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The Effects of Baduanjin qigong on physical and mental health promotion in communities

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Baduanjin Qigong is one of the Chinese traditional qigong exercises that focused on mind-body integration, which is considered to help health promotion and easier to learn without barriers like age, time and space. The objective of this research is to investigate the physical and mental benefit of Baduanjin qigong on community-dwelling adults. This is an interventional study with the 12-week course of intervention and observation. 66 community-dwelling residents in Kaohsiung were recruited, who completed a 12-week Baduanjin exercise working for 30 minutes every week. We measured the blood pressure, body mass index (BMI) every week. At the 1st and 12th week we recorded and analyzed the physical fitness, 36-Item Short Form Health Survey (SF-36), Pittsburgh sleep quality index (PSQI),

and Body Constitution. Questionnaire (BCQ). Improvements were found in waist circumference, physical fitness (including 30-second chair stand test, 3-meter walk test and forward flexion test), SF-36 (Physical Function, Mental Health, Pain, Social Function, Energy/Vitality). We found the ratio of "Balanced Constitution" became higher compared to the baseline. But there was no significant difference in the quality of sleepness through PSQI. This preliminary study suggested the benefit of Baduanjin qigong exists. It is recommended that Baduanjin should be a regular health promotion program in the community. Therefore, we hope Baduanjin qigong could be promoted further and benefit more communities.

Biography

Yuan-Ho Lin is the Professor of School of Chinese Medicine for Post-Baccalaureate, and a Chinese medical educator. Achievements include research in the acute toxicity and anti-cancer effect of "Micro-Jin Bo" Jin Bo, basically small pieces of gold, suppressed the growth of tumor. Recent years, Professor Tsai put a lot of effort into the communities.

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