

Qigong and the Treatment of Illness: Recent Case Studies

Robert W McGee*

Fayetteville State University, USA

*Corresponding author: Robert W McGee, Fayetteville State University, USA



ARTICLE INFO

Received: 📅 March 28, 2022

Published: 📅 April 05, 2022

Citation: Robert W McGee. Qigong and the Treatment of Illness: Recent Case Studies. Biomed J Sci & Tech Res 43(1)-2022. BJSTR. MS.ID.006851.

ABSTRACT

Qigong is a tool of Traditional Chinese Medicine (TCM). It has existed for thousands of years and has been used as a natural treatment or remedy for a wide range of illnesses. The present paper reviews some recent studies that have used qigong to treat several illnesses, including back pain, cancer, cognitive impairment, depression and anxiety, fatigue, muscle strength and posture, and Parkinson's Disease.

Keywords: Qigong; Traditional Chinese Medicine; TCM

Introduction

Qigong [pronounced chee gong or chee kung], has been a tool in the toolkit of Traditional Chinese Medicine [TCM] for thousands of years. It is a method that uses the healing power of the human body to treat or even cure a wide range of ailments. In the West, it is sometimes used in conjunction with mainstream medicine as a supplementary tool to treat symptoms of various diseases and ailments [1-10]. Numerous studies have found that qigong can aid in the treatment of arthritis [11], back pain [12], cancer [13-17], cognitive impairment [18,19], Covid-19 [20,21], COPD [22], depression and anxiety [23-26], fatigue [27], hypertension [28,29], muscle strength and posture [30], Parkinson's disease [31,32], stroke [33], and tertiary-care pain management [34].

Back Pain

Li [12] studied the effects of health qigong on improving cervical and lumbar disc disease and mental health of 108 sedentary young and middle-aged faculty members from Yantai University in China. The experimental group received health qigong exercises for 12 weeks. The control group received no therapy. The study tested skeletal muscle mass, range of neck joint motion, range of weight joint motion and mental health of both groups, both before and

after the intervention. The body fat rate for the experimental group declined significantly during the period of the study ($p < 0.05$). Their Skeletal Muscle Mass (SMM) was significantly higher by the end of the study. The cervical vertebrae range of motion for the experimental group was significantly higher than that of the control group. Other things that improved significantly in the experimental group included obsessive/compulsive disorder, somatization, interpersonal sensitivity, hostility, depression and anxiety, paranoia and SCL-90 score. The study concluded that health qigong improved range of motion of both cervical and lumbar vertebrae as well as mental health for sedentary young and middle-aged individuals.

Cancer

A review of ten studies of the clinical effects of Baduanjin (a set of qigong exercises) on cancer patients by Kuo, et al. [15] found that patients in the qigong group suffered significantly less fatigue than did those in the control groups. Their sleep quality and quality of life scores were also significantly better than those in the control group. Molassiotis, et al. [16] conducted a randomized controlled trial of 156 lung cancer patients to examine measures of cough and quality of life. The intervention lasted for six weeks. Tests were conducted at

the start of the study, at the end of the study, and six weeks after the end of the study. At the end of the six-week intervention, the qigong group experienced significant improvement in fatigue ($p = 0.004$), dyspnea ($p = 0.002$) and anxiety ($p = 0.049$). The experimental group had significant improvement over the control group in the areas of dyspnea, the secondary outcomes of cough, global health status, functional well-being and quality of life. Although qigong did not alleviate the symptom cluster experience, it was effective in improving the quality of life, cough and dyspnea. The study concluded that it may not be beneficial to use qigong exercises to manage fatigue, dyspnea or anxiety, it may be beneficial in managing respiratory symptoms. Lastly, men benefited more from the qigong exercises than did the women. Quixadá, et al. [17] conducted a study to determine the effect of qigong exercises on the posture and mood of 21 breast cancer survivors who had persistent post-surgical pain. The study used therapeutic qigong mind-body training and lasted 12 weeks. They found that pain severity decreased while vertical spine angle improved. The study concluded that qigong may be a promising intervention for addressing bio psychosocially complex interventions such as persistent postsurgical pain in breast cancer survivors.

Cognitive Impairment

Breast cancer survivors often suffer from cognitive deficits caused at least partially by their cancer. The result is a reduced quality of life. James, et al. [19] conducted a study of cognitive impairment among 32 breast cancer survivors aged 65-75 who participated in 8 weeks of qigong and Tai Chi Easy (a special program of tai chi designed for individuals with health problems) training. They concluded that participation in qigong exercises and Tai Chi Easy may improve cognitive function and quality of life.

Depression and Anxiety

Liu, et al. [25] examined the results of four random controlled trials and six non-randomized comparison studies involving a total of 1,244 adolescents to determine the effect of tai chi and qigong exercises on the psychological status of adolescents. They found that tai chi and qigong exercises can reduce anxiety and depression as well as cortisol level. The effects on stress, mood and self-esteem were not significant.

Fatigue

Wang, et al. [27] examined the results of 16 randomized control trials involving patients with cancer chronic fatigue syndrome and other diseases to determine whether qigong exercises had any effect on total fatigue intensity. They found that the qigong exercise group had significant improvement ($p < 0.00001$).

Muscle Strength and Posture

Carcelén-Fraile, et al. [30] conducted a randomized clinical trial on 125 Spanish middle-aged and postmenopausal women to determine whether a qigong exercise program would have a beneficial effect on muscle strength and postural control. The program lasted for 12 weeks. They found that the experimental group had improved muscle strength, mean velocity of the displacement of the center of pressure, and surface sway area and postural control.

Parkinson's Disease

Li, et al. [31] conducted a study of 40 patients with Parkinson's Disease to determine what effect qigong exercises had on lower limb motor function. The experimental group did qigong exercises for 12 weeks while the control group did not perform any physical activity. At the end of the study, the experimental group improved the constant- and high-speed stride length and gait velocity, compared to the control group, but not the constant-and high-speed stride frequency. Their left and right hip flexion and extension range improved, as did their left and right knee flexion range. Their Timed Up and Go time became significantly slower. Wan, et al. [32] measured motor function improvements with patients who had Parkinson's Disease. Forty patients completed the study. The experimental group performed qigong exercises 4 times per week, for 60 minutes each session, for twelve weeks. The control group were treated with medication but did not perform the qigong exercises. At the end of the study, the control group did not experience any differences in the variables tested, except for the joint range of motion, which had decreased. The experimental group had increased significantly the length of time for the one-leg balance test ($p < 0.01$). The TUG test time was reduced significantly ($p < 0.01$). Their joint range of motion and gait improved significantly.

References

1. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Disease. Biomedical Journal of Scientific & Technical Research 34(2): 26627-26633.
2. McGee Robert W (2021) The Use of Yi Jin Jing to Treat Illness: A Summary of Three Studies. Academia Letters, Article 547.
3. McGee Robert W (2020) Qigong: A Bibliography of Books and Other Materials, Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong.
4. McGee Robert W (2020) A Bibliography of Recent Medical Research on Qigong, Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong.
5. McGee Robert W (2020) Ba Duan Jin as a Treatment for Physical Ailments: A Bibliography of Recent Medical Research, Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong.

6. McGee Robert W (2020) Wu Qin Xi as a Treatment for Physical Ailments: A Bibliography of Recent Medical Research, Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong.
7. McGee Robert W (2020) The Use of Yi Jin Jing to Treat Illness: A Summary of Three Studies, Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong.
8. McGee Robert W (2021) Tai Chi, Qigong and Transgender Health. Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Tai Chi and Qigong.
9. Cristina Rossi, Claudia Maggiore, Maria Maddalena Rossi, Alessio Filippone, Donatella Guarino, et al. (2021) A Model of an Integrative Approach to Breast Cancer Patients. *Integr Cancer Ther* 20: 15347354211040826.
10. Zenong Yin, Cristina E Martinez, Shiyu Li, Martha Martinez, Kezhi Peng, et al. (2021) Adapting Chinese Qigong Mind-Body Exercise for Healthy Aging in Older Community-Dwelling Low-income Latino Adults: Pilot Feasibility Study. *JMIR Aging* 4(4): e29188.
11. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Arthritis. *Biomedical Journal of Scientific & Technical Research* 37(5): 29724-29734.
12. Li B (2021) Effects of Health Qigong in Improving the Cervical and Lumbar Disc Disease and Mental Health Status of Sedentary Young and Middle-Aged Faculties. *Iran J Public Health* 50(6): 1224-1232.
13. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Cancer. *Biomedical Journal of Scientific & Technical Research*, 34(5): 27173-27182.
14. McGee Robert W (2020) Qigong and the Treatment and Prevention of Cancer, Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong.
15. Kuo CC, Wang CC, Chang WL, Liao TC, Chen PE, et al. (2021) Clinical Effects of Baduanjin Qigong Exercise on Cancer Patients: A Systematic Review and Meta-Analysis on Randomized Controlled Trials. *Evid Based Complement Alternat Med* 2021: 6651238.
16. Molassiotis A, Vu DV, Ching SSY (2021) The Effectiveness of Qigong in Managing a Cluster of Symptoms (Breathlessness-Fatigue-Anxiety) in Patients with Lung Cancer: A Randomized Controlled Trial. *Integr Cancer Ther* 20: 15347354211008253.
17. Ana Paula Quixadá, Jose G V Miranda, Kamila Osypiuk, Paolo Bonato, Gloria Vergara-Diaz, et al. (2022) Qigong Training Positively Impacts Both Posture and Mood in Breast Cancer Survivors With Persistent Post-surgical Pain: Support for an Embodied Cognition Paradigm. *Front Psychol* 13: 800727.
18. McGee Robert W (2021) Ba Duan Jin and the Treatment of Illness in General, and Cognitive Impairment in Particular. *Biomedical Journal of Scientific & Technical Research* 40(2): 32058-32065.
19. James D, Larkey L, Han S (2021) Older Breast Cancer Survivors' Cognitive Response to Qigong/Tai Chi Easy: An Exploratory Analysis. *Innov Aging* 5(Suppl 1): 691-692.
20. McGee Robert W (2020) Qigong and the Treatment and Prevention of COVID-19, Fayetteville State University, Broadwell College of Business and Economics, Studies in the Economics of Qigong.
21. Chen Z, Sokan A (2021) Impact of COVID-19 on Older Employees of a Large State University: Findings from a Mixed-Methods Study. *Innov Aging* 5(Suppl 1): 64-65.
22. Dong X, Wang X, Jia N, Chen X, Ding M (2021) A comparison between Qigong exercise and cycle ergometer exercise for the rehabilitation of chronic obstructive pulmonary disease: A pilot randomized controlled trial (CONSORT). *Medicine (Baltimore)* 100(21): e26010.
23. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Depression and Anxiety. *Biomedical Journal of Scientific & Technical Research* 36(2): 28350-28354.
24. Leung KW, Yang YJ, Hui SS, Woo J (2021) Mind-Body Health Benefits of Traditional Chinese Qigong on Women: A Systematic Review of Randomized Controlled Trials. *Evid Based Complement Alternat Med* 2021: 7443498.
25. Liu X, Li R, Cui J, Fang Liu, Lee Smith, et al. (2021) The Effects of Tai Chi and Qigong Exercise on Psychological Status in Adolescents: A Systematic Review and Meta-Analysis. *Front Psychol* 12: 746975.
26. Lyu J, Wei Y, Li H, Dong J, Zhang X (2021) The effect of three-circle post standing (Zhanzhuang) qigong on the physical and psychological well-being of college students: A randomized controlled trial. *Medicine (Baltimore)* 100(24): e26368.
27. Wang R, Huang X, Wu Y, Sun D (2021) Efficacy of Qigong Exercise for Treatment of Fatigue: A Systematic Review and Meta-Analysis. *Front Med (Lausanne)* 8: 684058.
28. McGee Robert W (2021) Tai Chi, Qigong and the Treatment of Hypertension. *Biomedical Journal of Scientific & Technical Research* 39(1): 31055-31062.
29. Dong X, Shi Z, Ding M, Yi X (2021) The Effects of Qigong for Hypertension: A Meta-Analysis of Randomized Controlled Trials. *Evid Based Complement Alternat Med* 2021: 5622631.
30. María Del Carmen Carcelén-Fraile, Agustín Aibar-Almazán, Antonio Martínez-Amat, Vânia Brandão-Loureiro, José Daniel Jiménez-García, et al. (2021) Qigong for Muscle Strength and Static Postural Control in Middle-Aged and Older Postmenopausal Women: A Randomized Controlled Trial. *Front Med (Lausanne)* 8: 784320.
31. Li X, Lv C, Liu X, Qin X (2022) Effects of Health Qigong Exercise on Lower Limb Motor Function in Parkinson's Disease. *Front Med (Lausanne)* 8: 809134.
32. Zhirong Wan, Xiaolei Liu, Hui Yang, Fang Li, Lingling Yu, et al. (2021) Effects of Health Qigong Exercises on Physical Function on Patients with Parkinson's Disease. *J Multidiscip Healthc* 14: 941-950.
33. Srailova KB, Raimkulov BN, Nurguzhaev ES, Gafurov BG, Taukebayeva GB (2021) Dynamics of clinical and neurological changes in patients with acute ischemic stroke in an open clinical study. *Med J Islam Repub Iran* 35: 119.
34. Curry L, Pike M, Lynch M, Marcon D, Sawynok J (2021) Observational Study of Qigong as a Complementary Self-Care Practice at a Tertiary-Care Pain Management Unit. *Evid Based Complement Alternat Med* 2021: 6621069.

ISSN: 2574-1241

DOI: 10.26717/BJSTR.2022.43.006852

Robert W McGee. Biomed J Sci & Tech Res



This work is licensed under Creative Commons Attribution 4.0 License

Submission Link: <https://biomedres.us/submit-manuscript.php>



Assets of Publishing with us

- Global archiving of articles
- Immediate, unrestricted online access
- Rigorous Peer Review Process
- Authors Retain Copyrights
- Unique DOI for all articles

<https://biomedres.us/>