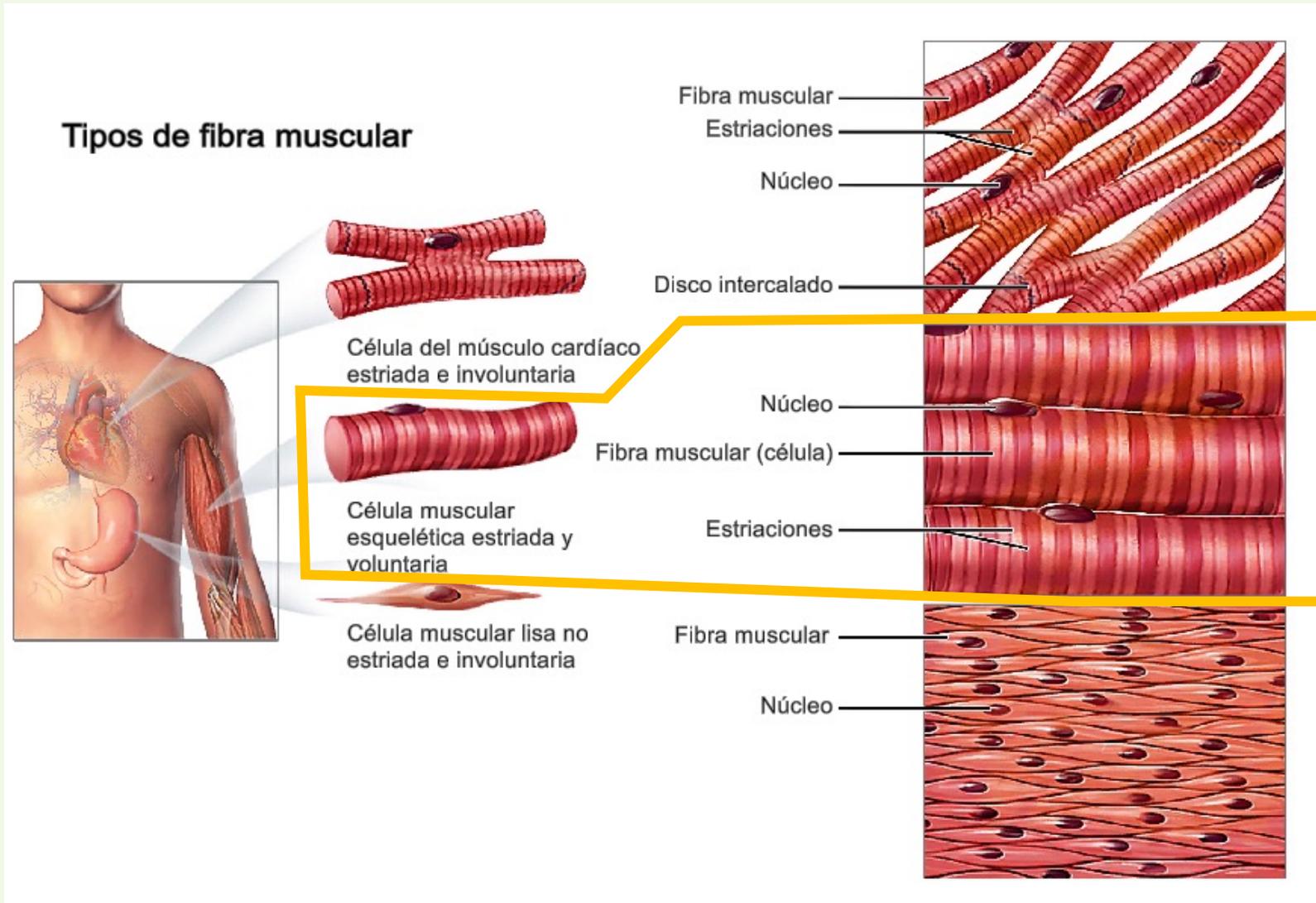
- Húmero
- Escápula
- Clavícula

Esternón



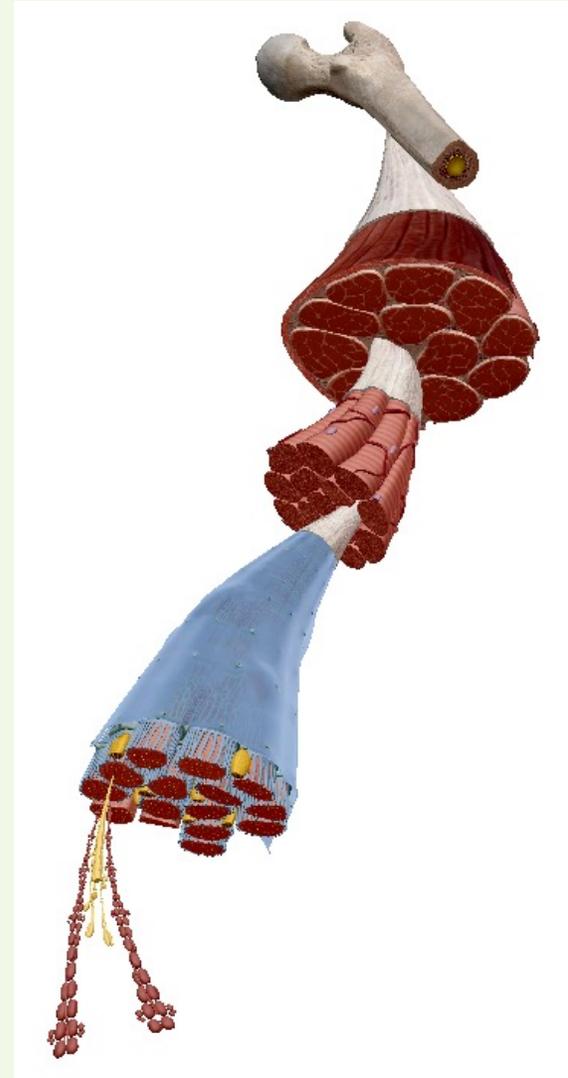
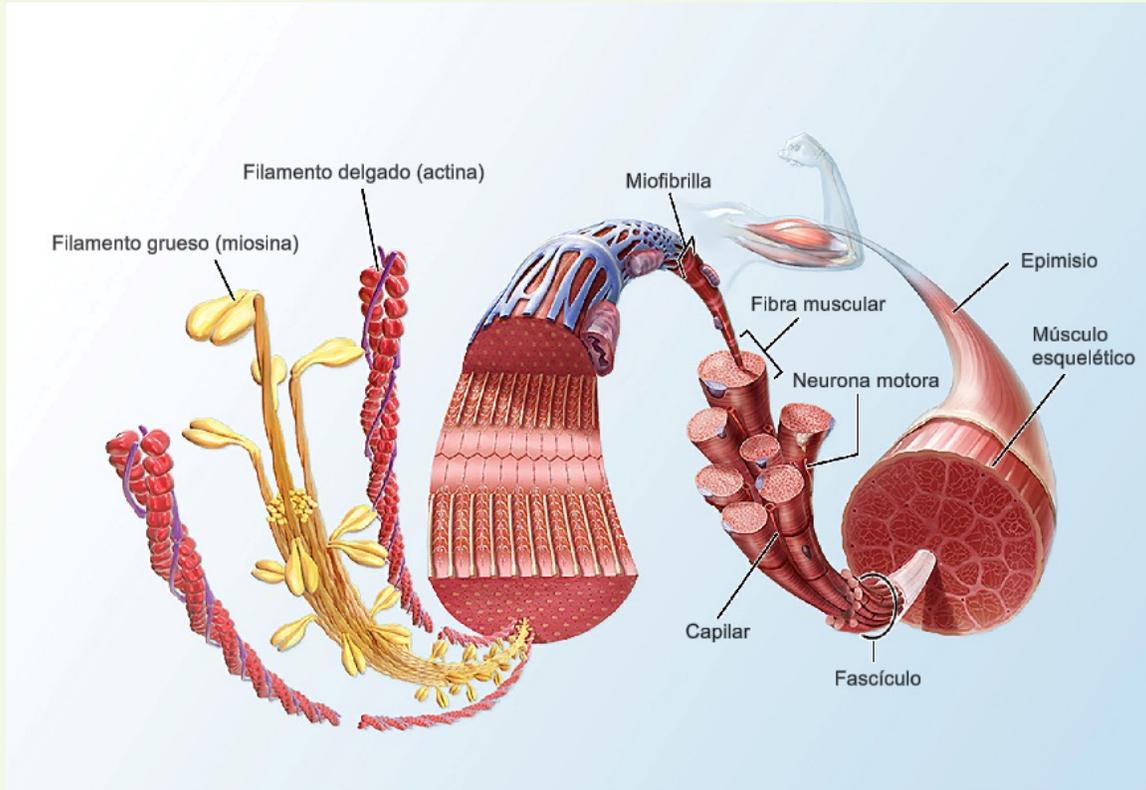
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### Músculo esquelético



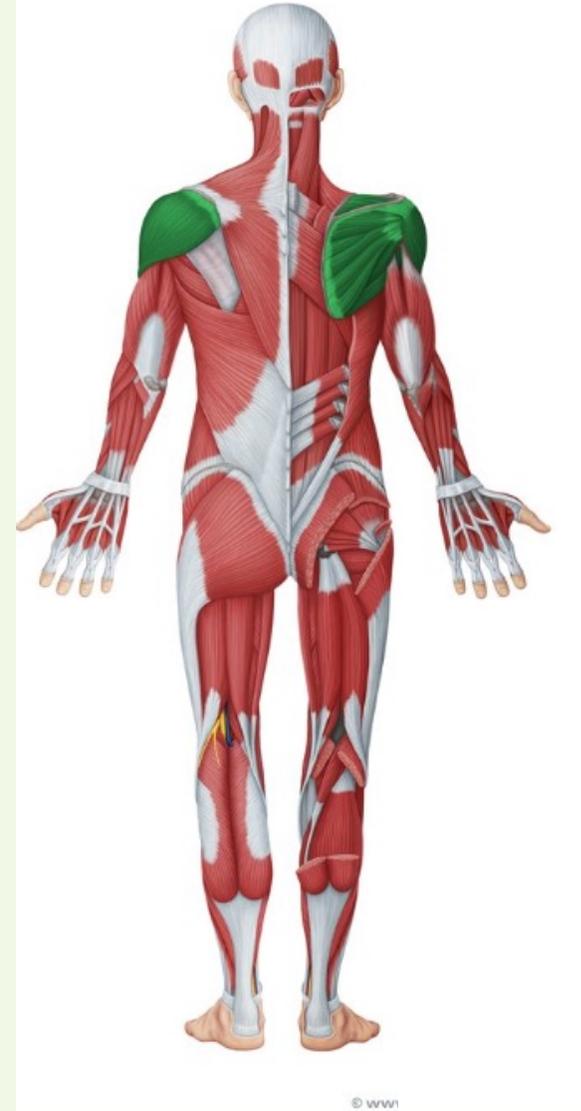
## 2. SISTEMA MUSCULAR.

### Músculo esquelético



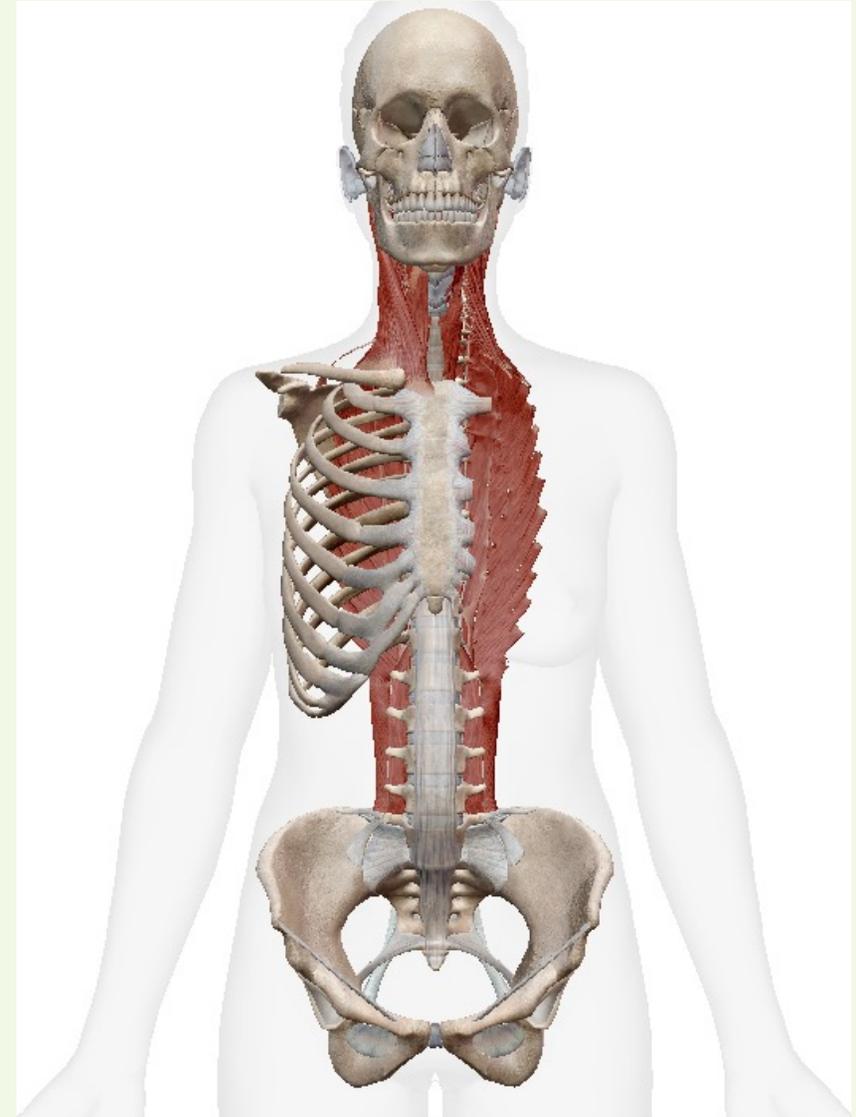
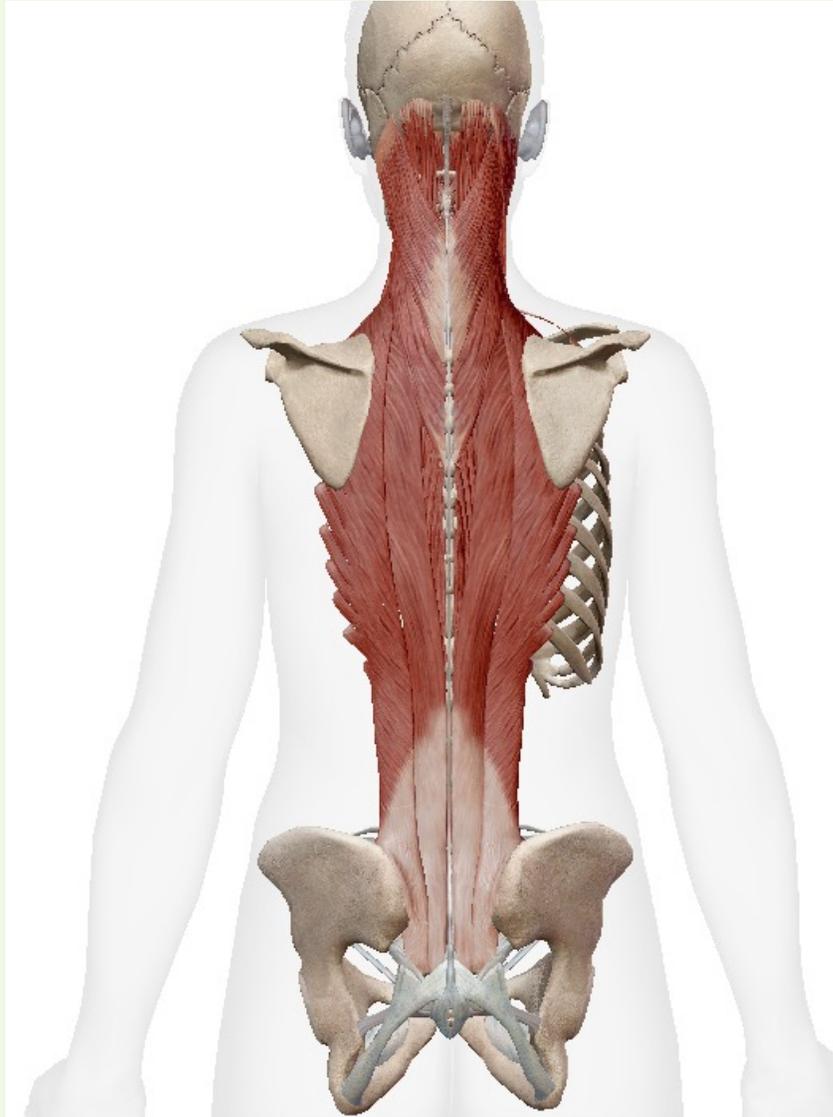
Los tendones unen los músculos a los huesos

## 2. SISTEMA MUSCULAR.

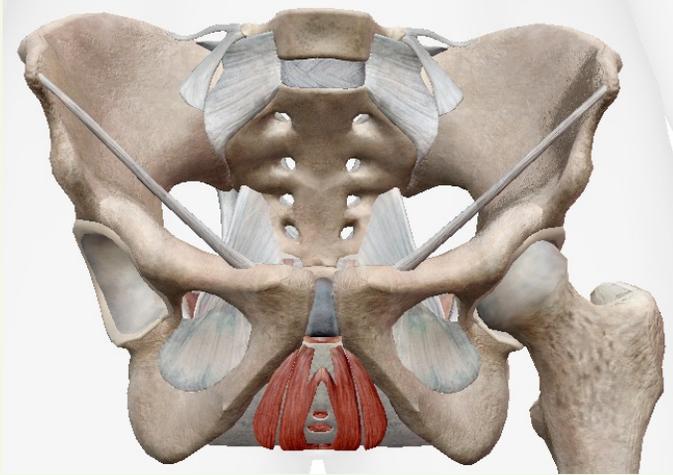


## 2. SISTEMA MUSCULAR.

### Columna vertebral



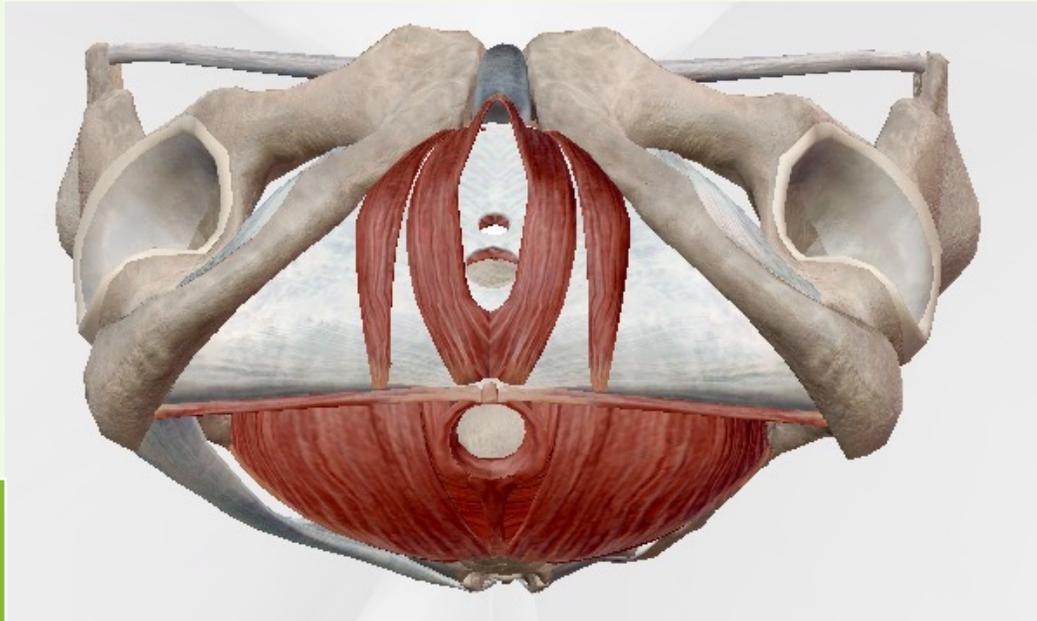
## 2. SISTEMA MUSCULAR.



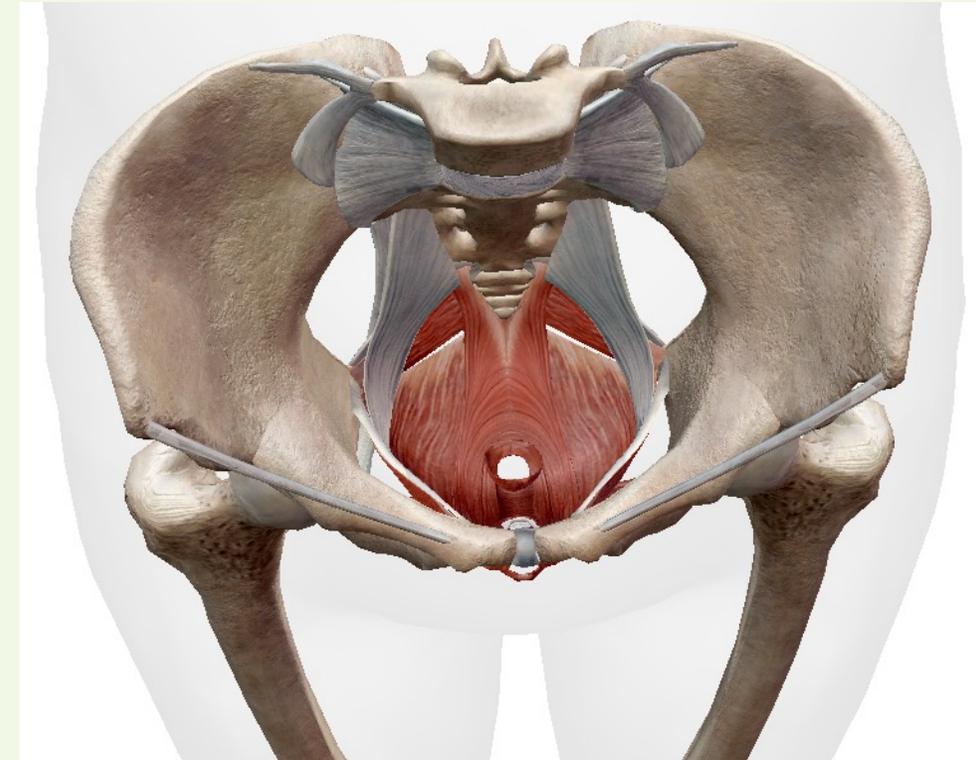
Pelvis

Suelo pélvico

Cintura pélvica

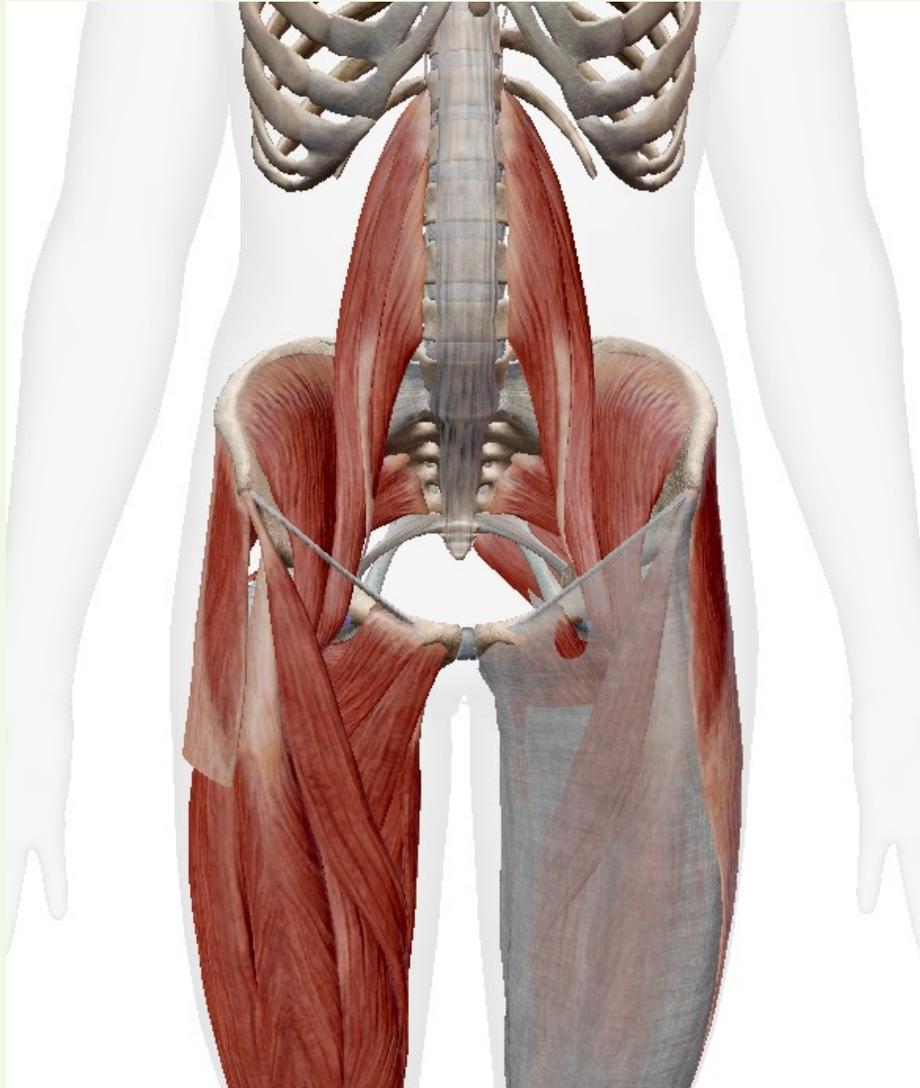


Vista desde  
abajo



Vista desde delante y arriba

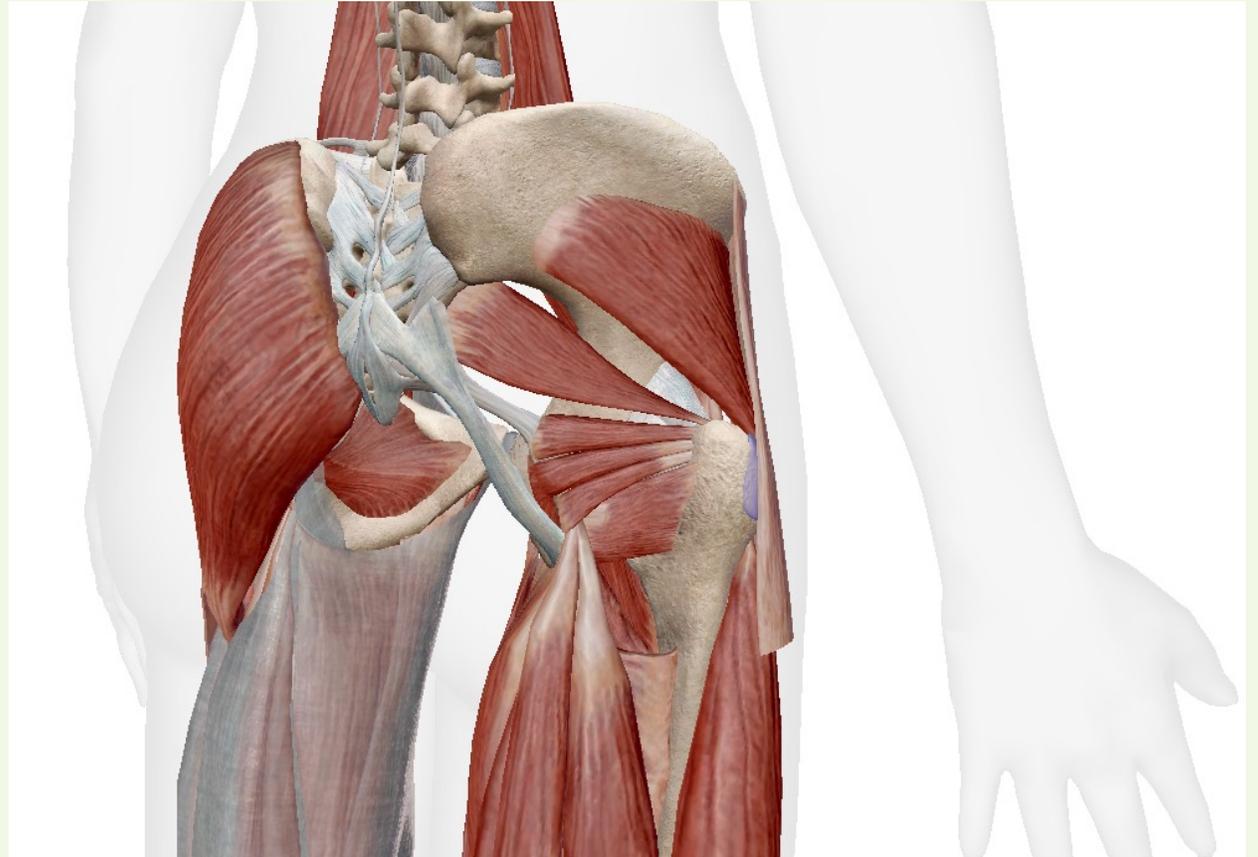
## 2. SISTEMA MUSCULAR.



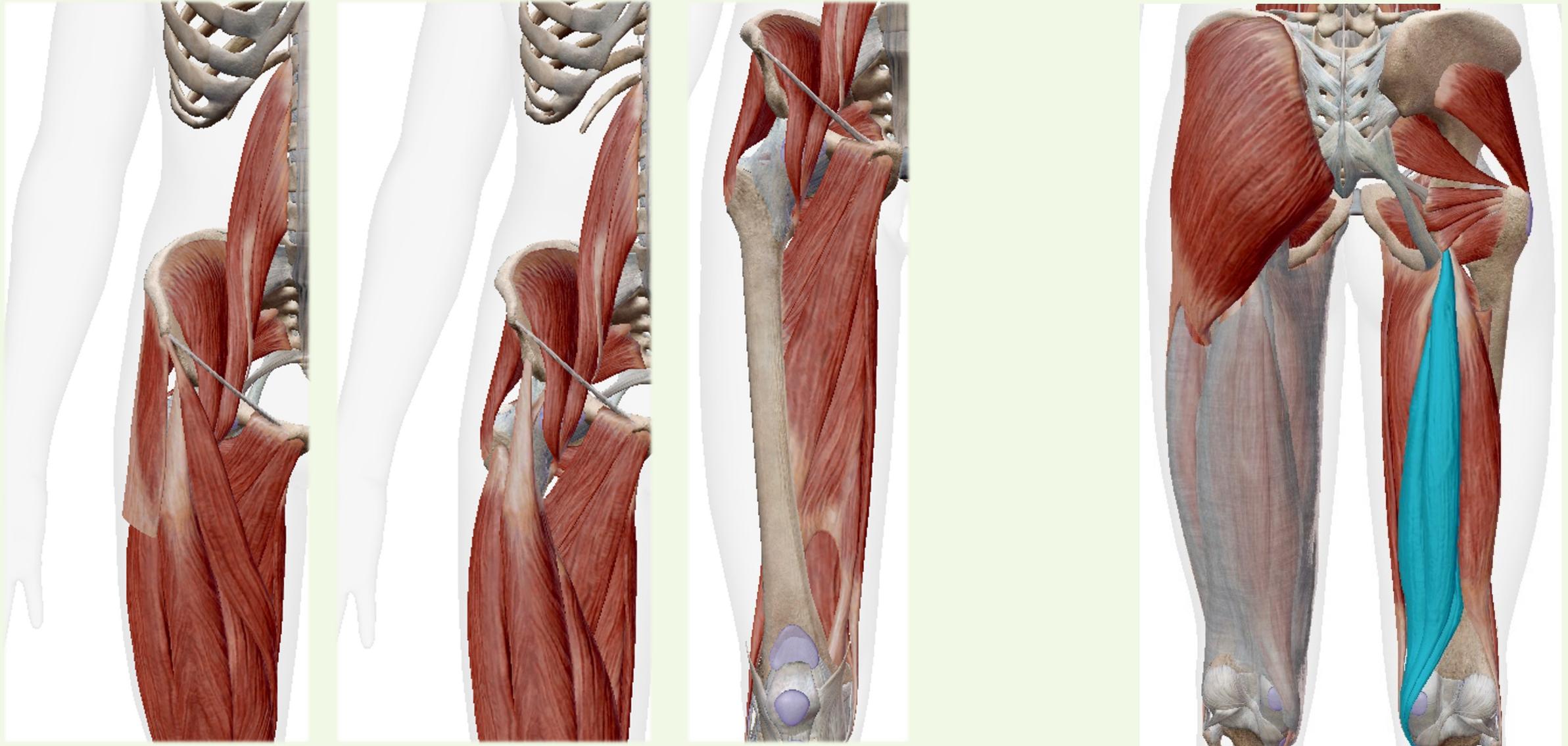
Pelvis

Suelo pélvico

Cintura pélvica. Cadera.

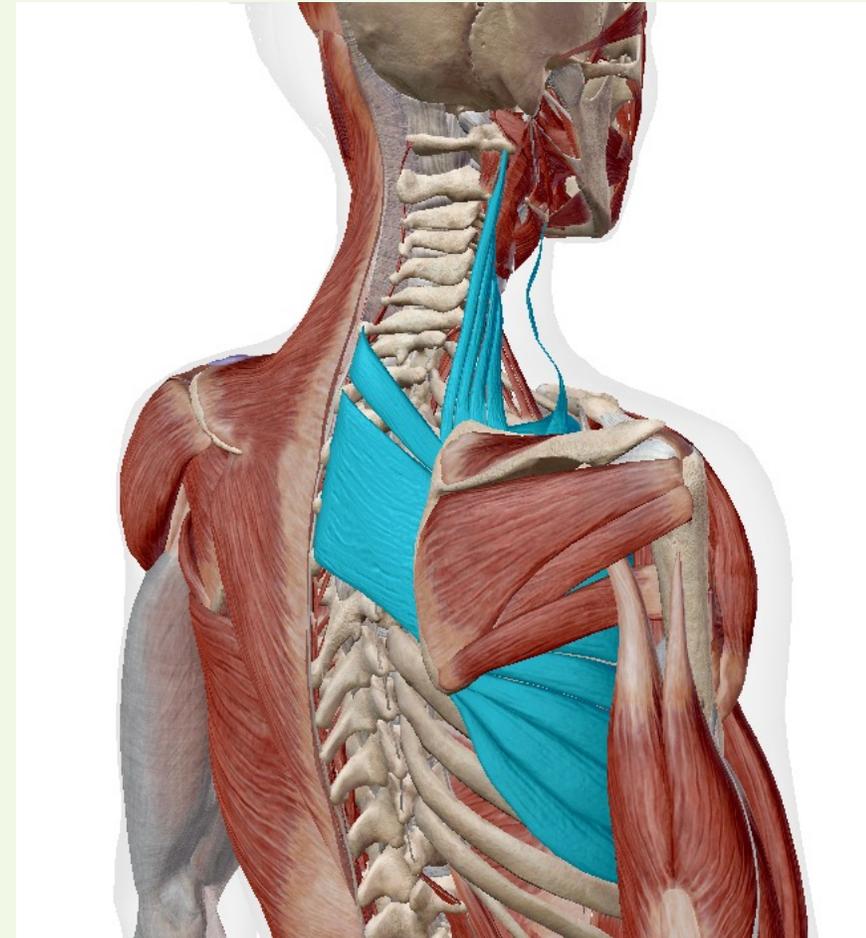
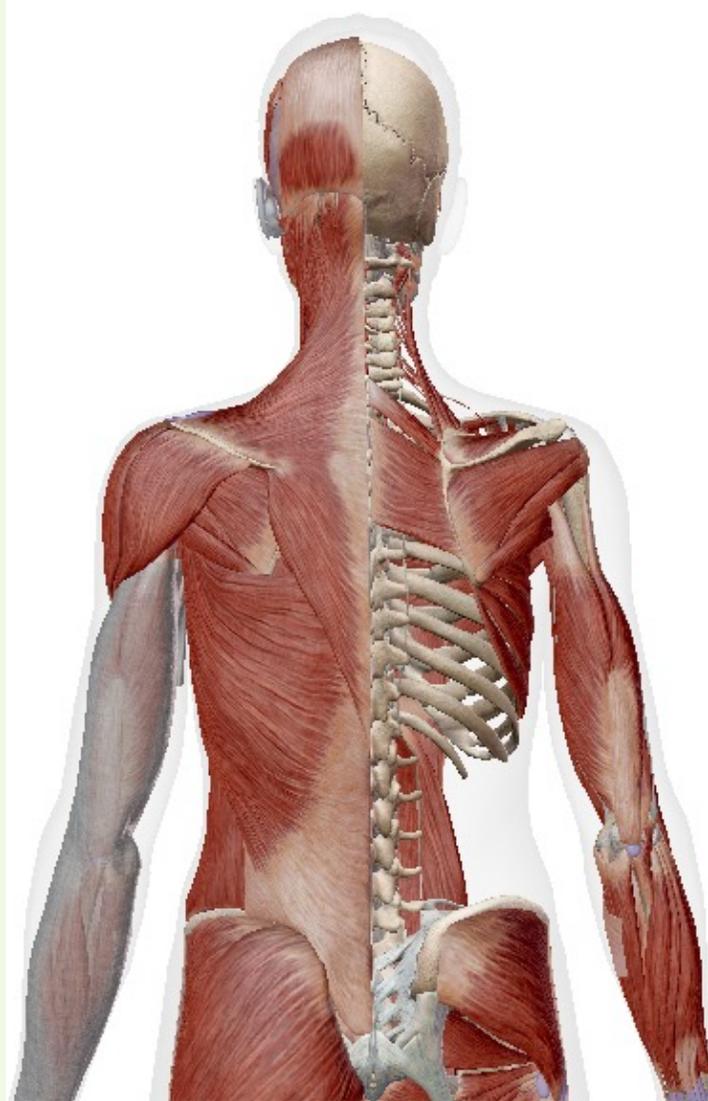
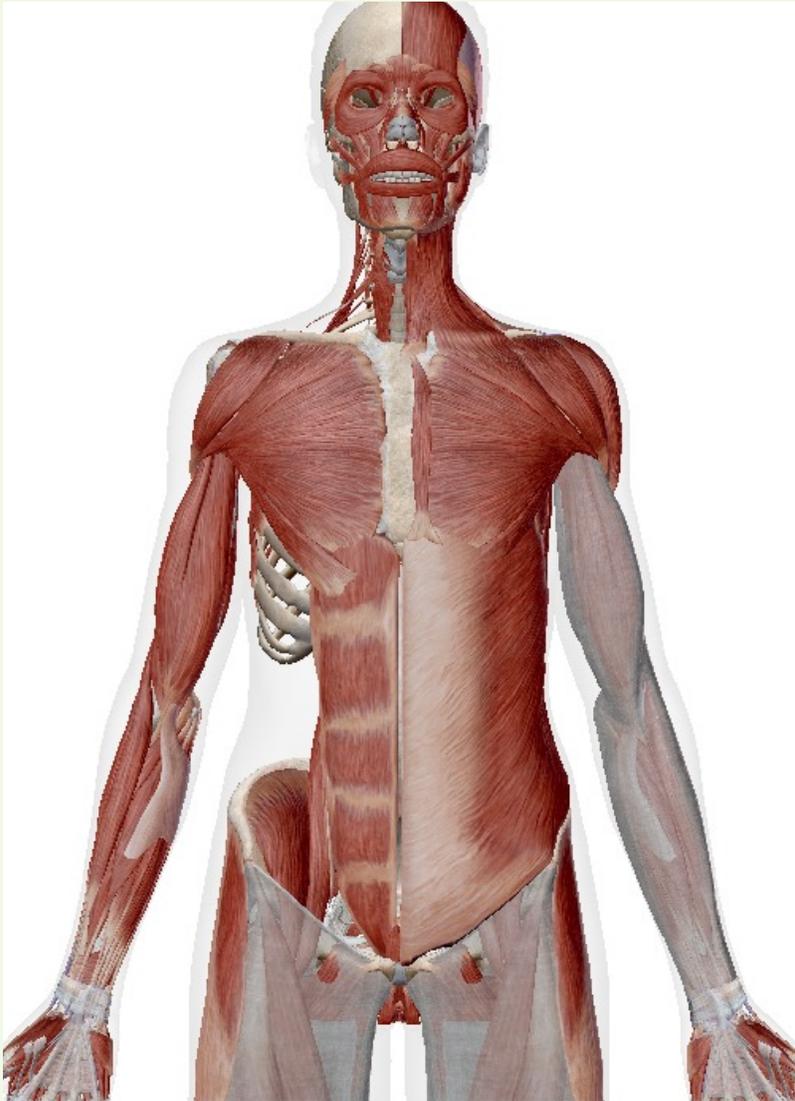


## 2. SISTEMA MUSCULAR. Cadera.



## 2. SISTEMA MUSCULAR.

### Cintura escapular



## 4. SISTEMA RESPIRATORIO.

- Permite la entrada de  $O_2$  y expulsión de  $CO_2$  del organismo.
- Compuesto por:
  - Nariz – fosas nasales.
  - Faringe.
  - Laringe.
  - Tráquea.
  - Bronquios.
  - Pulmones – pleura.

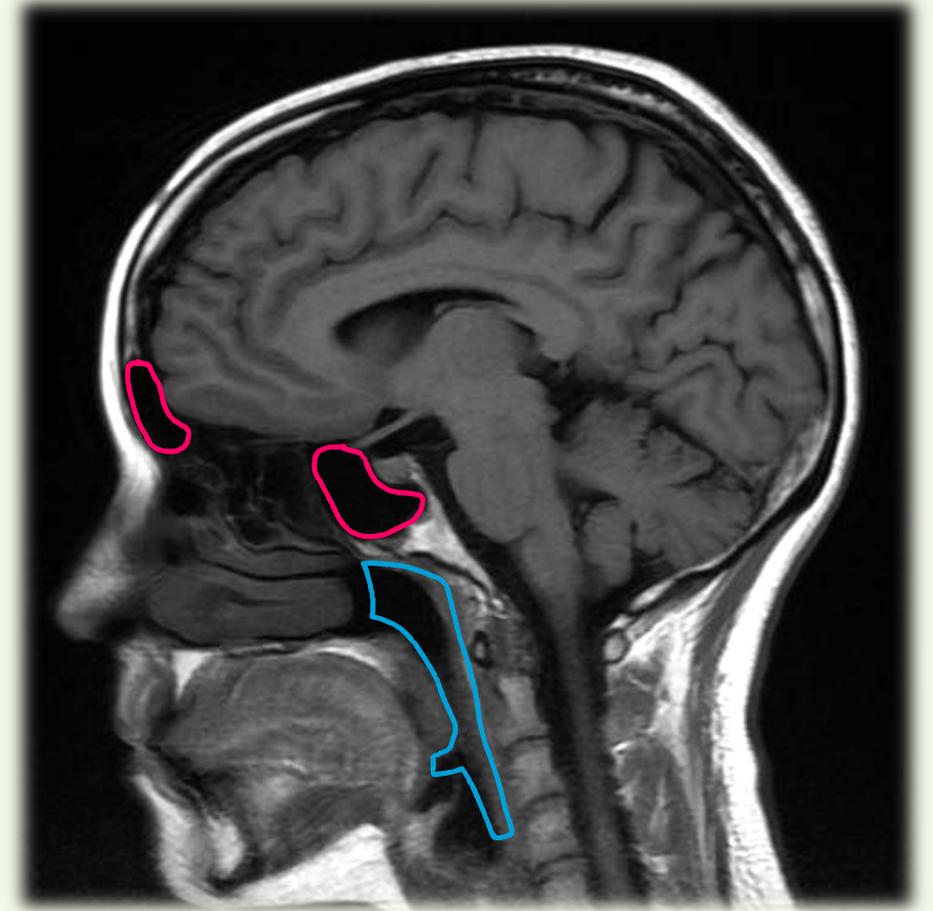
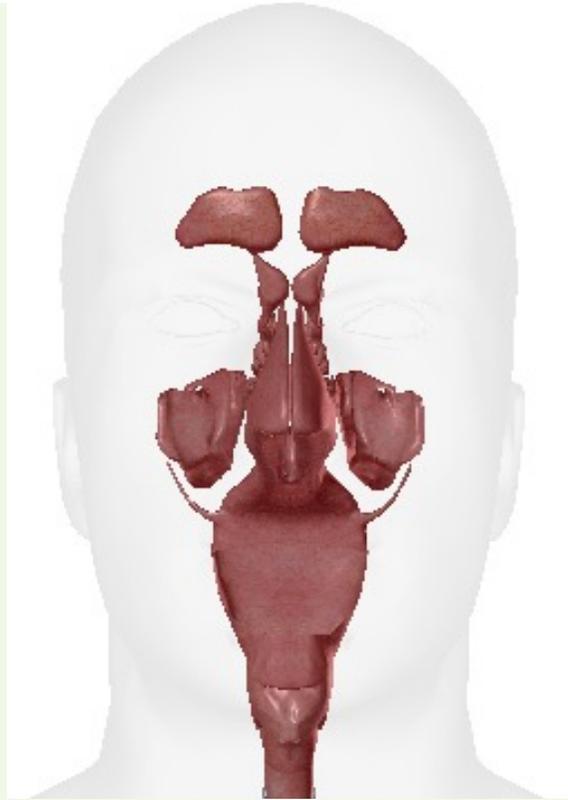
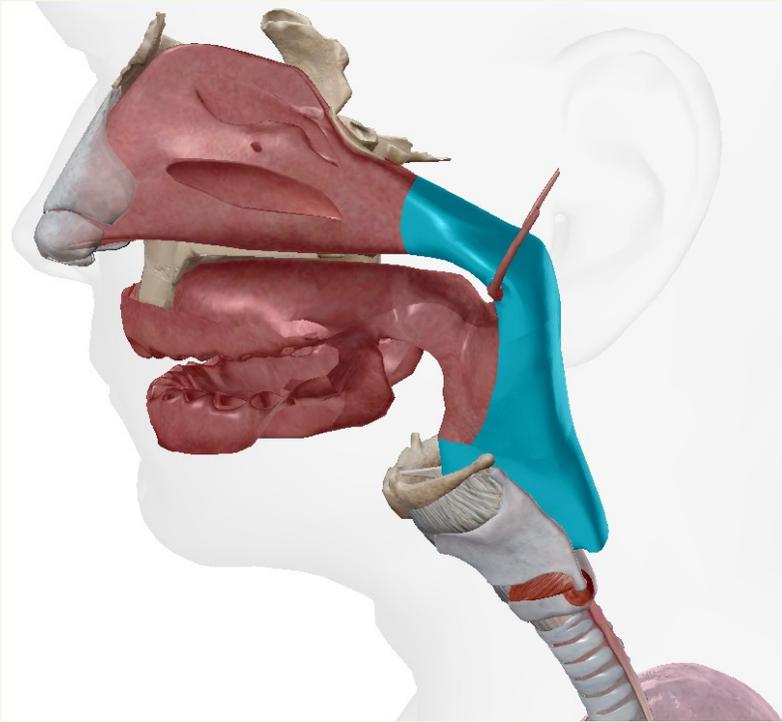
Sistema respiratorio superior

Sistema respiratorio inferior



## 4. SISTEMA RESPIRATORIO.

### Sistema respiratorio superior



*El aire se calienta, se humedece y se filtra inicialmente en esta región*

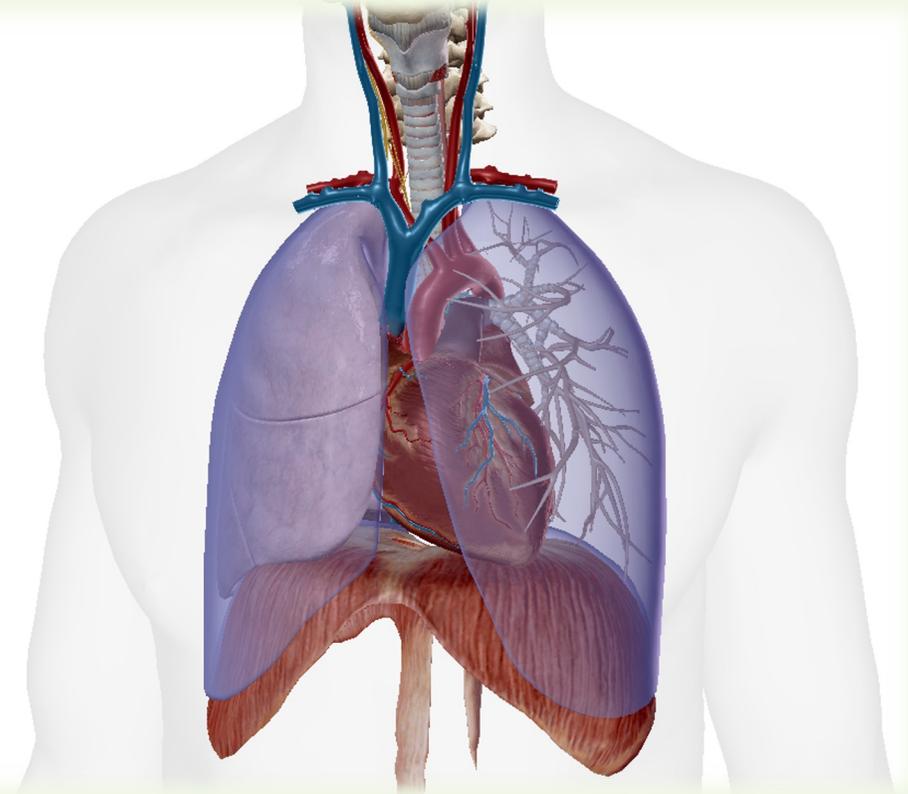
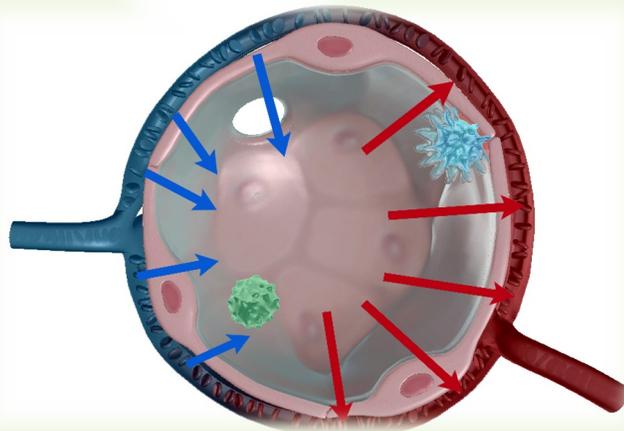
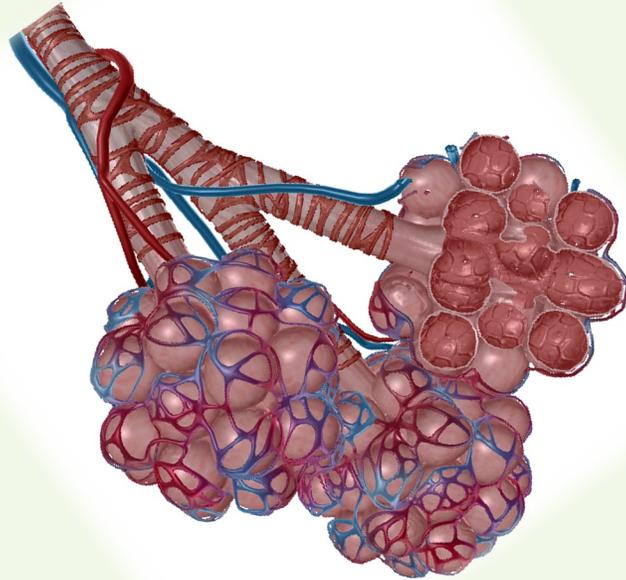
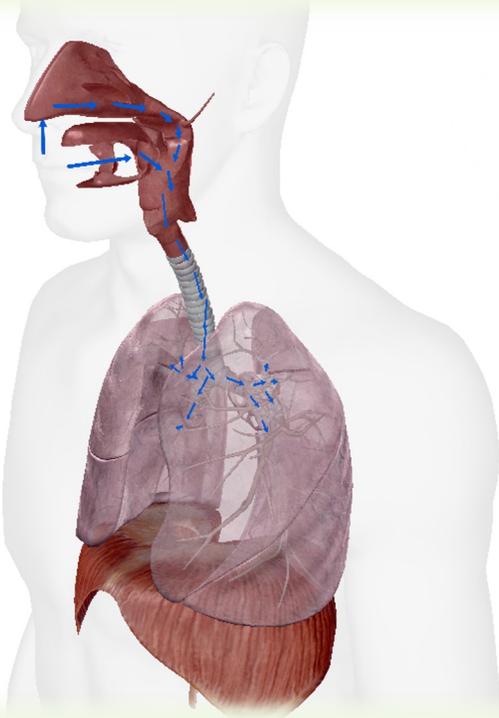
## 4. SISTEMA RESPIRATORIO.

### Sistema respiratorio superior



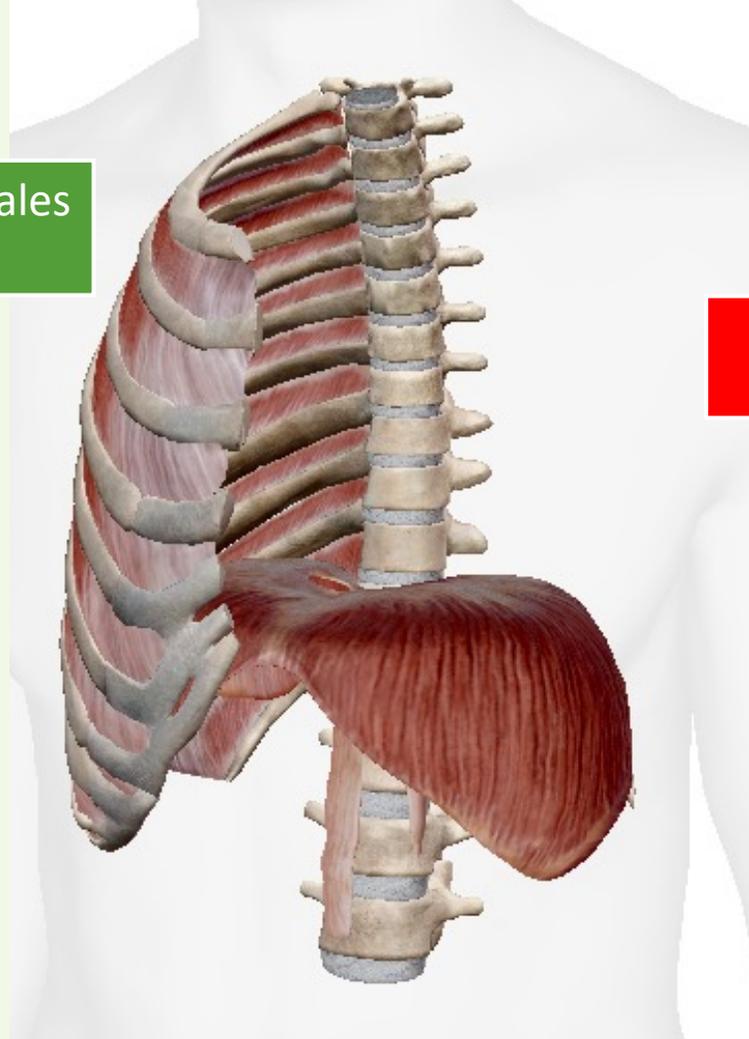
*El aire se calienta, se humedece y se filtra inicialmente en esta región*

## 4. SISTEMA RESPIRATORIO.



*La práctica de yoga aumenta nuestra capacidad respiratoria*

## 4. SISTEMA RESPIRATORIO.



M. Intercostales Externos

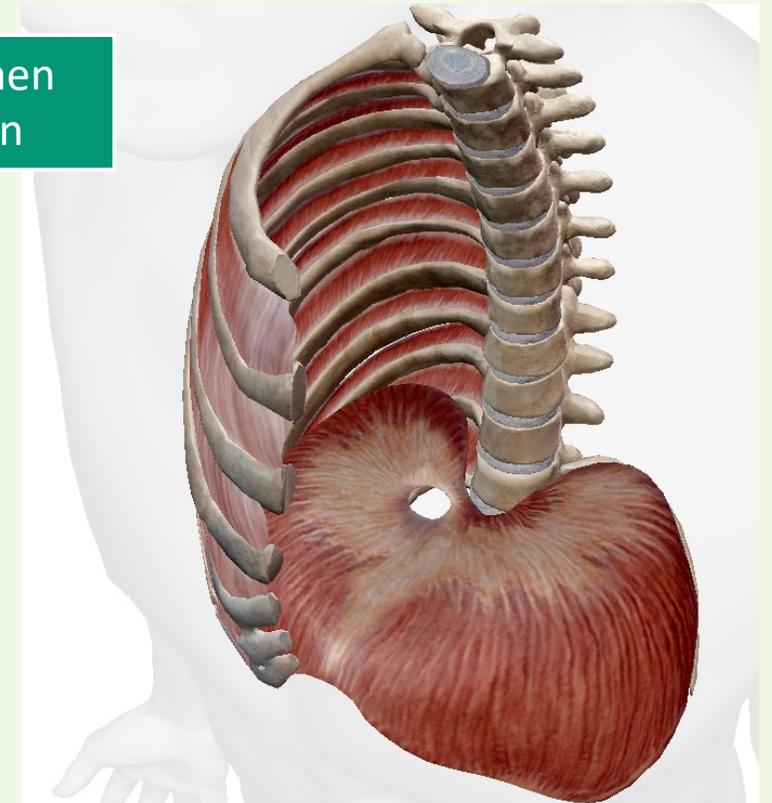
MÚSCULOS PRINCIPALES

Al inspirar - se contraen  
Al espirar - se relajan

**DIAFRAGMA**

**DIAFRAGMA**

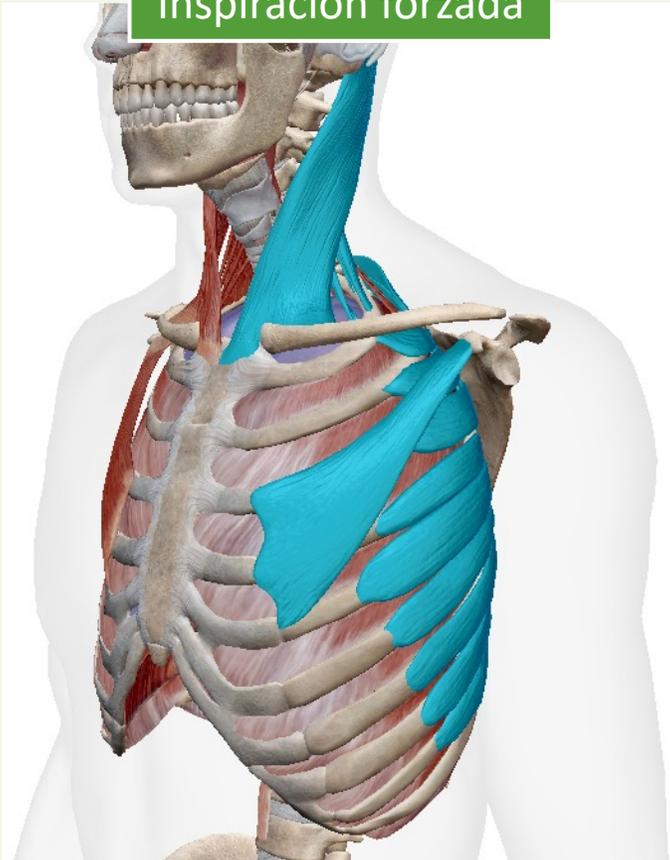
M. Intercostales Externos



*La práctica de yoga aumenta nuestra capacidad respiratoria*

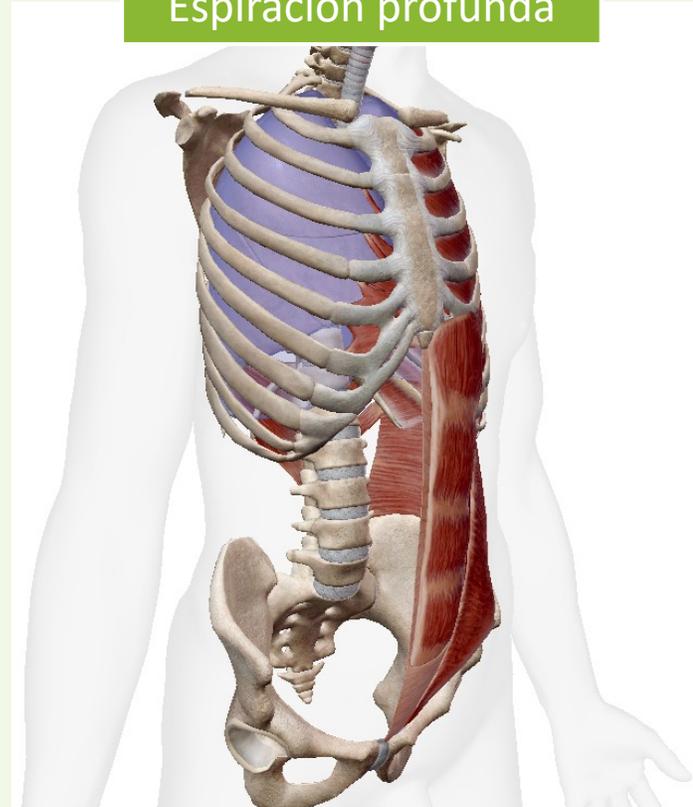
## 4. SISTEMA RESPIRATORIO.

Inspiración forzada



- Esternocleidomastoideo
- Escalenos
- Pectoral menor
- Serratos (anterior y posterior)

Espiración profunda

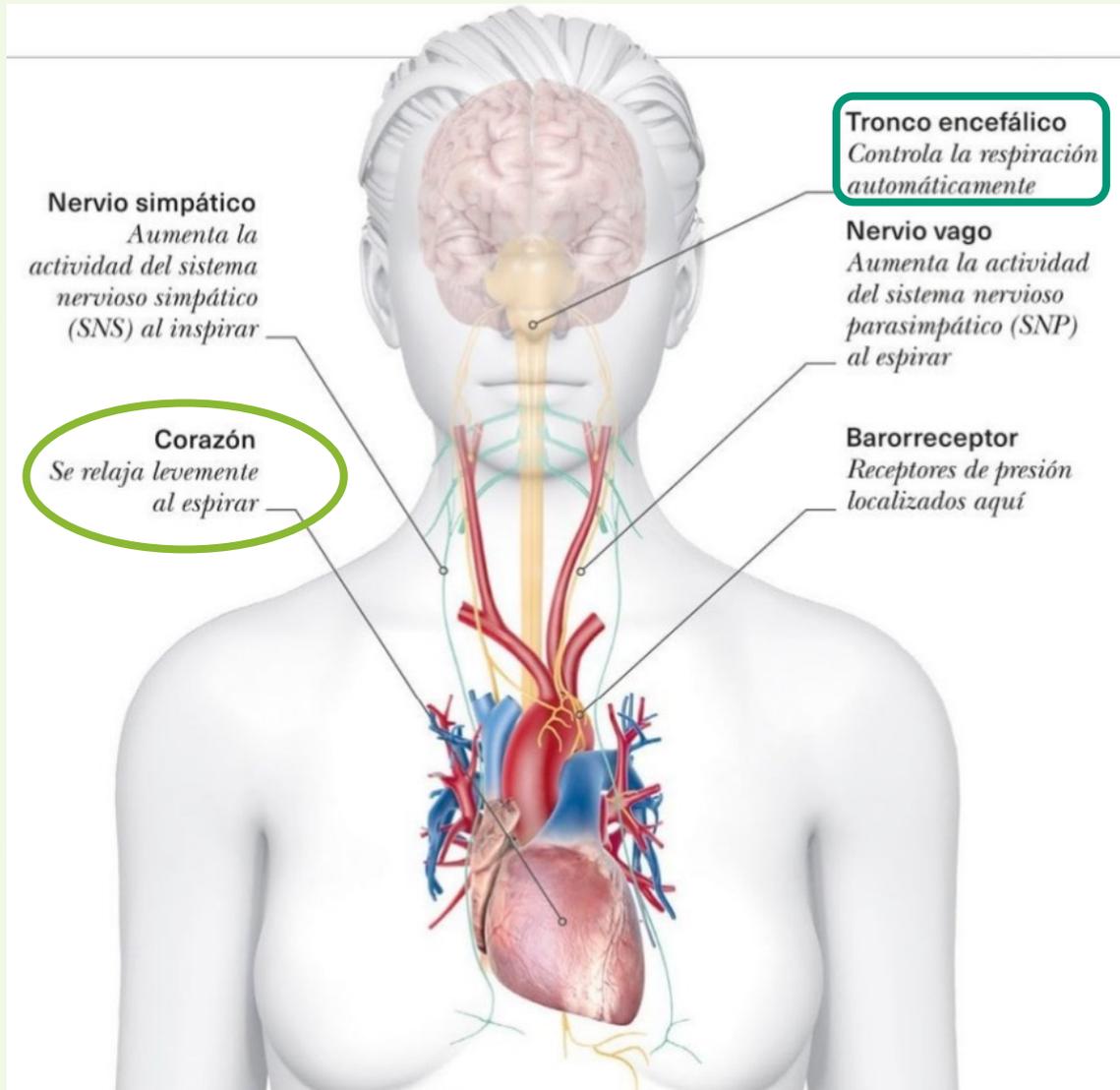


- M. Intercostales internos y íntimos
- Recto del abdomen.
- Oblicuos y transversos del abdomen.
- Serrato posterior inferior.
- *Suelo pélvico*

*Uddiyana bandha*

*Mula bandha*

## 4. SISTEMA RESPIRATORIO.

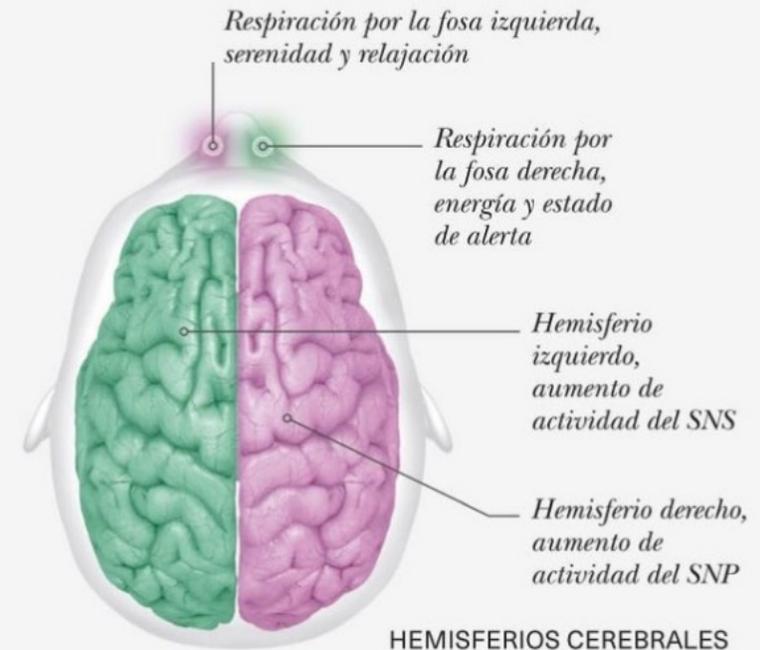


Respiración: punto de acceso para regular el sistema nervioso



### Dos fosas nasales, dos hemisferios

Cada mitad del cuerpo está controlada por el hemisferio contrario del cerebro; es decir, el brazo izquierdo lo controla la mitad derecha del cerebro. Lo mismo ocurre con las fosas nasales. Esto puede tener implicaciones, como un leve aumento general de la actividad del SNS cuando respiramos por la fosa nasal derecha y del SNP cuando lo hacemos por la izquierda, aunque las pruebas no son definitivas.



# 5. SISTEMA NERVIOSO.

## SISTEMA NERVIOSO CENTRAL

- Cerebro
- Médula espinal

## SISTEMA NERVIOSO PERIFÉRICO

- Nervios periféricos

### SNP Somático

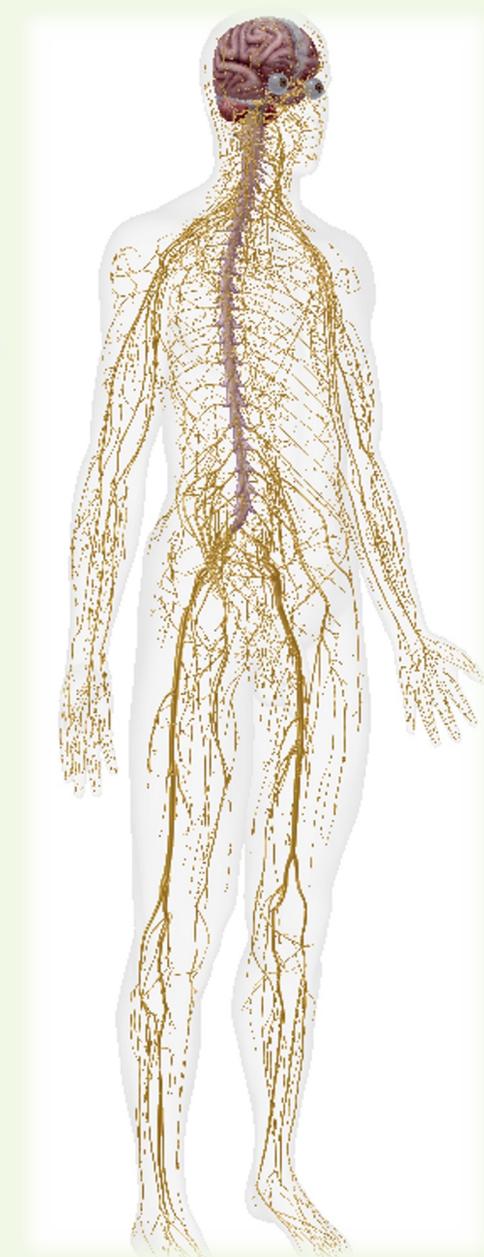
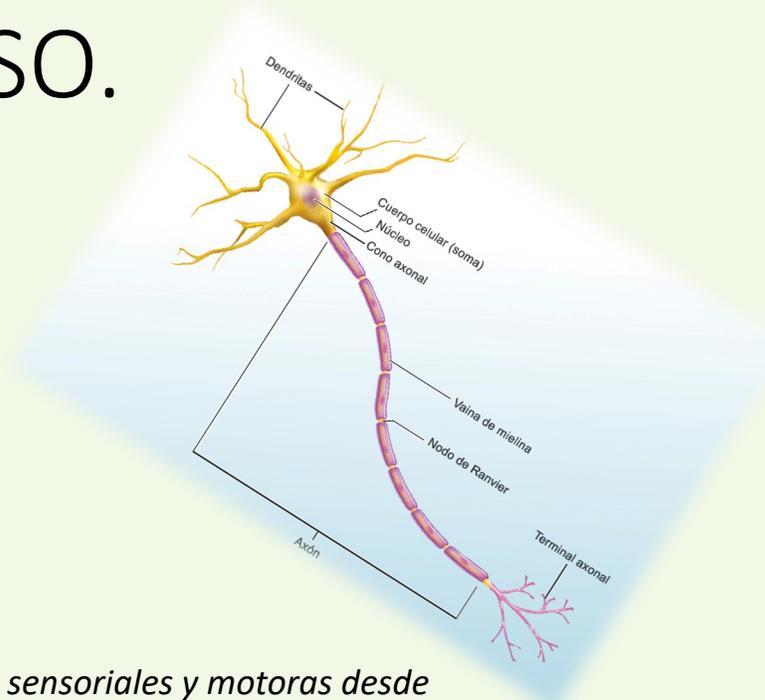
*Transmite señales sensoriales y motoras desde y hacia cerebro y la médula espinal*

### SNP Autónomo

SNP A Simpático

SNP A Parasimpático

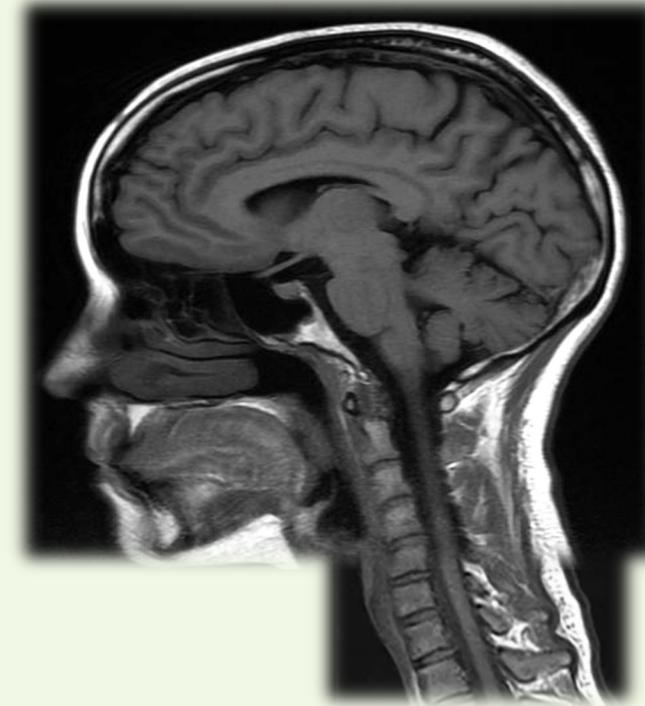
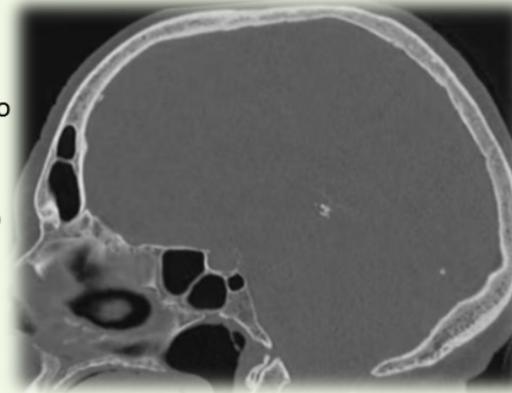
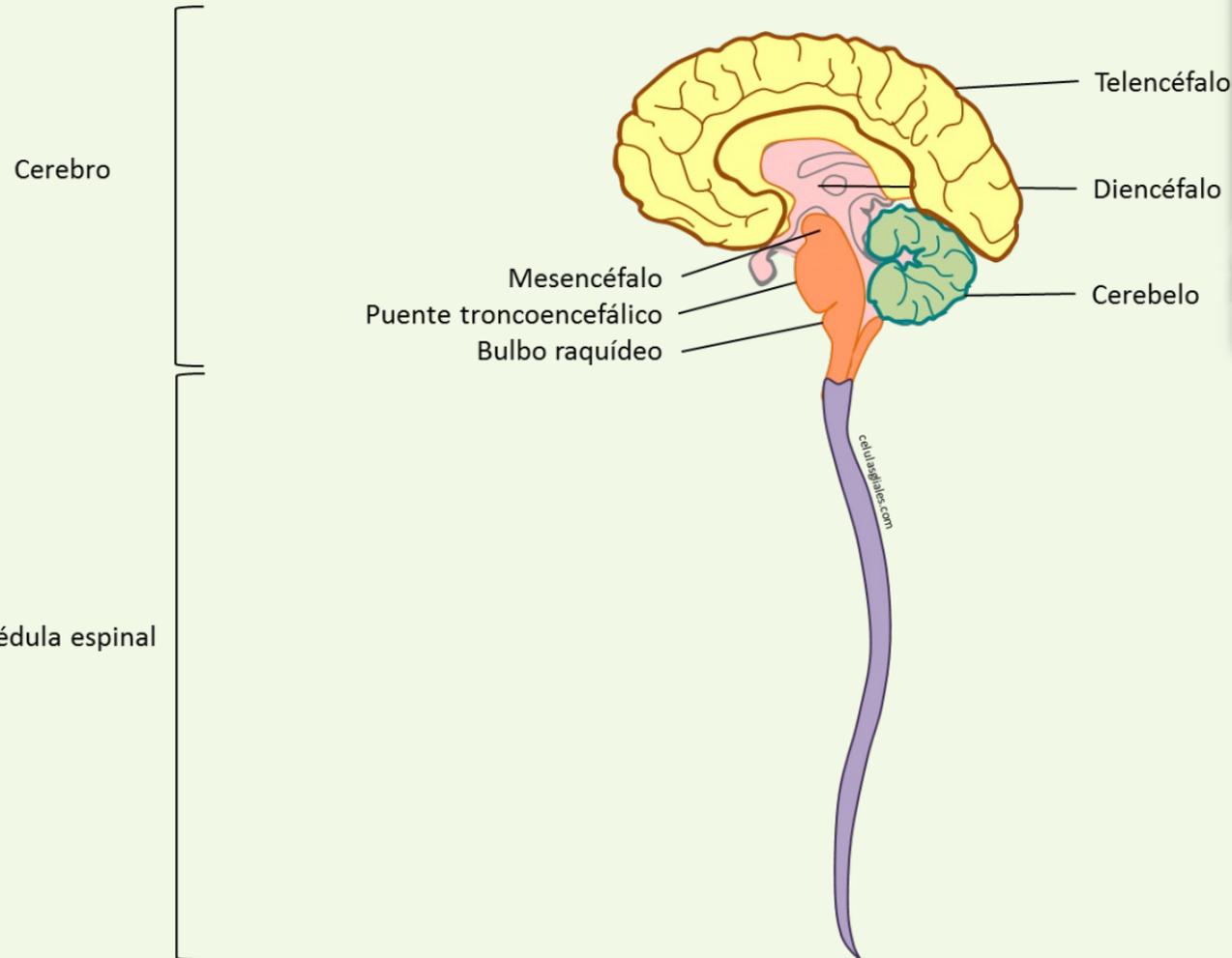
*“Piloto automático” : latido del corazón, respiración, digestión, excreción...*



# 5. SISTEMA NERVIOSO.

## SISTEMA NERVIOSO CENTRAL

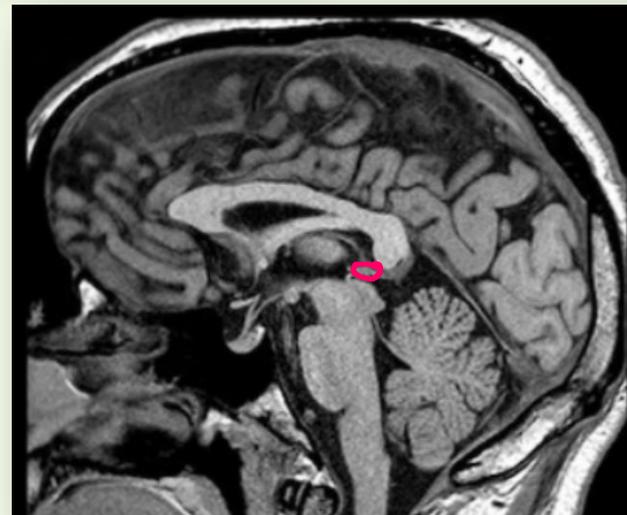
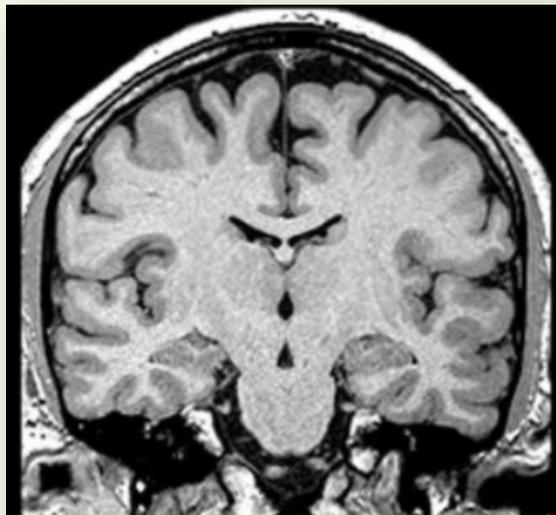
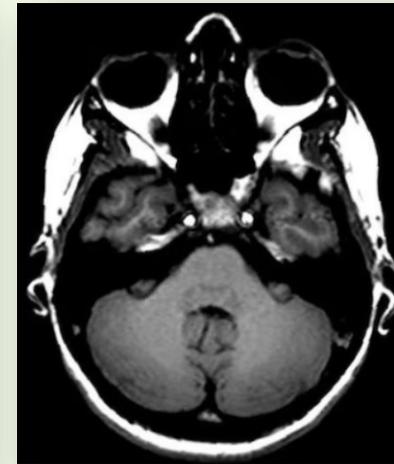
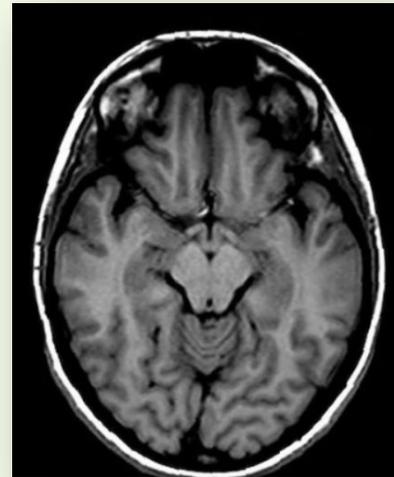
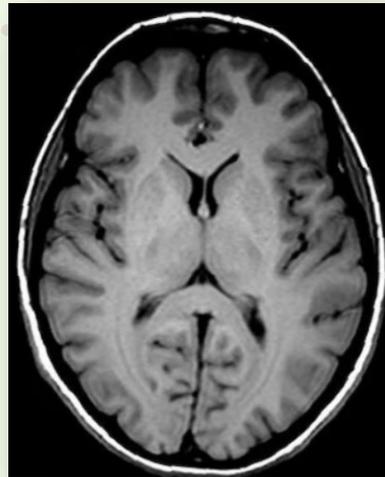
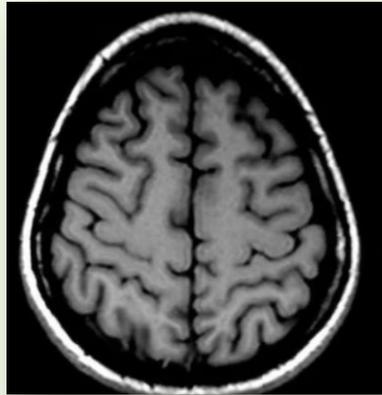
- Cerebro
- Médula espinal



## 5. SISTEMA NERVIOSO.

### SISTEMA NERVIOSO CENTRAL

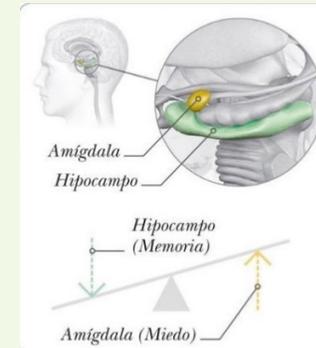
- Cerebro



# 5. SISTEMA NERVIOSO.

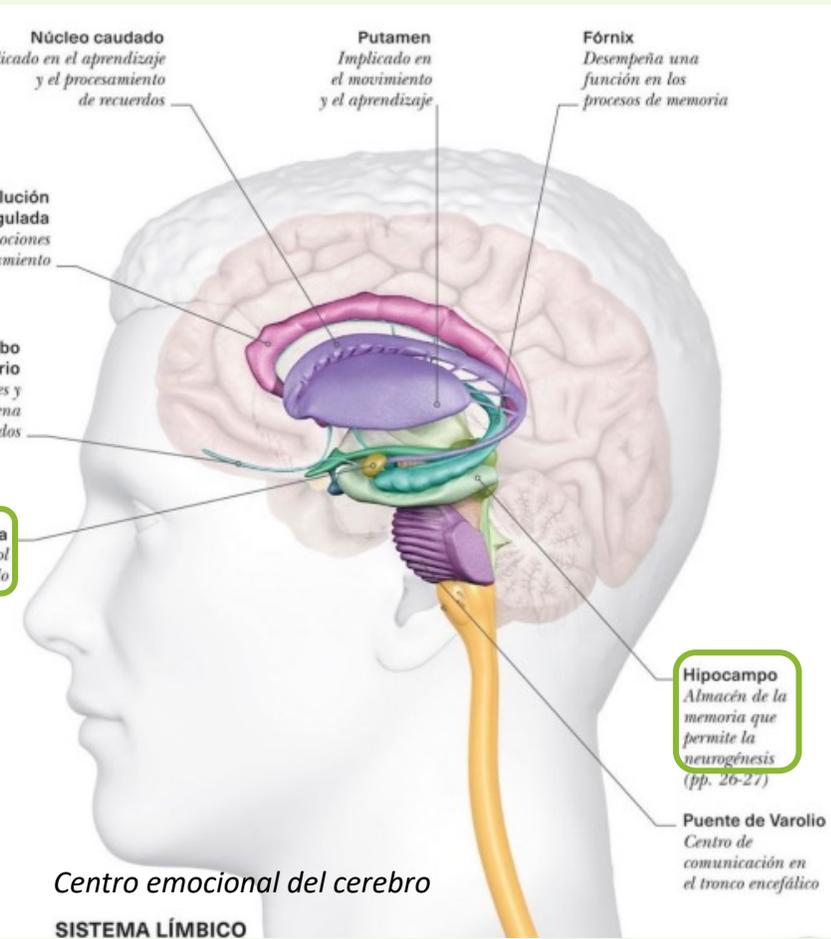
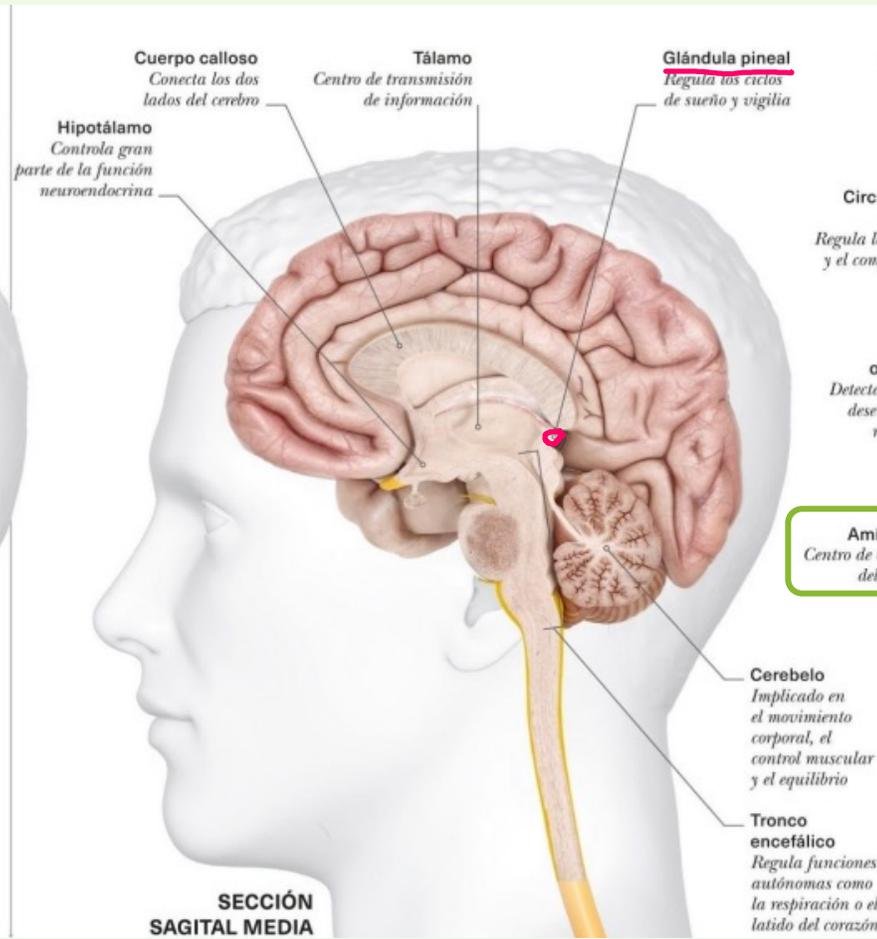
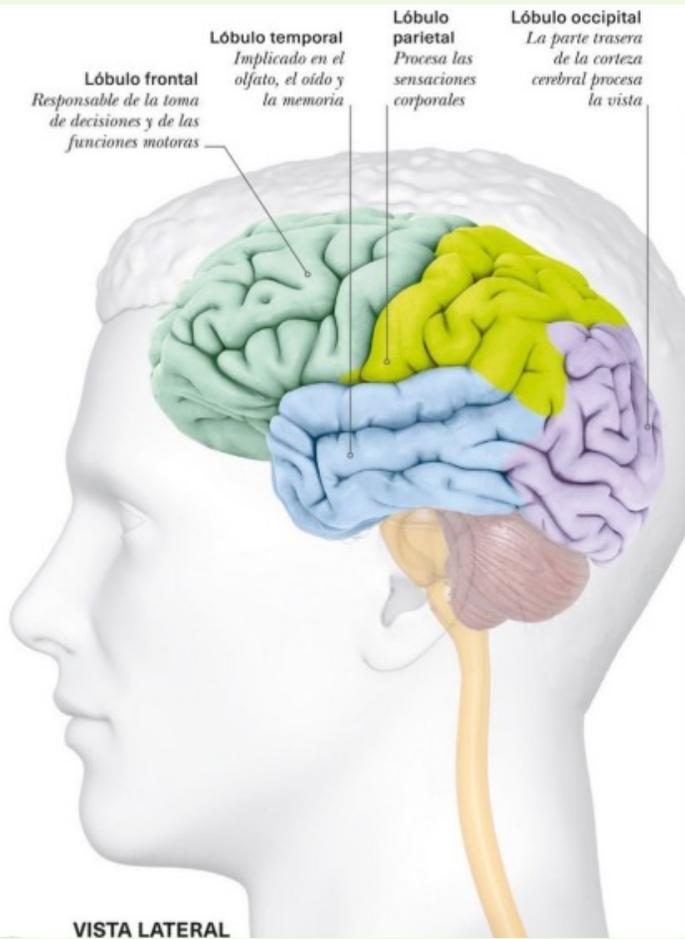
## SISTEMA NERVIOSO CENTRAL

- Cerebro
- Médula espinal



La práctica regular de yoga disminuye los niveles de cortisol

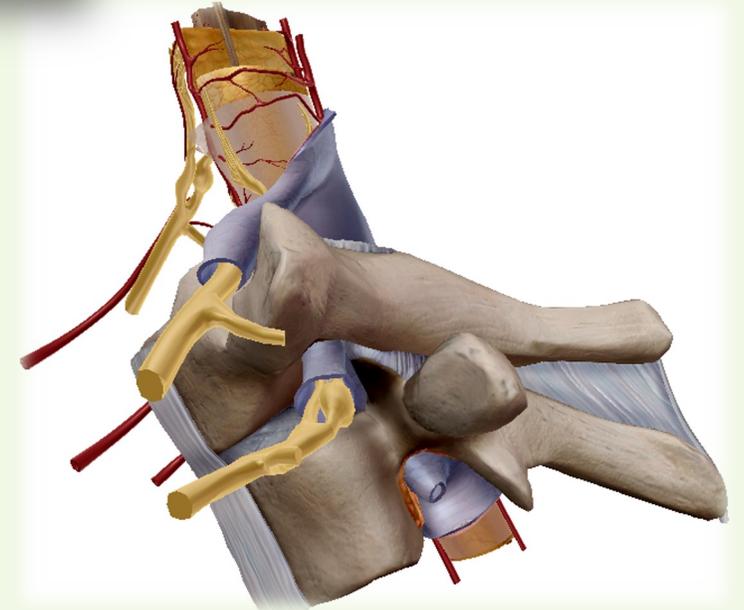
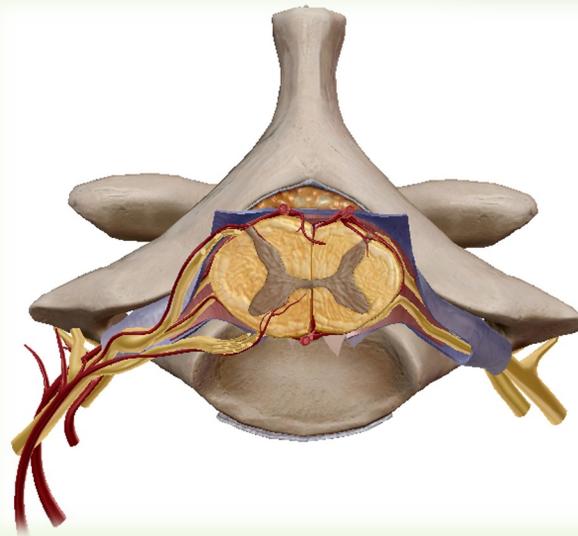
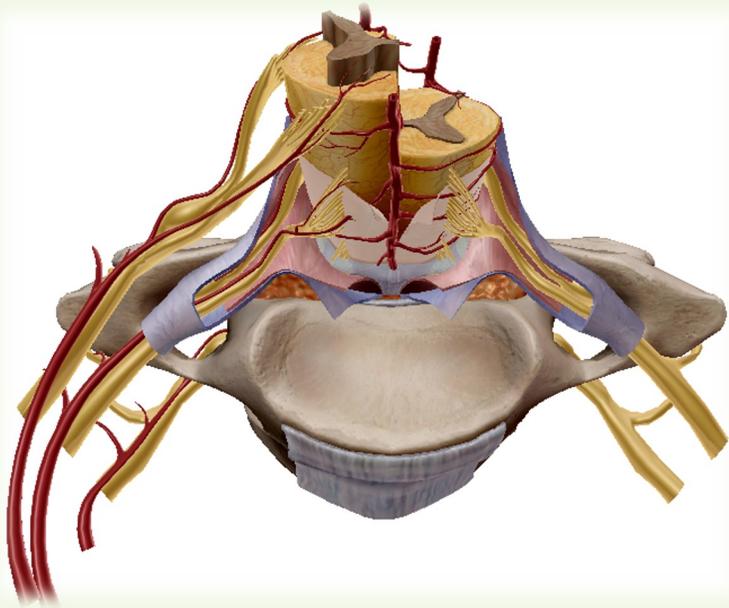
↑ Cortisol



# 5. SISTEMA NERVIOSO.

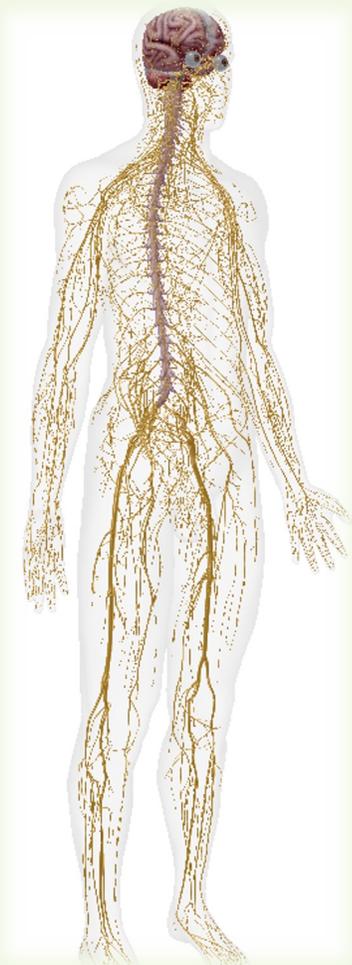
## SISTEMA NERVIOSO CENTRAL

- Cerebro
- Médula espinal

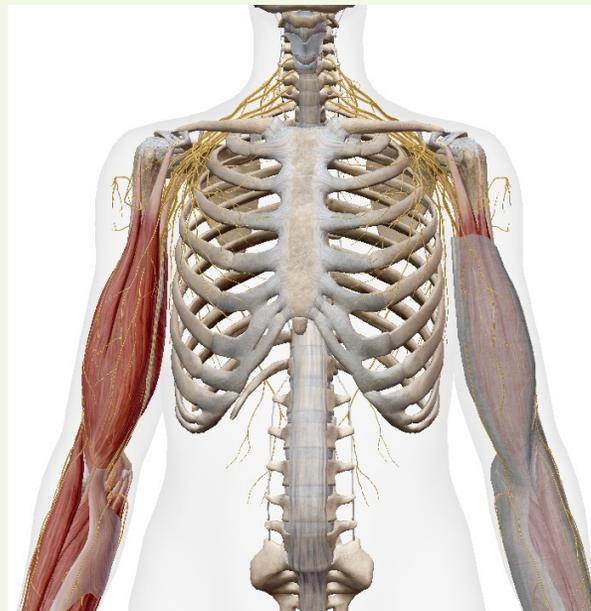
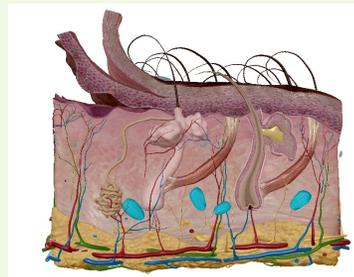


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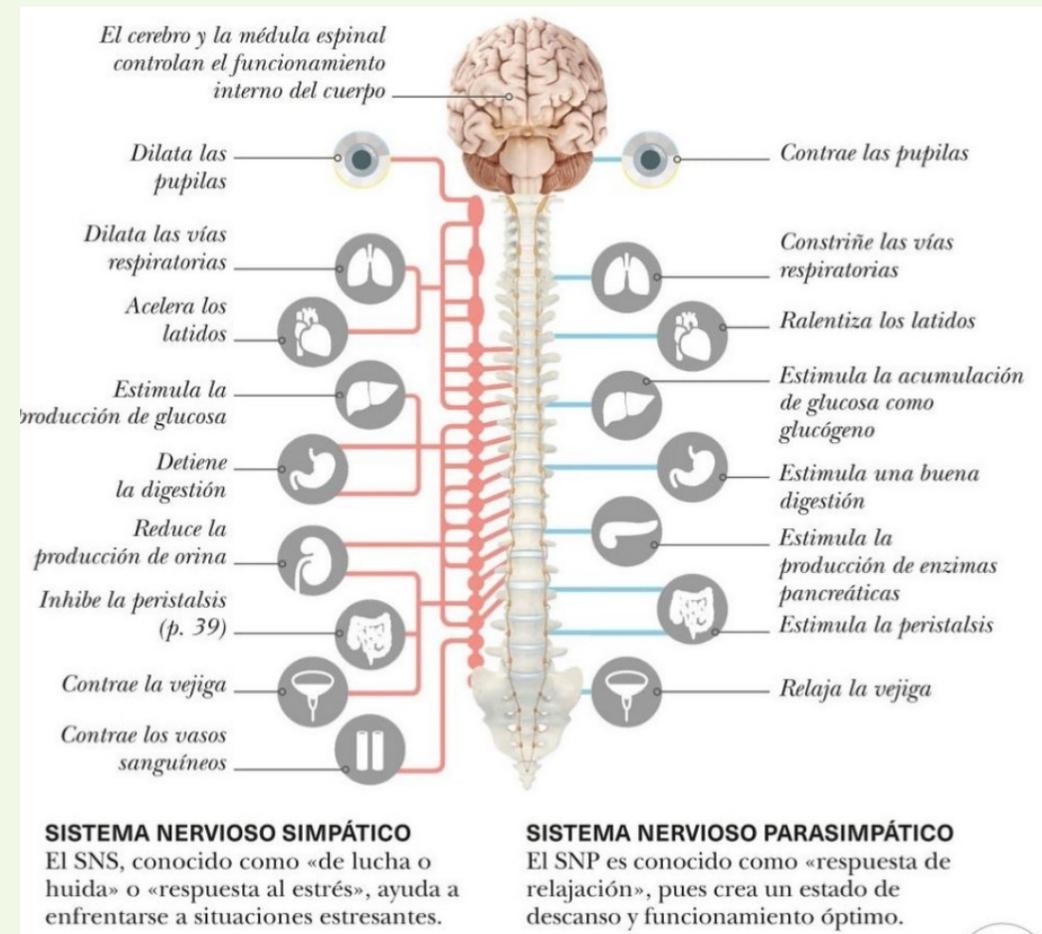
## SISTEMA NERVIOSO PERIFÉRICO



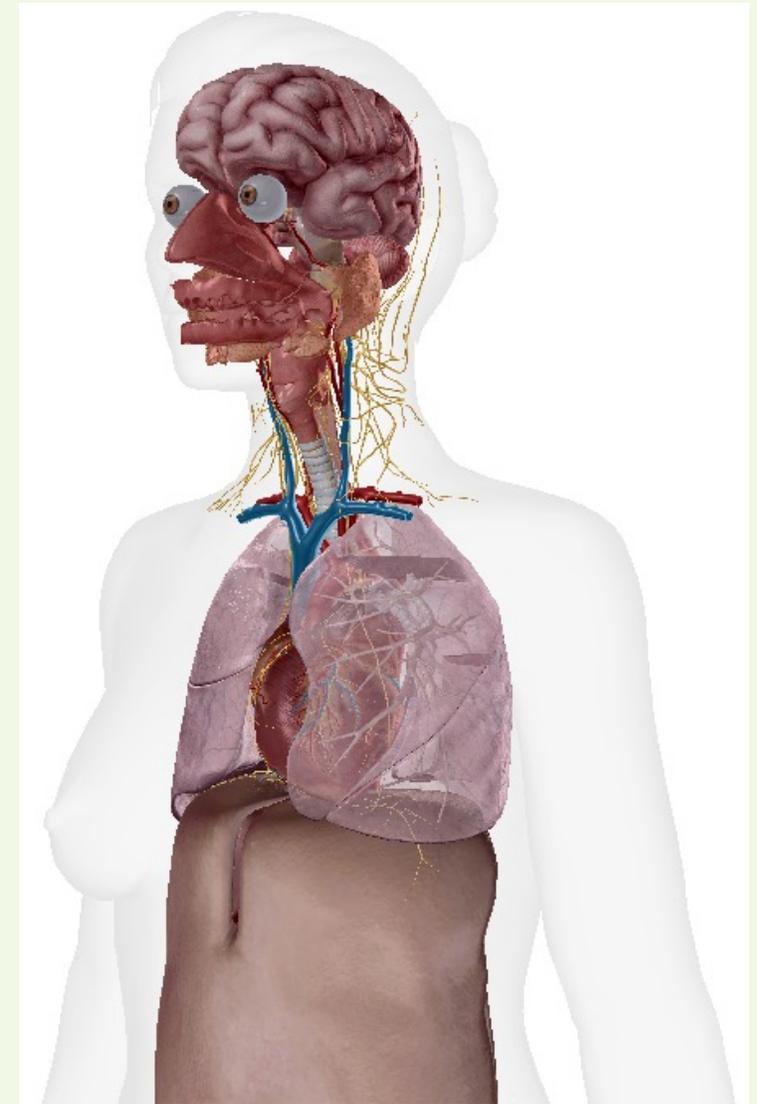
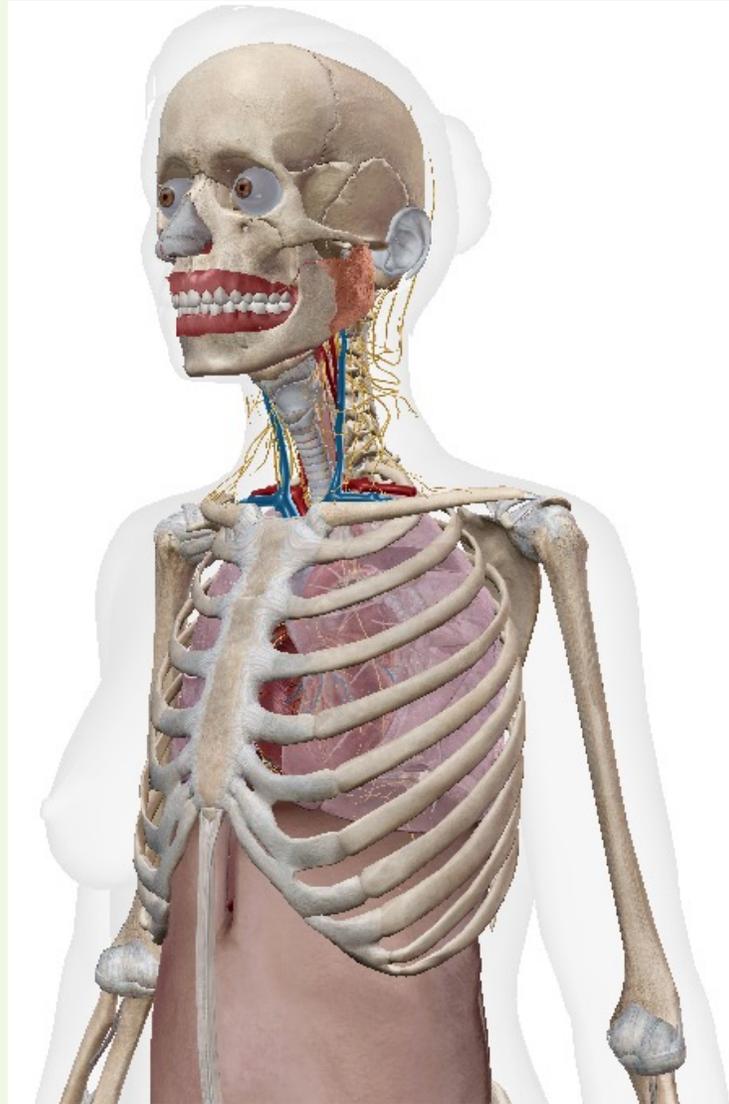
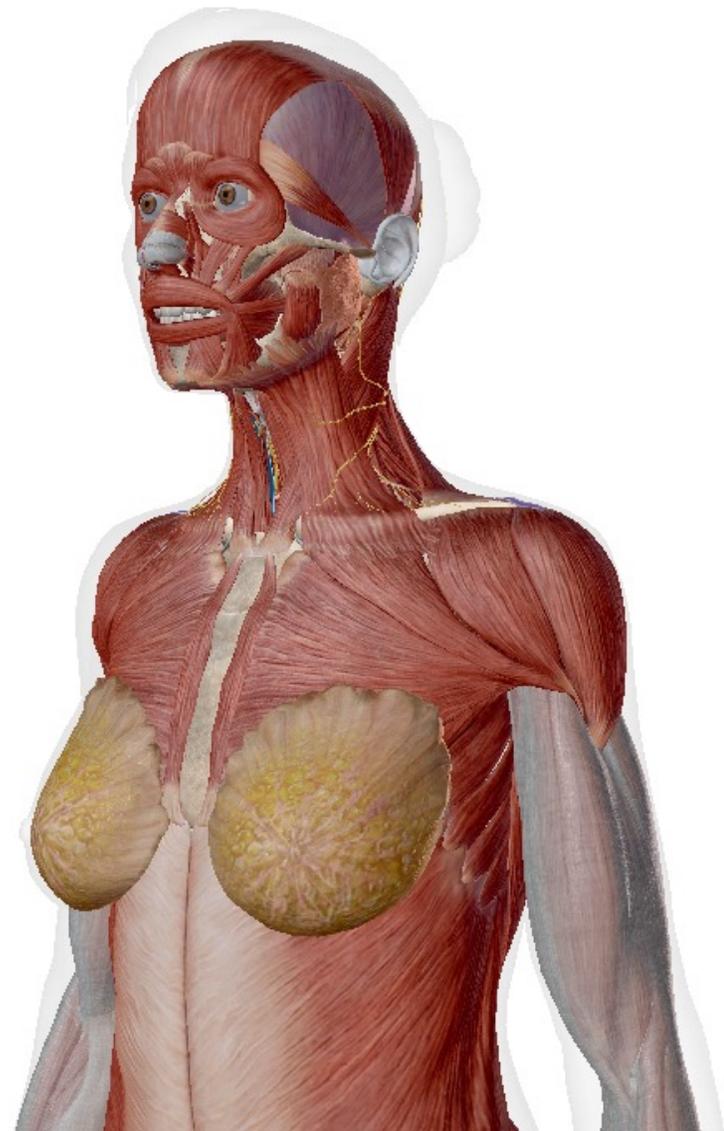
## SNP Somático



## SNP Autónomo

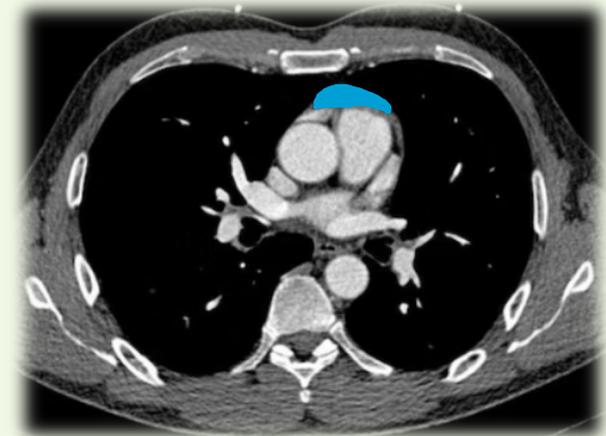
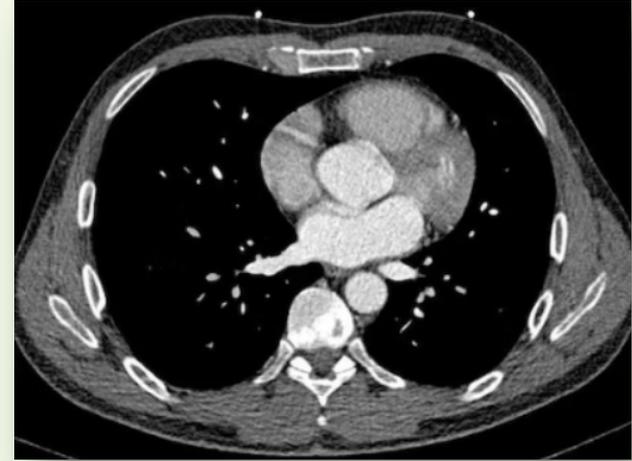
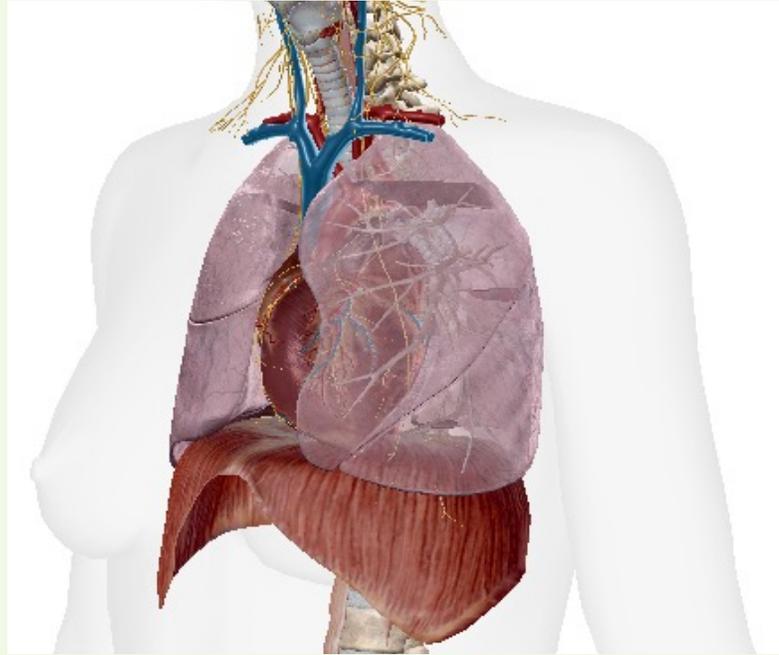
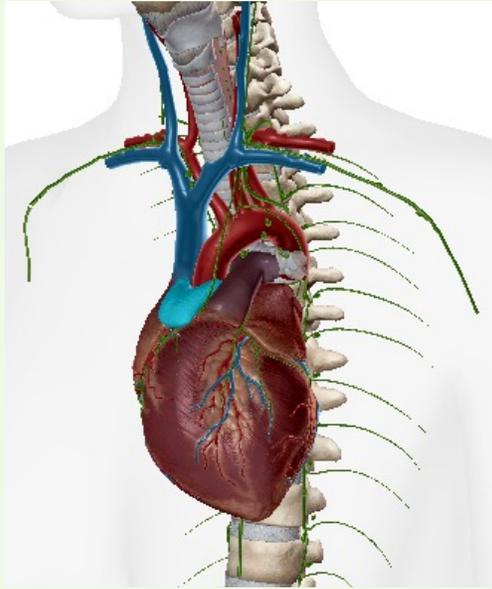


*V Formación de Profesores de Yoga – Annamaya Kosha: el cuerpo físico. Bases anatómicas.*

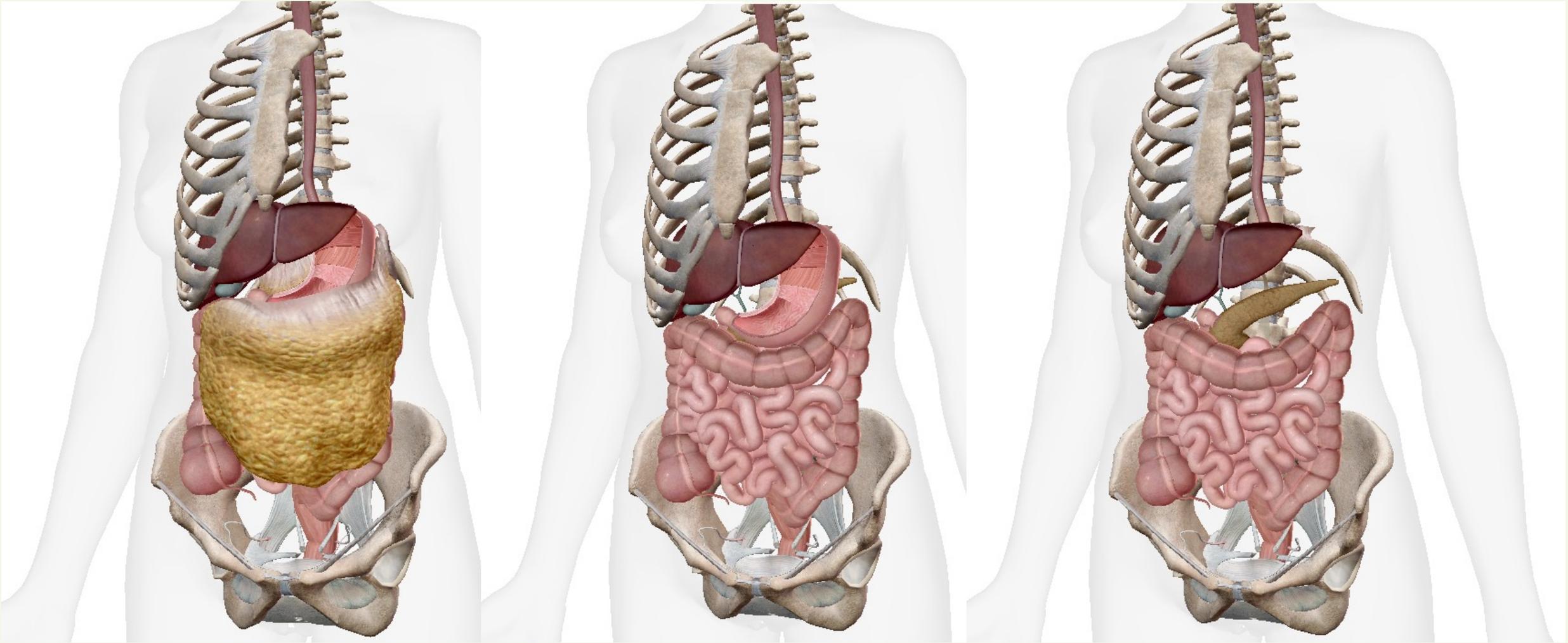


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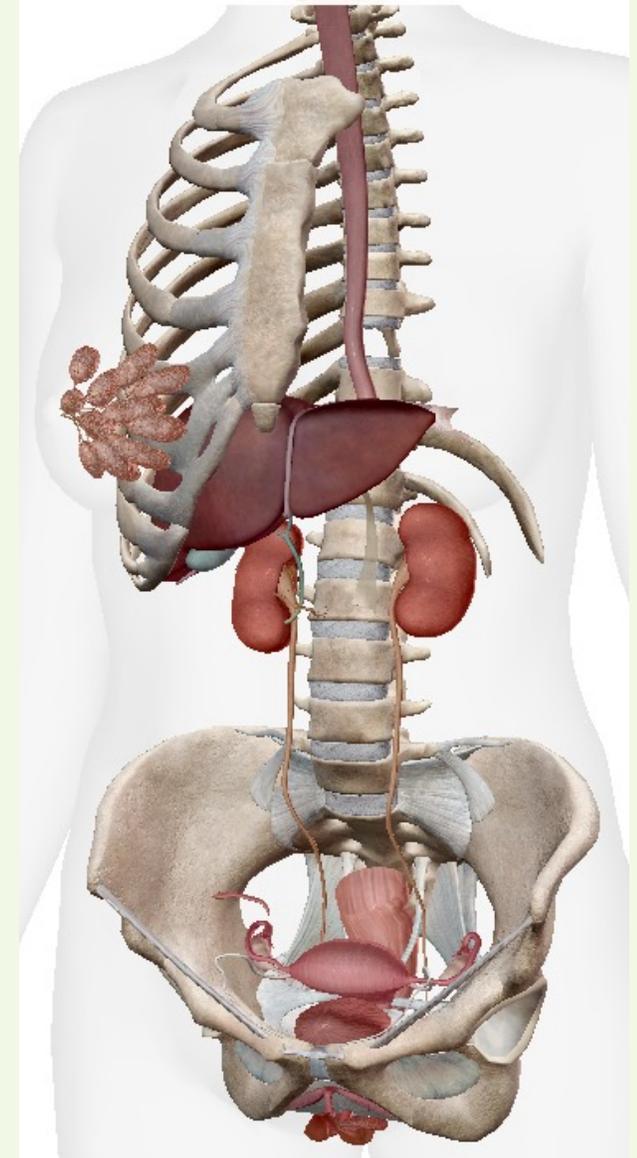
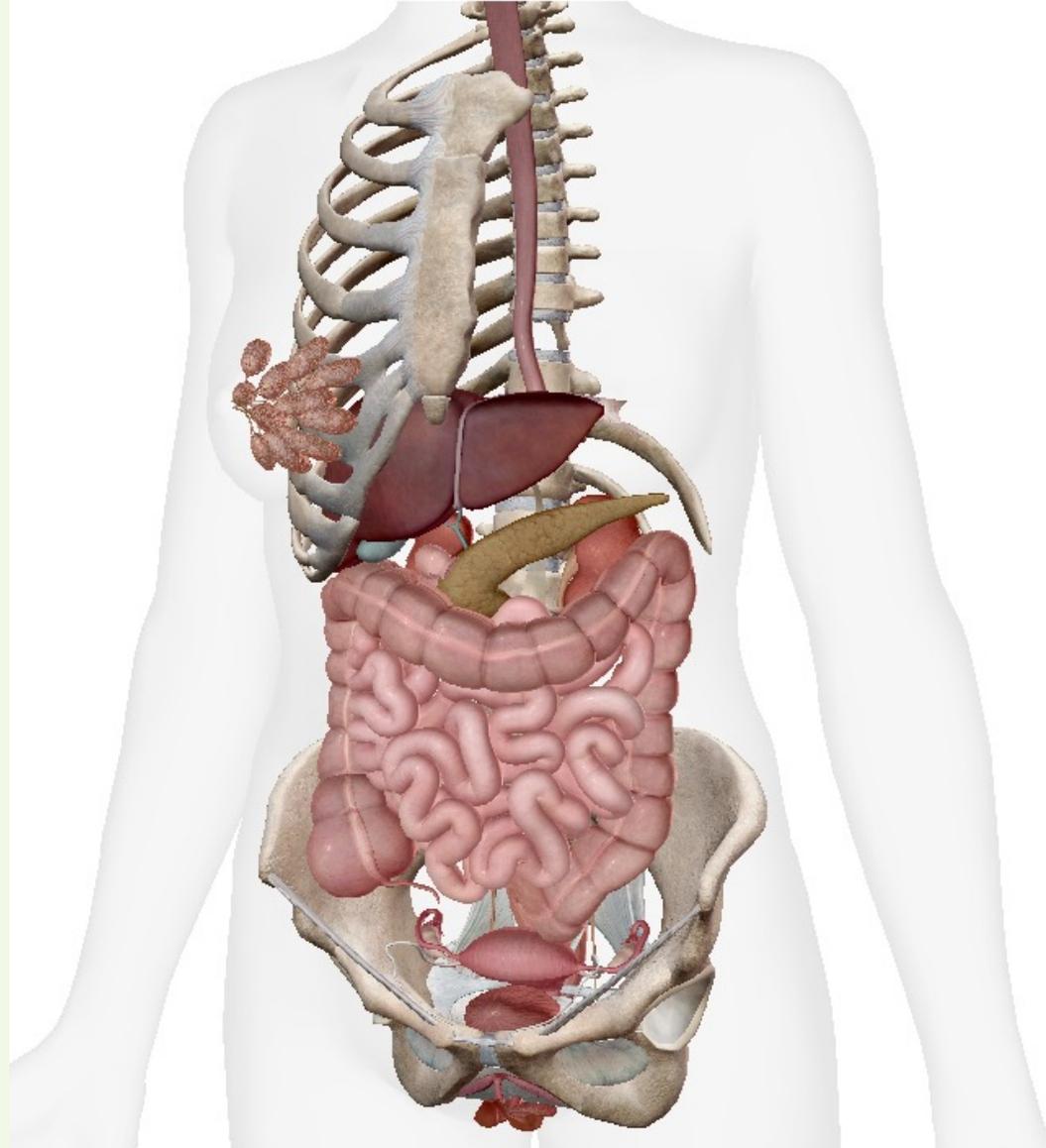
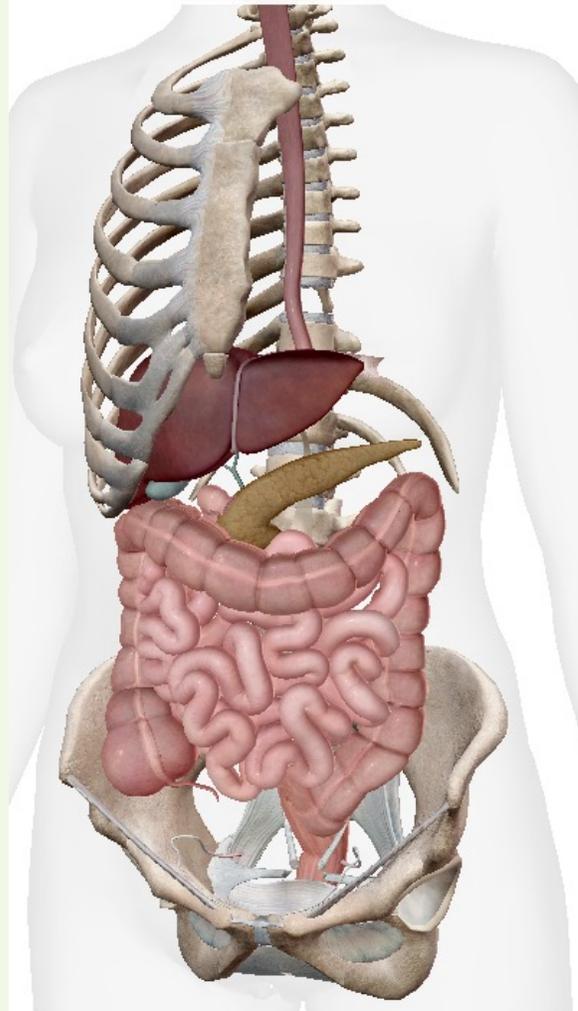
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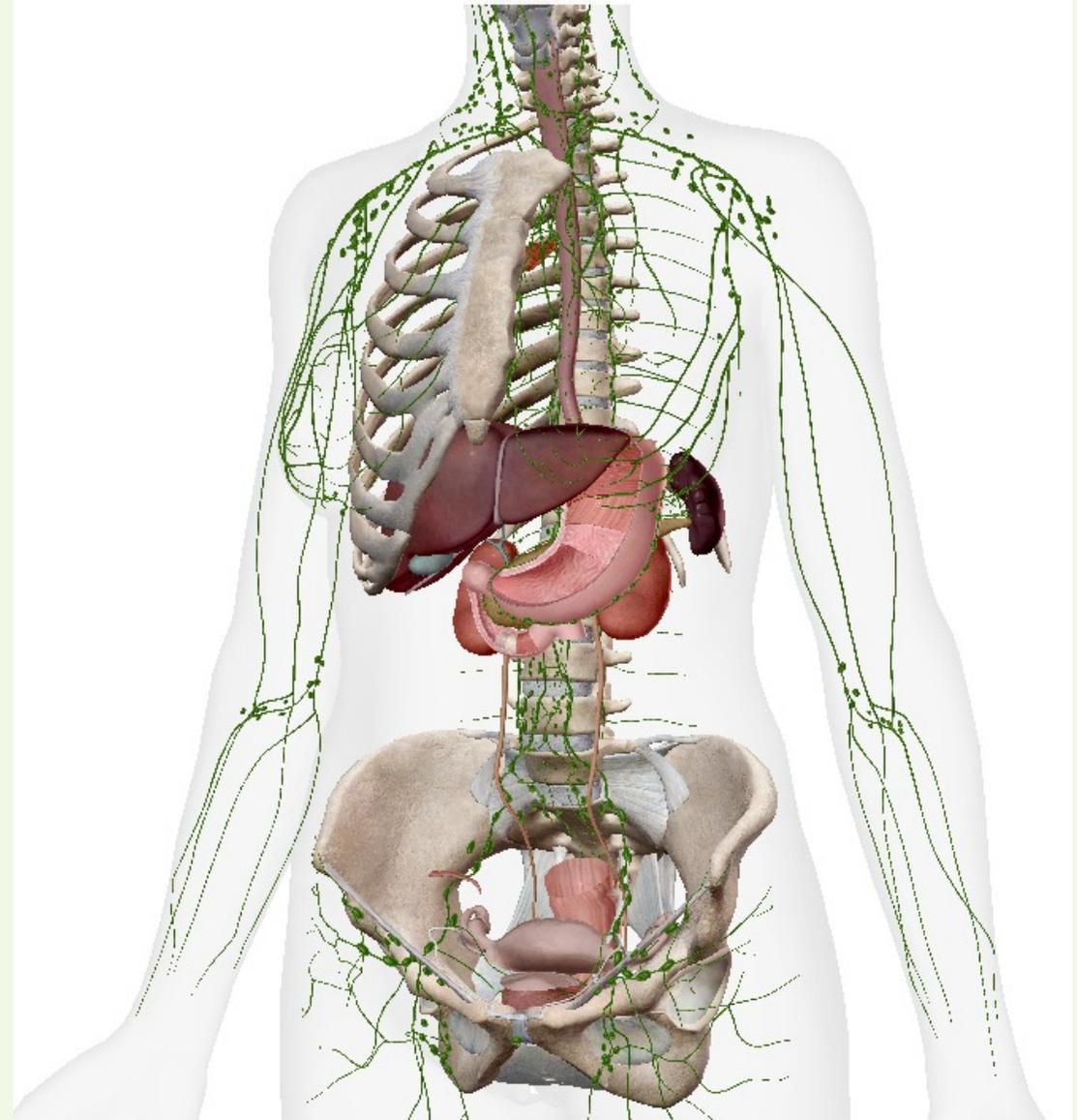
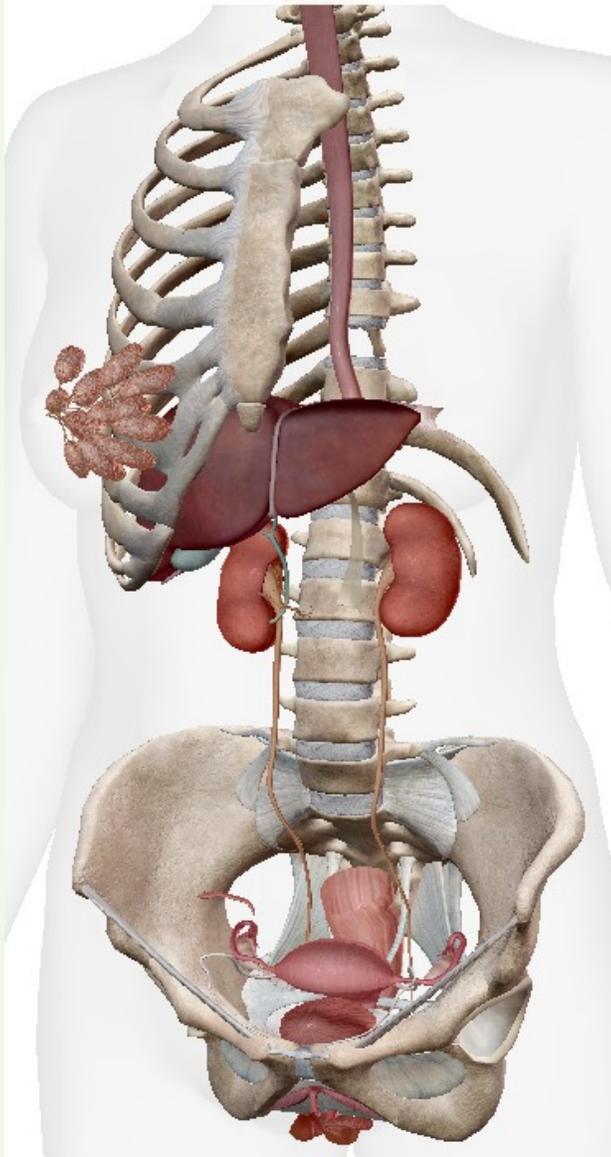
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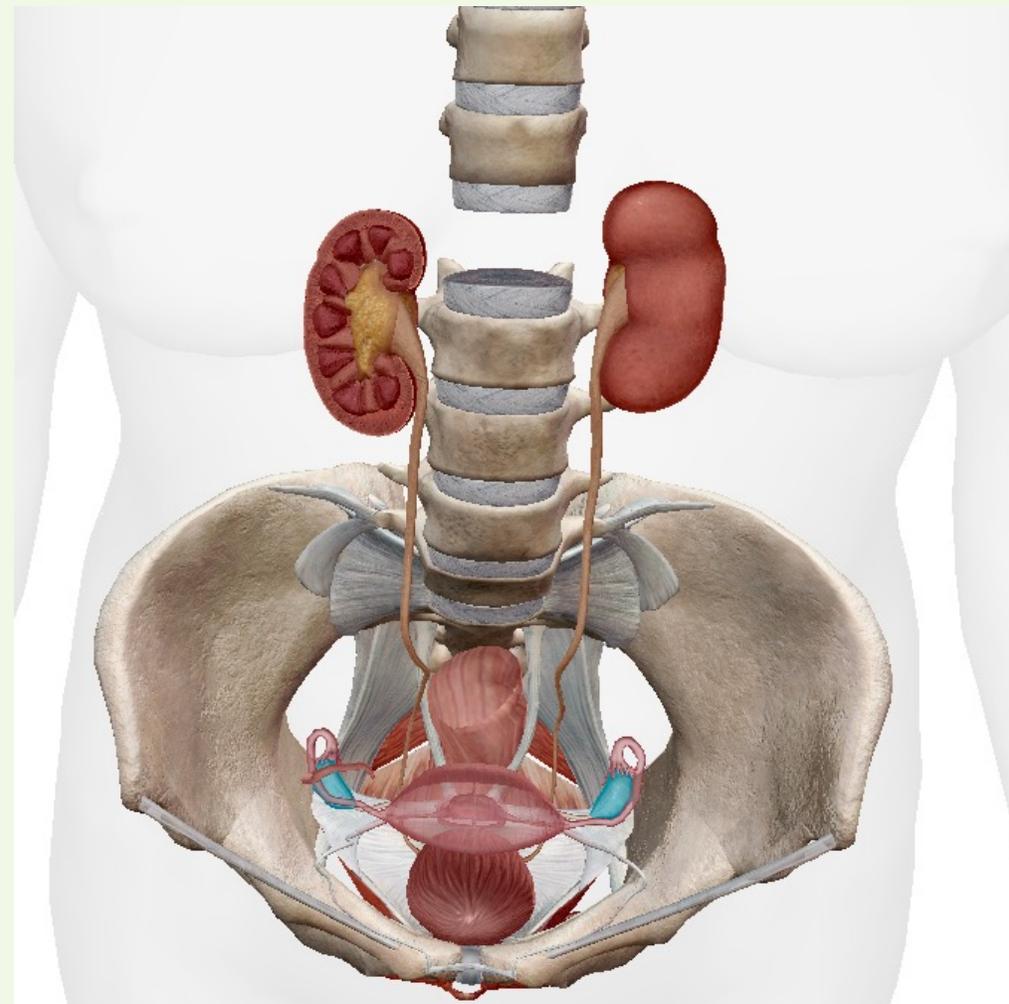
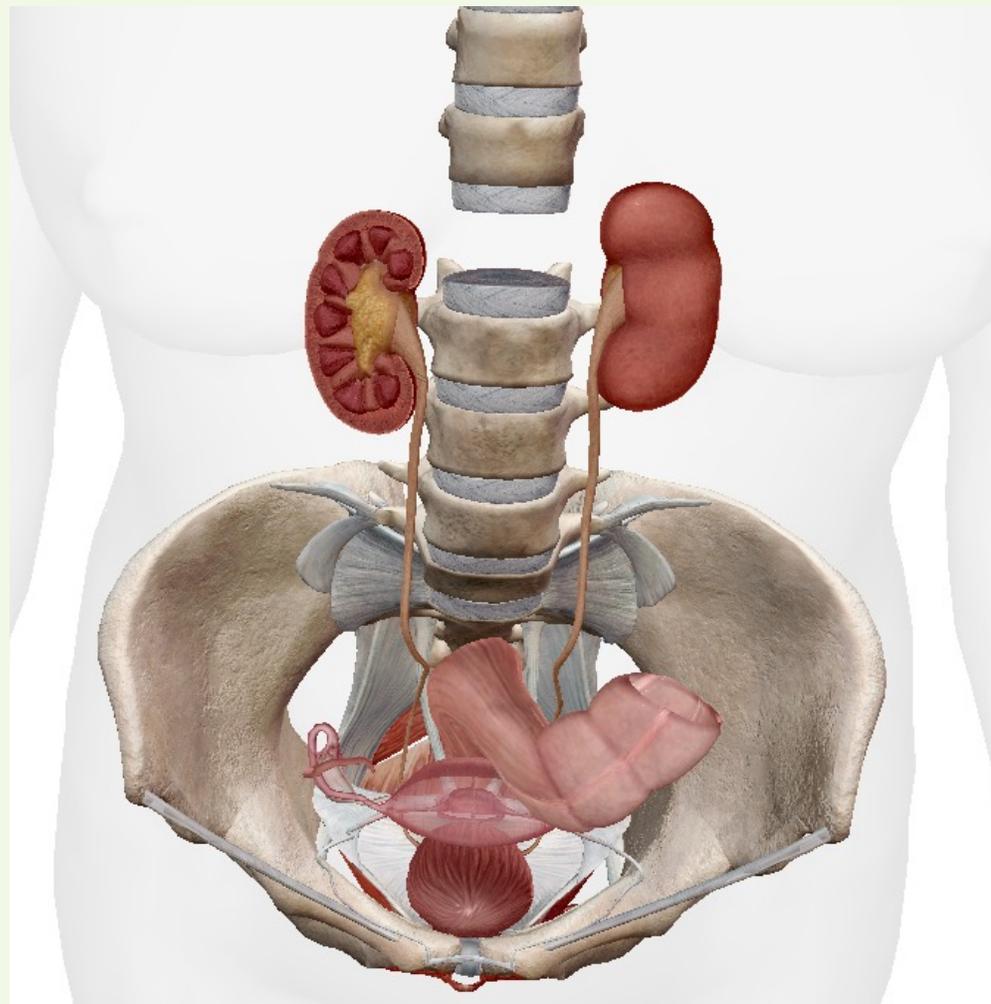
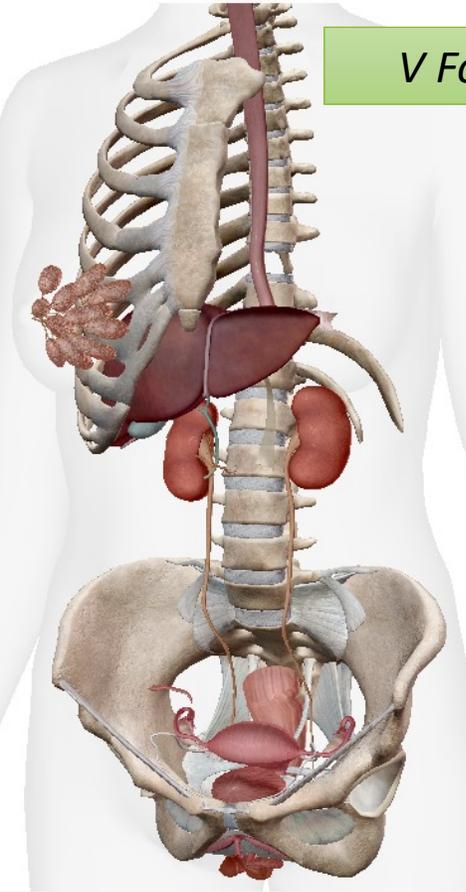
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