What is Qigong (氣功)?

- A term for a large range of different form of Ancient art of self-healing exercise of Traditional Chinese Medicine (TCM)
- Harmonious flow of energy to regulate
  - Mind (調心)
  - Body (調身)
  - Breath (調息)
- Qi (氣) is our vital energy and Gong (功) refers to the practice
- Simple activity within patient’s ability
- Cultural relevant
Qigong History

* 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 - 內功 (Internal Strength)
  * Chinese Medicine 醫 - 導引 (Guide the flow)
  * Ayurveda 阿育吠陀 - 瑜伽療法 (Yoga)

Definition (定義)

Health Qi-gong (健身氣功)

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

A national-traditional sport combining body movement, breathing techniques and mental regulation.

### Qi (氣)

- 天氣 (Seasons)
- 元氣 - 父母所傳 (Genes from parents)
- 地氣 (Environment)

- 真氣 (Vital energy)
- 精氣 (Body energy)
- 神氣 (Spiritual energy)
- 罌氣 (Digestive & cardiovascular system)
- 宗氣 (Lung function)
- 衛氣 (Immune system)

- 正氣 (Dynamic balance of energy)

### 經絡分類

- 12 腎脈
  - 12経別
  - 13別絡 - (脾 x 2)
- 奇經八脈
- 雜脈11絡
- 12 餓筋
- 孫絡
- 14経皮 (浮絡)
- 365 穴 和 孫絡
Mechanism of Qigong

- **Corticotrophin** (促腎上線皮質激素) & **aldosterone** (醛固酮)
- **↓** C-reactive protein (inflammation)
- **↓** Cholesterol, BP
- **↑** IFNγ : IL10 (Type 1 vs 2 Cytokines ratio, ie. favour cell-mediated immunity)
- **↑** 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)

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

Meridian and Baduanjin

<table>
<thead>
<tr>
<th>Meridian</th>
<th>Form</th>
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</thead>
<tbody>
<tr>
<td>Triple Warmer Meridian</td>
<td>1</td>
</tr>
<tr>
<td>Pericardium Meridian</td>
<td>1</td>
</tr>
<tr>
<td>Bladder Meridian</td>
<td>1</td>
</tr>
<tr>
<td>Large Intestine Meridian</td>
<td>1, 2</td>
</tr>
<tr>
<td>Small Intestine Meridian</td>
<td>1</td>
</tr>
<tr>
<td>Lung Meridian</td>
<td>2, 4</td>
</tr>
<tr>
<td>Liver Meridian</td>
<td>2, 4, 7</td>
</tr>
<tr>
<td>Ren Meridian</td>
<td>3</td>
</tr>
<tr>
<td>Stomach Meridian</td>
<td>3</td>
</tr>
<tr>
<td>Gall Bladder Meridian</td>
<td>3</td>
</tr>
<tr>
<td>Spleen Meridian</td>
<td>3, 4</td>
</tr>
<tr>
<td>Heart Meridian</td>
<td>4, 5</td>
</tr>
<tr>
<td>Kidney Meridian</td>
<td>4, 6, 8</td>
</tr>
<tr>
<td>Du Meridian</td>
<td>8</td>
</tr>
</tbody>
</table>
Systematic Reviews of Qigong
(15 meta-analysis)

1) Stress (Qigong SR)
One SR (Wang et al. 2014) performed meta-analysis
- ↓ Perceived stress (3 RCTs)
- ↓ Anxiety (4 RCTs)
Qigong Type: Baduanjin and Chan Mi Gong - Modified

2) Fall Prevention (Tai chi SR)

One SR (Huang et al., 2017) performed meta-analysis

- **↓ No. of fallers by 20% (16 RCTs)**
- **↓ Incident rate of falls by 30% (15 RCTs)**
- **>3/wk (RR 0.36) vs 3/wk (RR 0.62)**
  vs 2/week (RR 0.83) vs 1/week (RR 0.95)
- **Yang Style Taichi (RR 0.61) > Sun Style Taichi (RR 0.88)**

---

3) SR on Hypertension and Cardiac Rehab.

Guo et al. (2008) meta-analysis

- **↓ SBP 7.32 mm Hg (2 RCTs) (qigong+ drug vs drug therapy)**
- **↓ SBP/DBP 17.03/9.98 mm Hg (3 RCTs) (qigong vs no treatment)**

Lee et al. (2007 & 2008) meta-analysis

- **↓ SBP 18.5 mm Hg (2 RCTs) (qigong vs wait-list)**
- **↓ SBP/DBP 12.1/8.5 mm Hg (2 RCTs) (qigong+ drug vs drug therapy)**

Xiong et al. (2015) meta-analysis

- **↓ SBP/DBP 17.4/10.15 mm Hg (3 RCTs) (qigong vs no)**
- **↓ SBP 6.51 mm Hg (2 RCTs) (qigong inferior than exercise)**
- **↓ DBP 6.08 mm Hg (4 RCTs) (qigong vs drug therapy)**
- **↓ SBP/DBP 11.99/5.28 mm Hg (5 RCTs) (qigong+ drug vs drug therapy)**

Qigong Type: Qubingyangsheung, Guolin, Shuxingga, Dayan
4) SR on Cancer QoL

Zeng et al. (2014) meta-analysis

- ↑ cancer-specific QOL WMD 7.99 (5 RCTs) (Baseline vs 12 weeks F/U)
- ↓ Fatigue SSD -0.93 (2RCTs) (Baseline vs 12 weeks F/U)
- ↑ Vitality WMD 1.5 (3 RCTs)
- Qigong type: Tai Chi, Guolin, medical qigong


5) SR – Diabetes Mellitus

Huang & Yeh (2013) meta-analysis

- ↓ HbA1C -0.422 (7 RCTs)
- ↓ Fasting Glucose -0.897 (5 RCTs)
- Recommend Twice/ day with 40-45 min or once with an hour duration with 3-5 times per week for 24 weeks
- Qigong Type: Tai Chi, Baduanjin, Liuzijue


Bacon Ng at www.baconng.org

Free video https://www.safetyweek.hk/web/subpage.php?mid=72&id=275
6) SR – Pain

Lee, Pittler & Ernst (2006 & 2007) external qigong meta-analysis

- WMD 36.3mm VAS pain (100mm) (2 RCTs)
- Qigong Type: External Qi-therapy

Bai (2015) meta-analysis

- SMD of 1.17 (3-month) -1.00 (6-month) Internal qigong (2 RCTs)
- SMD -0.94 Internal qigong 6-month vs waitlist (3 RCTs)
- SMD -1.53 External qigong vs general care (2 RCTs)
- SMD -0.06 External qigong vs placebo (3 RCTs)

Qigong Type: Qi-therapy & non-specific internal qigong


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33 SR – 15 had meta-analysis

<table>
<thead>
<tr>
<th>SR</th>
<th>Client</th>
<th>Outcome</th>
<th>Qigong Type</th>
</tr>
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<tbody>
<tr>
<td>Wang, C.W. et al., 2014</td>
<td>Healthy Adults</td>
<td>Perceived stress &amp; anxiety</td>
<td>Baduanjin Chai Mi Gong + Modified</td>
</tr>
<tr>
<td>Huang &amp; Yeh, 2013</td>
<td>Type II Diabetes</td>
<td>HbA1c &amp; Fasting glucose</td>
<td>Baduanjin, Liuzijue, Tai Chi</td>
</tr>
<tr>
<td>Bai, et al. 2015</td>
<td>Pain</td>
<td>Chronic pain</td>
<td>Internal qigong (Charité department) External qigong (Qi-Therapy)</td>
</tr>
<tr>
<td>Lee, et al 2006 &amp; 2007</td>
<td>Cancer</td>
<td>QOL vitality, Fatigue and cortisol level</td>
<td>Tai Chi, Guolin Qigong</td>
</tr>
<tr>
<td>Lee, et al., 2007 &amp; 2008; Guo, et al., 2008; Xiong et al., 2014</td>
<td>Hypertension, cardiovascula r rehab.</td>
<td>Systolic BP (6.51 – 17.03 mmHg) Diastole BP (5.28 – 10.15 mmHg)</td>
<td>Shuxinpingxue Gong (舒心平血功) Waxing Qigong (五行气功) Dayan Qigong (大雁养生功) Qubingyangsheng Gong (去病养生功)</td>
</tr>
<tr>
<td>Wang F. et al., 2013; Liu, et al. 2015</td>
<td>Depressive Symptoms</td>
<td>Depressive symptoms Psychological health</td>
<td>Dejian Mind-Body Intervention (DMBI) Baduanjin, Wuqinxi, Wu Xing Ping Xing Gong (五行平衡功) Yan Chai Ten-section Brocades,</td>
</tr>
<tr>
<td>Ding, et al., 2014; Ng, et al., 2012; Ng, et al., 2014</td>
<td>Pulmonary Rehab.</td>
<td>Lung fx., physical state Dyspnea</td>
<td>Liuzijue, Baduanjin, Health Qigong from the 4 types</td>
</tr>
</tbody>
</table>
Local OT Researchers

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