Health Qigong
Evidence-based Practice

27th March, 2019
Dr Bacon Ng
Occupational Therapist
Lectures PowerPoints

- HKOTA Qigong Talk on 27 Mar 2019 EBP
- Baduanjin Handout Bacon on 2 March 2019
- Baduanjin Handout from Simon on 3 & 9 Mar 2019
- HKRMTA Outcome 29 Jun 18
- YiJinJing Handout on 4 Feb 2017
- Laughter Yoga for Clinical Practice as an OT on 10 Oct 17
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 - 瑜珈療法 (Yoga)
**Definition (定義)**

**Health Qi-gong (健身氣功)**

- **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、心理調節相結合为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.*
Qi (氣)

天氣 (Seasons)

元氣 - 父母所傳 (Genes from parents)

地氣 (Environment)

正氣 (Dynamic balance of energy)

真氣 (Vital energy)

精氣 (Body energy)

神氣 (Spiritual energy)

營氣 (脈中)(清) (Digestive & cardiovascular system)

宗氣 (Lung function)

衛氣 (脈外)(濁) (Immune system)
經絡分類

- 經脈
  - 12 經脈
  - 奇經八脈
  - 雜脈11絡
  - 12 經筋

12經別

- 13別絡 - (脾 x 2)

督脈的別絡

任脈的別絡

孫絡

- 14經皮 (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** (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 (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)

**Parasympathetic Nervous System Activity** (副交感神經系統)
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
經絡循經 與易筋經的每一勢的關係

<table>
<thead>
<tr>
<th>第一勢</th>
<th>肺內</th>
<th>*手太陰肺經</th>
<th>*手陽明大腸經</th>
<th>*手食指</th>
<th>第二勢</th>
</tr>
</thead>
<tbody>
<tr>
<td>鼻翼</td>
<td>*足陽明胃經</td>
<td>*足太陰脾經</td>
<td>*腳拇指</td>
<td>第三勢</td>
<td></td>
</tr>
<tr>
<td>第四勢</td>
<td>心中</td>
<td>*手少陰心經</td>
<td>*手陽明小腸經</td>
<td>*手小指</td>
<td>第五勢</td>
</tr>
<tr>
<td>第六勢</td>
<td>內眼角</td>
<td>*足陽明胱胱經</td>
<td>*足少陰腎經</td>
<td>*腳小趾</td>
<td>第七勢</td>
</tr>
<tr>
<td>第八勢</td>
<td>胸部</td>
<td>*手厥陰心包經</td>
<td>*手少陽三焦經</td>
<td>*手無名指</td>
<td>第九勢</td>
</tr>
<tr>
<td>第十勢</td>
<td>外眼角</td>
<td>*足少陽膽經</td>
<td>*足厥陰肝經</td>
<td>*腳拇指</td>
<td>第十一勢</td>
</tr>
<tr>
<td>第十二勢</td>
<td>肺內</td>
<td></td>
<td></td>
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</tr>
</tbody>
</table>
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：韋馴獻杵第三勢
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

Bacon Ng at ngfl@ha.org.hk
五行和五音对应回

嘘Xu, 角 (牙) me 春

呵He, 徵 (舌) so 夏

呬Si, 商 (齿) re 秋

吹Chui, 羽 (唇) la 冬
<table>
<thead>
<tr>
<th>經脈穴</th>
<th>六式</th>
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<tbody>
<tr>
<td>任脈穴</td>
<td>0</td>
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<tr>
<td>督脈穴</td>
<td>0</td>
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<tr>
<td>足厥陰肝經穴</td>
<td>1</td>
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<tr>
<td>足少陽膽經穴</td>
<td>1</td>
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<tr>
<td>手少陰心經</td>
<td>2</td>
</tr>
<tr>
<td>手太陽小腸經</td>
<td>2</td>
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<tr>
<td>足太陰脾經</td>
<td>3</td>
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<tr>
<td>足陽明胃經</td>
<td>3</td>
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<tr>
<td>手太陰肺經</td>
<td>4</td>
</tr>
<tr>
<td>手陽明大腸經</td>
<td>4</td>
</tr>
<tr>
<td>足少陰腎經</td>
<td>5</td>
</tr>
<tr>
<td>足太陽膀胱經</td>
<td>5</td>
</tr>
<tr>
<td>手少陽三焦經</td>
<td>6</td>
</tr>
<tr>
<td>手厥陰心包經</td>
<td>6</td>
</tr>
</tbody>
</table>

0 預備勢
1 一式，噓
2 二式，呵
3 三式，呼
4 四式，呬
5 五式，吹
6 六式，嘻
習練順序

習練順序，以養生為主要目的，按五行相生：

- 肝屬木，木旺於春，四季以春為首，以先練噓字功，是因應天時
- 木能生火，心屬火，練呵字可以補心氣
- 呼字補脾，脾屬土，為火所生
- 吹能補肺氣，肺屬金，為脾土所生
- 吐字，吹能補腎氣，腎屬水，為肺金所生
- 五臟之氣都得到補養。三焦主氣，再加嘻字功，導引行氣全身之氣血通調
- 不宜變更顛倒。按次序練習，每天做一次
五禽戏

（中醫臟腑理論）

虎戲 = 虎舉, 虎撲 → 肝
鹿戲 = 鹿抵, 鹿奔 → 腎
熊戲 = 熊運, 熊晃 → 脾
猿戲 = 猿提, 猿摘 → 心
鳥戲 = 鳥伸, 鳥飛 → 肺
Systematic Reviews of Qigong
(15 meta-analysis)

Systematic Reviews
No. = 33 related to Health Qigong

Study Subjects of Systematic Reviews
(系统综述)

- Hypertension &…: 6
- Cancer: 5
- DM: 4
- Pain: 4
- Health, Chronic &…: 4
- Anxiety/Depression: 3
- Pulmonary: 3
- Fibromyalgia: 2
- Immunity: 1
- Movement Disorder: 1

Bacon Ng at www.baconng.org
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 al 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, Shuxinpingzue, Dayan


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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


Bacon Ng at [www.baconng.org](http://www.baconng.org)
5) SR – Diabetes Mellitus

Huang & Yeh (2013) meta-analysis

- \( \downarrow \) HbA1C -0.422 (7 RCTs)
- \( \downarrow \) 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: TaiChi, Baduanjin, Liuzijue


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

Free video

Bacon Ng at [www.baconng.org](http://www.baconng.org)
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

<table>
<thead>
<tr>
<th>SR</th>
<th>Client</th>
<th>Outcome</th>
<th>Qigong Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wang, C.W. et al.,</td>
<td>Healthy Adults</td>
<td>↓ Perceived stress &amp; anxiety</td>
<td>Baduanjin</td>
</tr>
<tr>
<td>2014</td>
<td></td>
<td></td>
<td>Chan 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 <em>(Charité department)</em></td>
</tr>
<tr>
<td>Lee, et al 2006&amp;7</td>
<td></td>
<td></td>
<td>External qigong <em>(Qi Therapy)</em></td>
</tr>
<tr>
<td>Zeng, et al., 2014</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, cardiovascular rehab.</td>
<td>↓ Systolic BP <em>(6.51 – 17.03 mmHg)</em></td>
<td>Shuxinpingsxue Gong <em>(舒心平血功)</em></td>
</tr>
<tr>
<td></td>
<td></td>
<td>↓ Diastole BP <em>(5.28 - 10.15 mmHg)</em></td>
<td>Wuxing Qigong <em>(五行氣功)</em></td>
</tr>
<tr>
<td>Wang F. et al., 2013</td>
<td>Depressive Symptoms</td>
<td>↓ Depressive symptoms</td>
<td>Dejian Mind-Body Intervention <em>(DMBI)</em></td>
</tr>
<tr>
<td>Liu, et al. 2015</td>
<td></td>
<td>↑ Psychological health</td>
<td>Baduanjin, Wuqinxi,</td>
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<td></td>
<td></td>
<td></td>
<td>Wu Xing Ping Xing Gong <em>(五行平衡功)</em></td>
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<td>Yan Chai Ten-section Brocades,</td>
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<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

The use of Health Qigong LiuZijue (六字诀) in preventive medicine for hypertension and diabetes

Preventive Medicine Section
Poster No. 348
Venue: 1st Conference Room, CAA
25 Aug 2016 (10:30am - 11:45am)

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Prof. Hector, W.H. TSANG, HKPU
www.healthclock.net
Research on Baduanjin Sitting Type
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Related Presentation


