Qigong For Your Health

Pia Puatrakul
PharmD, MBA
Background

- Pharmacist
- Adventist Rehabilitation Hospital
- Passionate about alternative healing modalities
- Medical Qigong Practitioner
Objectives

- List 3 benefits of practicing Qigong exercises
- List the 5 Elements in Traditional Chinese Medicine Theory
- Understand the mind-body connection and how emotions affect physical body
- Demonstrate abdominal breathing technique
Traditional Chinese Medicine

Branches

• Herbalism
• Acupuncture
• Acupressure
• Medical Qigong
Traditional Chinese Medicine vs. Western Medicine

**Traditional Chinese Medicine**
- inductive and synthetic
- individualized
- experience-based
- summary of clinical observations
- emphasizes the role of the body in healing
- herbs and natural agents
- behavior of the system as a whole
- works to maintain health

**Western Medicine**
- reductive and analytical
- standardized
- evidence-based
- result of laboratory experimentations
- mainly relies on medication and procedures
- pure chemical compounds
- structure and function of the parts
- manages disease
What is Qigong

Qigong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.

The word Qigong (Chi Kung) is made up of two Chinese words. Qi is pronounced chee and is usually translated to mean the life force or vital-energy that flows through all things in the universe.
Benefits of Qigong Practice

- Relaxes the body and mind
- Balances emotions
- Strengthens organs
- Increased awareness and concentration
- It has been shown to alleviate arthritis, fatigue, and several health ailments
- Physical benefits extend to the mental, and spiritual benefits as well
• A healing art which teaches to see the entire human being as body, mind, and spirit
• The goal is to treat the person, not the disease
• Health = the proper flow of Chi energy through our bodies
• Disease = the disruption of proper Chi energy flow within the body
The Mind-Body Connection

Physical Areas & Glands of each Energy Center

- Pineal gland, head
- Pituitary, hypothalamus, eyes
- Thyroid, neck, ears, throat
- Heart, thymus, lungs
- Stomach, liver, pancreas, digestive system
- Adrenal glands, kidneys, bladder, spleen
- Reproductive glands, legs, feet

Mental-Emotional Link

- Oneness, compassion
- Intuition, insight
- Speak your truth, open with feelings
- Healthy relationships, forgiveness, self-love
- Confidence, taking action on desires
- Enjoyment of life
- Physical energy, financial security

CHAKRA SYSTEM

©2016, Piamas Putrakul. All Rights Reserved
Medical Qigong Institute

- Professor Jerry Alan Johnson
- International Institute of Medical Qigong
- The Secret Teachings of Chinese Energetic Medicine
- Video
- https://www.youtube.com/watch?v=ZyRaPfxVkg
<table>
<thead>
<tr>
<th>Element</th>
<th>Yin Organs</th>
<th>Yang Organs</th>
<th>Seasons</th>
<th>Colors</th>
<th>Senses</th>
<th>Tissues</th>
<th>Taste</th>
<th>Emotions</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Kidney</td>
<td>Bladder</td>
<td>Winter</td>
<td>Black</td>
<td>Bones</td>
<td>Salty</td>
<td>Shock</td>
<td>Fear</td>
<td></td>
</tr>
<tr>
<td>Metal</td>
<td>Lung</td>
<td>Large Intestine</td>
<td>Fall</td>
<td>White</td>
<td>Skin</td>
<td>Pungent</td>
<td>Sadness</td>
<td>Overthink</td>
<td></td>
</tr>
<tr>
<td>Earth</td>
<td>Spleen</td>
<td>Stomach</td>
<td>Between Season</td>
<td>Yellow</td>
<td>Muscles</td>
<td>Sweet</td>
<td>Worry</td>
<td>Joy</td>
<td></td>
</tr>
<tr>
<td>Fire</td>
<td>Heart</td>
<td>Small Intestine</td>
<td>Summer</td>
<td>Red</td>
<td>Vessels</td>
<td>Bitter</td>
<td>Joy</td>
<td>Anger</td>
<td></td>
</tr>
<tr>
<td>Wood</td>
<td>Liver</td>
<td>GallBladder</td>
<td>Spring</td>
<td>Green</td>
<td>Sinews</td>
<td>Sour</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Lungs

- Metal Element
- Autumn Season
- Color: White
- The Withering (decaying) time of life
- Opens externally at the Nose and manifests itself through the voice
- Paired with the large intestine
Lung Functions

- Spiritual Virtues
- Integrity, Righteousness
- Emotions: Sorrow and Grief
- Regulate the metabolism of Water Passages
  - Perspiration, sweat, body fluids
  - Opening and closing of the pores of the skin
  - Texture of the Body's Skin
Metal

**Organs:** Lung & Large Intestine

**Season:** Fall

**Climate:** Dryness

**Emotions:** Sadness, Grief

**Connecting to** Skin, nose and body hair

**Flavor:** Spicy

**Color:** White

**Symptoms of unbalanced Lung & Large Intestine:**

Dry nose, dry skin, dry stools, eczema, post nasal drip, chronic nosebleed, sad, diarrhea when eating spicy food.
LUNG Functions in Chinese Medicine

- Controls the defense/immune system
- Regulates water metabolism
- Opens into the nose
- Controls Skin & Body Hair
- Governs Qi & respiration
- Controls Qi in all Meridians
- It houses mind & body connection

http://acuproacademy.com/
The Lung Meridian

Treatment points for sinus, cough & congestion
Lung Exercise

- Ancient China
  - Asthma, bronchitis, lung tumors, emphysema, allergies, cancer
- Emotional Release
  - Grief, sorrow, sadness, and disappointment
- Stimulates the
  - Nerves, arteries, veins, and capillaries in the thoracic region
Lung Healing Sound

• “Si” (Sss-ah)
• “Shhh”
• Purge Lung Qi Stagnation
  • Extreme Exhaustion
  • Nasal Congestion
  • Skin Problems
  • Excess Grief, Sorrow, and Despair
Kidneys

- Water Element
- Winter time
- Color: Black (dark blue)
- Dormant “resting” time of life
- Opens of externally through the ears
- Paired with the bladder
Water

Organs: Kidney & Bladder
Season: Winter
Climate: Cold
Emotions: Fear & Shock
Connecting to Bones, Ears, Hair.
Flavor: Salty
Color: Black

Symptoms of unbalanced Kidney & Bladder:
Grey hair prematurely, hearing problems, bone density issues, constant fear, craving salty foods, feeling cold, incontinence.
Kidney Functions

- Produces marrow
- Development of the brain and bones
- Control respiration, reproduction
- Growth and development
- Governs the bodily fluids
- The seat of Courage and Willpower

- Any blockage in this meridian can manifest as fear and paranoia
Kidneys Functions in Chinese Medicine

- Control the lower orifices
- Manifest on the Hair
- Open into the Ear
- Store Essence
- Ming Men Fire Gate of Vitality
- Govern Water
- Produce Marrow, fill up the brain, control bones
- House willpower
- Receive Qi from Lung
- Govern birth, growth, reproduction and development

http://acuproacademy.com
Kidney Meridian

- Flows upwards
- Nourishes the marrow
  - Spinal chord and brain are forms of marrow
  - Body’s source of red and WBC
- Weak Kidney
  - Anemia, immune deficiency
  - Inability to think clearly
  - Backache
FIGHT OR FLIGHT – the body’s pump up response to threats, adrenaline + oxygen + cortisol:

- **Brain**: oxygen stimulus and adrenaline stimulus
- **Lungs**: overload on oxygen
- **Heart**: pumps up with adrenaline
- **Stomach**: shuts down with cortisol
Kidney Exercise

- Emotional Release
  - Fear, loneliness, insecurity
- Ancient China
  - Kidney stones, impotence, premature ejaculation, and immune dysfunctions
Kidney Healing Sound

- “Chui” (ch-reee)
- Purges Kidney Qi (energy) stagnation in the lower back
  - Expel fears
  - Treat chills
  - Weak knees
  - Cold knees, cold feet
  - Poor hearing
  - Reproductive problems, impotence
Liver

- Wood element
- Color: Green
- Paired with the gall bladder
- Acquired emotions
  - Repressed anger, irritation, frustration
- Virtues
  - Compassion, kindness
Liver Functions

- The “Master” Filter
- Collects nutrients absorbed from the digestive system
- Regulates Qi flow within the body
- Regulates the menstrual cycle in women
- Detoxifies the body
- Filters the blood – detoxifies the blood
- Metabolizes medications
LIVER Functions in Chinese Medicine

- Stores blood for menstruation
- Opens into the eyes & controls tears
- Controls sinews for better movement
- Ensures smooth Qi flow
- Manifests in the nails
- Houses the Ethereal Soul for planning & envisioning
Liver Meridian

- The Liver Meridian starts inside of the big toenail, crosses the top of the foot, passes in front of the inside ankle and up the inner aspect of the leg.

- It continues upwards, passes the knee, continues along the inner thigh to the groin and pubic region, where it circulates the external genitals.

http://www.natural-health-zone.com/liver-meridian.html
Liver Exercise

- Responsible for the smooth flow of “Qi” throughout the body
- Emotional Release
  - Irritability, frustration, blame, rage, resentment, jealousy
- Ancient China
  - Strengthen tendons and ligaments
  - Aid digestion
  - Help regulate the patient’s emotional state
Liver Healing Sound

- “Xu” (Shu-uuuu)
- In the medical qigong clinic, it is traditionally prescribed to treat chronic
  - Irritability
  - Excess anger
  - Rage
  - Jealousy
  - Depression
- Aid in correcting visual distortions
  - Teary eyes, blurry vision, red eyes
Heart

- Fire element
- Summertime
- Color: Red
- Paired with the small intestine
- Virtues
  - Inner peace, tranquility, contentment, order
- Acquired Emotion
  - Nervousness, over-excitement, anxiety, heartache
- Blooming, flowering, the manifestations of New Life
Fire

Organ: Heart & Small Intestine

Season: Summer
Climate: Hot

Emotions: Joy, excitement

Connecting to blood vessels, face and tongue

Flavor: Bitter
Color: Red

Symptoms of unbalanced Heart & Small Intestine:

Dislike hot weather, high blood pressure, red face, restless, blood circulation issues.

http://acupuaacademy.com
Heart Functions

- Regulates blood flow
- Houses the Shen (Heart/Mind)
- Associated with warmth, laughter, enthusiasm
- Experiences life through the feeling sensations through physical touch
HEART Functions in Chinese Medicine

- **Controls Blood vessels & pulse strength**
  - Manifests on the face
- **Houses the mind, mental activity, memory and sleep**
- **Opens into the tongue & affects speech**
- **In charge of happiness & joy**
- **Controls sweat**

http://acuproacademy.com
Heart Meridian

- It originates from the heart, emerges and spreads over the heart system, passes through the diaphragm to connect with the small intestine.

- The exterior (surface) running part runs to the lung, then turns downward along the arm. It ends in the inner tip of the little finger.

http://www.natural-health-zone.com/heart-meridian.html
Heart Exercise

- Ancient China
  - Low blood pressure, hypertension
  - Poor blood circulation, cyanosis
- Emotional Release
  - Nervousness, anxiety, excitement
- Benefits
  - Strengthen circulatory system
  - Improve emotional boundaries
  - Brighten the Spirit
  - Stimulate intellectual activity, strengthen mental acuity and clarity
Heart Healing Sound

- "He-ath"
- Purge Qi (energy) stagnation
- Heat in the chest
- Excessive nervousness and excitement
- Improve poor circulation
Spleen

- Earth Element
- Late Summertime
- Color: yellow
- Paired with the stomach

Virtues
- Trust, openness, honesty, acceptance

Acquired Emotions
- worry, self-doubt, regret, obsessiveness

Paired with the Stomach
| Organs: Spleen & stomach | Season: In between seasons | Climate: Damp/wet | Emotions: worry, overthinking | Connecting to muscles, mouth and lips | Flavor: Sweet | Color: Yellow | Symptoms of unbalanced Spleen & Stomach: | Worry, over thinking, fatigue, weak muscles, dry lips, bad breath, craving sugar, feels worse when in a damp climate. |
Spleen Function

- The spleen and stomach are responsible for transforming all things the body consumes and converting them into energy.
- Imbalances manifests as:
  - Digestive and stomach problems
  - Low self-esteem, strong concern about the opinion of others, forgetfulness, cloudy thought process, indecisiveness
SPLEEN Functions in Chinese Medicine

- **Controls Saliva**
  - Governs digestion of nutrients into energy
- **Opens into the mouth**
- **Manifests on the lips**
- **Controls Muscles**
- **Prevents Water Retention**
- **It houses clear thinking**
- **Produces Blood**
- **Prevents Hemorrhage**
- **Keeps organs from prolapsing**
Spleen Meridian

- The spleen meridian starts at the tip of the great toe.
- From there it runs along the medial aspect of the foot at the junction of the red and white skin.
- It continues up the inner leg, up across the groin, the stomach, through the diaphragm.
Spleen Exercise

- In Ancient China
  - Diabetes, digestive dysfunctions, general weakness
- Emotional Release
  - Worry, remorse, regret, self-doubt, obsessiveness
Spleen Healing Sound

“Hu” (Wwh-ho-o-o)

- In the Medical qigong clinic it was traditionally prescribed to treat

- Restlessness, depression, anxiety

- Fatigue, loss of appetite, heaviness in the lower abdominal area
Abdominal Breathing
Review

- What are some benefits of Qigong exercise?
- What are the 5 Elements in TCM?
- Mental emotional states and the physical effect
- Abdominal Breathing
<table>
<thead>
<tr>
<th>Element</th>
<th>Yin Organs</th>
<th>Yang Organs</th>
<th>Seasons</th>
<th>Colors</th>
<th>Senses</th>
<th>Tissues</th>
<th>Taste</th>
<th>Emotions</th>
<th>Weather</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>Kidney</td>
<td>Bladder</td>
<td>Winter</td>
<td>Black</td>
<td>Bones</td>
<td>Salty</td>
<td>Shock</td>
<td>Fear</td>
<td></td>
</tr>
<tr>
<td>Metal</td>
<td>Lung</td>
<td>Large Intestine</td>
<td>Fall</td>
<td>White</td>
<td>Skin</td>
<td>Pungent</td>
<td>Sadness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Earth</td>
<td>Spleen</td>
<td>Stomach</td>
<td>Between Season</td>
<td>Yellow</td>
<td>Muscles</td>
<td>Sweet</td>
<td>Worry</td>
<td>Overthink</td>
<td></td>
</tr>
<tr>
<td>Fire</td>
<td>Heart</td>
<td>Small Intestine</td>
<td>Summer</td>
<td>Red</td>
<td>Vessels</td>
<td>Bitter</td>
<td>Joy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wood</td>
<td>Liver</td>
<td>GallBladder</td>
<td>Spring</td>
<td>Green</td>
<td>Sinews</td>
<td>Sour</td>
<td>Anger</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

http://acuproacademy.com/
Conclusion

- Benefits of Qigong Exercise
  - Strengthen organs
  - Reduce stress
  - Emotional balance
- 5 Elements in TCM Theory
  - Metal, Water, Wood, Fire, Earth
- Mental Emotional Effects of Physical Body
  - Fear ➔ Loss of bladder control
  - Stress: immune compromise (getting sick)
- Demonstrate abdominal breathing
Questions?
References
