

Certificate in Integrative Palliative Care – 3
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Week-05
Lecture 44: Qigong

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Hello friends, namaste. So, now we come to another medical system for energy healing that is called Qigong. I mention it to Qigong means mastery of energy force.

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PRELUDE

- Qigong (pronounced “chee-gong”) is a Traditional Chinese Medicine healing practice that’s believed to support mental, physical, and spiritual health through gentle movement, meditation, and breathing techniques.
- While there are many ways to practice qigong, there are two main categories:
 - Active (dynamic) qigong and
 - Passive qigong.
- Active qigong uses controlled, slow movements, while passive qigong involves stillness and calm breathing. Regardless of the form of qigong, the goal is to allow energy to freely move throughout the body and reconnect with the earth for healing.

So lets see Qigong in detail. Qigong pronounced as chi gong is a TCM traditional Chinese medicine healing practice that is believed to support mental physical and spiritual health through gentle movement meditation and breathing technique. All three things are together, gentle movements are there meditation is there and breathing technique.

While there are many ways to practice qigong there are basically two main categories active. Active Qigong means dynamic, with full force, hard force and passive Qigong, soft force. Active Qigong uses controlled slow movements while passive Qigong involves stillness and calm breathing. Regardless of the form of Qigong, the goal is to allow energy to freely move throughout the body and reconnect with the earth for healing.

Earthing must happen with earth then only healing start taking place.

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We will see Qigong in basically two parts part one what is Qigong and part two certain frequently asked questions we will just see.

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What is Qigong. You can see a gentleman moving forward with two hands forward with proper concentration in his eyes. Moving, slow movement with concentration.

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Qigong Meditation Techniques

- **Qigong meditation is an ancient Chinese healing practice that combines controlled breathing, gentle movement, and meditation to promote good mental, physical, and spiritual health.**
- Similar to tai chi, qigong meditation is believed to treat a variety of health conditions, including high blood pressure, heart disease, diabetes, chronic fatigue, insomnia, and leg and back pain, among others. Yet, research backing these claims is limited.
- Qigong offers many benefits. Some of them are backed by research, including improved balance and gait, as well as reduced stress levels. Other purported benefits include a lower risk of chronic disease and improved focus.

Technique. Qigong meditation is an ancient Chinese healing practice that combines controlled breathing, gentle movement and meditation to promote good mental, physical and spiritual health. Similar to Tai Chi, Qigong meditation is believed to treat a variety of health conditions including high blood pressure, heart disease, diabetes, chronic fatigue, insomnia and leg and pain among others. Yet research backing these claims is very very limited. That's a caution.

Research, scientific research backing these claims is very limited. Qigong offers many benefits. Some of them are backed by research including improved balance and gait as well as reduced stress levels. Other purported benefits include a lower risk of chronic disease and improved focus.

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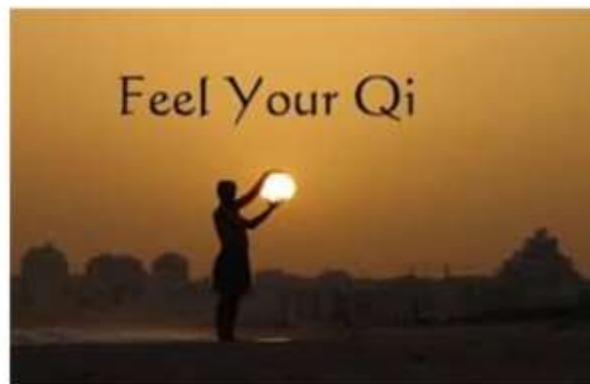
What Is Qigong Meditation?

- Qigong (pronounced "chee-gong") meditation is an ancient Chinese healing practice that combines meditation, controlled breathing, and gentle movement.
- It's roughly translated as **"the master of one's energy"** and combines two important concepts of traditional Chinese medicine (TCM).
 - Qi roughly translates to "vital life force,"
 - Gong means mastery or cultivation.

Now you must be wondering what is Qigong meditation? On one side you are saying Qigong is basically movement with the breathing techniques.

How both these things, movement plus meditation go along? Qigong meditation, ancient Chinese healing practice. Qigong, it is roughly translated as the master of one's energy and combines two important concepts of traditional Chinese medicine. Vital life force Qi and Gong means mastery or cultivation of a particular force.

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What Is Qigong Meditation?

- This practice is meant to cultivate the energy and strength of nature into one's body to promote better mental, physical, and spiritual health.
- In TCM, poor health is the result of blocked energy that flows through the twelve meridians – or sections – of the body. Thus, qigong is believed to promote health by allowing your energy, or qi, to flow through the body.
- Qigong is popular in China for exercise, recreation, relaxation, preventative medicine, and physical and mental healing. Plus, it's even employed in martial arts training. Despite its widespread use, research to support the theory of qi energy is lacking.

This practice is meant to cultivate the energy and strength of nature into one's body to promote better mental, physical and spiritual health. In traditional Chinese medicine, poor health is a result of blocked energy that flows through the 12 meridians or sections of the body.

Thus Qigong is believed to promote health by allowing your energy or Qi or Prana to flow through the body qigong is popular in china for exercise, recreation, relaxation, preventive medicines and physical and mental healing plus it is even employed in martial arts training. Despite, its widespread use research is to support the theory of qi energy is lacking.

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This is a martial posture of qigong.

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Types Of Qigong Meditation

- While there are many ways to practice qigong, there are two main categories: active (dynamic) qigong and passive qigong. Active qigong uses controlled, slow movements, while passive qigong involves stillness and calm breathing.
- Qigong can also be practiced internally (by yourself) or externally (via a qigong therapist). With external qigong, a therapist provides "emitted" qi to promote healing. Though, for most people, qigong is a self-healing technique that's practiced without a therapist.
- Regardless of the form of qigong, the goal is to allow energy to freely move throughout the body and reconnect with the earth for healing.

Types of qigong meditation. While there are many ways to practice Qigong. Basically there are two main categories active that is dynamic and passive after Qigong uses controlled slow movements while passive Qigong involves stillness and calm breathing.

Qigong can also be practiced internally by yourself or externally via Qigong therapist. With external Qigong a therapist provides emitted qi to promote healing therefore most people Qigong is a self healing technique that is practiced without a therapist. Regardless

of the form of Qigong the goal is to allow energy to freely move through the body and reconnect with the earth for healing.

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These are the old time pictures of qigong centuries old.

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1. Active (Dynamic) Qigong

- Active qigong – also known as **dong gong** – involves intentional, active movement and breath work that enhances yang energy. **In TCM, yang represents active energy, strength, and vibrancy, while yin depicts passive energy, calmness, and gentleness.**
- It includes repeating gentle, coordinated movements to promote blood and **lymphatic drainage**, balance, muscle strength and flexibility, and a greater awareness of one's body in space (known as proprioception).
- **This type of qigong is considered exercise but shares mutual characteristics with passive qigong**, such as **good posture**, controlled breathing, focus on relaxation, and visualization.

Active dynamic qigong active qigong also known as dong gong involves intentional active movement and breath work that enhances your energy.

In traditional chinese medicine yang represents active service, active energy, strength

and vibrancy while yin depicts passive energy calmness and gentleness. Young active energy and in passive energy. It includes repeating gentle coordinated movements to promote blood and lymphatic drainage, balance, muscle strength. and flexibility and a greater awareness of one's body in space known as proprioception. This type of qigong is considered exercise but shares mutual characteristics with passive qigong such as good posture controlled breathing focus on relaxation and visualization.

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This is active qigong from the posture itself you know it is dynamic, little. It gives that picture of little bit of martial exercise.

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Here also you can see how this girl you know in what posture she is in a ready position to strike someone or to defend herself.

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Here also boys are learning qigong with the use of hand.

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2. Passive Qigong

- Passive qigong focuses on embracing yin energy through body stillness and the mental cultivation of qi energy.
- During this form of qigong, the body is not moving externally, but the mind is actively working to cultivate and move qi energy throughout the body.
- This practice would be similar to traditional meditation.

Now coming to passive qigong passive qigong focuses on embracing yin yin means passive energy. Yang means active energy, Yin means passive energy, through body stillness and the mental cultivation of Qi energy.

During this form of Qigong, the body is not moving externally, but the mind is actively working to cultivate and move Qi energy throughout the body. This practice would be similar to traditional meditation.

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Passive Qigong



Passive Qigong



Passive Qigong





Passive Qigong.

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Benefits Of Qigong Meditation

- Qigong offers many benefits. Some of them are backed by research, including improved balance and gait, as well as reduced stress levels.
- Other purported benefits include a lower risk of chronic disease and improved focus.

The logo is circular and features a stylized human figure in a Qigong pose, with arms raised and hands near the head. The figure is positioned over a Yin-Yang symbol, which is split into a white (Yang) and black (Yin) half.

Benefits of qigong meditation. Qigong offers many benefits some of them are backed by research including improved balance and gait as well as reduced stress levels. Other purported benefits include a lower risk of chronic disease and improved focus increased balance.

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1. Increased Balance

- Qigong focuses on controlled, slow movements of the body to improve your proprioception, or awareness of your body in space, which helps increase balance, muscular strength, and flexibility.
- In a **2020** study in 95 adults ages 51–96, participants that practiced weekly qigong for 12 weeks had significant improvements in balance and gait (walking) scores.
- Interestingly, qigong can also improve balance in younger adults.
- Considering that all age groups can safely participate in qigong, it may be an effective and enjoyable strategy to improve balance and lower the risk of falls.

Qigong focuses on controlled slow movements of the body. To improve your proprioception or awareness of your body in space which helps increase balance muscular strength and flexibility. There is a study of 2020 in which 95 adults ages 51 to 96 they participated and they had significant improvements in balance and gait walking scores. Interestingly qigong can also improve balance in your adults, balance in younger adults. Considering that all age groups can safely participate in qigong it may be an effective and enjoyable strategy to improve balance and lower the risk of the falls

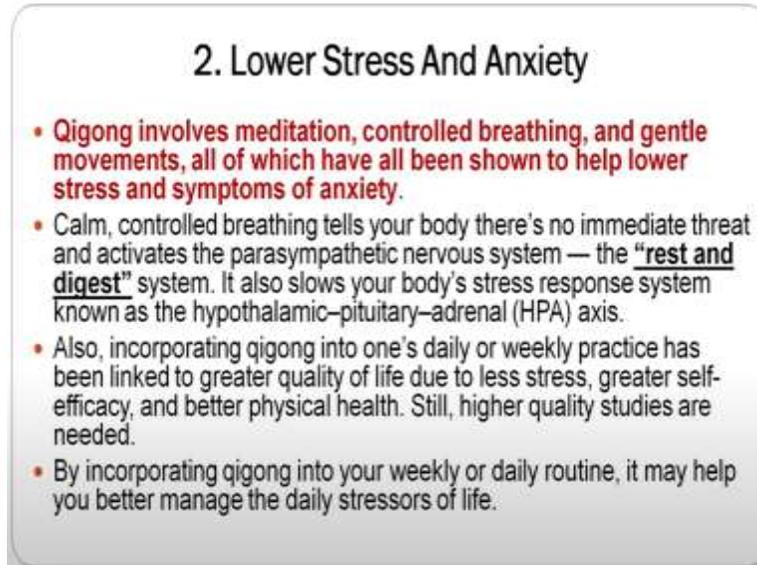
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Increased Balance!



Increase balance. See the way the gentlemen they are standing on one leg and trying to check the balance.

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2. Lower Stress And Anxiety

- **Qigong involves meditation, controlled breathing, and gentle movements, all of which have all been shown to help lower stress and symptoms of anxiety.**
- Calm, controlled breathing tells your body there's no immediate threat and activates the parasympathetic nervous system — the **“rest and digest”** system. It also slows your body's stress response system known as the hypothalamic–pituitary–adrenal (HPA) axis.
- Also, incorporating qigong into one's daily or weekly practice has been linked to greater quality of life due to less stress, greater self-efficacy, and better physical health. Still, higher quality studies are needed.
- By incorporating qigong into your weekly or daily routine, it may help you better manage the daily stressors of life.

Lower stress and anxiety. Qigong involves meditation, controlled breathing and gentle movements, all of which have all been shown to help lower stress and symptoms of anxiety. Calm, controlled breathing tells your body there is no immediate threat and activates the parasympathetic nervous system, the rest and digest system. It also slows your body stress response system known as the hypothalamic pituitary adrenal axis.

Also incorporating Qigong into once daily or weekly practice has been linked to greater quality of life due to less stress, greater self-efficacy and better physical health. Still higher quality studies are needed. By incorporating Qigong into your weekly or daily routine, it may help you better manage the daily stressors of life.

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Lower stress and anxiety.

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3. May Lower Risk Of Chronic Disease

- Qigong is a gentle form of exercise and emphasizes calm, meditative breathing. Together, this may reduce stress on the body, increase blood flow, and improve your overall fitness, all of which can lower your risk of chronic disease.
- In particular, qigong has been shown to lower the risk and improve symptoms of type 2 diabetes and heart disease.
- Still, researchers urge that larger, more robust studies are needed before qigong can be recommended as a standard treatment.
- That said, most people can safely practice it in addition to their current medical treatments prescribed by their healthcare provider.

May lower risk of chronic diseases. Qigong is a gentle form of exercise and emphasize calm and meditative breathing. Together this may reduce stress on the body, increase blood flow and improve your overall fitness, all of which can lower your risk of chronic disease.

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needed before Qigong can be recommended as a standard treatment. Remember this. Qigong cannot be recommended as a standard treatment for diabetes and heart disease because larger or more robust studies are required. That said, most people can safely practice it in addition to the current medical treatments prescribed by the healthcare providers.

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May lower risk of chronic disease.

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4. May Improve Focus

- Many people struggle to focus on tasks due to the busyness of day-to-day life.
- **Qigong requires focus of the breath, mind, and body.** Through regular practice, qigong may help improve your ability to focus and concentrate by helping you learn to regulate thoughts in a more productive manner.
- Despite the many benefits of qigong, higher quality research studies are needed.

May improve focus, I have written may may here because research materials are not available they cannot say that so therefore it may, may improve, may not it many people struggle to focus on task due to the business of day to day life qigong requires focus of the breath mind and body Through regular practice qigong may help improve your ability to focus and concentrate by helping you learn to regulate thoughts in a more productive manner. Despite the many benefits of qigong higher quality research studies are needed

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You can just see, how focused they are looking just forward.

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SUMMARY

- **Health Benefits:** The benefits of qigong include improved balance, greater mental focus, lower levels of stress and anxiety, and decreased chronic disease risk. Though many people report the benefits of qigong, larger studies are needed.
- **How to Do It?** When learning active qigong, it's best to visit an in-person class to learn the sequences correctly and build a sense of community. You can also watch beginner videos online. For passive qigong, try adding 10 minutes of meditation per day to your routine.

Summary, health benefits the benefits of qigong include improved balance greater mental focus lower levels of stress and anxiety and decrease chronic disease risk so many people report the benefits of qigong larger studies are needed how to do it well learning active qigong it is best to visit an in person class to learn the sequences correctly and build the sense of community. You can also watch beginners videos online for passive Qigong. Try adding 10 minutes of meditation per day to your routine.

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How To Do It?

There are dozens of variations of qigong. To get started, here's a basic guide for passive and active qigong. However, before beginning any new exercise routine, it's best to speak with your healthcare provider.

How to do it? Dozens of variations of Qigong to get started. Here is a basic guide for passive and active Qigong. However, before beginning any new exercise routine, it is best to speak with your health care providers.

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How To Do It?
Passive qigong

- Passive qigong is very similar to traditional meditation.
Two main types of passive qigong exist:
 - **Mental Focusing (ru jing) and**
 - **Visualization (cun si).**
- **Mental Focusing:** To practice mental focusing, simply sit in a comfortable upright position, close your eyes, and breathe in and out with your belly (diaphragmatic breathing). **Ideally, try to sit for at least 10 minutes or longer and focus on your breath.**

Passive Qigong. Passive Qigong is very similar to traditional meditation.

Two main types of passive Qigong exist. Mental focusing, ru jing and visualization, cun si. Mental focusing. To practice mental focusing, simply sit in a comfortable upright position. Close your eyes and breathe in out.

Close your eyes and breathe in and out with your belly diaphragmatic breathing. Ideally try to sit for at least 10 minutes or longer and focus on your breath.

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How To Do It?
Passive qigong

- **Visualization:** This involves a similar practice but with **added imagination**. With your eyes closed, imagine things that bring you joy or relaxation (e.g., the beach, a flower-filled valley, a mountaintop). Use these visualizations to help direct positive energy throughout your body.
- You may also visualize energy going toward an organ or area in the body that requires healing. To enhance your practice, attend classes or read qigong guides to learn chants, visualizations, and other meditative techniques.

Passive Visualization. This involves a similar practice but with added imagination.

With your eyes closed imagine things that bring you joy or relaxation. Use this visualization to help direct positive energy throughout your body. You may also visualize energy going towards an organ or area in the body that requires healing. To enhance your practice, attend classes or read Qigong guides to learn chants, visualization and other meditative techniques.

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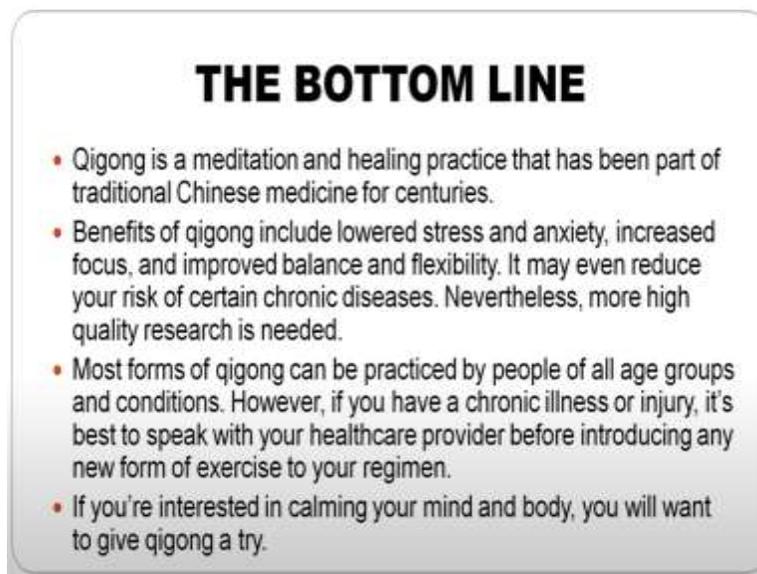
How To Do It?
Active qigong

- **The goal of active qigong is to continuously keep your body in flow.** Unlike yoga, which generally focuses on static stretches, active qigong requires you to keep your body moving through various movement sequences.
- Since qigong involves a sequence of movements, it's best to start with a beginner's class or online video. Ideally, active qigong is practiced in a group setting to promote connectedness and community, which TCM believes is important for health and healing.
- With either passive or active qigong, remember to practice **patience** while you learn and enjoy the process.

The goal of active Qigong is to continuously keep your body in flow.

Unlike yoga, which generally focuses on static stretches, active Qigong requires you to keep your body moving through various moment sequences. Since Qigong involves a sequence of moments, it is best to start with a beginners class or online video. Ideally, active Qigong qigong is practiced in a group setting to promote connectedness and community which traditional chinese medicine believes is important for health and healing. With either passive or active qigong remember to practice patience while you learn and enjoy the process.

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THE BOTTOM LINE

- Qigong is a meditation and healing practice that has been part of traditional Chinese medicine for centuries.
- Benefits of qigong include lowered stress and anxiety, increased focus, and improved balance and flexibility. It may even reduce your risk of certain chronic diseases. Nevertheless, more high quality research is needed.
- Most forms of qigong can be practiced by people of all age groups and conditions. However, if you have a chronic illness or injury, it's best to speak with your healthcare provider before introducing any new form of exercise to your regimen.
- If you're interested in calming your mind and body, you will want to give qigong a try.

The bottom line, take away. Qigong is a meditation and healing practice that has been part of traditional Chinese medicine for centuries. Benefits of Qigong include lowered stress and anxiety, increased focus and improved balance and flexibility. It may even reduce your risk of certain chronic diseases. Nevertheless, more high quality research is required. Most forms of Qigong can be practiced by people of all age groups and conditions.

It can be practiced for all age groups however if you have a chronic illness or injury it is best to speak with your healthcare provider ask your doctor before introducing any new form of exercise to your regimen. If you are interested in calming your mind and body we will want to keep qigong a try.

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REFERENCES

- Medically reviewed by Courtney Sullivan, Certified Yoga Instructor
- Written by Katey Davidson, MScFN, RD, CPT on February 11, 2021



Courtney Sullivan certified yoga instructor.

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PART: II FAQs



Now lets come to frequently asked questions very interesting questions of course.

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QIGONG **What You Need To Know**



Meditation in Motion



There will be certain reputation also what we learnt in part one but because of question answer techniques it is easy to assimilate for you people and meanwhile in last half an hour some of you might have got certain doubts and I believe I hope that those doubts should be answered in this part two.

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1. What Is Qigong And How Does It Work?

- Qigong, pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining health and well-being.
- Qigong has both psychological and physical components and involves the regulation of the mind, breath, and body's movement and posture.
 - In most forms of qigong:
 - Breath is slow, long, and deep. Breath patterns may switch from abdominal breathing to breathing combined with speech sounds.
 - Movements are typically gentle and smooth, aimed for relaxation.
 - Mind regulation includes focusing one's attention and visualization.

Number one question what is qigong and how does it work. Qigong pronounced chi gong was developed in china thousands of years ago as part of traditional chinese meditation.

It involves using exercises to optimize energy within the body, mind and spirit with the goal of improving and maintaining health and well being qigong has both psychological and physical components and improve the regulation of the mind, breath and body, movement and posture, gait. In most forms of Qigong, breath is slow, long and deep. Breath patterns may switch from abdominal breathing to breathing. Combined with speech sounds, movements are practically gentle and smooth, aimed for relaxation. Mind regulation includes focusing one's attention and visualization.

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1. What Is Qigong And How Does It Work?

- **Dynamic** (active) qigong techniques primarily focus on body movements, especially movements of the whole body or arms and legs.
- **Meditative** (passive) qigong techniques can be practiced in any posture that can be maintained over time and involve breath and mind exercises, with almost no body movement.

What is Qigong and how does it work? Dynamic or active Qigong techniques primarily focus on body movements, especially movements of the whole body or arms and legs, whereas meditative that is the passive Qigong techniques can be practiced in any posture that can be maintained over time and involve breath and mind exercises with almost no body movement.

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2. Is qigong the same as tai chi?

- **Tai chi originated as an ancient martial art, but over the years it has become more focused on health promotion and rehabilitation.**
- When tai chi is performed for health, it is considered a form of qigong and involves integrated physical postures, focused attention, and controlled breathing.
- **Tai chi is one of the hundreds of forms of qigong exercises that was developed in China.**
- Other forms of qigong include Baduanjin, Liuzijue, Hu Yue Xian, Yijin Jing, and medical qigong.

Is Qigong the same as Tai Chi? Tai Chi, yes after this particular lesson we are going to study Tai Chi, but still some introduction here. Tai Chi originated as an ancient martial art, but over the years it has become more focused on health promotion and rehabilitation. When Tai Chi is performed for health, it is considered a form of Qigong and involves integrated physical forces, focused attention and controlled breathing. Tai Chi is one of the hundreds of forms of Qigong exercises that were developed in China, old China.

Other forms of Qigong include Baduanjin, Liuzijue, Hu Yue Xian, Yijin Jing, and medical Qigong.

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3. Can Qigong Reduce Pain?

- **The research on qigong's role in pain is conflicting.** Three reviews from 2018 and 2019 that looked at only a small number of studies suggested that qigong may help to decrease pain in community-dwelling older adults (160 participants), neck pain (525 participants), and musculoskeletal pain in people 15 to 80 years old (1,787 participants).
- But a **2020** review that included 5 studies (576 participants) **found conflicting results** on qigong's pain-reducing effects for low-back pain and neck pain.

Can Qigong reduce pain? The research on Qigong's role in pain is conflicting. Three reviews from 2018 and 2019 that looked at only a small number of studies suggested that Qigong may help to decrease pain in community dwelling older adults. It may decrease pain in older adults, neck pain, musculoskeletal all these things it can may reduce. But a 2020 review that included five studies found conflicting results on Qigong's pain reducing effects for low back pain and neck pain.

So, overall We can't say that Qigong can reduce pain. It may or may not.

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4. Is Qigong Helpful For People With Chronic Diseases?

It is helpful in the following chronic diseases:

- **Fibromyalgia: A Disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues.**
- **Chronic Obstructive Pulmonary Disease (COPD)**
- **Parkinson's Disease**
- **High Blood Pressure**
- **Chronic Heart Failure**

Is Qigong helpful for people with chronic diseases? It is helpful in the following chronic diseases. Fibromyalgia, a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues.

Chronic obstructive pulmonary disease. Parkinson's disease, high blood pressure and chronic heart failure.

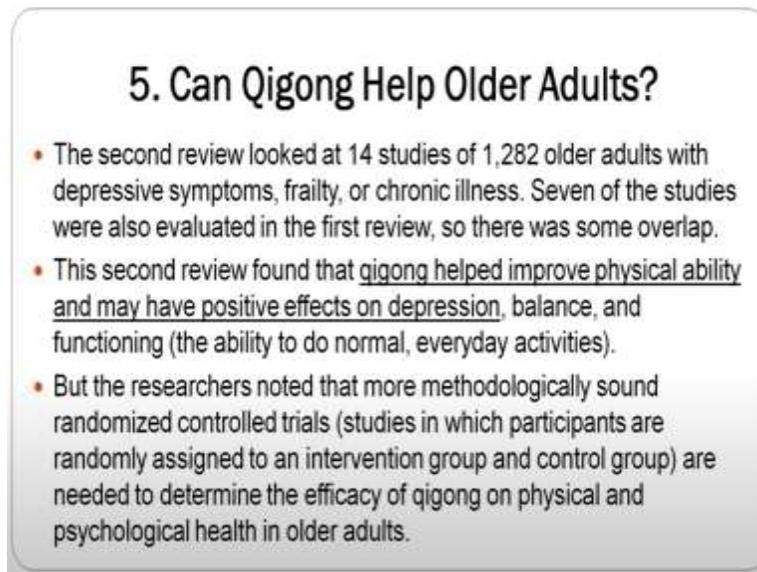
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5. Can Qigong Help Older Adults?

- The number of qigong studies that have included older adults is limited. Two 2019 reviews looked at the effects of qigong on the physical and psychological health of older adults. Some of the results were positive, suggesting a potential benefit of qigong for older adults.
- The first review considered 13 studies with a total of 1,340 community-dwelling older adults with chronic disease and found that qigong had a significant positive effect on quality of life but not on depressive symptoms.

Can Qigong help older adults? The number of Qigong studies that have included older adult is limited, very limited. Two reviews had taken place in 2019 looked at the effects of Qigong on the physical and psychological health of older adults. Some of the results are positive suggesting a potential benefit of qigong for older adults. A significant positive effect on the quality of life but not on depressive symptoms this was the finding of earlier studies.

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5. Can Qigong Help Older Adults?

- The second review looked at 14 studies of 1,282 older adults with depressive symptoms, frailty, or chronic illness. Seven of the studies were also evaluated in the first review, so there was some overlap.
- This second review found that qigong helped improve physical ability and may have positive effects on depression, balance, and functioning (the ability to do normal, everyday activities).
- But the researchers noted that more methodologically sound randomized controlled trials (studies in which participants are randomly assigned to an intervention group and control group) are needed to determine the efficacy of qigong on physical and psychological health in older adults.

The second review looked at 14 studies and the second review found that qigong helped improve physical ability and may have positive effects on depression balance and functioning but the researchers noted that more methodological Sound randomized control traits are needed to determine the efficacy of Qigong on physical and psychological health in older adults.

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6. Can Qigong Help Prevent Falls?

- A **2019 survey** of reviews found sufficient evidence to support qigong for balance training and fall prevention.
- When compared to more traditional interventions, qigong was found to have similar and sometimes better effects.

Number six question can qigong help prevent falls two thousand nineteen survey two thousand nineteen survey of reviews found sufficient evidence to support qigong for balance training and fall prevention. When compared to more traditional intervention qigong was found to have similar and sometimes better effects.

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7. Will Qigong Help With Knee Osteoarthritis?

There is only a small amount of research on qigong's effect on knee osteoarthritis.

- A **2020 review** looked at 7 studies (424 total participants), but only 3 of the studies were adequately designed.
- The review found that qigong improved pain, stiffness, and physical function more than a waiting list control or a health education intervention.
- Because the evidence was weak, however, the authors said that qigong cannot be recommended until more high-quality studies are done.

Will qigong help with knee osteoarthritis is only a small amount of research on qigong's effect on knee osteoarthritis. Two thousand twenty review and the review found that qigong improved pain, stiffness and physical function more than a waiting list control or a health education intervention because the evidence was weak however the author said that qigong cannot be recommended until more high quality studies are done.

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7. Will Qigong Help With Knee Osteoarthritis?

- Clinical practice guidelines published in **2017** by the Ottawa Panel (an international group of researcher methods experts who develop evidence-based clinical practice guidelines) recommend using a tai chi qigong program for improving quality of life in people with knee osteoarthritis.
- The program includes 60-minute classes twice a week for 8 weeks. The guideline authors, however, based their recommendation on only one small high-quality study. They said that more evidence is needed to make stronger recommendations.
- The guideline authors suggested that the tai chi qigong program might also be beneficial for pain relief and improving physical function.

In two thousand seventeen clinical practice guidelines published by the Ottawa panel, they recommended using a Tai Chi Qigong program for improving quality of life in people with knee osteoarthritis. The guideline author suggested that the Tai Chi Qigong program might also be beneficial for pain relief and improving physical function.

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8. Can qigong help to manage symptoms in people with cancer?

- A **2019 review** included 7 studies on qigong and/or tai chi, with a total of 915 people with different types of cancer. Most of the studies involved 60-minute sessions two to three times a week for 6 to 12 weeks. Qigong significantly improved symptoms of fatigue and sleep quality. Though not statistically significant, qigong and tai chi also had positive effects on anxiety, stress, depressive symptoms, and overall quality of life. The authors of the review indicated that more high-quality studies with longer follow-up periods are needed before definitive conclusions can be made.
- A **2017 review** that looked at only qigong included 22 studies of 1,751 people with various cancers. Four of the studies were also in the 2019 review noted above. The review found that using qigong was promising for managing physical and psychological symptoms related to cancer and its treatment.

Can Qigong help to manage symptoms in people with cancer? Can Qigong help the cancer patients? 2019 review, qigong significantly improved symptoms of fatigue and sleep quality fatigue and sleep quality only though not satisfactorily significant qigong and tai chi also had positive effects on anxiety stress depressive symptoms and overall quality of life. So yes it can manage symptoms yes or no fifty fifty. Two thousand seventeen review the review found that using qigong was promising for managing physical and psychological symptoms related to cancer and its treatment.

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9. Can Qigong Improve Cognition And Memory?

Only a small amount of research has been done on qigong's effect on cognition and memory.

- A **2020 review** that included 13 studies of 893 people with mild cognitive impairment suggested that qigong improved cognition and memory after 3 and 6 months of practice.
- The qigong programs included 40- to 60-minute sessions three to six times per week. The benefits from qigong were similar to the benefits from combined cognitive-physical programs and other physical exercises. None of the studies followed up with participants afterwards, so the long-term effects of qigong are still difficult to predict.
- Also, it's not clear whether qigong provides benefits for mild cognitive impairment resulting from all causes—such as stroke, diabetes, and older age—or only some causes.

Can qigong improve cognition and memory only a small amount of research has been done on qigong's effect on cognition and memory. Two thousand twenty review that's review of two thousand twenty and he says that qigong improved cognition and memory after three and six months of practice.

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9. Can Qigong Improve Cognition And Memory?

- A **2019 review** looked at the effects of meditation, tai chi, qigong, and yoga on cognition in adults 60 years of age and older.
- The review included 9 studies of qigong (about 650 participants), of which 3 studies were also in the 2020 review.
- Qigong was found to improve cognition and memory, but only when at least one of the following was true: the length of the program was longer than 12 weeks, exercise frequency was three to seven times per week, or the duration of each exercise session was 45 to 60 minutes.

Two thousand nineteen review in that review and again in the review of two thousand twenty qigong was found to improve cognition and memory but only when at least one of the following was true the length of the program was longer than twelve weeks more than twelve weeks twelve weeks means almost not almost it is three months, three months program, three months of exercise in qigong is required. Exercise frequency was three to seven times per week but the duration of each exercise session was forty five to sixty minutes.

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10. Can Qigong Help With Mental Health In Substance Use Disorders?

- **A 2020 review of 4 studies** involving 593 individuals with substance use disorders found that qigong appeared to have a more positive effect on reducing anxiety than medication or no treatment.
- The review also found that qigong led to significant improvement in depressive symptoms when compared to no treatment. Because the studies were small and not of high quality, the authors indicated that more rigorous research is needed to provide reliable evidence.

Qigong help with mental health in substance use disorders. 2020 review, Qigong appeared to have a more positive effect on reducing anxiety than medication or no treatment.

Yes, the review said it had a positive effect. The review also found that Qigong led to significant improvement in depressive symptoms.

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11. Can Qigong Help People Who Have COVID-19?

- **The amount of research on qigong for COVID-19 is extremely limited.** One **2021 review** looking at the role of traditional Chinese medicine in COVID-19 indicated that qigong has not been well investigated as a treatment for COVID-19 and that there is a lack of high-quality evidence from well-designed randomized controlled trials.
- Another **2021 review** looking at complementary therapies and COVID-19 listed only two very small studies on qigong, totaling 49 participants. The studies suggested that qigong improved physical activity, perceptions of difficult breathing, quality of life, and some measures of inflammation in the body, but the studies were not randomized controlled trials.

Can Qigong help people who have covid nineteen the amount of research on qigong for covid nineteen is extremely limited. So, we just cannot say anything there was a two thousand twenty one review after covid was over qigong had not been well investigated as a treatment for covid nineteen. Two thousand twenty one review looking at complementary therapies and covid nineteen listed only two very small studies on qigong. The study suggested that qigong improved physical activity perceptions of difficult breathing quality of life and some measures of inflammation in the body but the studies were not randomized controlled trials.

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11. Can Qigong Help People Who Have COVID-19?

- The **2021 reviews** did not include a small 2021 randomized controlled trial of 128 participants hospitalized with severe COVID-19 in China.
- This study found that adding a rehabilitation program of acupressure therapy and qigong exercise to standard care shortened hospital stays and improved lung function and symptoms such as shortness of breath and cough. Data were collected only while participants were in the hospital, which averaged 20.8 days for participants receiving standard care and 18.5 days for participants receiving the added rehabilitation program.
- A **2020 review** indicated that there are few studies on the effects of qigong on the acute phase of respiratory infections in general.

Can qigong help people who have covid 19 the 2021 review did not include a small two thousand twenty one randomized controlled trial of two hundred twenty eight participants.

This study found that adding a rehabilitation program of acupressure therapy and qigong exercise to standard care shortened hospital stay and improved lung function and symptoms such as shortness of breath and cough. So, it did improve some of the patients who were hospitalized during covid.

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12. Is Qigong Safe?

- **Qigong appears to be a safe form of activity.** Many studies have indicated no negative side effects in people practicing qigong, including people with chronic diseases and older adults.
- A review of adults with neck pain included two studies that found that qigong and other exercise groups had similar side effects, which occurred in less than 10 percent of the adults and included muscle pain, soreness, and headache.

Is qigong safe? Qigong appears to be a safe form of activity many studies have indicated no negative side effects in people practicing qigong including people with chronic diseases and older adults.

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13. Is It Safe To Do Qigong During Pregnancy?

- There is no research on the safety of qigong during pregnancy and extremely limited research on practicing qigong while pregnant.
- **Pregnant women should talk with their health care providers before starting qigong.**
- Pregnant women may need to avoid or modify some qigong movements.

Is it safe to do qigong during pregnancy there is no research on the safety of qigong during pregnancy and extremely limited research on practicing qigong while pregnant.

Pregnant women should talk with their health care providers before starting qigong it is better to take their advice from a medical doctor.

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14. What Kind Of Training, Licensing, Or Certifications Do Qigong Instructors Need To Practice?

- Qigong instructors don't have to be licensed, and the practice isn't regulated by the Federal Government or individual states.
- There's no national standard for qigong certification.
- Various qigong organizations offer training and certification programs with differing criteria and levels of certification for instructors.

What kind of training licensing or certification do qigong instructors need to practice.

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TIPS TO CONSIDER

- Don't use qigong to postpone seeing a health care provider about a medical problem.
- Ask about the training and experience of the qigong instructor you're considering.
- Take charge of your health; talk with your health care providers about any complementary health approaches you use. Together, you can make shared, well-informed decisions.

Tips to consider. Don't you Qigong to postpone seeing a health care provider about a medical problem. So my dear friends, please go to a medical doctor whenever you have a problem first. Ask about the training and experience of the Qigong instructor you are considering and take charge of your health. Thank you. Thank you very much.