

HEALTH QIGONG AND STRESS RELIEF

RESEARCH ON THE 14 LAST SLIDES

Stress Therapy Conference - Copenhagen

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1. Introduction

- Finding more **natural and greener** ways to improve health in today's world.
- Western experts recommend **“Exercise is Medicine”**



- **2,000 years ago**, one of China's classical medical works recorded the “Method of using sports to treat diseases”.
- **1,400 years ago** Sui dynasty medical monograph recorded more than **700** exercise prescriptions for more than **110** diseases .



黃帝內經

【宋刊本】 中医古籍精校丛书

诸病源候论



【宋刊本】

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- The sports and prescriptions mentioned are actually “**health qigong**” which is the subject of our talk today.







2. The origin of Qigong

- Qigong has a history of more than **5,000** years as a traditional Chinese fitness regimen. In the picture below, we can see an example depicting a five thousand years old unearthed **Majiayao** Culture pot showing a way of practicing.





It is currently the earliest record of Zhan Zhuang.

- ----- **“Standing Qigong”**
- ----- **“Standing as a Tree”**



We also see it in the picture below:



*Reproduction of the qigong exercises silk scroll (Dao-yin Tu) found in the tomb at Mawangdui, China, in 1973.
This scroll is from the period around 168 BCE.*



- It is a design on a silk scarf unearthed from a Han Tomb more than 2,000 years old. It depicts the fact that in the Han Dynasty, Qigong for Health became a way for **the aristocrats to cultivate their bodies.**



- Before we talk more about Qigong, we must clarify several **concepts**, because it involves the treatment principle of Qigong.



3. Qi and Meridians

- *What is qi?*
- According to Traditional Chinese Medicine, Qi is both **energy and information.**



- **Qi is a person's life energy or life force**

...whether it is energy moving the food through the digestive system of a person, the mobilizing of energy of his immune system, or providing energy for cells - all of that are Qi.



Qi is also **information**

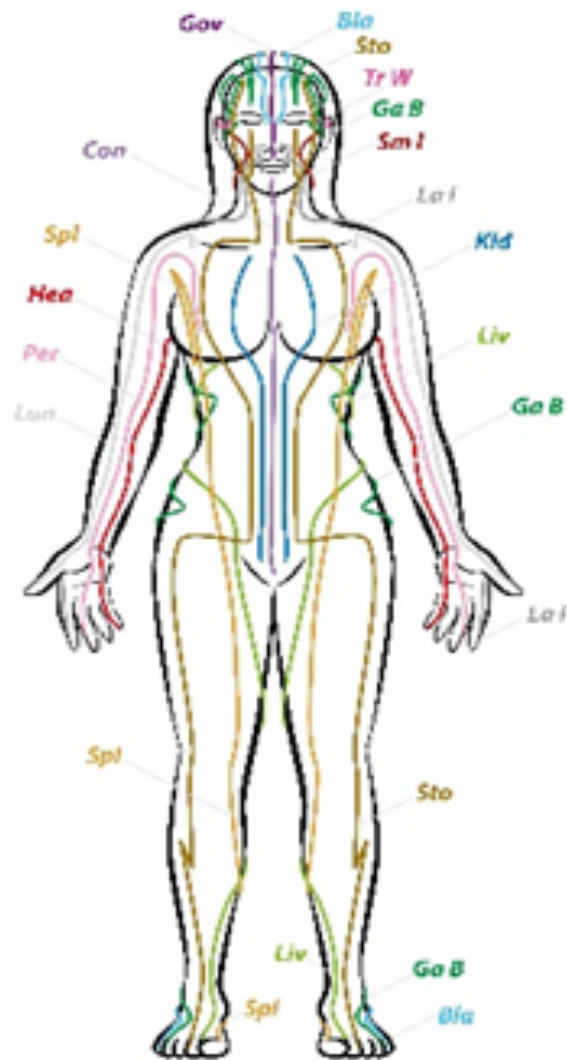
- --- just like data running over the Internet.



- What is meridian?
- The **trajectory** and **path** of **Qi flowing** through the body is called meridian.



The Body Meridians



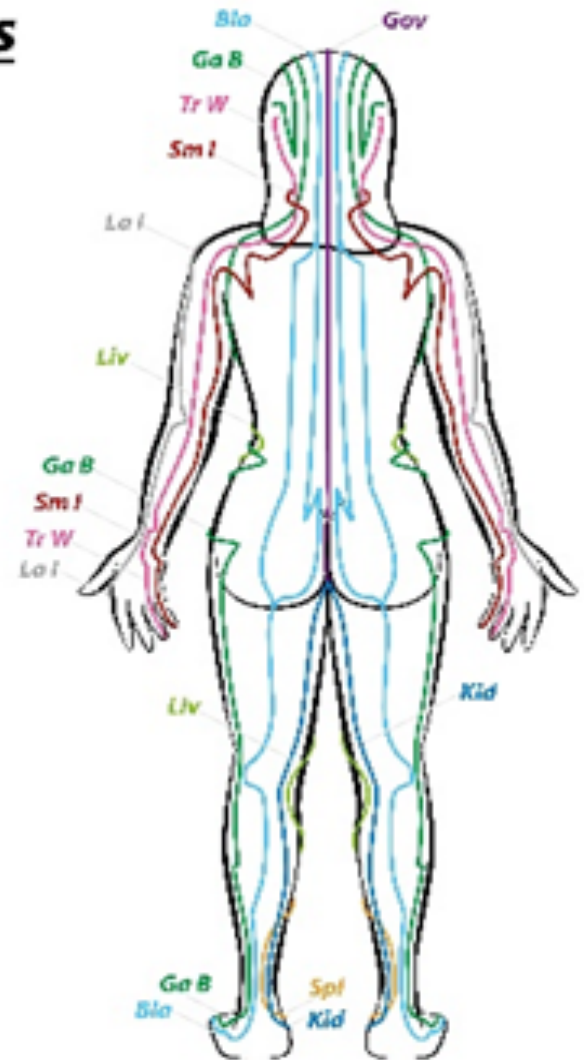
anterior view

Two Centerline Meridians:

Conception Vessel
Governing Vessel

Twelve Principal Meridians:

Stomach Meridian
Spleen Meridian
Small Intestine Meridian
Heart Meridian
Bladder Meridian
Kidney Meridian
Pericardium Meridian
Triple Warmer Meridian
Gall Bladder Meridian
Liver Meridian
Lung Meridian
Large Intestine Meridian



posterior view



- Meridian is the **basic theory** of Chinese medicine, which is widely used in **acupuncture**, **Qigong**, Chinese herbal medicine and massage.





Traditional Chinese medicine thinks:

- **pain is blocked**
- **Unblocked is free from pain**

It talks about a scenario if a person's meridians are unblocked, this means that his **life energy is running normally**; then the person's body is in a healthy state. In contrast, there is a state of illness.



Next, we begin to discuss **Qigong** and the **principles of Qigong fitness**.



4. What is Qigong

What is qigong?

- Qigong is a traditional Chinese sport.
- Promoting **physical and mental health** by means of its **physical activities, breathing and psychological adjustments.**



- It is an art of **self-healing** through **self-exercise**, especially the use of appropriate Qigong methods, even if there is no correct diagnosis, you can heal yourself.



- A large number of scientific studies have confirmed that Qigong has significant effects on **improving health, relieving stress and improving the quality of life.**
- such as **Parkinson**, mild **depression** patients, various **chronic diseases**, etc.



5. Qigong Three Stages

Three stages in Qigong practice

- Physical and mental **integration**
- People and society are **united**
- Harmony** between man and nature



The first stage

- the body will automatically repair itself and relieve stress.

The second stage

- people will take the initiative dealing with their relationships with colleagues, **managers** and the people around them.



The third stage

- -----People will achieve a feeling of the energy of the universe.





6. Stress Relief by Qigong

It depends on its particular form of motion:

- Soft, slow, deep breathing, flowing movements, flowing meditation
- Action and meditation are perfectly integrated in a flow, relaxation and deep breathing
- OPEN BODY AND OPEN MIND !







Experts call

- **Qigong movement**
a flowing movement meditation.

because Qigong emphasizes a trinity of body movement, respiratory movement and mind movement. Only by entering into this **state of practicing in trinity** it can be called the real Qigong exercise.



The physical exercise

- On the outside the body is open and straight, at the inside the spirit is active (our body like a loaf of bread)

Respiration

- Fine and deep abdominal breathing

Mind

- Being focused, but light and soft (see with compassion)



7. Qigong Practice and Effect

- Qigong movement is simple and easy to learn, but one needs to **accurately** grasp the **movement, breathing and the use of ideas**, only in this way can we achieve good results.



- Thus, in learning Health Qigong, it is preferable to require **professional** teachers to be the leaders of education and training, to achieve good effect.



- It is important practicing more than **three hours a week.**
- in China, at present fitness Qigong has become an important part of **rehabilitation** medicine and **preventive** medicine and, worth noting, also the main means of treatment for **chronic diseases.**



8. Qigong in Denmark

- At present, Denmark has established a **Danish Health Qigong Federation** and joined the International Health Qigong Federation.



- Danish Health Qigong Association with QigongAkademiet and **DGI** (Dansk Gymnastik & Idrætsforbund) have held **three-year education programs** for Health Qigong coaches and trained more than **100** professional coaches.





- Health Qigong is not only a physical fitness, but also brings **peace and harmony** to the individual .
- Health Qigong is just the **21st century of Mind-body Exercise!**



9. Stress Research Articles of Qigong

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Original Articles

Effects of Scheduled *Qigong* Exercise on Pupils' Well-Being, Self-Image, Distress, and Stress

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Abstract

Objectives: Psychologic problems is increasing among pupils and has become a major problem in Sweden as well as in other Western countries. The aim of this study was to explore whether scheduled *qigong* exercise could have an effect on well-being at school, psychologic distress, self-image, and general stress.

Subjects: Pupils, 13–14 years, were assigned to either a *qigong* group or a control group.

Intervention: The *qigong* group had scheduled *qigong* 2 times a week for 8 weeks.

Measures: Self-reported well-being at school, psychologic distress, self-image, and stress were measured pre- and postintervention.

Results: The control group had reduced well-being at school during the semester and the *qigong* group was stable. The *qigong* group reduced psychologic distress and stress, and had a tendency to improved self-image, whereas no changes were found in the control group. Self-image explains 47% ($R^2 = 0.47$) of well-being at school, and stress explains 29% ($R^2 = 0.29$) of psychologic distress.

Conclusions: Scheduled *qigong*, meditative movement, is a possible way to improve well-being at school.

Introduction

Measuring well-being, self-image, distress, and stress are

Qigong reduces stress in computer operators

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KEYWORDS

Qigong;
Environmental
health;
Stress reduction

Summary Chinese research indicates that the Qigong method reduces psychosomatic and physical symptoms through an effect on the sympathetic nervous system. **Objectives:** The aim was to investigate the effects of Qigong on stress among computer operators.

Design: Ten women were included in a Qigong group and an equal number in a control group. Heart rate, blood pressure, and finger temperature were measured at the beginning and at the end of the working day during 5 weeks. twenty four-hours urine samples were collected in the first and last weeks to measure catecholamine excretion in urine. Participants kept a daily record of psychological measures of strain and weekly measures of stress levels.

Results and conclusions: Qigong reduced noradrenaline excretion in urine ($p < 0.05$), and influenced the heart rate and temperature, indicating reduced activity of the sympathetic nervous system. Moreover, Qigong reduced low-back symptoms ($p < 0.05$). In conclusion, Qigong exercise may reduce stress at computerised work.

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RESEARCH ARTICLE

Open Access

Managing stress and anxiety through qigong exercise in healthy adults: a systematic review and meta-analysis of randomized controlled trials

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Abstract

Background: An increasing number of studies have documented the effectiveness of qigong exercise in helping people reduce psychological stress and anxiety, but there is a scarcity of systematic reviews evaluating evidence from randomized controlled trials (RCTs) conducted among healthy subjects.

Methods: Thirteen databases were searched for RCTs from their inception through June 2013. Effects of qigong exercise were pooled across trials. Standardized mean differences (SMDs) were calculated for the pooled effects. Heterogeneity was assessed using the I^2 test. The risk of bias was assessed using the Cochrane criteria.

Results: Seven RCTs met the inclusion criteria. Two RCTs suggested that qigong exercise immediately relieved anxiety among healthy adults, compared to lecture attendance and structured movements only. Four RCTs suggested qigong exercise relieved anxiety (pooled SMD = -0.75; 95% CI, -1.11 to -0.40), and three RCTs suggested that qigong exercise reduced stress (pooled SMD = -0.88; 95% CI, -1.22 to -0.55) among healthy subjects following one to three months of qigong practice, compared to wait-list controls.

Conclusions: The available evidence suggests that qigong exercise reduces stress and anxiety in healthy adults. However, given the limited number of RCTs and their methodological flaws, further rigorously designed RCTs are needed.

Keywords: stress, anxiety, qigong, systematic review, meta-analysis



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Qigong training and effects on stress, neck-shoulder pain and life quality in a computerised office environment

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A B S T R A C T

Keywords:

Qigong training
Musculoskeletal symptoms
Quality of life
Stress
Computer work

Background: Qigong is a Chinese health promoting exercise with a rhythmic pattern of slow movements and breathing affecting the autonomous nervous system.

Objectives: To examine the implementation of Qigong for half an hour daily in a computerised office, and to study effects on health state, general health, neck-shoulder and lumbar spine symptoms and stress after six weeks training

Design: A crossover intervention study with 37 employees randomised in two groups. A questionnaire was completed one week before starting study and every second week during the training period. After 6 weeks the first group stopped and the second group started the training.

Results: There was a small significant improvement of neck pain and disability following therapy.

Conclusion: Qigong training may reduce neck disability in office workers. A longer training period might

Qigong Stress Reduction in Hospital Staff

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Latoya H. Conner, B.A.,² and Lawrence E. Adler, M.D.¹

Abstract

Objective: The aim of this study was to investigate the effectiveness of a *qigong* training program in reducing stress in hospital staff.

Methods: Subjects were randomly assigned to a 6-week intervention of either *qigong* practice ($n = 16$) or a waiting list ($n = 21$). The primary measure of stress was the Perceived Stress Scale. Secondary measures included the Short Form 36 (SF-36) quality-of-life measure and a 100-mm analog pain scale.

Results: The *qigong* group demonstrated a statistically significant reduction of perceived stress compared to the control group ($p = 0.02$). On the Social Interaction subscale of the SF-36, the *qigong* group demonstrated greater improvement compared to controls ($p = 0.04$). Within-groups analyses demonstrated that the *qigong* group ($p = 0.03$), but not the control group, experienced a significant reduction of pain intensity. A regression analysis demonstrated an association between higher baseline stress levels and greater improvement within the *qigong* group ($R^2 = 0.34$; $p = 0.02$).

Conclusions: These results suggest that short-term exposure to *qigong* was effective in reducing stress in hospital staff. Further studies are needed to evaluate the possible effectiveness of *qigong* in reducing pain and in improving quality of life.

- ----- Chen Wei conducted a five-month Ba Duan Jin exercise intervention study on 180 elderly people over the age of 60. Compared to the pre-experimental indicators, mental health indicators measured after the experiment showed that indicators of depression factor, anxiety factor, paranoid factor and interpersonal relationship sensitivity factor decreased significantly.



- ----- Zhang Jie et al. In a comparative experiment of 64 patients with generalized anxiety disorder, the control group was only treated with conventional Chinese and Western medicine. The treatment group was treated by a combined practice of traditional Chinese and Western medicine and carrying out practice of Ba Duan Jin Health Qigong. After 12 weeks of treatment, the treatment group scored significantly better on the Hamilton Anxiety Scale and the Self-rating Anxiety Scale than the control group.



- -----Ma Zhenlei et al said that middle-aged and elderly women in the practice group were compared to a control group not participating in any group- or individually planned fitness activities. After receiving Ma Wang Dui Health Qigong guidance exercise for 20 weeks, three times a week, the practice group showed significant changes in tension, anger, fatigue, depression, experience, self-esteem and many other aspects.
- Conclusions. Ma Wang Dui Guiding Health Qigong is a small and medium-intensity aerobic exercise which can reduce the anxiety level of the practitioner.



- ----- After 24 weeks of Health Qigong and Taiji Health practice, the exercise group showed significant improvement in negative emotions such as anger, fatigue, paranoia, etc. compared with before the experiment, while the exercise group had been somatized and anxious, Scores on depression were significantly reduced.
- Conclusions. Health Qigong and Taiji Health exercise can improve negative emotions of elderly women, promote the formation of positive emotions, and have a positive effect and improving the mental state of elderly women and maintaining mental health.



- ----- After training for 12-week with the Health Qigong exercise Wu Qin Xi in patients with mild depression, the results showed recovery for patients with scores on the depression-related scale and magnetic resonance markers in frontal lobe and hippocampus brain regions, and depressive symptoms were effectively improved. Conclusions. The specific effects of Health Qigong Five Animals on the intervention of depression and the changes of metabolic indicators in the corresponding brain regions are worthy of study.



- ----- Lu Sen summoned 45 students with physical disability, abnormal body, acute and chronic diseases, physical dysfunction and other college students suffering from injury or recovering after surgery, teaching all disabled students the Zhou Yi Jin's movement technique, and after mastery of the movement, began formal practice.



- From the observation of the changes in body function and mood of college students before and after 18 weeks of Yi Jin Jing Health Qigong exercise, the chest circumference of male and female students increased significantly; blood pressure and heart rate decreased, respiratory system and blood circulation improved; mental health of disabled students in the body There were significant benign changes in the effects of depression, depression, anxiety, mental illness, coercion, paranoia, interpersonal sensitivity, and other influences.



- In summary, the practice of Health Qigong has a benign effect on improving mental health such as anxiety and depression for people of different ages. Some studies have also shown that practices of Taiji-quan, Yi jin jing, He Xiang Zhuang and Xing Shen Zhuang play an active role in the anxiety and depression of the elderly, and that the effects of Taiji-quan and Yi Jin Jing Health Qigong are most significant.



- In addition, there are 10 exercises for treating patients with moderate Parkinson's with a combination of Health Qigong exercises of Wu Qin Xi, Liu Zi Yan, Yi Jin Jing, Ba Duan Jin, Guided Health 12 and Ma Wang Dui Guiding, 5 times a week, 60 minutes of intervention. After 8 weeks the patient's mood indicators: fatigue, depression, energy, total scores, and cognitive functions as attention, delayed recall, recognition. In terms of the total score dimension, there is a significant improvement over the intervention.



Thank you for your attention!

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