



# 呼吸之道（續）

## The Art of Breathing (continued)

翁麗華 文

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### 橫膈膜與骨盆底肌之隱秘關係

呼吸、能量與內在平衡的溫和基礎

在佛教修行中，人體被視為珍貴的載具——雖短暫卻對修行至關重要。在先前的討論中，我們探索了橫膈膜呼吸，強調橫膈膜作為主要呼吸肌的重要性。然而，另一個經常被忽視的重要結構是骨盆底肌，它在維持腹內壓、姿勢穩定以及高效呼吸中扮演關鍵角色。理解這兩個結構的互動，對呼吸效率與整體肌肉骨骼健康都至關重要。

#### 骨盆底肌的理解

骨盆底肌是一組深層肌肉，形成身體底部的柔軟「吊床」般支撐。雖然僅有手掌大小，但它支撐著膀胱、直腸，以及女性的子宮等重要器官。它在吸氣時，橫膈膜收縮下降，增加腹腔容量。為了適應這一變化，骨盆底肌被動拉長並略微下沉。它在呼氣時，橫膈膜放鬆上升，而骨盆底肌收縮並抬升，恢復腹內壓平衡。

簡單理解：骨盆底肌相當於核心筒的「底部」——地（陰），而橫膈膜則是「頂部」——天（陽）。正如陰陽互補，橫膈膜與骨盆底肌相互依賴，共同維持呼吸與身體的和諧。與深層腹肌和多裂肌（multifidus）協作，它們構成了動態壓力調節系統，對呼吸、脊柱穩定性以

### The Hidden Relationship Between the Diaphragm and Pelvic Floor

A Gentle Foundation for Breath, Energy, and Inner Balance

In Buddhist cultivation, the body is viewed as a precious vessel — temporary, yet essential for practice. In our previous discussion, we explored diaphragmatic breathing. While the diaphragm is widely recognized as the primary muscle of respiration, another critical structure often overlooked is the pelvic floor, which plays a vital role in maintaining intra-abdominal pressure, postural stability, and efficient ventilation. Understanding the interplay between these two structures is essential for both respiratory efficiency and overall musculoskeletal health.

#### Understanding the Pelvic Floor:

The pelvic floor is a group of deep muscles forming a soft, hammock-like base at the bottom of the body. Although only the size of a hand, it supports important organs such as the bladder, the uterus (in women), and the rectum. The diaphragm contracts and descends during inhalation, increasing the intra-abdominal volume. To accommodate this change, the pelvic floor eccentrically lengthens and slightly lowers. During exhalation, the diaphragm relaxes and ascends, while the pelvic floor contracts and lifts to restore the pressure balance.

A simple way to understand this is to consider the pelvic floor functioning as the “bottom” of the core canister—Earth (*yin*), while the diaphragm forms the “top”—Heaven (*yang*). Just as *yin* and *yang* balances, the diaphragm and pelvic floor



及器官支撐至關重要。

### 協調運作的好處

當橫膈膜與骨盆底肌協調運作時，呼吸可呈現以下特性：

- 深層——促進全身氣流，維持挺直姿勢
- 柔和——安撫身心，提升專注力與思維清晰度
- 穩定——減少能量浪費，增強體力耐力
- 滋養——促進氣流自由，維持關節活動度，降低受傷風險

### 為何兩者協調困難

長時間久坐——尤其是骨盆後傾姿勢——會降低骨盆的活動度，並使骨盆底肌處於慢性縮短狀態。一旦骨盆底肌縮短，就無法在吸氣時充分下降，或在呼氣時有效抬升。

常見影響包括：

吸氣困難：肺擴張受限，胸部緊繃，胸椎及上背部張力增加

呼氣不完全：橫膈膜相對受壓，腹內壓無法充分調節，呼吸變得淺而快

骨盆底功能障礙骨盆底肌虛弱或慢性縮短時，內臟支撐減弱。臨床常見症狀包括：

depend on each other to maintain harmony within the body and breathing. Together with the deep abdominal muscles and multifidus, they create a dynamic pressure-regulation system essential for breathing, spinal stability, and organ support.

### The Benefits of Working in Harmony

When this natural partnership works in harmony, your breathing becomes:

- Deep—creating a powerful flow of qi that supports the whole body and promotes upright posture.
- Soft—calming the mind and body, improving focus, and sharpening mental clarity.
- Steady—reducing unnecessary energy expenditure and enhancing physical endurance.
- Nourishing—allowing qi to move freely, maintaining joint mobility, and lowering the risk of injury.

### Why is it difficult to have both muscles work together?

Prolonged sitting—especially with posterior pelvic tilt—reduces the mobility of the pelvic bones and places the pelvic floor in a chronically shortened position. A shortened pelvic floor loses its ability to descend and ascend during inhalation and exhalation. As a result, the following symptoms are commonly observed:

1. Difficulty inhaling: restricted lung expansion, sensations of chest tightness and increased thoracic and upper-back tension
2. Incomplete exhalation: the diaphragm remains relatively depressed, internal pressure cannot be fully regulated and breathing becomes shallow and rapid

• 排尿或排便時疼痛或不適，下腹部沉重感或壓迫感

• 尿急或壓力性尿失禁（咳嗽、跳躍、笑時漏尿）

• 便秘與腹瀉交替

• 排便不完全

恢復橫膈膜與骨盆底肌的協調功能，對高效呼吸、穩定腹內壓及核心功能支撐至關重要。通過覺察與溫和練習，可以重新建立這種自然協調，改善呼吸機制，並促進骨盆及肌肉骨骼健康。

在下一篇文章中，我們將提供橫膈膜呼吸的逐步指導，並示範一種姿勢，幫助橫膈膜與骨盆底肌恢復自然協調。

☞待續

## What happens when the pelvic floor becomes dysfunctional:

Evidence-based symptoms may include:

• discomfort or pain during urination or defecation

• lower abdominal heaviness or pressure

• urinary urgency or stress incontinence (leakage during coughing, jumping, laughing)

• alternating constipation and diarrhea

• sensation of incomplete bowel emptying

Restoring the coordinated function of the diaphragm and pelvic floor is essential for efficient respiration, stable intra-abdominal pressure, and functional core support. Awareness and gentle practice can help reestablish this natural harmony, improving both breathing mechanics and overall pelvic and musculoskeletal health.

In the next article, we will provide a step-by-step guide to diaphragmatic breathing and demonstrate a posture that helps the diaphragm and pelvic floor restore their natural coordination.

☞To be continued



專文介紹  
SPECIAL FEATURE

## 學佛行儀（睡眠第十八）

### Department Guidelines for Buddhist Practitioners —18. Bedtime

善因法師 述

Narrated by Dharma Master Shanyin

晨珪譯組 英譯

English Translated by Early Bird Translation Team

【白話】凡是出家僧人和在家居士睡覺時，不應仰面躺臥、俯身趴臥或左側臥。應當以右手枕頭，左手輕搭膝蓋，向右側臥，這稱為吉祥臥。睡眠最好使用單人床榻。睡前不宜過多思慮，否則難以入眠。應先靜坐一小時，待到坐得疲倦了再睡。不可脫去內衣而睡，不可談笑高聲。

天未亮時，應早早醒來，起床後靜坐一小時，再下榻離開臥室。以上所有過程，皆須保持念住，或默誦後早覺偈，以防心神散亂，增長修行覺悟。

凡需攜帶便溺器具時，不得從佛像前或講經堂前經過。

☞待續

When it comes to the sleeping posture, both monastics and lay practitioners should avoid lying on the back, on the stomach, or on the left side. Instead, one should lie on the right side, with the head resting on the right hand and the left hand resting on the left knee. This is called the auspicious posture. It is better to sleep alone rather than share a bed. Before going to bed, avoid excessive thinking, as this can make it difficult to fall asleep. One may meditate for an hour, and when feeling tired, then go to sleep.

Do not sleep without underclothing. Avoid laughing, joking, or speaking loudly. Therefore, one should be firm in observing the precepts and rise before dawn to meditate for an hour. In all activities, remain mindful of reciting the verse for early rising to prevent the mind from becoming scattered and to strengthen the resolve for Bodhi.

When carrying a chamber pot, avoid passing in front of Buddha images, lecture hall, or through shrine areas.

☞To be continued