

# AN EXAMPLE OF QIGONG EXERCISES THERAPEUTIC EFFECTS

## The Soaring Crane Qigong Association for Health Promotion

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### SUMMARY

The course of two diseases – “incurable” according to the Western medicine – that affected the Author, and the way of overcoming them with the help of Qigong exercises in the Soaring Crane style has been presented in this paper. The hypothesis how to explain remarkable health recoveries with the concept of Qi energy, which may play stem cells’ activator role, these stem cells existing in every living organism, has also been discussed.

### **1. Introduction**

The reason I am honoured to take floor at this Congress is that I have been affected by two serious diseases, both – from the point of view of Western medicine – incurable, which I have been overcoming thanks to Qigong exercises in the Soaring Crane style [1]. By profession I am a physicist and therefore search for the causes of facts observed. I think that, owing to recent discoveries concerning brain stem cells [2], [7], I can present a hypothesis regarding mechanisms of unusual, versatile effects of exercises activating Qi energy.

### **2. Description of disease case**

#### **1) Shoulder joint damage**

As a result of sports accident my right shoulder joint was dislocated along with the fracture of the part of the bone. After the shoulder had been made proficient with the help of classical rehabilitation exercises, the joint was overstrained (with dumbbells exercises) and secondarily damaged. That was followed by sharp inflammatory conditions and degenerative processes, which resulted in complete joint blockage. Rehabilitation attempts brought no results while ultrasound examination proved complete joint damage. The only rescue Western medicine offered was endoprosthesis. As known, shoulder joints surgery is much more difficult and complicated than that of hip joint one, due to small operating field and big nervous plexes found in this field. I did not decide to go for the proposed operation despite promises that the pains would considerably decrease and that I would regain certain range of movements, essential for the right hand.

I started looking for „alternative” methods and I was privileged to meet Master Liu and get acquainted with the Soaring Crane style taught by him [1]. After starting exercises, the joint became movable and I can wave my hand now. The X-ray picture proves positive changes in the joint (e.g. broadening of the joint gap).

#### **2) Parkinson’s disease (PD)**

Over four years ago I experienced symptoms characteristic of Parkinson’s disease, namely (right) hand tremor (with amplitude reaching up to 10 centimetres, i.e. 3,94 inches), muscle rigidity, slowing of physical movement of all the body, loss of physical movement (akynesia), inability to take decisions, “angular” handwriting with letters becoming smaller and smaller, lack of appetite which caused loss of weight in the amount of 8 kilos (16,37 pounds), sleep disorders (sudden falling asleep at daytime and inability to fall asleep after waking up at night) and so on.

Following several attempts at selecting a suitable medicine, MADAPOR 250 (Levodopum 200mg + Benserazidum 50mg), administered 4 times a day 125 mg each time, turned out to be the right choice. The hand tremor considerably decreased along with some other symptoms. However, the time of the effects during the day was limited and confined to some time following the medicine administration and during its active phase of potency. Other symptoms remained, especially the very unpleasant loss of sense of direction, senile handwriting and so on.

As it is known, medicines from the Levopoda group do not eliminate the cause, i.e. dying out of cells responsible for generating the neurotransmitter dopamine, they are a kind of prosthesis, replacing natural dopamine. These medicines, like other pharmaceuticals [3], do not halt progression of the disease but alleviate its symptoms only. Therefore, “with time it is necessary to increase the dosage and to modify the way of its administering as well as add other anti-Parkinson medicines” [3]. Brain degeneration progresses, causing bigger and bigger and deeper and deeper disability of entire organism. There is no known cure for neurodegenerative diseases such as Alzheimer’s and Parkinson’s diseases [4].

Approximately two years ago (because of the damaged joint) I had started doing Qigong exercises and after some time I noticed that some symptoms characteristic of Parkinson’s diseases began to retreat – first of all “circular” handwriting came back and loss of sense of direction disappeared. I shared my observations with the Qigong instructor conducting workshops in Germany and he told me a story of one of his students, who – after three weeks of exercises – had let him know with joy that his skill of calligraphy, lost due to PD, had been restored. After some time, when I went to see my neurologist as part of the periodic check up, he routinely wanted to increase the dosage of MADOPAR. However, I felt that I did not need it and I protested. The doctor said that he nevertheless prescribed the increased dosage and it was up to me if I would take it. He also said that the clinical examination proved my very good condition. Up to now I have been taking this minimal dosage (500 mg per 24 hours) and more and more often I happen to skip one portion because the lack of hand tremor does not remind me to take another one.

To make sure that these had not been singular observations I reached for the Internet and “Qigong and Parkinson’s disease” post produced the list of some 23,100 articles devoted to the topic. Positive therapeutic effect of Qigong and Tai-Chi exercises on the course of Parkinson’s disease have been observed in many medical centres.

Apart from pharmacological therapy and movement exercises many medical centres work to improve the condition of PD patients by electrostimulation, implanting electrodes stimulating the activity of Luys body (part of brain connected with movement control) and other treatments, such as stem cell transplantation, performed, for example, in Tiantan Puhua Stem Cell Treatment Centre in Beijing (China) [5]. Although these methods, in some cases, bring about considerable therapeutic effects, they are surgical interventions always involving certain risk related to interference with an organism, engaging big financial means, high-class specialists and sophisticated medical equipment. In some countries, e.g. USA, stem cells therapy is prohibited. However, desperate patients embark on costly and risky travels to China to save their health by experimental stem cells therapy method.[6]

### **3. Hypothesis concerning the cause of Qi-gong exercises therapeutic effects**

It has been known that therapeutic effect of Qigong exercises is multipronged, it positively affects entire organism. Astonishing – from the point of view of Western medicine – recoveries from the so called incurable diseases, such as multiple sclerosis (MS), various kinds of cancerations, degenerative joint diseases (DJD) and the like, have been known.

The basic concept of Chinese medicine is the concept of life-giving Qi energy, which flows freely through the pathways called meridians in any healthy body while its potential excess accumulates in three tanks (*dantian*), from where it can be drawn when an organism calls for such a need. Any energetic shortages, blockages and inhibitions in the flow of Qi cause diseases.

According to Chinese medicine theory, Qigong exercises' goal is to supplement missing energy, remove energetic blockages and harmonize energy flow, and in this way restore health [1]. Many forms of Qigong are practiced. The Soaring Crane style [1] stands out by being unusually universal, canalizing all the meridians, removing blockages and stressing full relaxation during exercises. It is a set of very elegant movements, which are an external form of mental exercises, consisting in collecting Qi energy from the environment, using it to purify an organism and to fill the *dantian* tanks, thus leading to health recovery.

Neurophysiologists' recent discoveries concerning stem cells [7] allow for deeper understanding of Qigong exercises therapeutic qualities.

It turns out, as University of California scientists discovered, that in the meninges of the cranium of each of us there exists a huge arsenal of sleeper stem cells. Stem cells are known for unlimited number of divisions, which results in their self-renewal. Some of them are capable to differentiate into any kind of cells that can form any organ. Stem cells are one of the greatest hopes of regenerative medicine. Cells discovered are naturally fully genetically concurrent with our cells, it is their huge advantage over cells collected from a donor. Western medicine looks for **adequate activator** of these cells so that they could be used to repair degraded cells or even organs.

Master Liu [1] teaches that Qi energy automatically circulates in an organism and reaches those places where it is needed, it purifies and cures.

Y. Cohen, PhD, [8] using the in-vivo MRI, has been able to prove that – labelled by magnetic iron oxide nanoparticles – the stem cells injected into the artificially degraded brain of an animal travel within the brain and travel only to places, where they are needed. They read the chemical signalling of the tissue indicating areas of stress. Then they go and try to repair.

It seems highly probable that the stem cells activator searched for is **Qi energy** of suitable frequentness, or it can be its energetic equivalent. This would explain both self-healing processes occurring with Qigong or Tai-chi exercises as well as effects of energotherapy, conducted by experienced energotherapists or Reiki masters.

## References

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