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Qi Gong in Chinese Medicine



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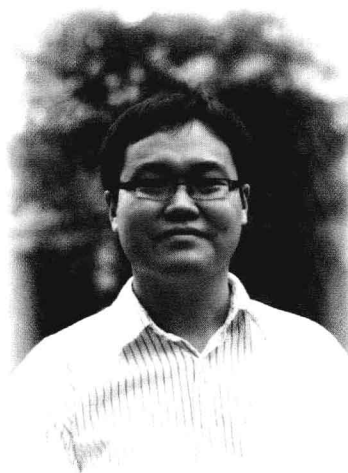
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Foreword

In the modern day, infectious diseases have been mostly brought under control gradually with the development of science and technology and the improvement of the public health system. But due to the accelerated living pace, the prevalence of psychosomatic diseases is rising and the disease spectrum is changing. The World Health Organization (WHO) redefined health: “Health is a state of complete physical, mental and social wellbeing, and not merely the absence of disease or infirmity”, and pointed out the cornerstones for health are: “rational diet, moderate exercise, smoking cessation, restrained drinking, and psychological balance”.

Our concepts about life, health, disease and death, which are very important in medicine, may also change with the times. With the development of modern science and technology, especially in the case of the biological sciences, the biomedical model appeared. This was a significant advancement in medicine. However, its limitations and negative effects have become more and more serious, making this model difficult to meet the needs of modern healthcare. Therefore, the biomedical model is gradually being replaced by the bio-psycho-social model.

Qi gong is an important component of Chinese medicine. Of all the different kinds of traditional medicines, Chinese medicine’s theoretical system is the most complete. Its unique theory and outstanding clinical efficacy meet the needs of modern society as the people struggle with toxic side effects of chemical drugs and the heavy burden of healthcare expense. The use of qi gong not only has the above advantages, but also may lessen stress that causes deregulation of both body and mind. With its combination of practice and cultivation, which is in accordance with the new health concept and new medical model, qi gong can help people to become healthy, calm and harmonious. Therefore, it is not surprising that the ancient Chinese qi gong has been loved and practiced by more and more people all over the world.

To achieve the ambitious WHO goals of “Health for All” and “Let the People of the World Get the Highest Level of Healthcare”, we need the cooperation and joint efforts of a variety of modern medical disciplines, including traditional medicine. We still have lots of work to do in order to illustrate qi gong’s role in healthcare and meet the needs of qi gong supporters. Writing a textbook suitable for international readers is definitely a very important effort in this direction. *Qi Gong in Chinese Medicine* is concise, practical and easy to assimilate. It introduces the profound aspects of qi gong in medicine in a rational, formal and popular way without losing the essence of this unique modality.

I believe the publication of this book will help the use of qi gong in medicine to be better recognized, and render its influence worldwide in a more positive way.

Professor Jiang Ming-fu (蒋鸣福),
Changchun University of Chinese Medicine
March 2011

Preface

At present, there are a great number of people learning qi gong all over the world, and some Chinese medical colleges and universities outside China are offering qi gong courses with different credit hours for their students. However, there is no suitable English qi gong textbook available for them to date. In response, the editorial board assembled over ten qi gong experts from Chinese universities to compile *Qi Gong in Chinese Medicine*.

The textbook is comprised of three parts and an appendix, with a total of 14 chapters. Following an introduction, Part One: Basic Knowledge contains chapters 2-5, in which the history of qi gong in Chinese medicine, its effects and characteristics, basic theories, and modern research are introduced systematically.

Part Two (chapters 6-10) is titled Qi Gong Exercises. In this part, basic movements, essentials, precautions, reactions in qi gong practice and how to deal with them, and some commonly practiced static and moving exercises are all described.

Chapters 11-14 are included in Part Three: Qi Gong Treatments, in which qi gong therapies for musculoskeletal problems, internal, gynecological and some other diseases are intensively reviewed.

The appendices include references to classical literature and commonly used acupuncture points. We selected some form illustrations for Part Two and made a DVD-ROM for self-learning to accompany the text.

We suggest that before starting to practice, the readers should examine this book carefully and understand the essentials, precautions, reactions, appropriate methods and indications of different qi gong exercises. By doing this, readers can avoid untoward reactions or worsening his or her disease.

This book is written for international college students who are studying qi gong, qi gong supporters, teachers, clinicians and researchers. Readers should note that qi gong practice methods vary by region, school (sect), and teacher. This is due to the fact that throughout the long history of the development of qi gong practice, a diverse range of styles have emerged. Despite these variations, there are standard methods taught in TCM universities across China. This textbook is a representation of these standards.

Special thanks to Mei Li (李梅) for her careful editing, proofreading, and copyediting of the content and style of the final manuscript, and for her compilation of the appendices. Because of her sharp attention to detail and her familiarity with qi gong, she was able to detect numerous errors that would have otherwise gone unnoticed. Her contribution to the book is significant, to say the least.

We also would like to thank Mei Li and Li Wan-ling (Phoenix Li, 李云宁) for their arduous efforts in establishing a Chinese-English glossary of qi gong terms, on which the translation of this text is based.

We are committed to ensuring that the content of this book is both accurate and up-to-date. Should readers find any errors or discrepancies in the text, please write to the project editor at meipmph@gmail.com, or the translator at karlhujun@hotmail.com.

The Editorial Board of *Qi Gong in Chinese Medicine*
March 2011

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