

THE QI GONG

Qi Gong is an old practice of Traditional Chinese Medicine. Called the bible of acupuncture, the Nei Jing (dated around the year 2600 bC), already refers to Qi Gong: "We have to breathe the essence of life, control of breathing in order to preserve the mind and keep the muscles relaxed". This is a gym that allows developing and cultivating Qi through exercises slow and synchronized with breathing and concentration. We can translate Qi as "vital energy" or "breath", that is, the dynamic principle that animates the living body, in other words, any organic body exists and lives through the accumulation, concentration or intensification of Qi. This energy circulates throughout the body by different meridians.

From the historical point of view, Qi Gong is influenced by various cultural currents throughout the centuries. In academia, there are four schools: Taoist, Confucian, Buddhist and medical. Nevertheless, in practice, Taoist and medical currents are closely related in the same way that trade between Buddhists and Taoists were multiple.

Qi Gong used therapeutically can stimulate and strengthen the body's immune capacity and delay senility. For this, the Qi Gong involves the practice of "three principles" (san yao su) which, based on appropriate exercises that include the physical, mental and energy bodies, tends to regulate the physiological and psychological functions. The mental regulation is obtained with exercises of meditation and concentration, which is to focus attention on one or more acupuncture points or on an area of the body such as the Dan Tien or the Hui Yin, for example. The regulation of Qi is through exercises that can be aware of the flow of energy, "breath", working on the rhythm of breathing, which must be wide and deep. Body regulation can be achieved with exercises of relaxation which, from comfortable postures maintained for some time, are to coordinate with agility and gentle a series of movements that correspond to the "natural" movement of body.

In the field of conservation and rehabilitation of a weak or sick body, Qi Gong has shown efficiency. Dr. Liu Gui Zhen establishes a list of diseases that have achieved a significant improvement until healing through the practice of Qi Gong in 1957 after the publication of his work "Clinical Experience with the treatment Qi Gong". In that list are diseases such as chronic tonsillitis, anemia, angina, asthma, chronic bronchitis, cancer, cirrhosis, colitis, cystitis, chronic bowel disease, depression, dysmenorrhea, frigidity, glaucoma, hemorrhoids, hypertension, hyperthyroidism, hypotension, impotence, insomnia, lupus, menorrhagia, metrorrhagia, migraine, myopia, movement disorders, chronic nephritis, chronic otitis, polyneuritis, uterine prolapse, prostatism, ptosis of the organs, Raynaud's disease, rheumatism, effects of hemiplegia, sequelae of myocardial, tuberculosis, gastric ulcer, vertigo of Meniere's, etc..

When practicing Qi Gong, it should wear loose clothing and cotton. We choose a quiet place, avoid being surprised by sudden noises (telephone, doorbell). The ideal time to practice is early morning, when Yang energy rises and when the day's activities have not yet captured our minds, but it can also be practiced in the evening. Fatigue, exhaustion, palpitations, aggressiveness, cephalic, heat in the head, signs of high blood pressure, dizziness and sleep disorders are abnormal reactions that indicate an error in practice or a problem of intolerance to exercise due to an imbalance staff. By cons, a sensation of

coolness or warmth, lightness or heaviness, falling backwards, floating like a cloud, sleeping awake, tingling, involuntary movements and sweating are normal reactions and indicate the absorption a state of mental tranquility. If the subject is ill, he can try to start a worsening of symptoms later to give rise to an improvement. For this, it is recommended to work under medical supervision and with the advice of a professional of Qi Gong, knowing more than one of the virtues necessary to benefit from the effects of Qi Gong is perseverance.

** The qi gong does not exclude nor does not replace any medical or pharmacological care.*

LEARN MORE:

- Health Qigong Federation UK. <http://www.healthqigong.co.uk>
- Dr. Bingkun Hu. *Creating flexibility through Qigong.*

