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Lingohack 英语大破解

Taking a look at eye yoga

来看看眼部瑜伽



本集内容

Taking a look at eye yoga 来看看眼部瑜伽

学习要点

有关“eyesight 视力”的词汇

边看边答

How long has eye yoga existed?

文字稿

This is one of the many eye yoga exercises Subhan is teaching his students today. Rubbing your hands vigorously together to generate energy and covering your eyes to block the light getting through, he says, helps ease out **eye strain**. Eye yoga has existed for centuries.

这是肖布汗今天教给学生的众多瑜伽练习之一。用力揉搓双手产生能量，遮住眼睛阻挡光线通过，他说，这有助于缓解**眼部疲劳**。眼部瑜伽已存在了数百年。

It began as an ancient practice in India and is mostly taught alongside other forms of yoga. Some students suffer from eye problems. Others are here to take a much-needed screen break.

它源于印度的一项古老的练习方式，并多和其它形式的瑜伽一同传授。有些学生患眼病，而其他人来这里是为了让长时间看各种电子屏幕的眼睛休息一下。

Eye yoga student

So I am **short-sighted** in one eye and **long-sighted** in the other. And so I think my vision isn't very clear. And then after the practices, everything seems much more focused.

眼部瑜伽课学生

“我一只眼睛**近视**，另一只眼睛**远视**。所以我的视力比较模糊。但做完操之后，一切似乎都更清晰了。”

Can eye yoga really help improve vision or go as far as to cure eye problems?

眼部瑜伽真的可以帮助改善视力甚至治好眼病吗？

Subhan Nair, Eye yoga teacher, Isha Hatha Yoga

It's more on anything that's focus issues. According to, you know, regular science, once you get these kind of issues, you can't reverse them. But in the Yogic system, they're saying you can reverse them.

肖布汗·奈尔 眼部瑜伽教师 艾沙哈达瑜伽中心

“它主要治疗视力清晰度的问题。根据常规科学，一旦出现这类问题，你就无法逆转它们。但在瑜伽的体系里，这是可能的。”

Though Subhan and some of his students say eye yoga helps improve eyesight, there isn't actually any scientific evidence to prove this.

虽然肖布汗和他的一些学生说眼部瑜伽有助于提高视力，但事实上并没有任何科学依据可以证明这一点。

Amir Hamid, Ophthalmic surgeon, Optegra Eye Hospital

They can't correct eye problems in terms of refractive error. So in terms of the need for glasses for distance vision, the need for glasses for reading, there's no way you can **anatomically** change the shape or the function of your eye, by performing an exercise.

阿米尔·哈密德 眼外科医生 Optegra 眼科医院

“它不能矫正眼屈光不正的问题。所以，如果你需要戴眼镜才能看清远处的事物或近处的读物，那你是不可能通过做眼保健操而从**生理结构**上改变你眼睛的形状或功能的。”

If eye yoga was an alternative to curing or correcting eye problems, eye doctors would have to look elsewhere for a career. But while eye yoga doesn't do that, it certainly helps your eyes feel more relaxed.

如果眼部瑜伽是治疗或矫正视力问题的另一种方法，那眼科医生就得另谋生路了。但虽然眼部瑜伽做不到这点，但它确实能让你的眼睛感到更放松。

词汇

eye strain 眼部疲劳

short-sighted 近视的

long-sighted 远视的

anatomically 生理结构上

视频链接: <https://bbc.in/2R9K0ij>

你知道吗?

Many studies suggest yoga is a safe and effective way to increase physical activity, especially strength, flexibility and balance, according to the UK's National Health Service website.

据英国国家医疗服务体系网站介绍，很多研究都表明瑜伽是一种安全而有效的强身健体的方法，它在提高力量、灵活性和平衡感方面的作用尤为明显。

问题答案

Eye yoga has existed for centuries.