Medical applications of Qi gong

To follow are excerpts from an article that appeared in the "American Journal of Acupuncture", Vol. 19, No. 4, titled, "Medical Applications of Qigong and Emitted Qi on Humans, Animals, Cell Cultures, and Plants: Review of Selected Scientific Research." The article was written by Kenneth M. Sancier, Ph.D., and Bingkun Hu, Ph.D.

"Abstract: In the past few years, many studies have been conducted to investigate the scientific basis of Chinese Qigong and emitted Qi and to document their medical benefits. Most of this information has been generated in China and published in Chinese. For the benefit of Western scientists and medical practitioners, we discuss selected scientific reports pertaining to the effects of Qigong exercise and emitted Qi that were presented at two international conferences held in 1990. The reports document the medical benefits of Qigong exercise and some of the significant changes produced when Qigong practitioners or 'masters' emit Qi to living systems: humans, animals, cell cultures, and plants."

One mechanism by which Qigong practice can cure disease

A study of the effects of Qigong exercise on changes in blood chemistry and mortality of patients with hypertension. "Commentary: The researchers concluded that Qigong played a major role in improving the self-regulation and relaxation of the multiple cerebro-cardiovascular risk factors. Further, they suggest that this may be a mechanism by which to prevent stroke. The study shows the benefits of Qigong in combination with Western medicinal practice."

A study of the effect of Qigong exercise on the blood chemistry of human subjects. "Commentary: The researchers concluded that Qigong exercise had stimulated the increased activity of the enzyme, SOD, which in turn resulted in better control of the aging process by decreasing the estrogen level for men and increasing it for women. ... We believe that these results suggest one mechanism by which Qigong exercise can promote health, improve the condition of the aged, and cure disease."

A study of the effect of Qigong state on the nervous system. "Commentary: The researcher suggests that Qigong meditation may bring about excitatory or inhibitory effects of the central nervous system, thereby unmasking or enhancing the functions that are not part of the normal repertoire of the nervous system."

A study of the effects of Qi processes related to healing on body energy of human subjects. "Commentary: In Chinese medicine, healing is achieved by balancing the body energy, i.e., by dispersing or tonifying the energy along certain meridians. Such balancing is often achieved by using external or internal Qigong. The present study indicates that the Qigong Master's intent, which affects his external Qi, and subject's visualization, which affects his internal Qi, can be potent forces in affecting muscle strength and balance of body energy. The results affirm the often stated belief that visualization and positive thinking are an essential part of the healing process."

Tumors reduced or eliminated

A study of Qi on tumors implanted in rats. "Commentary: The researchers suggest that emitted Qi damages tumor cells, inhibits their growth, promotes the regenerative function of the lymph system, and increase anti-tumorigenic function in rats. ... Therefore, such studies provide support for the numerous claims that emitted Qi and personal Qigong exercise can cure or inhibit cancer growth in humans."

Qi affects cell cultures

A study of the effects of a Qigong master's intent on biochemical reactions of cell cultures in vitro. "Commentary: ... We believe that this in vitro study provides strong support for the reality of emitted Qi and its potential for changing the metabolism of living cells. The dependence of the outcome on the intent of the Qigong master has profound implications for medical Qigong in clinical applications. Similar studies with tumor cells are in progress in the United States."

A study on pulmonary cancers cells in a cell culture. "Commentary: The researchers conclude that Qi-treated lung cancer cells tend to lose their neoplastic character, but they exhibited less of this tendency than liver cancer cells, which they also studied."

A study of human peripheral blood lymphocytes and natural killer cells. "Commentary: ... We observe that the emitted Qi affected all the functions of cell-mediated immune systems that were measured, not just one part of the system. Thus, the study offers a mechanism by which Qigong helps cure disease and promote health in a holistic way. This study provides scientific support for the popular assertion that emitted Qi can significantly change the biochemistry associated with the immune system of humans and animals."

Qi even benefits plants

A study of the germination rate of rice seeds. "The results of germination rates for three batches of seeds treated by a given Qigong master in a given 30-minute period of time were averaged. ... The results show that the percentages of seeds that germinated were generally greater for the Qi-treated seeds."