

1: Hu Li Za Zhi. 2005 Jun;52(3):65-70.

Related Articles, Links

The application of qi-gong therapy to health care

[Article in Chinese]

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A great number of clinical studies merging traditional Chinese medicine (TCM) and Western medicine have proved the complementary healing effects of qi-gong in medical science. Traditional Chinese respiration exercises help to regulate our mind, body and breathing and coordinate our internal organs, remove toxins and enhance immunity. Domestic and foreign studies indicate that qi-gong can relieve chronic pain, reduce tension, increase activities of phagocytes in coenocytes, improve cardiopulmonary function, improve eyesight, influence the index of blood biochemistry, etc. Due to the obvious healing effects of qi-qong therapy, through introducing qi-gone concepts and related medical research, this paper aims to inspire health care workers to integrate qi-qong therapy into medical treatments and nursing care, or to carry out further studies in order to make good the shortfall in provision of holistic medicine and nursing in the interests of the quality of patient care.

PMID: 15986304 [PubMed - in process]

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