

# **Qigong Meditation Reduced Psychosomatic and Physical Symptoms of Diseases through Sympathetic Nervous System**

**Qigong influenced the heart rate and temperature and reduced activity of the sympathetic nervous system. Moreover, Qigong reduced low-back symptoms and research also indicates that Qigong reduces psychosomatic and physical symptoms through an effect on the sympathetic nervous system.**

**According to the Department of Medical Sciences, Occupational and Environmental Medicine, Uppsala University in Sweden, the Qigong method reduces psychosomatic and physical symptoms through an effect on the sympathetic nervous system.**

**The findings by the Center for Integrative Medicine, Institute of Medical Science, College of Oriental Medicine, Wonkwang University in South Korea, suggest that EQT stabilizes the sympathovagal function and cardiac autonomic nervous system by inducing more positive emotions than the placebo therapy. Also indicated by the research was that qigong practice may act by stabilizing both the autonomic nervous system and the emotional state.**

**The Bodymind Healing Center in California, USA looked at many of the current studies and methodologies and concluded that despite various areas of concern the weight of evidence suggests that practicing qigong has a positive effect on hypertension.**

**Complementary Medicine, Peninsular Medical School, Universities of Exeter & Plymouth in Britain conducted Qigong exercise seems to offer a viable alternative to other more vigorous physical activities when wellness is the primary goal. When interpreted using self-determination theory, qigong seems to satisfy needs related to autonomy, competence and relatedness.**

## **Sources:**

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The Bodymind Healing Center, Orinda, California 94563, USA. mm@bodymindhealing.com. Title: Qigong and hypertension: a critique of research. [Review] [90 refs]. Source: Journal of Alternative & Complementary Medicine. 5(4):371-82, 1999 Aug.

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Complementary Medicine, Peninsular Medical School, Universities of Exeter & Plymouth, 25 Victoria Park Rd, Exeter EX2 4NT, UK; Title: Nonlinear analysis of heart rate variability during Qi therapy (external qigong). Source: American Journal of Chinese Medicine. 2005; 33(4): 579-88. (19 ref)