

## A clinical study of pains treated by digital qigong healing

Prof. Huang Xiaokuan  
China PLA General hospital, Beijing 1008537

Digital qigong healing refers to treatment by external qi directly or indirectly emitting to certain parts of the patient's body. In recent years the auther treated pains due to various causes with succesful result. Here is the report:

### 1. Clinical data

Among the 56 cases there were 30 male patients, 26 female patients. 18 were under 30 years old, 22 from 30 to 50 years old, and 16 over 50. The duration of disease was from 30 days to onr year.

### 2. Treating method

- 2.1 Ask the patient to lie on the back. The operator does qigong exercise for 3-5 minutes to get qi to his finger. When he feels a heat and distending sensation in his hands, qi is given to Baihui (Du 20). The operator's hand touches the acupoint or not touches the body.
- 2.2 Qigong daoyin: First emit qi to Baihui (Du 20) to regulate the central nervous system, then lead qi the chest and whole body. Afterwards, qi is directed to the local diseased site.
- 2.3 Qigong digital treatment and tuina: According to the condition of pain, tuina is applied to the local site.
- 2.4 Course of treatment: Treatment is given once a day or every other day. Each treatment last for 15-20 minutes and 6 treatments consist of a course. 2-3 courses are necessary. Among the 56 cases, 3 treatments are the minimum, while 18 treatments are the maximun.

### 3 Result

3.1 Standard of effectiveness: the evaluation standard is as follows. (1) Nearly cured: Symptoms and signs disappear and bodily function returns to normal: (2) markedly effective: Symptoms and signs are obviously relieved: (3) Effective: Symptoms and signs are relieved: (4) Failure: No change.

3.2 Result of effectiveness: Among the 56 cases, 22 had suffered from soft tissue pains, 21 from inflammative pains, 10 from pains caused by tumors and 3 from unknown reasons. After treatment 19 cases were nearly cured, amounting to 38%; 28 were markedly effective, amounting to 50%; 9 were effective, amounting to 16%. Their pains and other cinditions were all relieved to some extent.

Table 1

Pain	nearly cured	markedly effective	effective	failure
Soft tissue Pain	9	8	5	...
Inflammative Pain	5	14	2	...
pain caused by tumor	4	4	2	...
pain caused by unknown reasons	1	2	...	...
cases	19	28	9	
%	38	50	16	

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### Case examples

Case 1 Mr zhang, 34 years old, worker

The patient had had intolerable gastric pain after CA surgery because of metastasis. Dolantin and morphine were depended. He came for help on June 16 1997. After 20 treatments dolantin and morphine were stopped to give. Body weight increased from 45 kilo to 49 kilo. Sleep hours became normal.

Case 2 Mr. Wang, 47 years old, medical worker

The patient had had thoracic surgery in 1986, leading to muscular pains of shoulders. No alleviation was seen after giving analgesics and physical therapy. But after 8 treatments, symptoms disappeared completely.

### Discussion

1. Qigong energy directly functions on the acupoint and goes into the deep part to dredge meridians, regulate qi and blood, thus pain is relieved.
2. Qigong energy may strengthen the patient's qi, with which pain is killed.
3. Qigong energy can adjust the body's yin and yang, and turn the unorderly cortex to kill pain.
4. Qigong energy has been proved to be a kind of low-frequency infrared, subaudible and magnetic message, which means it is a life energy substance.
5. It is safe and economic with quick response. However, it is not suitable to anyone. Pain alleviation is not always satisfactory because different individuals have different response.

## THE NEW TREND OF QIGONG IN CHINA AND OTHER COUNTRIES

Prof. Tingyu Fang

Beijing University of Traditional Chinese Medicine

100029, Beijing, China

### 1. Evolution of qigong

The origin of qigong is not so clear. There is no commonly agreed chronology or exact line of development. But it has been said people came to know treatment of diseases by "dancing" in the prehistoric period. A legend goes that the sun was often shut off by heavy clouds and it rained all the time; water overflowed the banks. People lived a gloomy and dull life, suffering rigidity of joints. Dancing was thus recommended as a remedy. From the long experience for existence, the ancients gradually realized that body movements, various ways of breathing and exclamations could help readjust some functions of the body, e.g. imitating animal movements could promote flow of qi, then the five Animal Frolics were invented. Pronouncing "Hi" could decrease or increase strength. "Ha" could disperse heat, "Xu" could relieve pain, and this way, the so-called Six Healing Sounds were developed. And the ancient primitive qigong was brought into being. During the spring and autumn and the Warring States Periods (770-221 B.C.), there was a rise in swarms of various schools and thoughts, by virtue of whose work the experiences of their predecessors were summed up., knowledge about nature, society and life was distilled and rationalized and raised to the level of theory. Qigong found its way to systematization and became an independent theoretical setup. Various concepts were raised by scholars and qigong instructors, such as "The essence of life is the essence of qi", "The heart is to the body as an emperor to his prone", "Preserving the innocent heart and cultivating the disposition", "Keeping the mind blank to get tranquilized". The various schools came to hold their own theories on health preservation and brought about the concept of life essence, qi and mental faculties-the three treasures of the human body. "Exhale and inhale, to expel the stale and take in the fresh; a bear twists his neck, or a bird stretches its wings", is also a method for health preservation and treatment of disease through limb movements in cooperation with breathing. Then, various forms have been passed down and have withstood the test of time. Such practice as the Five Animal Frolics, the Eight Pieces of Brocade, Iron Shirt Qigong, Bone Marrow Washing and various styles of

Taijiquan, the Six Healing Sounds and the Microcosmic Orbit come through as complete practice sets. There are also a range of practices of more recently origin, such as Wild Goose Qigong, Soaring Grade Qigong, Swimming Dragon Qigong, Gulin Qigong, Zhinneng Qigong, Dragon Flying Qigong, Shaolin Keeping Fit Qigong, Fragrant Qigong, etc. which have been created by individual practitioners. In history, there were a large number of different long-established styles, forms, traditions and approaches for working with qi, which included practices with such names as Nei dan, Wai Dan, Dao Yin, Taiji, Gong Fu, Wu Shu, Tu Gu and Daoyin.

In 1955 to answer the question "What is qi?" qigong was invented by a research group, which included Master Liu Guizhen, the late head of the Beidaihe Qigong Sanatorium. After much discussion and consideration they took the word "Qigong" from Gong Fu (martial art), which can be interpreted as meaning "work/developing/cultivating, and added to it qi to create the totally new term "qigong". So qigong is a modern term based on ancient theories and practice.

Through the 1960's and 1970's periods qigong was nearly stopped to develop in China. But since 1980's the research and teaching of qigong has been resumed. With the "open policy" all manners and instructors at every level appeared. Every style of qigong was taught. Books on qigong theory and skills were written and published. People flocked to qigong by millions, men and women, old and young could be found in parks in early morning doing exercises, no matter what condition they were, sick or healthy. Since then scientific study of qigong is being conducted in universities and institutes throughout the country, especially in big cities, such as Beijing and Shanghai. International conferences on qigong are taking place. In 1989 the World Academic Society of Medical Qigong was founded, sponsored by 23 countries. It hosted three world conferences on medical qigong from 1989-1996. Some of the world conferences on medical qigong from 1989-1996. Some of the technical researches has resulted in the creation of instruments. Dr. Richard Lee, a physicist of the United States has created a machine to test emitted qi has revealed that it contains infrared, subaudible and magnetic messages, which is the scientific ground of the effectiveness in treatment.

Another recent development in China is the creation of qigong sanitoriums, where people can stay and undergo intensive qigong therapy and training, together with administration of herbal medicines to deal with gastric and heart problems. According to reports, qigong sanitoriums can be found in other countries, for example, in Canada there is a "Silent ground", which is located in a remote and quiet place where they devote their energy to The Healing Tao.

2. The term of "medical qigong" emerged in the 1980's. After a long term investigation, it is defined as follows. Medical qigong involves three aspects: direct healing, self-controlled therapy, and hand-on therapy. At first direct healing appears fake to many westerners. Even within China there is some skepticism despite an impressive research body to support. The direct healing method refers to an experienced qigong instructor to direct his qi into specific acupoints or meridians on the patient's body so that various circulation can be encouraged to disperse evil qi and strengthen the circulation itself. The hand-on healing refers to tuina or to acupressure. It means the instructor places his hands on certain acupoints, muscle groups, joints or soft tissues and give pressure and movement to relax the body area to make easily flow. The most popular medical qigong style is self-controlled therapy. After learning from a teacher, the patient regularly practices certain movements for some particular problems. Prevention and cure can be achieved, so millions of people use these forms to prolong their life, or treat a specific condition.

### 3. Scientific Research

In recent years scientific researches are ever-increasing in the qigong field. Study involves not only the subjective feelings, but also biology, electronics, electrochemistry, magnetism, enzymology, microwave and many others.

Qigong is now a science of high technology. Here is a list of a few research topics.

Spectrum Analysis effect of the Emitted Qi on EEG of Normal Subjects.

Clinical Observation on 30 Cases of Chronic Hepatitis B Treated by Huichungong.

Qigong's Curative Effect on Lambago and Joint Pain.

Paralytic Patients Treated by Hand-on Qigong Therapy.

Increase the Immune System Naturally.

Computer Evaluation of Thermographic Differences before and after Therapy of Qigong.

Qigong and Medical Psychology.

Qigong and Immune System.

Recently, a research paper on "Personality and Meditation" arouses wide interest. It says people of different personality should do different qigong forms to enhance the effect. People of introversion and stable mentality affect meditation, while extroversion and unstable mentality affect meditation. So before qigong therapy personality should be tested to find out the best indications and evaluate prognosis.

#### 4. Qigong Outside the Border of China

Qigong craze has spread to many countries as people want to live longer and healthier. For those who have suffered from some critical conditions want to find a cure from qigong therapy. People would travel a long way, wait for hours to get treatment from skillful qigong masters or learn qigong exercises from them.

In North America there are several qigong associations in the west, middle and east parts in U.S.A. In San Francisco two international qigong conferences were held in 1990's, and in Minneapolis-St. Paul a qigong conference was held in 1997. Several hundred people took part in these conferences. Qigong training in classes and medical treatment are carried out. Medical insurance companies encourage their clients to learn qigong to prevent diseases. Each one only pays one dollar for the training and the salary of the qigong instructor is covered by the medical insurance company. In Canada the Natural Medicine Association is in charge of qigong training and treatment.

"What is qi?", the publication in the Us by Dr David Eisenberg is the first book on qigong in west. He is the pioneer to explain what qi and qigong is to his fellow countrymen and 20 video tapes on qigong made by the Westerners. Qigong organizations have published many qigong journals too, such as Qi. The Journal of Eastern Health and Fitness.

In addition, a computerized qigong database has been developed by Dr. Kenneth Sancier. Because it is a new technique to help us to look into the qigong information, I have to touch it in more space.

The database provides the only information in English on the vast clinical and experimental research on qigong, performed mainly in China. The Qigong Database version 4.0, has been enlarged to a total of 1287 citations in English, an increase of 30% over the previous version. The database contains abstracts from eleven international qigong conferences and 225 from scientific journals. Abstracts in the database range in length from a paragraph to several pages summarized in tables, and statistical analysis. Using any keyword, you can search all the chronic conditions such as hypertension, aging, asthma and cardio vascular diseases. The considerable research on qigong and the favorable results suggests that there are many ways that qigong can complete Western healthcare. The Database has been used as source material for at least five books, four dissertations, and several research studies. Medical practitioners, scientists and the public also find it informative.

In Europe qigong associations are found in France, Spain, Germany, Italy, Sweden, Norway, Denmark and Poland. In Spain Dr. Gaspar Garcia has introduced and coordinated qigong teach in about 10 countries. Recently, he teaches pupils at a teenager sports school and he intends to popularize it to public schools. In this summer he will teach elementary school pupils his specific qigong forms for teenagers designed by him in California at the invitation of schools in California.

The First European Conference on Medical Qigong was held in summer of 1996, and the 2nd European Conference on Medical Qigong will be convened from June 6-7 1998 in Poznan Poland. The World Academic Society of medical Qigong will send a delegation to the conference. Two magazines have been published by the Swedish Qigong Society and Academy of medi-Qi. Each year people of different organizations are sent to China to study Qigong. In November this year, the first Spanish Medical Qigong Congress will be held in Spain.

In Germany Jiao Guorui's Yangsheng Qigong is printed.

In Japan industry is funding qigong programs. An Article in the American journal Business Week (Jan. 1995) reported that in Japan senior executives of major companies such as Sony, Mitsubishi, Electric, NEC and Casio Computers are training with "qi masters". They say that it increases their vitality and efficiency, and consequently their profit margins. It keeps them young. One executive Stated, "I think qi treatment has helped me grow this company from 70 million a year to 600 million", Japan's Ministry of international Trade and Industry has formed a committee to look into practical uses of qi energy. More than 190 major companies are funding research at Tokyo's University of electro-Communications. The Obitsu Sankei Hospital, is using qigong to treat various diseases, including cancer to improve QOL. Until 1996 seven sessions of qigong conferences were held in Japan sponsored by the Japan Qigong Association. About 100000 people joined such events.

Now a parallel development is taking place in the West. Qigong, this ancient treasure of Chinese people is loved more and more by people all over the world. Letters and enquiries from various countries frequently come to my desk. What we hope is that people will lead a long and healthy life, and enjoy the world happiness God give to them.

