



“

PERSPEKTIF AGAMA ISLAM DAN PERAN SISTIM SARAF OTONOM DALAM OLAHRAGA

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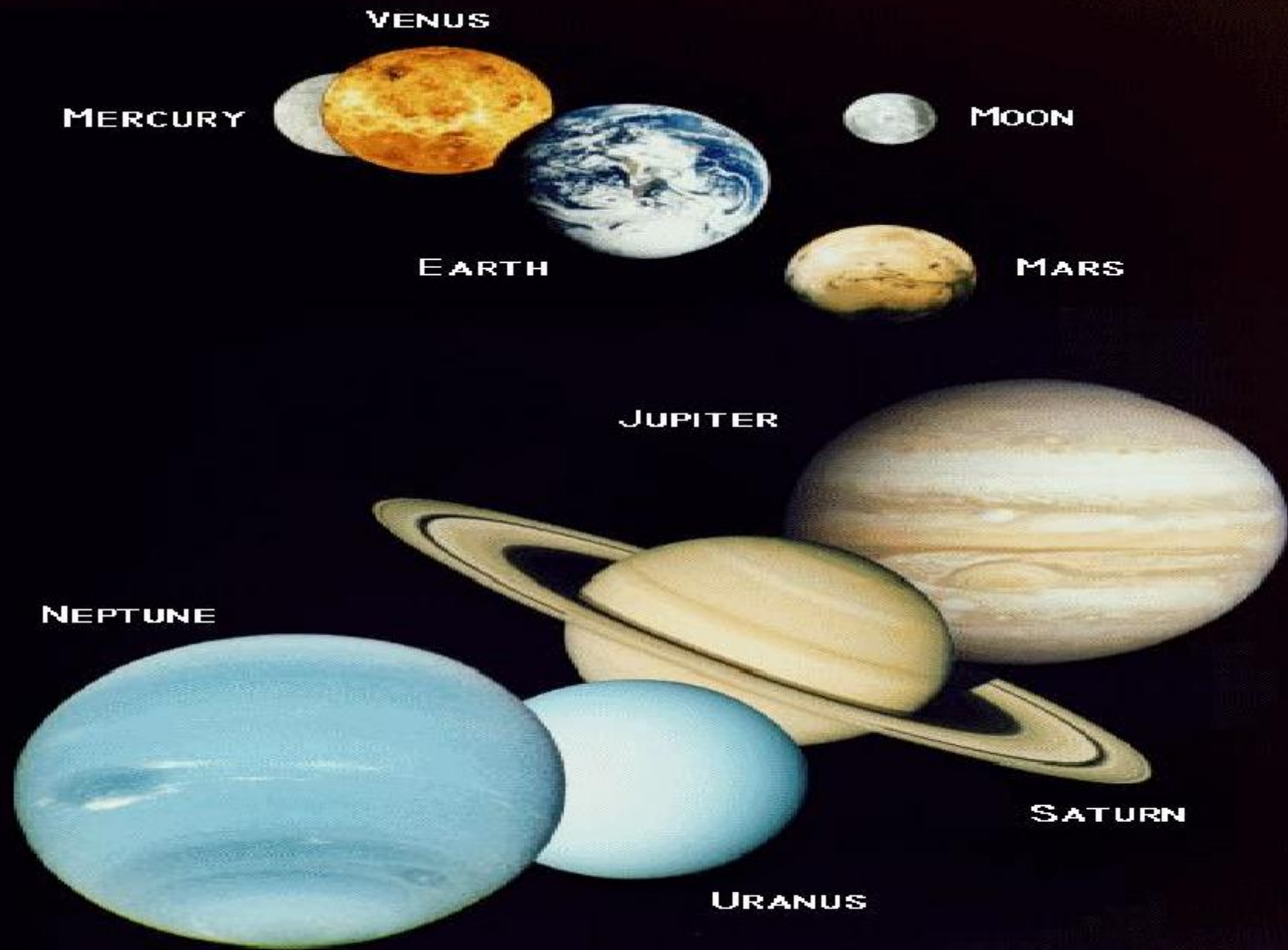
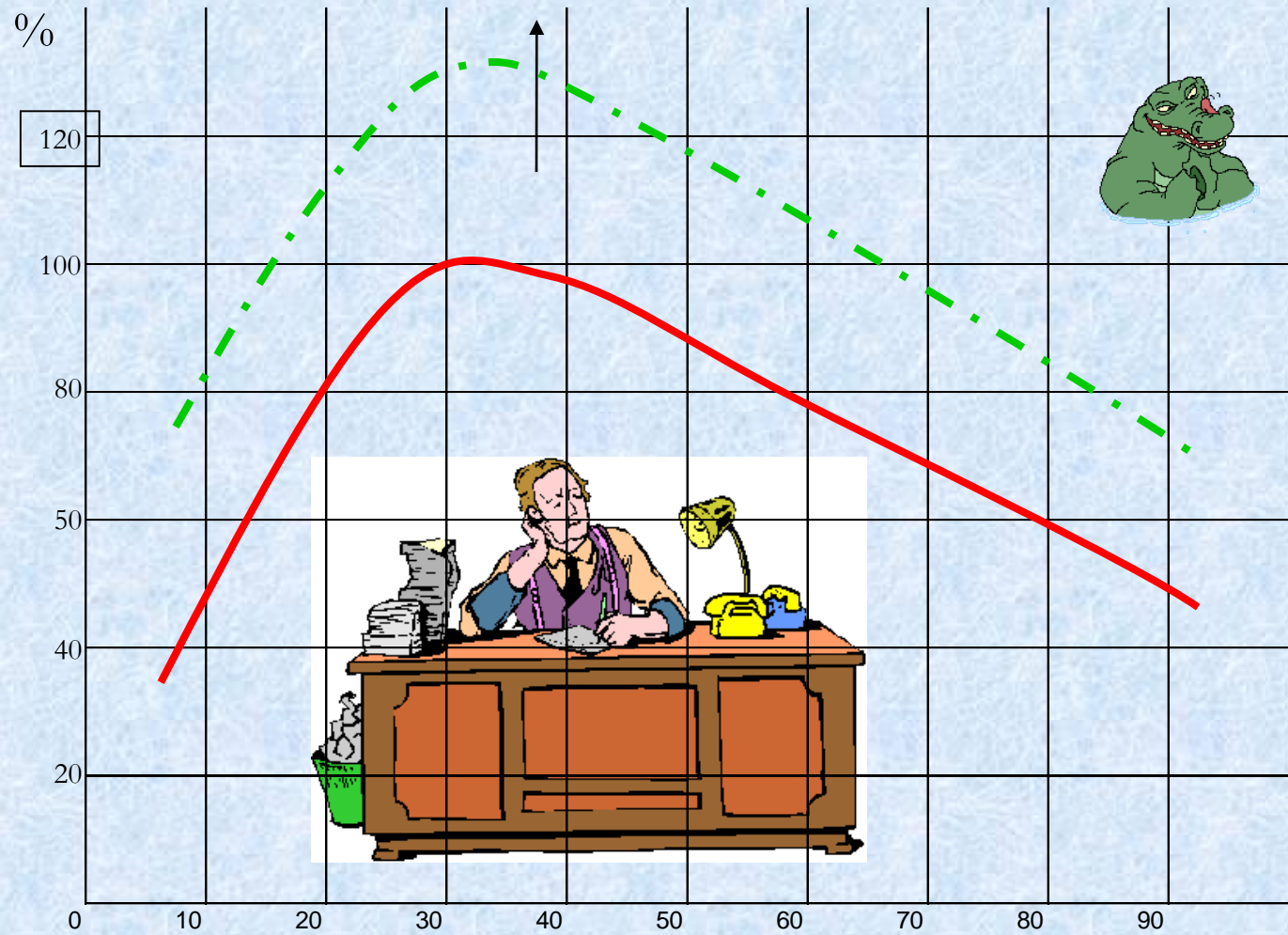


Fig. NASA'S Photo of The Planets and The Moon



General Level of Physiologic Function



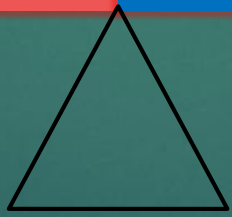
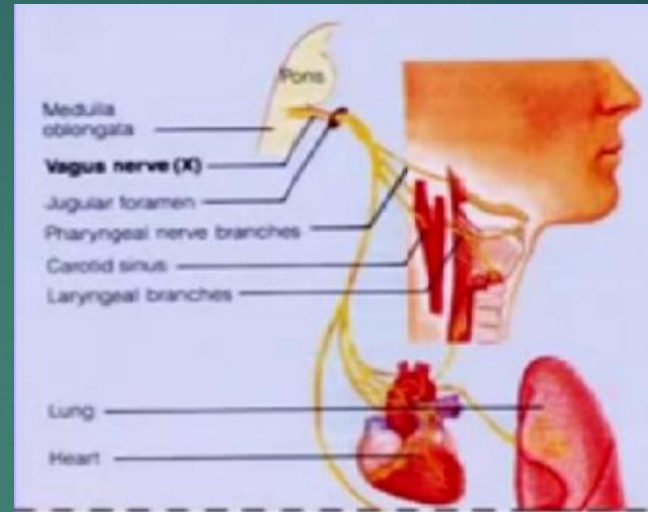
— · — Active Person
— Sedentary Person



Supra-diaphragmatic
vagus



SNS, HPA (stress) Axis



Sub-diaphragmatic
vagus

Polyvagal Theory: Phylogenetic Stages of Neural Control

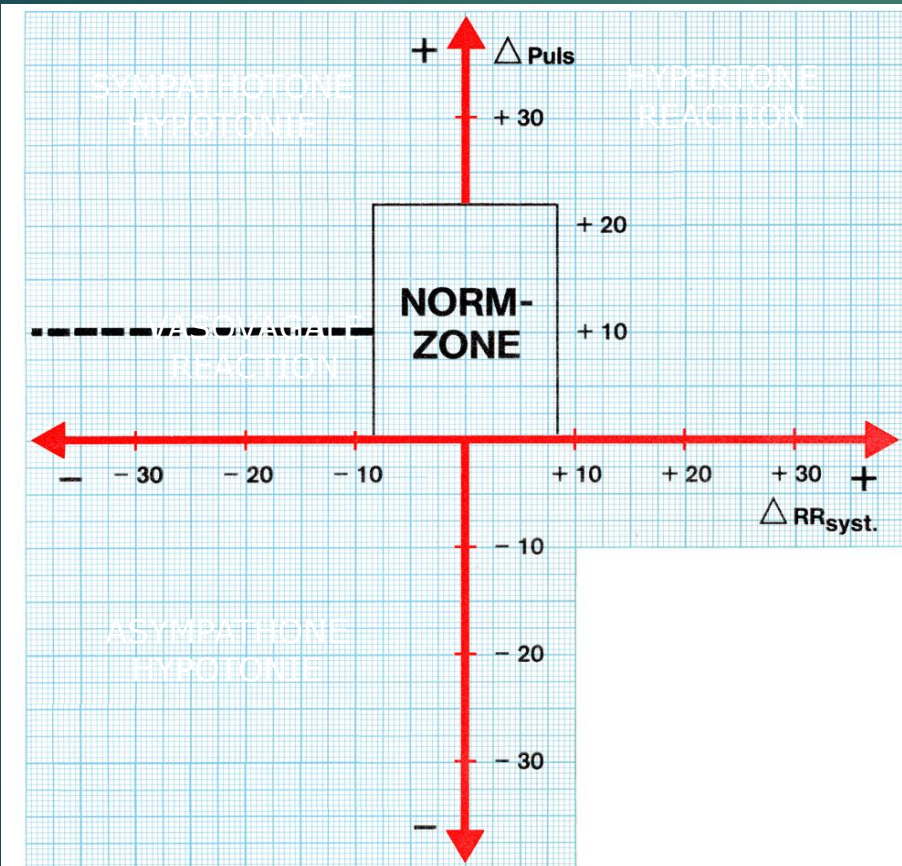
| Stage | ANS Component | Behavioral Function | Lower motor neurons |
|-------|--|---|-----------------------------------|
| III | Myelinated vagus (VVC – <i>ventral vagal complex</i>) | Social communication, self-soothing and calming, inhibit sympathetic-adrenal influences | Nucleus ambiguus |
| II | Sympathetic-adrenal system (SNS – <i>sympathetic nervous system</i>) | Mobilization (active avoidance) | Spinal cord |
| I | Unmyelinated vagus (DVC – <i>dorsal vagal complex</i>) | Immobilization (death feigning, passive avoidance) | Dorsal motor nucleus of the vagus |



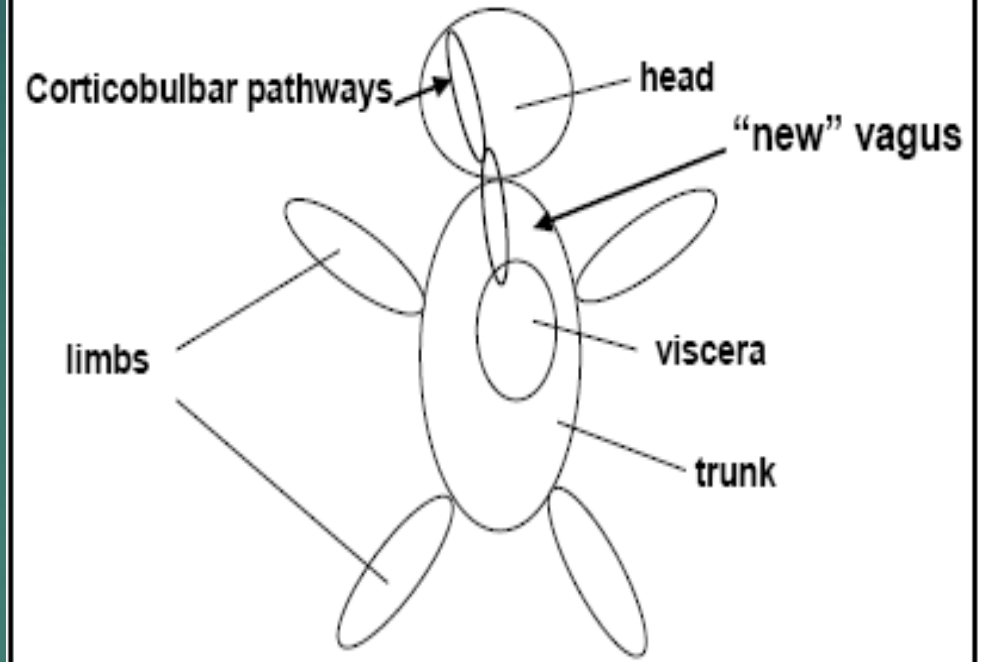
SCHELLONG TEST



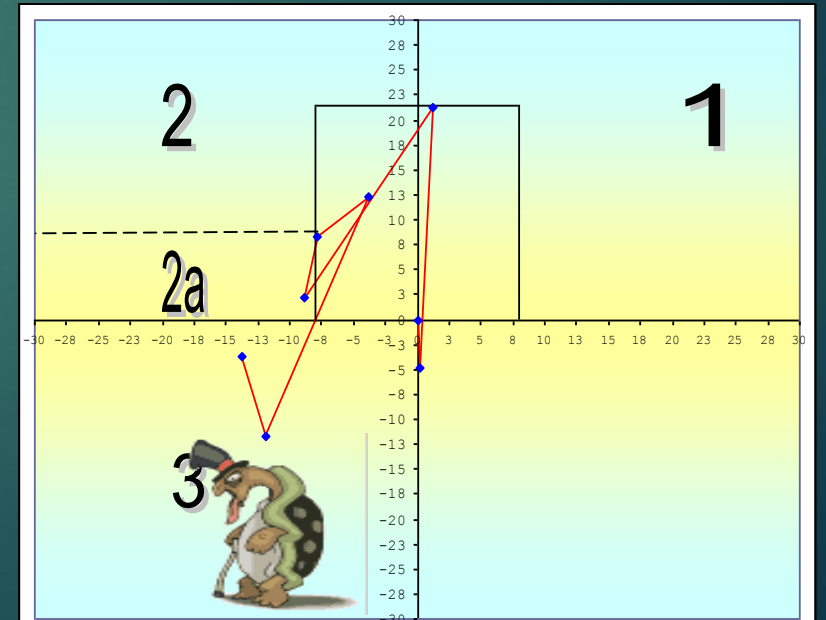
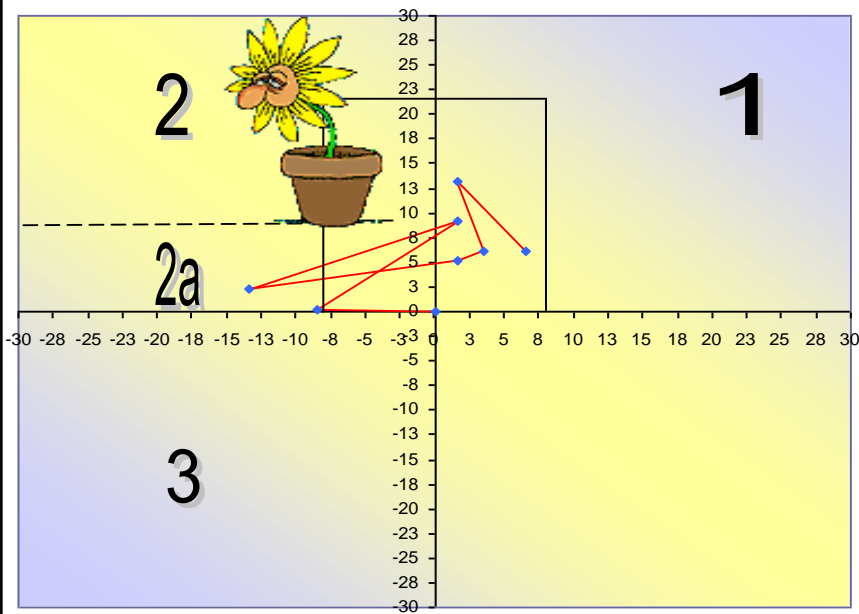
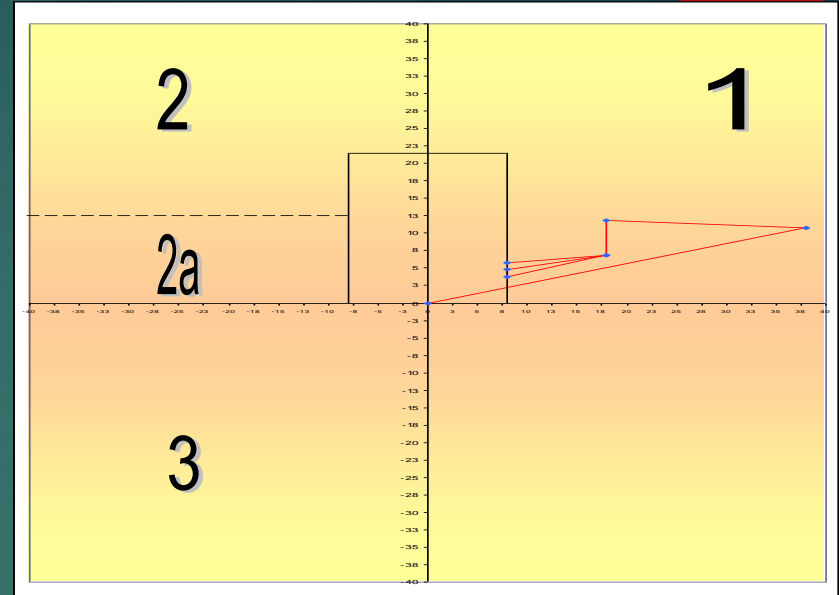
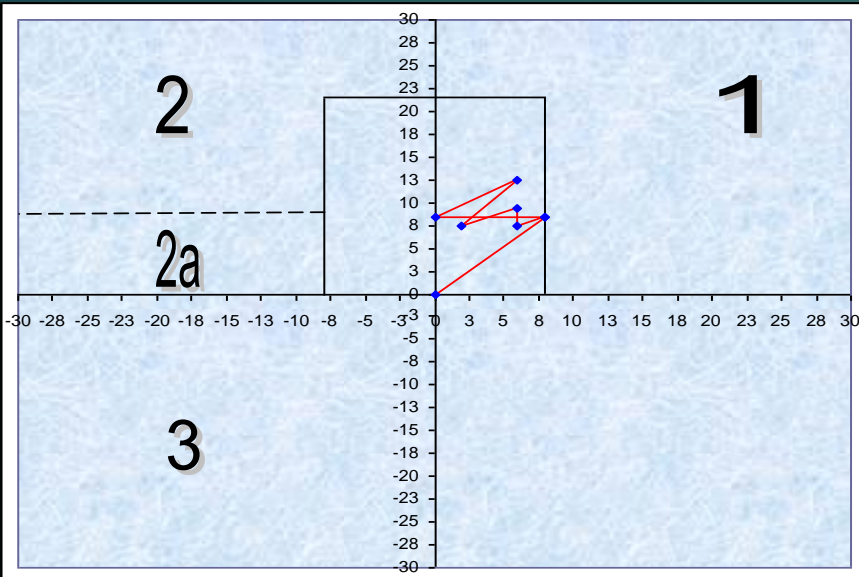
DIAGNOSE SCHEMA NACH THULESIUS

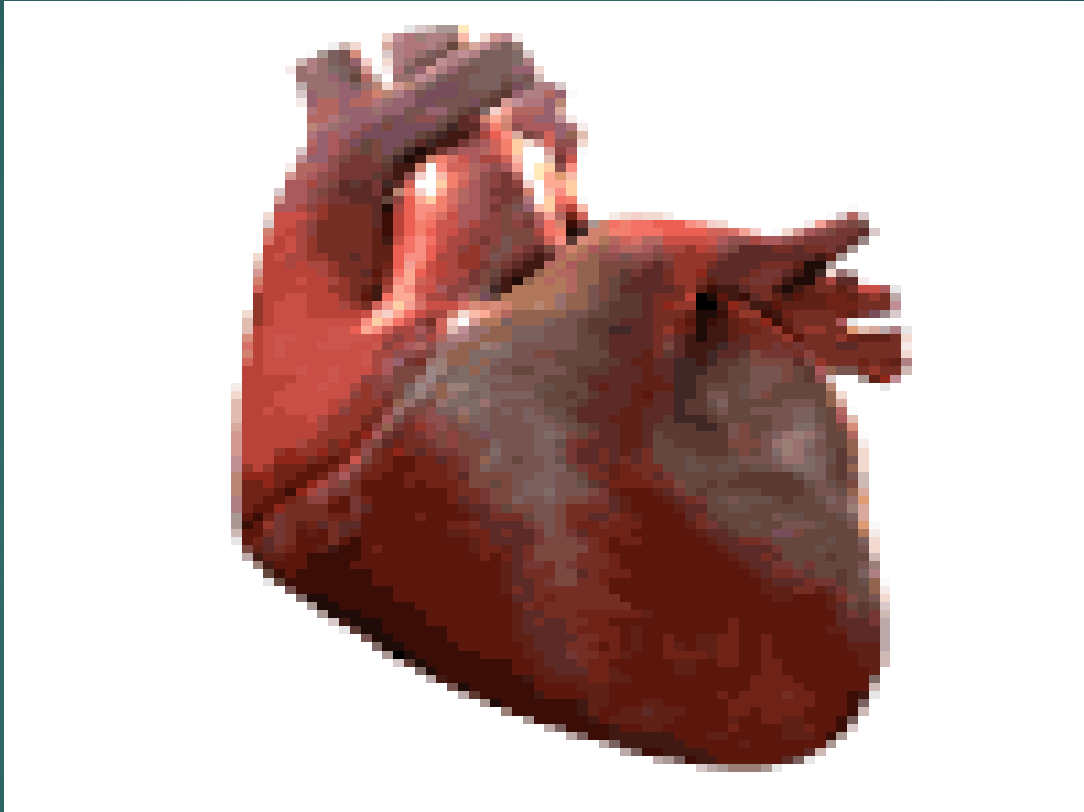


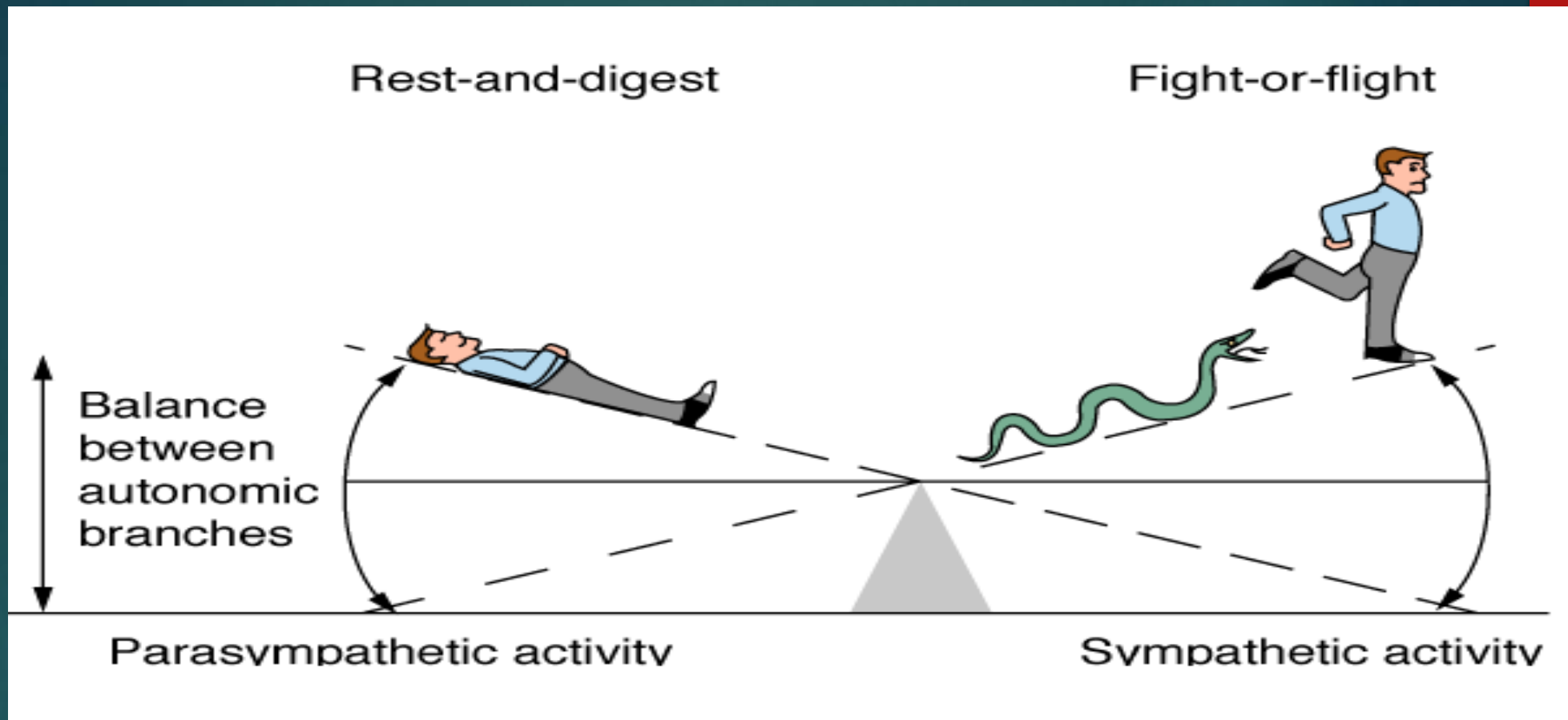
Phylogenetic Organization of the ANS: The Polyvagal Theory



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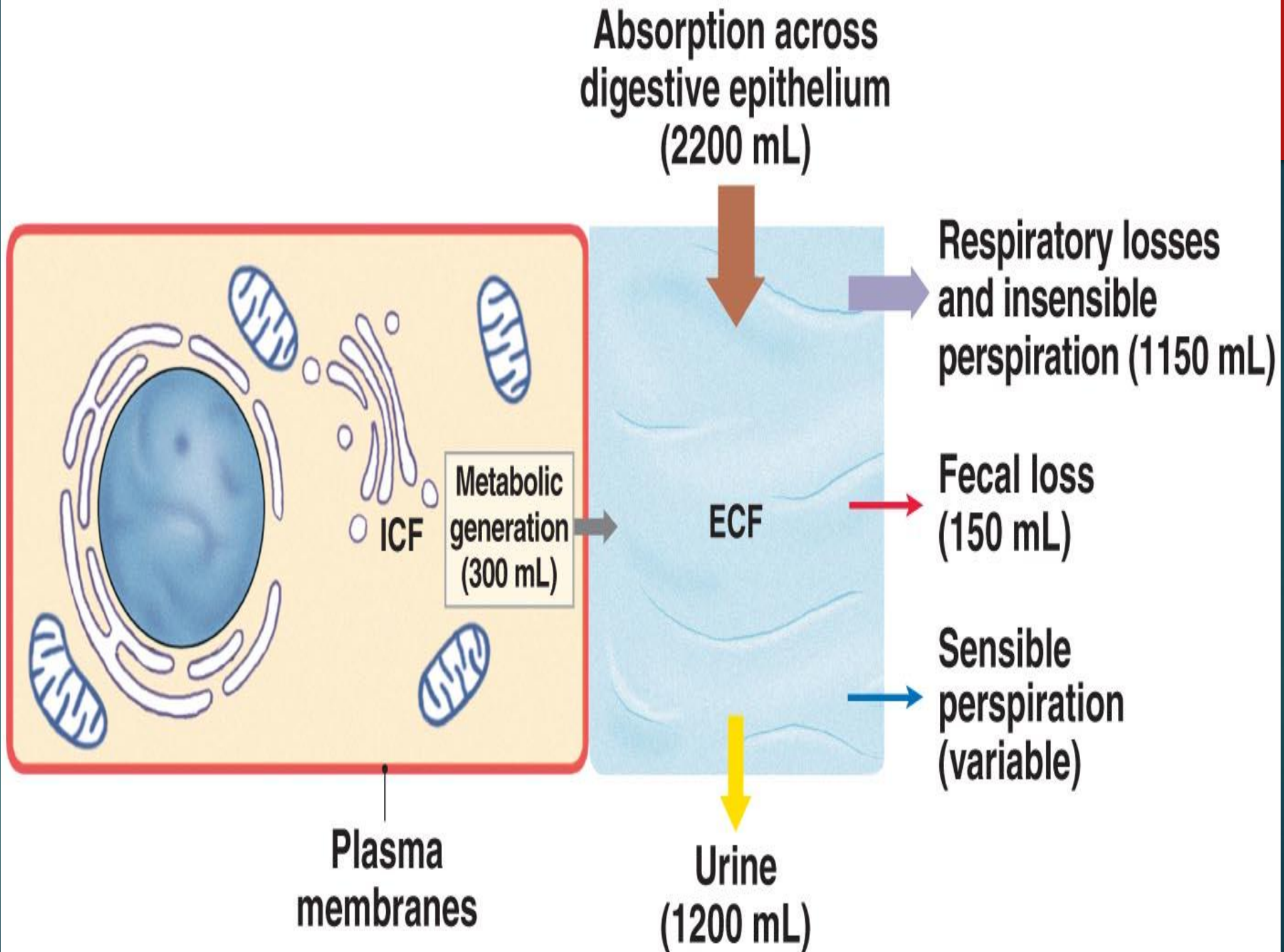






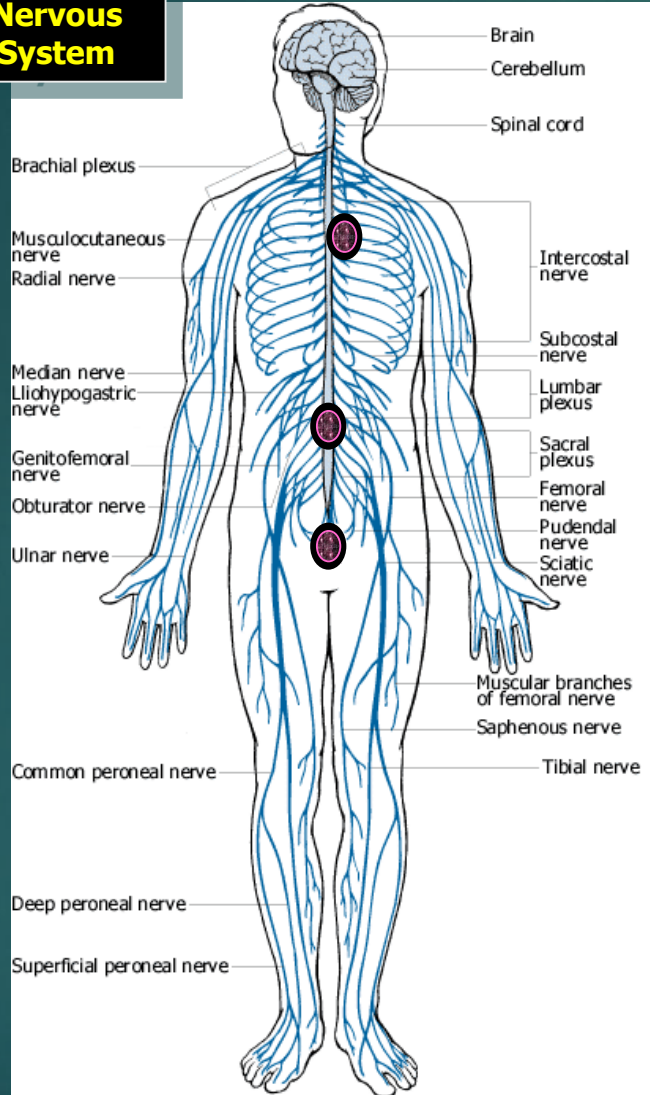
- In fight-or-flight situations, digestion is of low priority. Heart and skeletal muscle prepare for high level of activity.
- The maintenance of homeostasis in the body involves balancing sympathetic and parasympathetic activity.

Fluid



The Human Nervous System

Central Nervous System

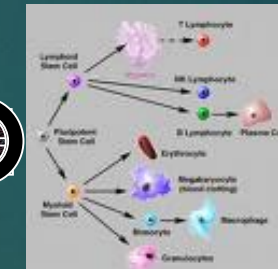


Cardiovascular system

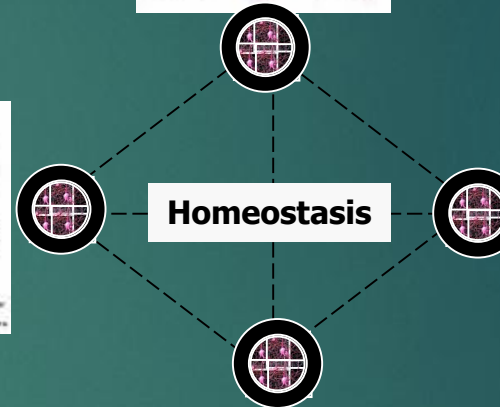
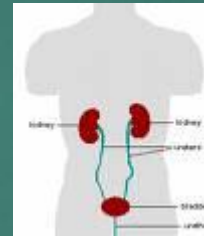


Nervous System Autonomic

Immune system



Urogenital tract



Gastrointestinal tract

Ketahanan fisik & psikis diperlukan pada saat sa'i





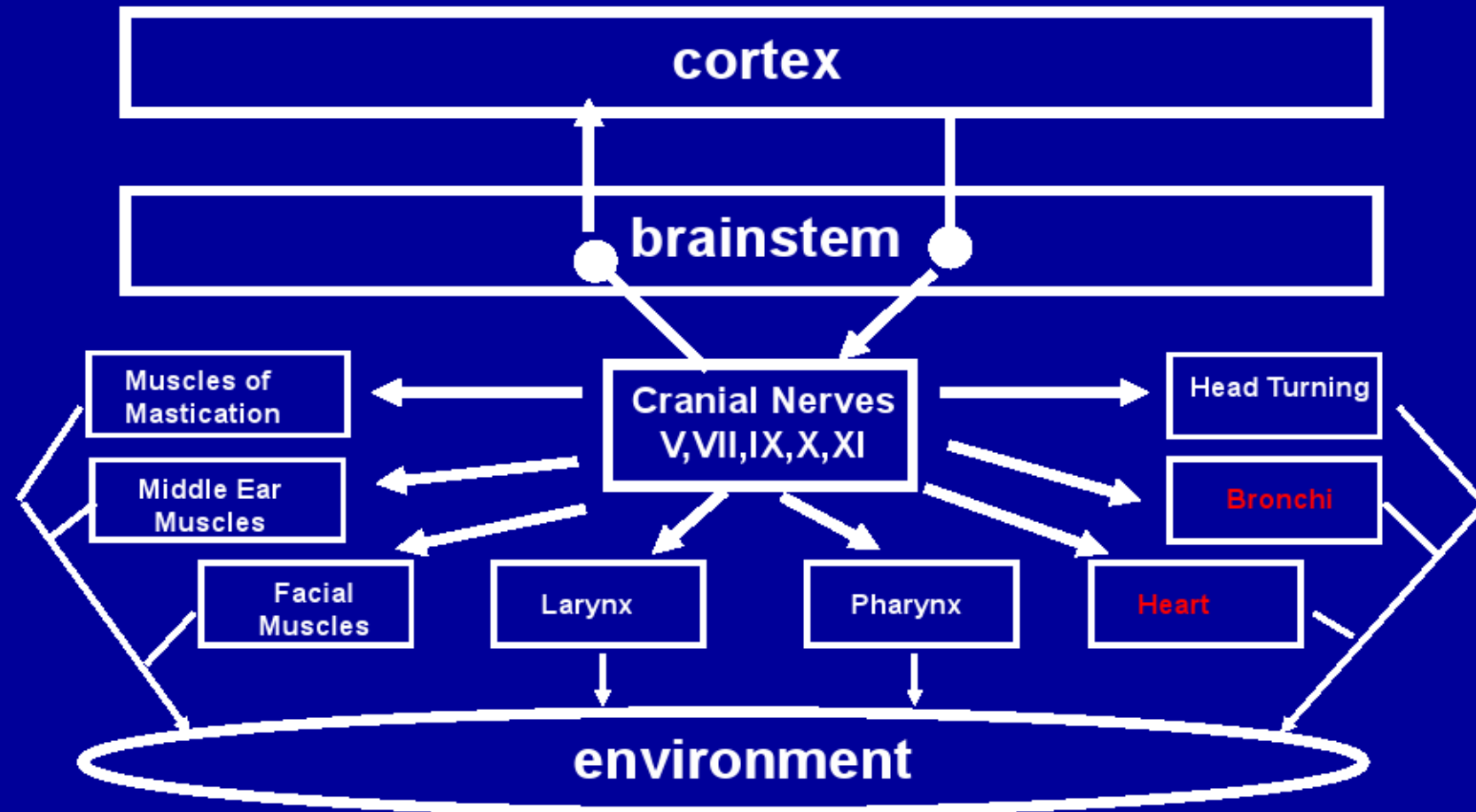
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Chants and Prayer

Insights into a physiology of compassion



The “*Mammalian*” Vagus and Social Engagement System



Chants and Prayer

Insights into a physiology of compassion

| Behavior | Vagal Mechanism |
|--------------|--|
| Vocalization | Laryngeal nerves, respiration (vagal “brake”, exhalation) |
| Breathing | Respiration (vagal “brake” during exhalation, abdominal stretch afferents during inhalation) |
| Posture | Carotid baroreceptors (blood pressure regulation) |

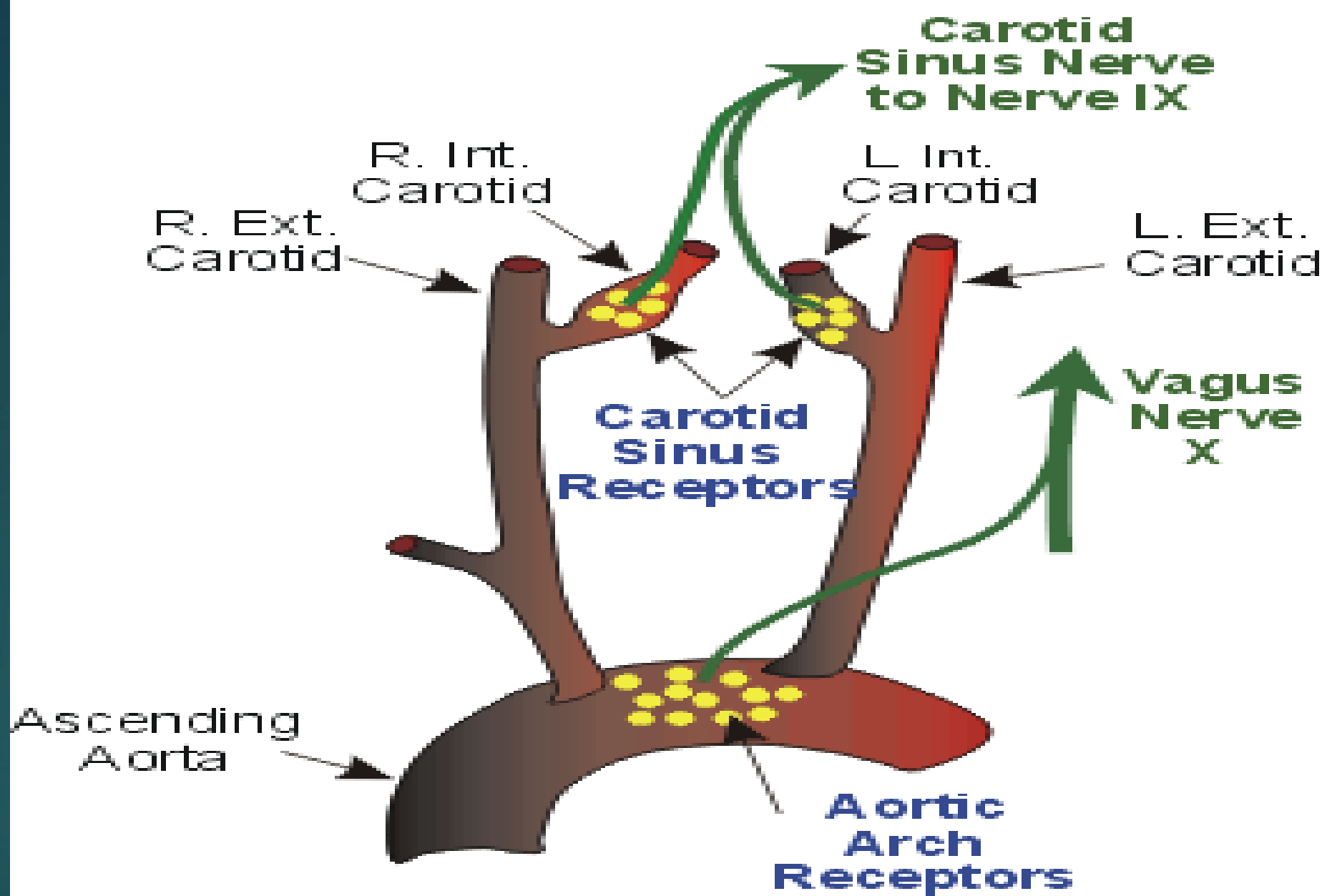


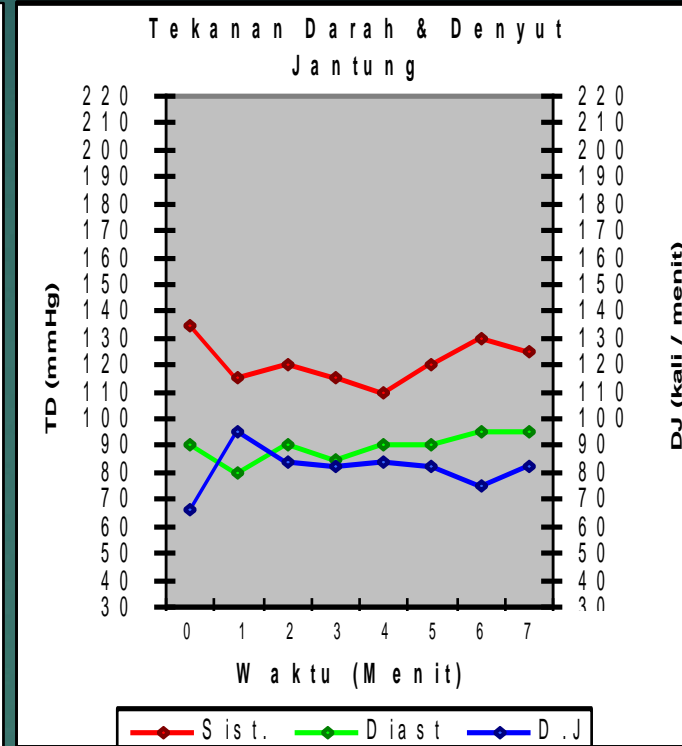
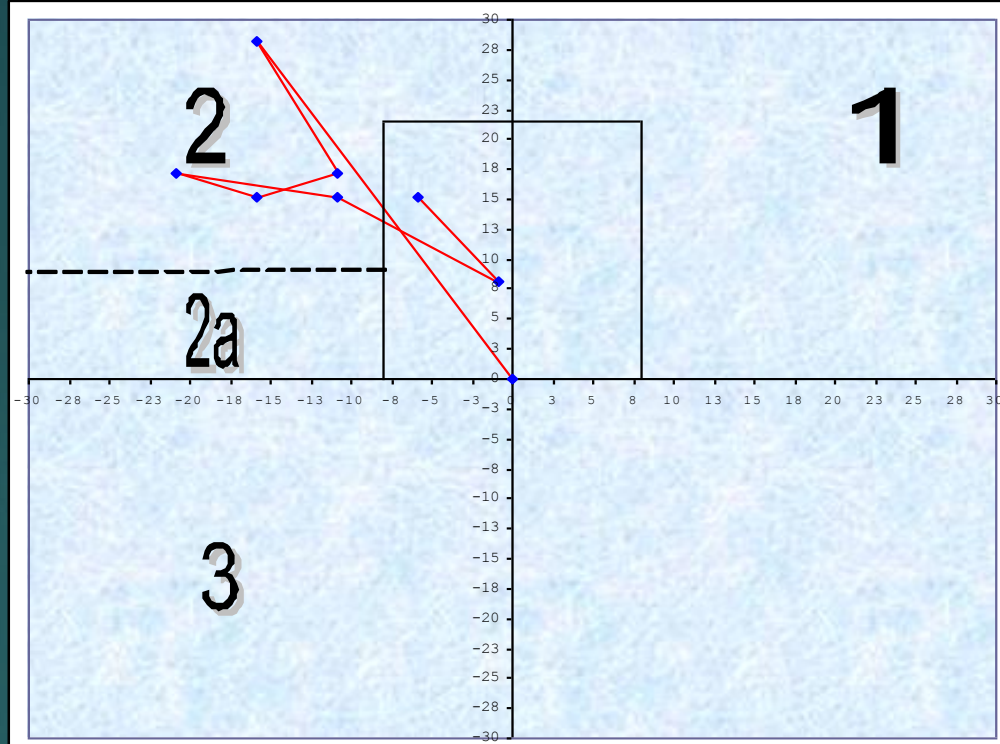
Figure 1. Location and innervation of arterial baroreceptors.



SCHELLONG TEST

Tn. XXX

Usia : 52 Tahun *



Keterangan : 1. Reaksi Hypertonie

2a. Hypotonie Asympatothone

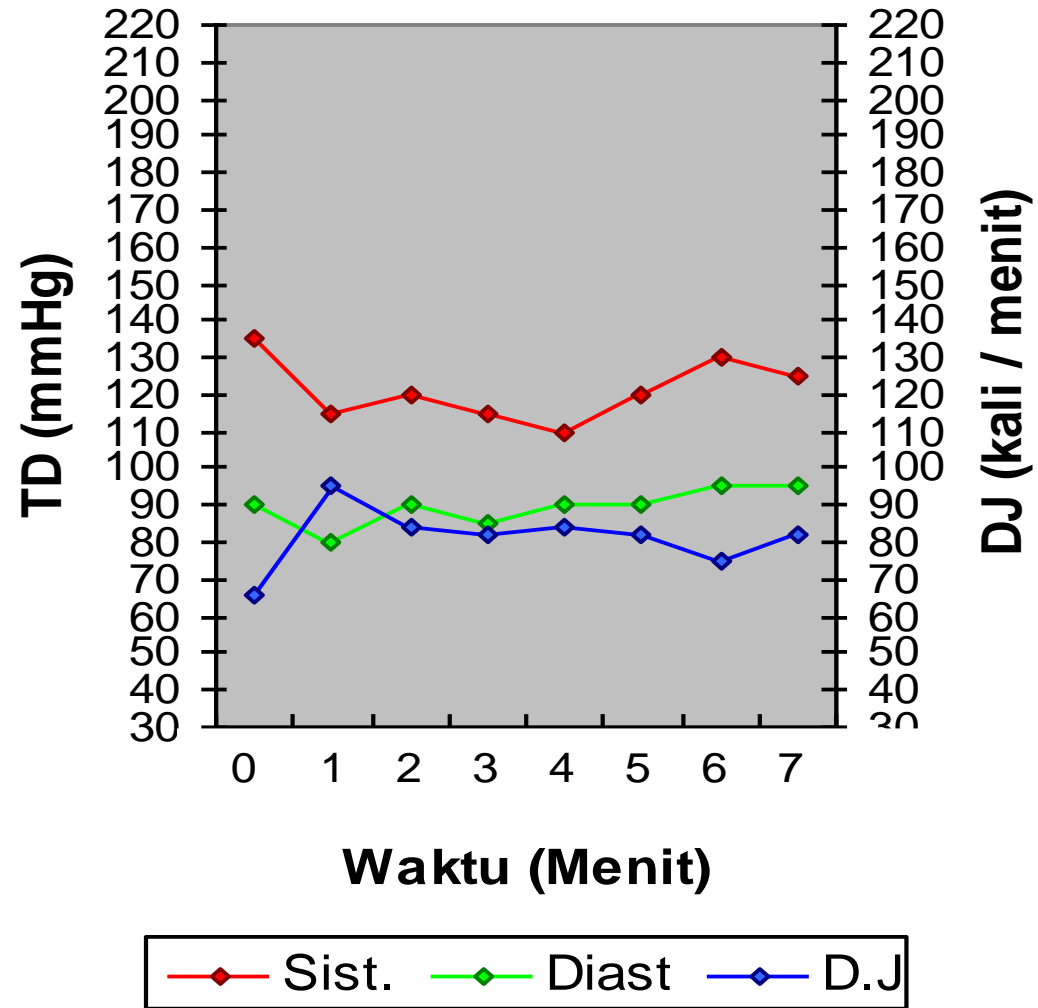
2. Hypotonie Sympatothone

3. Reaksi Vasovagale

| Parameter | Real | Standart |
|----------------|--------|----------|
| QT Interval | 0,40 | 0,40 |
| MAP | 104,99 | 100 |
| Pulse Pressure | 45 | 40 |

| | | |
|------------|--------------|---------------|
| IMT | 36,59 | |
| Keterangan | Obesitas | Lebih 24,7 Kg |
| E.C.G. | Sinus Normal | |
| ZONA | 2 | |

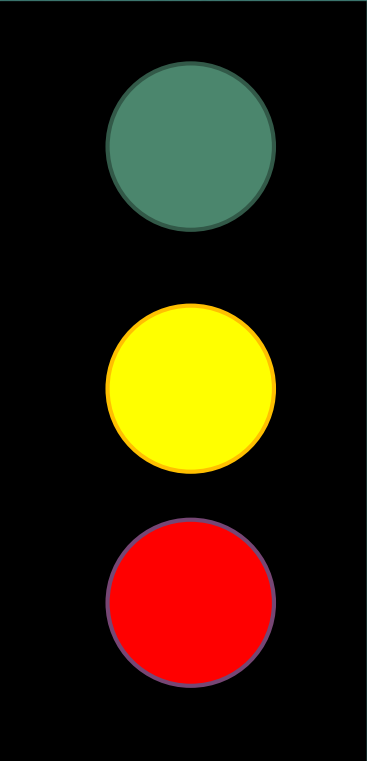
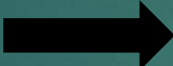
Tekanan Darah & Denyut Jantung



Neuroception

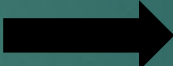
Environment

Safe

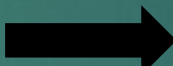


Physiological State

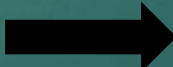
Behaviors



Social Engagement

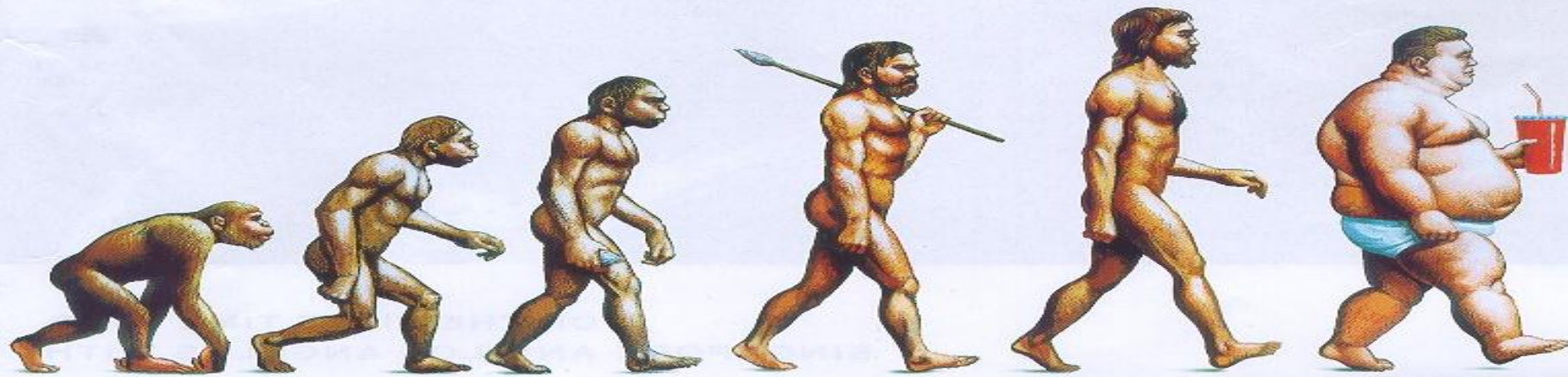


Play



Loving Behaviors

The shape of things to come



Thank you for the attention