易筋經實証理論

(Yijinjing Evidence & Mechanism)

HKOTA Training

Venue: Zero Carbon Centre

吳鳳亮 博士 (Dr Bacon Ng)

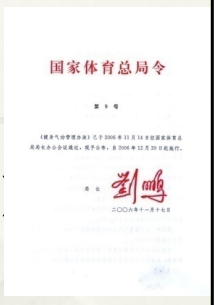
二零一七年二月四日

(10:30am - 11:00pm)

www. baconng. org

Definition (定義)

Health Qi-gong (健身氣功



(健身) Health promotion

(真氣能量) Vital life energy

(功法) 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

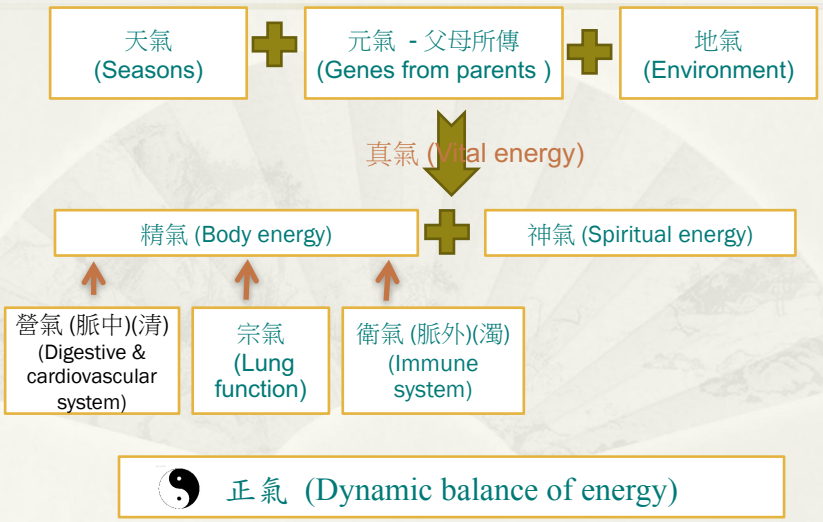
The General Administration of Sport in China enacted The Provisional Regulations for the Management of Health Qigong in 2000 國家體育總局第4號令《健身氣功管理暫行辦法》

Qigong (氣功)

正氣存內
邪不可干

- Ancient martial arts with roots in
  - Taoism 道 – 行氣 (Flow of qi)
  - Buddhism 釋 –坐禪 (Dhyana) Introspection
  - Confucianism 儒– 心齋 (Minimize distraction)
  - KungFu 武 –内功 (Internal Strength)
  - Chinese Medicine 醫 - 導引(Guide the flow)

Qi (氣)



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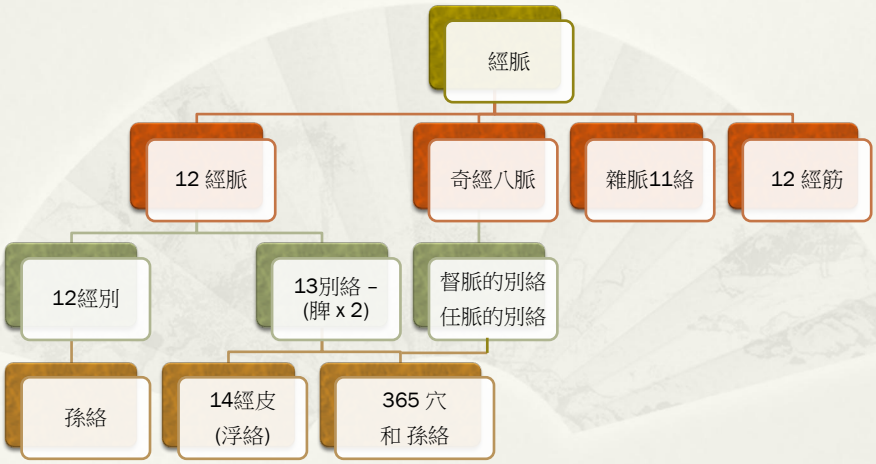
經絡分類



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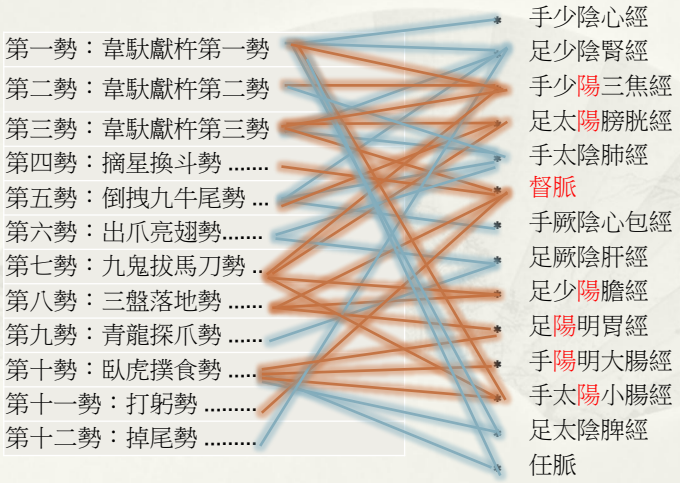
十四經脈與易筋經的關係
Meridian and Yijinging



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十二經筋與易筋經的關係
12 JingJin and Yijinging

第一勢：韋馱獻杵第一勢
第二勢：韋馱獻杵第二勢
第三勢：韋馱獻杵第三勢
第四勢：摘星換斗勢 .....
第五勢：倒拽九牛尾勢 ...
第六勢：出爪亮翅勢.....
第七勢：九鬼拔馬刀勢 ..
第八勢：三盤落地勢 .....
第九勢：青龍探爪勢 .....
第十勢：臥虎撲食勢 .....
第十一勢：打躬勢 .....
第十二勢：掉尾勢 .....

- 手少陰心經經筋
- 手厥陰心包經經筋
- 手太陰肺經經筋
- 手少陽三焦經經筋
- 手陽明大腸經經筋
- 手太陽小腸經經筋
- 足少陰腎經經筋
- 足厥陰肝經經筋
- 足太陰脾經經筋
- 足少陽膽經經筋
- 足陽明胃經經筋
- 足太陽膀胱經經筋

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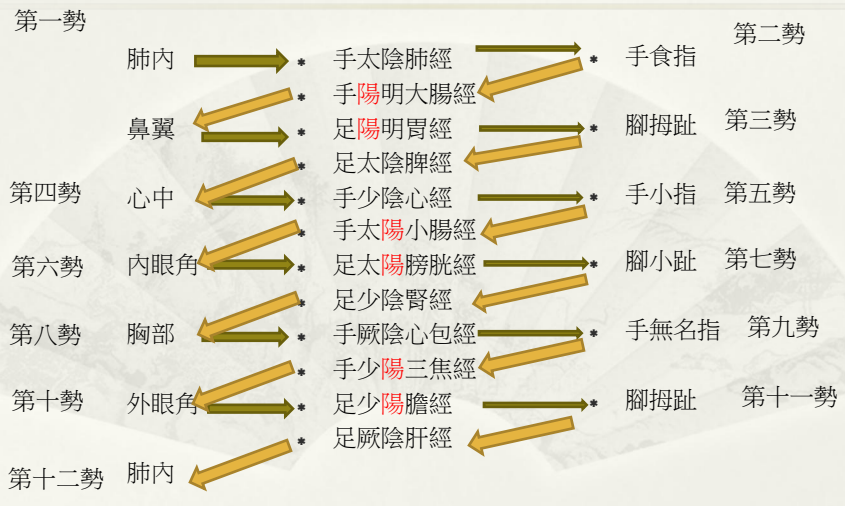
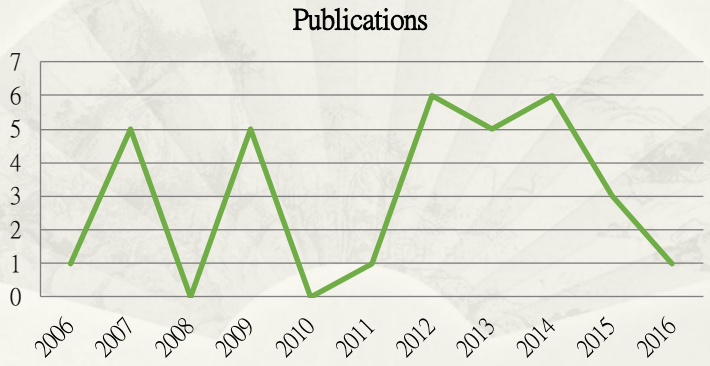
12 經絡循經 與 每一勢的關係



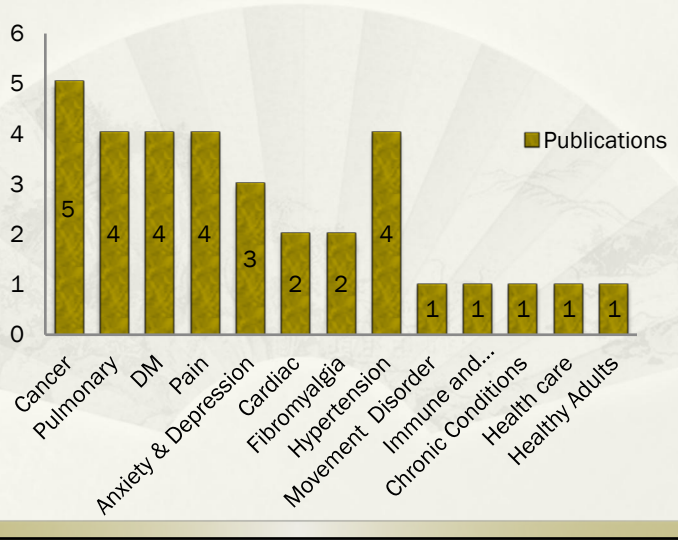
Systematic Reviews

No. = 33 related to Health Qigong



Study Subjects of Systematic Reviews

(系統綜述)



33 SR – 15 had meta-analysis, 13 had significant implications

SR	Client	Outcome	Qigong Type
Wang F, et al., 2013 Huang & Yeh, 2013	Type II Diabetes	↓ Depression symptom ↓ Anxiety ↑ Psychological health	Baduanjin, Liuzijue, Tai Chi
Wang C. et al., 2013 Liu, et al. 2015	Depressive Symptoms	↓ Depressive symptoms	Dejian Mind-Body Intervention (DMBI) Baduanjin, Wuqinxi, Wu Xing Ping Xing Gong (五行平衡功) Yan Chai Ten-section Brocades,
Bai, et al. 2015 Lee, et al 2007	Chronic pain	↓ Chronic pain	Internal qigong *(Charité department)* External qigong
Wang, et al., 2014	Healthy Adults	↓ Perceived stress & anxiety	Baduanjin Chan Mi Gong + Modified
Zeng, et al., 2014	Cancer	↑ QOL, mental health, immune function, vitality, ↓ Fatigue and cortisol level	Tai Chi, Guolin Qigong
Lee, et al., 2007; Guo, et al., 2008; Xiong et al., 2014	Hypertension	↓ Systolic BP (12 - 17 mmHg) ↓ Diastole BP (8 - 10 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)
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

Disease Specific of Health Qigong – Pain

SR for Pain

1. **Lee & Ernst (2006) – Internal and External qigong**
2. **Lee, Pittler & Ernst (2007) – External qigong**
3. **Lee, Pittler & Ernst (2009) – Internal qigong**
4. **Bai, et al. (2015) – Internal and External qigong**

Mechanism

- ↓ Corticotrophin (促腎上線皮質激素) & aldosterone (醛固酮)
- ↓ C-reactive protein (inflammation)
- ↓ Cholesterol, BP
- ↑ Adiponectin (脂聯素)
- ↑ Telomerase activity (端粒酶)
- ↓ HPA Axis activity (邊緣系统)

* ↑ Parasympathetic Nervous System Activity (副交感神經系統)

Clinical Implication

* The reciprocal regulation mechanism of qigong which act on the hypothalamic-pituitary-adrenal (HPA) axis help to achieve a state of hemostasis with Increase in telomerase activity
* Qigong has both short-term and long-term effects in
  * Reducing fatigue (Cortisol level)
  * Improving mental health
* The suggested optimal dosage of health Qigong:
  * At least 3 days per week
  * At least 30 minutes each time
  * At least 5 weeks continuously
  * Fade away if ceased to practice at 6 months

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Clinical Trials (1)

- Tuina Yijinjing Gong Practice Improves the Knee Muscle Strength of the Elderly (不同方式推拿功法易筋经操练对老年人膝关节屈伸肌力的影响) (Hu, Gong, Qian, & Hu, 2013) - 推荐定势站柱30秒易筋经锻炼作为改善老年人膝关节屈伸肌力的锻炼方式
- 健身气功易筋经锻炼对骨骼肌减少症患者康复效果的影响 (王 宾 马士荣 胡 莺, 2014) - 患者的躯干柔韧性、肩关节柔韧性、下肢力量均有明显改善。
- The Mechanism of Muscle-bone Strengthening Exercise "Tuo tian-zhu" Preventing and Treating Cervical Spondylosis (Xu, Dou, & Wu, 2015)
- Acupuncture Combined with Muscle—bone Strengthening Exercise Training on Hemiplegia针刺结合易筋经训练对中风后偏瘫患者运动功能及心理的影响 (Zhang, Liang & Hui, 2016)

Clinical Trials (2)

- Prevention of indwelling catheter induced phlebitis through physical exercise derived from Chinese Yijin Jing (易筋经出爪亮翅手臂锻炼预防静脉留置针所致静脉炎) (Huang, Xu, Zhang, Wang, & Mo, 2016)
- Applying Polysomnography to Evaluate the Curative Effect of Acupuncture Combined with Yijinjing on College Students' Insomnia (应用多导睡眠图评价针刺结合“易筋经”功法治疗大学生失眠症的疗效观察) (Wang, Wang, Yun, Song, Shan & Zing (2015)

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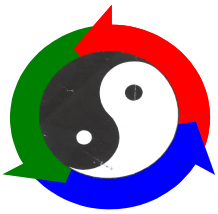
氣功和中醫理論

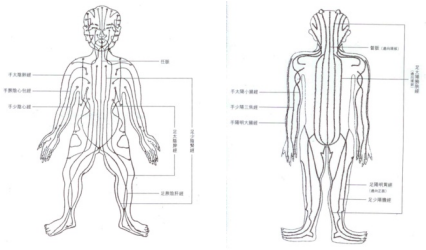
陰陽學說

- 健康狀態：氣流平衡陰陽
- 生病情況：某極偏強或弱
- 氣功效果：
  - 呼吸；吸為陽，呼為陰；
  - 動作：上、升、動為陽，下、降、靜為陰
  - 強調配合，互補，平衡



經絡學說

- 健康狀態：氣於經絡暢通無礙
- 生病情況：氣阻塞或錯亂
- 氣功效果：
  - 通過對身體局部牽引拉扯和按摩，刺激有關的經絡穴位，使之達到暢通



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如有錯漏，請予指正

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