康復治療科學系
Department of Rehabilitation Sciences

THE HONG KONG POLYTECHNIC UNIVERSITY
香港理工大學

健身氣功八段錦培訓

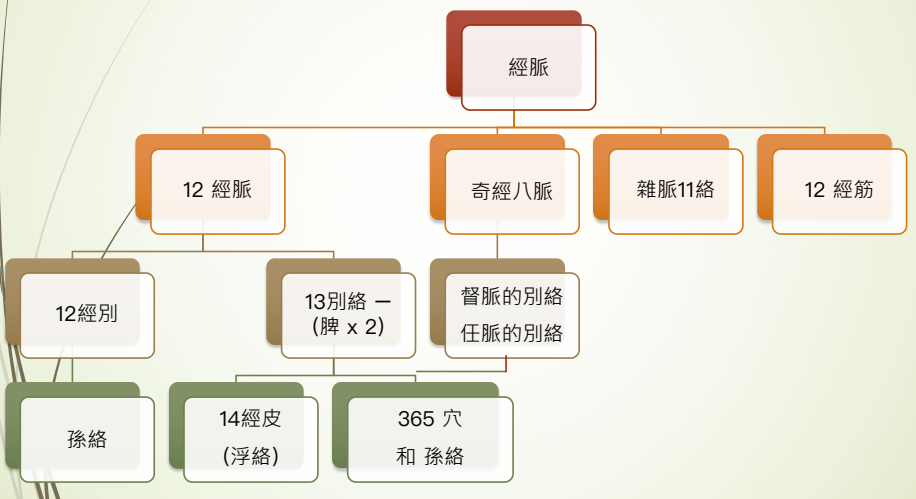
2月9日

6:30-7:30

香港理工大學康復治療科學系 實務教授
吳鳳亮 博士 主講

2

經絡分類



Dr Bacon Ng

Example of Breathing Technique (呼吸方法例子)

3

http://www.shen-nong.com/chi/lifestyles/chinese_qi_gong_breathing.html

1.自然呼吸法 sponetaneous breathing
2.順腹式呼吸法 Abdomen breathing
3.逆腹式呼吸法 Reverse abdomen breathing
4.停閉呼吸法 (2 seconds) Breathing with Stop
5.鼻吸口呼法 Nose breathe in mouth out (for respiratory problem case)
6. 發音呼吸法 (六字訣) (Breathing with sound)
7. 提肛肌呼吸法 (Breathing with levator ani muscle)
8.氣通任督脈呼吸法 (小周天) (Ren Du breathing) https://kknews.cc/zh-hk/health/ekn4rr.htm
9. 開通八脈法 (Meridian breathing) https://www.youtube.com/watch?v=0NTP6cHO-LY
10. 吐濁法 (breathing out turbid)
10.潛呼吸法 (deep diving breathing)
11.真息法/ 胎息法 (Fetal Breathing)
12. 體呼吸法 (毛孔開合) (Body breathing)
....

Dr Bacon Ng

Chinese Health Qigong Association 2003

http://www.chqa.org.cn/index.html

國家體育總局 四套「健身氣功」新功法

Liuzijue 六字訣 中國中醫科學院西苑醫院

Baduanjin 八段錦 北京體育大學

Yinjinjing 易筋經 武漢體育學院

Wuqinxi 五禽戲 上海體育學院

Dr Bacon Ng

4

5

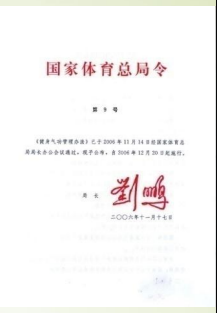
氣功歷史 Qigong History

- 源頭
  - Taoism 道 - 行氣 (Flow of qi)
  - Buddhism 釋 -坐禪 (Dhyana) Introspection
  - Confucianism 儒- 心齋 (Minimize distraction)
  - KungFu 武 - 內功 (Internal Strength)
  - Chinese Medicine 醫 - 導引(Guide the flow)

Dr Bacon Ng

6

Definition (定義)


国家体育总局令

Health Qi-gong (健身氣功)

(健身)	(真氣能量)	(功法)
Health promotion	Vital life energy	Practice Strategies

A national-traditional sport combining body movement, breathing techniques and mental regulation
健身氣功是以自身形體活動、呼吸吐納、心理調節相結合爲主要運動形式的民族傳統體育項目，是中華悠久文化的組成部分

The General Administration of Sport in China enacted The Provisional Regulations for the Management of Health Qigong in 2000 國家體育總局第4號令《健身氣功管理暫行辦法》

Dr Bacon Ng

Health Qigong
健力士世界記錄 (2014)

氣功

Occupational Therapist
(職業治療師)

調身　　調心　　調息

https://www.safetyweek.hk/web/subpage.php?mid=96&id=330

8

Mechanism of Qigong 氣功原理

- ↓ Corticotrophin (促腎上線皮質激素) & aldosterone (醛固酮)
- ↓ C-reactive protein (inflammation)
- ↓ Cholesterol, BP
- ↑ IFNγ (**干擾素伽瑪**) favour cell-mediated immunity (免疫調節及抗腫瘤) vs IL10 (介白素) (anti-inflammatory humoral immune response of inhibiting macrophage activation (抗痰和抑制細胞反應) : (Type 1 vs 2 Cytokines ratio),
- ↑ Adiponectin (脂聯素)
- ↑Telomerase activity (端粒酶)
- ↓ HPA Axis activity (下視丘/腦下垂體/腎上腺」的軸線) – 神經內分泌系統的重要部分

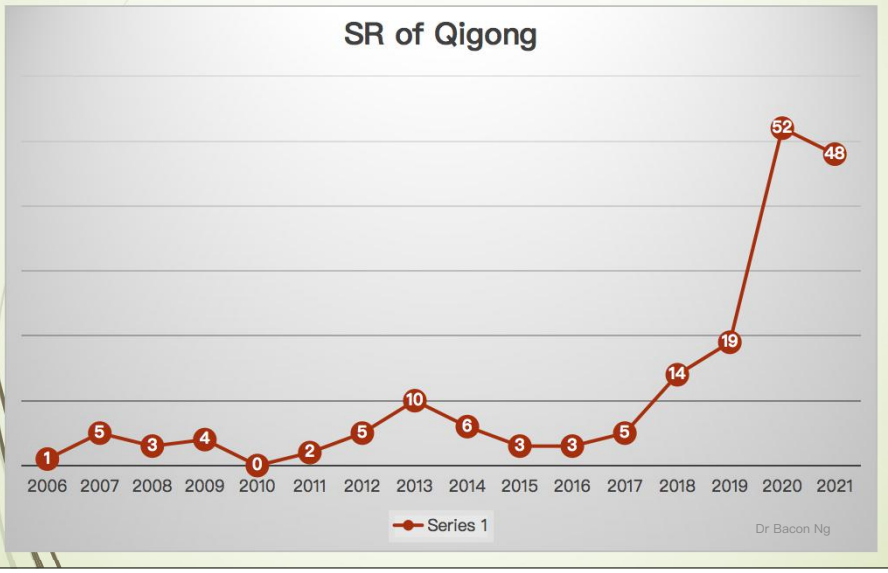
➨↑ Parasympathetic Nervous System Activity

(副交感神經系統)

Dr Bacon Ng

9

Systematic Reviews of Qigong
（氣功的系统综述）= 180



10

Meridian and Baduanjin

Form

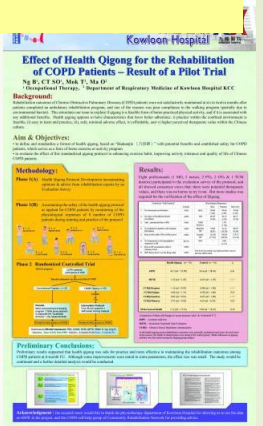
- Triple Warmer Meridian 1
- Pericardium Meridian 1
- Bladder Meridian 1
- Large Intestine Meridian 1, 2
- Small Intestine Meridian 1
- Lung Meridian 2, 4
- Liver Meridian 2 , 4, 7
- Ren Meridian 3
- Stomach Meridian 3
- Gall Bladder Meridian 3
- Spleen Meridian 3, 4
- Heart Meridian 4, 5
- Kidney Meridian 4, 6, 8
- Du Meridian 8

Bacon Ng at ngh@ha.org.hk

33 SR – 15 had meta-analysis

SR	Client	Outcome	Qigong Type
Wang, C.W. et al., 2014	Healthy Adults	↓ Perceived stress & anxiety	Baduanjin Chan Mi Gong + Modified
Huang & Yeh, 2013	Type II Diabetes	↓ HbA1c & Fasting glucose	Baduanjin, Liuzijue, Tai Chi
Bai, et al. 2015 Lee, et al 2006&7	Pain	↓ Chronic pain	Internal qigong *(Charité department)* External qigong (Qi Therapy)
Zeng, et al., 2014	Cancer	↑ QOL vitality, ↓ Fatigue and cortisol level	Tai Chi, Guolin Qigong
Lee, et al., 2007&2008; Guo, et al., 2008; Xiong et al., 2014	Hypertension, cardiovascular rehab.	↓ Systolic BP (6.51 – 17.03 mmHg) ↓ Diastole BP (5.28 - 10 .15 mmHg)	Shuxinpingxue Gong (舒心平血功) Wuxing Qigong (五行氣功) Dayan Qigong (大雁養生功) Qubingyangsheng Gong (去病養生功)
Wang F. et al., 2013 Liu, et al. 2015	Depressive Symptoms	↓ Depressive symptoms ↑ Psychological health	Dejian Mind-Body Intervention (DMBI) Baduanjin, Wuqinxi, Wu Xing Ping Xing Gong (五行平衡功) Yan Chai Ten-section Brocades,
Ding, et al., 2014; Ng, et al., 2012; Ng, et al., 2014	Pulmonary Rehab.	↑ Lung fx., physical state ↓ Dyspnea	Liuzijue, Baduanjin, Health Qigong from the 4 types

Local OT Researchers



13

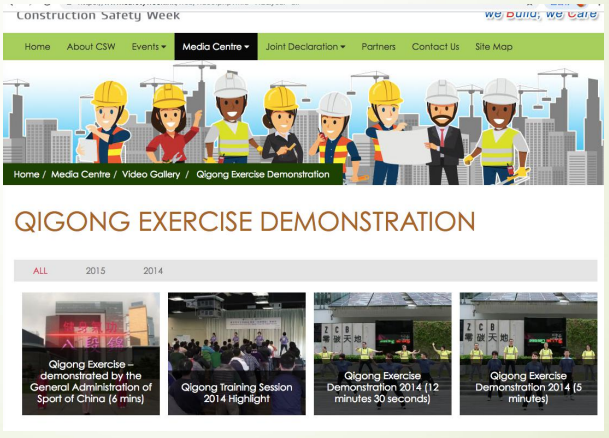
Research on Baduanjin Sitting Type

Lu, E. Y., Lee, P., Cai, S., So, W. W. Y., **Ng, B. F. L.,** Jensen, M. P., Cheung, W. M., & Tsang, H. W. H. (2020). Qigong for the treatment of depressive symptoms: Preliminary evidence of neurobiological mechanisms. International Journal of Geriatric Psychiatry. PMID 32662069. doi:10.1002/gps.5380

Dr Bacon Ng

Constructions Safety Weeks

https://www.safetyweek.hk

Free download Video

https://www.safetyweek.hk/web/subpage.php?mid=72&id=275