

Qigong Exercise Therapy

*The Series of Traditional Chinese Medicine
for Foreign Readers*



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Written by Zhang Jianguo
Revised by Bi Yongsheng
Translated by Yu Wenping
Sun Xigang
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Preface

Qigong Exercise Therapy is one volume of *The Series of Traditional Chinese Medicine for Foreign Readers*.

Qigong exercise therapy has a long history of about seven or eight thousands of years and has been playing an important role in the prosperity and development of the Chinese nation. Physicians of each dynasty in the Chinese history, especially since the founding of new China, have been attaching great importance to Qigong exercise therapy and accumulated a wealth of experience in the prevention and treatment of diseases. Therefore, Qigong therapy serves as an important part of traditional Chinese medicine.

On the basis of summarizing the experience of the predecessors and that of my own decades' clinical practice, I have written this book, which, I hope, will do a bit in the development of Qigong exercise therapy and facilitate the physicians to guide the patients to practise Qigong exercises or to guide the patients themselves to practise.

This book is composed of the following contents: the necessary knowledge of principles and characteristics of Qigong exercise therapy and essentials of Qigong exercise practice; Qigong exercises and their main points for attention in the treatment of specific internal, gynecological, E. N. T. and surgical and traumatic common diseases; Qigong exercises of callisthenics and obesity relief and, prevention and treatment of Qigong deviations. This book, rich in both contents and figures, is an ideal one for Qigong doctors and patients who seek Qigong exercise therapy.

We are most grateful to Mr. Bi Yongsheng, a professor and respectable teacher of Chinese Qigong, for his enthusiastic support and assistance in providing data and checking and approving the manuscript of this book.

The Authors

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An Introduction to Qigong Exercise Therapy

Principles of Qigong Exercise Therapy

The doctrine of Yin and Yang is the central part of the science of traditional Chinese medicine (TCM). Anticipated aim in prevention and treatment of diseases with Qigong can be reached only when this doctrine is taken into consideration.

A. Balancing Yin and Yang

As regards to Yin and Yang in regulation of mind concentration, Qi Gong Zhi Miao Yao Jue (*The Key to Success in Qigong*) holds that “Apply Yang-Qi at the Yang period (daytime) and concentrate the mind on the cold location of the disease; and apply Yin-Qi at the Yin period (night) and concentrate the mind on the hot location of the disease”, and “When Yin-Qi is taken, one feels as cold as iron; when Yang-Qi is taken, one feels as hot as fire”. And Li Zhi stated in his Yang Sheng Xing Hu (*Wisdoms for Health Preservation*) that “When one thinks fire his body will be hot and when he thinks water his body will be cold”. All these indicate that the cold and hot feelings of the human body can be controlled through Qigong exercise

and this is closely related to combination of mind concentration with application of Yin and Yang.

As to adjustment of posture, though a correct posture is an important factor, the key of success lies in application of the doctrine of Yin and Yang. The methods of Qigong practice are diversified, however, no matter what kind of Qigong exercises (static, dynamic, the combination of the two, the standing and the sitting) is practised, the Yin and Yang aspects in terms of upper and lower, left and right, forward and backward, upward and downward, stretching and bending, ascending and descending, opening and closing, soft and hard and chest and abdomen can be seen all the time. For instance, those with gastroptosis should practise Qigong exercises in a lying posture in order to promote the reposition of the stomach. Patients with asthma may take the sitting posture so as to facilitate descending of the adversely rising Qi.

Qigong includes static exercises which stress quiescence, and dynamic exercises which stress movements. Nevertheless "quiescence in motion" and "motion in quiescence" are the common practice. In *Yu Shi Zhong Suo (Yu's Doctrine)*, "Yin arises from quiescence and Yang comes from motion" is stated, which means that quiescence develops Yin and motion produces Yang, and those with excess of Yin and deficiency of Yang should practise dynamic exercises and those with excess of Yang and deficiency of Yin should practise static exercises. It should be remembered that "static" and "dynamic" are transformable according to the law of Yin and Yang, as pointed out in *Nei Jing (Canon of Internal Medicine)* that "Yang in excess produces Yin and Yin in excess produces Yang".

The year is also divided into Yin and Yang. Spring is warm, summer is hot, autumn is cool and winter is cold, and the period of spring and summer is Yang and that of autumn and winter is Yin. In Qigong practice, the principle of "nourishing Yang in spring and summer and replenishing Yin in autumn and winter" should be adhered to in order to promote the harmonious production and growth of Yin and Yang, prevent diseases and preserve health. In spring and summer, Qigong practitioners often practise static exercises and

the exercise of “stirring saliva with the tongue and swallowing the saliva” or the exercise of “imagining ice and snow” so as to nourish Yin to replenish Yang and keep the Liver-Qi normal and the Heart-Qi substantial. And in autumn and winter, they usually practise dynamic exercises of “holding breath to get heat” or “concentrating the mind to get heat” so as to generate Yang to replenish Yin and avoid dryness and accumulation of the Lung-Qi and turbidness and descending of the Kidney-Qi. The 24-hour day is divided into six Yang periods (from Zi period to Si period, i. e. from 11 p. m. to 11 a. m.) and six Yin periods (from Wu period to Hai period, i. e. from 11 a. m. to 11 p. m.). It is believed that during the six Yang periods of the day the external world is filled with active force (the force promoting growth and development) while during the six Yin periods the external world is enveloped in stagnant force. So it is advisable for those with exuberance of Yang to practise Qigong during the six Yin periods and for those with exuberance of Yin to practise during the six Yang periods to guarantee a good balance between Yin and Yang.

B. Dredging the Channels and Dispelling the Pathogenic Factors

The experienced Qigong practitioners may often realize the circulation of his genuine Qi along his channels, a perception of the existence of his channels by inward vision. The genuine Qi circulating in the channels is called channel Qi. Only when Qi is kept circulating continuously along the channels can the normal life activities be maintained.

Qigong practice and the regulation and guidance manipulations with hands may ensure the channel Qi circulating normally and can relieve Qi and blood stagnation in the channels. The practice of “small circle of Qi” can help the channel Qi circulate in the Ren and Du channels, and as the Ren Channel is believed to be “the sea of Yin channels” which governs all the Yin channels and the Du Channel to be “the sea of Yang channels” which controls all the Yang channels, when “the Ren and Du channels are open, all the channels are the same”. The practice of “large circle of Qi” may help Qi circulate smoothly in the twelve ordinary channels. And by guiding

Qi, dispelling Qi and Daoyin and massage, the practitioner can direct his channel Qi to ascend, descend, open and close according to his own needs to keep his channels dredged and pathogenic Qi dispelled.

C. Regulating the Internal Organs

The heart is the foundation of life and mentality (spirit), which is believed to hide in the heart. Qigong practice can regulate the heart and mentality by mind concentration, quiescence and relaxation of the body and regulate the functions of the Fu and Zang organs by keeping the heart and mentality free from any outside disturbance. Entering into quiescence in Qigong may set the mind in a special functional state and practically, the therapeutic effect of Qigong in strengthening the constitution and treating diseases depends largely on the depth of quiescence. Quiescence means a stable state of quietness with no distractions and the mind concentrated on one point—Dantian. This is a special functional state at which the practitioner is neither quite conscious nor asleep, but his mind is concentrated on Dantian or somewhere else, inducing excitation in the corresponding area of the cerebral cortex. The deeper the quiescence goes, the more the excitation is intensified and local focus of excitation will form. This newly developed excitation focus can suppress the abnormal excitation focus in the cerebral cortex caused by stimulation by undesirable internal or external environment, and this suppression is protective, called “protective suppressing function”. Also, when the mind is at the special Qigong state, the practitioner may actively regulate the functional status of the internal organs and the body.

The lung is compared to be a canopy which performs the function of respiration. In the experienced who have gone through Qigong exercise and regulation of respiration, the lung can take in the essence of the heaven and earth and get out the turbid Qi in the Fuorgans, and this can further help Qi and blood circulate all over the body and all the internal organs, bones and extremities, and get them nourished and invigorated. “Whenever Qi circulates, the blood does”. To regulate the respiratory functions, the breathing should be trained to be more rhythmical, steady, natural, soft and deep.

This kind of respiration training is dominated by movement of the diaphragm which may at the same time provides good massage to the organs in the abdominal cavity. And as the pressure inside the abdominal cavity increases along with the alternation of inhaling and exhaling, the flow of blood and lymph is promoted. When blood flows from the abdominal aorta to the peripheral blood vessels and then back to the heart by way of the superior and inferior vena cava, the function of the heart is facilitated.

Mingmen (Du 4) is always taken as an important point in Qigong practice. When the mind is concentrated on Dantian and the respiration is well regulated, the function of Mingmen may be fully mobilized. The condition of the kidney determines the condition of the bone, the bone produces marrow and "the brain is the reservoir of marrow". When the Kidney-Qi is substantial, one will be quick in thinking, good at memorizing and strong with the tendons and bones. It is found out now that practice of Qigong can regulate the functional activities of the endocrine system, activate the vago-insulin system, suppress the sympathetic-drenomedullary system and reduce the secretion of cortical hormone and growth hormone which in turn may decrease the speed of replacement of protein, change the activity of enzyme and improve immunity.

In the state of quiescence at which the skeletal muscles are relaxed and the mind is tranquil without any distractions, the liver-Qi will circulate normally and the hyperactive liver-Yang and the liver-fire will subside automatically.

The practice of Qigong can also improve digestion, absorption, excretion and other functions. Research has proved that after practising Qigong, the practitioner's gastric evacuation is quickened, intestinal gurgling is enhanced, his appetite is activated, his digestion and absorption become better and the function of the body as a whole is improved. It is also found out that when Qigong is practised, the secretion of gastric fluid increases and the concentration of gastric acid and protease grows apparently.

D. Preserving Essence, Vital Energy and Spirit (Jing, Qi and Shen)

Essence (Jing), vital energy (Qi) and spirit (Shen) are three kinds of essential substances of the human body and its vital activities.

In Qigong practice, much emphasis is laid on the role of essence, vital energy and spirit. The common practices of "accumulating Qi to double the amount of essence" and "transforming essence into Qi" aim at promoting mutual transformation of essence and Qi and making them more functional, which requires the practitioner to practise mind concentration and regulation of respiration. Those who are good at health preservation are good at regulation of respiration. The basis of it is that the lung governs Qi and by respiration regulation the Qi-transformation function of the whole body will be facilitated. This transformation is embodied especially by Sanjiao. When Qi-transformation in the Upper-Jiao is enhanced, the lung-Qi will be more effective in distributing the fine substances all over the body through the channels, collaterals and the vessels. Good functional activities in the Middle-Jiao can improve the spleen-Qi and stomach-Qi which in turn may improve appetite, digestion, absorption and the nutritional status. And when Qi in the Middle-Jiao is well regulated, Qi of the kidney-Yang will be substantial and further the transport and transform functions of the spleen and stomach will be promoted and the whole body will get warm. Regulation of mind activities is closely related with regulation of respiration in Qigong. The ancient health preservers put the preservation of heart (spirit) on the first place in their Qigong practice and divided spirit into "Shi Shen" (perceptual spirit) and "Yuan Shen" (preordial spirit or mentality). "Shi Shen" (perceptual spirit) bears thinking and consciousness and is originated following birth, derived by the body from perception of the outside society and all the things of the nature and is believed to be able to dominate life without control of consciousness. "Yuan Shen" (preordial spirit or mentality) is formed in the fetal stage by receiving the preordial Qi and preordial essence of the mother and father. Perceptual spirit and preordial spirit are not two independent systems but are related closely. A typical example is that when quiescence is obtained in Qigong

practice, the practitioner can control by himself the speed of his heart rate and can increase and decrease the temperature of the skin around the point that he concentrates his mind on. And just because of this effect, the practice of Qigong can regulate the internal organs and the functions of the human body to reach the aim of prevention and treatment of diseases.

Characteristics of Qigong Exercise Therapy

A. Self Practice

Qigong is an unique science which emphasizes self practice. Through self practice of mind concentration, respiration and postures, the role of the practitioner' subjective initiative can be better played, the latent potentialities promoted and the functional activities of the human body regulated. Thus, the constitution is strengthened, the resistance against disease raised and the goal of disease prevention, disease treatment and constitution building reached.

In Qigong self practice, distraction expelling, self confidence and role of subjective initiative are very important. The practitioner should have a profound grasp of the required exercises, keep up practice, gain achievements and consolidate the results.

B. Varieties of Exercises

Qigong exercises are generally divided into two categories, dynamic and static, numbering several thousands altogether. Dynamic and static exercises are common in mind and respiration practice and different in physical postures and movement. The former includes various physical movements, while the latter needs a single posture. Postures in Qigong practice include lying, sitting, standing, walking and dynamic-static combination postures, which, together with eligible exercises, are to be selected on the basis of age, sex, health status and diseases. In short, Qigong is easy to learn, and the exercises are diversified and easy for the practitioners to choose

according to their own needs.

C. Relevant Adaptation of the Human Body to Natural Environment

“Correspondence between man and the universe” is an important concept which is mostly emphasized in Qigong exercises, and traditional Chinese medicine holds that human health is closely related to the natural environment. Therefore, the changes and laws in the natural world should be learnt and grasped, and mind concentration and respiration regulation should be trained. Qigong exercises are to be based on Yin and Yang, a dialectical doctrine in understanding the world in ancient China, to conform to the changes of the seasons and to follow the natural laws. On the basis of adaptation to the changing world, the human body can strengthen the abilities to combat diseases.

D. Selection of Exercises Based on the Overall Analysis of Concrete Conditions

Overall analysis of sex, constitution, symptoms and signs should be done to determine the categories of disorders before the selection of exercises are made. For example, the Inner Health Cultivation Exercise is eligible for gastric pain, which can strengthen the spleen, regulate the stomach and normalize the function of the spleen and stomach. If the gastric pain is caused by cold pathogens, the Exercise of Taking Essence from the Sun to Warm Yang may be added, which can reinforce the Yang-warming and cold-expelling effect; if the gastric pain is caused by the hyperactive liver-Qi attacking the stomach, the Exercise of Rubbing the Chest and “Xu” Qi may be added, which can soothe the liver and regulate Qi circulation. Even within one exercise, the respiration, mind concentration, posture, time of practice and direction should be regulated according to the disorders in terms of cold and heat, deficiency and excess, and Yin and Yang.

Essentials of Qigong Exercise Practice

A. Before Practice of Qigong Exercise

1. Get familiar with the movements of the selected exercise, the respiration, mind concentration and manipulations required and the points to be used.

2. Subjective initiative is very important. The practitioner should have confidence and determination to practise Qigong exercises and gain positive results through conscientious and step-by-step practice. Rationally arranging daily activities and getting rid of anxieties before practice are advisable.

3. The place of practice should be air-fresh and quiet, either indoors or outdoors. Practising Qigong exercises in a draught or under an electric fan should be avoided.

4. The practitioner should calm down, evacuate stools and urine, loosen the waist belt and take off wrist watch and glasses to facilitate the circulation of Qi and blood. Exposure of body surface is needed in some Daoyin exercises and some special requirements are stipulated in certain exercises.

5. Qigong exercises should not be practised when the practitioner feels full or hungry. Generally, the exercises should be done one hour after meals.

All these main points should be grasped and followed before practising Qigong exercises.

B. During Practice of Qigong Exercise

1. Don't be frightened or curious when the sensations of heating, swelling, sourness, aching, numbness, itching, cooling, formication or muscular twitch occur. These are the normal phenomena of the functional activities of Qi. Take these phenomena easy and natural.

2. Limit the frequency of sexual intercourses and the amount of smoking, drinking and intake of tea and pungent food or drinks.

Give up smoking gradually.

3. Don't be frightened or nervous in case a bang, rub-dub or other noises or some unique phenomena take place during practising Qigong exercises. Take it easy and calm down before continuing the practice.

C. After Practice of Qigong Exercise

End each practice of Qigong exercise quietly and steadily. Careless starting or ending Qigong exercise may lead to disturbance of Qi flow and its functional activities.

Prevention and Treatment of Internal Diseases

Common Cold

The common cold is an exopathic disorder due to invasion of the human body by the pathogenic factor of wind. It is mainly manifested by headache, stuffy nose, rinorrhea, sneezing, aversion to cold and fever.

The upper respiratory infections termed in Western medicine belong to the scope of common cold while influenza belongs to the scope of seasonal epidemic cold. Both may be treated in reference to the descriptions in this section.

A large amount of data have proved that the practice of Qigong may prevent the common cold by improving the constitution of the individuals and regulating the defensive lung-Qi. Apparent effect can be seen within 20 days of practice in those who are susceptible to the common cold because of weak constitution. So prevention is the main virtue of Qigong concerning this illness.

A. Basic Qigong Exercises

1. The Exercise of Heaven-Earth Rotation (Qian Kun Yun Zhuan Gong)

(1) Preparation. Either a standing or sitting posture can be taken. The standing posture is hereof taken as an example.

Stand quiet and relaxed, with the feet at shoulders width, the whole body relaxed, respiration natural, distractions expelled, eyes slightly closed, tongue rested against the palate and hands in front of the chest in a pose of Buddhist greeting (Fig. 1).

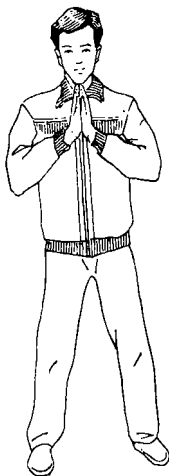


Fig. 1

(2) Holding and Rotating the Ball with Hands at Its Upper and Lower Sides. Set the hands naturally in front of the chest and abdomen respectively as if holding a ball (the left hand above the right in male and vice versa in female), the thumb of the upper hand toward the point Tanzhong (Ren 17), the thenar eminence minor of the lower hand toward the navel, and the Inner Laogong (P 8) of the two hands pointing at each other (Fig. 2). Breathe naturally and imagine holding a ball and Yin-Qi and Yang-Qi circulating between the two hands. Firstly,

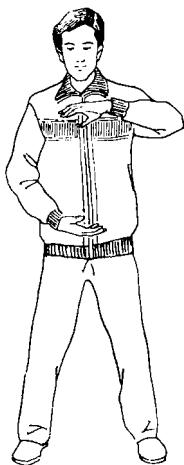


Fig. 2

inhale to send Qi to Dantian by will and exhale to direct Qi to flow

from Dantian to the space between the palms, followed by pushing and pulling the hands with internal strength several times. When a sensation of attraction or congestion has been obtained, push and rotate the "inflated" ball with the left hand turning clockwise and the right counterclockwise as if rubbing the ball, for 25 times. Then exchange the hands and push and rotate the ball in the opposite directions for 30 times.

(3) Holding and Rotating the Ball with the Hands at Its Left and Right Sides. Set the hands at the two sides of the hypochondria respectively as if holding a ball, with the point Laogong (P 8) of the two hands pointing at each other and the two thumbs leveling Tanzhong (Ren 17) (Fig. 3). Turn the left hand clockwise and the right counterclockwise 25 times. Then rotate the ball in the opposite directions 30 times.



FIG. 3

(4) Rotating the Sun and Moon in Turn. Set the left hand at the level of the point Tiantu (Ren 22) and the right hand at the level of Shenque (Ren 8), with the center of the two palms facing each other as if holding a ball in the arms (Fig. 4). Firstly take a breath and send Qi down to Dantian, then exhale to guide Qi to the space between the palms. Draw the hands toward each other and pull them in the opposite directions alternately with internal strength for several times. When the feeling of Qi has been attained, turn the hands and the forearms clockwise and counterclockwise alternately 25 times. Then turn the hands and forearms counterclockwise and clockwise alternately 30 times. Finally, get the two palms closed in front of the chest like Buddhist greeting for a moment and then rub the hands and face to end the exercise.

2. The Daoyin Exercise for Expelling Pathogenic Wind from the Body Surface (Qufeng Jiebiao Daoyin Gong)

(1) Pushing the Forehead. Put the index, middle and ring fingers of both hands close to each other and push the forehead with them from the midpoint of the two eyebrows straight upward to the front hairline for 24 ~ 50 times (Fig. 5), then push from the midpoint of the forehead sideways for 24 ~ 50 times. Push forcefully while inhaling. Try to feel the flowing of Qi beneath the hands while pushing.



Fig. 4



Fig. 5

(2) Kneading Taiyang (Extra 2). Put the middle fingers against the point Taiyang (Extra 2) and press and knead them counterclockwise for 24~50 times (Fig. 6).



Fig. 6

(3) Sweeping the Gallbladder Channel. Get the four fingers close to each other and slightly curved. Scrape with the fingertips along the Gallbladder Channel from above the ears backwards via the frontal angle of the forehead towards the back of the head 5~10 times (Fig. 7).



Fig. 7

(4) Bathing the Nose. Rub the dorsal sides of the thumbs with each other till they get warmed. Rub with them the sides of the nose gently up and down. Rub 5 times during each inspiration and each expiration for altogether 9 respiratory cycles (Fig. 8).

B. Supplementary Exercises

1. Patients with common cold of wind-cold type manifested by severe intolerance of cold, fever or no fever, no sweating, headache, aching pain in the extremities, stuffy nose and watery nasal discharges may practise the Daoyin Exercise of Holding Breath and Inducing Sweating in addition to the basic exercises.

The Daoyin Exercise of Holding Breath and Inducing Sweating: Lie on the right side. When inhaling, bend the knees and elbows as

much as possible and simultaneously make tight fists and curve the toes inward. Hold breath as long as possible and then begin exhaling during which one should relax the whole body and consciously guide the exopathic Qi out of the body via the pores of hair. Do the procedures 9 times and then turn to lie on the left side and repeat the procedures for 9 respiratory cycles until the exopathic factors are expelled along with sweating.



Fig. 8

2. Patients with common cold of wind-heat type manifested by severe fever, slight chills, headache and sweating may practise the Daoyin Exercise for Dispelling Wind and Inducing Diaphoresis in addition to the basic exercises.

The Daoyin Exercise for Dispelling Wind and Inducing Diaphoresis:

(1) Sit on bed with the legs stretched and the hands pressing the bed. Arch the back (Fig. 9) for 9 respiratory cycles, then pat from the back down to the loins with the two fists for several times.

(2) Sit cross-legged on bed. Put the hands on the region of Feng-fu (Du 16) and Fengchi (GB 20) at the lower part of the occipital bone with the fingers interlocked, and rub for 9 respiratory cycles. Then with hands holding the back of the head, bend forward until the head reaches the bed. Set the body straight and restart the whole procedures for several times. Repeat rubbing the back of the

head for 9 respiratory cycles to end the exercise.

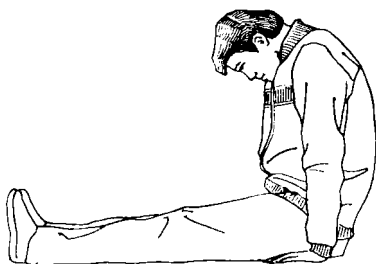


Fig. 9

C. Points for Attention

1. To prevent common cold, practise the Exercise of Heaven-Earth Rotation (Qian Kun Yun Zhuan Gong) once or twice daily. It is desirable to practise early in the morning (5~7 o'clock) when the air is fresh and in a graceful environment. To treat the disease, practise the Daoyin Exercise for Expelling Pathogenic Wind from the Body Surface. The supplementary exercises should be practised on the basis of differentiation of the Wind-cold and Wind-heat. It is suitable to practise 2~4 times daily.

2. Generally, it is desirable for the practitioner to face east, south-east or south during the exercises.

3. The practitioner should keep the clothes, shoes and socks dry, warm and comfortable. It is advisable to do some constant physical labour or exercises in order to strengthen the constitution.

4. Try to do the exercises naturally and comfortably. The hand manipulations should be gentle. Rough exertion and over-fatigue should be avoided.

Cough

Cough, one of the main symptoms in the diseases of the respirato-

ry system, manifests itself as sounding cough with sputum, sounding cough with no sputum, or sputum with no sounding.

In Western medicine, cough and expectoration of phlegm are often symptoms of bronchitis, pneumonia and other infections of the upper respiratory tract.

A. Basic Qigong Exercises

1. The Exercise of Regulating the Lung and Strengthening Qi (Li Fei Zheng Qi Gong)

(1) Prepare an upright-sitting or a standing posture with the whole body relaxed, the tongue propping against the palate, the eyes slightly closed, the respiration natural and the distractions expelled.

(2) Keep the two hands near the Lower Dantian as if holding a ball (Fig. 10). Take antidiromic abdominal respiration. When inhaling, get the palms sideward forcefully with internal force while contracting the anus and raising Qi; when exhaling, pull back the palms with the center of the palms toward the

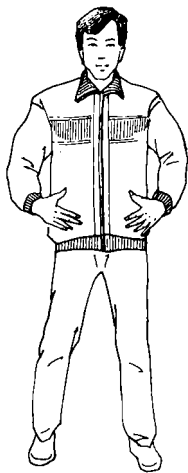


Fig. 10

Lower Dantian while relaxing the anus to concentrate Qi in Dantian. Repeat the procedures for 36 respiratory cycles followed by keeping the hands (in ball-holding gesture) at Dantian and concentrating the mind there for 5~10 minutes.

(3) Proceed from the last stance. Turn the hands and raise them with the palms upward to the Middle Dantian (at Tanzhong, Ren 17), then turn the palms toward the two sides respectively and push leftward and rightward (Fig. 11). Turn the palms toward each other and get them closer and closer until they are closed at

Tanzhong (Ren 17). Then turn the palms downward and push them toward the Lower Dantian to guide Qi back to its origin. Do the procedures for 36 or 81 respiratory cycles with the respiration natural, the mind concentrating on the palms, the movements easy and the force exerted gently. Lastly, keep the palms at the Lower Dantian for a moment to end the exercise.

2. The Exercise of Regulating the Lung and Guiding Qi (Li Fei Dao Qi Gong)

(1) Breathing with the Back Arched. Sit cross-legged naturally with the palms pressing against the bed. Square the chest and raise the head to get a deep inhale. Hold the breath for a while and then arch the back, bend the neck, pull in the chest and exhale simultaneously (Fig. 12). Repeat the procedures for 9 or 18 respiratory cycles.

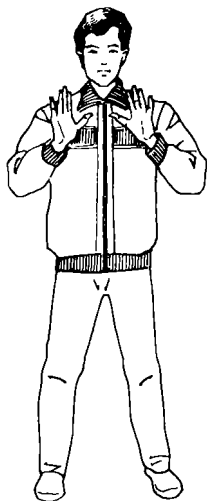


Fig. 11



Fig. 12

(2) Regulation of the Lung. Take a natural cross-legged posture. Apply the palms to both the knee-caps and turn the waist

slowly clockwise (Fig. 13) and counterclockwise for 8 respiratory cycles respectively. One respiratory cycle refers to one rotation of the waist. Inhale while turning forward and exhale while turning backward.

B. Supplementary Exercises

1. Patients with cough due to external factors are advised to add the Exercise of Rubbing the Chest and "Si" Qi (Mo Xiong Si Qi Gong): Take the standing or sitting posture with the whole body relaxed and the distractions expelled. Put the flat palms on the respective sides of the chest (Fig. 14) and inhale slowly. Say "Si" during exhale with the two hands rubbing the chest in a rotative way. Repeat the procedures for 8 or 36 respiratory cycles.



Fig. 13



Fig. 14

Patients with cough of wind-heat type caused by exopathy manifested as cough, sticky sputum, sore throat, thirsty and feverish sensation of the body may practise the respiratinon exercise of A-2 - (1) as a booster. Patients with cough of wind-cold and wind-heat type caused by exopathy manifested as cough, whitish and thin sputum, stuffy nose and watery nasal discharge may practise the left-

right turning exercise of A-2(2) as a booster.

2. Cough due to Internal Injury

(1) Patients with cough and abundant sputum may practise the Exercise of Rubbing the Hypochondrium and "Si" Qi as a booster (B-1).

(2) Patients with choking cough caused by reversed flow of Qi, flushed face, dry throat and hypochondriac pain caused by cough may practise the Exercise of Rubbing the Hypochondriac and "Xu" Qi as a booster.

The Exercise of Rubbing the Hypochondria and "Xu" Qi:

Taking a sitting or standing posture. Put the palms on the two sides of the hypochondrium respectively (Fig. 15). Exhale slowly while uttering "Xu", and simultaneously rub the hypochondria gently with the palms. Do the exercise for 9 respiratory cycles.

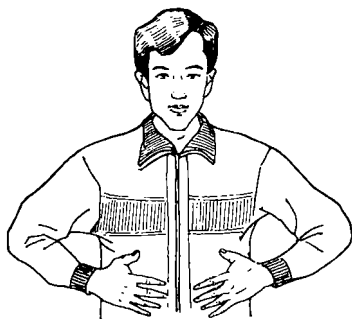


Fig. 15

(3) Patients with dry cough, less sputum, afternoon fever, hot sensation in the palms and soles, night sweating and weakness may practise the Exercise of Taking White Qi in addition to the basic exercise.

The Exercise of Taking White Qi: Take the standing, sitting or lying posture, relax all over, breathe naturally and dispel the distractions. Get the upper and lower teeth tapping each other for 36 times while stirring the saliva in the mouth with the tongue. Swallow the saliva 3 times after the tapping and send it mentally down to the Lower Dantian.

Then imagine that there is white Qi. Inhale the white Qi and fill the mouth with it. Send it slowly during exhaling down to the lung and further to Dantian, and get it distributed to the skin and hairs of the whole body. Do this for 9 or 18 times, followed by concentrating the mind on Dantian to end the exercise slowly.

(4) Patients with dry cough, lassitude of the loins and knees, emaciation, languidness and weakness may practise the Exercise of Taking Essence from the Moon in addition to the basic exercise.

The Exercise of Taking Essence from the Moon: The exercise is done in the evening. Select an open place with fresh air, stand quiet and relaxed, breathe naturally, expel distractions and face the moon.

Close the eyes slightly to see only the faint light of the moon. Inhale with both the mouth and the nose the moon essence slowly and fill the mouth with it mentally. Hold breath and concentrate the mind. Exhale slowly and imagine that the essence of the moon is swallowed and sent down to Dantian. Do this for 6 or 12 or 36 respiratory cycles.

C. Points for Attention

1. Do the exercises 2~4 times a day. It is advisable to do them facing the east, south-east or south-west.

2. Select a neat and open environment with fresh air to do the exercise to prevent inhale of smoke or dust. Attention should be paid to climate variations to prevent common cold. Mental irritation should be avoided. Small frequent amount of physical exercise such as broadcasting exercises and Taijiquan should be persevered.

3. Victims of chronic cough should have confidence and practise Qigong exercises arduously and persistently in order to gain satisfactory achievements.

4. Cases with acute bronchitis should be treated in combination with drugs to control infection. When the infection is brought under control, reduce the dosage of drugs and take Qigong practice as the main therapeutic method.

Asthma

In Chinese, asthma is composed of two characters pronounced "Xiao" and "Chuan". The former refers to short and rapid respiration with wheezing, while the latter means difficult respiration which even makes the patient gasping with the mouth open and the shoulders shrugged and unable to lie flat.

Bronchial asthma, senile chronic bronchitis and pulmonary emphysema defined in Western medicine are included in the category of this disease.

A. Basic Qigong Exercises

1. The Portion-organ Relaxation Exercise (Bu Wei Fu Zang Fang Song Gong)

(1) Preparations. The practitioner may take any of the sitting, cross-legged sitting or standing posture. When the disease is severe, one may do the exercise with the back against the head of the bed, and when the attack is relieved, the standing posture may be taken. Stand with the two feet at shoulders width with the hand overlapped (the left under the right in male and vice versa in female) and put against the lower abdomen at Dantian, the whole body (including the internal organs and tissues) relaxed, the eyes closed slightly, breathing natural, the tongue propped against the palate and the distractions expelled.

(2) Relaxation. First, concentrate the mind on the upmost top of the body (the head) and say silently "relaxation", then shift the concentration step by step from the upper to the lower portions including the shoulders, upper limbs, back, waist, hips and the lower extremities, and do the same relaxation for 5~10 cycles. Then carry out relaxation of the chest and abdomen for 3~5 times followed by relaxation of the lung, heart, liver, kidney and large and small intestines. Specifically, firstly imagine the shape and portion of the lung and say silently "relaxation" to relax the lung mentally, and do the same to the other organs down to the small intestines to com-

plete one cycle (altogether 5~10 cycles). Respiration may be taken into consideration during the exercise. The word "relaxation" may be said silently during exhaling while one concentrates the mind on the portion to be relaxed and imagines that the whole body is relaxed and comfortable, the Qi activities are regulated and the stuffiness of the chest, and further, asthma, are cured completely. As a last step, rub the hands and face to end the exercise.

2. The Chest-hypochondrium Daoyin Exercise (Xiong Xie Dao Yin Gong)

(1) Preparations. Take a standing or sitting posture with the respiration evenly regulated, the distractions expelled, the eyes half open but seeing nothing, and the tongue propped against the palate.

(2) Finger-pushing Massage of Tanzhong (Ren 17)

Conduct pushing massage with the index, middle, ring and small fingers along the mid-line of the chest from the suprasternal notch down to the xiphoid process for 36 times. Then rub the point Tanzhong (Ren 17) with the four fingers for 36 times. Breathe naturally when doing this and concentrate the mind on the Qi activities under the fingers.

(3) Palm-pushing Massage to Regulate Qi. Do pushing massage with the right palm starting from the mid-line of the chest leftwards for 5-10 times during exhaling and stop pushing during inhaling. Do this for 10 respiratory cycles. Conduct the same with the left palm to the right side of the chest. Remember that concentration of mind should follow the hand manipulations to guide Qi to distribute to the left and right sides of the chest.

(4) Massaging the Hypochondrium to Lower Qi. This is done during exhaling, with the two palms doing pushing massage starting from the armpits to the sides of the abdomen for 5~10 times. One exercising session needs 10 respiratory cycles.

B. Supplementary Exercises

1. Patients with attack of asthma and thin, whitish and frothy sputum may practise the Exercise of Strengthening Qi and Invigorating Yang in addition to the basic exercise.

The Exercise of Strengthening Qi and Invigorating Yang: Take a

standing posture and a “Zi Wu Jue” hand gesture (Fig. 16). The whole body should be relaxed, distractions expelled, eyes closed slightly and mind concentrated on the Lower Dantian. The beginners of Qigong exercises should exercise natural

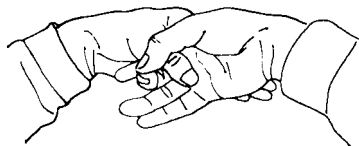


Fig. 16

respiration first and should get the breathing even, light and slow gradually, and at the same time concentrate the mind on the Lower Dantian. After the respiration has been regulated even, one should practise deep breathing to get the breath slow, fine, soft and long gradually. Orthodromic or antidromic abdominal respiration may also be exercised. As a last step, rub the lumbosacral region slowly and gently from the upper to the lower to end the exercise. For cases complicated with deficiency, mind concentration on the Lower Dantian should be followed by imagining that the warm, hot and bright red sun enters Dantian along with breathing and that the light and heat of the sun radiate from Dantian to every part of the body including the skin and hairs which make the body as warm as that in spring. Then get the light and heat back to Dantian slowly to end the exercise.

2. Patients with attack of asthma, yellowish, sticky and thick sputum and difficulty in expectoration may practise the Exercise of Rubbing the Chest and “Si” Qi (see “Cough” B-1) in addition to the basic exercise.

C. Points for Attention

1. The exercise should be done 2~4 times a day.
2. During the acute attack of asthma, proper medication should be provided and Qigong may be taken as an auxiliary therapy, according to the TCM principle of “treating the incidental aspect during the acute attack and the fundamental during the remission”. When the acute symptoms have been improved, the patient should do more Qigong exercises in order to invigorate Qi and regulate the lung to prevent further attacks.

3. As the disease is often caused by factors such as the common cold, climate changes, fatigue, improper diet and irregular daily life, the victims should keep proper clothing and work extent, avoid excessive pungent and hot food, quit smoking and drinking and do proper physical exercise to improve the general constitution so as to prevent attacks.

Retention of Phlegm and Fluid

Retention of phlegm and fluid refers to the disorder of body fluid in its distribution, transportation and transformation, which results in retention of the body fluid in certain locations of the human body. The symptoms include hypochondriac pain upon cough, feeling of fullness in the chest, vomiting, abundant expectoration or impeded breath, all due to deficiency of middle energizer Yang and dereliction of duty of the lung, spleen and kidney in their transportation and regulation of body fluid.

These symptoms may appear in certain stages of chronic tracheitis, bronchial asthma, exudative pleuritis and disturbance of gastrointestinal function, thus Qigong treatment based on differential diagnosis of the disease may be applied.

A. Basic Qigong Exercises

1. The Daoyin Exercise for Ascending and Descending Yin and Yang (Sheng Jiang Yin Yang Daoyin Gong)

(1) Preparation. Stand erect, with feet apart as wide as shoulders, hands falling naturally at the sides of the body, tongue against the palate, eyes looking straight ahead, neck straightened as if supporting an object on the head, shoulders relaxed and elbows hanged, breath even, and mind concentrated on Dantian.

(2) Protruding Fists and Guiding Qi. Bending the waist slowly forward, hands in natural fists protruding as low as possible in front of the feet (Fig. 17). Simultaneously, guide Qi of the Three Yang Channels of Foot from the head to the feet via the back, waist, hips

and the lower extremities. Then, straighten the waist slowly with the fists clenched as if gripping something tightly, at the same time guide Qi of the Three Yang Channels of Foot to flow to Yongquan (K 1) and then to the lower limbs, the abdomen and the chest respectively along the Three Yin Channels of Foot.

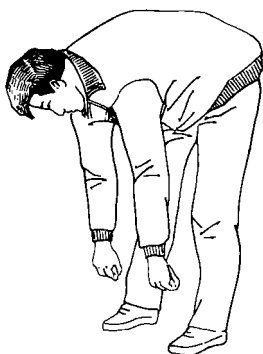


Fig. 17

(3) Protruding Palms and Guiding Qi. Proceed from the last stance. Turn the fists into palms facing upward, lift the palms forward and upward until the arms become straightened (Fig. 18). Simultaneously, guide, with will, Qi of the Three Yin Channels of Foot up to the chest, and then flow through the upper limbs to Inner Laogong (P 8) along the Three Yin Channels of Hand. Then, pull back the hands naturally in front of the chest, guide Qi of the Three Yin Channels of Hand to flow from Inner Laogong (P 8) to Outer Laogong (P 8), and continue to flow along the Three Yang Channels of Hand upwards

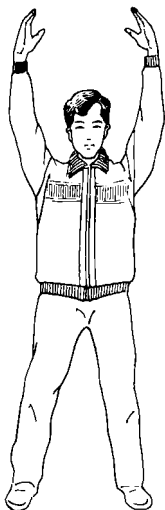


Fig. 18

to the shoulders and head, then clench the hands and guide Qi of the Three Yang Channels of Foot downward. Guide Qi to flow this way for 36 cycles.

The movements and Qi guidance should be integrated with breathing: exhaling is required to cooperate with the guiding of Qi of the Three Yang Channels of Foot and the Three Yin Channels of Hand to flow downward to the toes; while inhaling is required to cooperate with the guiding of Qi of the Three Yin Channels of Foot to the abdomen and chest, and the Qi of the Three Yang Channels of Hand to the head.

2. Duck-watch Qigong (Wu Xing Qigong)

(1) Preparation: Stand erect with feet as wide as the shoulders, relax the whole body, breathe evenly and calm the mind (eliminate all the miscellaneous thinking from the mind).

(2) Exercise: Keep the body erect, neck straightened as if supporting an object on the head. Inhale and guide Qi with will to the diseased part, then hold breath as long as possible, followed by exhaling slowly. At the same time, the chest, back and lower limbs should remain erect, while the neck and head lean forward to the most extent. While leaning, thinking in mind that the accumulated phlegm and fluid in the diseased part is being drained downward along the body, the lower limbs and the feet down to the earth. Do these exercises for 12 or 24 respiratory cycles.

B. Supplementary Exercises

1. The Exercise of Taking Essence from the Sun and Warming Yang is eligible for the victims with the following symptoms: fullness in the chest, splashing sound in the abdomen, vomiting of watery fluid and phlegmatic fluid, violent vomiting upon drinking water, vertigo, shortness of breath, palpitation, feeling of contracture in the abdomen, dysuria, unsmooth breath, and severe dyspnea upon exertion.

The Exercise of Taking Essence from the Sun and Warming Yang: Stand erect, relaxed and facing the sun, with the feet apart as wide as the shoulders, breathing even and miscellaneous thought eliminated. When the sun is rising from the horizon, close the eyes slightly and enjoy the soft and red light. Inhale slowly when imagining that the warm brilliance is getting full of the mouth; exhale slowly when swallowing the mouthful of the brilliance, imagining

that the brilliance guided with will is taken slowly to Dantian. Repeat the inhalation and swallow for 9 times, then imagine that the warm and brilliant sun located at Dantian is getting warm and hot, and the warmth and heat are being irradiated through the whole body, the stagnated phlegm and fluid are being evaporated and driven out of the body.

2. In addition to the basic exercises, the Exercise of Rubbing the Chest and "Si" Qi (see "Cough" B-1) and the Exercise of Soothing the Liver and Ventilating the Lung may be practised if the following symptoms appear: pain upon cough, body-turn or breathing, fullness sensation in hypochondrium due to fluid retention in the chest and hypochondrium; or cough with dyspnea and fullness sensation in the chest, alternate chills and fever, chest and hypochondriac fullness and pain (due to which the victim can not lie in the supine position), and bitterness in the mouth and dryness in the throat due to retention of phlegm in the lung.

The Exercise of Soothing the Liver and Ventilating the Lung:

(1) Adopt the sitting or standing posture. While exhaling, rub, with the right palm, from the middle line of the chest leftwards for 5~10 times; while inhaling, suspend the rubbing. Practise the rubbing for 10 respiratory cycles. Then, rub with the left palm rightwards for another 10 respiratory cycles.

(2) Lowering the adverse flow of Qi with will guidance: Put the two palms at Tanzhong (Ren 17), with the right on top of the left, and rub slowly with the palms from Tanzhong (Ren 17) to Dantian (Elixir Field). While rubbing, guide with will the phlegm pathogen to flow downwards and to be drained out of the body from the perineum. Rub and push for 10 times.

(3) Rubbing the hypochondrium to lower Qi: Put the palms on the hypochondria, one on each side. Exhaling, push and rub downwards and sideward to each side of the abdomen for 5~10 times. Practise for 10 respiratory cycles.

C. Points for Attention

1. Practise the exercises 2~4 times each day.
2. Drink less water, and avoid raw, cold, pungent and hot diet

during Qigong treatment. Exposure to rainfall, walking in water and sitting and lying in damp ground are restrained.

3. Keep the body warm (Change clothes according to weather).

4. During practising the exercises, train to strengthen the will movement in warming up the accumulated phlegm or in guiding the retained phlegm and fluid to be drained out of the body.

Palpitation

Palpitation refers to a syndrome of heart throbbing with terror, restlessness and failure of self-control. Clinically, it is usually paroxysmal, caused by emotional stress or over exertion and accompanied with insomnia, amnesia, vertigo, tinnitus, etc.

Diseases with palpitation as the main manifestation such as arrhythmia, iron-deficiency anemia, aplastic anemia, hyperthyroidism and neurosis included in Western medicine may all be differentiated and treated in reference with the descriptions in this section.

A. Basic Qigong Exercises

1. The Exercise of Relaxation and Quiescence (Song Jing Gong)

(1) Preparation. Sit upright on a chair with the head slightly inclined forward, the feet at shoulders width, the knees bent at a degree of 90°, the shoulders and elbows dropped, the ten fingers stretched, the center of the palms applied on the knees, the tongue propped against the palate, the eyes closed gently to see only a thread of light, the heart calm, the mind concentrated, the distractions expelled, and the whole body in a state of natural relaxation and quiescence. Adjust the breathing with natural respiration method for 3 minutes.

(2) Proceed from the last stance. When getting into quiescence, carry out the following relaxation exercise in cooperation with respiration. During exhaling, relax slowly from the vertex of the head to the Middle Dantian along the Ren Channel and simultaneously from the same position to Mingmen (Du 4) along the Du Channel. During

the next exhaling, relax from the shoulders to the elbows and hands. During the following exhaling, relax from the Middle Dantian at the anterior and Mingmen (Du 4) at the posterior to the Lower Dantian and the lumbosacral region. And then exhale and relax from the Lower Dantian and the lumbosacral region to Yongquan (K 1) along the lower extremities. With the relaxation and quiescence, guide Qi to flow downward and imagine that a warm shower has washed away the pathogenic factors and the whole body is light and comfortable, and with the relaxation during exhale, say silently "quiescence" so as to induce relaxation of the mind and heart. When the relaxation is done to Yongquan (K 1), imagine that the heart evils will be driven out from the soles and the heart is beating as stably as the swinging of a pendulum. Carry out the above steps for 12 or 36 respiratory cycles.

(3) After the above practice, imagine that Qi is converging slowly in the Middle Dantian, for 3 times. Then overlap the hands (the right on top of the left) on the navel and turn them clockwise round the navel and step by step with the circles enlarged to the sides of the abdomen and the pit of the stomach, for 36 turns. Do the same counterclockwise from the sides of the abdomen in largest circle to the navel in smallest circle for another 36 turns. Finally, rub the face and hands, open the eyes and walk freely to close the exercise.

2. The Exercise of Regulating the Heart and Guiding Qi (Li Xin Dao Qi Gong)

(1) Standing with the Palms Closed. Take the standing posture, relax all over, breathe naturally, and stick the tongue against the palate. Close the two palms gently and set them in front of the chest. Keep in "quiescence" for a moment with the mind concentrated on Dantian (Fig. 19).

(2) Pushing the Palms Backward. Proceed from the last stance. Abduct the palms and get the two arms stretching to the back along the sides of the body. Keep still for a moment (Fig. 20).

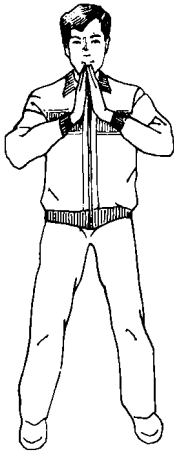


Fig. 19

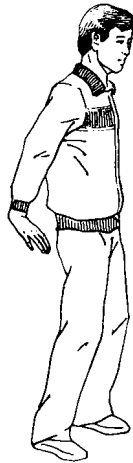


Fig. 20

(3) **Lifting the Palms.** Proceed from the last stance. Turn the palms upwards and lift them to the sides of the chest (Fig. 21).

(4) **Pushing the Palms Straight Forward.** Proceed from the last stance. Stretch the hands slowly forward with strength focused on the tips of the middle fingers and the major thenar pulled down a little (Fig. 22).

(5) **Pulling the Fists Backward.** Proceed from the last stance. Clench the fists as if dragging some heavy things. Pull the

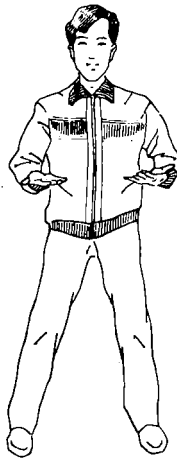


Fig. 21

fists backward along the sides of the body (Fig. 23).

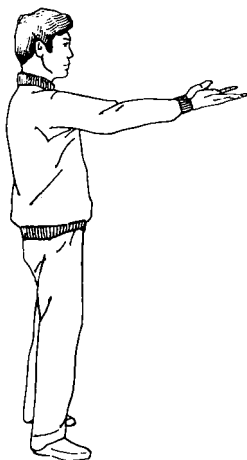


Fig. 22

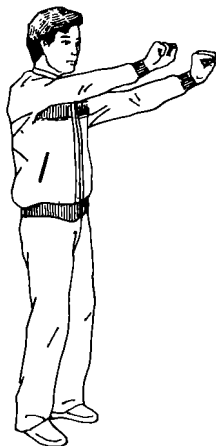


Fig. 23

(6) Pushing the Palms Forward Alternately. Proceed from the last stance. Lift the right fist as if lifting a heavy thing to the height of the chest. Unfold the fist, abduct the palm to the right and push it forward (Fig. 24). Next, draw back the right palm and do the same with the left hand. Then resume the original posture and repeat the procedures for altogether 2~3 times.

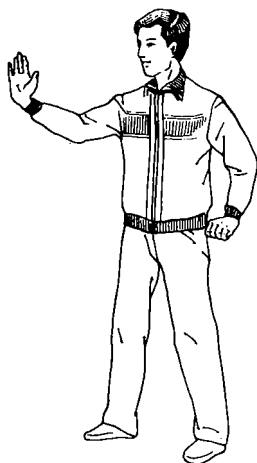


Fig. 24

B. Supplementary Exercises

1. Patients with palpitation, restlessness, vertigo, short breath, dim complexion, weakness, or insomnia and dry mouth may practise the Exercise of Taking Red Qi in addition to the basic exercises.

The Exercise of Taking Red Qi:

(1) Preparation. Take a standing, sitting or lying posture. Relax all over, breathe naturally, expel distractions.

(2) First, have taps of the upper and lower teeth for 36 times while stirring the saliva in the mouth with the tongue. Swallow the saliva 3 times after the tapping and send it mentally down to Dantian.

(3) Then imagine red Qi. Inhale the red Qi nasally and fill the mouth with it. Send the red Qi slowly down to the heart and then to Dantian during exhaling to get the heart and kidney coordinated and then all the channels of the body communicated with each other. Do this 7 or 14 times. Then resume the original posture to end the exercise.

2. Patients with palpitation, short breath, severe dyspnea on exertion, lassitude and cold limbs may practise the Exercise of Taking Essence from the Sun and Warming Yang (see "Retention of Phlegm and Fluid" B-1) in addition to the basic exercises.

3. Patients with palpitation, stuffiness in the chest and recurrent precordial pain may practise the Exercise of Rubbing the Chest and "Ke" Qi (Mo Xiong Ke Qi Gong) in addition to the basic exercises.

The Exercise of Rubbing the Chest and "Ke" Qi:

(1) Preparation: Take the standing or sitting posture with the whole body relaxed, distractions expelled and breath natural.

(2) Tap the teeth and stir the saliva with the tongue as prescribed above. After the saliva is swallowed, put the right palm against the heart region and inhale slowly, followed by slow exhaling while pronouncing "Ke" and rubbing the heart region clockwise with mind concentrated beneath the palm. Do this for 6~12 respiratory cycles (Fig. 25).



Fig. 25

C. Points for Attention

1. Practises the exercises 2~4 times a day, 20~30 minutes a

time. The duration and frequency of practice should be decided based on the conditions of the patient. The basic principle is comfort without tiredness.

2. The environment for practice should be quiet. Attention should be paid to prevention of affection by cold pathogen.

3. As palpitation is closely related to emotional factors, the therapeutic effect is largely decided on the extent of "quiescence". The deeper one gets into quiescence, the better the effect. So it is essential for the practitioner to avoid distractions, restlessness and excessive irritability by the seven emotional factors.

4. Cases weak in constitution and serious in illness should take only the sitting or lying posture when the Exercise of Relaxation and Quiescence (Song Jing Gong) is practised. When the health status is improved, the Exercise of Regulating the Heart and Guiding Qi (Li Xin Dao Qi Gong) may be added.

Vertigo

Vertigo (Xuan Yun) is a syndrome manifested mainly by dizziness and dim eyesight, "Xuan" refers to dim eyesight while "Yun" to dizziness. As the two symptoms often appear simultaneously, they are termed together as "vertigo". In mild cases, the condition may be relieved quickly when the victim rests for a moment with the eyes closed; in severe cases, the victim may not be able to stand steadily as if being in a tossing car or a ship, accompanied sometimes by nausea, vomiting, perspiration or even faint.

Diseases termed in modern medicine such as cerebral arteriosclerosis, auditory vertigo, hypertension, anemia, neurosis and other diseases involving the brain and having vertigo as the main manifestation may all be diagnosed and treated with reference to the descriptions in this section.

A. Basic Qigong Exercises

1. The Daoyin Exercise for Vertigo (Tou Xuan Yun Dao Yin

Gong)

(1) Stand or lie supine with the eyes closed slightly, the tongue propped against the palate, the upper and lower teeth touching each other, the mind concentrated, the whole body relaxed and respiration natural.

(2) Interlock the ten fingers and hold and pull the right knee to the chest (Fig. 26). Hold and pull the knee tightly during inhaling and relax it during exhaling. Repeat this for 3 times. Then do the same to the left knee.

(3) Raise the head, shrug the shoulders and shrink the neck. Turn the neck left and right with an increasing speed, for 21 times respectively.

(4) When inhaling, send Qi that has been taken in by will slowly to Dantian, and then to the soles along the Three Yin Channels of Foot at the interior side of the leg, and concentrate the mind on Yongquan (K 1). When exhaling, take everything natural to get ready for the next inhaling. Do this for 81 respiratory cycles.

2. The Massage Exercise for Refreshing the Mind (Xing Nao An Mo Gong)

(1) Take the sitting posture and get the head straight, the breath natural, the distractions expelled, the whole body relaxed and the tongue propped against the palate.

(2) Push-rub with the two palms from Chengjiang (Ren 24), Renzhong (Du 26), the corners of the mouth, Yingxiang (LI 20), the nose, the cheeks, the eyes, the orbits and the forehead through the anterior hairline to the posterior hairline as if washing the face and head [Fig. 27(1)]. When reaching hairline, get the two ring

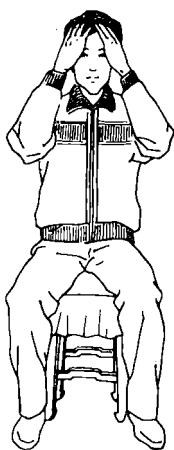


Fig. 26

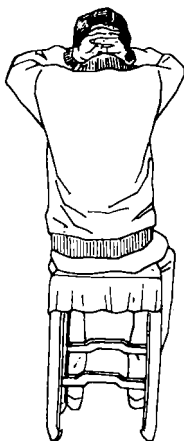
fingers on the Du Channel, the middle fingers separately on the Channels of Foot-Taiyang at the two sides and the index fingers and the thumbs separately on the Channels of Foot-Shaoyang, and press-knead the points of these channels. Bend and stretch the joints of the fingers simultaneously with the pressing-kneading manipulation. Repeat the whole procedure for 30~100 times.

(3) Put together the index, middle and ring fingers and rub side-wards with them the forehead, the upper orbits, the eyes, the lower orbits, the side of the nose, Renzhong (Du 26) and Chengjiang (Ren 24) for 5~10 times respectively. Repeat the whole procedure 3~5 times.

(4) Interlock the ten fingers and apply them against the back of the head. Rub the points Fengchi (GB 20) with the root of the palms from the exterior-superior side to the inferior-posterior side 20~30 times [Fig. 27(2)].



(1)



(2)

Fig. 27

3. The Exercise of Relaxation by Body Partitions (Bu Wei Fang Song Gong)

(1) Preparation. Either the sitting or lying posture can be taken. In the sitting posture, one can sit on a stool with the feet as wide as

the shoulders and the two hands on the thighs. The practitioner is required to tug in the chest, straighten the back and neck, relax the shoulders, drop the elbows, drop the wrists and relax the fingers, close the mouth and teeth gently, prop the tongue against the palate, fall the eyelids, breathe naturally and concentrate the mind on Dantian. Remain in this state for a moment.

(2) Regulation of Respiration. Overlap the hands with the thumbs crossed or propped against each other and apply the palms on Dantian. Inhaling, imagine getting into quiescence. Exhaling, say "relax" silently and relax the whole body in the order of the head, the neck, the upper limbs, the chest, the abdomen, the back, the waist, the thighs and the feet. Do the exercise 3~5 times. When the whole body is relaxed, turn into practice of guiding Qi by will.

(3) If the lying posture is taken, it is advisable to lie on one's right side. The height of the pillow can be decided on one's habit to ensure a most comfortable position. The body should be bent slightly, the right leg stretched naturally with the left leg on top, which is also bent naturally, the right hand on the pillow 5~10 centimeters from the head, and the left hand on the left thigh. The methods of respiration and relaxation are as same as those in the sitting posture.

On ending the exercise, relax mind concentration and guide Qi back to its origin. Then knead the abdomen clockwise and counter-clockwise for 10 times respectively.

B. Supplementary Exercises

1. Patients with vertigo, tinnitus, swelling pain in the head, heavier dizziness and headache on exertion or emotional strain, recurrent flushed face, liability to anger and impetuosity, and insomnia may practise the Exercise of Purging the Liver-fire, Suppressing the Liver-Yang and Relieving Vertigo (Xie Gan Qian Yang Zhi Xuan Gong) in addition to the basic exercises.

The Exercise of Purging the Liver-fire, Suppressing the Liver-Yang and Relieving Vertigo:

Sit with the eyes closed slightly, the whole body relaxed and the

mind concentrated. Apply the two palms gently against the two sides of the lower abdomen and breathe calmly for 18 respiratory cycles. Then raise the two hands slowly to the shoulders and put the thumbs, the index fingers, the middle fingers and the small fingers on Qubin (GB 7), Shuaigu (GB 6), Tianchong (GB 9) and Fubai (GB 10) respectively, and sweep these points with the fingers backward 100~200 times. Drop the hands via Quepen (St 12) and the hypochondria to the two sides of the lower abdomen. Breathe calmly, uttering "Xu" during exhaling for 18 respiratory cycles.

2. Patients with severer vertigo on exertion, pale complexion, dim lips and nails, palpitation and lassitude may practise the Exercise of Strengthening the Spleen and Invigorating Qi (Jian Pi Yi Qi Gong) in addition to the basic exercises.

The Exercise of Strengthening the Spleen and Invigorating Qi:

Take the sitting or lying posture. Put the left hand gently on Zhongwan (Ren 12) and overlap the right hand on the left, with the eyes closed and the tongue propped against the palate. Tap the teeth and when the fluid fills the mouth, stir it with the tongue, swallow it and send it slowly to Zhongwan (Ren 12). During exhaling, rotate the hands counterclockwise starting from the left-superior side of Zhongwan (Ren 12) for half a circle and complete the circle during inhaling, for 49 respiratory cycles. Then change the position of the hands (the left above the right) and rotate them clockwise from the right and inferior side of Zhongwan (Ren 12) for half a circle during exhaling and complete the circle during inhaling, for 49 respiratory cycles.

3. Patients with vertigo, lassitude, aching and weakness in the loins and knees, spermatorrea, tinnitus, as well as dysphoria with feverish sensation in the chest, palms and soles, insomnia and night sweating may practise the Exercise of Nourishing Yin and Replenishing the Kidney in addition to the basic exercise. Patients with vertigo, lassitude, aching and weakness in the loins and knees, spermatorrea, tinnitus, as well as cold limbs may practise the Exercise of Reinforcing Yang and Strengthening the Kidney in addition to the basic exercise.

(1) The Exercise of Nourishing Yin and Replenishing the Kidney (Zi Yin Bu Shen Gong). Take the sitting or lying-supine posture with the respiration calm, the whole body relaxed, the eyes closed and the tongue against the palate. Put the left palm gently on Guanyuan (Ren 4) and overlap the right palm on the left. Tap the upper teeth with the lower. When the fluid fills the mouth, stir it with the tongue and swallow it three times, sending it slowly to Guanyuan (Ren 4). During exhaling, rotate the hands counterclockwise starting from the left-superior side of Zhongwan (Ren 12) for half a circle and complete the circle during inhaling, for 49 respiratory cycles. Then rotate them clockwise from the right and inferior side of Zhongwan (Ren 12) for half a circle during exhaling and complete the circle during inhaling, for 49 respiratory cycles. When apparent warmth is felt beneath the palms, guide Qi to flow from Yongquan (K 1) upward along the exterior side of the lower limbs to Dantian during exhaling, and during inhaling, guide it via the same road back to Yongquan (K 1). Do this for 49 respiratory cycles. Then change the position of the palms (the left on top of the right) and repeat the procedures for another 49 respiratory cycles.

(2) The Exercise of Reinforcing Yang and Strengthening the Kidney (Zhuang Yang Jian Shen Gong). Take a sitting or standing posture and put the two palms on the two points of Shenshu (UB 23) separately, with the mind concentrated beneath the hands. When warmth is felt in the center of the palms, rub with them up and down for 81 times.

4. Patients with vertigo, heaviness of the head, stuffiness in the chest, nausea, poor appetite and drowsiness may practise the Exercise of Regulating the Stomach and Invigorating the Spleen (He Wei Jian Pi Gong) in addition to the basic exercises.

The Exercise of Regulating the Stomach and Invigorating the Spleen:

Lie supine with the whole body relaxed, the two palms against the two sides of the hypochondria respectively and the two middle fingers against the point Tanzhong (Ren 17). Inhaling, push the palms from Tanzhong (Ren 17) downward to the xiphoid process

and along the ribs to the iliac crest; exhaling, lift the palms slowly to the original palces with mind concentrated on the center of the palms. Repeat the procedures for 81 respiratory cycles.

C. Points for Attention

1. Practise the exercises 2~3 times daily.
2. The practitioner should have his mind concentrated on practice. Attention should be paid to “will following hand manipulations” and to cooperation between hand manipulations and respiration.
3. If vertigo disappears after practice, the practitioner may continue to practise the Massage Exercise for Refreshing the Mind (Xing Nao An Mo Gong) and the Exercise of Relaxation by Body Partitions (Bu Wei Fang Song Gong), two or three times a day.
4. During the attack of auditory vertigo, the practitioner should drink less water and take light food.

Insomnia

Insomnia is otherwise called sleeplessness, referring to abnormally poor sleep or shallow sleep. In the mild case, the patient may have difficulty to get into sleep or the sleep may not be sound with frequent wakening, while in the severe case, he or she may fail to fall asleep over night. The problem is frequently seen in neurosis, menopausal syndrome, and related diseases termed in modern medicine.

A. Basic Qigong Exercises

1. The Exercise of Standing-Vibrating for Relaxation (Zhen Zhuang Fang Song Gong)

(1) Preparation. Stand with the feet at the shoulders width, the head straight, the chest drawn in, the back straightened, the shoulders relaxed, the hands falling naturally at the sides of the body, the knees bent slightly, the abdomen and anus contracted, the eyelids dropped, the tongue against the palate, breath natural and the

distractions expelled.

(2) Vibrating. Shift the weight of the body to the heels. Then bend the knees slightly and vibrate the whole body up and down to exert pressure to the heels. At the same time, swing the hands to and fro with the extent increased gradually to pat the waist, the abdomen and the lumbosacral portion and the lower abdomen, and then tap gently with the fingertips the abdomen and the lumbosacral portion, the waist and abdomen and the chest and the back step by step. Finally, slow down and stop the vibrating and resume the original posture.

(3) Relaxing the Body by Partitions. First, relax mentally in sequence of the head, neck, shoulders, arms, back and chest, waist and abdomen, thighs, knees, shanks and soles. Then with nasal respiration, say silently "relaxation" during inhaling and concentrate the mind on Yongquan (K 1) during exhaling.

(4) Percussing the Points. Lift one hand (the right for a female and the left for a male) slowly and get the index, middle and ring fingers in a pinch. Percuss with the tip of them the left-sided points of Zanzhu (UB 2), Taiyang (Extra 2), Hanyan (GB 4), Jiaosun (SJ 20) and Fengchi (GB 20) in turn for 7~9 times. Percuss these points on the right side in the same way with another hand for 7~9 times. Then rub the hands to get them hot and bathe the face with them, open the eyes slowly and walk freely to end the exercise.

2. The Exercise of Pulling the Fingers to Facilitate the Channels (Ban Zhi Tong Jing Gong)

(1) Take a sitting or lying posture with the whole body relaxed, distractions expelled, and breath natural. Stretch the arms forward, then bend the fingers to make fists. Stretch and bend the little fingers for 81 times.

(2) Dredging the Three Yin and Three Yang Channels of Hand. Take the sitting posture. Put the right palm (the palm up) on the right thigh and push-rub with the left palm the inner side of the right arm from the shoulder along the Three Yin Channels of Hand down to the hand [Fig. 28(1)]. Exhale slowly at the same time with mind concentrated on the moving palm. Then turn the right

palm over and push-rub the right arm with the left hand from the back of the right hand along the Three Yang Channels of Hand back to the shoulder when inhaling, with the same mind concentration, for altogether 7 times, followed by massaging the point Hegu (LI 4) with the right hand for 36 times. Intensive holding of breath should be avoided and the upper limbs should be relaxed as much as possible [Fig. 28(2)]. Finally, press-knead Quchi (LI 11) and Hegu (LI 4) 36 times respectively.

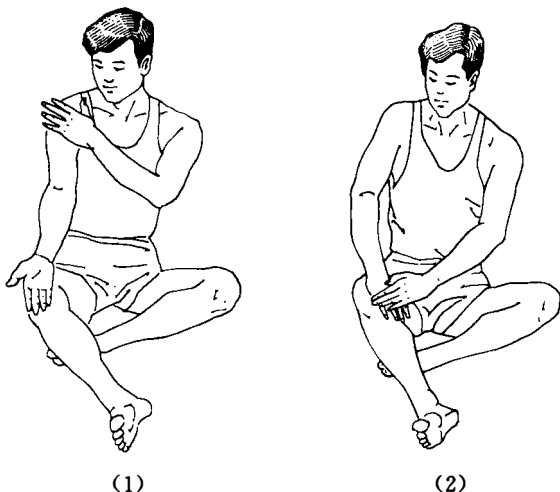
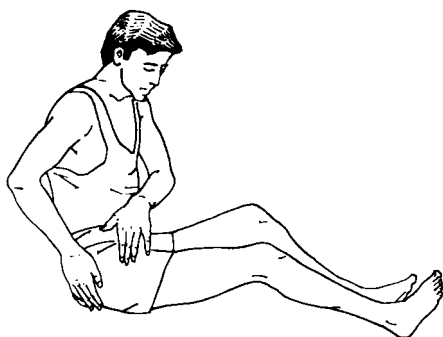


Fig. 28

(3) Dredging the Three Yin and Three Yang Channels of Foot. Sit on bed and apply the left hand on the anterior side of the root of the right thigh and the right hand on the external and posterior side of it. Push-rub the right leg with both palms during exhaling down to the foot along the Three Yang Channels of Foot, with mind concentration following the moving palm [Fig. 29(1)]. Then during inhaling, pull-rub upwards along the Three Yin Channels of Foot up to the root of the thigh with the same mind concentration for 7~9 times [Fig. 29(2)].



(1)



(2)

Fig. 29

B. Supplementary Exercises

1. Patients with palpitation, insomnia, irritation, dysphoria with feverish sensation in the chest, palms and soles, tinnitus and amnesia may practise the Exercise of Taking Essence from the Moon [see "Cough" B-2(4)] in addition to the basic exercises.

2. Patients with dreaminess, easiness of waking, amnesia, vertigo, dizziness, lassitude, tastelessness in the mouth and dim complexion may practise the Exercise of Swallowing Yellow Qi in addition to the basic exercises.

The Exercise of Swallowing Yellow Qi:

Sit calmly with natural breath and distractions expelled. Tap the upper teeth with the lower for 36 times, stir the saliva with the

tongue, swallow the saliva 3 times and imagine that the saliva is carried to Zhongwan (Ren 12) following each swallowing. Then, imagine that there is yellow Qi around the head, take a mouthful of the yellow Qi while inhaling, and imagine that the yellow Qi is slowly carried to Zhongwan (Ren 12) and then distributed to the limbs while exhaling. Repeat the procedure for 10 times.

3. Patients with insomnia, impatience, irritation, conjunctival congestion, bitterness in the mouth, yellow urine and constipation may practise the Exercise of Rubbing the Hypochondrium and "Xu" Qi [see "Cough" B-2(2)] in addition to the basic exercises.

4. Patients with insomnia, heaviness in the head, abundant sputum, stuffiness in the chest, nausea, belching, dizziness and bitterness taste in the mouth may practise the Exercise of Rubbing Zhongwan (Ren 12) and "Hu" Qi in addition to the basic exercises.

The Exercise of Rubbing Zhongwan (Ren 12) and "Hu" Qi:

Choose the sitting or standing posture. Gently put the right palm on Zhongwan (Ren 12) in the epigastric area. Pay attention to nothing while inhaling; rotate and rub the epigastric area clockwise with the right palm and pronounce "Hu" (Fig. 30) while exhaling. Repeat this procedure for 10 or 20 respiratory cycles.

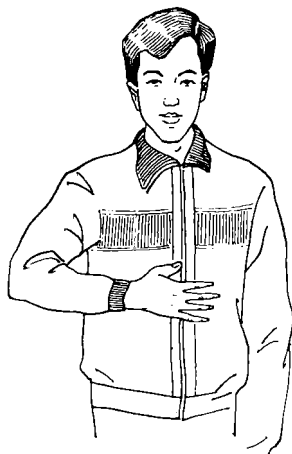


Fig. 30

C. Points for Attention

1. Practise the exercises 2~4 times a day. The Exercise of Pulling the Fingers to Facilitate the Channels (Ban Zhi Tong Jing Gong) should be practised every time before sleep.

2. Insomnia is closely related to emotional factors. So it is advised to tranquilize the mind to avoid irritability by the seven emotional

factors during practice.

3. Live a regular life. Sexual activities should be limited.

Gastralgia

Gastralgia is also called epigastralgia, which is mainly manifested by constant pain in the epigastric region.

Gastralgia is frequently seen in acute or chronic gastritis, gastric and duodenal ulcers and gastroneurosis termed in Western medicine.

A. Basic Qigong Exercise

The Inner Health Cultivation Exercise (Nei Yang Gong)

1. Posture. The lying or sitting posture can be taken according to one's constitutional conditions. Those weak in constitution may practise with the lying posture first, either lying on one side or lying supine. One may lie supine with the body straightened and the arms stretched naturally at the sides of the body, fingers relaxed and palms upward, the lower limbs stretched naturally and the heels touching each other and the tips of the two feet separated. Or one may lie on one's side with the head pulled toward the chest and the spinal column bent slightly. If lying on the right side, the right arm should be bent naturally and put on the pillow with the palm upward, the left arm stretched naturally and put on the hip of the same side, and the right leg stretched naturally and the left leg put at the side of the shank of the right lower limb with the left hip and the knee bent slightly. The eyes should be closed gently so that one can see only a thread of light and the tongue should be propped against the palate.

Those in better constitution may practise with the sitting posture. Sit straight and stably on a chair with the neck straightened as if supporting something on the head, the shoulders relaxed, the elbows dropped, the two palms upward on the knees, the two feet separated at the shoulders width, the angle between the body and the thighs being 90 degrees, and the shanks set vertically with the

ground.

2. **Respiration and Mind Concentration.** When the posture is regulated, take antidromic or orthodromic respiration with nasal inhaling and exhaling. Imagine words such as “quiet”, “sit quietly”, “sitting quietly is good for health” and “sitting quietly and the health will be good”. One may add the number of words gradually but usually not exceeding 9. Inhaling, imagine the first word, then hold breath imagining the words in the middle, and exhaling, imagine the last word. For example, when “sitting quietly is good for health” is imagined, one may take nasal inhaling and prop the tongue against the palate and contract the anus and abdomen, imagining “sitting quietly”, then hold breath and imagine “is good”, and then exhale nasally and drop the tongue, bulge the abdomen and relax the anus, imagining “for health”. The exercise should be done repeatedly.

Then breathe naturally for a moment while concentrating the mind on Dantian, followed by guiding Qi with will to rotate, taking the navel as the center of a circle, clockwise from the smallest circle to the largest for 36 circles, and continue to flow counterclockwise from the largest to the smallest circles and back to the navel. Finally rub the hands and face to close the exercise.

B. Supplementary Exercises

1. Patients with sudden attack of gastric pain, intolerance of cold, preference for warmth and hot drinks and lack of thirst may practise the Exercise of Taking Essence from the Sun and Warming Yang (see “Retention of Phlegm and Fluid” B—1) in addition to the basic exercise.

2. Patients with swelling pain in the gastric cavity, severe pain after meals, non-localized pain, radiating pain in hypochondria, severe pain upon emotional stress, frequent belching, comfort after passing wind from bowels or nausea, vomiting and acid regurgitation may practise the Exercise of Rubbing Hypochondria and “Xu” Qi [see “Cough” B—2(2)] in addition to the basic exercise.

3. Patients with gastric pain, burning sensation, more vomiting after midday and during empty stomach, relief after taking meals,

dysphoria, irritation, dry mouth, bitterness in the mouth, flushed cheeks and loss of appetite may practise the Daoyin Exercise of Regulating the Spleen and Stomach in addition to the basic exercise.

The Daoyin Exercise of Regulating the Spleen and Stomach:

(1) Pushing the Abdomen. Rub the palms with each other to get them warm, then overlap them (the right above the left in male and vice versa in female) and put them below the right breast. Push from the chest downward to the right side of the lower abdomen when exhaling and reposition the palms when inhaling, 10 times. Do the same along the midline and the left side of the chest and abdomen, 10 times respectively.

(2) Rubbing the Abdomen. Rub the palms against each other to get them warm and put them overlapped on the abdomen with the Inner Laogong (P 8) against the navel. Rub clockwise and counter-clockwise, 36 times respectively while guiding Qi to circulate with the movement of the palms.

4. Patients with dull gastric pain, watery vomitus, preference for warmth and pressure, lassitude, poor appetite, loose stool and cold limbs may practise the Exercise of Taking Yellow Qi (see "Insomnia" B-2) in addition to the basic exercise.

C. Points for Attention

1. The exercises should be practised 4~6 times a day, 20~30 minutes each time.

2. The patients should have confidence and keep light-hearted. Perseverance in practice will result in satisfactory curative effect.

3. The patients should cultivate a good life habit and live a regular life in terms of getting up early in the morning, proper diet and timely Qigong practice.

4. Excessive consumption of irritable things, such as pungent and hot food, cigarette and alcohol should be avoided.

Hiccup

Hiccup, also called "Da Ge" in Chinese, refers to the symptom of

involuntary hiccup which is characterized by short and frequent hiccup with sounding in the throat, and is caused by reversed and upward flow of Qi. It may last for several minutes or several hours and be cured without treatment. Severe hiccup may last several days, the day-and-night attack may interfere with the victim's food intake and sleep and make the victim very uncomfortable and tired.

Western medicine holds that hiccup is of gastrointestinal neurosis or spasm of the diaphragm caused by disorders of the stomach, intestines, peritoneum, mediastinum and esophagus.

A. Basic Qigong Exercise

The Exercise of Lowering the Adversely Rising Qi to Check Hiccup (Jiang Ni Zhi Ge Gong).

Stand facing south with the feet apart at shoulders' width, the whole body relaxed and the two hands at the two sides of the body naturally. Take the antidromic abdominal respiration. Inhaling, raise the two heels slightly to stand only on the tiptoes. Exhaling, guide Qi to flow downward to Dantian and further down to the point Dadun (Liv 1), which is located at the tip of the big toes, for a period of 3 or 9 respiratory cycles. Then overlap the two hands (the right on top of the left in male and vice versa in female) at the lower abdomen and take antidromic abdominal respiration. Take a deep breath and, when exhaling, utter "Xu" to guide Qi to flow downward to Dadun (Liv 1).

B. Supplementary Exercises

1. Patients with continuous hiccup, discomfort in the epigastric region which may be relieved by warmth and aggravated by coldness, loss of appetite, foul smell in the mouth, vexation, scanty dark urine, white and moist tongue fur and retarded and slow pulse or yellow tongue fur and slippery and rapid pulse may practise the Exercise of Rubbing Epigastric Area and "Hu" Qi (see "Insomnia" B-4) in addition to the basic exercise.

2. Patients with low and weak sound of hiccup and short breath, pale complexion, cold extremities, pale tongue and deep, thready pulse or dryness of the tongue and mouth, vexation, reddened tongue without fur and thready, rapid pulse may practise the Exer-

cise of Taking Yellow Qi (see "Insomnia" B-2) in addition to the basic exercise.

C. Points for Attention

1. The practitioners should practise the basic Qigong exercise during the attack of hiccup and the supplementary exercises during the relief, 2 or 3 times a day.

2. It is advisable for the practitioners to drink a cup of warm water and then sit down to rest for a while following the practice of the basic Qigong exercise.

3. The severity of the disease varies greatly. The occasional attack may not be taken serious and can be cured quickly by practising the above-mentioned basic exercise; in the course of other diseases, attention should be paid to further treatment.

Diarrhea

Diarrhea refers to increased frequency of movements of bowels with thin and loose and even watery stools.

Diarrhea here covers that caused by acute and chronic enteritis, intestinal tuberculosis and functional disorder of the gastrointestinal nerve termed in Western medicine.

A. Basic Qigong Exercise

The Nine-turn Longevity Exercise (Yan Nian Jiu Zhuan Gong)

1. Preparation. Stand with the feet at the shoulders width, head propped as if supporting something, back straightened, shoulders relaxed, hips slightly contracted, breath natural, tongue propped against the palate, eyes looking straight ahead and distractions expelled. Tap the upper teeth with the lower 36 times while stirring the saliva with the tongue. Swallow the saliva in 3 times and send it mentally to the Lower Dantian.

2. Kneading the Epigastric Region. Apply the index, middle and ring fingers of the two hands (the right above the left) to the epigastric region and knead counterclockwise 21 turns (Fig. 31). Con-

concentrate on the sensation beneath the hands and the manipulation should be gentle, slow and soft.

3. Pushing the Abdomen. Overlap the index, middle and ring fingers of the two hands (the right above the left) and apply them to the epigastric region. Rotate and push them until they get to the pubic symphysis where they are separated and made to rub sidewise and upwards and back to the epigastric region (Fig. 32). Repeat the procedure for 21 times.

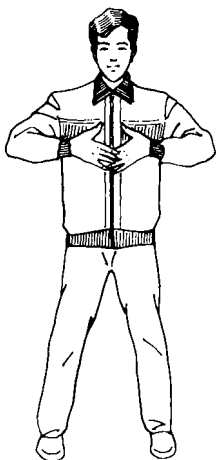


Fig. 31

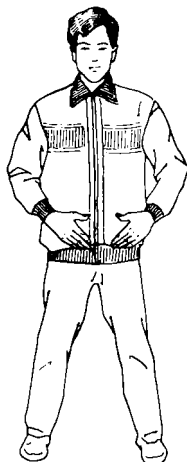


Fig. 32

4. Pushing the Ren Channel. Overlap the index, middle and ring fingers of the two hands (the right above the left) and push along the Ren Channel straight downwards for 21 times.

5. Pushing the Stomach Channel with Hand Akimbo. Stand with the left hand akimbo, thumb pointing the front. Push with the right palm from below the left breast (the point Rugen, St 18) towards the left groin for 21 times (Fig. 33). Then with the right hand akimbo, push with the left palm from below the right breast towards the right groin for 21 times.

6. Turning the Waist in Sitting Posture. Sit cross-legged after the pushing. Make fists with the two thumbs nipping Ziwen and put the

fists on the knees. Throw out the left side of the chest and draw in the right to swing and turn the waist for 21 times (Fig. 34), followed by throwing out the right side and draw in the left and do the same rotation for another 21 times.



Fig. 33



Fig. 34

B. Supplementary Exercises

1. Patients with clear and thin stools, abdominal pain, intestinal gurgling, stools with undigested food, fullness in the epigastric region and poor appetite may practise the Automatic Qi Circulation Exercise (Zhou Tian Zi Zhuan Gong) in addition to the basic exercise.

The Automatic Qi Circulation Exercise :

Sit or lie supine. Relax all over and apply the tongue against the palate. Take the navel as the center of a circle and move the abdominal muscles mentally during inhaling, Qi following will. The moving starts from the point right to and below the navel, clockwise, to the point left to and above the navel, while saying silently "The white tiger is hiding in the east". Then during exhaling, continue the moving to complete the circle while saying silently "The green dragon is hiding in the west". Move the muscles clockwise round the navel from the smallest circle to the largest for 36 rounds (Fig.

35). Continue the moving in the opposite direction, i. e. , starting from the point left to and below the navel upwards and rightwards to the point opposite the starting point during inhaling, saying silently "The green dragon is hiding in the west". Complete the circle counterclockwise during exhaling, saying "The white tiger is hiding in the east". Make the counterclockwise moving for 36 circles, from the largest to the smallest and eventually to the navel to end the exercise.

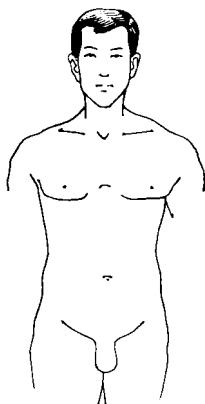


Fig. 35

Beginners of this exercise may at first try to direct Qi to rotate by means of respiration and movement of the abdominal muscles. As soon as they are skilled they will be able to direct the intrinsic Qi to rotate round the navel only by will. This procedure is followed by massaging the abdomen clockwise and counterclockwise for 36 times respectively to end the exercise.

2. Patients with diarrhea, abdominal pain, urgent desire for passing stools or constant urgency for defecation, yellowish-brown and foul stools, yellowish urine of less volume and burning sensation in the anus may practise the Exercise of Rubbing the Epigastrium and "Hu" Qi (see "Insomnia" B-4) in addition to the basic exercise.

3. Patients with abdominal pain, intestinal gurgling sound, foul stools smelling as rotten eggs, foul stools with undigested food, foul belch, abdominal distension, relief of pain after defecation and poor appetite may practise the Automatic Qi Circulation Exercise in addition to the basic exercise (see Supplementary Exercise 1 in this section).

Some alterations should be made for the treatment of this group

of patients in practising the Automatic Qi Circulation Exercise: guiding Qi to move clockwise first for 81 circles, then counterclockwise for 36 circles.

4. Patients with now-loose now-watery stools with undigested food, anorexia, abdominal distension, lassitude and shallow complexion may practise the Exercise of Taking Yellow Qi (see "Insomnia" B-2) in addition to the basic exercise.

5. For patients with unremitting and repeated attacks of diarrhea, astringent drugs should be administered in combination with practice of the Exercise of Astringing to Stop Diarrhea (Shou Se Zhi Xia Gong): Sit or lie on the back. Overlap the palms (the right over the left) with the point Laogong (P 8) covering the navel. Concentrate the mind beneath the navel and look with inward sight at the navel for 3~5 minutes. Then take antidromic respiration. Inhaling, contract the abdomen, contract the anus as much as possible and shrug the shoulders, and direct Qi with will to flow upward along the Du Channel to Baihui (Du 20). Exhaling, direct Qi to flow downward along the Ren Channel to the navel. Do the procedures for 5~10 respiratory cycles.

C. Points for Attention

1. Do the exercises 3~8 times a day.
2. The practitioners should release urine and stools and relax the waist belt before practice.
3. The practitioners should keep proper diet. Practice of Qigong with a full or empty stomach should both be avoided, for the former may lead to stagnation of Qi and the latter will lead to weak flow of Qi.
4. For cases with such conditions as unremitting and watery diarrhea, the exercise with astringing effect should be added.
5. The principle of keeping a good living habit, avoiding stress and taking digestible and nutrient food should be adhered to. The diet should be small and frequent. Raw, cold, sour, hot and greasy food is prohibited.
6. Cases with acute attack and dehydration should be treated with Western and traditional drugs in combination.

Constipation

Constipation is a syndrome characterized by agglomerated hard stools, difficulty in defecation, prolonged and difficult defecation and dyschesia.

According to the theory of Western medicine, constipation is mostly simple (functional) though it may be caused by intestinal organic diseases. Discussed in this section is simple constipation.

A. Basic Qigong Exercises

1. The Exercise of Regulating Qi to Rotate Automatically (Tiao Qi Zi Zhuan Gong)

(1) Preparation: Sit or lie on the back with the whole body relaxed, breath regulated even, distractions expelled and tongue propped against the palate. Tap the teeth for 36 times, then stir the saliva with the tongue. Swallow the saliva in 3 times and send it mentally to the Lower Dantian.

(2) Taking the navel as the center of a circle, guide the intrinsic Qi to rotate clockwise by will, respiration and movement of the abdominal muscles. The moving of Qi starts during inspiration from the point right to and below the navel clockwise to the point left to and above the navel, and continues to flow clockwise during expiration to the original point to complete the circle. Conduct the moving of Qi for 81 circles from the smallest circle at the navel to the largest along the sides of the abdomen, then guide Qi to rotate counter-clockwise for another 81 circles in the same way. Beginners of the exercise may at first try to direct Qi to rotate with the help of respiration and the movement of the abdominal muscles. When skilled, one will be able to guide Qi to turn only by will.

2. The Massage Exercise for Facilitating Defecation (Tong Bian An Mo Gong)

(1) Lie supine with the abdominal muscles relaxed. Apply the palms (the right over the left) to the navel and rotate and knead the

abdomen clockwise for 21 circles, followed by rotating and kneading counterclockwise for 81 circles. Concentrate the mind on the sensation beneath the hands and the respiration should be natural.

(2) With the same hand gesture, push and massage the abdomen from the xiphoid process to the pubic symphysis during exhaling for 81 times. Concentrate the mind on the sensation under the palms.

(3) Take the sitting or standing posture. Apply the palms to the lumbosacral joint. Push and rub downwards during exhaling for 5~10 times and suspend the rubbing during inhaling. Conduct the procedures for 5~10 respiratory cycles.

B. Supplementary Exercises

1. Patients with dry stools and obstructed bowel movement for several days, distension and pain in the abdomen, flushed cheeks, feverish sensation of the body, dryness and foul smell in the mouth, vexation, red tongue with yellow fur and slippery and rapid pulse may practise the Exercise of Purifying the Lung and "Si" Qi (Su Fei Si Zi Gong) in addition to the basic exercises.

The Exercise of Purifying the Lung and "Si" Qi: Stand with the feet at shoulders width and the whole body relaxed. During inhaling, lift the two hands via the abdomen upwards in a pose of lifting a baseball club. When they get to Tanzhong (Ren 17), turn the hands to get the back of the hands facing each other and push the hands outward and stretch the arms while exhaling and pronouncing "Si". At the end of the exhaling, drop the arms naturally. Repeat the procedures for altogether 24 respirations.

2. Patients with dry stools and difficult defecation, distension and fullness in the chest and abdomen, frequent belching, loss of appetite, thin and white tongue fur and taut pulse may practise the Daoyin Exercise for Guiding Qi to the Coccyx (Weilu Zhui Qi Daoyin Gong) in addition to the basic exercises.

The Daoyin Exercise for Guiding Qi to the Coccyx: Take the standing posture, with the shoulders shrugged, the eyes widely open, the teeth clenched, breath held and the anus contracted tightly. Turn the body left and right for several times. Then with gentle nasal exhaling and eyes looking inwardly at the coccyx, relax the

anus and guide Qi from the chest to the abdomen and finally to the coccyx. Repeat the guiding of Qi for 8 or 16 respiratory cycles.

3. Patients with very difficult defecation accompanied with shortness of breath and perspiration and fatigue after defecation, pale complexion, rough lips and finger-nails, restlessness, pale and tender tongue with thin fur and weak and thready pulse may practise the Exercise of Concentrating the Mind on Dantian (Yi Shou Dantian Gong) in addition to the basic exercises.

The Exercise of Concentrating the Mind on Dantian: Take a standing or lying supine posture. With the body relaxed, the hands put on Tianshu (St 25) and Daheng (Sp 15) which are located lateral to the navel, tongue against the palate, mind concentrated on the Lower Dantian and eyes looking inward, practise antidromic respiration for 81 cycles.

4. Patients with difficult defecation, clear dripping urination, coldness of the extremities, coldness and pain in the abdomen, preference for warmth and aversion to cold or aching and coldness of the waist and loins, pale tongue with white fur and deep and retarded pulse may practise the Exercise of Warming Dantian (Wen Dan Gong) in addition to the basic exercises.

The Exercise of Warming Dantian: Stand or lie supine with the whole body relaxed and breath natural. After falling into the state of "quiescence", imagine that the warm and brightly red sun is giving out heat in the Lower Dantian below the navel, and the warmth is spreading gradually over the whole abdomen. Then guide the warmth with will to turn round the navel clockwise and counter-clockwise for 3 circles respectively, and finally guide it back to Dantian.

C. Points for Attention

1. The Qigong therapy should be done 2~6 times daily.
2. The practitioner may drink one cup of salty water every morning and should take more vegetables and fibrous food.
3. Keep regular movements of bowels (One should go defecating at a fixed time even if he has no feeling of defecation).
4. The practitioner should combine mind concentration,

breathing, posture and hand movements in one during practice.

5. When the symptoms of constipation disappear after practice, one may still keep on the Exercise of Regulating Qi to Rotate Automatically. However, the rotation of Qi should be clockwise from the navel to the sides of the abdomen for 36 circles first, followed by rotation counterclockwise from the sides of the abdomen to the navel.

Abdominal Pain

It refers to pain in the abdomen above the pubes and below the upper gastric region. Abdominal pain is very common and appears in many diseases. Here discussed is mainly the Qigong treatment of pains found in internal medicine.

The following introduced Qigong exercises may be practised in case the pain symptoms appear in acute pancreatitis, gastrointestinal spasm, neurotic abdominal pain, dyspeptic abdominal pain, peritonitis, etc.

A. Basic Qigong Exercises

1. The Abdominal Exercises

(1) Preparation. Lie in supine posture, relax the whole body, take natural breath with the tongue against the palate.

(2) Pressing and Moving to Strengthen Qi. Put the right palm over the Zhongwan point (Ren 12), and press and move rotatively from the right to the left for 36 times. Then press and move the umbilicus rotatively with the palm for 36 times.

(3) Pushing the Abdomen to Regulate Qi. Put the two hands against the upper abdomen, one on each side, and push downwards from the xiphoid process to the pubic symphysis with strength exerted on the palms or the fingers other than the thumbs. Push this way for 36 times. While pushing, the will is focused on the sensation of the pushing and rubbing manipulations.

(4) Pressing and Moving Dantian to Strengthen Qi. Put the two palms on Dantian, with the right on top of the left. Then press and

move rotatively for 36 times. Tap Dantian gently with the five finger tips for 50~100 times.

(5) Pressing and Moving the Pain Point. Put the index, middle and ring fingers of the left hand together on the pain area of the abdomen, and put the same fingers of the right hand on top of the fingers of the left. Press and move clockwise (if the case is an excess syndrome) or counterclockwise (if the case is a deficiency syndrome) for 5~10 minutes. Strength is exerted lightly and gently at the beginning and more heavily and deeply then after.

2. The Automatic Qi Circulation Exercise (see "Diarrhea" B-1): Guide Qi to circulate around the umbilicus clockwise (the circles are getting bigger) when the pain is of excess-heat type, and to circulate counterclockwise (the circles are getting smaller) when the pain is of deficiency-cold type, for 81 breaths respectively.

B. Supplementary Exercises

1. Practise the Exercise of Pushing the Abdomen to Regulate Qi (see "Hiccup"). if the symptoms present themselves as abdominal pain with stuffiness and fullness, restlessness, thirst, constipation and scanty dark urine. Practice the Exercise of Rubbing Hypochondria and "Xu" Qi [see "Cough" B-2(2)] if the symptoms present themselves as abdominal pain with radiated pain in the hypochondria.

2. Practise The Exercise of Taking Yellow Qi in "Insomnia" B-2, if the symptoms appear to be dull abdominal pain, on-and-off abdominal pain, preference for pressure on abdomen upon aching, loose stools and weakness.

3. Practise the Exercise of Taking Essence from the Sun and Warming Yang (see "Retention of Phlegm and Fluid" B-1) if the symptoms are violent abdominal pain, alleviation of pain upon warming up of the abdomen and worsening of pain upon cooling down of the abdomen.

C. Points for Attention

1. Practise the eligible exercises 2~4 times daily.

2. Practise the exercises in accordance with the doctor's instruction and accept drug treatment as well if the abdominal pain is severe

with vomiting, nausea, haematemesis or hematochezia. If the pain is due to an acute abdominal condition, seek surgical treatment without delay.

3. Pass stools and urine before practising the Qigong exercises. It is desirable to practise one hour after meal. Do not practise when one feels hungry and tired.

4. The movements of the exercise should be gentle and slow, and should coordinate with breathing and will control. Chronic abdominal pain due to conditions of gastritis and gastric ulcer should be treated by practising the exercises specially designed for the treatment of gastralgia.

Hypochondriac Pain

Hypochondriac pain is a syndrome characterized by pain in one side or both sides of the hypochondrium. It is also a common self-felt clinical symptom.

Chronic hepatitis, hepatolithiasis, cholelithiasis, cholecystitis and other diseases related to the liver and gallbladder termed in Western medicine can all be differentiated and treated in reference to the explanations of Qigong therapy in this section.

A. Basic Qigong Exercises

1. The Exercise of Soothing the Liver and Gallbladder (Shu Gan Li Dan Gong)

(1) Preparation. Stand quiet and relaxed with the feet as wide as the shoulders, the head straightened as if supporting an object on it, the spinal column straight, the hips contracted, the knees relaxed, the arms falling naturally at the sides of the body, the shoulders and elbows dropped, the palms stretched naturally, the eyes closed gently to look inwardly at Dantian and the tongue propped against the palate. Stand quiet in this posture for a while, then tap the teeth 36 times, stir the saliva with the tongue and swallow the saliva in three times to send it to Dantian mentally.

(2) Pressing the Abdomen and "Xi" Qi. Overlap the two hands (the right on top of the left) and apply them against the lower abdomen, with the two Inner Laogong (P 8) directing at Dantian. Take the nasal inhaling and exhaling or the nasal inhaling and mouth exhaling method and the antidromic abdominal respiration. Inhaling, contract the abdomen slightly with Dantian as the center and contract the anus and the scrotum. Exhaling, bulge the abdomen slightly with Dantian as the center and relax the anus, uttering "Xi" at the same time. Repeat the procedures for 9 respiratory cycles.

(3) Rubbing the Hypochondrium and "Xu" Qi. Proceed from the last step. Apply one hand at the affected side of the hypochondrium, drop the other at the side of the body and breathe in the same way as mentioned above. Exhaling, rub the ribs of the right side with the left palm while uttering "Xu". Inhaling, stop the rubbing and uttering. Do this for 11 respiratory cycles. Then exchange the position of the hands and do the same to the other side of the hypochondrium for another 11 respiratory cycles.

(4) Directing Qi of the Liver and Gallbladder Channels. Proceed from the last stance. Take hypochondriac pain of the left side as the example. Take half a step forward to the left with the left foot and get the interior side of the big toe touching the ground, the heel lifted, the knee bent slightly, the weight of the body on the right foot, the right knee bent at half-squatting position, the neck straightened as if supporting an object on the head and the eyes closed gently. Stick the palms (stretched naturally) left-forward along with the stepping of the left foot with the two Laogong (P 8) points pointing at each other and parallel to the point Riyue (GB 24) of the Gallbladder Channel and simultaneously exhale and push the hands downward to the point Zuqiaoyin (GB 44) at the foot. Then inhale and lift the body to straighten the legs, and simultaneously turn Laogong (P 8) toward Dadun (Liv 1) along the Liver Channel of Foot-Jueyin followed by pulling the hands upward along the Liver Channel and direct Qi to Qimen (Liv 14). Do this for 11 respiratory cycles. Exchange position of the foot and the hand manipulations to direct Qi of the Liver and Gallbladder Channels of the

right side for 11 respiratory cycles. Finally, resume the preparatory posture to close the exercise.

2. The Exercise of Soothing the Liver and Guiding Qi (Shu Gan Dao Qi Gong)

(1) Pressing the Palms down to Guide Qi. Stand relaxed and quiet, the two arms falling naturally at the two sides of the body. With the five fingers raised slightly upwards, press the palms downwards with a little force, thinking that Qi has been directed to the center of the palms and further to the fingertips. Press the palms down 3 times (Fig. 36).

(2) Pushing the Palms forward to Guide Qi. Proceed from the last posture. Lift the two hands up to the chest with palms facing the front (Fig. 37). Push the palms forward while concentrating the mind on the palms. Then draw the palms back to the chest.



Fig. 36

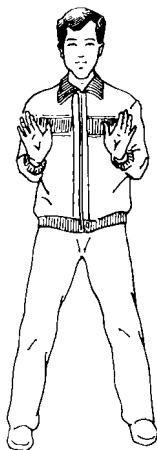


Fig. 37

(3) Pushing the Palms Separately to Guide Qi. Proceed from the last posture. Spread the arms left and right like a bird stretching its wings. With the fingers erected upward, push the palms toward the right and left respectively (Fig. 38) and guide Qi to the center of the palms and then the fingertips. Do the pushing 3 times.

(4) Guiding Qi to the Lower and Middle Dantian. Proceed from

the last posture. Withdraw the hands and set them in front of the chest, with palms upward and the fingertips of the two hands pointing at each other. Turn over the palms and push them down (Fig. 39) to the pubic symphysis to guide Qi to the Lower Dantian. Then turn the palms upward and hold Qi up to the Middle Dantian (Tanzhong, Ren 17). Do this for 3 times. Drop the hands at the sides of the body to end the exercise.

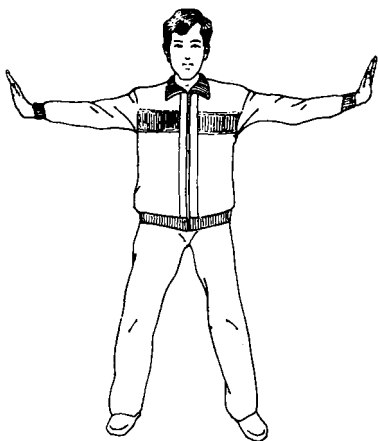


Fig. 38

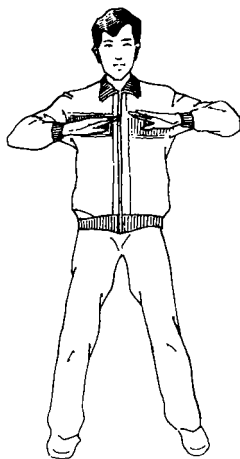


Fig. 39

B. Supplementary Exercises

1. Patients with hypochondriac distension and pain, aggravation upon emotional stress, stuffy chest and frequent belching may practise the Exercise of Rubbing the Hypochondrium and "Xu" Qi for 22 times.

2. Patients with stabbing and localized hypochondriac pain may practise the Exercise of Soothing the Liver to Guide Qi for 6~9 times.

3. Patients with dull hypochondriac pain, dry mouth and throat, vexation and vertigo may practise the Exercise of Taking Green Qi in addition to the basic exercises.

The Exercise of Taking Green Qi: Take a standing, sitting or lying posture, relax all over, breathe naturally, expel the distractions

and stick the tip of the tongue on the palate. Get the upper and lower teeth tapping each other for 36 times while stirring the saliva with the tongue. Swallow the saliva in three times after the tapping and each time send it down to the hypochondria and further to Dantian. Then imagine green Qi. Inhale the green Qi by way of the nose and fill the mouth with it. Send it slowly down during exhaling to the liver and then to Dantian. Repeat the procedures for 8 or 16 times. Return to the preparatory posture to end the exercise.

C. Points for Attention

1. Practise the exercises 2~4 times a day. As the gallbladder is believed to be the source of vigorous Qi of Shaoyang and substantial in the morning, the practitioner should take advantages of the time of early morning and select an environment with fresh air to do the exercises so as to facilitate the circulation of the gallbladder-Qi.

2. Take nutritional food, control the amount of diet and avoid irritable and rough food. Greasy food should be shunned in patients with cholecystitis. Alcohol and tobacco are strictly prohibited.

3. Avoid emotional irritability, anger and anxiety and keep the mind tranquilized and the heart calm during practice.

Tympanites

It is so named because of the distended abdomen like a drum, and is characterized by dilated abdomen with pale and yellow skin and exposed superficial veins. It refers to ascites due to hepatocirrhosis, intraperitoneal tumor, tuberculous peritonitis, etc. termed in Western medicine.

A. Basic Qigong Exercises

Preparation: Take a natural standing posture. This is the starting posture for each of the following 6 exercises.

Breathing: Take orthodromic abdominal respiration with inhalation through the nose and exhalation through the mouth. While exhaling, pronounce the corresponding words and concurrently tighten

up the abdomen, contract the anus, lift the kidneys, touch the ground slightly with the toes and shift the body weight to the heels. While inhaling, close the mouth with the tongue against the palate and shift the body weight forwards to the front part of the soles.

Regulation of Breathing: Both inhalation and exhalation are done through the nose. While inhaling, lift the arms in front of the chest (slightly sided) with the palms facing the ground. When the arms and palms are lifted at the level of the shoulders, turn the palms upwards (Fig. 40). While exhaling, bend the elbows with the palms turned back towards the face and concurrently making semi-circles, lower the hands in front of the face, neck, chest, abdomen, and then to the two sides, resuming the preparation posture. Do this for 6 respirations. Repeat this for 3~6 respirations after each of the following 6 exercises.



Fig. 40

1. The "Xu" Qi Exercise. Put the two hands on the lower abdomen (one on top of the other with the Laogong points (P 8) coinciding, the right on top of the left for man and vice versa for woman) with the Laogong point (P 8) against Dantian and Yuji point (Lu 10) against the umbilicus (Fig. 41). While exhaling, pronounce "Xu" with the lips slightly open and the air flowing out

through the tip of the tongue and the upper gum, and at the same time, open widely the eyes and concentrate the mind on the liver region (inward vision). The exhalation should be exhausted before making an inhalation. Practise this for 6 times.

While exhaling, the Qi flow should be guided with will. Qi flows upwards along the Liver Channel from the Dadun points (Liv 1) of the outer laterals of the big toes of the feet, via the lower abdomen, to the lung.

Then it still goes upwards via throat, eyes, forehead to Baihui (Du 20). Still then, Qi flows downwards along the Lung Channel to Shaoshang points (Lu 11).

2. The "Ke" Qi Exercise. The movements in this exercise are the same as that in "regulation of breathing" of the basic exercises in this section. Inhale while lifting the arms and hands; exhale while bending the elbows, making semi-circles and resuming the preparation posture. When exhaling, pronounce "Ke" with the mouth half open and the tongue tip against the lower gum.

While exhaling, the Qi flow should be guided with will. Qi flows along the Spleen Channel from Yinbai points (Sp 1) of the inner sides of the big toes via the inner sides of the legs and thighs up to the abdomen where it meets the Chong Channel (Vital Channel), then it goes further via the heart, lungs and axillary fossa down to Shaochong points (H 9) at the little fingers along the inner sides of the arms. Also, while exhaling, keep an inward vision of the heart.

3. The "Hu" Qi Exercise. Stand in the preparation posture. While inhaling, lift the hands in front of the chest with the palms upward. While exhaling, lift and turn the right forearm inwards

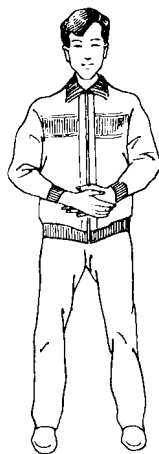


Fig. 41

over the head, with the palm facing the sky and the fingers pointing to the left. Lower and turn inwards the left hand to the left side of the body with the left palm facing the ground. The exhalation should be concurrently accompanied with a pronunciation of "Hu" with the lips contracted, round and small, and the tongue flattened and against the lower incisors. Imagine that the up-going Qi in the Chong Channel is being gushed out of the mouth while exhaling. The exhalation should be exhausted. Then, slowly lower and rotate outwards the right forearm with the palm facing the chest, simultaneously, slowly lift and rotate outwards the left hand with the palm also facing the chest and the fingers pointing up, making the two hands cross in front of the chest (the right hand in the outer).

The lowering, lifting and crossing of the hands are all accompanied with inhalation. While the left hand still goes upwards with the palm facing upward and the right hand downwards with the palm facing ground, pronounce "Hu" (Fig. 42). Practise this for 6 times (2 lifting of the hands, one right one left, is calculated as 1 time). Resume the preparation posture after the exercises with the two hands lowering to the sides of the body from the front of the chest.



Fig. 42

While exhaling, the Qi flow should be guided with will. Qi in the Spleen Channel goes upwards from the Yinbai points (Sp 1) in the inner sides of the big toes to the spleen and then branches to the stomach. Simultaneously, Qi continues to flow upwards to the throat and the tongue root and subsides in the sublingual area, and also from the stomach to the heart and then to Shaochong points (H

9) in the inner sides of the little fingers along the Heart Channel. When Qi flows, inward vision of the the spleen and stomach should be made.

4. The "Si" Qi Exercise. Proceed from the preparation posture. Lift the hands as bolding an object upwards in front of the abdomen and the chest, and then turn the palms forward at the level of Tanzhong (Ren 17) and stretch and separate the hands laterally (Fig. 43). All these movements should be accompanied with exhaling and pronouncing "Si" with the lips contracting backwards, teeth slightly closed and the tongue tip gently touching the crevices of the teeth. When the exhalation

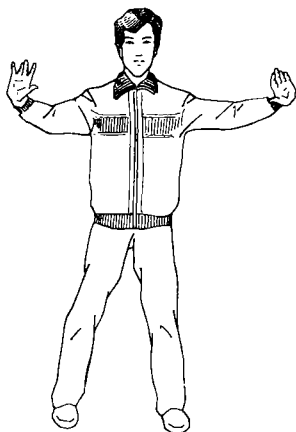


Fig. 43

is exhausted, lower the arms naturally along the sides of the body and begin to inhale. Practise this for 6 times.

While exhaling, the Qi flow should be guided with will. Qi goes upwards from Dadun points (Liv 1) in the outer side of the big toes along the Liver Channel, through the inner sides of the legs and thighs, to the lungs, then along the Lung Channel to Shaoshang points (Lu 11) in the thumbs. Inward vision of the lung area should be made during the flowing of Qi.

5. The "Chui" Qi Exercise. Lift the arms naturally with the finger tips of the right hand pointing at the corresponding ones of the left fingers, and the two thumbs and two index fingers forming a circle. Pronounce "Chui" and exhale with the lips slightly open and contracted backwards and the tongue held forward, while the foot toes firmly touching the ground, knees bending, the arms lowered naturally as if holding a ball (Fig. 44), and finally the hands drop-

ping on the sides of the knees following the exhaustion of exhalation. Then inhale with the body and knees slowly straightened and the hands rubbing and moving upwards along the outer sides of the thighs via Huantiao points (GB 30) on the hips to Shenshu points (UB 23) on the waist, and the two hands stretched forward in front of the chest, the arms made a circle as if holding a ball. Practise this for 6 times.



Fig. 44

While exhaling, the Qi flow should be guided with will. Qi goes upwards from Yongquan points (K 1) along the Kidney Channel through the inner sides of the thighs and then the spine to the lungs, where it flows into the Pericardium Channel and along it down to the Zhongchong points (P 9) on the tips of the middle fingers. When Qi flows, make an inward vision of the kidneys.

6. The "Xi" Qi Exercise. Following the preparation posture, inhale when lifting the hands in front of the abdomen to Tanzhong point (Ren 17) on the chest with the palms upward. Exhale and pronounce "Xi" with the lips slightly open and contracted backwards and the tongue flattened and slightly contracted while the forearms turning inwardly and the hands stretching upwards over the head with the palms up and the finger tips pointing to each other (Fig. 45). The exhalation should be exhausted. Then inhale while turning the forearms and hands outwards with the palms facing backwards, and lower the hands in front of the face and chest. Still then exhale (no pronouncing) when lowering the hands with the palms facing the ground and finally dropping the hands on the sides of the body. Practise this for 6 times.

When exhaling and pronouncing "Xi", Qi should go under will controll upwards from Zuqiaoyin points (GB 44) on the feet along the outer sides of the legs and thighs to the head and then into the Tri-jiao Channel of Hand-Shaoyang, and still then go downwards along the outer sides of the arms back to Zuqiaoyin points (GB 44) of the Gallbladder Channel.

B. Supplementary Exercises

1. Those who have the symptoms of abdominal tympanites with tightened abdominal skin,

hollow drum sound of the abdomen upon percussion, hypochondriac stuffiness, fullness or pain, poor appetite, distension after meals, belching, malaise or have the symptoms of distended abdomen, water-sac sensation of the abdomen upon palpation, tiredness, fatigue, poor appetite with loose stools, or have the symptoms of hard and distended abdomen with exposed veins, stabbing pain in the right hypochondrium, darkish complexion, purple-brown lips and vascular nevi on the head, neck, chest or arms, are advised to practise the "Xu" Qi Exercise and the "Hu" Qi Exercise. In addition, the "Ke" Qi Exercise and the "Si" Qi Exercise may be practised. The additional practice times should be 6, 12 or 18 (times of six), determined by the domination extent of the pathogenic factors.

2. Those who have the symptoms of distended and full abdomen with exposed veins, darkish complexion, xerostomia, vexation, in termittent rhinorrhagia or gingival bleeding may, in addition, practise the Exercise of Taking Essence from the Moon [see "Cough" B-2(4)].

C. Points for Attention

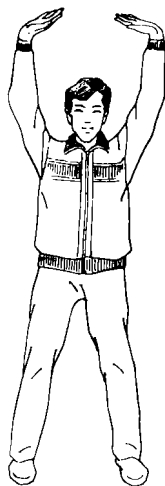


Fig. 45

1. These six basic exercises are better to be practised 3 times every day, 15~30 minutes each time. When practising, it is better to face the east in the morning and the south in the afternoon.

A new learner of the six basic exercises may give the priority, step by step, to practising posture and pronunciation while exhaling. In practising pronunciation, pay attention to the degree of lip-rounding, pronouncing and smooth air flow. After about 15 days of practice, the pronunciation may diminish to an extent that one can hardly hear it while the exhalation becomes slow, even and lasting. Yi Xue Ru Men (*Elementary Course for Medicine*) points out that "Though the six basic exercises may help send out exopathogen, they are forbidden for those with deficiency and sweating due to debility". So, they are contraindicated for those who have deficiency syndrome. Stop practising immediately when sweating due to debility, palpitation or dizziness appear.

2. If ascitic fluid is caused by tuberculosis or schistosomiasis, drug therapy is needed.

3. If the patient is too weak to do the above-mentioned six basic exercises, he or she may sit or lie, and practise these exercises with no movements of the body.

4. Attention should also be paid to nutrition, hygiene and restraints of pungent, hot-tasted, greasy or fried food and smoking or drinking.

Abdominal Mass

Abdominal mass (Ji Ju) is a syndrome characterized by formation of mass in the abdomen accompanied by pain or distension. Traditional Chinese medicine holds that "Ji" and "Ju" are different in severity and pathogenesis. Generally, "Ji" refers to shaped mass fixed in a certain location with localized pain. "Ju" refers to unshaped mass which may aggregate and disperse at any time manifested by migratory pain.

Functional disorder of the stomach and intestines, pyloric or in-

testinal obstruction, hepatomegaly, splenomegaly, tumors in the abdominal cavity as well as ptosis of the internal organs may all be included in the scope of abdominal mass of traditional Chinese medicine.

A. Basic Qigong Exercises

1. The Exercise of Spontaneous Movement (Zi Fa Dong Gong)

(1) Preparation. Take the standing posture with the feet at shoulders width, the head and back straightened, the waist and hip relaxed, the knees bent slightly, the weight of the body on the heels, the shoulders and elbows dropped, the arms dropping naturally and the whole body (including the mind) relaxed, the eyes closed gently, the brows smoothened, the tongue against the palate and the mouth closed gently.

(2) Respiration and Mind Concentration. Take natural respiration first and gradually turn it into deep, slow, thready and even abdominal respiration. As the first step, relax the body mentally from the top to the bottom by partitions several times. Then open the eyes slightly and stare at one spot straight ahead (e. g. , one point on a wall or a tree), or imagine you are staring at a small white ball 33 centimeters ahead for several seconds or several minutes until your eyes are tired and your upper eyelids drop slowly and naturally to get closed. At this time, lower the weight of your body downward mentally and imagine that the body weight as a ball drops out from the coccyx and is suspended 20~30cm below it by Qi. Then imagine that the ball is swinging forward and backward. If your body begins to swing slightly along with the swinging of the ball, get the ball into the Lower Dantian mentally, relax the mind and keep the natural movement of the body without any mind activities.

(3) Spontaneous Movement. When slight natural (spontaneous) movement of the body occurs through the mind and posture exercises and continuous relaxation, there will be spontaneous phenomena such as forward and backward bending of the body, quivering of the whole body, movements of the arms and quick and short gaits. At this time, the practitioner should let things go naturally with these

Qi phenomena, otherwise the spontaneous movement may be inhibited. This may be followed by enlarged extent and increased frequency and variety of the movements. Irregular and different movements may occur in many parts of the body, such as dancing, jumping or martial arts, which will slow down gradually and finally stop after 20~60 minutes of such spontaneous movements.

(4) Closing. When the spontaneous movement stops, resume the preparatory posture. Then raise the arms from the two sides of the body and let them pass by the shoulders, the back of the ears, the back of the head and the top of the head until they reach the forehead, followed by lowering them passing by the face, the chest and the abdomen with the center of the palms facing them, and finally get the arms back to the original position. Carry out this closing exercise for 3~5 times.

2. Nine-turn Longevity Exercise (Yan Nian Jiu Zhuan Gong) (see "Diarrhoea" A).

B. Supplementary Exercises

1. Patients with accumulation of Qi in the abdomen with migratory distending pain and discomfort in the hypochondrium and epigastrium, and the condition that Qi may accumulate and disperse with emotional changes, may practise the Chest-hypochondrium Daoyin Exercise (see "Asthma" A-2) in addition to the basic exercises.

2. Patients with abdominal distension or pain, constipation, anorexia and intermittent presentation of cord-shaped mass with severer distension and pain upon pressure may practise the Daoyin Exercise of Regulating the Spleen and Stomach (see "Gastralgia" B3) in addition to the basic exercises.

3. Patients with palpable abdominal lump hard in texture, fixed pain, darkish-grey complexion, emaciation, lassitude and anorexia may practise the Exercise of Pushing the Abdomen to Regulate Qi [see "Abdominal Pain" A-1(3)] in addition to the basic exercises.

4. Patients with hard mass in the abdomen, progressive pain, yellow or darkish complexion, poor appetite and muscular emaciation may practise the Inner Health Cultivation Exercise (see "Gastralgia" A) in addition to the basic exercises.

C. Points for Attention

1. Do the exercises 2~3 times a day, 30 minutes a time and 3 months as one treatment course.

2. Relieve bowels and take off spectacles, watch, pen and other things before practice. It is advisable to take a walk to get the mind tranquilized and Qi regulated first.

3. Select a quiet place with an even ground for practice. It is desirable to have the therapist or someone else on spot in order to prevent falling or other accidents.

4. Even though the spontaneous movements may be strenuous, the practitioner should still keep the mind relaxed and the distractions expelled. If no spontaneous movements appear, one should not force himself to get it. This phenomenon usually comes and goes naturally and often occurs when one grasps the principles of the exercise. The spontaneous movement may not appear in some cases. However, the effectiveness for treatment of diseases and preservation of health may be the same.

5. Don't be frightened if violent or strenuous movements occur. One may just open the eyes and say silently some suggestive words such as "I want to stop" or "I want to slow down the movements", and the spontaneous movements will be discontinued gradually. And if one don't want to practise any more at the time being, one may press digitally Baihui (Du 20) or Mingmen (Du 4), or get the ten toes clutching the ground followed by relaxing the whole body. Repeated practice of this for several times will get the movements stopped completely.

6. After the closing exercise has been finished, one should first get the mind tranquilized and take a walk. Do not eat anything or wash the hands and face or take bath immediately after practice. If there is sweat, dry it with a dry towel first.

Edema

Generally, edema refers to retention of the body fluid and is manifested as puffiness on the head, face, eyelids, limbs, back, abdomen or all over the whole body.

The following kinds of edema termed in Western medicine may be treated with the exercises introduced in this section accordingly; cardiac edema due to heart diseases; nephrogenic edema due to glomerulonephritis or nephrotic syndrome; trophedema due to hypoproteinemia, vitamin B₁ deficiency and serious anemia; and endocrine edema due to hypothyroidism and primary hyperaldosteronism.

A. Basic Qigong Exercises

1. The Five-Step Exercises for Vitality Qi Flow. Four postures of walking, standing, sitting or lying may be chosen in practising these exercises. Generally, the sitting posture is the first choice. Sit on a chair or stool with suitable height to ensure horizontal thighs, vertical shanks and ground-touching of the whole soles of the feet, the two knees are as wide as the two fists; place the hands on the thighs (one on each) with the palms downward; relax the shoulders and drop the elbows; and straighten the back and neck as if supporting an object on the head with the mandible slightly shrunk backwards.

(1) Step 1. Keeping the Mind on the Epigastrium with Exhaling

Shorten the vision, expel distractions, concentrate the mind on the apex of the nose, and then close the eyes and make an inward vision on the epigastrium. Listen carefully to the exhalation sound which should be avoided to become rough, and concentrate the mind on the epigastrium when exhalation is being made. Let the mind concentration be natural when inhalation is being made. practising this way for some time, the vital Qi can be gradually accumulated at the epigastrium. If distractions can not be removed and the mind can not be concentrated, try to count numbers from 1 to 10, and repeat

the dull counting till the mind calms down. Then continue to practise this step.

Three or five days after practising the exercise of this step, there will be a sensation of heaviness on the epigastrium; five or ten days later, a heat stream flowing to the epigastrium will be sensed when exhalation is made. This is the manifestation of vitality Qi concentration, which paves the foundation for exercise step 2. Generally, 3 times of practice every day in the morning, noon and evening respectively are needed, 20 minutes for each time. One treatment course consists of 10 days.

(2) Step 2. Concentrating the Mind on Dantian with Exhaling

After gaining the obvious sensation of heat at the Epigastrium, guide, with will, the heat to move down to Dantian slowly and gently. This process should not be made with undue haste. Over-heated sensation due to over practice is no good for treatment of the illness.

When exhaling, there will be a stream of warm Qi flowing to Dantian. The phenomena of gurgling sound in the lower abdomen, increased peristalsis and frequent passing of wind are the manifestations of improvement of the intestinal function and expelling of the pathogenic factors thanks to the arrival of vital Qi at the lower abdomen.

Practise exercise step 2 two times a day, 20~30 minutes each time.

(3) Step 3. Regulating Respiration and Concentrating the Mind on Dantian

After accomplishing the exercise step 2 when one gets a marked sensation at Dantian, regulate the respiration to make sure that no more guidance of heat flow downwards is exerted while exhaling, and that the mind is concentrated on Dantian. Respiration should be natural and will control should be mild to prevent over consumption of Yin fluid (body fluids of various kinds).

There will emerge a Qi lump in the lower abdomen after ten days or more exercise of step 3, and the lump will grow and the energy in the lower abdomen will increase with consistent practising. When the energy becomes strong enough, it will move, and an itching sen-

sation on the pudendum, bouncing on the perineum or heating on the extremities and waist may be sensed.

Practise exercise step 3 three times a day, 30 minutes or more each time.

(4) Step 4. Following Qi Flow along the Du Channel without Will Control

After about 40 days' practice of step 3, the vital Qi will already be accumulated to some extent and the energy will be strong enough. Only after that, the vital Qi may naturally flow upwards along the spine (the Du Channel). The mind should then follow the upward movement of the vital Qi, and if the Qi movement stops somewhere in the Du Channel, do not try to guide the vital Qi to go further. Bear in mind that the movement speed of the vital Qi depends on the energy in Dantian. Usually, the vital Qi stops at Yuzhenguan. On the basis of strong accumulated energy in Dantian, the vital Qi can pass through Yuzhenguan when an inward vision at the top of the head is made.

On the basis of practising step 3, the energy in Dantian will get accumulated and the lower abdomen plumped; bouncing will be sensed on the perineum, heating on the loins, and active vital Qi movement at Mingmen (Du 4), and finally the vital Qi will go upwards along the spine. All these differ from person to person. In some, Qi may pass through the Du Channel only once, while in others, several times or even several days. The phenomena of involuntary backward sloping of the back, tightness on the head, depression or malaise are common before the vital Qi passes through the Du Channel. During this period, practice of the exercise must be continued with confidence. It is bound to become comfortable after the vital Qi passes through the Du Channel.

Practise step 4 more than 3 times daily, 40 ~ 60 minutes each time.

(5) Step 5. Continuing Mind Concentration on Dantian to Strengthen Qi Source

After accomplishing step 4, continue mind concentration on Dantian. Once the Du Channel is through, all the other channels are

easy for the vital Qi to pass. If active energy is sensed at Baihui (Du 20) on the top of the head, mind concentration may be made on Baihui (Du 20) instead.

When continuing the practice of step 5, the following phenomena will appear: sensation of electricity occurring all over the body, tingling and itching sensation or formication on the skin, tightening sensation at the glabellum and the nasal bone, sensation of tightness and tingling on the lips, alternate sensation of warmth and pleasant coolness on the body, moving sensation of the skin with respiration, contracting inwardly or floating upward of the skin while inhaling and expanding outward or falling downward of it while exhaling, sensation of alternate buoyantness and heaviness, or alternate giantness and dwarfness, and involuntary movement of the body. All these are the manifestations of opened channels and collaterals, vigorous internal respiration and activity of the vital Qi. These manifestations are bound to differ from person to person, one needs not to pursue them or to make fuss about them, they will disappear when one practises breathing exercise with mind deeply concentrated.

2. The Daoyin Exercise for Dredging the Ren and Du Channels

(1) Preparation. Stand erect with feet close together, hands hanging naturally at the sides of the body, chin tucked in as if supporting an object on the head, eyes looking straight ahead, breathing even, distractions expelled and mind concentrated on Dantian. Stand this way for a while.

(2) Activating Qi at the Coccyx (Weilu). Bend forward the waist to form an angle of 100~150 degrees. Get the hands gripped with each other and stretched forward (Fig. 46). Look at the palms but do not see anything, breathe naturally, guide Qi mentally from Dantian to the coccyx and accumulate Qi there for the next exercise. Swing the hips left and right for 36 times.

(3) Opening Jiajiguan. From the last movement, make a fist of the left hand and stretch it forward, take half a step left-forward with the left foot, get the left knee slightly bent and make the right arm akimbo, thus forming a posture like a warrior pulling a bow.

Then direct Qi mentally from the coccyx to Jiajiguan and swing the body left and right for 36 times. Exchange the posture of the hands and feet and swing for another 36 times (Fig. 47).

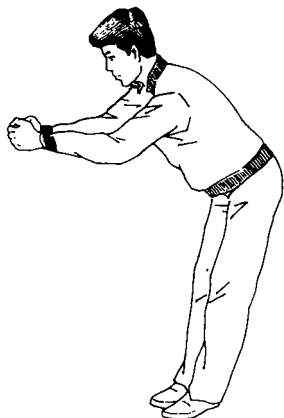


Fig. 46



Fig. 47

(4) Opening Yuzhenguan. Stand with feet apart as wide as shoulders, raise hands overhead and cross the fingers with palms upwards. Get the heels up and down as if pestling something for 81 times while guiding Qi with will to flow gently from the coccyx (Weilu) upward to the Mud Ball (the Upper Dantian) via the spine, Jiajiguan and Yuzhenguan (Fig. 48).

(5) Returning Qi to Dantian. From the last movement, make fists and get them one in another in front of the chest, at the height of Tanzhong Point (Ren 17). Bend the knees to make a sitting posture, higher or lower, based on the constitution of the individuals. Guide Qi to flow from the Mud Ball (the Upper Dantian) along the Ren Channel down to the Lower Dantian (Fig. 49). Concentrate the mind on the Lower Dantian then.

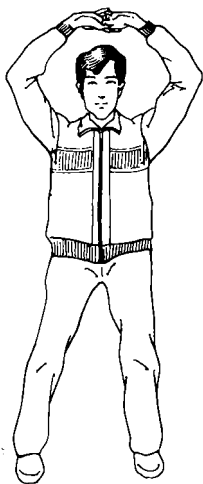


Fig. 48

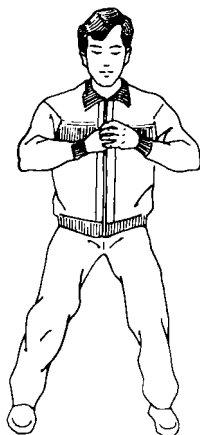


Fig. 49

(6) Ending the Exercise. Stand erect, hands falling at the sides of the body. Rub the hands with each other and then rub the face with the hands. Make a free movement of the body to end the exercise.

B. Supplementary Exercises

1. Practise the Exercise of Rubbing the Chest and "Si" Qi (see "Cough" B-1) or the Exercise of Rubbing the Epigastric Area and "Hu" Qi (see "Insomnia" B-4) when the following symptoms appear: edema of eyelids followed by rapid development of edema of the extremities and the body, oliguria, dysuria, intolerance of cold and wind, and fever; or general and pitting edema, oliguria, heaviness sensation and sleepiness, chest distress and anorexia.

2. Practise the Exercise of Taking Yellow Qi (see "Insomnia" B-2) when the following symptoms appear. general edema with more severe and pitting edema of the waist and that below, abdominal distension, loose stools, cold limbs and sleepiness, and oliguria.

3. Practise the Exercise of Taking Black Qi when the following symptoms appear: general edema with more severe and pitting edema of the waist and that below, palpitation, dyspnea, cold, aching and heavy sensation of the waist, oliguria, cold limbs, intolerance

of cold, lassitude and dim and pale complexion.

The Exercise of Taking Black Qi:

(1) Preparation. Assume the standing, sitting or lying posture with the body relaxed, distractions expelled and the tongue against the palate.

(2) Tapping the teeth of the upper with the lower for 36 times. Stir the saliva in the mouth with the tongue, then swallow the saliva, 1/3 each time and send it to Dantian mentally.

(3) Imagine that there is black Qi. Inhale the black Qi through the nose and make it full of the mouth; while exhaling, guide the black Qi to flow slowly to the kidneys, and then to Dantian. Practise this way for 6~12 times. Resume the preparation posture to end the exercise.

C. Points for Attention

1. Practise the exercise 3 times every day, 30~60 minutes each time.

2. In case of severe edema accompanied with hydrothorax or ascites, it is better to assume a semi-lying posture and to practise the exercise without body movement. If the case is not severe, the sitting posture in practising the exercise plus practising the Daoyin Exercise for Dredging the Ren and Du Channels is advisable.

3. Pay attention to rest and nutrition. Intake of red bean, black bean, crucian carp or carp may promote diuresis. Take less greasy diet, and pungent and irritable food should be avoided.

Stranguria

Stranguria is a syndrome characterized by frequent, dripping and painful urination.

The following introduced exercises may be applied in the treatment of such diseases of the urinary system in Western medicine as pyelonephritis, cystitis, renal tuberculosis, urinary lithiasis or urinary tumors.

A. Basic Qigong Exercises

1. Practise the Six Exhaling-Qi Exercises (see the Basic Exercises in "Tympanites") with more practice of the "Xi" Qi Exercise.

2. Do the Exercise for Normalizing the Function of the Lower-jiao (the lower portion of the abdominal cavity) to Treat Stranguria;

(1) Pushing the abdomen. Put the two hands, the right on top of the left, on Zhongwan (Ren 12) and push down from Zhongwan (Ren 12) to the pubic symphysis while exhaling. Practise this way for 36 times.

(2) Kneading the Umbilicus and Rubbing the Abdomen. Put the right hand on top of the left with Laogong (P 8) of the left palm touching the umbilicus. Press and knead the umbilicus clockwise for 36 rotations. Then rub the abdomen counterclockwise with the umbilicus as the center, for 36 circles.

(3) Put the right hand on top of the left with Laogong (P 8) of the left palm touching Dantian. Press and knead Dantian clockwise for 36 rotations.

(4) Put the hands on each side of the abdomen and press and push downward for 36 times.

(5) Assume a sitting posture. Rub the hands with each other till they get warmed, then press and rub the sacrococcygeal region up and down till that region gets warmed too.

(6) Put together the four fingers (other than the thumb) of the left hand, put them on the inner side of the left knee joint, and press and rub the inner side of the left thigh for 300 times. Do this way on the inner side of the right thigh with the four fingers of the right hand, for 300 times too.

(7) Lie supine in bed with the knees bent before the chest, hold the knees with finger-crossed hands, pull and release the bent knees slowly while inhaling through the mouth and exhaling through the nose. Practise this way for 12 or 24 respirations.

B. Supplementary Exercises

1. Practise the "Hu" Qi Exercise and the "Chui" Qi Exercise (see "Tympanites" A-3 and A-5) when the following symptoms appear: stone found during urination, difficulty in micturition, sudden

discontinuation during micturition, stinging pain in the urethra, colic pain in the waist and abdomen, and hematuria in some cases; or difficulty in micturition with burning pain, darkish red urine and blood clots found in some cases; or turbid urine like slops, thick urine in severe cases and emaciated constitution.

2. Practise the "Xu" Qi Exercise (see "Tympanites" A-1) and the Exercise of Taking Yellow Qi (see "Insomnia" B-2) when the following symptoms appear: difficult and dripping urination, stuffiness and pain in the lower abdomen; or heaviness and stuffiness of the lower abdomen, heeltaps during micturition and pale complexion.

3. Practise the Exercise of Taking Black Qi (see "Edema" B-3) when less difficult dripping and red urine, on-and-off occurrence, seizure on exertion, and lassitude occur.

C. Points for Attention

1. Practise 2~4 times a day. Practise the Exercise for Normalizing the Function of the Lower-jiao (the lower portion of the abdominal cavity) to Treat Stranguria when there is a desire of urinating.

2. Pungent, peppery diet and diet with rich calcium are contraindicated.

3. When practising the Exercise for Normalizing the Function of the Lower-jiao (the lower portion of the body cavity) to Treat Stranguria, the manipulation should be gentle with no heavy and strong strength.

Uroschisis (Retention of Urine)

Uroschisis refers to difficult and dripping urination or even obstructed urination in sever cases.

In Western medicine, the problem is termed retention of urine. Diseases that cause functional disorder of the urinary bladder nerve, excessive intake of sedatives or atropine, vesical or urethral calcu-

lus, prostatic hyperplasia and other problems which have uroschisis as the main symptom may all be differentiated and treated in reference to this section.

A. Basic Qigong Exercises

1. The Massage-Daoyin Exercise for Urination (Pai Niao An Mo Dao Yin Gong)

(1) Take the sitting posture. Rub the hands first to get them warm and push-rub with the two palms the lumbosacral portion from the upper to the lower 300 times. Then push with the face of the four fingers of the left hand the medial aspect of the left thigh from the knee to the groin 300 times. Do the same manipulation with the right hand to the right thigh for 300 times.

(2) Take the lying posture. Apply the right palm to the lower abdomen and inhale slowly. During exhaling, rub the abdomen clockwise. Repeat this for 3~5 minutes.

(3) Take the lying posture. Press the point Huiyin (Ren 1) with the tip of the middle finger of the right hand, 5~10 times. And with natural respiration and the abdominal muscles relaxed as much as possible, press vertically the point 2.5 cun below the navel with the tips of the index and middle fingers of the right hand for 3~5 minutes. Then stand up and inhale Qi mentally from the orifice of the urethra and guide Qi to Mingmen (Du 4) through contracting the abdomen and anus; during exhaling, guide Qi from Mingmen (Du 4) to Dantian and out of the urethral orifice by way of the Ren Channel while relaxing the abdomen and anus and guide urine in the urinary bladder to go out of the urethral orifice. Repeat the procedures until the urine is discharged.

2. The Exercise for Urination (Dao Niao Gong). To get prepared for urination, get the head and body straight, look straightly forward and imagine that there is a hollow channel from Baihui (Du 20) to Huiyin (Ren 1). With nasal respiration method, inhale slowly and contract the abdomen and anus while imagining that Qi flows from Baihui (Du 20) to Dantian (1.3 cun below the navel) along the Ren Channel. Hold breath for a short moment and begin exhaling and relaxing the abdomen and anus, imagining that Qi in Dantian

rushes to the urinary bladder and forces urine to go out from the urethral orifice. Repeat the above procedures till the urine is discharged. Get Qi back into Dantian after urination, relax the whole body and remain quiet for a moment.

B. Supplementary Exercises

1. Patients with oliguria, dribbling urination, burning sensation during urination or dysuria may practise the Exercise of Rubbing the Abdomen and "Chui" Qi, in addition to the basic exercises.

The Exercise of Rubbing the Abdomen and "Chui" Qi: Choose the standing or sitting posture, put the right hand on the lower abdomen, and inhale slowly. And when exhaling, pronounce "Chui" and gently rub the lower abdomen with the right hand (Fig. 50). Repeat this for 10 or 20 respirations.

2. Patients with dysuria or oliguria, dry throat, excessive thirst and tachypnea may practise the Exercise of Rubbing the Chest and "Si" Qi (see "Cough" B-1) in addition to the basic exercises.

3. Patients with oliguria or dysuria, lassitude, coldness in the lower body and weakness in the lower limbs may practise the Exercise of Invigorating the Kidney and Replenishing Qi in addition to the basic exercises.

The Exercise of Invigorating the Kidney and Replenishing Qi:

(1) Stand erect, make fists and apply them against the soft parts at the back sides of the waist and turn the waist clockwise and counterclockwise 6 times respectively (Fig. 51).

(2) Then take the standing or sitting posture. Put the two hands

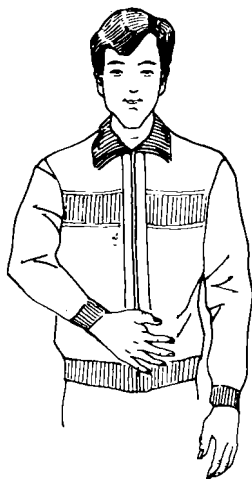


Fig. 50

on the sides of the waist and rub from the upper to the lower 36 times while concentrating the mind on the waist.

(3) Support the scrotum with the right hand, apply the left palm to the pubes inferior to the pubic symphysis. Move the two hands up and down simultaneously for 81 times. Change hands and do the same for another 81 times.

C. Points for Attention

1. The Exercise for Urination (Dao Niao Gong) should be done when one wants to go urinating. The other exercises should be practised 3~4 times a day.

2. Attention should be paid to treatment of the primary causes of retention of urine.

3. The hand manipulations should be gentle, soft, deep and penetrating and the mind should follow the moving of the hands to guide the circulation of the intrinsic Qi.

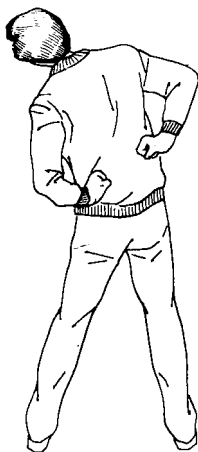


Fig. 51

Impotence

Impotence is a disease manifesting itself as failure of penis erection or softness of the erected penis.

In Western medicine, two main factors are ascribed to impotence: psychogenic and organic, with the former constituting 85~95 percent of the cases. Clinical observations on 150 patients indicated that Qigong exercise has satisfactory therapeutic effect in over 80 percent

of the cases.

A. Basic Qigong Exercise

The Iron Crotch Exercise (Tie Dang Gong)

1. Pushing the Abdomen. Lie supine, relax all over, breathe evenly and expel distractions.

Overlap the hands with the right on the top of the left, and push from the xiphoid process to the pubic symphysis (Fig. 52) for 36 times. Exhale slowly when pushing downwards to send the genuine Qi to Dantian, with mind concentrated on the sensation induced by the hand manipulations.

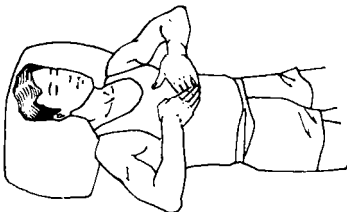


Fig. 52

2. Pushing Separately on the Abdomen. Lie supine, and push with the hands from the xiphoid process separately to the sides of the abdomen (Fig. 53) for 36 times. Exhale when pushing, and concentrating the mind on the sensation induced by the hand manipulations.

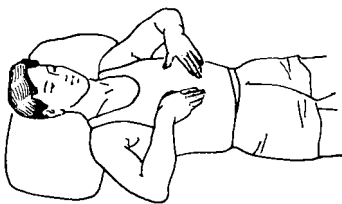


Fig. 53

3. Kneading the Navel. Lie supine, overlap the hands (the right above), and knead the navel clockwise and counterclockwise for 36 times respectively (Fig. 54), while breathing naturally and concentrating the mind on the sensation induced by the palms.

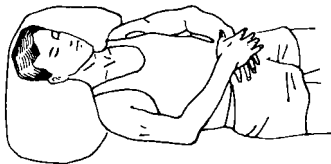


Fig. 54

4. Twisting the Spermatic Cords. Take a sitting posture. Knead the spermatic cords lateral to the root of the penis with the thumb and the index and middle fin-

gers and twist them for 50 times respectively, with the whole body relaxed and breath natural. Pay attention to the inductivity caused by the hand manipulations, which is normally presented as aching distension without pain or other discomfort.

5. Kneading the Testicles. Sit and grasp both the testicles and the penis tightly with the right hand (the thumb and the index finger forward and the testicles and penis exposed). Put the left palm on the left testicle and knead it for 50 times. Change hands and knead the right testicle for 50 times. Breathe naturally and concentrate the mind on the center of the moving palm.

6. Rubbing the Testicles. Sit, the index and middle fingers of both the hands supporting the testicles of the respective sides. Put the thumbs on the testicles and rub and twist them for 50 times respectively.

7. Propping the Testicles. Sit, with the face of the index and middle fingers supporting the testicles of the respective sides. Prop the testicles with the fingertips up toward the groins and then lower them. Do this for 3 times. Inhale slowly during propping the testicles upwards and exhale slowly during lowering them. Do not prop too hard. The proper manipulation should produce a feeling of bracing distension.

8. Swaying the Sand Bag. Stand erect with feet apart as wide as shoulders. Put the prepared sand bag and the gauze (with a slipknot) on the bed or on a stool. Grasp with the hand the penis and testicles, and get the slipknot casing at the root of the penis and testicles with an optimal degree of tightness, the two ends of the gauze equally long, pubes exposed. Then drop the sand bag slowly (Fig. 55), and swing it forward and backward for 50 times. Breathe naturally (Do not take abdominal respiration). The best effect is manifested by congestion and a slight aching distension of the penis and testicles and a slight aching distension and tugging sensation in the groins and even in the renal regions, with no pain.

9. Pounding the Testicles. Stand erect with feet apart as wide as shoulders. Make hollow fists of both hands, pound with the back of the fists on both the testicles alternately for 50 times each. The

pounding should be gentle to achieve the best result—a sensation of aching distension with no pain.

10. Pounding the Renal Regions. Stand erect with feet apart as wide as the shoulders. Pound alternately with the back of the fists on their respective renal regions (Fig. 56). The pounding should be gentle and deep-penetrating, with the breath natural.

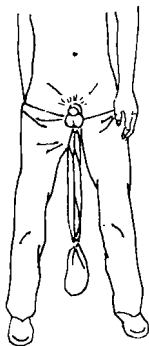


Fig. 55

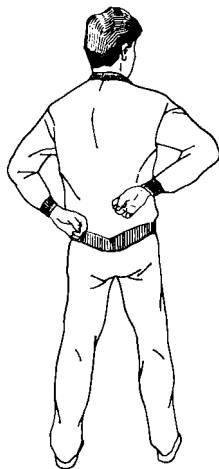


Fig. 56

11. Activating the Back. Stand erect with the feet apart as wide as the shoulders. Make hollow fists and relax the joints of the shoulders, elbows and wrists. Sway the waist to lead one fist to pound the chest (palm side facing the chest) and the other (the back side of the fist) to pound the region inferior to the scapula simultaneously for 50 times each (Fig. 57).

12. Turning the Knees. Stand with feet close together. Apply the palms to the knees. Turn the knees clockwise and counterclockwise for 50 times each (Fig. 58).



Fig. 57

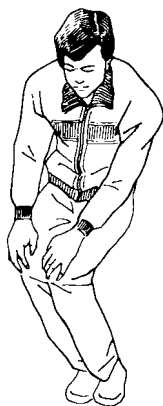


Fig. 58

13. Rolling the Stick. Sit with the back straight. Put on flat-sole shoes. Step on a round stick and roll it with both feet to and fro for 50 times (Fig. 59).

14. Ending of the Iron Crotch Exercise. Sit quietly with palms on the thighs for a while, rub the hands with each other, then rub the face with them, and stand up and move the body freely to end the exercise.

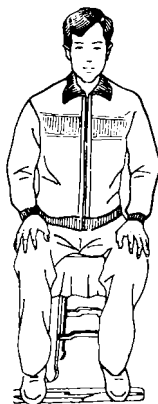


Fig. 59

B. Supplementary Exercises

1. Patients with impotence, dizziness, vertigo, sourness and softness of the waist and knees and pale complexion may practise the Exercise of Strengthening Fire For Yang Ascension in addition to the basic exercises.

The Exercise of Strengthening Fire for Yang Ascension: Take the

standing, sitting or lying posture. Relax the whole body, get the respiration even, expel the distractions and concentrate the mind on the space between Mingmen (Du 4) and Qihai (Ren 6) for 3~5 minutes. Then take the antidromic respiration method. Inhaling, contract the anus, the abdomen and the testicles, imagining that a warm flow of Qi is converged in Mingmen (Du 4). Exhaling, imagine that the warm flow of Qi aggregated in Mingmen (Du 4) goes down to the testicles along the Du Channel and then goes to the penis and further to the balanus, while relaxing the abdomen and anus. Do this for 81 times.

2. Patients with impotence, timidity, misgivings, palpitation, insomnia or dreaminess and lassitude may practise the Exercise of Nourishing Dantian and Supplementing Mentality in addition to the basic exercises.

The Exercise of Nourishing Dantian and Supplementing Mentality; Choose the cross-legged sitting or the normal sitting posture with the body relaxed, breath normalized, tongue against the palate and distractions expelled. Then take orthodromic abdominal respiration. Inhaling, slowly pull in the abdomen and contract the anus, sensing that Dantian is being gently pushed inwards and imagining that Dantian is nestling to the back; while exhaling, relax the abdomen and imagine that Qi is gathering towards Dantian. Repeat it for 36 inhalations and exhalations before taking normal respiration and concentrating the mind on Dantian.

3. Patients with impotence and heating sensation, moistness and aching pain in the scrotum, penis or legs may practise the Exercise of Rubbing the Abdomen and "Chui" Qi in addition to the basic exercises.

The Exercise of Rubbing the Abdomen and "Chui" Qi; Choose the standing or sitting posture, relax the whole body, dispel all the distractions and put the hands on the lower abdomen. Slowly inhale and exhale. When exhaling, pronounce "Chui" and gently rub the lower abdomen. Repeat this for 10 or 20 respirations.

4. If the penis is able to erect but not hard enough after 100 days' practice of the required exercises, practise the Exercise of Grasping

the Penis to Strengthen Yang as another supplementary exercise.

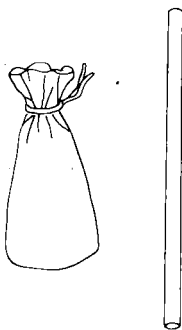
The Exercise of Grasping the Penis to Strengthen Yang: This should be done after swinging the sand bag in the Iron Crotch Exercise (Tie Dang Gong) has been finished or when there is impulse for sexual activity.

Hold the penis in one hand with the balanus exposed. Exert strength to make Qi and blood to flow to the balanus. Grip the penis tightly to prevent the backflow of Qi and blood and give the balanus a sensation of distension. The strength of gripping should be increased gradually and the slipping of the hand up and down should be avoided. Do this several times.

C. Points for Attention

1. Do the exercises 1 or 2 times a day for 100 days first. Then do them once a day or once every other day. Sexual activities are prohibited during the exercises.

2. Release stools and urine before doing the exercises. Prior to practice of the Iron Crotch Exercise (Tie Dang Gong), one should get prepared with the sand bag, gauze, round stick, etc. The sand bag is made of cloth, 20 centimeters long and 17 centimeters wide, filled with 1.5 kilograms of sand and tied tightly at the opening. The round stick is 55 centimeters in length and 3~5 centimeters in diameter (Fig. 60). The gauze is 90~100 centimeters long and



Sand Bag and Round Stick

Fig. 60

40~50 centimeters wide, its two ends are sewed up together and the whole gauze is made a ring, with a small metal ring cased (Fig. 61).

3. The Iron Crotch Exercise (Tie Dang Gong) is not suitable for

those with post-operational scars and serious varicosis at the pudendum, vasoligation, acute testitis, epididymitis and otherwise.

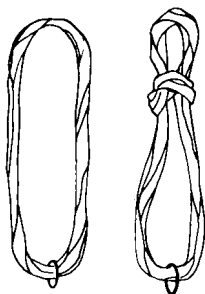


Fig. 61

4. Give up, if there are any, the bad habits such as masturbation and carnal desires for reading pornographic books.

Spermatorrhea (Seminal Emission)

Spermatorrhea refers to the involuntary sperm emission not during the sexual intercourse and frequent sperm emission with other general symptoms.

A. Basic Qigong Exercises

1. The Yang-Recuperation Exercise (Dao Yang Gong)

(1) At night when the penis is erecting, lie on the right side of the body, bend the hip joints and the knees to touch the abdomen hard. Press the stripe joining the palm and the ring finger (Ziwen) with the thumb (Fig. 62), with the four fingers gripping the thumb tightly. Put the right gripped hand on the chest, close the eyes, rest the tongue against the palate, expel distracting thoughts, breathe naturally, and concentrate the mind on Dantian. Lie quietly this way for a minute.

(2) Bow the waist backward slightly, with the middle finger of the left hand pressing the coccyx and the right hand still in a fist with the thumb nipping the stripe (Ziwen). During inspiration, contract the anus, press the coccyx, bend the toes, make fist of the right hand, apply the tongue against the palate, and direct Qi mentally to circulate from the glans penis along the Du Channel up to the point Baihui (Du 20). During expiration, relax the whole body including the fingers, toes, anus and the tongue, and direct Qi to flow along the Ren Channel from Baihui (Du 20) down to Dantian. Facilitate Qi activities this way for 6~18 respiratory cycles (Fig. 63).

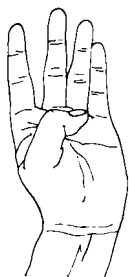


Fig. 62



Fig. 63

(3) Lie on the back with the arms laying naturally on each side of the body and the two hands in fists with thumbs nipping Ziwen. Stretch the legs. When inhaling, bend the toes of the feet hard, contract the anus, pull in the abdomen, apply the tongue against the palate and make fists, then direct Qi hard mentally to make it circulate from the glans penis along the Du Channel to the back of the head and further to reach the top of the head, and then, during exhaling, direct Qi along the Ren Channel to its origin (Yuanhai) while easily relaxing the waist, legs, hands, feet, abdomen and the anus. Repeat the procedures until the penis prostrates itself. Relax all over and concentrate the mind on Dantian for a while before ending the exercise.

2. The Exercise of Recovering the Vital Essence (Hui Jing Huan

Ye Gong)

When urinating, make fists with the thumbs nipping Ziwen (the stripe joining the palm and the ring finger), flex the toes toward the soles and clench the teeth. After some urine has been passed, draw a sudden breath and simultaneously stop urinating. Contract the glans and penis to hold urine while directing Qi up to Mingmen (Du 4), then back to Dantian, with the hands, feet and the whole body relaxed. Restart urinating and stop again in the same way. Repeat the procedures 2 or 4 times during one urination period.

3. The Iron Crotch Exercise (Tie Dang Gong) (see "Impotence" A-1).

B. Supplementary Exercises

1. Patients with nocturnal emission in dreams, restless sleep at night, dizziness, vertigo, palpitation, fatigue and lassitude, scanty yellow urine or urinating with a sensation of hotness, may practise the Exercise of Nourishing Yin and Clearing away Heat (Yang Yin Qing Ye Gong) in addition to the basic exercises.

The Exercise of Nourishing Yin and Clearing away Heat: Take the sitting posture. Rub the hands to get them hot and take in a breath. When exhaling, rub the two points Shenshu (UB 23) with the palms from the upper to the lower. Repeat the procedures for 8 or 16 respiratory cycles.

Then rub Yongquan (K 1) at the soles with the minor thenar of the right and left hands for 81 times respectively.

2. Patients with frequent spermatorrhea, dizziness, vertigo, tinnitus, sourness of the waist, pale and dim complexion, aversion to cold and cold sensation in the limbs, may practise the Exercise of Recovering Yang (Huan Yang Gong) in addition to the basic exercises.

The Exercise of Recovering Yang: This exercise should be done at 7~9 p. m. or 9~11 p. m.. Lie on one side with the body bent. Hold the scrotum with one hand and press the lower abdomen with the other. Carry out up-and-down movement of the scrotum for 81 times. Exchange hands and do the same for another 81 times. Repeat it at another time of the same day.

3. Patients with frequent seminal emission or discharge of sperm with urination, vexation with little sleep, bitterness in the mouth or thirst and darkened hot urine may practise the Exercise of Dredging the Spleen and Stomach (Shu Dao Pi Wei Gong) in addition to the basic exercises.

The Exercise of Dredging the Spleen and Stomach:

(1) Swaying the Body to Guide Qi. Take the standing posture with the whole body relaxed and breath natural. With the waist as an axis, turn the body left and right to lead the arms to sway (Fig. 64).

(2) Looking Backward to Guide Qi. Kneel on the bed with the palms applied against the bed. Keep quiet for a while, then turn the head over the left shoulder to look backward as if a tiger looking back in the distance (Fig. 65). Then turn the head over the right shoulder and do the same, for 5 times respectively.



Fig. 64

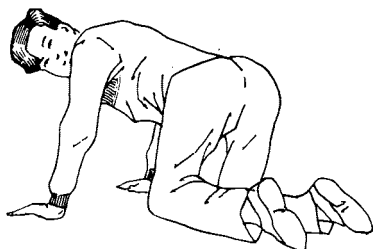


Fig. 65

C. Points for Attention

1. Do the exercises 2~3 times daily.
2. Expel distracting thoughts during practice. Give up the bad habit of masturbation.

3. The youngsters may have two or three nocturnal emissions in a month, which can be taken as a normal physiological phenomenon if there are no other discomforts. The condition can be improved after some practice of the exercises.

4. The practitioner should pay attention to personal hygiene and wash the pudendum periodically. Avoid wearing tight pants. Lead a regular life with temperate sexual life.

Premature Ejaculation

Premature ejaculation refers to inability to conduct normal sexual intercourse due to unexpected discharge of sperm followed by quick softening of the penis.

A. Basic Qigong Exercises

1. The Iron Crotch Exercise (Tie Dang Gong, see "Impotence" A-1).

2. The Exercise for Strengthening the Kidney-Yang and Consolidating the Essence (Qiang Yang Gu Jing Gong).

(1) Patting the Lumbosacral Region. Take the standing or sitting posture. Pat the sides of the waist and the sacral region with hollow fists.

(2) Rubbing the Penis and Testicles. Hold the testicles between the two palms and rub-knead them for 36 times. Do the same to the penis for 36 times. Practise "patting the lumbosacral region" when there is a tendency to ejaculate.

(3) Tossing the Penis. Lie supine. Grip the penis by the root with the index and middle fingers of the left hand and toss it onto the inner side of the left thigh for 36 times. Do the same with the right hand and onto the right thigh for another 36 times. Then grip the penis by the root with the thumb and the index and middle fingers of both hands and toss the penis onto the lower abdomen for 36 times.

(4) **Kneading the Penis and Pulling the Testicles.** Put the index and middle fingers of one hand on the frenulum of prepuce of the penis and the thumb on the coronary edge and pinch-knead the penis with symmetric force; hold the scrotum and the testicles in another hand and pull them downward and backward. The pinching-kneading and pulling should be carried out simultaneously and the movements of the two hands should be coordinative. Release both the hands suddenly after 3~4 respiratory cycles of practice, and repeat the procedure again for several times.

(5) **Kneading the Testicles.** Lie supine, rest the root of the left palm against the root of the testicles and knead with pressure for 81 times. Repeat the procedure with the right palm for 81 times.

B. Supplementary Exercises

1. Patients with premature ejaculation accompanied by sourness and weakness of the waist and knees, dull pain in the waist, loss of hair and loosening of teeth, cases complicated with deficiency of the kidney-Yang, aversion to cold, coldness in the extremities, shortness of breath, pale complexion, clear dripping urine, loose stools and deep and weak pulse, and cases complicated with insufficiency of the kidney-Yin, feverish sensation in the heart and the center of the palms and soles, night sweating, dryness in the mouth and dizziness, may practise the Exercise of Nourishing Kidney-Yin (Yang Shen Yi Shui Gong) in addition to the basic exercises.

The Exercise of Nourishing Kidney-Yin: Take the sitting posture. Rub the palms with each other to get them warm, exhale gently and rub the sides of the waist with the palms to induce a sensation of hotness. Then rub the center of the left foot with the minor thenar of the right hand and rub the center of the right foot with the minor thenar of the left hand for 81 times respectively.

2. Patients with prospermia, dysphoria, bitter taste in the mouth, dark urine, swelling and itching in the pudenda, urodynia and turbid urine may practise the Exercise of Rubbing the Abdomen and "Chui" Qi (see "Impotence" B-3) in addition to the basic exercises.

3. Patients with prospermia, emaciation and lassitude due to Qi

deficiency, weakness of the limbs, dim complexion, spontaneous sweating, dreaminess, loss of appetite and loose stools may practise the Exercise of Taking Yellow Qi (see "Insomnia" B-2) or the Exercise of Taking Red Qi (see "Palpitation" B-1) in addition to the basic exercises.

C. Points for Attention

1. Select one of the basic Qigong exercises and practise it once or twice a day.
2. Sexual life is prohibited within one hundred days during Qigong practice and should be limited in frequency after that.
3. Get rid of unnecessary worries. One may concentrate the mind on one thing out of the body during sexual intercourse in order to distract the thought about the success or failure of it. The movement should be slow and gentle, and impatience should be avoided.

Headache

Headache is a clinically common and subjective symptom accompanying many acute and chronic diseases. This section mainly deals with headache when it manifests itself as the main symptom.

As a symptom, headache occurs in internal, surgical, neurological, psychogenic and ENT diseases.

A. Basic Qigong Exercises

1. The Exercise of "Returning to Original Purity and Simplicity" in Quiescence (Gui Yi Qing Jing Gong)

(1) Regulation of the Body. Loose the clothes and the waist belt, relax all over and take the cross-legged sitting posture. Prepare a stool with the surface around 66 square centimeters and oblique (the front edge lower than the back), the difference in height between the two edges being 10 centimeters. Cover the stool with a thin cotton cushion. Bed is also allowable but the requirements for it should be as same as those for the stool.

The beginners of Qigong exercise should not take the "cross-legged" or "simple cross-legged" posture but the "loose cross-legged", which needs one to bend the right leg and apply the right heel gently against the point Huiyin (Ren 1) and then bend the left leg and apply the left heel gently against the point Fuyang (UB 59) on the right foot. When one gets used and skilled in this posture after a certain time of practice, and when he feels no numbness of the legs, he can change the posture to "single cross-legged" and gradually to "cross-legged".

If one feels numbness of the legs in practice, the position of the two legs can be altered. By sitting "loose cross-legged", the waist and the legs can be relaxed naturally and the sitting will be stable. Protrusion of the hips backward should be avoided.

After getting sitted, shrug the shoulders a little so that the spinal column can be straightened. Then joining the hands and tugging in the chest can be carried out. There are many ways of jointing the hands. In this exercise it needs the practitioner to make the palms facing downward, the two parts between the thumbs and the index fingers joined, the thumb of the right hand put against the web-space between the ring and small fingers (the transverse wrinkle of the palm of the left hand), and the other four fingers of the right hand made close to each other and put on the back of the left hand with the small finger close to the palm-finger joints and the index finger close to the wrist. Then put the joined hands against the lower abdomen comfortably and naturally. After some practice, the two hands will naturally become joined more tightly as if attracted by some potential force. Persisted exercise will make one feel that the two hands were not existing. Do not be surprised and open the eyes to look at the hands at this time in order to avoid distractions and disturbance of entering into quiescence. When getting the hands joined, tug in the chest a little and apply the tongue against the palate naturally. Then close the eyes gently so that one may see only a thread of light. When one practises to the extent of "returning to original purity and simplicity", the eyes may close naturally as if being contracted. After regulation of the body, relax the whole

body and sit steadily, and one may feel relaxed and happy.

(2) "Returning to Original Purity and Simplicity" in Quiescence. Make long exhales 2 or 3 times (without inhale) to relax the internal organs and get the diaphragm soothed followed by natural respiration. Then look through the eyelids by will at the space between the two knees, which is called "the sleeping place of the ox", at an angle of 45 degrees. Though there is nothing in that place, it may show the sufficiency and deficiency of Qi of the human body. Specifically, five colors of blue, yellow, red, white and black will be seen, which is the "mirage" reflecting the conditions of the internal organs. Because the condition of Qi of the human body is different, the colors that one perceives are varied. Most people will see "misty white" at first, or something like white light glittering in the sky, which may change in color from time to time.

Among the five colors, the white is taken as the pure, and persisted practice will enable one to see only the white and all the other colors will disappear. The white color will change from "misty white" to "clear and bright moonlight" like a mid-autumn moon in the front. Combining the concentrated mind and the white light in one, one will feel himself as the bright moon in the sky and feel cool and refreshing and all the troubling thoughts are away. At this time one is approaching the clear and quiescent state.

When the five colors fade and one can see only a piece of white light suspending and shining in front of him, one is believed to have entered the second stage. At this time if one notes that blue, red, yellow and black colors appear suddenly, blow them with the mouth as if blowing away a paper spill. This will blow the mixed colors away but remain the white light. However, too much puffs or wanton blowing should be avoided. It should be especially noted that if there exists only the color of pure purple which is bright, delicate, charming and soft, never blow it as it may get one into quiescence and brings good relaxation as well.

When perceiving the white light, combine the mind and the white light in one and imagine that "the light is myself and I am the light" and "the light and myself are one". In so doing, the light and one's

body will merge into a whole. At first, one may feel that the hands and feet of himself are not existing any more and this feeling will spread gradually all over the body. One will feel that his own body is as bright as the white light and do not know where it is, and feel himself a bright moon that is tranquil, peaceful and absolutely still. Indicated here is the saying of "In dimness there is substance and in darkness there is essence".

At this stage, one can be said to reach the extent of "selflessness or forgetting oneself", that is, "entering the real clear and quiescent world", a state at which a good rest of the nervous system will be obtained and Qi and spirit will get recovered.

(3) Ending the Exercise. To end the exercise, one may separate the will with the light. The light will fade naturally and the body of oneself will come out. Then open the eyes, turn the eyeballs 2~3 cycles, blink the eyes, relax the body, sit up slowly, swallow the saliva in the mouth slowly in 3~5 times and send it mentally to Dantian, stretch the arms and legs to relax, rub the face with the palms, pat the waist and legs gently for a while and walk a few steps to end the exercise.

The learners of this exercise should increase the duration of practice step by step, from 20~30 to 30~40 and then to 40~50 minutes or even more, which should be decided based on the extent of practice. Confined rules on practice should be avoided and the real thing is that the practitioner should feel comfortable after practice.

The exercise is indicated for headache due to internal impairment.

2. The Exercise of Relaxation of the Head and Face (Tou Mian Fang Song Gong). Take the sitting posture with the whole body relaxed and the eyes closed to look inwardly at Yongquan (K 1). Breathe naturally for 24 cycles and then rub the head and face with the two palms for 100 times, followed by sweeping the temples with the fingers (close to each other) for 50 times. After that, pat gently the point Baihui (Du 20) with the left or right palm. Then practise the Exercise of Relaxation by Body Partitions (Bu Wei Fang Song Gong) (refer to "Vertigo" A-3) for 3~7 times. Lastly, relax the anterior, lateral and posterior sides of the head to get the whole

head relaxed.

3. The Exercise of Self-massage for Headache (Tou Tong Zi Wo An Mo Gong)

(1) For pain in the vertex, press-knead Baihui (Du 20), Sishencong (Extra 6), Tongtian (UB 7) and Ashi Points with the face of the thumb or the middle finger for 1~2 minutes respectively. Then pinch-knead the point Xingjian (Liv 2) with the thumb and the index finger for 1~2 minutes. For severe pain, nip-knead Yongquan (K 1) with the nail of the thumb.

(2) For pain in the forehead, press-knead Shangxing (Du 23), Shenting (Du 24), Touwei (St 8) and Ashi Points with the thumb and the middle finger for 1~2 minutes respectively. Then pinch-knead Hegu (LI 4) with the thumb and the index finger to get a strong sensation of sourness and distension. For severe pain, nip Jixi (St 41) with the nail of the thumb.

(3) For pain in the backhead, press-knead Houding (Du 19), Tianzhu (UB 10) and Ashi Points for 2~3 minutes respectively. Then pinch Kunlun (UB 60) 1~2 minutes. For severe headache, nip-knead Zhiyin (UB 67) with the nail of the thumb for 1 minute.

(4) For pain at the two sides of the head, press-knead Taiyang (Extra 2) with the two thumbs or middle fingers for 3~5 minutes. Then get together the five fingers of each hand and sweep gently with them the temples from the anterior to the posterior for 30~50 times. And lastly pinch-lift Taichong (Liv 3) with the thumb and the index finger for 1~2 minutes.

The Exercise of Relaxation of the Head and Face (Tou Mian Fang Song Gong) and the Exercise of Self-massage for Headache (Tou Tong Zi Wo An Mo Gong) are suitable for headache due to exopathic affection.

B. Supplementary Exercises

1. Patients with frequent attacks of pain in the head which may radiate to the neck and back, aversion to winds, or pain with fever, flushed cheeks, congested eyes, thirst with inclination to drinking, dry stools and dark yellow urine, or pain with aversion to cold and preference to warmth and lack of thirst may practise the Exercise of

Expelling Wind and Relieving Headache (Qu Feng Zhi Tong Gong) in addition to the basic exercises.

The Exercise of Expelling Wind and Relieving Headache: Take the sitting posture. For pain in the vertex, pinch-knead Xingjian (Liv 2) with the thumb and the index finger and then concentrate the mind on Baihui (Du 20), and then along the Du Channel down to the sacral portion and the abdomen, and then along the Liver Channel of Foot-Jueyin down to Xingjian (Liv 2), where the pathogenic wind is expelled by will. For pain in the forehead, pinch-knead Hegu (LI 4) with the thumb and the index finger and concentrate the mind on Shangxing (Du 23) and then along the face to the neck, and lastly along the Large Intestinal Channel of Hand-Yangming down to Hegu (LI 4), where the pathogenic wind is expelled by will. And for pain in the backhead, nip Zhiyin (UB 67) with the thumb and the index finger, concentrate the mind on Houding (Du 19) and then along the back and the posterior side of the thighs and shanks down to Zhiyin (UB 67) of the Urinary Bladder Channel of Foot-Taiyang, where the pathogenic wind is expelled by will. Do the exercise for 24 respiratory cycles and utter "Chui" at every exhale.

2. Patients with headache, vertigo, vexation, irritability, restless sleeping, flushed cheeks with congested eyes and bitterness in the mouth may practise the "Xu" Qi Exercise (see "Tympanites" A-1) in addition to the basic exercises.

3. Patients with headache, hollow sensation in the head accompanied by vertigo, pain, sourness and softness of the waist, fatigue, seminal emission, leukorrhagia, tinnitus and insomnia may practise the Exercise of Nourishing the Kidney and Replenishing the Marrow (Zi Shen Yi Sui Gong) in addition to the basic exercises.

The Exercise of Nourishing the Kidney and Replenishing the Marrow: Sit or lie supine with the hands overlapped and put against Dantian, eyes closed slightly to look inwardly at the kidneys (the depth of the two points Shenshu, UB 23). Concentrate the mind on the two kidneys and then shift mind concentration from the kidneys upward along from the spinal column to Baihui (Du 20), imaging

that the head is substantial with Qi. Do the exercise for 30 minutes each time with the breath calm.

4. Patients with pain in the head and vertigo which may become worse following overstrain, lassitude, palpitation, inappetence and pale complexion may practise the Exercise of Replenishing Qi and Blood (Bu Yi Qi Xue Gong) in addition to the basic exercises.

The Exercise of Replenishing Qi and Blood: Sit or lie supine with the hands overlapped and put against Zhongwan (Ren 12), eyes closed slightly to look inwardly at the inside of the point. When feeling the warmth, concentrate the mind on Zhongwan (Ren 12) and then along the Ren Channel and the Du Channel to Baihui (Du 20), imaging that the head is substantial with Qi. Do the exercise for 5~20 minutes each time.

C. Points for Attention

1. Practise the exercises 2~3 times daily.

2. If one has difficulty in entering into quiescence during the Exercise of "Returning to Original Purity and Simplicity" in Quiescence (Gui Yi Qing Jing Gong), one may apply the methods of expelling distractions to get the mind concentrated on "the sleeping place of the ox" or to perceive the light colors found. Only in this way, the result of combining oneself and the light can be gradually achieved.

When the distractions come on pell-mell, they can be made dispersed by opening the mouth slightly and say "Pei", which should be pronounced with the lips suddenly opened and the sound should be as low and gentle as heard only by oneself and should be as quick as a sudden braking of a vehicle. This method can expel the distractions very soon. However, it should not be used wantonly but should be used only when the distractions come on pell-mell.

3. After recovery of headache due to exopathic affection, the Exercise of Relaxation of the Head and Face (Tou Mian Fang Song Gong) may still be continued.

4. If there is no improvement of the headache or the headache worsens after repeated practice, cerebral diseases should be taken into consideration and examinations should be made to find out the

cause of the pain so that timely treatment can be provided.

Arthralgia Syndrome

It is a syndrome complex due to affection by wind, cold, dampness, heat or other pathogenic evils, which may enter the human body and the collaterals and hinder the circulation of Qi and blood, giving rise to pain, sourness, heaviness, numbness of the tendons and muscles as well as swelling and difficult movement of the joints.

Treatment of arthralgia syndrome with Qigong has been proved to be effective without side effect.

A. Basic Qigong Exercises

1. The Exercise of Dredging the Channels and Relieving Arthralgia (Tong Jing Xing Bi Gong)

(1) Stand with the feet at shoulders width, the hands falling at the sides of the abdomen or the body, the eyes closed slightly, the tongue applied against the palate, and the neck, shoulders, elbows, hips, knees and even the whole body relaxed. Relax the channels and muscles all over with will. During inhaling, imagine that Qi that has been taken in flows along with the existing Qi and blood to the axilla via the chest, and by way of the interior side of the arms, to the elbows, the wrists, the palms and the fingers, and via the abdomen to the hips then by way of the interior side of the thighs to the knees, the ankles and the soles. It should be reminded that Qi should be guided by will and, where there is will, there should be Qi. During exhaling, guide Qi and blood to flow from the toes to the ankles via the back of the feet and further to go along the Channel of Foot-Taiyang at the posterior side of the shanks to the posterior side of the thighs, the hips and the back, and from the fingers to the back of the hands and via the exterior side of the wrists and the arms to the shoulders. Say silently the word "relax" whenever Qi and blood reach the joints. Do this for 20~30 minutes and the practitioner will feel Qi and blood circulating all over and the whole

body is light without any obstruction.

(2) To end the exercise, converge Qi of the whole body by will to the lower Dantian. Then quiver and relax the body part by part in order of the shoulders, the elbows and the wrists, and then the chest, the waist, the hips and the knees, for 2~3 minutes.

2. The Daoyin-massage Exercise (Dao Yin An Mo Gong)

(1) Stand or sit with the whole body relaxed. Apply the palms at the two points Quepen (St 12) separately. During exhaling, move the palms slowly downward to push-rub the chest and abdomen and along the exterior side of the lower limbs to the back of the feet. During exhaling, rub from the back of the feet to the soles and along the interior side of the legs to Dantian. Do the exercise for 81 respiratory cycles with will shifting with the hand manipulations and attention paid to the sensation under the hands. The practitioner should feel that along with the hand manipulations, Qi and blood flow freely. The joints at various parts of the body should be bent and stretched naturally along with the hand manipulations.

(2) With natural respiration, knead-rub the painful joints with the mind concentrated on the sensation under the hands.

3. The Exercise of Spontaneous Movements (Zi Fa Dong Gong) (refer to "Abdominal Mass" A-1).

B. Supplementary Exercises

1. Patients with migratory pain in the joints of the extremities with difficulty in limb movements may practise the Exercise of Dispelling Wind (Qu Feng Gong) in addition to the basic exercises.

The Exercise of Dispelling Wind: Lie supine with the four extremities and the hands stretched, the whole body relaxed, the lips closed gently and the tip of the tongue stretched forward and the sides of it curved upward. Take a deep breath and then exhale slowly, guide by will the pathogenic Qi of wind and cold to go along the channels and out from the hands and feet. Then inhale to take in fresh air (Qi) to combine with the genuine Qi inside the body and make the genuine Qi to spread all over the body. Try to feel that the genuine Qi flows and nourishes the body and that the whole body is warm and hot. Do the exercise for 24 times.

2. Patients with severe localized pain in the joints of the extremities or painful limb joints aggravated by cold, no redness at the pain location, or pain with heaviness of the limbs, difficulty in limb movements and dysesthesia of the skin may practise the Exercise of Warming up the Channels (Wen Jing Gong) in addition to the basic exercises.

The Exercise of Warming up the Channels: Lie supine with the four extremities stretched, the hands making hollow fists, the whole body relaxed and the distractions expelled. Take nasal inhaling and mouth exhaling. During inhaling, send Qi that has been taken in by will to Dantian and imagine that Dantian is as warm as sunlight. During exhaling, guide Qi by will to flow to the painful area and try to feel the warmth in that area, the smooth circulation of Qi and blood, and Qi of pathogenic wind and cold being expelled out of the body by the warm Qi via the center of the hands and feet. Do this for 24 respiratory cycles.

3. Patients with migratory pain in one or more joints which are hot, red, swelling and intolerant of touching, and mostly accompanied with general symptoms such as fever, sweating, intolerance of wind, thirsty, dysphoria and stuffiness may practise the Exercise of Clearing away Heat (Qing Re Gong) in addition to the basic exercises.

The Exercise of Clearing away Heat: Lie supine with the lower extremities stretched, the hands applied at Dantian and respiration natural. Inhaling, send Qi that has been taken in by will slowly to the affected part; while exhaling, expel the pathogenic Qi by will from the affected part out of the body via the pores of the hairs. Do this for 24 respiratory cycles.

4. The Exercise of Self-massaging and Moving the Extremities (Zhi Ti Zi Wo An Mo Gong)

(1) The Shoulders. Press-knead the anterior part of the shoulders with the thumb and press-knead the exterior and posterior parts with the index and middle fingers while moving the shoulders simultaneously for 3~5 minutes. Then rub the shoulders with the palm to make it warm.

Move the shoulders forward and backward, abduct them, raise them and rotate them for 16 times respectively. The extent of movements should be increased gradually to the maximum.

(2) The Elbows. Press-knead Quchi (LI 11), Xiaohai (SI 18) and Shousanli (LI 10) with the thumb and the middle finger, which should induce a sensation of sourness and distension, for 2~3 minutes. Then hold in hand the lower part of the upper arm and bend, stretch and rotate the elbows for 2~3 minutes.

(3) The Wrists. Press-knead Neiguan (P 6), Waiguan (SJ 5), Daling (P 7), Taiyuan (Lu 9), Shenmen (H 7) and Yangchi (SJ 4) with the thumb and the index and middle fingers and bend, stretch and rotate the wrists simultaneously for 3~5 minutes.

(4) The Knees. Press-knead Xiyan (Extra 32), Liangqiu (St 34), Xuehai (Sp 10), Ququan (Liv 8), Yinlingquan (Sp 9), Yanglingquan (GB 31), Xiguan (Liv 7) and Zusanli (St 36) with the thumb and the index, middle and ring fingers, which should induce a sensation of sourness and distension, for 10~15 minutes. Then rub with the two palms the lateral and the anterior sides of the knees and get the sensation of hotness.

Bend and stretch the knees and turn them in a half-squatting position for 16 times respectively.

(5) The Ankles. Press-knead Sanyinjiao (Sp 6), Juegu (GB 39), Xuanzhong (GB 39), Taixi (K 3), Kunlun (UB 60) and Jiexi (St 41) with the thumb to get the sensation of sourness and distension, and at the same time bend, stretch, adduct and abduct the ankles for 5~10 minutes.

C. Points for Attention

1. Practise the exercises 2~4 times a day.
2. Cases with heat arthralgia should be treated with drugs of traditional and Western medicine in addition to Qigong exercise.
3. Have proper rest and avoid fatigue at the acute stage of arthralgia.

Flaccidity Syndrome

In traditional Chinese medicine, flaccidity syndrome refers to a morbid condition of flaccidity of the muscles in the extremities which may develop into muscular atrophy after a certain period of time.

Diseases included in Western medicine such as polyneuritis, acute myelitis, progressive myatrophy, myasthenia gravis, periodic paralysis, myodystrophy, hysterical paralysis and sequelae of infection of the central nervous system manifested as flaccid paralysis can all be diagnosed and treated in reference to the principle of differential diagnosis and treatment of flaccidity syndrome described in this section.

A. Basic Qigong Exercises

1. The Exercise for Replenishing Qi and Inner Health Cultivation (Yi Qi Nei Yang Gong)

(1) Lie supine with the body relaxed. Take orthodromic abdominal respiration to get the abdomen bulged during inhaling and dented during exhaling. Hold breath for a little while after the exhaling and restart the inhaling, and at this period, complete the steps of raising the tongue, reading silently and setting the tongue. Raising the tongue refers to applying the tongue against the palate; reading silently means to read the words that can induce quiescence to nourish Qi; and setting the tongue means to lower and reset the tip of the tongue. Holding breath should be done naturally. The beginners may do this for 2 or 3 seconds and read fewer words such as "Qi strengthened" or "intrinsic Qi strengthened" in a speed of one word a second. After a certain period of practice, the pause of breathing can be prolonged to 5~7 seconds and the number of words can be increased, such as "in quiescence the intrinsic Qi strengthened" and "in quiescence the intrinsic Qi in Dantian strengthened". When this exercise is well done, the practitioner will feel that Qi is sufficient in Dantian and activated all over the body, and the extremities are full

of strength. The exercise should be done for 30 minutes each time.

(2) When the result of the first step is achieved, the practitioner may then begin to guide Qi during exhaling by will to flow from Dantian to the flaccid lower limb and try to sense the flowing of Qi in the extremity. When one feels the flowing of Qi and blood as strong as to make the extremity distending, attention should be paid to relaxation of the extremity forcefully during exhaling. Do the exercise for 30 minutes each time.

2. The Daoyin Exercise for Flaccidity Syndrome (Wei Zheng Dao Yin Gong)

(1) Stand erect and relaxed with the back against a wall. Concentrate the mind and guide the intrinsic Qi from the head to the feet.

(2) Stand with the toes of the two feet curved upward and take a breath, for 5 times.

(3) Stand erect with the back against the wall, relax the feet and the toes and get into quiescence. Guide Qi by will to flow from the head to the soles and toes for 21 times to get the sensation of Qi.

(4) Stand with the back against the wall. Hold breath to the maximum and then exhale slowly, and guide Qi by will to flow from the mouth to the head, for 3 respiratory cycles.

(5) Stand on one foot. Abduct the other foot at a degree of 90 to form a "T" shape, and at the same time turn the body along with the abduction of the foot, with hands overlapped (Fig. 66). The exercise should be done with the positions of the two feet exchanged alternately, for 14 times respectively.



Fig. 66

B. Supplementary Exercises

1. Patients with limb flaccidity and weakness, poor appetite, loose stools and lassitude may practise the Exercise of taking Yellow Qi (see "Insomnia" B-2) in addition to the basic exercises.

2. Patients with flaccidity and weakness in the lower limbs, sore and weak loins and knees, accompanied by vertigo, tinnitus, seminal emission and enuresis may practise the Exercise of taking Black Qi (see "Edema" B-3) in addition to the basic exercises.

3. When the affected limbs can move by themselves, practise the Daoyin-massage Exercise for Regulating Qi (see "Prevention and Treatment of Qigong Deviation" A-2) in addition to the basic exercises.

C. Points for Attention

1. Practise the exercises 2~3 times a day.

2. As the syndrome needs a long course of treatment, the practitioner should be patient and persistent in practice. Being overanxious for quick results may affect the effect of treatment.

3. Increase the frequency of extremity exercise when possible.

4. To promote rehabilitation, traditional drugs, acupuncture and massage may be added to Qigong exercises.

Melancholia

Melancholia is a syndrome caused by emotional depression and stagnated Qi, and equivalent to neurasthenia, hysteria, neurosis, climacteric melancholia, etc. in Western medicine.

A. Basic Qigong Exercises

1. The Exercise for Nourishing the Kidney for Rejuvenation

(1) Preparation. Stand with feet apart as wide as shoulders, hands hanging naturally, neck and spine straightened as if supporting an object on the head, knees relaxed and bent a little, toes clutching at the ground, tongue put against the palate, eyes looking ahead but seeing nothing, distractions expelled, breath even and

mind concentrated on Dantian. Stand this way, quiet and still, for 3~5 minutes (Fig. 67).

(2) Contracting the Anus and Guiding Qi. Proceed from the last stance. Choose antidromic abdominal respiration. Inhaling, put the tongue against the palate, shrink the neck, raise the shoulders, pull in the chest and abdomen, contract the anus, and at the same time lift the heels slowly to stand on tiptoes and guide Qi to flow upwards along the Du Channel up to the top of the head; while exhaling, relax the anus and the whole body, lower the heels down to

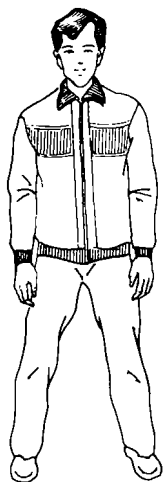


Fig. 67

the ground, and concurrently guide Qi to flow downwards to Dantian along the Ren Channel. Practise this way for 8 times. When guiding Qi to flow upwards, mind concentration should not be too exerted; if Qi can not be felt, mind tracing can also do. Do not practise this exercise more than 8 times at one period of time.

Patients with hypertension are prohibited from guiding Qi to flow upwards and should only concentrate the mind on Dantian or Yongquan (K 1).

(3) ∞-form Shoulder Movement. Proceed from the last stance. Relax all over and breathe naturally. Turn the shoulders in a “∞” moving pattern with the waist as the axle. Male practitioners should turn the left shoulder first and female the right. Turn the shoulders 81 times each or for the multiple of 8 based on the health status of the individuals (Fig. 68).

(4) Rounding the Crotch While Shaking the Body All Over. Place the feet apart a little wider than the shoulders, contract the adduc-

tor muscles of the thighs slightly with the knees pulled somewhat towards each other to round the crotch (Fig. 69). Breathe naturally, close the eyes gently, relax the masseters, keep the lower abdomen in a state as if holding stools. Bend and straighten the knees alternately to lead the body to oscillate up and down with the upper and lower teeth clicking each other gently and the pudendum vibrating, opening and closing freely. Do this for 5~20 minutes each time or for a desirable duration according to one's health status.

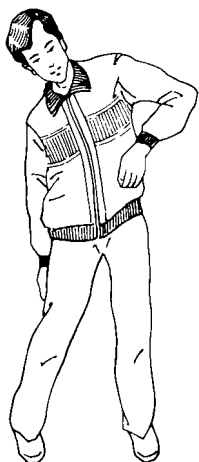


Fig. 68

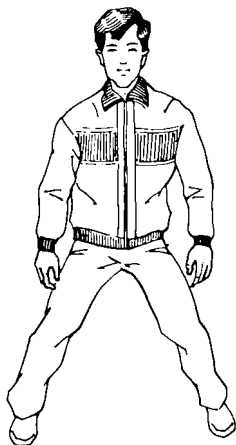


Fig. 69

(5) After shaking the body, concentrate the mind on a point between Qihai (Ren 6) and Mingmen (Du 4) for a period of 5~10 minutes.

2. The Daoyin Exercise for Ascending and Descending Yin and Yang

(1) Preparation. Stand erect with feet apart as wide as shoulders, hands falling naturally at the body sides, tongue put against the palate, eyes looking ahead, neck straightened as if supporting an object on the head, shoulders relaxed, elbows dropped, breath even and mind concentrated on Dantian.

(2) Bend the waist slowly forward with hands in natural fists

falling as low as possible in front of the feet. Simultaneously direct Qi of the Three Yang Channels of Foot to flow from the head via the back, hips, lower limbs to the feet.

Then, straighten the waist slowly with fists clenched as if gripping something tightly; at the same time, direct Qi of the Three Yang Channels of Foot to flow to Yongquan (K 1) and then up to the lower limbs, the abdomen and finally the chest along the Three Yin Channels of Foot.

(3) Proceed from the last stance. Straighten the arms in front of the chest with the fingers relaxed and stretched. Direct Qi of the Three Yin Channels of Foot, by will, to flow up to the chest, then to inner Laogong (P 8) along the Three Yin Channels of Hand.

Then, withdraw the hands in front of the chest and simultaneously direct Qi of the Three Yin Channels of Hand to flow from inner Laogong (P 8) to outer Laogong, and to the shoulders and head along the Three Yang Channels of Hand, followed by clenching fists and guiding Qi of the Three Yang Channels of Foot to flow downwards. Practise this way for 36 circulations.

Body and Qi movements should be integrated with respiration; exhaling is required to cope with directing Qi of the Three Yang Channels of Foot and the Three Yin Channels of Hand to flow downwards and inhaling to cope with directing Qi of the Three Yin Channels of Foot and the Three Yang Channels of Hand to flow upwards. Mental activities should follow Qi circulation.

B. Supplementary Exercises

1. Patients with the symptoms of emotional depression, restlessness, frequent sighing, distension and pain in the chest and hypochondrium, stuffiness in the epigastric area and belch may practise the Chest-Hypochondrium Daoyin Exercise (see "Asthma" A-2) in addition to the basic exercises.

2. Patients with mock foreign body in the throat and stuffiness in the chest may practise the Exercise of Rubbing the Hypochondria and "Xu" Qi [see "Cough" B-2(2)] and the Exercise of Rubbing the Epigastric Area and "Hu" Qi (see "Insomnia" B-4) in addition to the basic exercises.

3. Patients with the symptoms of trance, restlessness, sadness and frequent crying upon minor issues may practise the Exercise of Regulating the Heart and Guiding Qi (see "Palpitation" A-2) in addition to the basic exercises.

4. Patients with anxiety, palpitation, timidity, insomnia, amnesia and poor appetite may practise the Exercise of Taking Red Qi (see "Palpitation" B-1) and the Exercise of Taking Yellow Qi (see "Insomnia" B-2) in addition to the basic exercises.

C. Points for Attention

1. Practise the prescribed exercises 1~2 times a day.

2. Before practising, evacuate stools and urine; and when practising the Exercise for Nourishing the Kidney for Rejuvenation, loose clothing is required.

3. Daily activities should be regular and sexual activities should be limited.

Diabetes

Diabetes refers to a syndrome characterized by polydipsia, polyphagia, polyuria with the urine sweet in taste, and emaciation.

Qigong exercises introduced in this section are also eligible for treatment of psychogenic polyuria, polyphagia due to hyperthyroidism, hyperhidrosis and emaciation.

A. Basic Qigong Exercises

1. Inner Health Cultivation Exercise for Diabetes

(1) The Posture of Lying on One's Side. Lie on the left or right side with the head put stably on a pillow and the chin pulled toward the chest. Get the eyes half closed to look at the tip of the nose naturally, the ears hearing nothing, the mouth closed to breathe nasally, the hand on the upper side stretched and put at the hip with the palm down, the other hand (on the lower side) stretched naturally on the pillow with the palm up and 3~10 cm from the head, the waist bent forward slightly, and the leg at the upper side bent at

an angle of 120 degrees and put on the leg of the lower side which is stretched naturally and bent slightly. After the posture is regulated, begin concentrating the mind on Dantian and the respiration exercise as described in step (4) hereafter.

(2) The Posture of Lying Supine. Lie supine on a bed with the head raised higher than the body and put straightly on the pillow (The height of the pillow should be decided based on the habit of the practitioner. The principle of it is to keep the head comfortable, the muscles of the whole body relaxed and the breathing smooth.), the two legs stretched naturally with the toes up, the two hands put naturally on the two sides of the body and the eyes, ears, mouth and nose in the same posture as that of "Lying on One's Side". Then begin concentrating the mind on Dantian and the respiration exercise as described in step (4) hereafter.

(3) The Posture of Sitting. Sit straightly and stably on a square stool with the head bent down a little, the angle between the body and the thighs being 90 degrees, the knees bent at 90 degrees and kept apart at shoulders' width, the two feet on the ground, the hands on the thighs with the palms downward and the elbows bent naturally and comfortably. The body should be kept straight without shrugging the shoulders and throwing out the chest. Keep the shoulders relaxed and the chest tugged in, and the posture of the eyes, mouth and nose as same as that of "Lying on One's Side". Then begin concentrating the mind on Dantian and the respiration exercise described in step (4) hereafter.

(4) The Respiration Exercise. Close the mouth naturally and breathe nasally. Take natural respiration first for 1 or 2 minutes, then begin the following steps. Inhaling, prop the tongue against the palate while sending Qi to Dantian followed by holding the breath for some time, the duration of which may be decided according to one's vital capacity. Drop the tongue when exhaling. Read words silently while repeating the inhaling and exhaling beginning from three words as "fluid fills mouth". When reading the first word "fluid", inhale and prop the tongue against the palate, when reading the second word "fills", hold breath with the tongue still

propped against the palate; and when reading the last word "mouth", drop the tongue and exhale. As the skill improves and the vital capacity increases, one may add the number of words to 4 or 5 but usually not exceeding 7, such as "fluid fills mouth", "fluid fills mouth moistening" and "fluid fills mouth moistening lungs". When the fluid (saliva) fills the mouth, stir it with the tongue, swallow it in three times and send it mentally to Dantian.

2. The Nine-Turn Exercise for Longevity

(1) Take a standing or sitting posture. Put the hands on the epigastric region (one on top of the other), and press and knead clockwise for 21 times.

(2) Also put the hands on the epigastric region (one on top of the other), rotate and move the hands downwards to the pubic symphysis.

(3) Start from the last stance. Separate the hands sideways and then rotate and rub the two sides of the abdomen upwards with the two hands (one on each side) till the two hands join together at the epigastric region.

(4) Put the hands on the epigastric region (one on top of the other), push downward along the Ren Channel to the pubic symphysis, for 21 times.

(5) Put the hands on the navel (one on top of the other) with the inner Laogong points (P 8) of the palms pointing at the navel, rub and knead the navel clockwise and counterclockwise for 21 times respectively.

(6) Stand erect with the left hand akimbo, the thumb pointing the front. Push and rub downwards from below the left breast to the left groin for 21 times. Then, with the right hand akimbo, push and rub downwards from below the right breast to the right groin for another 21 times.

(7) Sit cross-legged, make fists with the two thumbs against the lines of the palm-finger joints and put the fists on the bent knees (one on each). Slightly bend the toes. Rotate the upper body counterclockwise and clockwise for 21 times respectively. Concentrate the mind on the palms and take natural breath while slowly rotat-

ing.

3. The Five-Step Exercise for Vitality Qi Flow (see "Edema" A-1). Practise these exercises step by step and perseveringly. Generally, when the Du Channel is open, the patient may feel much better and more energetic and comfortable, and the blood sugar and glucose in the urine may become normal.

B. Supplementary Exercises

1. Patients with excessive thirst and dry mouth may practise the Exercise of Promoting the Production of Body Fluid to Nourish the Lung in addition to the basic exercises.

The Exercise of Promoting the Production of Body Fluid to Nourish the Lung:

Choose the standing posture with the feet apart at shoulders width, the body relaxed and the tongue against the palate. Stir all parts of the oral cavity with the tongue to promote the production of saliva, rinse the mouth with the saliva for 18 seconds, and swallow the saliva in three portions, with a gurgling sound made with each swallowing. Then, lift the hands in front of the chest with the palms facing each other, as if holding a ball. Inhaling, concentrate the mind on the finger tips and imagine that Qi is emitted from the finger tips, inhaled into the nose and sent to the lungs, and that the lungs are gradually becoming full; while exhaling, imagine that Qi is flowing from the lungs to the chest, then to the finger tips along the Three Yin Channels of Hand. Repeat it for several times.

To end the exercise, it is required to concentrate the mind on Dantian, lower the hands at Dantian, rub the hands with each other and relax the limbs.

2. Patients with enormous appetite, constant hunger, emaciation and constipation may practise the Exercise of Nourishing the Spleen and Regulating the Stomach in addition to the basic exercises.

The Exercise of Nourishing the Spleen and Regulating the Stomach:

Stand calm and relaxed, put the tongue against the palate, lift the hands in front of the chest with palms facing each other as if holding a ball, and take antidromic abdominal respiration. Inhaling, concen-

trate the mind on Dantian; while exhaling, on the space between the palms. Repeat this for 36 respirations. Rub Pishu (UB 20) points and Weishu (UB 21) respectively with the dorsal side of the hands for 36 times. Bend the waist and knead Zusanli (St 36) with the thumbs for 36 times. Rub the palms with each other and rub the face with the warmed palms to end the exercise.

3. Patients with frequent micturition, severe turbid urine and aching loins and knees may practise the Exercise of Taking Black Qi (see "Edema" B-3) in addition to the basic exercises.

C. Points for Attention

1. Diabetes is usually treated with drugs. When Qigong exercises are adopted for its treatment, drug therapy should be continued. The doses may be reduced gradually when the therapeutic results get better with Qigong therapy.

2. Take diabetic diet, limit sexual intercourse and avoid exertions.

3. More times of practice may be done each day in the initial period, and one or two times each day is still necessary after the disease is much improved or cured. Continuing practice of the exercises may consolidate the therapeutic results, prevent diseases and improve the constitution.

Facial Paralysis

Facial paralysis, also called facial palsy or Bell's palsy, is a disease with the symptom of prosopoplegic flaccid face and ptosis of labial angle.

A. Basic Qigong Exercises

1. The Exercise of Guiding Qi to Correct Deviation (Dao Qi Qian Zhen Gong). Choose the sitting or lying-supine posture. Relax the whole body and concentrate the mind inward. If the mouth is awry towards the right side, put the left palm on the left corner of the

mouth, push it to the anterior area of the left ear and during inhaling imagine that the left facial muscles are being contracted towards the left side; while exhaling, put the right palm on the right side of the face, pull and rub the face from the anterior area to the right corner of the mouth and imagine that the right facial muscles are being relaxed to their most, Repeat this procedure for 81 respiratory cycles.

2. The Massage Exercise for Treating Facial Paralysis (Mian Tan An Mo Gong). Choose the sitting posture. Put the tongue against the palate, relax the whole body and take natural breath. With the tip of a finger, press and knead the points of Dicang (St 4), Jiache (St 6), Xiaguan (St 7), Yifeng (SJ 17), Taiyang (Extra 2), Yangbai (GB 14), Chengqi (St 1), Fengchi (GB 20), Quchi (LI 11) and Hegu (LI 4) respectively. When one point feels aching and distending, shift to another. Rub the zone from Yingxiang (LI 10) to Dicang (St 4) via the nasolabial groove, up and down, for 36 times. Rub the zone from Dicang (St 4) to Jiache (St 6), from the inside to the outside, for 36 times. Push and rub the points from Zanzhu (UB 2), then to Sizhukong (SJ 23), to Tongziliao (GB 1), to Chengqi (St 1) and to Jingming (UB 1), which makes a circle. Push and rub these points for 9 circles.

B. Points for Attention

1. Practise the prescribed exercises 3 ~ 5 times a day. The manipulations should be gentle and slow.

2. Other therapies may be adopted together with Qigong exercise therapy.

Hemiparalysis

Hemiparalysis refers to the paralysis of one side of the body, it is the sequela of apoplexy.

A. Basic Qigong Exercises

1. The Exercise of Guiding Qi for Rehabilitation (Dao Qi Fu Yuan Gong)

(1) Take the lying-supine posture with the four extremities stretched as much as possible, respiration calm and mind concentrated on Dantian.

(2) Inhaling, send Qi taken in to Dantian by will; while exhaling, guide Qi to flow from Dantian to the chest and then to the affected upper limb via the axilla to fill the fingers. Repeat the procedure for 20 minutes.

(3) Inhaling, send Qi that has been taken in to Dantian by will and let it stay there. Exhaling, guide Qi from Dantian via the groin to the affected lower limb. Then guide Qi along the inferior side of the lower limb to the shank, the ankle, the sole and the toes. Repeat the procedure for 20 minutes.

2. The Exercise of Activating Blood and Strengthening the Tendons (Huo Xue Zhuang Jin Gong)

(1) Take the lying posture. Inhaling, bend the fingers hard to make fists and at the same time curve the soles and toes. Exhaling, relax the hands and feet while uttering "Xu". Repeat the procedures for 81 respiratory cycles.

(2) Inhaling, bend the elbows, the knees and the hips. Exhaling, stretch the elbows and knees as much as possible while uttering "Xu". Repeat the procedures for 81 respiratory cycles.

3. The Exercise of Self Massage for Hemiplegia (Pian Tan Zi Wo An Mo Gong)

(1) Take the standing or sitting posture. Grasp, portion by portion, the skin and muscles of the upper part of the affected arm with the thumb and the four fingers of the healthy hand along the anterior-interior side, up and down and then down and up, for 2 or 3 minutes.

(2) Press-knead the points Quchi (LI 11) and Xiaohai (SI 8) with the thumb and the middle and ring fingers of the healthy hand. Then press-knead Shousanli (LI 10), Neiguan (P 6) and Waiguan (SJ 5) with the thumb to get the sensation of sourness, numbness and distension.

(3) Massage the five fingers of the affected hand with the index and middle fingers (pincers-shaped) of the healthy hand.

(4) Lie flat with the lower limb of the affected side stretched. Hit with the heel of the healthy side on the points Zusanli (St 36) and Xiexi (St 41) of the affected side.

(5) Take the standing or sitting posture. Grasp the wrist of the affected side and make movements of adduction, abduction, inward bending, backward stretching and simple bending of the affected arm and bending, stretching, adducting and abducting of the affected wrist for 32 times. Then with the palm of the healthy side rub the upper arm and the forearm to get the sensation of hotness.

B. Supplementary Exercises

1. Those with wry mouth and distorted eyes are advised to practise, in addition, the Exercise of Guiding Qi to Correct Deviations (Dao Qi Qian Zheng Gong) (see "Facial Paralysis" A-1).

2. Those with constipation should practise, in addition, the Exercise of Regulation Qi to Rotate Automatically (Tiao Qi Zi Zhuan Gong) and the Exercise of Massage for Facilitating Defecation (Tong Bian An Mo Gong) (refer to "Constipation" A-1, A-2).

3. Those with incontinence of urine should add the Exercise of Warming the Kidney and Holding Urine (Wen Shen Suo Niao Gong):

Lie supine and relax the whole body as much as possible. Take antidromic abdominal respiration and contract the abdomen during inhaling and relax it during exhaling, and then concentrate the mind on Mingmen (Du 4). Practise for 10~15 minutes.

C. Points for Attention

1. Practise the exercises 3~6 times a day.

2. Keep light-hearted, move the affected limb frequently and as much as possible.

3. Those who are confined in bed should have the body turned and washed with warm water frequently to keep the skin clean to prevent bed sores.

Hypertension

Hypertension is clinically a common syndrome characterized mainly by arterial high blood pressure. Generally, 21.3 kPa and above for systolic pressure and (or) 12.7 kPa and above for diastolic pressure are regarded as hypertension in an adult.

A. Basic Qigong Exercises

1. Psychosomatic Relaxation Exercise for Depressing High Blood Pressure

(1) Choose the standing posture. Stand with feet apart at shoulders width, knees slightly bent, arms lifted to form an angle of 45° at the armpits, elbows slightly bent, wrists relaxed, fingers hanging, the part between the thumb and the index finger of the left hand facing that of the right hand in front of the chest, eyes slightly closed and looking ahead, mouth gently closed and tongue put against the palate. Make psychosomatic relaxation part after part in an order of the head, neck, shoulders, upper arms, forearms, wrists and fingers, starting from the top of the head; then from the thoracic vertebrae to the soles, via the lumbar vertebrae, hips, knees and heels. During relaxation, the body weight is supported equally by the two feet and the knees should not be kept rigid. Then, keep the mind calm without thinking of anything for 2~3 minutes, followed by making mind concentration on Yongquan (K 1); at the same time, regulate the breath to be short in nasal inhaling and long in nasal exhaling. With more practice, the respiration frequency may get slowed, from 10~12 times to 6~8 times a minute. In general, threadier, longer and evenier respiration may bring about better therapeutic results.

To end the exercise, open the eyes at ease for a while, cross the arms in front of the chest and sway the crossed arms up and down, not exceeding the height of the shoulders. When the arms are swaying upwards, the palms should be turned upward and the eyes

should follow the palms; when the arms are swaging downwards, the palms should face downward and the eyes should follow the dorsa of the hands. Sway the arms at least 8 times. Then, rub the palms with each other, rub the chest and comb the hair from the frontal hairline backwards with the finger tips, for 20~30 times.

(2) Choose the sitting posture. Sit on a chair with the back straightened, the angle of the thigh and the leg being 90°, hands faintly put on the thighs and the whole body relaxed. Do the exercise in the same way as that with the standing posture.

Practise this exercise 1~2 times daily, 20~40 minutes each time.

2. The Exercise of Relaxation and Quiescence (see “Palpitation” A-1)

B. Supplementary Exercises

1. Patients of hypertension with constipation may practise the Massage Exercise Facilitating Defecation (see “Constipation” A-2) in addition to the basic exercises.

2. Patients of hypertension with headache may practise the Exercise of Self-massage for Headache (see “Headache” A-3) in addition to the basic exercises.

3. Patients of hypertension with vertigo may practise the Daoyin Exercise for Relieving Vertigo (see “Vertigo” A-1) in addition to the basic exercises.

C. Points for Attention

1. The key to the basic exercise lies in mind concentration on the downward flow of Qi and blood and in overall relaxation.

2. During practising the exercise, the inhaling and exhaling should not be intentionally prolonged and deepened. If stuffiness or distraction appears, stop practising for the mind to calm down. Resume practising when things get normal.

3. Lead a regular life. Avoid over-fatigue and irritation.

Lumbago

Lumbago is a syndrome with lumbar pain as the main symptom, which may occur in one side or both sides.

A. Basic Qigong Exercises

1. The Daoyin Exercise for Strengthening the Loin. Choose the standing or sitting posture, face north, relax the whole body, calm down the mind, slightly close the eyes and imagine that you are facing a boundless lake, a cool breeze blows gently bringing water flavor, the sprays gently pat the feet, and the limitless water and the vital Qi in the kidney are echoing each other. Inhaling, imagine that the water Qi flows from the centers of the soles of the feet to Baihui point (Du 20) along the Three Yin Channels of Foot and the Du Channel via Huiyin point (Ren 1) and the coccyx; then digitally press the two Zanzhu points (UB 2) with the corresponding hands. While exhaling, imagine that Qi flows from Zanzhu points (UB 2) downwards to Shenshu points (UB 23) of both sides along the Channel of Foot-Taiyang. When making another inhalation, digitally press the Shenshu points (UB 23) with the corresponding fingers of the hands; when making another exhalation, bend the waist, digital-press Chengshan points (UB 57) with the corresponding fingers of the hands, and imagine that Qi flows downwards from Chengshan points (UB 57) into water in which the feet are soaked. Repeat this for 36 times. To end the exercise, it is required to imagine that the water Qi in front of you all flows into your Dantian, to press and knead Mingmen point (Du 4), to pat Dantian, and to slowly open the eyes.

2. Daoyin Exercise for Dredging the Ren and Du Channels (see "Edema" A-2).

B. Supplementary Exercises

1. Patients with severe cold-pain in the loins which may become more severe when exposed to cold or in cloudy and drizzly weather, may practise the "Warming up Exercise for Expelling Cold and Dampness" in addition to the basic exercises.

The Warming up Exercise for Expelling Cold and Dampness (Wen San Han Shi Gong); Sit or lie with the palms applied against Dantian, the distractions expelled and respiration calm (nasal inhale and mouth exhale). Inhaling, send Qi that has been taken in to Dantian by will to get Dantian warm, with the eyes slightly closed to look inwardly at Yaoyangguan (Du 3), imaging the existence of a warm and hot light that glitters. Exhaling, expel by will the cold and damp Qi out of the body via Panguangshu (UB 28) with the eyes looking inwardly at Fengfu (Du 16). Do the exercise for 30 minutes each time.

2. For lumbago due to kidney deficiency, add the Exercise of Taking Black Qi (Fu Hi Qi Gong) (refer to "Edema" B-3).

C. Points for Attention

1. Choose a hard bed for sleep. Functional physical exercises may be properly done; and over exertion should be avoided.

2. Avoid sexual intercourses during the period of treatment.

Pulmonary Carcinoma

Pulmonary carcinoma, also called primary bronchial carcinoma, is the most common malignant pulmonary tumor.

A. Basic Qigong Exercises

(A) The New Qigong Exercises for Treating Cancer

1. Preparation Exercises

(1) Stand with the feet parallel and apart as wide as the shoulders, keep the body erect, the hand hanging naturally, and the mind

peaceful and calm. Close the eyes, put the tongue against the palate, straighten the neck to ensure Baihui (Du 20) facing the sky, relax the shoulders and drop the elbows, pull in the chest and straighten the back, relax the loins and have the abdominal muscles contracted, and get the levator ani muscle and gluteal muscles contracted. Tap the upper teeth with the lower for 36 times, then pout the cheeks and stir the tongue to help saliva secrete. Swallow the saliva three times and imagine that the saliva is guided to Dantian with each swallowing.

(2) The Three Respiration Exercise. Proceed from the last stance. Move the hands slowly towards each other with the palms facing each other. When the moving hands reach the front of the abdomen, turn the palms to face it and put the hands, the right on top of the left for man and vice versa for woman, on the lower abdomen with the Laogong point (P 8) pressing Dantian and the part between the thumb and the index finger pressing the umbilicus. Inhale through the nose and exhale through the mouth (or vice versa for weak patients), keeping the inhalation and exhalation gentle, slow, lasting and deep. While exhaling, squat down slowly to some extent according to one's general constitution with the loins and hips relaxed. Stand up slowly after inhaling to some extent. Practise this way for 3 times.

(3) Opening-closing Dantian Exercise. Proceed from the last stance. Pull the hands apart and move them slowly towards the respective side of the body with the dorsa of the hands facing each other, the distance of the hands is wider than the shoulders [Fig. 70 (1)]. Then, turn the palms to face each other and move the hands slowly towards Dantian [Fig. 70(2)]. Proceed with the next round of opening and closing when the moving hands approach each other very near. Practise this way for 3 rounds.

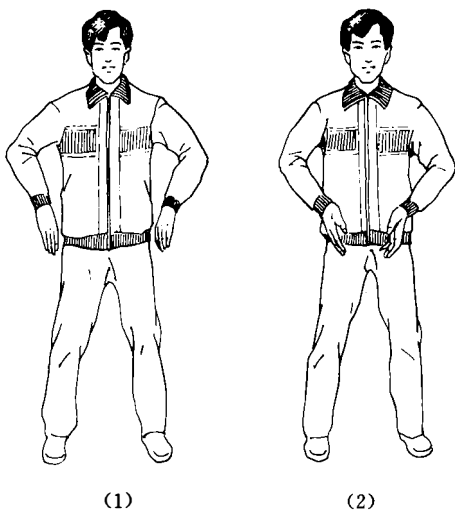


Fig. 70

2. Ending Exercises

(1) Shifting the Mind Concentration to Dantian. No matter on what location the mind is being concentrated in Qigong exercise, when the exercise is to be ended, the previous thinking activities should be expelled and the mind concentration should be shifted to Dantian with Qi being slowly guided to assemble at Dantian, which is taken as "Qi returns back to its origin".

(2) Ending the Exercise with Hand Movement. After the previous thinking activities are expelled, the mind concentration should be shifted to Dantian. During shifting, move the hands towards the front of the abdomen with the tips of one hand pointing at that of the other and the palms facing the abdomen. When the distance of the moving finger tips is about 2 centimeters apart, change the moving direction and move the hands upward along the middle line of the body, and stop moving them in front of Tanzhong (Ren 17). Make digital pressing on that area (Fig. 71) and make three deep

respirations. Then, lower the hands slowly in front of Dantian, practise one round of the Opening-closing Dantian Exercise, put the hands on Dantian, and take three deep respirations. Stand still for a while to let Qi calm down with hands dropping naturally at the sides of the body and open the eyes slowly to finish the ending exercises.

3. The Natural Walking Exercise with Moderate-degree Nose-puffing Respiration

(1) Footwork. Proceed from the preparation stance. Take a natural walk with the eyes slightly open and pay attention to foot lifting and touching. Lift the left foot and make a step with the left heel slowly touching the ground, the tiptoes pointing the sky and the sole facing front. Shift the body weight slowly onto the left foot (Fig. 72) when the left sole thoroughly touches the ground. Make a lifting and touching of the right foot the same way as the left. Repeat the foot movements to make a walk, which should be natural with the loins and hips relaxed, eyes looking forward, distractions expelled, tongue against the palate and the head turning from side to side following the body movements.

(2) Arm movement. When the left foot touches the ground, sway the right arm in front of the Middle Dantian and at the same time sway the left arm to the left side and backward, and vice versa when the right foot lifts and touches the ground (Fig. 73). Repeat the arm movements to coordinate the foot movements. When the heel starts to touch the ground, the arm may start to swing; and when the sole thoroughly touches the ground, the palm should face Dantian (the distance between Dantian and the hand is a fist wide).

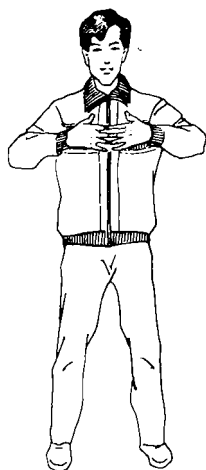


Fig. 71

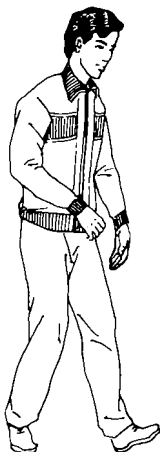


Fig. 72



Fig. 73

The walk should be rhythmic, natural, comfortable and relaxed, and the movements of the walk should be flexible, pliable and sufficient. The armpits should be kept hollow to facilitate Qi flow during the walk.

(3) Respiration. Applied in the natural walking exercise is nose-puffing respiration, the exercise of which is as follows: breathe through the nose with puffing sound heard only by oneself during inhalation; one respiration consists of two successive inhalations and one exhalation. For example, make two successive inhalations when one foot touches the ground and make an exhalation when the other foot touches the ground. The length of two successive inhalations is similar to that of one exhalation.

When practising natural walking exercise, natural respiration may be applied in stead of nose-puffing respiration. Alternate application of the two respirations may also bring about a good result.

(4) The Ending Exercise. Resume the body-relaxed and mind-calm standing posture and stand still for a while with eyes closed. Then practise the Opening-closing Dantian Exercise and the Three Respiration Exercise, followed by tapping the upper teeth with the

lower and swallowing-the-saliva exercise. Swallow slowly the saliva 3 or 9 times, and imagine that the saliva passes through the throat and gastric cavity down to Dantian. Slowly open the eyes and look forward for a while to end the exercise.

4. The Compulsory Walking Exercise with Moderate-degree Nose-puffing Respiration

(1) Compulsory Walking Exercise with the Left Foot in Front. After accomplishing the Three Respiration Exercise and Opening-closing Dantian Exercise of the preparation exercises, put the hands on the body sides and shift the body weight onto the right foot, then lift, in a relaxed way, the left foot and make a step forward with the left heel touching the ground and the tiptoes pointing upward and forward. Then, shift the body weight onto the left foot with the loins and hips relaxed, while the left sole gradually and thoroughly touches the ground, and the right hand is slowly lifted in front of Dantian (the distance between the right hand and Dantian is about 10 cm), at the same time, the left hand swings lightly leftward. While lifting the right hand and swinging the left hand, the head, neck, waist and the whole body should turn to the left. Besides, when the left heel touches the ground, make two successive inhalations. And when the body weight is shifted onto the left foot, lift the right heel with the right tiptoes still touching the ground; at the same time, the whole body turns to the right, the left hand is lifted in front of Dantian, the right hand swings rightward, and make an exhalation. Repeat the shift of body weight and the turn of the body leftward and rightward and pay attention to the harmonious coordination of inhaling, exhaling and body movement. Practise this way for 9 times. Then withdraw the left foot to make a body-relaxed and mind-calm standing posture, practise the Three Respiration Exercise and Opening-closing Dantian Exercise, once for each, to end the exercise. After a free walk, practise again the Compulsory Walking Exercise with the Right Foot in Front.

(2) Compulsory Walking Exercise with the Right Foot in Front. This step is similar to the above-introduced Compulsory Walking Exercise with the Left Foot in Front. The only difference is that the

direction of the movement of hands and feet is opposite. Practise this exercise for 9 times.

5. The One-step Walking Exercise with Moderate-degree Nose-puffing Respiration (2 Inhalation - 1 Exhalation Respiration in One Step)

(1) The Walking Exercise with Heel-inhalation-and-sole-exhalation Respiration. This exercise is similar to the Compulsory Walking Exercise with Moderate-degree Nose-puffing Respiration in terms of movements. The difference is that, when a step is made forward and the heel touches the ground with the tiptoes pointing upward, make 2 inhalations successively, and when the sole touches the ground, make an exhalation. This is to say, one should make 2 inhalations and 1 exhalation in one step.

Practise this exercise for 20 minutes. Have a rest following the ending exercise. Each 20-minute exercise is called one round, two rounds of this exercise every morning are enough for patients with "stronger" constitution. Patients with "weaker" constitution may practise this exercise for a shorter time.

(2) The Walking Exercise with Tiptoes Touching the Ground and Heel-inhalation-and-sole-exhalation Respiration. This exercise is similar to the Walking Exercise with Heel-inhalation-and-sole-exhalation Respiration. The difference is that, after the heel and the sole touch the ground and 2 inhalations and 1 exhalation are made, one should lift the other foot and put the tiptoes to touch the ground near the previous foot's medial malleolus, and then hold breath. One step includes a whole process of inhalation-inhalation-exhalation-holding breath. Make another step forward with the foot, the tiptoes of which are touching the ground and moving forward.

This exercise is eligible for cultivating intrinsic Qi and is regarded as one of the best exercises in regulating Yin and Yang due to its fine characteristics of ascending, descending, opening and closing movements, quick and slow rhythm, promotion of clearing and activating the channels and collaterals, regulation of Qi and blood, and avoidance of deviations.

6. The Two-step Walking Exercise with Moderate-degree Nose-

puffing Respiration (Inhalation-Inhalation-Exhalation-Holding breath in Two Steps). This exercise is similar to the Compulsory Walking Exercise with Moderate-degree Nose-puffing Respiration. The difference is; make two steps forward, and when the second step (foot heel) touches the ground, make two successive inhalations, then lift the other foot and get its tiptoes touching the ground near the previous foot's medial malleolus, and make a exhalation. Thus, every two steps forward include 2 inhalations and 1 exhalation, followed by a holding of breath.

This exercise is mild in its intensity, thorough in its inhalation, and balanced in defensive and offensive functions, because of which it is eligible for patients with weaker constitution.

7. The Three-step Walking Exercise with Moderate-degree Nose-puffing Respiration (Inhalation-Inhalation-Exhalation-Holding Breath in Three Steps). This exercise is similar to the Compulsory Walking Exercise with Moderate-degree Nose-puffing Respiration. The difference is; make an inhalation when the foothel of the first step touches the ground; make another inhalation when the foothel of the second step touches the ground; make an exhalation when the foothel of the third step touches the ground; then lift the "back" foot and set it on the ground near the "front" foot's medial malleolus with its tiptoes and make a holding of breath. Thus, every 3 steps forward include 2 inhalations, 1 exhalation and 1 holding of breath.

This exercise is more defensive than offensive, and is eligible for much weaker patients who may practise this exercise with eyes closed.

8. The Speedy Walking Exercise with Nose-puffing Respiration; This exercise falls into 3 categories and is suitable for the early or middle-stage cancer patients with stronger constitution. The late-stage cancer patients with weaker constitution may practise this exercise only after practising other exercises and having gained better health.

(1) The Slightly-speedy Walking Exercise with Mild Nose-puffing Respiration. After practising the preparation exerxcise, make a step

forward, and as soon as the foot heel touches the ground, make 2 successive short inhalations; make another step forward, and as soon as the foot heel of the second step touches the ground, make a short exhalation. Walk forward with the two short inhalations in the first step, with one short exhalation in the second, then again with two inhalations in the third step, with one exhalation in the fourth, ... The intensity of this exercise may be milder.

(2) The Moderately-speedy Walking Exercise with Medium Nose-puffing Respiration. After practising the preparation exercise, make a step forward. As soon as the foot heel touches the ground, make two inhalations, and when the sole of the same foot touches the ground, make an exhalation. Each one step forward includes 2 inhalations and 1 exhalation. The intensity of this exercise may be increased both in respiration and walking speed.

(3) The Intensively-speedy Walking Exercise with Strenuous Nose-puffing Respiration. After practising the preparation exercise, stand still and relaxed with a calm mind and absence of oneself. Then, make a step forward. As soon as the foot heel begins to touch the ground, make an inhalation, with the eyes looking forward, head raised, neck relaxed, shoulders falling, and hips relaxed. Then make another step forward, make an exhalation when the heel begins to touch the ground. Make one inhalation in one step and one exhalation in another. When making respirations, the movement of the body, head, neck, hands, eyes and the mind and the pace of movement should be coordinated. The intensity of this exercise may be increased, both in respiration and walking speed, to an extent of one's fitness. After every five, seven or nine steps, a normal breath may be made with a pause of walking, followed by another round of five, seven or nine steps with the other foot lifting first.

Practise the Ending Exercise after accomplishing this exercise.

9. The Ascending, Descending, Opening and Closing Exercises in a Relaxed and Calm State. This group of exercises is a formal item with very good efficacy, and is also regarded as a preparation exercise for other exercises of moderate intrinsic Qi flow. The

ascending, descending, opening and closing body movements may promote the intrinsic Qi to flow upwards, downwards, inwards and outwards, and the four directions of the flow may both the vertical and horizontal circulations of intrinsic Qi. As a good relaxed and calm state of the body and mind may enable a high rate of Qi and blood circulation, a better therapeutic result will be ensured.

In practice, the movements of the exercise are in order of ascending, opening, closing, descending and returning.

(1) The Ascending Exercise. Proceed from the last stance of the preparation exercise. Lift the left foot and make a step forward with the tiptoes of the left foot touching the ground first, at the same time pull together the two hands towards Dantian. When the two hands are about to collide, lift the hands slowly along the thoraco-abdominal median line. The "hyper" patients (e. g. patients with hypertension or with intro-ocular high pressure, etc.) should let the wrists relax with the palms facing inwardly then downward, and the lifting of the hands should be quick to avoid the upward flow of Qi and blood. When lifting the hands, the body weight should be shifted forward onto the left (the frontal) foot and concurrently the right (back) heel should be lifted, with no forward inclination of the body and shrinkage of the shoulders. When the hands are lifted from the height of Dantian to that of Tanzhong (Ren 17), the direction of the finger tips should be changed to point at the sky with palms facing the chest. Lift the hands over the head (Fig. 74), and turn the palms to face each other, then prepare to make a separation of the hands (preparation of the opening exercise). The "hypo" patients, when lifting the hands, may raise them evenly and more slowly with the palms facing the sky in an attempt to promote the upward flow of Qi and blood.

(2) The Opening Exercise. Proceed from the last stance. Turn the palms outward at the height of Yintang (Extra 1) with the outer Laogong (P 8) facing each other, and separate the hands with each moving in an opposite direction (opening, left and right), till the distance of the two hands is a little wider than the shoulders. With the opening (separating) of the hands, the upper part of the body

may be slightly inclined backwards, the body weight may be shifted onto the back foot, and the frontal foot does not carry the body weight with only the tiptoes touching the ground (Fig. 75). Patients with heart diseases or liver disorders may limit the width of the hand opening to a proper range.

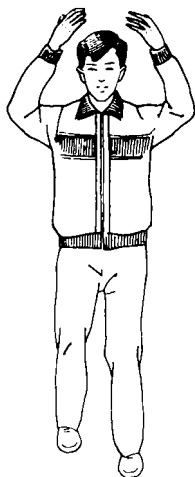


Fig. 74

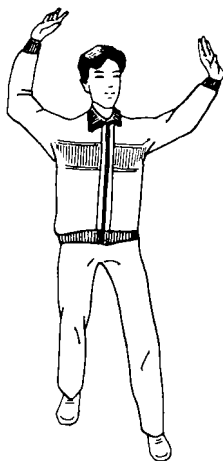


Fig. 75

(3) The Closing Exercise. Proceed from the last stance of the Opening Exercise. Turn the hands slowly to get the palms facing each other with the finger tips pointing at the sky; while turning the hands, the heel of the frontal foot begins to touch the ground, the two hands are then pulled to move towards Yintang (Extra 1). Following the approaching of the hands toward each other, the body weight is gradually shifted forward onto the frontal foot and the back foot does not carry the body weight (Fig. 76). When the two hands approach and about to join together in front of Yintang (Extra 1), the palms are pushed close to each other with the tips of the middle fingers joining together.

(4) The Descending Exercise. Proceed from the last stance of the Closing Exercise. When the hands in front of Yintang (Extra 1) ap-

proach nearer and the tips of the middle fingers are about to touch each other (patients with heart diseases should have the tips touching each other), lower the hands from Yintang (Extra 1) to Tanzhong (Ren 17) and then to Dantian (Fig. 77). Patients with "hyper" diseases should have their hands lowered with palms downwards synchronously, as if pressing something down. Following the lowering of the hands, the body weight should be shifted onto the back foot and the frontal foot should support very little of the body weight very little. Then, slowly bend the knees to squat down. The lowering speed of the hands and the body should be slower, and the whole body relaxed. The efficacy of lowering blood pressure is a direct ratio with the lowering speed of the body and the extent of relaxation, the slower and more relaxed, the better. In the process of squatting, attention should be paid to keeping the loins relaxed and the body erect and stable. Stop squatting when the frontal thigh is parallel to the ground and the hands are at the level of the knees. The squatting extent varies from person to person, the new learners may squat to an extent suitable to themselves. More practice can help reach the standard squatting. Then, make one opening movement and one closing movement of the hands at the height of the knees, followed by the Restoring Exercise.

Patients with "hypo" indicators of diseases may have their hands lowered along the cheeks downward (one hand on each side) from Yintang (Extra 1) with the palms turned first inward then upward, till they reach the height of Dantian and the knees, with the fingertips bent a little upwards. The speed of lowering the hands and squatting should be quicker in patients with "hypo" indicators than that in patients with "hyper" indicators. The former should always try to keep the palms upwards during the descending process.

Women during their menstrual periods should not try to practise the squatting movements, while the ascending, descending, opening and closing are still fit for them.

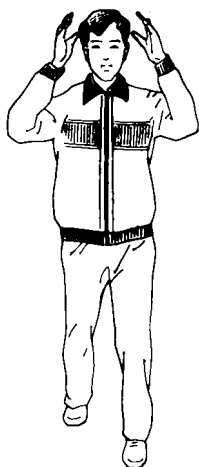


Fig. 76

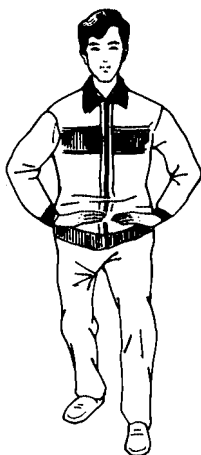


Fig. 77

(5) The Restoring Exercise. Proceed from the last stance. After accomplishing an opening movement and a closing movement, lift the hands with the wrists relaxed, accompanied by slow raising of the body. Patients with “hyper” indicators may be quicker in lifting the hands and raising the body than patients with “hypo” indicators, in the former the palms usually face each other, while in the latter, face the sky. Following the lifting of hands and the raising of the body, the body weight should gently be shifted onto the back foot. And when the hands are lifted at Tanzhong (Ren 17). Turn the palms to face the ground, at the same time shift the body weight evenly onto the two feet. Then, lower the hands slowly in front of Dantian and still then fall at the sides of the body.

(6) Changing Direction after Each Round of Exercises. The whole process of ascending exercise, opening exercise, closing exercise, descending exercise and restoring exercise is called one round, usually one needs to practise 4 rounds of these exercises at one time. After accomplishing one round, the opposite direction is the next one to choose in the following practice (e. g. east versus west and south versus north). Between each round of practice, one may relax

the loins and hips and get prepared for the next round of exercises.

10. The Courses of Cancer Treatment. Three months are needed in the first course, during which the Ascending, Descending, Opening and Closing Exercises in a Relaxed and Calm State is asked to practise in the first month for the purpose of relieving the patients from anxiety and tension. Then, the Compulsory Walking Exercise with Moderate-degree Nose-puffing Respiration and the Intensively-speedy Walking Exercise with Strenuous Nose-puffing Respiration may be followed. Practice of these exercises is better to be done in the fresh air in the morning, the duration and times of practice may be increased step by step, generally, 90 minutes are the minimum requirement in everyday's practice.

The main purpose of the first course of treatment is to make the patients calm down and to lay a foundation for the next course of treatment.

The second course of treatment includes a three-month practice, too. During this course, the Speedy Walking Exercise with Medium Nose-puffing Respiration is to be practised in the fresh air early in every morning before the sun rises. One hour of such practice is needed each morning, with a break in between. Each step forward is accompanied with one respiration in this exercise, which is regarded as a fine exercise with better efficacy and as a widely accepted one for its mildness and certainty of treatment.

During the period of the second course, the symptoms can be relieved in general, the constitution of the patients improved, and the confidence of the patients for treatment increased. After these achievements, the patients may practise slow walking exercise with moderate-degree nose-puffing respiration and the corresponding respiration and pronunciation exercises, which can help the patients to get into quiescence easier and to promote the intrinsic Qi for the purpose of treatment.

The third course of treatment may be longer. Following the previous 2 courses of treatment, the symptoms may be further improved. In the third course of treatment, patients are encouraged to continue practising the speedy walking exercise with moderate-de-

gree nose-puffing respiration, and in addition, the walking exercises with mild nose-puffing respiration (3 inhalations and 2 exhalations or 2 inhalations and 3 exhalations). The additional exercises are generally practised nine months after the previously prescribed exercises, only then such additional corresponding exercises as slow walking exercise with nose-puffing respiration, Qigong massage and Qi pronunciation exercises may be practised coordinately or alternatively to get a mutual promotion and perfection of treatment efficacy.

Each course of treatment has its own treatment purpose, to achieve which the selection of the exercises and the duration of practising should be considered carefully from person to person.

In the treatment of pulmonary carcinoma, the One-step Walking Exercise with Moderate-degree Nose-puffing Respiration is the main one to be prescribed, in which every one step forward is accompanied with 2 inhalations and 1 exhalation. The harmonious coordination and mutual reaction of respiration and body movement may give rise to a direct efficacy, a greater "offensive" than "defensive" result. This exercise is more suitable for cancer patients with "stronger" constitution. The patients with weaker constitution may practise the Two-step Walking Exercise with Moderate-degree Nose-puffing Respiration first for some period of time, then practise the main prescribed exercise after the general constitution is improved.

(B) The Qi-Regulating Exercise of Guiding White Qi Flow to Tonify the Lungs

1. Preparation. The sitting, standing or supine-lying posture may be taken, with the body relaxed, mouth and eyes slightly closed, the tongue put against the palate, the ears hearing nothing and the mind calming down.

2. Inhaling-through-nose-and-exhaling-through-mouth respiration. Inhale lightly, evenly and shortly; exhale more quickly, longer and exhaustively with puffing sound. When exhaling, imagine that the diseased Qi in the lungs is expelled through the mouth. Make 5~10 such inhalations and exhalations, followed by

36 even, deep and long respirations of nose inhalation and exhalation. Such respirations may further get the body relaxed and the mind calmed.

3. Proceed from the above breathing exercise. Imagine that the lungs are spotlessly white, and gradually the pure white lungs change themselves into white fog gathering in the chest for one to several minutes. Then guide the fog, with will, to flow from the chest via the armpits along the Lung Channel of Hand-Taiyin downward to the thumbs, and continue to flow upwards along the Large Intestine Channel of Hand-Yangming to the head, then downwards along the Stomach Channel of Foot-Yangming to the feet, still then upwards along the Spleen Channel of Foot-Taiyin to the abdomen, then returning back to the chest via the diaphragm. Finally, imagine that this white fog is absorbed gradually in the chest. In addition, the fog, during its circulation along the channels, is imagined also to spread in all directions and distributed all over the body.

B. Supplementary Exercises

1. Patients of pulmonary carcinoma with the symptoms of dry cough with little sputum, less and sticky sputum, now-and-then hemoptysis, thirst, vexation, dry throat, hoarseness, or hectic fever and night sweating, may practise the Saliva Moistening and Nourishing Exercise in addition to the basic exercises.

The exercise: Any of the standing, sitting or supine-lying posture can be chosen for this exercise, with the body relaxed, eyes and mouth slightly closed and the tongue put against the palate. When the mind calms down with distractions expelled, start to make antidromic abdominal respirations, 36 respirations all together. Then stir the tongue in the mouth to help saliva secreting till the mouth is full of saliva, and swallow the mouthful of saliva in three times. While swallowing, imagine that the saliva is being sent from the root of the tongue to Dantian via the throat, the lungs, the diaphragm, the liver and the kidneys. Stir and secrete six mouthfuls of saliva and swallow them in 18 times, all in the above way. Still then, make a mind concentration at Dantian for 10 minutes.

2. Patients with productive cough and abundant expectoration

may practise the "Dampness-expelling Exercise" in addition to the basic exercises.

The exercise: A standing or sitting posture may be chosen with the whole body relaxed. Adopt the respiration of inhaling through nose and exhaling through mouth; Inhaling, the mouth is closed, the tongue put against the palate and the abdomen is getting bulged; while exhaling, the mouth is opened with a silent pronunciation of "Hu", the anal sphincter contracts, and the abdomen is getting shrunken. Make such respirations for 24 times.

3. Patients with chest distress, stabbing pain in the chest and hemoptysis with darkish blood may practise the Exercise of Activating Blood Flow and Removing Blood Stasis in addition to the basic exercises.

The exercise: Choose a sitting or standing posture, relax the whole body with the mind calmed down. Take 5~7 deep respirations; thready, even and slow through-nose inhalation and quicker through-mouth exhalation accompanied with the imagination that the diseased Qi in the chest is being expelled with each exhalation. Then, relax the whole body part after part, from the head to the feet for three times, followed by mind concentration on Yongquan (K 1) for a while. Still then, make mind concentration on the accumulated Qi in the chest while inhaling; make mind guidance of the accumulated Qi to flow downward from the chest to Yongquan points (K 1), then to the ground more than 3 yards deep. Repeat this for 24 respirations or till the diseased Qi in the chest is exhausted, followed by 5~10 minutes' mind concentration on Dantian.

4. Patients with cough, short breath, severe panting upon exertion, and weak, painful loins and knees may practise the Exercise of Taking Black Qi (see "Edema" B - 3) in addition to the basic exercise.

C. Points for Attention

1. Practise the prescribed exercises 2~4 times a day in the comparatively fixed periods of time.

2. Smoking should be strictly prohibited and exposure of oil

vapour, dust and irritant chemicals should be avoided.

3. To enhance the therapeutic efficacy and promote the recovery, it is encouraged to keep the room ventilated with fresh air, to decorate the environment with flowers and potted landscape, to listen to music and to take part in social and recreational activities.

Hepatic Carcinoma

Primary hepatic carcinoma is quick in development, high in mortality and regarded as one of the common malignant tumors. Its main symptoms include hepatalgia, distension, progressive hepatomegaly, or even ascites and hemorrhage of the digestive tract.

A. Basic Qigong Exercises

1. The New Qigong Exercises for Treating Cancer [see "Pulmonary Carcinoma" A-(A)], with the priority practice of the Natural Walking Exercise with Moderate-degree Nose-puffing Respiration [see "Pulmonary Carcinoma" A-(A)3 and the Compulsory Walking Exercise with Moderate-degree Nose-puffing Respiration A-(A)4].

2. The Standing Exercise of Imitating Guanyin (Guanyin Zhuang)

(1) Preparation. Stand erect, face the east, with the feet forming an oblique angle and apart at the shoulders width, relax all over, put the tongue against the palate, breathe evenly and keep a natural and calm state of the mind. Stand this way for 3 minutes.

(2) Happy and Relaxed, Standing with One Hand Erected in Front of the Chest as if Awaiting a Guest. Bend the left elbow in front of the chest and erect the left hand with the left thumb pointing at Tiantu (Ren 22) and the rest of the four fingers put together with the middle finger pointing at the nostrils. Put together the tips of the thumb, middle and ring fingers of the right hand to form a circle, with the palm facing upward and the hypothenar leaning on the hepatic region. Imagine that the right arm is floating on

water surface while smiling as if awaiting a distinguished guest, with the eyes half closed and watching the tip of the nose, the middle finger, Tanzhong point (Ren 17) and the navel. Make mind concentration on the liver region while murmuring the words of "relaxation, calmness, safeness and healthiness", and make a thorough relaxation from head to feet. There will be a sensation of distension at the liver area after minutes of such practice. The length of practising period may vary with individuals.

(3) Putting the Palms Together and Conquering the Pathogen with Vital Qi. Proceed from the last stance. Loosen the grip of the tips of the right thumb and the middle and the ring fingers and slowly lift the right hand upward with Qi gathering on the palm, then put the five tip segments of the right fingers against those of the left fingers and make the two palm roots meet together to make a hollow-palm Buddhist greeting posture, while murmuring the words of "The Vital Energy is Bound to Conquer the Pathogenic Factor". Practise this way for several minutes.

(4) Imbuing the Three Dantian Points with Vital Qi to Nourish the Kidney. Proceed from the last stance. Raise the head, open the eyes and look forward. Slowly lift the hands upward and forward with the palms facing the cheeks and the ten finger tips obliquely pointing at Yintang (Extra 1). Look at the index fingers, and when Qi is sensed in the eyes, guide Qi with will to flow down to the chest. Then, move the hands downward to make the palms face the breasts and the little finger tips slightly press Tanzhong point (Ren 17). When the warm and distended sensation is felt at the breasts, slowly dilate and shrink the chest to expel the diseased Qi out of the body. Accompanied by vision, move the hands to guide Qi to flow down to the Lower Dantian. Stand still and send Qi into lower Dantian for a while. Finally, turn the elbows inwardly to make the palms face Huantiao (GB 30) and Shenshu (UB 23) and send Qi into the points.

(5) Absorbing the Vital Qi All over the Body as if Bathing in the Holy Water Sprayed by Guanyin. Lift the hands upward and forward over the forehead with Qi in the palms, then slowly lower the

hands in front of the forehead, the face and the chest, and turn the finger tips downward to Yongquan points (K 1) then. At the same time, close the eyes and imagine that the primordial Qi in the sky begins to gather over the head, and then surround the body, permeate through the body and nourish every organ and part of the body. All the diseases and vexation are expelled out of the body from Yongquan (K 1) and the tiptoes, the whole body becomes clean, pure and brightly lit as if oneself is Guanyin. Open the eyes and enjoy the beautiful environment of flowers and trees in the "fairy land", and inhale the fairy Qi and store it in Dantian. Lift the hands from the body sides, forward and upward, to embrace Qi and sent it into Dantian. Stand calm for a while, then swallow the saliva, rub the left hand with the right, rub the eyelids and face with the warm hands to end the exercise.

B. Supplementary Exercises

1. Patients of hepatic carcinoma with the symptoms of chest stuffiness, hypochondriac distension, stabbing pain and swelling in the lower limbs or abdomen may practise the Exercise for Soothing the Liver and Regulating the Circulation of Qi in addition to the basic exercises; Stand with feet apart as wide as the shoulders, straighten the neck and head as if supporting an object on top of the head, stand calm and relaxed with hands at the sides, put the tongue against the palate, look straight forward, and smile faintly with a peaceful mind. Relax the body part by part and organ after organ starting from the head, send Qi to Dantian and make a mind concentration on it. Then, shift the body weight onto the left foot, lift the right foot and make half a step forward, facing a tree. Support the body weight mainly with the heels and the soles while the tiptoes bent upwards. Guide Qi in Dantian to flow to Huiyin point (Ren 1), then along the Du Channel upward to Dazhui point (Du 14), still then along the arms to Laogong points (P 8). Hold Qi in both hands as if holding a ball (Fig. 78) and lift the hands slowly upwards to pour Qi into Tianmu point; stretch out both arms, bulge the chest and turn the palms downwards to guide Qi to circulate. When Qi flows to Tanzhong point (Ren 17), shift both hands right-

wards to the right side of the chest (Fig. 79), guide Qi to flow along the right ribs to the lower abdomen, then imagine that the diseased Qi in the liver is being guided to flow downwards along the inner side of the right leg to Dadun point (Liv 1). Open Dadun point (Liv 1) with will and expel the diseased Qi out of Dadun, with the hands pushing obliquely downwards and then naturally hanging at the body sides. Repeat the exercise, starting from "hold Qi in both hands as if holding a ball (Fig. 78) ...", for 15~20 times.



Fig. 78



Fig. 79

2. Patients of hepatic carcinoma with bulged and distended abdomen, thinner configuration, lower fever, night sweating and vertigo may, in addition to the basic exercises, practise the Exercise for Nourishing Yin and Dispelling Toxin: Stand still with the feet apart at the shoulders width, put the tongue against the palate and take natural breath, practise the Psychosomatic Relaxation Exercise to relax from the head to the feet for 3~5 times, followed by relaxing from the hypochondrium to the feet for 5~7 times. Then make mind concentration on Yongquan points (K 1) for 3~5 minutes. Inhaling, imagine that the vital essence of the earth is being absorbed from Yongquan points (K 1) and flows upwards along the two legs

to Lower Dantian; while exhaling, imagine that the diseased Qi in the hepatic region is being dispelled down through the legs and out of Yongquan points (K 1) into the earth, 1 meter deep. Repeat the inhaling, exhaling and imagining for 36 respirations, followed by mind concentration for 5~10 minutes.

C. Points for Attention

1. Practise the prescribed exercises 2~4 times each day, unremittingly.
2. Drinks and food exposed to moulds are strictly prohibited; consumption of more vegetables such as carrot, spinach, celery, Chinese cabbage, Chinese chives and fruits is advisable.
3. Avoid to get vexed and angry. Be eagerly involved in such joyful and amusing activities as listening to music, walking, planting flowers, etc.
4. While practising the Exercise for Soothing the Liver and Regulating the Circulation of Qi, be sure to point at a tree with the Dadun point (Liv 1) of the right foot and send the diseased qi, with will, into the tree and let it absorb. The practice times should be decided by the self sensation that one feels comfortable after expelling the diseased Qi of the liver.

Esophageal Carcinoma

Esophageal carcinoma, one of the common malignant tumors, is a carcinoma of the squamous epithelium of the esophagus. The most prominent clinical symptom is progressive dysphagia.

A. Basic Qigong Exercises

1. The New Qigong Exercise for Treating Cancer [see "Pulmonary Carcinoma" A-(A)].
2. The Expiration, Inspiration and Swallowing-Qi Exercise
 - (1) Practise this exercise during 3~5 o'clock in the morning, face the south, choose a sitting or standing posture, relax the whole

body, calm down the mind and dispel all distractions.

(2) Take 3 deep respirations. Inhaling, make mind concentration on the esophagus; while exhaling, make the mind concentration on the expelling of the diseased Qi in the esophagus out of the body. Then hold breath and murmur the numbers from one to five or more. Still then, when inhaling and filling a mouthful of Qi, swallow the Qi into the esophagus; when exhaling, send Qi in the esophagus down to Dantian, and imagine that the esophagus is through and quite open. The three deep respirations, the one holding of breath and the one inhalation and exhalation make one round. Practise this for seven rounds.

(3) Proceed from the last stance. Divide the saliva in the mouth into three parts, swallow one part each time, imagine that the saliva is sent down to the Lower Dantian. Take three deep respirations. When inhaling, send the fresh and nourishing Qi into the Lower Dantian; when exhaling, expel the diseased Qi out of the body. Then make mind concentration on the Qi activities at Dantian for 10 ~20 minutes.

B. Supplementary Exercises

1. Patients of esophageal carcinoma with dysphagia, hiccup, chest stuffiness, bitter taste and hypochondriac pain may practise the Exercise of Soothing the Liver and Guiding Qi (see "Hypochondriac Pain" A-2) in addition to the basic exercises.

2. Patients of esophageal carcinoma with the symptoms of swallowing difficulty and abundant phlegm and saliva may practise the Exercise of Rubbing Epigastric Area and "Hu" Qi (see "Insomnia" B-4) in addition to the basic exercises.

3. Patients of esophageal carcinoma with aphagia, dry mouth, sore throat, thinner configuration and dry stools may practise the Saliva Moistening and Nourishing Exercise (see "Pulmonary Carcinoma" B-1) in addition to the basic exercises.

C. Points for Attention

1. Practise the prescribed exercises 2~4 times each day. The Expiration, Inspiration and Swallowing Qi Exercise should be done during 3~5 o'clock in the morning, may be done twice at noon and

in the evening in addition, and may be boosted by practising the Inner Health Cultivation Exercise (see "Gastralgia" A).

2. Patients are encouraged to drink green tea, to take fresh vegetables like tomato, radish, potato, cucumber, celery and bean products, and to eat fruits rich in vitamin A and vitamin C such as apple, peach, pear, cherry and plum.

3. During the exercising treatment, patients should be high in morale and eager to do the delighted and health-benefiting activities, e. g. growing flowers, raising pets or fishes, walking, practising shadow boxing, etc.

Gastric Carcinoma

Gastric carcinoma is one of the most common malignant tumors, ranking No. 1 in digestive tumors.

A. Basic Qigong Exercises

1. The New Qigong Exercise for Treating Cancer [see "Pulmonary Carcinoma" A-(A)].

2. The Inner Health Cultivation Exercise (see "Gastralgia" A).

B. Supplementary Exercises

1. Patients of gastric carcinoma with epigastric distension and pain, nausea and vomiting may, in addition to the basic exercises, practise the Exercise for Lowering the Adverse Flow of Qi and Regulating the Function of the Stomach:

(1) Relaxing and Checking the Abnormally Ascending Qi. Choose the sitting or lying posture with breathing normalized, eyes slightly closed, distractions expelled and the whole body relaxed. Imagine that the segment from Baihui point (Du 20), through the chest and the abdomen, to Huiyin point (Ren 1) is a hollow tube. Inhaling, concentrate the mind on "calmness" while exhaling on "relaxation". Relax part after part from the head, chest to the abdomen for 14 inhalations and exhalations; and relax from the lungs to the stomach

in the same way for another 14 respirations, so as to help check the adversely upward flow of the stomach-Qi. Then, imagine that Qi at Baihui (Du 20) is descending along the "hollow tube" via the chest and abdomen down to Huiyin (Ren 1) where it branches and still flows downward along the Three Yin Channels of Foot to Yongquan points (K 1).

(2) Lowering the Adverse Flow of Qi and Regulating the Function of the Stomach. Choose the sitting or lying posture, push the chest downwards from the sternal notch to the xiphoid process with the tip segments of the palm side of the index, the middle and the ring fingers for 36 times, followed by kneading Tanzhong point (Ren 17) for another 36 times. Exhaling, push downward from the xiphoid process to the pubic symphysis with the four fingers other than the thumb or with the whole palm, for 36 times; then push obliquely along the sides of the abdomen starting from Zhongwan point (Ren 12) with the palm side of the tip segments of the four fingers other than the thumb, and finally, press and knead Neiguan (P 6) and Zusanli (St 36) with the thumb for 50 times each. The pushing and kneading manipulations should be light, gentle and comfortable. Reckless strength is prohibited.

2. Patients of gastric carcinoma with dull pain in the stomach, vomiting (the vomitus being the food taken in 12 hours ago), preference for warmth upon pain attack, loose stools and edema may practise the Exercise of Storing Yellow Qi and Warming Zhongwan, in addition to the basic exercises.

The Exercise of Storing Yellow Qi and Warming Zhongwan: Choose the standing or lying posture, relax the whole body. Imagine that there is yellow Qi in the spleen and stomach and the yellow Qi is gathering at Zhongwan (epigastrium). Three to five minutes later, the yellow Qi gradually turns into yellow fog and begins to spread from Zhongwan to all parts of the body. Also imagine that the nutrients transformed by the spleen and stomach are nourishing all parts of the body, for 3~5 minutes. Then, gather Qi in all parts of the body, together with the yellow fog, to assemble again at Zhongwan; concentrate the mind on the Qi and yellow fog for a

while, followed by imagining that the yellow fog is heated and becomes red. Send the heated and red fog to Dantian by will. Concentrate the mind on Dantian and keep it warm by imagination for 10~15 minutes. Rub the hands with each other and then rub the face with the warm hands to end the exercise.

3. Patients of gastric carcinoma with stabbing pain and hard mass at the epigastric area and severe pain upon pressure may practise the Exercise for Importing Qi and Expelling Filth, in addition to the basic exercises.

The exercise: stand erect with the feet parallel and apart at shoulders width, the tongue put against the palate, the hands naturally hanging at the sides, the body relaxed and the mind calmed down and concentrated on the centers of the two palms. Turn the palms to face the front. Inhaling, slowly scoop Qi in front of the body with the hands and pour it into the head, then guide Qi to flow in the body, from head to epigastrium, with the hands; while exhaling, continue to lower the hands to hipbones, turn the fingertips forward to point at Laogong (P 8) at Yongquan (K 1), and imagine that the imported Qi is expelling the diseased Qi in the epigastrium to go down more than one meter deep into the ground through the two Yongquan points. Then turn the palm to face the front again to repeat the exercise for 15~30 inhalations and exhalations.

C. Points for Attention

1. Practise the prescribed exercises unremittingly, with firm confidence that Qigong exercises are helping cure the disease.

2. Pungent, peppery or greasy diet is restrained.

3. The Exercise for Importing Qi and Expelling Filth is an important exercise applied in expelling pathogenic Qi. After practising this exercise, the weaker patients should practise those exercises which have the effect of reinforcement. While reinforcing, take care not to let the pathogenic factors develop.

Carcinoma of the Large Intestines

Carcinoma of the large intestines, including carcinoma of colon and rectal carcinoma, is one of the common malignant tumors of the digestive tract. It ranks first in visceral malignant tumors in the north American countries and second in the Western European countries. In the United States, the incidence of carcinoma of large intestines has surpassed that of pulmonary carcinoma, being the most common visceral carcinoma.

A. Basic Qigong Exercises

1. The New Qigong Exercise for Treating Cancer [see "Pulmonary Carcinoma" A-(A)].

2. The Filth-Dispelling Exercise

(1) Preparation. Take the sitting or lying posture. Relax all over with the tongue against the palate, the eyes slightly closed, breath even, and distractions expelled.

(2) Filth Dispelling. Imagine that the vital Qi whirls in through the upper orifice of the stomach and circulates in void to get to the large intestines. Drive with will the noxious heat and filthy Qi to wind from left to right and revolve in the large intestines, and dispel them out of the anus. Practise this for ten respirations. Then, inhale and contract the anus gently to close it. Conduct the vital Qi to wind from right to left in the opposite direction and revolve out of the orifice of the stomach. Practise this for 5~10 times.

(3) Mind Concentration on Dantian. After practising the exercise, concentrate the mind on Dantian for a while to get the vital Qi back to its origin, then rub the abdomen, hands and face to end the exercise.

B. Supplementary Exercise

1. Patients of carcinoma of the large intestines with tenderness in the abdomen, stools with blood and pus, tenesmus and hot sensation at anus may practise the Exercise of Rubbing the Epigastric

Area and "Hu" Qi (see "Insomnia" B-4) in addition to the basic exercises.

2. Patients of carcinoma of the large intestines with the symptoms of distended and painful abdomen, diarrhea before dawn and exhaustion may practise the Exercise of Taking Essence from the Sun and Warming Yang (see "Retention of Phlegm and Fluid" B-1) and the Exercise of Taking Yellow Qi (see "Insomnia" B-2) in addition to the basic exercises.

3. Patients of carcinoma of the large intestines with the symptoms of painful abdomen, desire to defecate but with difficulty to pass, dizziness, dry throat and thirst with no desire to drink may practise the Exercise of Taking Essence from the Moon (see "Cough" B-2 (4)).

C. Points for Attention

1. Rational diet with more fresh vegetables, fruits, vitamins and fibrin is important.

2. If, during the period of exercising, the phenomena of abundant and filthy stools and enhanced physical strength and energy appear, it implies that the pathogens are being dispelled out of the body and the genuine Qi is reserved. Therefore, practice of the eligible exercises should be continued.

Prevention and Treatment of Gynecopathy

Nodules of Breast

Nodules of breast imply the nodular masses in the breast, which are usually round or elliptic, big or small, and are equivalent to breast fibroma and hyperplasia of mammary glands in modern Western medicine.

A. Basic Qigong Exercises

1. The Massage Exercise for Promoting Lactation

(1) Digital Acupoint Pressing. Press and knead, with the finger tips, the acupoints of Tanzhong (Ren 17), Rugen (St 18), Qimen (Liv 14) and Hegu (LI 4) mainly on the diseased side, followed by pressing and kneading the acupoints of Zusanli (St 36) and Sanyinjiao (Sp 6).

(2) Kneading and Twisting. Hold the diseased breast with one hand, knead and twist gently the nipple and areola with the other

(the fingers of which are put together), for 24 times.

(3) One-direction Wiping. Hold the breast with one hand, wipe (rub with moderate strength) the breast with the other from the diseased location towards the nipple, stroke by stroke in one direction, for 24 strokes.

(4) Pushing and Kneading. Gently knead the surrounding area of the mass with the palmar side of the four fingers other than the thumb Push and knead Tanzhong (Ren 17). push right and left first, followed by pushing downwards, then rotatively knead (clockwise) Tanzhong (Ren 17) for 24 rotations.

2. Pathogen-Expelling Exercise with "Chui" Pronunciation. Choose the sitting or standing posture with the body relaxed and the mind calmed down. Tap the teeth of the upper row with that of the lower, swallow the saliva and make the breath even. Choose antidromic abdominal respiration (new learners may choose others instead). Inhaling, concentrate the mind on the lower Dantian; while exhaling, guide Qi to flow upward from the lower Dantian to the diseased breast, and imagine that Qi rotates clockwise from the root of the breast to the nipple via the mass and is expelled out of the nipple, concurrently pronounce "Chui" with the rotating and expelling. Twenty four inhalations and exhalations are required.

B. Supplementary Exercises

1. Patients of the disease with the symptoms of emotional depression, breast distension and pain that varies with emotional changes may practise the Exercise for Soothing the Liver and Gallbladder (see "Hypochondriac Pain" A-1) in addition to the basic exercises.

2. Patients of the disease with the symptoms of distension and pain in the breast before menstruation, relief after menstruation, or abnormal menstruation may practise the Exercise for Regulating the Chong and Ren Channels (see "Dysmenorrhea" A) in addition to the basic exercises.

C. Points for Attention

1. Keep free from worry or anger, keep light-hearted and avoid pungent and peppery diet.

2. Keep the diseased breast clean and out of irritation.

Dysmenorrhea

Dysmenorrhea refers to pain in the lower abdomen before, during or after the menstruation period. The pain may radiate to the loins and sacral areas, become very severe, and occur periodically with the menstruation cycle. It is a common disease in gynecopathy and is seen more often in young women.

A. Basic Qigong Exercise

The Exercise of Regulating the Chong and Ren Channels

1. Choose the sitting posture. Sit on the anterior 1/3 portion of a chair, relax the whole body, inhale and exhale evenly, expel distractions, put the hands on the umbilicus (the left hand on top of the right and the Laogong points aiming at the umbilicus), and close the eyes slightly.

2. When inhaling, pull in the abdomen, contract the anus, pull up and contract the perineum and, at the same time, guide Qi to flow from the perineum to the lower Dantian; while exhaling, relax the anus and the lower abdomen. Repeat this contracting and relaxing for 30 minutes. The new learners may guide Qi to flow with mind concentration and with the help of respiration; while the veterans may guide Qi to flow only with mind concentration.

3. Press and knead the points of Guanyuan (Ren 4), Qihai (Ren 6), Shanyinjiao (Sp 6) and Neiguan (P 6) with the tip of a finger for 3 minutes respectively till an aching and swelling sensation is felt.

4. Guide Qi to Flow to Dantian. Sit still for a while, open the eyes, rub the palms with each other and rub the face 5~7 times with the warm palms.

B. Supplementary Exercises

1. Patients with dull pain in the lower abdomen prior to or after menstruation, less and light-colored menses, dim complexion and

lassitude may practise the Exercise of Taking Essence to Store Vitality in addition to the basic exercise.

The Exercise of Taking Essence to Store Vitality: lie on back in the bed, close the eyes and imagine that the sun, the moon and the stars are being taken into the body and stored in Dantian. Keep imagining for 15~20 minutes. Then, tap the upper teeth with the lower, rinse out the mouth with saliva, swallow the saliva in 3 times (1/3 for each time) and imagine that the saliva is being guided into Dantian with each swallowing. Concentrate the mind on Dantian for a while and imagine that Qi in Dantian circulates clockwise (the circles become smaller and smaller) for 36 circles.

This exercise is better to be practised during the period of 1~3 o'clock in the morning.

2. Patients with cold-pain in the lower abdomen before or during menstruation period, which may be relieved when the lower abdomen is warmed or press-kneaded, may practise the Exercise of Warming Dantian (see "Constipation" B-4) in addition to the basic exercises.

3. Patients with swelling pain in the lower abdomen before or during menstrual period and dark menses with clots (the discharging of which can bring about a relief of pain) may practise the Exercise of "Xu" Qi in addition to the basic exercises.

The Exercise of "Xu" Qi: lie on back, bend the knees, relax the whole body, get the respiration even, and put the hands on the Lower Dantian (one on top of the other and the center of the two palms pointing at the Lower Dantian). When exhaling, pronounce "Xu" and prolong the pronunciation as much as possible, then inhale. Repeat this for 24 respirations.

C. Points for Attention

1. The basic exercise may be practised on the days other than the menstruation period.

2. Pay attention to menstrual hygiene, keep the body warm, and keep a happy mood.

Abnormal Amenorrhea

Abnormal amenorrhea here implies that menarche does not appear in a young lady over 18 years of age, or that menses do come in a lady for some period of time but are broken off for more than three months.

A. Basic Qigong Exercises

1. The Exercise for Enriching Qi and Building Constitution

(1) This exercise is better to be done at midnight and at 12 o'clock at noon. The standing posture is usually chosen with the knees and hip joints bent, the abdomen slightly contracted, shoulders relaxed, elbows dropped and slightly bent on the sides, wrists and fingers natural, the chest pulled in, the back straightened, the chin pulled back, the feet put apart as the shoulders width, and the body weight mainly supported by the tiptoes and soles.

(2) The new learners may practise mind concentration on Dantian or on a scene for sometime to cultivate Qi and guide Qi flow with will. When inhaling, imagine that Qi flows upwards from the heels through the back side of the thighs into the Du Channel on the back, and continue to flow upwards to Baihui (Du 20); when exhaling, imagine that Qi flows downwards from Baihui (Du 20) to the Lower Dantian along the Ren Channel, then continue to flow downwards from Dantian to Yongquan points (K 1) through the inner sides of the thighs. A hot sensation can be felt at Dantian and Yongquan (K 1).

(3) Choose antidromic abdominal respiration. Inhaling, contract the abdomen and the anal sphincter; while exhaling, guide Qi to flow upwards from the heels to the perineum, then, with the help of contracting the anal sphincter and the hip muscles and of firmly touching the ground with heels and toes, guide Qi to continue to flow upwards with great momentum to Baihui (Du 20). Still then, guide Qi to flow downwards from Baihui (Du 20) to Yongquan (K 1) with

the help of swallowing movements. Better therapeutic result will be achieved when one feels all the pores and the whole body are clear and unobstructed. After this exercise, the Ascending, Descending, Opening and Closing Exercise (see "Pulmonary Corcinoma" A-9) should be practised to guide Qi to its origin.

2. The Exercise of Kneading the Abdomen to Invigorate Dantian

(1) Choose the sitting or standing posture. Put the right hand on the abdomen and the left hand on top of the right with all the inner and outer Laogong points (P 8) piling up and pointing at Guanyuan point (Ren 4). Gently press and knead the lower abdomen clockwise for 81 circles, then counterclockwise for another 81 circles, and concurrently get the body relaxed, breath even and natural and the mind concentrated on the Lower Dantian.

(2) Proceed from the last stance. Press and vibrate Guanyuan point (Ren 4) for 18 or 36 respirations. Make mind concentration on the lower Dantian.

B. Supplementary Exercises

1. Patients of 18 years or more with no menarche or with little menses followed by postponed and then broken-off menstruation, and with weakness, lassitude in the loins and knees, may practise the Exercise of Taking Essence to Store Vitality (see "Dysmenorrhea" B-1) in addition to the basic exercises.

2. Patients with no menses for several months, mental distress and lower abdominal pain and distension weary of touching may practise the Exercise of Soothing the Liver and Gallbladder (see "Hypochondriac Pain" A-1) in addition to the basic exercises.

C. Points for Attention

1. Enrich the diet by adding more high-protein and high-calorie food.

2. Keep light-hearted and promote self-cultivation of emotions.

Abnormal Menstruation

Abnormal menstruation here implies change of menses in terms of regularity, quantity, color and quality, including polymenorrhea, delayed menstruation, menstrual disorder, profuse menstruation and scanty menstruation. It may be classified into the category of emmeniopathy and remains one of the common diseases in gynaecology.

A. Basic Qigong Exercises

1. The Five-Step Exercise of Vitality Qi Flow (see "Edema" A-1).

2. The Exercise of Rubbing the Abdomen to Invigorate Dantian

- (1) Choose the sitting or standing posture. Put the left hand on the upper abdomen and the right hand on top of the left with the inner and outer Laogong points (P 8) piling up and pointing at Zhongwan point (Ren 12). Take normal respiration, concentrate the mind on Zhongwan point (Ren 12), and press and knead Zhongwan point clockwise for 81 rotations, then counterclockwise for another 81 rotations. Then, rub the abdomen clockwise for 36 rotations followed by rubbing counterclockwise for another 36 rotations, concurrently make mind concentration on the abdomen.

- (2) Choose antidromic or natural respiration and proceed from the last stance. Shift the hands onto the lower abdomen with the inner Laogong point (P 8) of the left hand covering Guanyuan point (Ren 4), concentrate the mind on Dantian and concurrently, press and knead the abdomen clockwise and counterclockwise for 81 rotations respectively. Then, gently tap Guanyuan point (Ren 4) with the five get-together finger tips, for 18 respirations.

B. Supplementary Exercises

1. Patients with the symptoms of preceded menstrual cycle, menorrhagia or scanty menstruation, light colored and thin menses, and lassitude may practise the Automatic Qi Circulation Exercise

(see "Diarrhea" B-1) in addition to the basic exercises.

2. Patients with delayed menstrual cycle, scanty menstruation, dark red and clotted menses, coldness and tenderness in the lower abdomen and preference for warmth may practise the Exercise of Warming Dantian (see "Constipation" B-4) in addition to the basic exercises.

3. Patients with preceded and delayed menstruations and difficulty in menstruation may practise the Exercise of Taking Essence to Store Vitality (see "Dysmenorrhea" B-1) in addition to the basic exercises.

Prolapse of Uterus

If the female's uterus slips out of place or the vaginal wall expands out, the illness is generally termed "Yin Ting" (prolapse of uterus) in traditional Chinese medicine. The other terms include "Yin Jun", "Yin Tou" and "Chan Chang Bu Shou". The victim may feel gravitational distension of the vagina or a mass slipping out of the vaginal orifice.

A. Basic Qigong Exercises

1. The Walking Exercise

(1) Preparation. Stand erect, put the feet at the shoulders width, pull in the chest slightly, erect the neck, concentrate the mind, slow down the respiration, close the eyes slightly or look ahead with eyes half closed, hang the arms naturally on the sides of the body and put the tongue against the palate.

(2) Patting Dantian in the Preparation Posture. Slightly clench the fists and sway the fists rightwards and leftwards. When swaying the fists rightwards, the upper body also leans rightwards to make the left fist patting Dantian in the lower abdomen and the back of the right fist patting Mingmen point (Du 4) in the back; when swaying leftwards, the manipulations should be vice versa. The

swaying frequency should be coordinated with that of the respiration. Repeat the swaying and patting for 12~36 times. After a period of such practice, the moving range of the arms and waist may be increased and, while swaying and patting, take a slow walking.

2. The Massage Exercise for Treating Hysteroptosis. Choose the supine-lying or sitting posture, concentrate the attention and normalize the breath.

(1) Put the middle finger of the left hand against the perineum, and the root of the left palm against the pubic symphysis. Inhaling, bulge the abdomen and lift the middle finger of the left hand upward for 3 times; while exhaling, relax the middle finger of the left hand. Repeat this manipulation for 3 respirations. Do the above with the right hand for another 3 respirations.

(2) Put the root of the left palm against the pubic symphysis and press and knead either clockwise or counterclockwise. More pressure is laid when the palm root is on the upper semicircle (of the kneading circles), for 10 circles. Repeat this manipulation for another 10 circles with the right hand.

(3) Put the two palms on the two groins respectively. Press upward and sideward with more pressure of the middle fingers of the two hands, for 10 times.

(4) Put the left hand on the right groin, press and rub the perineal area upward and leftward from the right groin to the left iliac crest, with more pressure on the middle finger. Repeat this manipulation for 10 times. Press and rub the perineal area with the right hand for another 10 times.

B. Supplementary Exercises

1. Patients with prolapse of the uterus (either protruding out of the vagina or not), tenesmus in the lower abdomen, lassitude and abundant leukorrhea may practise the Exercise of Regulating the Chong and Ren Channels (see "Dysmenorrhea" A) in addition to the basic exercises.

2. Patients with metroptosis, frequent urination, aching and weakness of the loins and knees, dizziness and tinnitus may practise the Exercise of Regulating the Uterus and Reinforcing the Kidney in

addition to the basic exercises.

The Exercise of Regulating the Uterus and Reinforcing the Kidney:

(1) Sit cross-legged with the right heel against the perineum, or sit on a chair, relax the whole body, expel distractions and, when inhaling, pull in the abdomen and imagine that the uterus is being lifted and held, then hold breath for a while. Repeat this for 18 respirations.

(2) Proceed from the last stance. Put the left hand on the back with the center of the palm covering Mingmen point (Du 4) and the right hand on the lower abdomen with the center of the palm covering Guanyuan point (Ren 4). Inhaling, slowly move the two hands along the subcostal line; while exhaling, get the two hands slowly back to their original places (Fig. 80). While moving the hands, concentrate the mind on the Qi flow in the Dai Channel. Repeat this for 18 respirations.

(3) Proceed from the last stance. Hold the right hand with the left, the left thumb pressing the finger-palm fold of the right palm, and the first segment of the thumb and the middle finger of the right hand touching each other. Keep this posture of the hands and put them near the lower abdomen. Rotate the upper body clockwise. When the body leans forward, inhale; when backward, exhale. Repeat the rotating for 18 respirations. Then change the hand posture vice versa and rotate the body counterclockwise for another 18 respirations (Fig. 81). While rotating the body, concentrate the mind on the Qi flow in the Dai Channel.

(4) Proceed from the last stance. Rub the hands with each other, then rub the two Shenshu points (UB 23) with the hands separately till the Shenshu areas get warmed. Take natural breath and concentrate the mind on Shenshu points (UB 23).

(5) Proceed from the last stance. Rub the points of Shangliao (UB 31), Ciliao (UB 32), Zhongliao (UB 33) and Xialiao (UB 34) and THE coccyx, from the upper points to the lower, with the minor thenar of the hands till these points get warmed. Take natural breath and concentrate the mind on these points.



Fig. 80

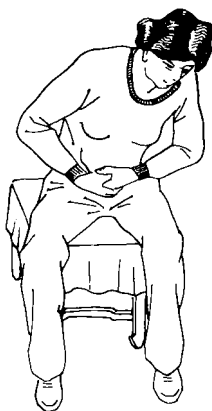


Fig. 81

C. Points for Attention

1. Sexual intercourse is prohibited during the course of treatment.
2. Keep the vulva clean to prevent infection.

Infertility

Infertility here implies the fact that a married female who stays with her healthy husband for more than 3 years without contraception fails to get pregnant, or does not get pregnant for more than 3 years after her previous pregnancy, delivery or abortion. The former is called primary infertility while the latter, secondary infertility.

A. Basic Qigong Exercises

1. The Exercise of Regulating the Chong and Ren Channels (see "Dysmenorrhea" A).

2. The Five-step Exercise for Vitality Qi Flow (see “Edema” A—1).

B. Supplementary Exercises

1. Patients of infertility with asexuality and lassitude in the loins and knees may practise the Exercise of Taking Black Qi (see “Edema” B—3) in addition to the basic exercises.

2. Patients of infertility with dysmenorrhea, mental depression and irritability may practise the Exercise of Soothing the Liver and Guiding Qi (see “Hypochondriac Pain” A—2) in addition to the basic exercises.

C. Points for Attention

1. The combination of the exercises with drug therapy can result in a better therapeutical efficacy.

2. Sexual activities should be limited and the patients should keep themselves optimistic and open-minded.

Menopausal Syndrome

Menopausal syndrome refers to a menopause-related group of symptoms occurring when the function of the ovaries has decreased in the menopausal period or when the ovary has been resected. These symptoms are different in severity, time of appearance and duration of presence. Normal life and work may be affected in severe cases.

A. Basic Qigong Exercises

1. The Exercise of Easing the Mind and Rejuvenating Oneself

(1) Preparation. Stand naturally with the feet apart at shoulders width, arms hanging gently on the sides of the body, breath natural and slow, the body relaxed, head lifted upright, neck straightened, inward vision made, the mind calmed and the face smiling, and recall the image at one's prime.

(2) Deep Breathing. Get calm in mind and take deep breathing (inhaling through nose and exhaling through mouth). When

inhaling, contract the perineum, anus and loins, shrink the shoulders, slowly lift the heels, raise the head a little, gently straighten the neck and bulge the chest and abdomen so as to take in more fresh air. When the inhaling is about to fulfill, turn the shoulders backwards to deepen the inhalation. Then, exhale slowly while lowering the heels, bending the knees, leaning forward (about 45°), slightly contracting the abdomen and hanging the hands in front of the body, and finally exhausting the filthy air from the body. One inhaling plus one exhaling is called one respiration. Resume the standing posture after practising for 8 respirations.

(3) Keeping Void and Calm. Proceed from the last stance. Get the body, limbs and viscera relaxed to create a void and calm state with the help of one's will. Inhaling, murmur "calming" and exhaling, murmur "relaxing". Psychosomatically relax all the parts from the head to the feet, especially the lower abdomen. After 8 such respirations, one may mentally calm down in a void state.

(4) Vibrating. Proceed from the last stance. Slightly bend the knees, contract the loins to drive the lower abdomen, then the viscera and the muscles, to vibrate. The vibration rate should be more than 164 times a minute. The vibration should be natural; the more one vibrates, the more relaxed and comfortable one may feel. Imagine that the disease is fading from one's body and mind along with the vibrations. Vibrate this way for 1~3 minutes and then resume the standing posture.

(5) Shoulder Movement. Proceed from the last stance. Take a relaxing and calming breath, followed by bending the knees, dropping the arms, slightly opening the mouth and moving the shoulders (the left shoulder should be turned forward and downward while the right shoulder backward and upward and the waist rightward). The radian of the movement of the left shoulder is about 60°. The turning of the two shoulders should be continued in the opposite directions, and when the two shoulders are at the same height again, they have already drawn a semicircle respectively. Then continue to move the shoulders; the right shoulder moves forward and downward, the left upward and backward, and the waist leftward. The

radian of the movement of the right shoulder is also about 60°. The orbit of the shoulder movement is like a “∞”, and the shoulder movement is mainly driven by turning the waist. Turn the waist leftward and rightward for 8 times respectively.

(6) Ending the Exercise. Proceed from the last stance. Put the palms together, raise them over the head, and simultaneously lift the heels and make an inhalation. Then lower the hands forward and downward to make a pose of Buddhist greeting. When the hands move in front of the lower abdomen, separate them sideways to end the exercise.

Usually, it takes about 8 minutes to practise the whole exercise.

2. The Exercise for Enriching Qi and Building Constitution (see “Abnormal Amenorrhea” A-1).

B. Supplementary Exercises

1. Patients with disorder in menstrual cycle, profuse or scanty menses, dizziness, tinnitus, dysphoria with feverish sensation in the chest, palms and soles, hectic fever and night sweating may practise the Expiration-and-Inspiration Exercise for Nourishing the Kidney in addition to the basic exercises.

(1) Posture. Choose the lying-on-back, lying-on-side or sitting posture with the whole body relaxed, distractions expelled, breath even, mind relaxed and calmed, and the tongue put against the palate.

(2) Tapping the Teeth, Stirring the Saliva with Tongue and Swallowing the Saliva. Tap the teeth of the upper row with that of the lower for 36 times, stir the saliva with the tongue turning 3 circles leftwards and 3 circles rightwards, swallow the saliva one third after one third, and guide with will the saliva to flow down to Dantian with each swallowing.

(3) Mind Concentration and Respiration. Choose the orthodromic or antidromic abdominal respiration which is required to become slow, thready, even and prolonged. The purpose of such practice is to cultivate Qi in Dantian. Concentrate the mind on Dantian when making such respirations.

(4) Qi Flow from Dantian to Yongquan (K 1): If the antidromic

abdominal respiration is adopted, pull in the abdomen, contract the anus and draw Qi both inside and outside the body into Dantian along with inhaling; bulge the abdomen, relax the anus and guide Qi in Dantian to flow downward to Yongquan points (K 1) while exhaling. The respiration should be made gentle and natural. Rigidity should be avoided.

2. Patients with profuse menstruation, menses light in color, thin leukorrhea, cold extremities and painful, cold loins and knees may practise the Exercise of Warming Dantian (see "Constipation" B-4) in addition to the basic exercises.

C. Points for Attention

1. Before choosing Qigong exercise therapy, a thorough clinical examination is needed to find out if there are organic diseases.

2. Properly limit the sexual activities during the exercises; raw, cold, pungent or peppery diet is contraindicated.

Mammary Cancer (Mastocarcinoma)

Mammary cancer, also called breast carcinoma, is one of the common malignant tumors in women. Its incidence is only second to that of cervical carcinoma.

A. Basic Qigong Exercise

The New Qigong Exercises for Treating Cancer (see "Pulmonary Carcinoma" A-(A)).

B. Supplementary Exercises

1. Patients of mammary cancer with the symptoms of distension and pain in the breast with palpable masses, emotional impetuosity or depression, vexation and bad temper may practise the Exercise of Soothing the Liver and Gallbladder (see "Hypochondriac Pain" A-1) in addition to the basic exercises.

2. Patients of mammary cancer with emaciated configuration, vertigo and lassitude may practise the Exercise of Taking Essence to

Store Vitality (see "Dysmenorrhea" B-1) in addition to the basic exercise.

C. Points for Attention

1. Practise the prescribed exercises 2~3 times a day, the movements of which should be gentle and slow.
2. Cultivate firm confidence and have optimistic morale in doing things.

Cervical Carcinoma

Cervical carcinoma is one of the most common malignant tumors in China, the incidence of which ranks first among all kinds of cancers in woman. Women over 20 years of age, who have abnormal vaginal discharge of leukorrhea and bleeding should seek earlier medical diagnosis. The symptoms in the early stage of the disease may include small amount of bleeding after sexual intercourse, abnormal bowel movement or fatigue, and increased amount of bleeding. As the disease develops, the leukorrhea may become filthy and mixed with blood, or become foul and mixed with sloughed pieces of objects. Lumbar and abdominal pain, frequent micturition, urgent urination and urodynia may appear in the late stage.

A. Basic Qigong Exercises

The New Qigong Exercise for Treating Cancer [see "Pulmonary Carcinoma" A-(A)]

B. Supplementary Exercises

1. Patients with emotional depression and vexation may practise the Exercise for Soothing the Liver and Gallbladder (see "Hypochondriac Pain A-1) in addition to the basic exercises.
2. Patients with profuse vaginal discharge of yellowish and foul whites may practise the Filth-Dispelling Exercise (see "Carcinoma of the Large Intestines" A-2) in addition to the basic exercise.
3. Patients with fatigue, weakness, lumbar pain, cold knees and

loose stools may practise the Exercise of Taking Essence from the Sun and Warming Yang (see "Retention of Phlegm and Fluid" B-1) in addition to the basic exercise.

4. Patients with vertigo, tinnitus, dysphoria with feverish sensation in the chest, palms and soles, dry mouth and constipation may practise the Exercise of Taking Essence from the Moon [see "Cough" B-2(4)] in addition to the basic exercise.

C. Points for Attention

1. Keep the perineum clean and wash it at least once a day. Sexual activities should be prohibited during the period of exercise treatment.

2. If profuse, filthy mixture of blood and whites is discharged from the vagina during the exercise treatment, and comfortable sensation is felt after the discharge, this suggests a good phenomenon of expelling pathogens out of the body. At this time, one should continue to practise the prescribed exercises and pay attention to the balance of "offence" and "defence".

Control of Diseases of the Nose, Ears and Eyes

Stuffy Nose

Stuffy nose refers to nasal obstruction, which is the symptom of many diseases. The Qigong exercise therapy introduced in this section is eligible for treatment of rhinitis (acute and chronic), atrophic rhinitis, allergic rhinitis and nasosinusitis (acute and chronic).

A. Basic Qigong Exercises

1. Pressing and Kneading Exercise for Relieving Stuffy Nose

(1) Choose the sitting, standing or lying posture with the mind calm, the body relaxed and distractions expelled.

(2) Rub Shaoshang points (Lu 11) of the two thumbs with each other, and rub the two sides of the nose with Shaoshang points (Lu 11) when they become warm. Take normal respiration and repeat the manipulations for 3 minutes.

(3) Inhale and exhale through the nose and get the respiration prolonged, even and thready. While inhaling and exhaling, the mind is concentrated on each inhalation and exhalation and the mind concentration and respiration should be coordinated. Continue respiration of this kind for 3 minutes. Then, take a "inhalation-interval-inhalation-exhalation" respiration. The first inhalation should be deepened and prolonged, and the interval is 2 seconds. The second inhalation should be shortened and hastened, and the exhalation should be slowed down. Take respiration this way for 3 minutes. Still then, concentrate the mind on respiration, imagining that the air is inhaled through the right nostril and exhaled through the left one. Take respiration this way for 3 minutes.

(4) Block the right nostril with the right thumb and inhale through the left nostril, then block the left nostril with the left thumb and inhale through the right nostril. Inhale this way for 36 times.

(5) Take antidromic abdominal respiration and inhale and exhale through nose and concentrate the mind on Dantian for 10 minutes.

(6) Rub the hands with each other, rub the face with the warmed hands and comb the head with the fingers.

2. The "Si" Qi Exercise (see "Tympanites" A-4).

B. Supplementary Exercises

1. Patients with headache, stuffy nose, watery nasal discharge, cough, thin sputum and abundant expectoration may practise the Daoyin Exercise of Holding Breath and Inducing Sweating (see "Common Cold" B-1).

2. Patients with headache, stuffy nose, yellow nasal discharge, cough and yellow sputum may practise the Daoyin Exercise of Expelling Pathogenic Wind from the Body Surface (see "Common Cold" A-2).

3. Patients with stuffy nose, lassitude, weakness and susceptibility to affection by exopathogen may practise the Exercise of Taking White Qi (see "Cough" B-2(3)).

C. Points for Attention

1. Wash the face with cold water every day to strengthen the re-

sistant ability of the body to cold.

2. Take deep and antidromic abdominal respiration as a frequent breathing exercise.

Deafness and Tinnitus

Deafness refers to hypoacusis of different degrees, including mild dysaudia and hearing disability. Tinnitus refers to the self-sensed ringing in the ears, which hinders hearing.

A. Basic Qigong Exercises

1. The Five-Step Exercise for Vital Qi Flow (see "Edema" A-1).

2. The Massage Exercise to Improve Hearing

(1) Preparation: Choose the sitting or standing posture, relax the whole body, listen to nothing, close the mouth and eyes, take normal breath and expel distractions.

(2) Beating the Heavenly Drum: Put the palms on the ears, one on each, with the Laogong points (P 8) covering the meatus tubes and the fingers covering the posterior side of the head. Put the index fingers over the middle fingers and slide the index fingers to knock the posterior part of the head. Repeat the knocking for 24 times.

(3) Pressing and Releasing the Auricles: Press the two auricles with the palms, one on each, then release the pressure. Repeat this pressing and releasing for 10 times. The pressing should be moderately tight and the releasing should be sudden.

(4) Massaging the Helixes: Slightly pinch the helixes, from the upper part to the lower, with the thumbs and index fingers. Repeat the pinching for about 24 times till the helixes get warmed.

3. The Daoyin Exercise for Improving Hearing

(1) Concentrating the Mind and Replenishing Qi: Choose the standing posture, relax the whole body, bend the elbows with the palms facing the ground, slightly pull in the lower jaw, and inhale

through the nose and exhale through the mouth. When inhaling, put the tongue against the palate, concentrate the mind on Dantian, turn the palms to face the sky and the finger tips of one hand to point at that of the other, and slowly lift the hands upwards to the height of Tanzhong point (Ren 17). When exhaling, turn the palms to face the ground, slowly lower the hands and imagine that Qi is flowing from Dantian to the hands. When the hands are lowered at the height of the lower abdomen, start another round of inhaling movement. Repeat this movement for 9 times, followed by falling down the arms and hands on the sides of the body.

(2) The Daoyin Exercise to Promote Qi Flow

① When inhaling, concentrate the mind on Dantian; when exhaling, lift the hands and bend the elbows slowly along the sides of the body, till the Laogong points (P 8) in the palms point at the ears (one to each). Imagine that Qi flows from Dantian to the two palms and then from the palms into the ears through the Laogong points (P 8). Then inhale and concentrate the mind on Dantian again. Repeat this for 36 respirations.

② Put the palms on the auricles with Laogong points (P 8) against the two meatus tubes (one on each) and the fingers covering the occiput and concentrate the mind on the ears. Take the hands off the auricles on a sudden, followed by patting the auricles gently. Repeat this for 36 times.

(3) Concentrate the mind on the Upper Dantian for 15 minutes, then imagine that Qi flows from the Upper Dantian to the Lower Dantian and concentrate the mind on the Lower Dantian for a while. Rub the palms with each other and rub the face with the warmed hands.

B. Supplementary Exercises

1. Patients with now-severe now-mild deafness and severe deafness occurring exactly after getting angry may practise the Exercise of Soothing the Liver and the Gallbladder (see "Hypochondriac Pain" A-1) in addition to the basic exercises.

2. Patients with severer tinnitus during the night, dizziness, aching and weakness in the loins and knees, and spermatorrhea,

may practise the Exercise of Taking Black Qi (see "Edema" B-3) in addition to the basic exercises.

3. Patients with severer tinnitus and deafness after exertion, lassitude, abdominal distension and loose stools may practise the Exercise of Taking Yellow Qi (see "Insomnia" B-2) in addition to the basic exercises.

C. Points for Attention

1. It is better to practise the Daoyin Exercise for Improving Hearing and the Five-step Exercise for Vital Qi Flow all together with priority given to the latter.

2. Keep a happy mood and have firm confidence in doing things.

Myopia

Myopia refers to the disorder with which the image is located in front of the retina. It is characterised by dim eyesight when the object is distant, and normal when near.

A. Basic Qigong Exercises

1. The Wudang Exercise of Improving Acuity of Vision

(1) Improving Acuity of Vision by Mind Concentration. Stand calm and still, take normal respiration, gaze into the sky for one minute, gaze on the floor for one minute, then sit on a chair and close the eyes. The sitting is special; the feet are put apart at shoulders width, the knees are bent to form a 30° angle, one third of the buttocks touches the chair, the two hands are put on the knees (one on each) with the fingers apart, the elbows are relaxed and the Lao-gong points (P 8) covering the knee caps. Gently close the eyes, slowly put the tongue against the palate, concentrate the mind on the Upper Dantian and imagine that the eyes are cool and refreshing and the eyesight enormously improved. Keep the posture and the state of mind for 2 minutes, then gently open the eyes.

(2) Improving Acuity of Vision by Gazing at an Object. Stand

naturally, put the tongue against the palate and concentrate the mind on Tianmu. Wildly open the eyes and gaze at a distant object for 30 seconds, then gaze at a near object for another 30 seconds. Repeat the distant and near gazing.

(3) Improving Acuity of Vision by Qi. Stand naturally first, then lift the left foot and take a big step forward and leftward. Put the tongue against the palate and slowly lift the hands upwards along the sides of the body. While lifting the hands, turn the palms slowly to face the sky, stretch the fingers, bend the elbows and concentrate the mind on Laogong points (P 8). Continue to lift the hands, close the eyes, draw the hands near the eyes (5 cm in distance), aim the Laogong points (P 8) at Zanzhu (UB 2), Yuyao (Extra 3) and Sizhukong (SJ 23) and imagine that Qi flows from Laogong points (P 8) into them for 15 seconds respectively. Then slowly put down the hands and repeat the exercise for 12 times, followed by covering the eyes with the palms with the fingers upward and Laogong points (P 8) touching the eye balls, and silently counting numbers from 1 to 30. It is required to follow the prescribed order in ending the exercise; lower down the palms along the cheeks and put together the palms (as the Buddhist greeting), then turn the hands downward, with the fingers pointing at the floor, in front of the chest. Separate the palms when they are lowered at the height of the waist and drop the hands on the body sides. Open the eyes slowly.

(4) Contracting and Relaxing the Eyeballs with Breathing. Stand naturally, put the feet apart at shoulders width, put the tongue against the palate and concentrate the mind on the two eyeballs. Inhale through the nose and exhale through the mouth. While inhaling, contract the eyeballs; while exhaling, relax the eyeballs. Repeat the contracting and relaxing for 36 times.

(5) Pressing Body Points and Breathing. Choose the sitting posture with eyes closed, mind concentrated on the eyes, tongue put against the palate and breath natural.

① Pressing Zanzhu Points (UB 2); Press and release Zanzhu points (UB 2) with the tip of the thumb (one on each). Press the points while inhaling; release them while exhaling. Gentle manipu-

lation is needed at the beginning. Repeat the pressing and releasing for 36 times, followed by gentle kneading for 36 times.

② Pressing Jingming Points (GB 1): Press and release Jingming points (GB 1) with the tip of the index fingers (one on each). Press the points while inhaling; release them while exhaling. Repeat the pressing and releasing for 36 times, followed by gentle kneading for 36 times.

③ Pressing Sizhukong Points (SJ 23): Press and release Sizhukong points (SJ 23) with the tip of the thumbs (one on each). Press the points while inhaling; release them while exhaling. Gentle manipulation is needed at the beginning. Repeat the pressing and releasing for 36 times, followed by gentle kneading for 36 times.

④ Pressing Tongziliao Points (GB 1): Press and knead Tongziliao points (GB 1) with the tip of the thumbs (one on each) clockwise for 18 times and counterclockwise for 18 times. Imagine that the outside fresh Qi is flowing into these points.

⑤ Pressing Tianying (Ashi) Points: Press and release these points with the tip of the thumbs. Press them while inhaling; release them while exhaling. Repeat the pressing and releasing for 36 times, followed by gentle kneading for another 36 times.

⑥ Pressing Jingming Points (GB 1): Press and release these points with the tip of the thumbs (one on each). Press them while inhaling and release them while exhaling for 36 times, followed by gentle kneading for another 36 times.

⑦ Pressing Chengqi Points (St 1): Press and release these points with the tip of the index fingers (one on each). Press them while inhaling and release them while exhaling. Repeat the pressing and releasing for 36 times, followed by gentle kneading for another 36 times.

⑧ Pressing Sibai Points (St 2): Press and release Sibai points (St 2) with the tip of the thumbs (one on each). Press them while inhaling and release them while exhaling. Repeat the pressing and releasing for 36 times, followed by gentle kneading for another 36 times.

⑨ Turning the Eyeballs: Close the eyes with concentrated atten-

tion. Turn the eyeballs leftward and rightward for 14 times, followed by fixing the attention for a while. Then, open the eyes on a sudden and gaze at the front for 30 seconds.

⑩ Pressing Taiyang Points (Extra 2): Close the eyes, fix the attention and take natural breath. Gently knead Taiyang points (Extra 2) with the thumbs (one on each) for 36 circles.

⑪ Rubbing the Face and Head: Rub the palms each other till they get warmed. While inhaling, rub with the palms the face and head upward from Chengjiang point (Ren 24) to Baihui point (Du 20) via the nasal crest, then downward from Baihui point (Du 20) to the back of the neck via Fengchi points (GB 20), still then forward from the back of the neck to Chengjiang point (Ren 24) via the cheeks. While inhaling, rub the palms again. Repeat the rubbing for 36 times.

⑫ Ending the Exercise: Close the eyes, press Taiyang points (Extra 2) with the thumbs (one on each) and concurrently knead the eyelids gently with the index fingers (one on each) for 16 times. Open the eyes and stand up.

2. The Qigong Dirigation Exercise of Improving Acuity of Vision

(1) Stand still and calm, put the feet apart at shoulders width, drop the hands on the body sides naturally, erect the neck as if supporting an object on the head, pull in the chest, straighten the back, relax the loins and knees, look forward and take breath naturally.

(2) Look straightly forward, gaze at a near object, then a distant object, still then the infinite distance. Rotate the eyeballs clockwise and counterclockwise for 4 times respectively.

(3) Look straightly forward at the distance. Turn the neck leftward and rightward (the eyesight follows the turning accordingly) for 4 times respectively. Inhale while turning sideward and exhale while turning forward.

(4) Lift the hands in front of the chest with palms facing the body, pull the elbows backward and bulge forward the chest while inhaling (Fig. 82); relax the back and arms while exhaling. Repeat this procedure for 8 times.

(5) Press Jingming Points (UB 1) with the thumbs (one on each), concentrate the mind on the eyes, gently press the points (Fig. 83) while inhaling; gently squeeze the eyeballs and pronounce "Xu" while exhaling. The pressing should be slow and gentle only to get a sensation of aching swelling, with no pain.

(6) Put the thumbs on the points located on the middle of the superciliary arch (one on each), concentrate the mind on the eyes. Gently press the points while inhaling; gently squeeze the eyeballs and pronounce "Xu" while exhaling. The pressing should be slow and gentle only to get a sensation of aching swelling, with no pain.

(7) Put the tip of the middle fingers on the points located on the outer 1/4 of the lower edge of the eye orbits (one on each), while gently press Sizhukong points (SJ 23) with the tip of the index fingers (one on each). Gently press the points covered by the tip of the middle fingers while inhaling; squeeze the eyeballs gently and pronounce "Xu" while exhaling (Fig. 84).

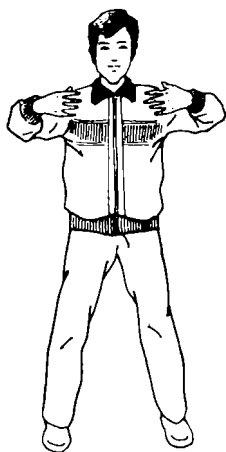


Fig. 82

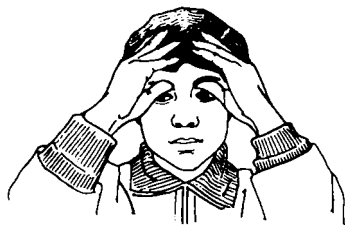


Fig. 83



Fig. 84

(8) Close the eyes and put the tip segment of the index, middle
180

and ring fingers of the hands on the eyelids (three on each). Rotate these fingers gently clockwise and counterclockwise for 8 circles respectively. Take natural respiration while rotating.

(9) Rub and rotate the face with the palms, forward and backward, for 8 times respectively. Take natural breath.

(10) Close the eyes gently, lift the hands in front of the chest with the palms facing upward and elbows bent. Continue to lift the hands and bend the elbows to make the center of the palms pointing at the eyes (one at each, Fig. 85). While inhaling, concentrate the mind on the eyes and draw the palms near the eyes (4 cm in front of the eyes); while exhaling, concentrate the mind on the palms and lower the palms to the height of the epigastrium. Repeat the procedure for 8 times, then drop the hands to the sides of the body.

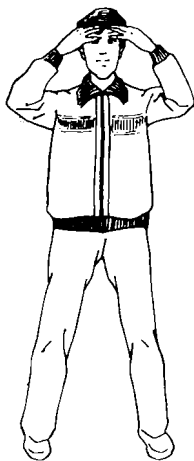


Fig. 85

B. Points for Attention

1. Practise the prescribed exercises twice every day, once in the morning, once in the evening.
2. Avoid long-time reading. In case of ophthalmokopia (eye fatigue), practise the introduced exercises (part or whole).
3. The body posture of reading and writing should be correct and the light should be bright enough.

Prevention and Treatment of Surgical and Traumatic Diseases

Intestinal Obstruction

That substances in the intestinal cavity can not smoothly pass through the intestinal tract is called intestinal obstruction. Clinically, it is one of the common acute abdominal diseases.

A. Basic Qigong Exercises

1. The Daoyin Exercise for Removing Stagnation

(1) Lie on back, loosen the belt and buttons and slightly close the eyes. While inhaling, put the tongue tip against the palate, murmur “calming” and guide Qi with will to flow upwards from Changqiang point (Du 1) to Baihui point (Du 20) along the Du Channel; while exhaling, murmur “relaxing”, put down the tongue tip and guide Qi to flow downwards along the Ren Channel from Baihui (Du 20) to Dantian, on which the mind is then concentrated. The respiration should gradually be regulated to become thready, even, deep and

long.

(2) Put the hands on the abdomen (one on top of the other, the right on top of the left for men and the left on top of the right for women), rub the abdomen clockwise, with Dantian as the center of a circle, for 36 circles. These radiuses of the circles should become longer and longer, till reaching the xiphoid process in the upper margin and the pubic symphysis in the lower margin. Then rub the abdomen counterclockwise, with Dantian as the center, for another 36 circles, the radiuses of which should become shorter and shorter, till the hands return to their original place (Dantian). Make mind concentration on Dantian for a while, followed by rubbing the hands each other and rubbing the face with the hands to end the exercise.

2. The Abdominal Exercise (see "Abdominal Pain" A-1).

B. Supplementary Exercises

1. Patients with the symptoms of abdominal pain, vomiting, absence of wind passing, lack of desire of bowel movement and chronic recurrent attacks may practise the Exercise of Rubbing the Abdomen for Removing Stagnation:

(1) Lie on back with a pillow placed under the shoulders, stretch the lower extremities, calm the mind, expel distractions, relax extremities and make 20 deep antidromic abdominal respirations. Then put the hands on Jueque point (Ren 14) and Youmen points (K 21) and press and knead these two points clockwise and counterclockwise for 30 circles respectively, with mind concentrated on the moving hands. Still then, put the left hand on the root of the left thigh, put the right hand on Shangwan (Ren 13), Zhongwan (Ren 12) and Xiawan (Ren 10) and gently knead and rub the three points, with Zhongwan as the center, clockwise and counterclockwise for 30 circles respectively, followed by 20 deep respirations.

(2) Press forcefully Jueque point (Ren 14) with the two thumbs, Shangwan (Ren 13) with the two index fingers, Zhongwan (Ren 12) with the two middle fingers and Xiawan (Ren 10) with the two ring fingers. With the forceful and still pressure of these fingertips, take deep breaths for 20 inhalations and exhalations respectively, followed by sudden release of the pressure. Then push, with the

two palms, downwards from Juche (Ren 14) to Shenque (Ren 8) for 30 times.

(3) Press Shenque point (Ren 8) with the two thumbs and Guanyuan point (Ren 4) with the two middle fingers, take deep breath of 20 inhalations and exhalations respectively. Release the pressure slowly and put the hands (one on top of the other) on Shenque point (Ren 8), knead and rotate this point clockwise and counterclockwise for 20 times respectively.

(4) Press Chongmen (Sp 12) points with the two palms respectively. While inhaling, press and pull these points towards Guanyuan (Ren 4); while exhaling, press and push these points back to the original places. Repeat the press-pulling and press-pushing for 30 times respectively. Then put the hands on the two sides of the lower abdomen respectively. While exhaling, push obliquely towards Qugu point (Ren 2) with moderate strength; while inhaling, pull back to the original places. Repeat the pushing and pulling for 30 times respectively.

2. Patients with intermittent abdominal pain, onset of pain after fatigue or exertion and difficult bowel movement of dry or loose stools may practise the Massage Exercise for Facilitating Defecation (see "Constipation" A-2) in addition to the basic exercises.

3. Patients with severe abdominal pain, fixed location of pain, and aggravated pain following food intake or physical exercise may practise the Daoyin Exercise of Regulating the Spleen and the Stomach (see "Gastralgia" B-3) in addition to the basic exercises.

C. Points for Attention

1. Pay close attention to the clinical development of the disease. Medical or surgical intervention should be sought in case the symptoms and signs of necrosis of the intestines, perforation of the intestines, peritonitis, etc. appear.

2. Find out the reason and the location of the obstruction with the help of physical and chemical examinations, and have a clear idea of the disease during the exercise.

Angiitis

Angiitis is also called thromboangiitis obliterans or Buerger's disease, the symptoms of which are pain, gangrene or even slough of the toes and fingers. It usually occurs in the tips of fingers or toes (more often in toes). The symptoms of the first stage include intolerance of cold, pale color and numbness of the toes (or fingers) and intermittent claudication. At a later stage, pain will occur and the condition may become more severe. Without proper treatment, the affected toes (or fingers) may become black and necrotic, or even sloughed off.

A. Basic Qigong Exercises

1. Psychosomatic Relaxation Exercises

(1) The Three-line Relaxation Exercise. Relax the body, part by part, along three lines on the body.

The first line; top of the head→lateral sides of the head→lateral sides of the neck→two shoulders→two upper arms→two elbows→two forearms→two wrists→two hands→fingers of the hands.

The second line; top of the head→face→anterior sides of the neck→chest→abdomen→anterior sides of the two thighs→anterior sides of the knee joints→anterior sides of the two legs→dorsal sides of the feet→toes of the two feet.

The third line; top of the head→posterior sides of the head→posterior side of the neck→back→posterior side of the waist→posterior sides of the two thighs→posterior sides of the knee joints→posterior sides of the two legs→the two feet→the two soles.

The psychosomatic relaxation should be done part after part along the lines mentioned above, starting from the first line. When practising the relaxation exercise along a line, concentrate the attention at the first part in that line and silently murmur "relaxing", then the next, till the last part. After relaxing all parts of the first line, concentrate the mind on the middle fingers for a while. When the

second line is completed, concentrate the mind on the big toes and when the third line is completed, concentrate the mind on the center of the soles.

Concentrate the attention at the umbilicus for a while after relaxing all parts on the three lines of each round. Two or three rounds of such practice are enough for one time. Calm down for a while before ending the exercise. When silently murmuring "relaxing", sense the happy relaxation at that part. Never mind whether the sensation of relaxation is strong or mild. The murmuring of "relaxing" should be moderate in prolongation; shorter prolongation may cause malaise in the head, longer prolongation may cause dizziness.

(2) Other Psychosomatic Relaxation Exercises

① The Psychosomatic Relaxation by Segments of the Body: Relax the whole body segment by segment, which includes two routes: *a.* the head→the shoulders and hands→the chest→the abdomen→the legs→the feet; *b.* the head→the neck→the upper limbs→the chest, the abdomen, the back and loins→the thighs→the legs→the feet.

Fix the attention at one segment and simultaneously say "relaxing" silently for 2~3 times before shifting to the next segment of that route. Repeat the relaxation of all the segments of a route for 2~3 times.

② The Local Psychosomatic Relaxation: After making general relaxation, specifically concentrate and relax the diseased or tense part.

③ The General Psychosomatic Relaxation: Relax the body as a whole, which includes three ways: *a.* psychosomatically relax the whole body from the head to the feet as if taking a shower; *b.* psychosomatically relax the whole body from inside to outside; *c.* psychosomatically relax the whole body along the three lines (see A-1 (1) in this section), one after another without intervals.

2. The Exercise of Regulating Qi and Concentrating the Mind on the Feet

(1) Lie on back, close the mouth and eyes, put the tongue

against the palate and place the hands on Dantian (one on top of the other). Relax the whole body for three times, followed by concentrating the mind on the toes.

(2) While inhaling, psychosomatically guide Qi and blood to flow from the toes to the lower Dantian along the inner side of the lower limbs; while exhaling, guide Qi and blood back to the toes along the outer side of the lower limbs. Repeat this for 36 respirations.

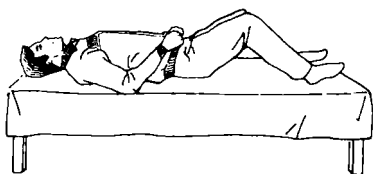


Fig. 86

(3) Proceed from the last stance. Put the hands on the sides of the abdomen and clench the fists. While inhaling, concentrate the mind on Dantian, slowly bend the lower limbs and tightly clench the fists (Fig. 86); while exhaling, concentrate the mind on Yongquan points (K 1), stretch the lower limbs and relax the fists. Repeat this for 12 respirations.

(4) Concentrate the mind on the Lower Dantian for a while to end the exercise.

B. Supplementary Exercises

1. Patients with intolerance to cold, lassitude, cold and numb diseased limbs and pale skin may practise the Exercise of Strengthening Qi and Invigorating Yang (see "Asthma" B-1) in addition to the basic exercises.

2. Patients with dark-red skin and swelling in the diseased limb, necrosis or ulceration with pus and foul smell and severe burning pain may practise the Exercise of Promoting Qi to Dispel Poison in addition to the basic exercises.

The Exercise of Promoting Qi to Dispel Poison: Choose the sitting or supine-lying posture, concentrate the mind on Dantian and

regulate the breath. While exhaling, imagine that Qi flows from Dantian to the diseased limb and toes and concurrently imagine that the poison in the diseased limb is dispelled out of the toes; while inhaling, imagine that Qi flows from Yongquan (K 1) to Dantian. Repeat this for 8~10 respirations. Practise this exercise once every day till fresh tissues grow.

3. Patients with dark-red or purple-red skin of the diseased limb, darkened color of the diseased limb in a standing or sitting posture and intermittent claudication may practise the Massage Exercise with Qi Promotion:

(1) Sit on a chair or sit on the bed with the legs stretching straight, relax the whole body, take natural breath and concentrate the mind on the palms. Rub the abdomen clockwise and counter-clockwise for 36 circles respectively, followed by rubbing the lumbosacral portions till they get thoroughly warmed.

(2) Regulate the breath to normal and put the tip of the middle fingers on Qichong points (St 3). While inhaling, press the points; while exhaling, release the points. Repeat the pressing and releasing for 8~10 respirations. Then, press and knead Biguan (St 31), Futu (St 32), Jimen (Sp 11), Fenglong (St 40), Jiexi (St 41), Chongyang (St 42), Taichong (Liv 3) and Xingjian (Liv 2); hold and squeeze Xuehai (Sp 10), Liangqiu (St 34), Yinlingquan (Sp 9) and Yanglingquan (GB 34). Press-knead and hold-squeeze the prescribed points one by one from the upper to the lower for 3~5 times.

(3) Put the hands on the inner sides of the ankles (one on each) of the lower limbs. While inhaling, rub the lower limbs from the ankles to the groins along the inner sides of the legs and thighs and simultaneously imagine that Qi and blood flow along with the movement of the palms; while exhaling, rub the outer sides of the lower limbs from the upper part of the thighs down to the dorsal part of the feet and imagine that Qi and blood flow along with the palm movement. Repeat the rubbing for 8~10 respirations.

(4) Pat the inner and outer sides of the lower limbs with the hands.

4. Patients with dry skin, desquamation, thickened nails of the toes, difficulty in healing the lesion, wan and sallow complexion and lassitude may practise the Exercise of Taking Essence to Store Vitality (see "Dysmenorrhea" B-1) in addition to the basic exercises.

C. Points for Attention

1. Strictly prohibit smoking and keep the body warm, especially the diseased limb.

2. Wash the feet with warm water and dry them immediately after that. It is not advisable to compress or wash the diseased limb with very hot water.

3. Mycotic infection between the toes or around the toenails may bring negative effect on angiitis and should be prevented and treated.

Acute Mastitis

Acute mastitis called in Western medicine is named mammary carbuncles in traditional Chinese medicine. It is an acute suppurative inflammation, usually in women at lactation period, especially in the primipara 3~4 weeks after birth.

A. Basic Qigong Exercises

1. The Massage Exercise for Promoting Lactation (see "Nodules of Breast" A-1).

2. The Relaxation Exercise for Dissolving the Mammary Mass

(1) Choose the standing or sitting posture, relax the whole body, get the breath even, slightly close the eyes and mouth and put the tongue against the palate.

(2) Proceed from the last stance. Inhaling, concentrate the mind on the top of the head; exhaling, concentrate the mind on the overall relaxation of the whole body from the head to the feet. Repeat this for 5~7 times.

(3) Proceed from the last stance. Take natural breath, concen-

trate the mind on the mammary mass for a while and imagine that the mass gradually dissolves into fluid. Get the breath even and, while inhaling, concentrate the mind on the softened mass; while exhaling, imagine that the dissolved mass (fluid) is being expelled out of the nipple. Repeat this for 10~20 respirations.

(4) Concentrate the mind on the overall relaxation of the whole body from the head to the feet for 3~5 times, followed by concentrating the mind on Yongquan points (K 1) for 5~10 minutes.

B. Supplementary Exercises

1. Patients with swelling, distended and painful breast, difficulty in secretion of milk and fever and chills may practise the Massage Exercise for Soothing the Breast in addition to the basic exercises.

The Massage Exercise for Soothing the Breast:

(1) Choose the sitting posture, relax the whole body and store Qi in Dantian. Inhaling, concentrate the mind on Dantian; exhaling, concentrate the mind on the hands.

(2) Gently knead Rugen point (St 18) and Tianxi point (Sp 18) of the diseased breast with one finger for a while, then press and release Tanzhong point (Ren 17), Ganshu points (UB 18) and Qimen points (Liv 14) respectively with the tip of a finger. Hold the nipple of the diseased breast with the thumb and the index finger of one hand and support the breast with the rest three fingers. Gently knead and twist the breast with that hand for 3 minutes, followed by gently pulling the nipple for 12 times.

(3) Pull the nipple of the diseased breast gently with the thumb and the index finger of one hand, put the other hand on the mass and slowly push and knead the mass centripetally, till the mass becomes softened. Then gently push the diseased breast from the root to the nipple for 36 times.

(4) Push the chest and abdomen from Tanzhong point (Ren 17) down to Dantian, with the two hands (one on top of the other), for 36 times, concentrate the mind on Dantian for 5 minutes, rub the palms with each other and rub the face with the warmed palms.

2. Patients with ulceration, thin pus, difficult pus drainage, difficult healing and lassitude may practise the Five-step Exercises for

Vital Qi Flow (see "Edema" A - 1) in addition to the basic exercises.

C. Points for Attention

1. If milk constantly comes out from the wound, use a cotton pad to absorb the milk and avoid milk stagnation in the wound.
2. Keep the breast clean. Apply a breast pump or massage manipulations to help milk discharge.
3. Keep a happy mood. Prohibit raw, cold and pungent diet.

Hernia

The condition that the objects in the abdominal cavity slide down into the scrotum when a man stands or walks and return back into the abdominal cavity when he lies down is called hernia, also named abdominal external hernia, which may happen in men of any age.

A. Basic Qigong Exercises

1. The Breath-Holding, Expiring and Inspiring Exercise

(1) Choose the sitting or lying-on-back posture. Relax all over, slightly close the eyes, put the tongue against the palate, expel distractions and make deep respirations. While inhaling, take in a great amount of fresh air, swallow it and guide it by will to flow down to Dantian; while exhaling, slightly contract the pudendum and the anus, divide by will the Qi in the thoracic cavity into two parts, filthy and fresh. Expel the diseased Qi slowly through the nose and send the fresh Qi to Dantian. When inhaling again, relax the pudendum and the anus and do the same as described above. Repeat this for 7~9 inhalations and exhalations, followed by concentrating the mind on Dantian for a while.

(2) Proceed from the last stance. While inhaling, draw with will the objects in the scrotum into the location of Dantian, then hold breath; while exhaling, slightly contract the pudendum and the anus and concentrate the mind on the movement of Qi at Dantian. Repeat this for 49 inhalations and exhalations respectively.

(3) Breathe evenly and concentrate the mind on Dantian for 10~15 minutes.

2. The Massaging Exercise for Regulating Qi

(1) Sit on the bed with the two lower limbs stretched and straightened, body relaxed, hands (one on top of the other) covering the Lower Dantian and mind concentrated on the centers of the palms. Press and knead the lower abdomen counterclockwise for 36 circles.

(2) Put the tips of the two middle fingers on Shuidao (St 28) with mind concentrated on the two finger tips. Inhaling, press the point with the two finger tips; while exhaling, release the pressure. Repeat the pressing and releasing for 12 times respectively. Repeat the same exercises in the same way for the same times at Guilai (St 29) and Qichong (St 30) respectively. Rub the above-mentioned three points respectively with hypothenars of the two palms, on which the mind is simultaneously concentrated. When rubbing downward, the manipulation is lighter; when rubbing upward, the manipulation is heavier. Rub downward and upward for 36 times respectively.

(3) Press and knead, with the nails of the two thumbs, Dadun (Liv 1) and Taichong (Liv 3) points respectively for 1~3 minutes till the sensation of aching pain and distension is felt (Fig. 87) and simultaneously concentrate the mind on the two thumb nails.

(4) Concentrate the mind on the two palms, rub the inner sides of the lower limbs from below to the groins. Separate the thighs, hold and push with the index, middle and ring fingers the testicles into the hernia ring; knead and rub gently the hernia ring with the index, middle and ring fingers for 3~5 minutes, and con-

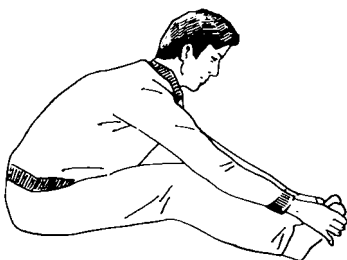


Fig. 87

concentrate the mind on the sensation of the manipulations.

(5) Proceed from the last stance. Put the hands on Dantian (one on top of the other), rub and knead Dantian counterclockwise for 36 circles, then clockwise for another 36 circles. Finally, concentrate the mind on Dantian for a while to end the exercise.

B. Supplementary Exercises

1. Patients with hard and cold mass in the inguinal region, dragging pain of the testicles, preference for warmth and intolerance of cold may practise the Exercise of Warming up Yang and Dispelling Cold in addition to the basic exercises.

The Exercise: Choose the sitting or supine-lying posture with mind calmed down. Imagine that the practitioner himself is on a vast, warm and windless seashore, that all the joints and muscles of the body are totally relaxed, that the morning sun at seven or eight shines upon the body and the warmth is penetrating into all parts of the body, which make the body warm and comfortable, and that all the Yang Qi in the body is collected and concentrated at Dantian, enabling Qi at Dantian to become warm and sufficient. Concentrate the mind on Dantian for a while. Regulate the breath to get it even. Exhaling, imagine that a warm flow of Qi runs from Dantian to the tiptoes along the lower limbs; inhaling, imagine that the warmth runs back to Dantian through the original path. Repeat this for 24 inhalations and exhalations respectively. Concentrate the mind on Dantian for a while to end the exercise.

2. Patients with changeable size of the mass upon exertion, pale complexion, dyspnea upon exertion, dizziness, lassitude and weakness may practise the Exercise for Enriching Qi and Building the Constitution (see "Abnormal Amenorrhea" A-1) in addition to the basic exercises.

3. Patients with swelling pain in the lower abdomen or in the scrotum, uncomfortable stagnation of the mass and worsening of the symptoms upon emotional irritation may practise "Xu" Qi Exercise (see "Tympanites" A-1) in addition to the basic the Exercises.

C. Points for Attention

1. Keep the abdomen warm and restrain raw and cold foodstuffs.

2. If the protruded object fails to turn back into the lower abdomen by itself, and there is no pain and vomiting, reposition can be achieved by supporting the protruded object with two hands and slowly push it back into the lower abdomen in the opposite direction of the protrusion. Close attention should be paid to the status after reposition. If the symptoms of abdominal pain, vomiting, etc. occur, medical treatment should then be sought.

3. Belt fixation may be applied in cooperation with Qigong exercises. The simple belt fixation is applied as follows: fold a cotton belt in the middle, put the folded end of the belt against the internal ring of the hernia and the other end around the groin and hip and passing through the folded end, and finally fixed on the back of the waist.

Chronic Prostatitis

Chronic prostatitis, usually classified into non-bacterial and bacterial, is characterized by the following symptoms: dribbling of white secretion at meatus urinarius, sexual disorder, malaise or pain at perineum, radiation pain in the testicles, difficulty in urination, frequent micturition, urodynia and urgency of urination in some cases.

A. Basic Qigong Exercises

1. The Exercises of Warming Dantian and Directing the Flow of Qi

(1) Choose the sitting or standing posture with the body relaxed, distractions dispelled, breath even, hands put on the Lower Dantian (one on top of the other), ears hearing nothing, field of vision shortened, eyes slightly closed and mind concentrated on Dantian.

(2) Imagining that there is a warm air mass (Qi) in Dantian which rotates, slowly and evenly, clockwise for 24 circles and counterclockwise for 24 circles. Direct the mass of Qi to the perineum, get it warmed and to move up and down. Get the breath even. Inhaling, direct the warm air mass with will to move upward from the perineum to Dantian, simultaneously contract the anus gently and

imagine that the testicles driven by the warm mass of Qi move into the abdominal cavity; while exhaling, imagine that it slowly returns to the perineum. Relax the perineum and the anus at the same time. Repeat the inhalation and exhalation for 72 times respectively.

(3) Set mind concentration on Dantian and guide Qi at Dantian to circulate clockwise and counterclockwise for 24 circles respectively. The circulating speed should become faster and faster and the circles smaller and smaller as Qi circulates.

2. The Exercise for Strengthening the Loins and Invigorating the Kidney Function

(1) Lie on back with the lower limbs bent, hands (one on top of the other) put on Dantian and mind concentrated on the palms and the sensation beneath them.

(2) Knead and rub the abdomen clockwise and counterclockwise for 36 circles respectively with increasing strength. While exhaling, push and rub, with the two palms, the abdomen from the xiphoid process to the pubic symphysis to send the vital Qi into Dantian, for 36 times.

(3) Hold the testicles with the two hands, gently twist and knead the testicles for 50~100 times, and concentrate on the sensation produced by the hand manipulations to the testicles and the Laogong points (P 8).

(4) Proceed from the last stance. Sit up with the lower limbs stretched and breath even. While exhaling, push and rub with the two hands the inner sides of the thighs from the groins to Xuehai (Sp 10); while inhaling, from Xuehai (Sp 10) to the groins. Squeeze and press the testicles obliquely along the inguinal direction, and hold breath for a while till the sensation of swelling distension occurs in the testicles. Repeat this for 24 inhalations and exhalations respectively.

(5) Proceed from the last stance. Concentrate the mind on the tips of the two middle fingers and put them against Mingmen (Du 4). While inhaling, murmur the words of "strengthening the loins" and release the finger tip pressure; while exhaling, press Mingmen (Du 4) and murmur "invigorating kidney function", and imagine

that the vital Qi is penetrating into the point. Repeat this for 10~20 inhalations and exhalations respectively. Finally, concentrate the mind on Dantian and rest quietly for a while to end the exercise.

B. Supplementary Exercises

1. Patients with the symptoms of pain in the lower abdomen and lumbosacral portion, lassitude, languor, spermatorrhea, impotence and prostermia may practise the Exercise of Taking Black Qi (see "Edema" B-3) or the Iron Crotch Exercise (see "Impotence" A-1) in addition to the basic exercises.

2. Patients with the symptoms of dropping and swelling pain in the lower abdomen and perineum, hematuria, purplish dark tongue or tongue with ecchymosis may practise the Automatic Qi Circulation Exercise (see "Diarrhea" B-1) in addition to the basic exercises.

3. Patients with the symptoms of pain in the lower abdomen, frequent micturition, urgency of urination, burning sensation in the penis and yellow, turbid urine may practise the Basic Exercises (see "Tympanites" A), giving the priority to the "Hu" Qi Exercise.

C. Points for Attention

1. Sexual intercourse is prohibited during the exercise treatment.

2. Raw, cold, pungent and peppery foodstuffs are prohibited and an optimistic emotion should be maintained.

3. Keep the loins and the lower limbs warm.

Cervical Spondylopathy

Cervical spondylopathy, also call cervical spondylotic syndrome, refers to the syndrome due to pressure or irritation upon the cervical nerve roots and the spinal cord of the cervical portion, caused by pathological changes of the cervical vertebrae and the surrounding soft tissues. It sometimes may involve the carotid and the cervical sympathetic nerves and is characterized by pains in the neck, shoulders and back and limited movement of the neck.

A. Basic Qigong Exercises

1. The Exercise of Treating the Neck by Promoting Qi

(1) Choose the standing posture with the feet apart at shoulders width, hands naturally hanging on the body sides, palms facing the body, fingers bent slightly, tongue put against the palate, neck erected as if supporting an object on the head and mind concentrated on Baihui point (Du 20).

(2) Turn the palms to face the sky and slowly lift the hands upwards. Hold Qi (as if holding a ball) in the hands and pour the Qi into Baihui (Du 20), concurrently turning the palms to face the floor. Slowly lower the hands and, when the hands are at the height of the Lower Dantian, turn the hands backward along the Dai Channel with palms facing outwards. Turn the palms and slowly move the hands forward to hold Qi (as if holding a ball) and then pour Qi into the Lower Dantian. Lower the hands naturally at the sides of the body.

(3) Guide Qi with will, to flow from Dantian to Baihui (Du 20) along the Du Channel via Huiyin (Ren 1), then nod the head to help Qi continue to flow to Tanzhong point (Ren 13). When nodding the head, exert force on the toes to clench the ground; when raising the head, over-raise it to face the sky. Repeat the nodding and raising for 36 times.

(4) Concentrate the mind on Baihui (Du 20). Taking the cervical vertebrae as an axis to drive the lumbar vertebrae, slowly turn the head clockwise for 36 times, then counterclockwise for another 36 times.

(5) Concentrate the mind on the inner Laogong points (P 8), stretch out the arms backwards and, concurrently raise the head backwards and lift the heels slightly. Then naturally swing back the arms, lower the heels and lower the head forward. Repeat this for 36 times.

(6) Concentrate the mind on the inner Laogong points (P 8) and swing the arms leftwards and rightwards. When swinging the arms leftwards, the left forearm is swung to the back with the left palm outward, and the right hand is swung to the left ribs with the

right palm inward. Along with the leftward swinging of the arms, turn the upper body leftwards to its most. Then swing the arms rightwards and concurrently turn the upper body rightwards too. Repeat the swinging leftwards and rightwards for 36 times.

(7) While inhaling, lift the hands upwards with palms facing the sky to hold Qi in hands (as if holding a ball) and pour it into Baihui point (Du 20); while exhaling, lower the hands in front of the body to the height of Dantian, with palms facing the ground. Repeat this for 9 times, followed by rubbing the hands with each other, rubbing the face with the hands and comb the hair with the fingertips.

2. The Exercise of Spontaneous Movement (see "Abdominal Mass" A-1).

3. The Exercise of Dredging the Eight Extra Channels (Ling Gui Fu Qi Gong)

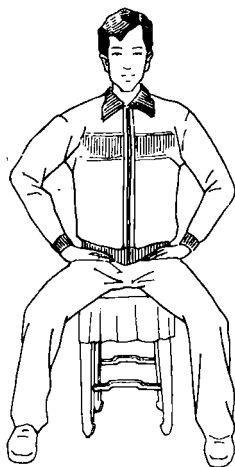
(1) Choose the sitting posture. Put the feet apart wider than the shoulders, place the hands on the knees (one on each) or sit akimbo with the hands placing on the groins (Fig. 88 (1)), put the tongue against the palate, pull in the lower jaw, slightly close the eyes, relax the whole body (especially the hips and loins), take natural respiration or antidromic abdominal respiration and concentrate the mind on Qihai point (Ren 6). Inhaling, guide Qi to flow into Dantian; while exhaling, keep Qi in Dantian. Repeat the procedure for 81 respiration cycles.

(2) Concentrate the mind on the cervical vertebrae. While exhaling, slowly bend the cervical vertebrae forward, which drive the lumbar vertebrae forward till the exhalation is exhausted, and imagine the uttermost forward bending of the cervical vertebra (Fig. 88 (2)); while inhaling slowly lift the head and neck and straighten the back, till full extent of the inhalation, and imagine pulling the cervical vertebrae upward and backward to the most. Repeat the procedure for 36 times.

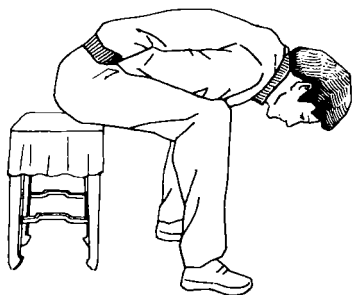
(3) Proceed from the last stance. Concentrate the mind on the neck and murmur "relaxing the neck" for 18 respiration cycles.

(4) Concentrate the mind on the Lower Dantian, put the hands on Guanyuan point (Ren 4) (the right hand on top of the left for

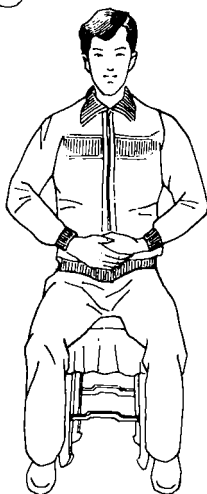
male and vice versa for female) with Laogong points (P 8) pointing at Guanyuan (Ren 4). Press and knead clockwise and then counterclockwise for 36 circles respectively while taking natural breath [Fig. 88(3)]. Rub the face and head for a while and open the eyes to end the exercise.



(1)



(2)



(3)

Fig. 88

B. Supplementary Exercises

1. Patients with pain in the neck and shoulders, aching pain in the occipital region and posterior side of the neck, radiating pain in the forearms and fingers along the distribution of the nerve roots, stabbing pain in severe cases and positive sign in traction test and neck compression test (all this suggests a cervical spondylopathy of nerve root type) may practise the Massage Exercise for Improving the Neck in addition to the basic exercises.

The Massage Exercise for Improving the Neck:

(1) Choose the sitting posture. Press and knead the temples with the tip segments of the middle fingers (one on each) for one minute. Then, rub and push from the temples to Fengchi (GB 20) along the Channel of Foot-shaoyang, press and knead Fengchi (GB 20), the sides of the cervical vertebrae and Jianjing points (GB 21). Concentrate the mind on the sensation under the tips of the middle fingers while pressing and rubbing.

(2) Stretch the fingers separately and bend them (of the two hands), comb the whole head from the forehead backward with the bent fingertips, for 21 times.

(3) Place the hands on the knees naturally, imagine that the neck is erected and the cervical vertebrae are pulled upward to their most. While inhaling, slowly turn the head leftward and look backward; while exhaling, turn the head back to its original posture [Fig. 89(1)]. Then turn the head rightward while taking another inhaling and turn the head back to its original posture while taking another exhalation. Repeat the procedure for 7 or 14 times.

(4) Slowly bend the neck forward to let the lower jaw touch the sternum while inhaling and erect the head while exhaling. Bend the neck backward to its most while taking another inhaling, erect the head while taking another exhaling. Repeat the procedure for 7 or 14 times.

(5) Rub the hands with each other, then rub the sides of the cervical vertebrae from the upper to the lower for 21 times. Concentrate the mind on the sides of the cervical vertebrae while rubbing [Fig. 89(2)].

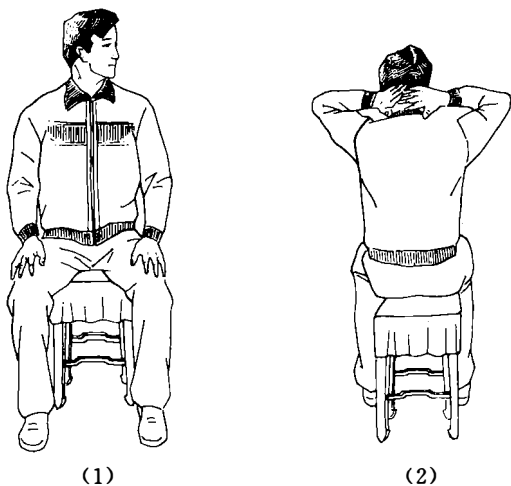


Fig. 89

2. Patients with severe pain in the neck, radiating pain in the occipital region, top of the head or the shoulders, severe pain and limited movement of the head and neck and stiff neck muscles (all this suggests a cervical spondylopathy of local type) may practise the Neck-Relaxing Exercise in addition to the basic exercises. Choose the standing posture with the arms naturally hanging on the body sides, the tongue relaxed without touching the palate, Qi gathered at Dantian and neck relaxed. Keep this relaxing posture for 10 minutes. Then, slowly turn the cervical and lumbar vertebrae clockwise (taking the cervical vertebrae as the axis to drive the lumbar vertebrae) for 36 times and counterclockwise for another 36 times. Rub the posterior part of the neck for 36 times with the palm of one hand.

3. Patients with no pain in the neck and shoulders, no cervical malaise, clumsy and inaccurate movement of the hands, unstable gait, liability to falling down, narrowing of the intervertebral disc and vertebral proliferation shown in X-ray examination (all this suggests a cervical spondylopathy of spinal type) may practise the Daoyin Exercise of Breathing Regulation in addition to the basic

exercises; Choose the standing posture with feet apart at shoulders width, soles flattened on the ground, toes abducted, tongue put against the palate, the whole body relaxed, the knees slightly bent, arms naturally falling on the body sides, antidromic abdominal respiration taken and mind concentrated on Dantian. When Dantian is felt warm, inhale and simultaneously guide Qi to flow from Dantian to the lumbosacral portion of the two sides; then, exhale and simultaneously guide Qi to continue to flow down along the outer sides of the lower limbs from the lumbosacral portions to Yongquan points (K 1) via the dorsal part of the feet; still then, inhale and simultaneously guide the warm Qi to continue to flow upwards along the inner sides of the lower limbs from Yongquan points (K 1) to Dantian via Huiyin point (Ren 1). Take antidromic abdominal respiration for a while. When again inhaling, guide Qi to flow from the Lower Dantian to the Upper Dantian along the Du Channel via Huiyin point (Ren 1) and Changqiang point (Du 1); when again exhaling, guide Qi to flow down from the Upper Dantian to the Lower Dantian along the Ren Channel via Tanzhong point (Ren 13). Stir the saliva with the tongue, swallow the saliva, rub the hands with each other, turn the neck leftwards and rightwards and stretch the upper and lower limbs.

4. Patients with pain in the neck and the occipital area or pain in the neck and shoulders, limited neck movement, vertigo upon neck and head movement, tinnitus, dizziness and hypomnesia (all this suggests a cervical spondylopathy of vertebroarterial type) may practise the Psychosomatic Relaxation Exercises (see "Angiitis" A-1) in addition to the basic exercises.

5. Patients with pain in the neck and the occipital area, weakness of the eyelids, tachycardia or oligocardia, precordial pain, or cold limbs and first needling sensation then swelling pain when exposed to cold (all this suggests a cervical spondylopathy of sympathetic type) may practise the Exercise of Relaxation and Quiescence (see "Palpitation" A-1) in addition to the basic exercises.

C. Points for Attention

1. When such positive signs as hypermyotonia in the cervical

spondylopathy of spinal type appear, surgical treatment is better to be done as early as possible. Delay of surgical treatment may result in an irreversible case due to prolonged pressure on the spinal cord.

2. Victims of severe cervical spondylopathy of nerve root type is also advised to seek surgical treatment.

3. When practising the Exercise of Spontaneous Movement, the movements of the neck and head should be gentle and proper. Exertion should be avoided.

4. The exercises introduced in this section may be done for treatment of stiffneck.

Scapulohumeral Periarthritis

Scapulohumeral periarthritis, also call congealed shoulder, adhesive omiarthritis or omalgia, is a retrogressive and inflammatory lesion of the capsule of shoulder joint and its peripheral soft tissues. In its later stages the affected tissues may become adherent, which often causes dysfunction or functional loss of the shoulder joint (usually called frozen shoulder). It is liable to occur in persons over 40 years of age and is seen more often in females and in the left shoulder.

A. Basic Qigong Exercises

1. The Upper Relaxation and Lower Exertion Exercises

(1) The Horse-Riding Standing Exercise. Stand the with body relaxed, feet apart at shoulders' width, toe tips pointing to the front, toes slightly clutching the ground, upper limbs relaxed and the palms facing the body. Squat to the extent that the knee caps and the toes are on vertical lines, bend the elbows and lift the arms (with the forearms in front by side and the palms facing the ground), turn the arms outwards with the fingertips pointing to the ground and the palms facing sideways, turn the hands to make the palms face the sky and the finger tips point to the front and slowly push forward, and turn the forearms to make the palms face the ground and the fingers bend a little. While practising the exercise,

the upper body (the back, neck, elbows and wrists) should be relaxed, and the lower body (the hips, knees, heels and toes) should be naturally exerted, and the respiration should be natural (Fig. 90).

Then, slowly straighten the legs and body, make hollow fists, bend the elbows, slowly lift the hands to the clavicles (one to each) and simultaneously make a deep and long inhalation through the nose. Relax the hollow fists, lower the arms to resume the previous standing posture and simultaneously make a slow and even exhalation through the mouth.

For the new learners, the practice duration may be shorter, 15~20 minutes are enough.

For the veteran practitioners, the practice duration may last for 45 minutes. If strictly following the posture and movements stipulated in this exercise, 4~5 times of practice may result in the following sensations: ① heat in the hands and legs, which gradually radiates to the whole body; ② numbness, sometimes with needling sensation, in the fingers and palms; ③ swelling in the fingers and palms, with foreign body sensation in the center of the palms, and ④ aching in the knees, with splitting sensation.

These kinds of sensation will occur naturally during the practice of the exercise and need not to be sought purposely.

(2) The Exercise of Holding the Moon in Arms. Lift the arms slowly upwards and inwards in front of the chest and bend the elbows. The right forearm is about 10 centimeters higher than the left, and the middle finger of the right hand points at Quchi (LI 11)

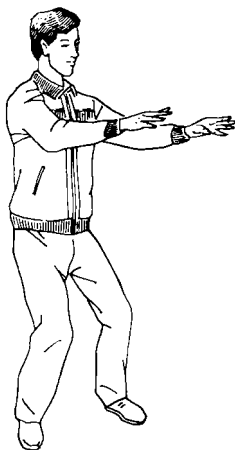


Fig. 90

of the left elbow. The right arm is at the height of the shoulder, with the upper arm and the forearm forming a 90° angle and the right fingers forming a trapezoid (bending a little) [Fig. 91(1)]. Keep this posture for a while, then relax and straighten the fingers for 15 seconds, followed by resuming the previous trapezoid. Repeat the finger movements for 3 times. Slowly lower the elbows and turn the hands to make cross-hands in front of the chest, with the palms facing the suprasternal area, the right hand on top of the left and the major thenar of the left hand pointing to Tiantu point (Ren 22) [Fig. 91(2)]. Keep this posture for 30 seconds, then slowly push forward the hands and pull back them to their original position. After a while, separate the hands sideways, lower the forearms with palms facing ground, and resume the standing posture. Stand still for 3~5 minutes before practising the following exercise.

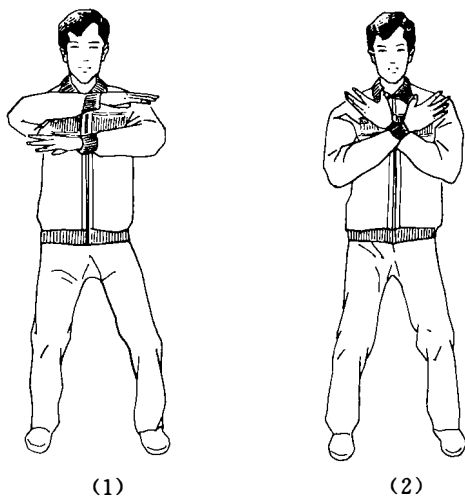


Fig. 91

(3) The Exercise of Holding a Ball in Arms. Slowly lift the forearms upwards and inwards to make cross hands in front of the body, with palms facing the ground and the right hand above the left. Turn the forearm to make the palms face the sky and approach the abdomen (10 cm of the chest-hand distance), turn the palms to face

each other (23 cm of the palm-palm distance) (Fig. 92). Lift the right hand and forearm slowly to the height of Tiantu point (Ren 22) and lower the left hand and forearm to the height of Guanyuan point (Ren 4). Keep this posture for 1 minute. Then again draw close the two hands (23 cm of the palm-palm distance) and separate them to their original positions. Repeat this for 1~2 times. Push the forearms forward with fingers pointing to the front and simultaneously slowly pull apart the

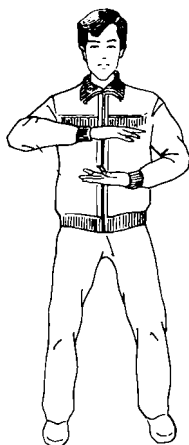


Fig. 92

hands sideways with the palms unchanged, relax the arms, turn the left palm into Yin palm (facing the ground) while keeping the right palm unchanged, resume the horse-riding standing posture.

While practising the Exercise of Holding a Ball in Arms, the elbows, shoulders and wrists should be relaxed and Laogong points (P 8) should be aimed at each other when the palms facing each other. Only then, the sensation of holding a ball between the palms can be felt.

The above introduced exercises (1), (2) and (3) may be practised in the following order as a set of exercise; (1) for 5 minutes; (2) for 5 minutes, and (1) again; then (3) for 5 minutes and (1) again; and then take horse-riding standing for 5 minutes. The whole set of exercises lasts 25 minutes, including the intervals.

(4) The Exercise of Moving the Fingers. Keep the palms facing the ground and the fingers relaxed and straightened. Very slowly move down and up the fingers one after another, starting from the thumb. When one finger is slowly moving down, relaxation is felt at the tip of that finger, and the rest fingers should remain unmoved;

after one finger has slowly moved down to its most, it is required to keep that posture for a while before slowly moving up. When one finger resumes its previous relaxed and straightened mood, all the ten fingers will form two trapezoids, one of each hand. The moving down and up of each finger lasts 45~60 seconds.

This exercise usually begins after practising (1) , (2) and (3) exercises for 4 weeks. Stand in horse-riding posture for 5 minutes before ending the exercise.

2. The Exercise of Spontaneous Movement (see “Abdominal Mass” A-1).

3. The Daoyin Exercise of Inducing Qi to Flow in Three Dimensions

(1) Choose the standing posture. Relax the whole body, drop the hands on the body sides and take natural breath or antidromic abdominal breath. Lift the arms laterally to the height of the shoulders with the palms facing the floor. Move the hands forward, with the palms facing front, then facing each other, still then the thumbs touching each other before the tip of index, middle and ring fingers touching each other respectively (the palm centers do not touch each other). Pull the hands slowly towards the chest, with the elbows slowly bending, to make the joined thumbs point at Tiantu point (Ren 22) while the rest fingers still put together as a Buddhist greeting with these fingertips pointing to the ceiling. Concentrate the mind on Dantian. Inhaling, keep Qi in Dantian, while exhaling, guide Qi to flow to the shoulders, then to the arms, palms and out of the fingertips. Repeat the procedure for 81 respiration cycles [Fig. 93(1)].

(2) Proceed from the last stance. When exhaling, separate the hands with the left hand moving upward, rightward and forward by the left; at the same time, turn the right hand leftward, downward forward and rightward to the side of the right hip bone. Concentrate the mind on Laogong points (P 8). When inhaling, turn the hands back in front of the chest as a Buddhist greeting along the same route; while exhaling, exchange the hand movements. Repeat the procedure for 9 times respectively and end the movement with the

stance of "a Buddhist greeting" [Fig. 93(2)].

(3) Proceed from the last stance. Exhaling, slowly turn the palms to face the floor and lower the hands downward, separate the hands sideways and turn the palms to face the ceiling when the hands are lowered to the height of Dantian; inhaling, lift the hands slowly upward, as if holding a ball, and stop lifting them when they are over the head by front, which are then turned to make the center of the palms pointing at Baihui point (Du 20); while exhaling, slowly lower the hands with the palms facing the floor, guide Qi to flow to Dantian and then concentrate the mind on Dantian. Repeat the procedure for 9 times, before concentrate the attention on Dantian for a while to end the exercise [Fig. 93(3)].

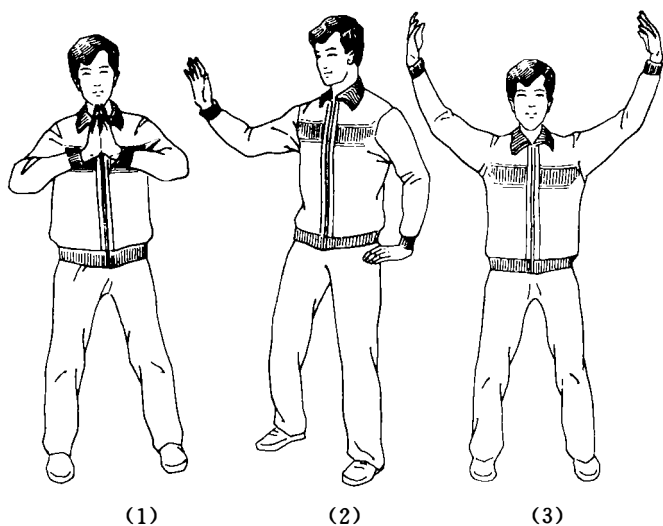


Fig. 93

B. Supplementary Exercises

1. Patients with aching pain in the diseased shoulder which may be worsened with exposure to cold and dampness and relieved with warmth may practise the Exercise of Strengthening Qi and Invigorating Yang (see "Asthma" B-1) in addition to the basic exercises.

2. Patients with severe pain in the diseased shoulder, limited

movement of the shoulder joint and marked pressure pain in the shoulder and back may practise the Massage Exercise of Relaxing Shoulders in addition to the basic exercises.

The Massage Exercise of Relaxing Shoulders:

(1) Choose the standing posture, relax the whole body, expel the distractions, store Qi in Dantian, take natural breath or antidromic abdominal respiration and concentrate the mind on Dazhui point (Du 14). Keep this mood for 15 minutes.

(2) Proceed from the last stance. Lift the hands to the height of the lower border of the spinous process of the 2nd lumbar vertebra with the outer Laogong points (P 8) covering Shenshu points (UB 23) (one on each). While inhaling, bend forward the neck to its most, contract the shoulders inward to their most, straighten the back and imagine that the neck and back are getting apart [Fig. 94 (1)]; while exhaling, raise the head, relax the shoulders and imagine that the neck, shoulders and back have been totally relaxed. Repeat this for 21 respirations.

(3) Proceed from the last stance. Lift the hands to the front of the chest, make hollow fists, bend the elbows and set the elbows and shoulders at the same height. While exhaling, pull the shoulder towards each other, cross the forearms in front of the chest and imagine that the back contracts to its most [Fig. 94 (2)]; while inhaling, pull back the shoulders, bulge the chest, stretch the elbows backwards and imagine that the scapulae are pulled towards each other to their most. Repeat this for 21 respirations.

(4) Proceed from the last stance. Cross the hands in front of the chest with palms facing the body and lower the elbows. While exhaling, stretch the hands slowly sideways with palms facing the body sides and fingers erect, get the shoulders, elbows and wrists at the same height and imagine that the disease is being carried by Qi out of Laogong points (P 8) along the back, shoulders, arms and palms; while inhaling, draw back the hands, cross them in front of the chest and concentrate the mind on the shoulders and back.

(5) Press Jianjing (GB 21), Jianyu (LI 14), Zhongfu (Lu 1), Quchi (LI 11), Shousanli (LI 10) and Hegu (LI 4) points of the

diseased side with the tip of the index and middle fingers of the other hand. Press and release each point for 1~2 minute.

(6) Lower down the hands naturally on the body sides, sway the arms forward and backward with the shoulder joints as axes for 36 times, then leftwards and rightwards for another 36 times. While swaying, take normal breath, sway inadvertently and imagine that the shoulders are being relaxed to their most.

(7) Sway the left hand upwards and rightwards to pat the right shoulder, while at the same time sway the right hand rightwards and backwards to pat Mingmen point (Du 4) with the dorsal side of the right hand. Then, sway vice versa. Turn the waist right and left while swaying the hands, take natural respiration, gradually enlarge the swaying range and imagine that the shoulders are relaxed completely [Fig. 94(3)]. Repeat the swaying for 36 or 81 times. Concentrate the mind on Dantian for a while before ending the exercise.

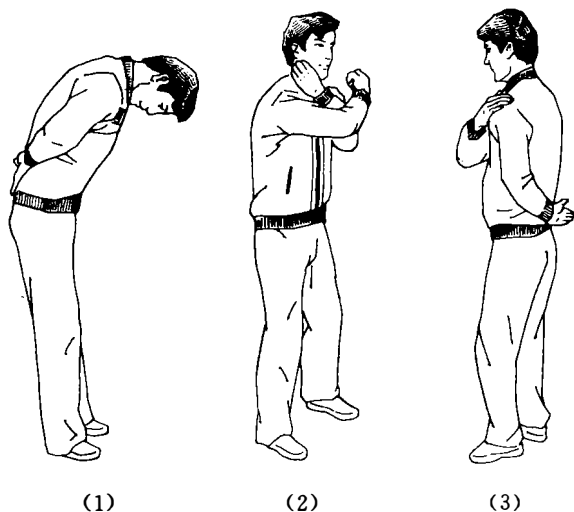


Fig. 94

C. Points for Attention

1. If the disease is too severe to yield therapeutic effect by Qigong

exercises, manipulative lysis may be done under anesthesia. Press the affected shoulder with one hand, hold the upper arm with the other, turn the humerus inwards and outwards, then slowly abduct the shoulder joint. The splitting sensation on the shoulder joint can be felt during the movement. The manipulation should be slow and gentle at first. Repeat the turning and abducting till the normal moving range of the shoulder is reached. During the manipulations, gentle and slow movement is essential so as not to make any fracture or dislocation. After the manipulating, puncture the shoulder joint with a needle to draw out the fluid and blood in the articular cavity and inject 10 ml of 1% novocaine and 25mg of hydrocortisone acetate, followed by hanging the arm with a triangular bandage. Try to move the diseased shoulder on the following day.

2. During the course of acute episode and severe pain, such drug therapies as the analgesic and antiphlogistic treatments, with both Western chemical drug or traditional Chinese medicine may be applied.

3. Keep warm and take enough rest. Do not stay in the draught or under the electric fan for long. Pay special attention to keeping the diseased shoulder warm.

Prolapse of Lumbar Intervertebral Disc

Prolapse of lumbar intervertebral disc is a common disease in orthopedic illnesses and also the common cause of lumbago and leg pain. Its symptoms include lumbago, radiated pain in the leg, increased abdominal pressure, increased pain, claudication, and dysfunction in urination and defecation or paraplegia in severe cases.

A. Basic Qigong Exercises

1. The Psychosomatic Relaxation Exercise (see "Angiitis" A-1).

2. The Yin-Yang and Respiration Exercise

(1) Choose the standing, lying or sitting posture, relax all over, expel distractions, breathe evenly, take a relaxed and calm mood

and put the tongue against the palate.

(2) Tap the upper teeth with the lower for 36 times, rinse the mouth with the saliva, swallow the saliva in 3 times (1/3 each time) and imagine that the saliva is flowing to Dantian following each swallowing. Concentrate the mind on Dantian to replenish Qi there by taking antidromic abdominal respiration.

(3) While inhaling, pull in the abdomen, contract the anus and imagine that the warm Qi in Yongquan points (K 1) is flowing upwards to Dantian, then to Mingmen point (Du 4) along the inner side of the lower extremities; while exhaling, imagine that the warm Qi is flowing downwards from Mingmen point (Du 4) to Yongquan (K 1) along the outer side and back side of the lower extremities. Following each inspiration and expiration, Qi flows from Yongquan to Mingmen via Dantian and from Mingmen to Yongquan via Dantian along the Yin and Yang Channels.

(4) While inhaling, imagine that the warm Qi in Yongquan points (K 1) flows upwards to Mingmen point (Du 4) via Dantian along the outer side and the back side of the lower extremities; while exhaling, from Mingmen point (Du 4) to Yongquan points (K 1) along the inner side of the lower extremities. Repeat (3) and (4) for 36 respirations respectively.

(5) While inhaling, imagine that the outer and inner Qi is gathering towards Dantian from Baihui point (Du 20) and Yongquan points (K 1); while exhaling, imagine that Qi at Dantian is flowing down to Yongquan points (K 1) along the three Yin Channels (at the inner side of the lower extremities). Repeat this for 36 respirations.

(6) Take natural respiration and concentrate the mind on Dantian for 5 minutes, followed by rubbing the hands with each other and rub the face with the warm hands.

B. Supplementary Exercises

1. Patients with mild state of illness and less limitation in body movement may practise the Palm-Rubbing Exercise; rub the palms with each other, then rub the loins up and down with the warmed palms (one on each side) and take natural breath or inhale while rubbing up and exhale while rubbing down. Rub the loins for 81

times.

2. Patients with severe state of illness and more limitation of body movement may practise the Stretching and Pulling Exercise with Mind Concentration

(1) Lie supine on a hard and flat bed, cross the hands and put them on the upper abdomen (with palms facing the abdomen), stretch out the lower extremities (the distance of the heels is about a fist wide), relax the whole body, and inhale through the nose and exhale through the mouth. Taking the spinous process of the 5th lumbar vertebra as the midpoint, imagine that the spinal column is being stretched and pulled upward while inhaling; the hips and the lower extremities are being stretched and pulled downward while exhaling. Repeat this for 36 times.

(2) Lay the head on the crossed hands (still lying on back), lift the legs with the hip and knee joints bent, then stretch out the legs towards the ceiling. Repeat the stretching for 6 times at first, and for more times in the later period.

C. Points for Attention

1. Patients with severe symptoms, extensive muscular paralysis, hypoesthesia, lesion of cauda equina and partial or complete paraplegia should seek surgical treatment as early as possible.

2. Patients with disconnexion or dislocation of the lumbar vertebrae should seek surgical treatment at once and should not accept manual manipulation treatment.

3. If Qigong exercise therapy gives no obvious therapeutical effect, seek other therapies (massage, traction, acupuncture, etc).

4. Patients with lumbago and leg pain caused by sciatic neuralgia may practise the Qigong exercises introduced in this section.

5. Do not expose to cold and dampness. Sleep on a hard and flat bed.

Traumatic Paraplegia

Traumatic paraplegia here implies paralysis of the legs and lower

part of the body, caused by wound or injury of spine. Its symptoms mainly include incontinence of urine and stools, and difficulty in standing and walking and, in severe cases, the victims may be confined to bed.

A. Basic Qigong Exercises

1. The Yin-Yang and Respiration Exercise (see "Prolapse of Lumbar Intervertebral Disc" A-2).

2. Five-Step Exercises for Vital Qi Flow (see "Edema" A-1).

3. The Patting Exercise for Strengthening the Kidney

(1) Choose the sitting posture. Clench the two fists, press and knead, with the joints of the thumbs, Shenshu (UB 23), Baliao (UB 31, 32, 33 and 34) and Yaoyangguan (Du 3) for 2 minutes respectively; rub the palms with each other and then rub the loins and lumbosacral portion with the warmed palms till they get deeply heated. While kneading or rubbing, maintain even respirations and concentrate the mind on the kneaded and rubbed points or portion.

(2) Proceed from the last stance. Make hollow fists, knock the lumbospinal portion and the hips with the dorsal side of the fists, 81 times respectively; then pat the loins and lumbosacral portion with the palms, 81 times respectively. While knocking and patting, maintain even respirations and concentrate the mind on the knocked and patted locations [Fig. 95(1)].

(3) Proceed from the last stance. Knock the frontal, back, inner and outer sides of the two lower limbs, from top to bottom, 9 or 18 times respectively, with the roots of the palms or the sides of the hypothenars of the palms. While knocking, concentrate the mind on the knocked locations and get them relaxed [Fig. 95(2)].

(4) Proceed from the last stance. Rub the palms till they get warmed, then rub the loins, lumbosacral portions and hips with the warmed palms, 9 or 18 times respectively; then rub the frontal, back, inner and outer sides of the lower limbs, 9 or 18 times respectively. While rubbing, maintain even respirations and concentrate the mind on the rubbed locations [Fig. 95(3)].

B. Supplementary Exercises

1. Patients with paralysis of the lower limbs, incontinence of

urine and stools, muscular flaccidity, hypomyotonia, tendon hyporeflexia or absence of tendon reflex may practise the Exercise of Enriching Qi and Building Constitution (see "Abnormal Amenorrhea" A-1) in addition to the basic exercises.

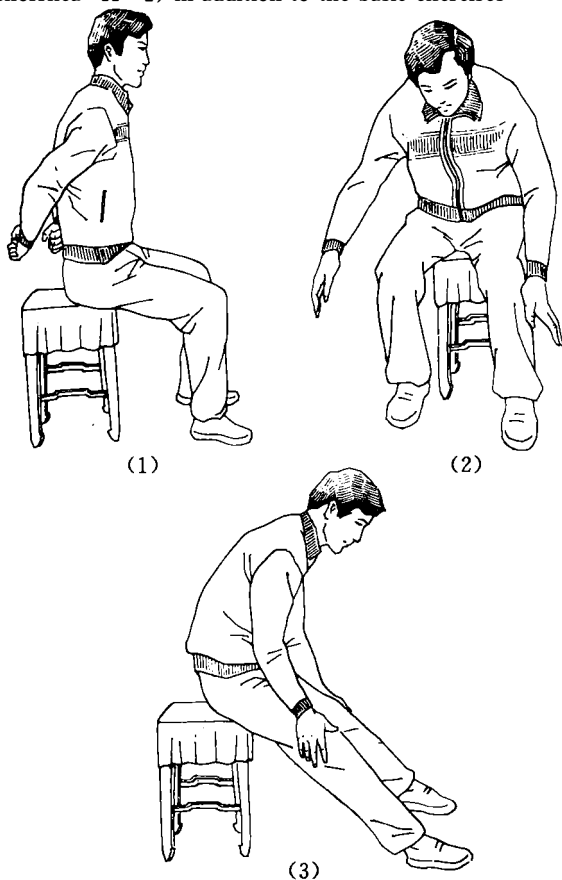


Fig. 95

2. Patients with paralysis of the lower limbs, incontinence of urine and stools, muscular spasm and contraction, hypermyotonia and tendon hyperreflexia may practise the Exercise of Strengthening Qi and Invigorating Yang (see "Asthma" B-1) or the Psychoso-

matic Relaxation Exercise (see "Angiitis" A-1) in addition to the basic exercises.

C. Points for Attention

1. The exercise treatment introduced in this section mainly refers to the exercises for the low-positioned paraplegia after the pressure on the spinal cord is released. However, certain exercises introduced in this section may be selected as the reference in the treatment of high-positioned paraplegia and some low-positioned paraplegia caused by fragmentation of the spinal cord.

2. If paraplegia is caused by tuberculosis of spine, certain exercises introduced in this section may be selected accordingly for practice, which is, together with anti-tuberculosis drug therapy, beneficial to the recovery.

3. Pay attention to preventing frostbite or bed sore.

4. It is necessary to help the patient move the diseased limbs or massage the paralyzed part, which is regarded as important means for promoting circulation of Qi and blood and for function recovery.

Pain in the Neck, Shoulder and Back

Clinically, this is a common disease which manifests itself as pain mainly located in the upper part of the back involving the neck and shoulders. It is also called fasciitis of the shoulders and back, fasciitis of the shoulders and neck, rheumatic fibrositis, etc. in Western medicine.

A. Basic Qigong Exercises (The Sinew-Transforming Exercise)

1. Wei Duo Presenting the Pestle

(1) Step leftward with the left foot to set the feet apart at shoulders width, with the hands hanging naturally, head and neck upright, eyes slightly open and looking straight ahead, tongue stuck against the palate, shoulders relaxed with elbows dropping, chest tucked in and back straightened, abdomen contracted and buttocks relaxed, knees at ease and slightly bent, feet set steadily on the ground, and the whole body relaxed.

(2) Turn hands into Yin palms (palms facing the ground) and lift them slowly to shoulder level. Turn hands into Yin-Yang palms (palms facing each other) and draw them towards each other and put them together before the chest. Bend the elbows slowly to get the fingertips pointing upward, the points Shaoshang (Lu 11) on the two thumbs touching each other gently. Relax the shoulders and drop the elbows (Fig. 96).

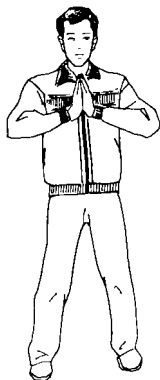


Fig. 96

When practising (1), take normal breath, calm the mind, and expel the distractions; when practising (2), adopt abdominal respiration and guide Qi to flow to Dantian. During inhaling, guide Qi to flow out of the fingertips, enter the nostrils and go down to Dantian. During exhaling, guide Qi from Dantian to the chest and then to the palms along the Three Yin Channels of Hand to fill the fingertips. Repeat this for 6 or 12 respirations.

2. Carrying the Monster-Vanquishing Pole Across on the Shoulders. Proceed from the last stance. Turn both hands slowly into Yin palms (palms facing the ground) and move them sidewise respectively to form a straight horizontal line. Simultaneously, lift the heels slightly to stand on tiptoes (the skilled one may touch the ground with only the big toes). Concentrate the mind and look fixedly ahead, with the chest pulled in and the back straightened, abdomen contracted and buttocks relaxed, and tongue stuck against the palate (Fig. 97). Breathe naturally, concentrating the mind on Laogong (P 8) and on the toes. Turn natural respiration into abdominal respiration when one gets familiar with the exercise, and concentrate the mind on Laogong (P 8) when inhaling; and guide Qi to flow along the Channels of Hand-Yangming and Foot-Yangming to the tiptoes and concentrate the mind on the big toes of the feet

when exhaling. Repeat this for 9~18 respirations.



Fig. 97

3. Holding the Heavenly Gate with Palms

(1) Proceed from the last stance. Move both hands (in Yin palms) slowly up from their respective side to draw an arch. Turn the Yin palms into Yang (palms facing upwards), with fingers of the two hands pointing at each other and the dorsa of the hands just above Tianmen (3 cm above the front hair line), as if holding the heavenly gate. Lift the heels simultaneously to stand on tiptoes and to incline slightly sidewise to set the “Yinqiao

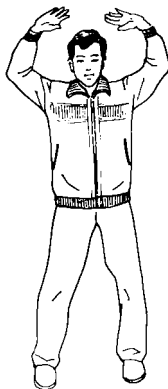


Fig. 98

Storehouse” (the point Huiyin, Ren 1) closed, at the same time set the point Huiyang (UB 35) open. Clench the teeth and rest the tongue against the palate. Apply inward-vision to stare through Tianmen (Heavenly Gate) at the space between the two hands (Fig. 98).

(2) Make fists, the arms falling slowly along the original arc until they are in the stance “Carrying a Monster-vanquishing Pole Across on the Shoulders”, then turn nasal inhaling and mouth exhaling into nasal respiration and guide Qi down to Dantian. The respiration should be fine, even, long, slow and continuous. During inhaling, the mind is set on Dantian and gradually shifted to between the two palms during inhaling. When Qi is in circulation, let the mind follow Qi.

Repeat this for 14 or 18 respirations.

4. Plucking and Resetting the Stars

(1) Proceed from the last stance. Lift the right hand upward and forward with the palm facing the sky, then slowly bend the right elbow and wrist and draw the right hand slowly to the forehead, keeping one fist in distance between the finger tip and the forehead. Lower the left hand simultaneously and rest the dorsum of it on the left side of the loin of the back. Concentrate the sight on Inner Lao-gong (P 8) of the right palm (Fig. 99).



Fig. 99

(2) Lift the left hand to about one fist off the forehead and lower the right one and rest its dorsum on the right side of the loin of the back. Concentrate the sight on Laogong (P 8) of the left palm. Take nasal inhaling and mouth exhaling and adjust the breath even. While concentrating the mind on Laogong (P 8) of the raised hand,

make Inner Laogong (P.8) of the raised hand, the two eyes and Outer Laogong (P 8) of the lowered hand at the loin a straight line. As you exhale and inhale, the loins of the back fluctuate with each inhaling and exhaling. Concentrate the attention on Inner Laogong (P 8) of the raised hand when exhaling and on Outer Laogong (P 8) of the lowered hand when inhaling. The mind, the Inner Lao-gong (P 8), the eyes and the loins of the back should move slightly along with the fluctuation.

Repeat (1) and (2) for 11 or 22 respirations respectively.

5. Pulling Nine Oxen by Tails

(1) Proceed from the last stance. Take the right hand off the right loin of the back, drop it slightly, turn it naturally into Yin palm and thrust it forward until it is up to the shoulder level. Then bring the fingers together to form a "catching hand" with the wrist bent a little, the fingers pointing upward to the right and the strength focused on the internal side of the wrist. Along with the above movements, the right leg takes a big step forward with the right knee bent, the left leg stretches straight to form a forward lunge (the front leg is like a bow and the back an arrow as in Wushu or gymnastics). At the same time, drop the left hand and thrust it backwards to the left with the finger tips put together and the wrist and the elbow bent. The right hand is held at the level of the forehead, and the left arm is made an angle of 15 degrees with the straightened left leg (Fig. 100).

(2) Change the last stance, getting the left leg bent, the right straightened and the left hand up and the right down in the same way as required in (1). This exercise needs also nasal in-



Fig. 100

haling and mouth exhaling. Imagine that your hands are in a line as if pulling the tail of an ox. When inhaling, look at the forward-stretched hand with inward vision and lean the body backward a little as if to pull the tail; when exhaling, look at the backward-stretched hand with inward vision and lean the body forward as if dragging the tail. The forward and backward movements of the body are in coordination with the fluctuation of Qi in Dantian at the lower abdomen, and the legs, waist, back, shoulders and the elbows, too, move or vibrate correspondingly to the forward and backward movements. Do this repeatedly for 6~12 respirations.

6. Stretching the Paws and Spreading the Wings

(1) Proceed from the last stance. Take the advantage of the "backward-pulling", get the front bent leg back to stand with heels touching each other. Draw back the hands and hold them at the hypochondria with the fingers straight upward and palms facing the front, to form "mountain-toppling palms".

(2) Push the "mountain-toppling palms" slowly forward. The forward pushing is very gentle as if pushing a window open. Stop the pushing when the shoulders, elbows and wrists are at the same level, then separate the fingers forcefully, keep the body straight, hold the breath, open the eyes widely, look straight ahead without any movement of the eyeballs or even a blink, and concentrate the mind on the palms (Fig. 101).

(3) Draw the "mountain-toppling palms" back slowly until they touch the hypochondria. Do the pushing and drawing for 9 or 18 times. Take nasal inhaling and mouth exhaling. Exhale when pushing gently forward, but hold breath somewhat when the arms are straight and begin to push with force, to stretch the arms as much as possible as if gathering all the strength to topple a mountain. Inhale when drawing the palms back. Concentrate the attention on the two palms.

7. Nine Ghosts Pulling out Sabres

(1) Proceed from the last stance. Raise the right hand to draw a semicircle towards the back of the head, apply the palm to Yuzhen-guan (UB 9) at the occiput, hold and pull the tip of the left ear

(point Tiancheng, GB 9) with the index, middle and ring fingers, and keep the shoulder and the elbow in a vertical line and the right armpit open. Abduct the left hand half a circle leftwise until the back of the hand touches the interscapular region. Keep the left armpit closed tightly (Fig. 102).

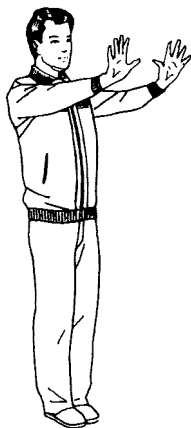


Fig. 101



Fig. 102

(2) Put down the right hand and move it backward to rest its dorsum against the interscapular region. Raise the left hand simultaneously to the back of the head with the palm covering Yuzhenguan (GB 9) and the three fingers holding and pulling the right ear gently with the left armpit open and the right closed tightly.

This exercise needs nasal inspiration and expiration. When inhaling, concentrate the mind on the tip of the lifted elbow, which pulls upward a little, and move the head and neck in coordination with the manipulation of the hand. When exhaling, concentrate the mind on the Outer Laogong (P 8) at the back of the hand at the interscapular area and get Qi down to Dantian. Do the exercises for 14~28 respirations.

8. Three Dishes Falling to the Ground

(1) Proceed from the last stance. Raise and stretch out the arms sidewise to form a straight line at shoulder level, with the palms facing floor. At the same time, the left foot takes a big step to the

left to keep about 0.7~1.7 meters between the two feet (the distance can be altered according to the height of the practitioners).

(2) Bend the knees and squat down slowly to from a horse-riding stance, with the chest tucked in, the back straightened, and the angle between the thigh and shank being 90 degrees. Simultaneously, the two Yin palms press down until the palms are at the knee level. The movement should be slow, and the strength exerted steadily, with tongue stuck against the palate and eyes widely open (Fig. 103).



Fig. 103

(3) Turn palms up into Yang palms. Picture holding something, move the palms upwards along with the straightening movement of the legs until they are at chest level. Do the exercise 3~5 times.

Inhale by nose when straightening the legs and exhale by mouth when squatting down and let Qi down to Dantian. Concentrate the mind on the two palms as if holding and pressing heavy things with the up-and-down movements of the hands.

9. The Green Dragon Stretching out Its Paws

(1) Proceed from the last stance. Withdraw the left foot back to stand with feet apart at shoulders width. Turn the left palm to face the floor to form a "dragon paw" (the joints of the fingers bent, the center of the palm hollow and round). By force of the waist, draw the left hand backwards and leftwards with the tip of the elbow in the lead; at the same time turn the right palm to face the floor and

into "dragon paw", take advantage of the backward drawing of the left hand, stretch the right hand leftwards as if to brave the wind and the waves, to get the left Qimen (Liv 14) and Yunmen (Lu 4) points open and the right ones closed. As the left hand draws backward and the right stretches leftwards, turn the waist correspondingly and relax it as much as possible, by which the Dai Channel (Belt Channel) can be trained to be as flexible as silk and its tightness moderate (Fig. 104).



Fig. 104

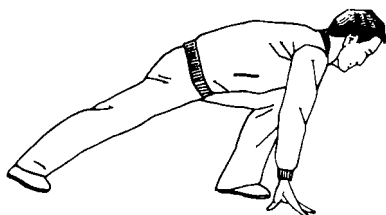
(2) Then withdraw the right hand and stretch the left rightwards in the same way mentioned above. Whichever hand is being stretched leftwards or rightwards, one should murmur "Xu" in cooperation and should turn the head and neck along with the movements of the hands.

The exercise needs nasal inspiration and mouth expiration. Inhale during the process of withdrawing the left hand and stretching the right or vice versa and send Qi slowly down to Dantian; exhale when the withdrawing and stretching is made to the uttermost, while murmuring "Xu", scratching gently once with the third segments of the ten fingers bent and concentrating the mind on the two palms.

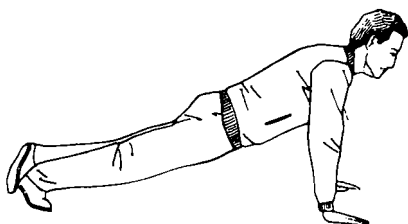
10. The lying Tiger Pouncing on Its Prey

(1) Proceed from the last stance. Shift the body weight to the right foot, and make a big step forward to the left with the left leg, to make a forward lunge. Simultaneously stretch the hands forward to set the fingers on the ground, with the palm centers hollow (beginners may set the palms on the ground instead) and head raised slightly [Fig. 105(1)].

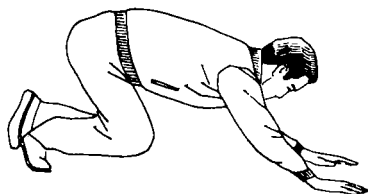
(2) Withdraw the left foot and rest its instep on top of the right heel (Fig. 105(2)). Do a push-up first and then lower the body and withdraw the buttocks slowly (bending the hip joints and knees), with the eyes looking straight ahead, the waist relaxed as if a tiger ready to pounce on its prey (Fig. 105(3)).



(1)



(2)



(3)

Fig. 105

(3) Hold up the head, keep the chest 14 centimeters off the ground and get the head, waist, buttocks and extremities moving

forward up and down like waves. Assuming a tiger ready to pounce on its prey, get the two eyes looking ahead and the waist relaxed. Throw out the chest a little when the arms are straightened and tuck it in when the arms are bent. Do this for 8~16 times before resuming the original forward-lunge stance.

(4) Draw the left foot back and stand upright. The right foot takes a step forward and make a forward lunge. Do right the same mentioned above for another 8~16 times (this can be reduced for the new learners). Return to the posture of the left-foot forward-lunge and then to the standing posture with feet apart at shoulders width.

The exercise requires nasal inspiration and mouth expiration. When the two palms are rested on the floor in a forward lunge, regulate the breath even. Inhale when the body is raised and exhale when it is lowered during the push-up. Inhale and contract the abdomen to guide Qi to flow along the Ren Channel to Dantian when withdrawing the body; exhale and guide Qi to flow upward along the Du Channel when waving the body forward. Concentrate the mind on an object ahead and imagine to pounce on it.

11. Bending the Waist and Beating the Drum

(1) Proceed from the last stance. Stand upright with feet apart as wide as the shoulders.

(2) Hold the head with both hands, palms covering the ears, the two middle fingers against Yuzhenguan (UB 9) with their tips touching each other gently. The elbows are bent and raised to shoulder level [Fig. 106(1)]. Strike with the two index fingers at Yuzhengua (U B 9) repeatedly to give rumblings in the ears. This is called "beating the heavenly drum".

(3) After striking, with hands still holding the head, bend the waist slowly down as much as possible to get the head between the legs, with the legs straightened, the waist and buttocks relaxed, the tongue rested on the palate and the teeth clenched [Fig. 106 (2)].

(4) Rise to get the body upright and beat the "heavenly drum" again and bend to repeat the above-mentioned exercise for 14 times.

Then return to the upright standing posture.

Take nasal respiration during the exercise. Hold breath slightly when bending down and rising (one can hold breath completely on rising after a period of practice). Concentrate the mind on Dantian when bending down and on the two palms when rising.

12. Wagging the Head and Tail

(1) Proceed from the last stance. Push the hands forward from the back of the head. Keep the arms stretched at shoulder level.

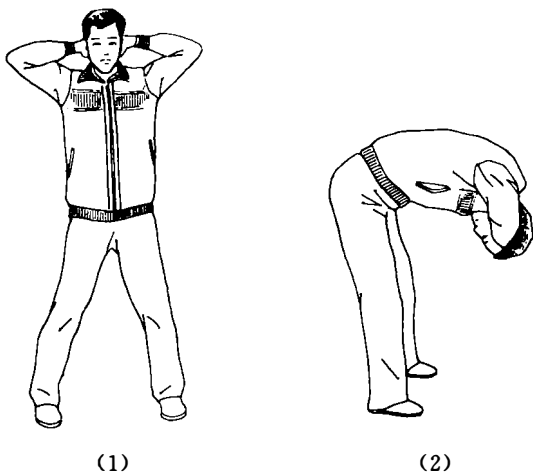


Fig. 106

(2) Cross the ten fingers with the elbows bent and palms facing the floor. Withdraw the hands slowly towards the chest until they are two fists away from the chest, then push them downwards with the waist bent, till the palms reach the floor with legs straightened. Push the crossed hands straight downward, by the left and by the right once each, with the head nodding accordingly (Fig. 107).

(3) Straighten the waist slowly and drive the hands to rise. Let go the crossed fingers.

Take natural respiration during practice. Keep the mind on the center of the palms while pushing the palms to the ground, and on

the tip of the nose while standing straight.

Ending the Exercise: Proceed from posture 12 — (3). Lift the hands along the body sides and slowly turn the finger tips to point to the sky; push the hands forward to their most while slowly lifting the heels with the front parts of the soles supporting the body weight and turning the palms leftwards and rightwards respectively. When the shoulders, elbows and wrists form two straight parallel lines,

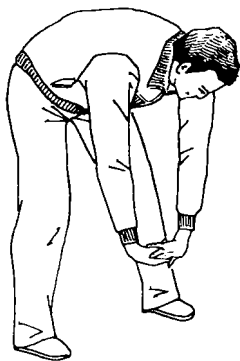


Fig. 107

move the hands to draw two arcs leftwards and rightwards respectively and then rest the hands under the armpits, with the palms facing upward, and lower the heels and lift upwards the front parts of the foot soles. Repeat the ending exercise for 7 times and finally resume the first posture of “Wei Duo Presenting the Pestle”. When practising the ending exercise, take normal breath and imagine that Qi in the body is separated from the surroundings, gathered and stored into Dantian.

These 12 basic exercises are better to be practised one after another in their original order, which will enable Qi in all the channels of the body to circulate systematically and coordinatively. Of course, one may select and practise one or more exercises according to one's own need. If one practises the 12 exercises all together, 3 ~ 7 times practice for each exercise is enough for new learners.

B. Supplementary Exercises

1. Patients with aching pain, heaviness and numbness in the back and shoulders may practise the Exercise of Spontaneous Movement (see “Abdominal Mass” A-1) in addition to the basic exercises.

2. Patients with pain in the back and shoulders, radiated pain in

the neck and the upper arms, and limitation of movement of the neck and upper arms may practise the Massage Exercise for Relaxing Shoulders (see “Scapulohumeral Periarthritis” B-2) in addition to the basic exercises.

C. Points for Attention

1. Keep the affected parts warm. Do not let the shoulders and back be exposed when sleeping. Invasion of wind and cold pathogens may aggravate the disease and reduce the therapeutic result of exercises.

2. New learners of the basic exercise (the Sinew-Transforming Exercise) should not pursue forcefully the desired respiratory result of threadiness, evenness, slowness and prolongation in order to avoid Qi stagnation.

Qigong Callisthenics and Qigong Obesity Relief

Qigong Callisthenics

Keep-fit Qigong and Qigong callisthenics include the two aspects of dynamic exercises and static exercises, which may bring about healthy and strong constitution. Dynamic exercises are relative to static exercises, the therapeutic and health-keeping result of the two aspects can not be divided. Indeed, dynamic exercises and static exercises complement each other.

Health-keeping Qigong static exercises fall into three categories: Qi circulation and movement, mind concentration and calming, and sleeping exercises.

Health-keeping Qigong dynamic exercises include sinew-transforming exercises, brocade exercise in eight forms, brocade exercise in twelve forms, etc. Here, a simple and common series of Qigong callisthenics for health-keeping and figure-building purpose is introduced.

1. Pressing the Top of the Head and Tranquilizing the Mind

(1) Choose the sitting or standing posture. Push and rub the forehead from Yintang point (Extra 1) to the front hairline with the

palm side of the first segment of the thumbs. Repeat this for 14 times. During pushing and rubbing, take normal respiration and concentrate the mind on the area being rubbed.

(2) Proceed from the last stance. Push and rub the forehead from the superciliary archs of the eyebrows to the front hair line with the palm side of the first segment of the middle fingers. Repeat this for 7 times. While pushing and rubbing, take normal respiration and concentrate the mind on the area being rubbed.

(3) Proceed from the last stance. With the palm side of the first segment of the middle fingers, press and knead Taiyang points (Extra 2) for 1 minute; then push from Taiyang (Extra 2) to Touwei (St 8), press and knead Touwei points (St 8) for a while; then push and rub from Touwei (St 8) to Baihui (Du 20) and press and knead Baihui point (Du 20) for 1 minute; still then press and knead Fengfu (Du 16) for 1 minute. While pushing, pressing and kneading, take normal respiration and concentrate the mind on the areas being pushed and kneaded.

(4) Proceed from the last stance. Press and knead the Sishencong point (Extra 6) with the put-together tips of the thumb, index, middle and ring fingers of one hand for 1 minute. While pressing and kneading, take normal respiration and concentrate the mind on Sishencong point.

(5) Proceed from the last stance. Put the right hand on top of the left and cover the top of the head with Laogong points (P 8) of the two hands pointing at Baihui point (Du 20) for 3 minutes. Take normal respiration and concentrate the attention on the total relaxation of the body and the mind. When inhaling, store Qi in the Lower Dantian; while exhaling, imagine that a gust of warm Qi flows downwards from Baihui point (Du 20) to the Lower Dantian along the Ren Channel (Fig. 108).

Note: The above-introduced exercise can invigorate the circulation of Qi and blood in the head and face, which may improve complexion and delay the wrinkles to appear in the face. Besides, this exercise has the efficacy of tranquilizing the mind, clearing away heart-fire and strengthening the brain.

2. Rubbing the Head and Combing the Hair

(1) Choose the sitting or standing posture. Stretch and separate the fingers of the two hands naturally, rub the head with the stretched fingers and palms for 81 times. While rubbing, take normal respiration and concentrate the mind on the areas being rubbed.

(2) Proceed from the last stance. Bend the ten fingers and comb the hair upwards and backwards with the dorsal side of the tips of the bent fingers from the temples to the top and back of the head for 5~15 minutes till a warm, comfortable and relaxed sensation is felt on the head. While combing, take normal respiration and concentrate the mind on the areas (Fig. 109) being combed.

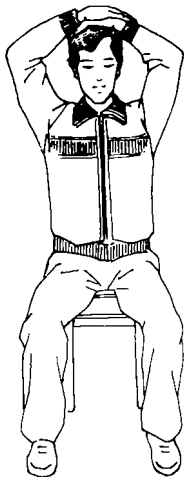


Fig. 108



Fig. 109

(3) Proceed from the last stance. Stretch the fingers naturally, push and rub the head, with the fingers and palms, from the forehead to the occiput, then to the neck. Repeat this for 14 times. While rubbing, take normal respiration and concentrate the mind on the areas being rubbed.

Note: The above-introduced exercise has the efficacy of promoting blood circulation of the scalp, thus ensuring nutrition supply to the hair and enabling the hair to become lustrous. Long-term prac-

tice of the exercise may bring about the therapeutic result of nourishing the hair, relieving itch of the scalp, seborrheic baldness, abundant dandruff, broken hair and lightening of the hair color.

3. Scrubbing the Eyelids and Moving the Eyeballs

(1) Choose the sitting or standing posture. Press and knead Sizhukong (SJ 23), Tongziliao (GB 1), Sibai (St 2), the inner and outer canthi respectively with the thumbs or the middle fingers. Take normal respiration and concentrate the mind on the points and try to feel the sensations produced. Press and knead each point for 30 seconds.

(2) Proceed from the last stance. Make hollow fists without bending the finger-palm joint of the index finger. Gently scrub the upper and lower edges of the eye orbits and the eyelids with the radial side of the middle segment of the index finger for 21 times respectively. Take normal respiration and concentrate the mind on the area being scrubbed (Fig. 110).

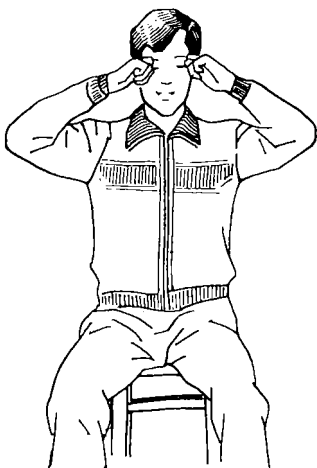


Fig. 110

(3) Proceed from the last stance. Dot-knead Jingming points (UB 1) for 1~3 minutes with the tips of the thumb and the middle finger of one hand or with the thumb tips of two hands. Take normal respiration and concentrate the mind on the relaxed eyes and the sensation produced by the manipulations.

(4) Proceed from the last stance. Move the eyeballs clockwise for 9 circles and counterclockwise for 9 circles. Take normal respiration and imagine that a ring of light circulates following the moving pupils.

(5) Proceed from the last stance. Rub the hands with each other

till they get warmed and then cover the eyeballs with the warmed palms, letting the Laogong points (P 8) point at the pupils, for no less than 3 minutes. Take normal respiration, orthodromic abdominal respiration or antidromic abdominal respiration. When inhaling, imagine that Qi flows into the pupils and when exhaling, Qi flows from the pupils to Dantian.

Note: This exercise has the effect of regulating the viscera, promoting circulation of Qi and blood, cultivating vital Qi and tranquilizing the mind. From the point of view of Western medicine, this exercise may promote the blood circulation of the eyes and nourish the optic nerves. Long-term practice of this exercise may improve vision, prevent eye diseases and keep flashing eyes even in the old ages.

4. Pulling the Ears and Beating the Drum

(1) Choose the sitting or standing posture. Gently hold and twist the helixes with fingers for 1 minute and then rub the auricles with the hands for 14 times. Take normal respiration and concentrate the mind on the auricles.

(2) Proceed from the last stance. Hold the ear lobe with the thumb and the index finger, one in each hand, and pull the ear lobes downwards for 14 times. Then grip the upper part of the helixes with the index and middle fingers and pull them upwards for 14 times respectively. Take normal respiration and concentrate the mind on the pulled auricles (Fig. 111).

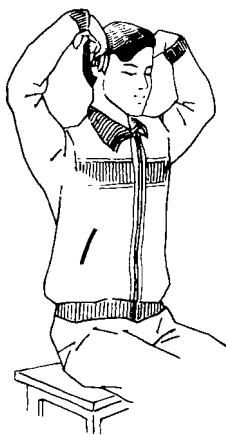


Fig. 111

(3) Proceed from the last stance. Block up the antrum auris (ear hole) with the tip of the index fingers respectively, move the finger tips clockwise and counterclockwise for 14 circles respec-

tively, then make 14 simultaneous gentle insertions. Take normal respiration, concentrate the mind on the inner part of the two ears, and listen carefully to the sound of the hand manipulations.

(4) Proceed from the last stance. Cover the two ears with the two hands, one on each, and place the fingers on the occiput, with the roots of the palms facing the front and Laogong points (P 8) pointing at the ear holes. Press and release the ears for 14 times. Take normal respiration and concentrate the mind on the ears.

(5) Proceed from the last stance. Knock on the occiput rhythmically with the index and middle fingers, stop knocking for 30 seconds after every 3 times of knocking. Knock the occiput for 21 times. Take normal respiration, concentrate the mind on the occiput and carefully listen to the lingering sound in the ears.

Note: This exercise has the efficacy of reinforcing the kidney, invigorating the kidney-Qi, improving audition and refreshing the brain and mind. Long-term practice of this exercise may bring about a good result in treating tinnitus and deafness and in relieving dizziness. In the point of view of the Western medicine, this exercise has the effect of irritating the auditory nerves and regulating the central nerves.

5. Kneading Yingxiang (LI 20) and Rubbing the Nasal Laterals

(1) Choose the sitting or standing posture. Press and knead the laterals of the nasal bone from the upper to the lower, with the first segments of the thumb and the middle finger of one hand or with the first segment of the middle fingers of two hands, for 7 times. Then press and knead the points 1.6 cm below the inner canthus and Yingxiang points (LI 20) for 3 minutes respectively. Take normal respiration and concentrate the mind on the parts being kneaded.

(2) Proceed from the last stance. Make hollow fists with the first segments of the thumbs touching the second segments of the index fingers. Rub the nasal laterals round Yingxiang points (LI 20), with the dorsal sides of the first segments of the thumbs, for 3 minutes. Take normal respiration and concentrate the mind on the parts being rubbed. (Fig. 112).

(3) Proceed from the last stance. Press and knead the points 0.3

cm below and lateral to the two wings of the nose respectively, with the tips of the middle fingers of the two hands, for 1 minute. Take normal respiration and concentrate the mind on the parts being kneaded.

Note: This exercise has the efficacy of improving the blood circulation in the nose area and increasing the resistance to diseases of the upper respiratory tract. Protracted practice of this exercise may ensure a fine osphresis, prevent common cold

and bring about a good therapeutical effect on chronic rhinitis. This exercise is especially eligible for those who are prone to common cold.



Fig. 112

6. Solidifying the Teeth and Reinforcing the Kidney

(1) Choose the sitting or standing posture. Calm down the mind and tap the upper teeth with the lower forcefully for 36 times. Take normal respiration and imagine that the more you tap the teeth, the more solid your teeth will become.

(2) During bowel movement and urination, clench the teeth, take normal respiration and imagine that stools and (♁) urine are being evacuated with respiration.

Note: This exercise has the effect of invigorating the kidney-Qi and solidifying the teeth. Long-term practice of this exercise may solidify the teeth, prevent tooth looseness and toothache and bring about good therapeutical effect on odontopathies, prostatitis and dribbling urination.

7. Rubbing and Kneading the Temples and the Maxillofacial Regions

(1) Choose the sitting or standing posture. Press and knead Xia-

guan points (St 7) and Jiache points (St 6) with the tip of the two middle fingers respectively for 1 minute. Take normal respiration and concentrate the mind on the points.

(2) Proceed from the last stance. Press and knead the temporomandibular areas with the major thenars of the two hands for a while, then put the center of the palms on the temporomandibular regions, one on each side, and open and close the mouth for 7 times. Take normal respiration and concentrate the mind on the areas being kneaded.

(3) Proceed from the last stance. Put the major thenars against the mandibles, one on each side, with the thumb touching the lower angle of the mandibles and the rear area of the earlobe, and the palms covering the temporomandibular regions. Scrub the temporomandibular regions for 21 times or till local warmth is felt (Fig. 113).

Note: This exercise has the effect of relaxing the muscles, promoting blood circulation and lubricating the joints. Long-term practice of this exercise

may strengthen the temporomandibular joints and prevent dysfunction and dislocation of them. What is more, it has some efficacy on the sequela of facial paralysis and apoplexy. From the point of view of the Western medicine, this exercise has the effect of improving blood circulation in the temporomandibular areas, strengthen the masseters and maintain a proper relaxation-tention order of the temporomandibular joints.

8. Massaging and Kneading the Face

(1) Choose the sitting or standing posture. Gently massage and

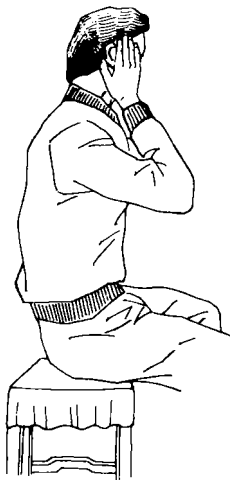


Fig. 113

knead the face with the major thenars of the two hands for 3~5 minutes . Take normal respiration , concentrate the mind on the areas being kneaded and relax the facial muscles.

(2) Proceed from the last stance. Rub the palms with each other, then, with the warmed hands, scrub the forehead, the laterals of the forehead, the temples and the entire face (the minor thenars put against the laterals of the nose) respectively for 1~3 minutes or till the face get warmed and slightly flushed. Take normal respiration and concentrate the mind on the areas being scrubbed.

Note: This exercise has the effect of invigorating the flow of Qi and blood and nourishing the facial muscles and skin. Western medicine holds that massage on the face may promote blood circulation of the facial areas, improve its skin respiration, increase its metabolism, get rid of the aged epithelial cells and serve as a good anti-aging exercise in keeping the face healthy and beautiful. The ancient Chinese also held the similar view, saying that "The face serves as the window of the mind,, long-term scrubbing and massaging the face, till it gets warmed each time, will get the face lustrous and no wrinkles or speckles will appear on the face. Five years' massage practice may keep a young lady's face". This exercise serves as the main one in keeping facial beauty. It also has the effect on preventing common cold and protecting vision.

9. Turning the Neck and Looking Around

(1) Choose the standing posture. Put the hands against the waist with arms akimbo (the thumbs in front and the rest four fingers covering Shenshu points (UB 23)). Bend the neck forward, backward, leftward and rightward respectively for 2 minutes. Take normal respiration and relax the neck.

(2) Proceed from the last stance. Slowly turn the head and neck round for one circle, then lean the head forcefully forward and leftward followed by rightward and backward with the eyes looking also rightward and backward. Stop for a while and do the same turning exercise in an opposite direction. Turn the head and the neck for 21 times respectively. Take normal respiration and concentrate the mind on the relaxation of the neck.

(3) Proceed from the last stance. Turn the waist leftward and backward with the neck as an axis to lead the lumbar vertebrae, and look at the left heel. Keep this posture for 3 respirations. Do the same exercise in the opposite direction. Repeat the exercise for 7 times respectively. Take normal respiration and relax one side of the neck while contract the other (Fig. 114).

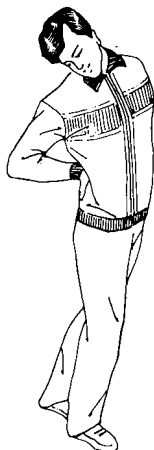


Fig. 114

Note: This exercise has the effect of strengthening the tendons and muscles of the neck, lubricating the joints and improving its flexibility. Long-term practice of this exercise may strenghten the muscles and ligaments of the neck, ensure flexible movement of the head and neck, improve its blood circulation and prevent cervical spondylopathy. This exercise also has certain preventive and therapeutical efficacy on stiffneck, retrograde affection of cervical vertebra, and pain on the shoulders, neck and back, and lumbago.

10. Moving the Shoulders and Arms

(1) Choose the standing posture with hands falling naturally on the body sides. Lift the left shoulder while lowering the right, then vice versa. Practise this exercise for 21 or 42 times. Take normal respiration and concentrate the mind on the relaxation of the shoulders to the most extent.

(2) Proceed from the last stance. Rotate the shoulders in one direction for 21 or 42 circles, then in the opposite direction for another 21 or 42 circles. Take normal respiration and concentrate the mind on the relaxation of the shoulders.

(3) Proceed from the last stance. Stand erect with arms akimbo

and chest slightly bulged. Move the left shoulder forward while the right backward, then vice versa, for 21 or 42 times. Take normal respiration and concentrate the mind on the relaxation of the shoulders.

(4) Proceed from the last stance. Lift the hands upward and forward with the palms facing the body at the chest height and the elbows bent slightly, as if holding a big ball. Change the "Minor Yun Shou" into "Major Yun Shou" (with palms facing each other, prolong and shorten the distance between the two palms) (Fig. 115). Repeat the exercise for 3 ~ 5 minutes or more. Take normal respiration and concentrate the mind on the relaxation of shoulders.



Fig. 115

Note: This exercise has the effect of relaxing the muscles, promoting blood circulation, dredging the channels and lubricating the joints. Long-term practice of this exercise may toughen the shoulders, prevent and treat scapulo-humeral peri-arthritis, fasciitis of the neck, shoulders and back and pain in the upper arms. It also has some preventive and therapeutical efficacy on nerve-root cervical spondylopathy and stiffneck.

11. Rubbing the Hypochondria (Costal Regions) and Patting the Chest

(1) Choose the standing or sitting posture. Press and knead Yunmen points (Lu 2), Zhongfu points (Lu 1), Rugen points (St 18), Zhangmen points (Liv 13) and Qimen points (Liv 14) with the palms for 1 minute respectively. Take normal respiration and concentrate the mind on the points.

(2) Proceed from the last stance. Rub the hypochondria from the

upper ribs down to the anterior superior iliac spine with the two palms (one on each side) for 7 or 14 times. Take normal respiration and concentrate the mind on the areas being rubbed.

(3) Proceed from the last stance. Pat the sides of the chest along the mammillary lines from the upper parts down to the 7th epicostal ends, with the two hollow palms, for 14 times. Take normal respiration and concentrate the mind on the regions being patted.

(4) Proceed from the last stance. Rub the chest along the Ren Channel from the upper part down to the lower with one palm for 14 times or till the area being rubbed get warmed. Take normal respiration and concentrate the mind on the area being rubbed.

(5) Proceed from the last stance. Scrub the hypochondria (costal regions) from the upper part down to the lower for 21 or 42 times. Take normal respiration and concentrate the mind on the area being scrubbed.

Note: This exercise has the effect of relieving chest stuffiness, regulating Qi circulation and soothing the liver. Long-term practice of this exercise may keep the doers broad-minded and pleasant, and may well prevent and treat emotional depression, fullness and stuffiness in the chest and bypochondria, chest pain due to stagnation of Qi, cough and dyspnea. It also has certain effect on the prevention and treatment of chronic hepatitis, cholecystitis and cholelithiasis.

12. Pinching the Points and Rubbing the Knee Joints

(1) Choose the sitting posture. Pinch and knead the inner and outer condyles, Yinlingquan (Sp 9) and Yanglingquan (GB 34) and the two Xiyian (Extra 36), with the thumb on one side and the rest four fingers on the other, respectively for one minute. Take normal respiration and concentrate the mind on the points.

(2) Proceed from the last stance. Rub the knee joints with the palms (one on each) till the joints get warmed. Take normal respiration and concentrate the mind on the relaxation of the knee joints.

(3) Proceed from the last stance. Put the palms on the two knee-caps, one on each, then press and knead the knee-caps clockwise for 81 circles followed by counterclockwise for another 81 circles. Take normal respiration, concentrate the mind on the relaxation of the

knee-caps and imagine that a heat sensation is generating in the knee joints and gradually the knee joints are full of heat stream.

Note: This exercise has the effect of relaxing the muscles, promoting blood circulation and warming up the channels. Long-term practice of this exercise may prevent and treat arthritis, chondromalacia of the knee-cap, patellar ligament injury, injury of infrapatellar fat pad and chronic traumatic synovitis. It also has some therapeutical efficacy on meniscus injury of the knee joint and proliferative arthritis.

13. Rubbing the Body and Invigorating the Skin Function

(1) Choose the sitting posture. Rub the anterior, outer, posterior and inner sides of one arm with the hand (palm) of the other side, then vice versa, till the areas being rubbed get warmed. Take normal respiration and imagine that the heat in Dantian is flaming and spreading, from the lower part to the upper, all over the body.

(2) Proceed from the last stance, rub the chest and the abdomen straight from the upper part down to the lower with the two palms till the areas being rubbed get warmed. While rubbing, take the same respiration and mind imagination as that in (1).

(3) Proceed from the last stance. Rub with two palms the loins, the sacral parts and the buttocks from the upper to the lower till the areas being rubbed get warmed. While rubbing, take the same respiration and mind imagination as that in (1).

(4) Proceed from the last stance. Change the sitting posture into the standing. Rub the anterior, outer, posterior and inner sides of the lower limbs, till the areas being rubbed get warmed. While rubbing, take the same respiration and mind imagination as that in (1).

(5) Proceed from the last stance. Rub the dorsal part of the left foot with the right hand, and vice versa, till the areas being rubbed get warmed. Then twist the toes one after another, 3~5 times for each. While rubbing, take the same respiration and mind imagination as that in (1).

(6) Proceed from the last stance. Rub the two palms with each other till they get warmed; then twist the fingers of one hand with the other 3~5 times for each finger; still then, hold and slide the

fingers, one after another, 3~5 times or more for each finger. When rubbing, twisting and sliding, take the same respiration and mind imagination as that in (1).

Note: This exercise has the effect of promoting the circulation of blood and Qi, dredging the channels and vessels, regulating the function of the viscera, nourishing the spleen and kidney and toughening the general constitution. Long-term practice of this exercise may improve the complexion and the figure of the practitioners. It has a good preventive and therapeutic effect on xerosis cutis (dry skin) and pruritus (itching), and certain preventive effect on common cold.

This exercise was held in esteem in ancient China.

Attention should be paid to the mind imagination during the whole course of practice, and to that heat in Dantian is flaming and spreading all over the body and gets stronger in the areas being rubbed.

From the point of view of Western medicine, this exercise has the effect of promoting peripheral circulation, improving respiration and nutrition supply of the skin, improving metabolism, regulating the secretion function of the sweat glands and sebaceous glands and increasing the luster and elasticity of the skin.

14. Kneading and Rubbing Yongquan (K 1)

(1) Choose the sitting posture. Hold the ankle with one hand and press and knead Yongquan point (K 1) with the thumb of the other, for 3~5 minutes. Then, change for the point in another sole and do the same exercise as mentioned above. Take normal respiration and concentrate the mind on Yongquan (K 1).

(2) Proceed from the last stance. Rub Yongquan points (K 1), one after the other, with the minor thenar of one hand. The rubbing should be slow and gentle at first, then quick and forceful gradually. Take normal respiration and imagine that the heat sensation at Yongquan (K 1) is getting stronger and stronger and gradually flowing upward into Dantian (Fig. 116.)

Note: This exercise has the effect of nourishing Yin, strengthening the kidneys, replenishing the liver, clearing away heat, relieving restlessness, nourishing the heart and calming the mind. Long-

term practice of this exercise may keep the practitioners clear-minded and healthy. It has a good preventive and therapeutic efficacy on dysphoria with feverish sensation in the chest, palms and soles, dizziness, vertigo, insomnia and palpitation, and it also has some effect on lowering the blood pressure. This exercise serves as one of the main exercises for keeping health of the middle-aged and old people and of patients with hypertension and heart diseases.

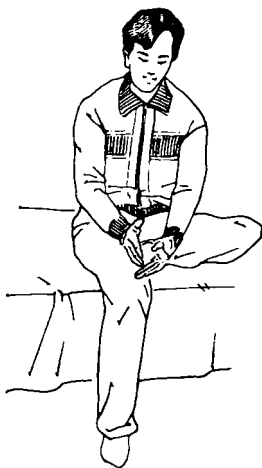


Fig. 116

Qigong Obesity Relief

Obesity is caused by over deposition of fat in the body. When one intakes more calories than needed, the extra nutrients may be transformed into fat which will deposit in the tissues and subcutaneous parts, resulting in obesity. Generally speaking, when one's body weight is 10% more than his standard body weight, he is taken as "over weighted", and 20% more, having obesity. Obesity may occur at any age groups, more often in persons above 40 years of age and more often in women than in men.

Qigong obesity relief is a set of exercises, including exercises of postures, respiration and mind concentration, which may correspondingly improve the function of the digestive system of those with obesity. During the course of practising these exercises, the practitioner should reduce or dispel hunger and effectively control the in-

take of diet. What is more, these exercises may regulate the functions of the respiratory, circulatory and endocrine systems and coordinate the functions of other systems. With the normal consumption of the extra fat in daily activities and the practice of the exercises, obesity can be normally relieved, beauty can be restored and disorders can be prevented and cured.

1. The Thoracic—Abdominal Respiration Exercise

(1) Preparation. Choose the standing posture with feet apart as wide as the shoulders, shoulders relaxed, elbows dropped, chest pulled in, back straightened, buttocks slightly contracted, knees straightened and relaxed, toes clutching the ground, respiration natural, eyes looking straight forward or slightly closed, distractions expelled, left palm (for men, right palm for women) on the lower abdomen with the inner Laogong point (P 8) covering the lower Dantian and the right palm (for men, left palm for women) put on the chest with the inner Laogong point (P 8) covering Tanzhong point (Ren 17) (Fig. 117). Stand this way, still and relaxed, for a while, then tap the upper teeth with the lower for 36 times, followed by stirring the saliva in the mouth with the tongue and then swallow the saliva in 3 times, 1/3 each time. While swallowing the saliva, imagine that the saliva is being carried to the chest first then slowly into Dantian. Stand still and calm for a while.

(2) Thoracic-Abdominal Respiration. Inhaling, stick out the chest and pull in the lower abdomen (Fig. 118); while exhaling, pull in the chest and bulge the lower abdomen to the most (Fig. 119). Repeat the respiration exercise for 30~60 inhalations and exhalations (usually 40). The speed of respiration is similar as that in normal respiration, and the respiration should be slow, rhythmic and speed-steady with no purposeful exertion of force. This exercise can also be practised in sitting, lying-supine with knees bent (Fig. 120) and walking postures.

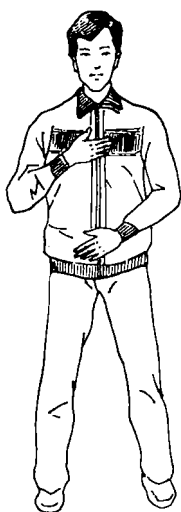


Fig. 117



Fig. 118



Fig. 119

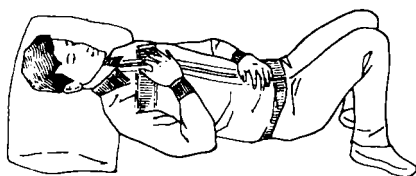


Fig. 120

(3) Pushing-Rubbing the Chest. Choose the standing, sitting or lying-on-back posture. Push and rub the chest from the right side to the left with the right palm (Fig. 121) for 36 times, then vice versa with the left palm for another 36 times. Take normal respiration.

(4) Kneading-Rubbing the Abdomen. Taking the umbilicus as the center, knead and rub the abdomen clockwise with the right palm for 36 circles (Fig. 122). Then knead and rub it counterclockwise with the left palm for another 36 circles.

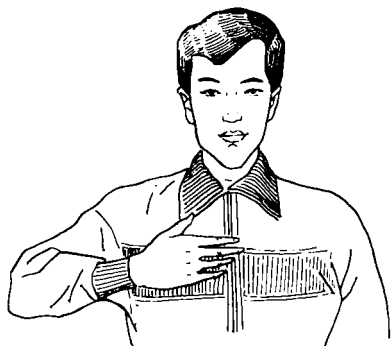


Fig. 121



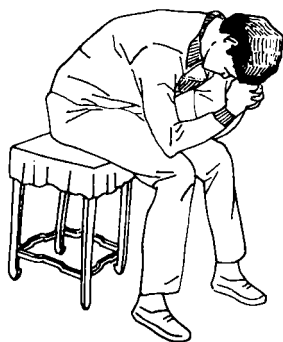
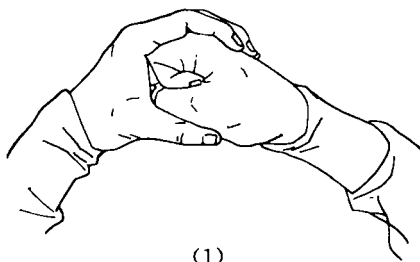
Fig. 122

Note: This exercise, producing waved movement of the chest and abdomen upon respiration, may press and massage the digestive and respiratory organs, which can, during the course of exercise practice, reduce or relieve hunger, control diet intake, improve normal digestion and absorption, increase oxygen intake, regulate the function of viscera and thus reduce the extra fat. It serves as one of the main exercises in controlling diet intake and relieving obesity. This exercise is to be practised only when one feels hungry. Generally, 1 ~3 days' practice may enable the practitioners to feel no hunger or diminish the hunger, and when hunger is no longer felt the whole day, stop practising this exercise. If dizziness, nausea or weakness occur in the course of practice, they may disappear gradually with continuous practice. And if the hunger is still severe with some untoward reactions, stop the practice of this exercise.

2. The Abdominal Respiration Exercise

(1) Preparation. Sit on a chair or a stool, the height of which should allow the knees to form a 90° angle and the sole to touch the ground. Put the feet apart as wide as the shoulders. Slightly clench the right fist and hold the right fist with the left hand (Fig. 123 (1)). Then, put the elbows on the respective knees, gently close

the eyes, place the tongue against the palate, bend the waist and bow the head, and put the forehead on the radial side of the bent index fingers [Fig. 123(2)]. Or, lie on back with the legs crossed, cross the index, middle, ring and little fingers of the two hands with the tips of the two thumbs touching each other, put the hands on the lower abdomen (Fig. 124) and regulate the respiration to be even and expel all the distractions.



(2)
Fig. 123

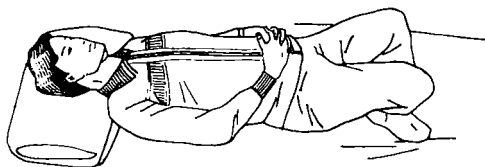


Fig. 124

(2) Abdominal Respiration. Proceed from the preparation stance. Regulate and concentrate the mind on respiration; take an inhalation and then slowly exhale with the whole body relaxed and the exhalation being thready, slow, even and prolonged, and simultaneously imagine that the inhaled air is flowing into and then out of the lower abdomen along with the exhalation. Only after the exhalation is exhausted may the inhalation begin. Both the inhalation and exhalation should be thready, slow and even (but the exhalation should be prolonged while the inhalation shortened), any hurry or exertion of force should be avoided. When fullness in the lower abdomen is sensed, hold breath for 2 seconds after each inhalation followed by exhalation, making the respiration be "inhale-hold-exhale". The respiration is coordinated with abdominal movement; inhaling, Qi is being sent to the Lower Dantian, the abdomen is slowly bulged and the lower abdomen is full of Qi; and while exhaling, the abdomen is slowly pulled in. The chest does not rise and fall with the respiration. Practise this exercise for 10~30 minutes.

(3) Descending Qi and Refreshing the Brain. Proceed from the last stance. Slowly open the eyes, raise the head, straighten the waist and sit on the chair still and calmly. Push and rub the forehead from the middle part of eyebrows to the frontal hair line with the palmar side of the index and the middle fingers of the two hands for 24 times (Fig. 125); then from the middle of the forehead laterally to the temples for 24 times (Fig. 126); still then rotate and knead the temples with the thumbs for 24 times (Fig. 127); lastly, push and rub the lateral sides of the head from the front to the rear along the Gallbladder Channel with the tips of the side-by-side index, middle, ring and little fingers of the two hands for 24 times respectively (Fig. 128), followed by rotating the finger tips on the side of the head clockwise and counterclockwise for 24 circles respectively. Push and rub the left side of the head first for male and right side first for female.



Fig. 125



Fig. 126



Fig. 127

(4) Rotate-rub the abdomen (Fig. 124) clockwise and counter-

clockwise for 36 circles respectively. Rub the palms with each other and rub the face with the warmed palms to end the exercise.

Note: This exercise is to be practised mainly during the course of diet intake control and obesity relief, 2~3 times a day. When practising abdominal respiration, fullness of the lower abdomen during inhalation depends on individuals, over exertion of force should be avoided and the whole practice of this exercise should follow the principle of "feeling comfortable" with no



Fig. 128

stuffy sensation. After practising abdominal respiration exercise,

sit calm and still for a while before slowly opening the eyes, and once the eyes are open, practise exercises (3) and (4) immediately to avoid dizziness and malaise.

This exercise has the effect of regulating Qi of the upper-jiao (heart-Qi and lung-Qi), replenishing the vital Qi and enabling Dan-tian to be full of Qi, and serves as an important exercise in diet intake control and obesity relief.

3. The Exercise of Rotating the Ball-Holding Hands

(1) Preparation. Stand erect with the body relaxed, the feet apart as wide as the shoulders, the hands falling naturally on the body sides, breath normalized, distractions expelled, eyes closed and the tongue put against the palate (Fig. 129).

(2) Vertically Holding and Twisting an Imaginary Ball with the Hands. Stretch the hands naturally in front of the chest with the left hand at the height of Tanzhong point (Ren 17) and the left thumb pointing to it, while the right at the height of the umbilicus and the minor thenar of the right hand facing it, if the practitioner is a female (Change the positions of the two hands in male). Get the

palms facing each other as if vertically holding a ball. Imagine that the Yin-Qi and Yang-Qi are circulating between the hands. Take an inhalation and imagine that Qi is sent to Dantian, while exhaling, imagine that Qi is sent into the space (the imaginary ball). Press and release the ball with intrinsic Qi, for several times till Qi-tracing and drawing and swelling sensation is felt in the palms. Push and twist the imaginary ball, with the left hand rotating clockwise and the right hand following the movement of the left, for 25 circles [the numbers of rotation of the hand at the height of Tanzhong (Ren 17)]. Then push and twist the ball counterclockwise for 30 circles (the numbers of rotation of the hand at the height of the umbilicus) (Fig. 130). Take natural respiration and concentrate the mind on the sensation under the two palms. Hold the ball for a while before ending the exercise.

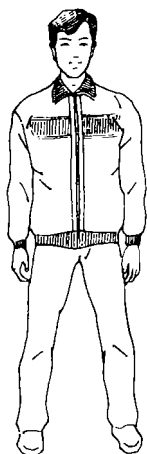


Fig. 129

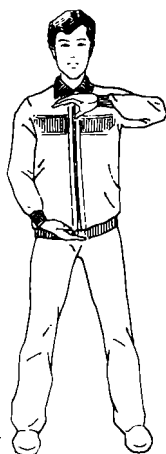


Fig. 130

(3) **Transversely Holding and Twisting an Imaginary Ball with the Hands.** Lift the hands upward and forward with the palms facing each other and the two thumbs at the height of Tanzhong point (Ren 17), as if transversely holding a ball. Take an inhalation and imagine that Qi is sent to Dantian, then take an exhalation and imagine that Qi is sent into the ball (the space between the palms).

Press and release the imaginary ball for several times till the Qi-tracting and drawing and swelling sensation is felt in the palms. Push and twist the ball, with the left hand rotating clockwise and the right hand moving correspondingly, for 25 circles (number of rotation of the left hand), then with the right hand rotating counterclockwise and the left hand moving correspondingly for 30 circles (number of rotation of the right hand) (Fig. 131). Take normal respiration and concentrate the mind on the two palms. Hold the imaginary ball for a while before ending the exercise.

(4) Rotating the Sun and the Moon. Lift the arms in front of the body with the left arm at the height of Tiantu point (Ren 22) and the right at Shenque point (Ren 8), as if holding an object in the arms (the left arm is on top of the object and the right arm is supporting the object). Take an inhalation and imagine that Qi is being sent to Dantian, then take an exhalation and imagine that Qi is being sent to the space between the two palms. Push and pull the arms with intrinsic Qi till the force of chest-abdomen contraction and sensation of Qi are felt in the palms. Turn the left hand clockwise and move the right hand correspondingly, with the forearms horizontally driven to move accordingly, for 25 circles (number of the circulation of the left hand). Repeat the same exercise counterclockwise for 30 circles (number of the circulation of the right hand) (Fig. 132). Resume the preparation posture, rub the hand with each other and rub the face with the warmed hands to end the exercise.

Note: This exercise has the effect of balancing Yin and Yang, merging the intrinsic Qi of the body with environmental air and replenishing the intrinsic Qi with the vast essence of the heaven and the earth, and serves as one of the exercises of obesity relief. It can enable the practitioners to keep balance of Yin and Yang of the body, regulate the viscera and promote the circulation of Qi and blood, thus playing a vigorous effect in consolidating the result of obesity relief and strengthening the constitution.

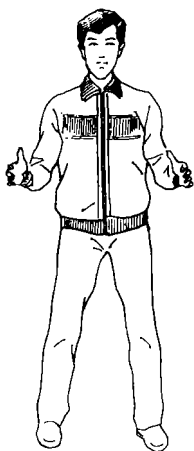


Fig. 131

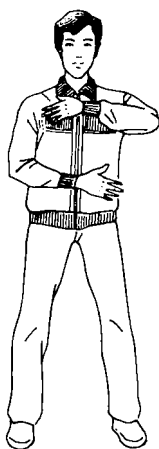


Fig. 132

4. The Still—Sitting and Qi—Nourishing Exercise

(1) Preparation. Sit upright on a chair, the height of which should enable the knees to form a natural 90° angle, with the soles flat on the floor, the feet apart at shoulders width, and the thighs and the trunk forming a 90° angle, too. Put the right hand on top of the left (for male; and vice versa for female) with the minor thenars of the two hands against the lower abdomen, and the palms facing the ceiling. Erect the head and neck, pull in the lower jaw, straighten the back and waist, relax the shoulders, pull in the chest, slightly close the eyes and mouth and put the tongue against the palate (Fig. 133). Cross-legged sitting posture is also eligible (Fig. 134).

(2) Mind Concentration and Respiration. Regulate the respiration till it becomes slow, thready, even, prolonged and natural, then concentrate the mind on Dantian and listen quietly to the sound of respiration till the practitioner can hear nothing. Only then, concentrate the mind on exhalation. While exhaling, relax the whole body, part after part, from head to feet. When the whole body is thoroughly relaxed, take normal respiration and feel that the existence of the body becomes indistinct. Practise this exercise for 10 ~ 30 minutes.

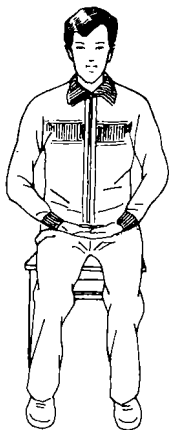


Fig. 133

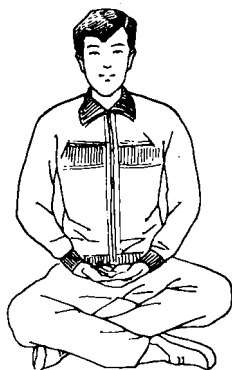


Fig. 134

Note: This exercise, which nourishes Qi and regulate the mind in a calm state, has the effect of strengthening the vital Qi and replenishing essence, and serves as an important exercise in obesity relief and consolidation of the result of obesity relief. During obesity relief, this exercise is usually to be practised 3 times a day, 10~20 minutes each time; and during the course of consolidating the result of obesity relief, 2~3 times a day, 15~30 minutes each time.

This Qigong Obesity Relief Exercise has a good therapeutic efficacy on simple obesity and simple obesity accompanied with metabolic disturbance and with no obvious functional change of the nervous and endocrine systems. As to the secondary obesity caused by such diseases as disorders in diencephalon and pituitary, go and see the doctors to get the primary diseases cured. Because the individual difference and the difference of causes of obesity vary from person to person, the diet intake, times and duration of exercise and other physical activities should be adjusted and modified according to the self perceptions during the course of practising the exercise.

Points for Attention:

(1) Diet Intake. Take food (less than usual) only when the practitioner with obesity feels very hungry, and take nothing when he or she does not feel hungry.

(2) Practise the exercise in line with the requirements in terms of the practising times and duration. Avoid excessive practice.

(3) Activity of other physical exercise should be adjusted according to the individual conditions, and avoid overdoing it during the course of Qigong exercise.

The whole set of Qigong Obesity Relief Exercise includes four sub-exercises; (1) The Thoracic-Abdominal Respiration Exercise, (2) The Abdominal Respiration Exercise, (3) The Exercise of Rotating the Ball-Holding Hands and (4) The Still-Sitting and Qi-Nourishing Exercise. Generally, exercises (1), (2) and (4) are chosen in obesity relief, and when obesity is relieved to a desired extent, choose (3) and (4) to consolidate the result, to replenish Qi and to strengthen the constitution. Careful selection of the exercises and instructions from Qigong doctors are important. Be sure not to seek obesity relief alone and blindly. In case severe malaise appears, stop practising the exercises and seek the doctor's advice.

Prevention and Treatment of Qigong Deviations

Qigong deviations, also called deviations of Qigong exercises, refer to the abnormal phenomena and adverse reactions emerged in the course of Qigong exercises, which can not be controlled by the practitioners themselves and may cause mental and physical agony.

A. Basic Qigong Exercises

1. The Brocade Exercise in Six Forms (Liu Duan Jin)

(1) **Stretching Out Hands to Shut the Cave Door.** Set feet apart at shoulders width with the toes pointing inwards to form inverted splayfeet, the waist and legs straight, eyes looking straight ahead, mind concentrated on Dantian and breath natural (Fig. 135). Lift the two hands with palms downwards to the two sides of the chest, and push forwards slowly as if shutting a door. Then strain the wrists and the ten fingers to exert traction to the tendons of the arms, 10 times (Fig. 136).

(2) **Stretching Arms and Shrugging Shoulders.** Proceed from the last stance. Turn the arms sidewise in opposite directions and keep them at shoulder level, palms facing upward as if carrying a shoulder pole. Stretch the arms backwards and simultaneously shrug the shoulders (Fig. 137). Do this 10 times.

(3) **Pressing Gourd Gently.** Draw the hands back to the chest and

then drop them to the sides of the thighs with palms facing downwards and the fingers of them pointing sideways and bending dorsally a little. Press downwards forcefully 10 times (Fig. 138).

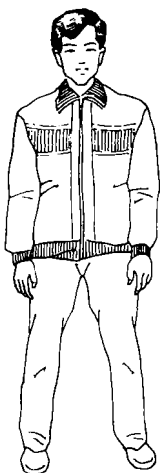


Fig. 135

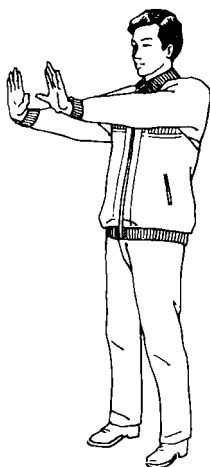


Fig. 136

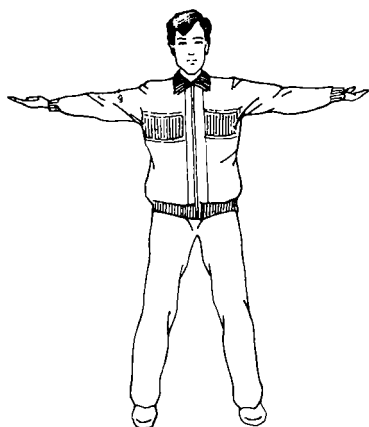


Fig. 137

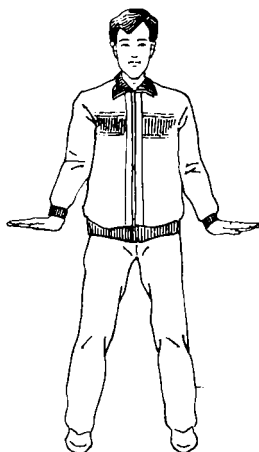


Fig. 138

(4) Bending Over to Touch Dan (Genuine Qi). Keep the legs straight and bend the waist forward. With palms facing downwards,

cross the arms alternately while pressing the hands down to stroke, 10 times (Fig. 139).

(5) Holding Mount Taihang by Hands. From the last stance, turn the palms upward as if to fish for something and lift them slowly to Tanzhong (Ren 17) with the back straightened. Adduct the palms and stretch the arms slowly upwards over the top of the head, palms apart at shoulders width. Then stretch the arms and palms forcefully upwards as if to hold up a mountain, 10 times (Fig. 140).

(6) Snatching the Belt with Hands Alternately. Proceed from the last stance. Lower the left arm towards the front, and simultaneously snatch as if to get something. Withdraw the left hand to the chest and snatch with the right hand. Repeat this 10 times (Fig. 141).



Fig. 139

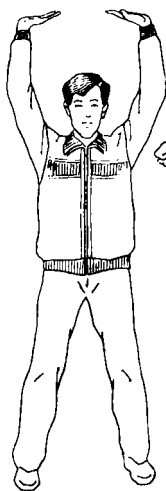


Fig. 140

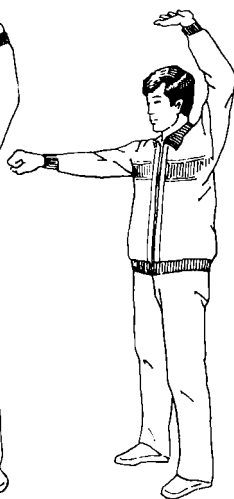


Fig. 141

2. The Daoyin-massage Exercise for Regulating Qi (Dao Yin An Mo Tiao Qi Gong)

(1) Pushing the Forehead. Push-rub the forehead with the four fingers (close to each other, other than the thumbs) of the two hands from the midpoint of the two eye-brows upward to the front

hairline, 24 ~ 50 times. Then push-rub from the midpoint of the forehead to the two temples 24 ~ 50 times. The respiration should be even, fine and long. Push hard when exhaling and gently when inhaling with the mind concentrated on the sensation of Qi beneath the fingers.

(2) Kneading Taiyang (Extra 2). Knead Taiyang (Extra 2) counterclockwise for 24 ~ 50 times with the middle fingers. Concentrate the mind on the sensation of Qi beneath the fingers.

(3) Bathing the Face. Rub the face with the two palms, starting from the midpoint at the forehead sideways, then downwards, and then upwards along the sides of the nose back to the forehead for 24 ~ 50 times, with breath natural and mind concentrated on the sensation of Qi beneath the palms.

(4) Combing the Hair. Get the five fingers separated and curved slightly. Comb the hair with them for 24 ~ 50 times, starting from the front hairline backwards, with the tongue propped against the palate, breath natural and mind concentrated on the sensation of Qi beneath the fingers.

(5) Sweeping the Gallbladder Channel. Get the four fingers (other than the thumb) close to each other and slightly curved. Scrape-sweep with the fingertips along the Gallbladder Channel from above the ears backwards towards the back of the head with mind concentrated on the sensation of Qi beneath the fingers and the respiration even and long. Scrape-sweep backward 5 ~ 10 times during exhaling and suspend the manipulation during inhaling, for altogether 7 ~ 10 respiratory cycles. Then knead digitally the points Jiaosun (SJ 20) and Hanyan (GB 4) several times.

(6) Rubbing the Back of the Head. Interlock the fingers of the two hands. Clasp the occipital bone with the roots of the palms and rub the back of the head from the upper to the lower with the mind concentrated on the sensation of Qi beneath the palms. Rub 5 ~ 10 times during exhaling and suspend the manipulation during inhaling, for altogether 7 ~ 10 respiratory cycles (Fig. 142).

(7) Dredging Fengchi (GB 20). Knead the point Fengchi (GB 20) gently with the thumbs 5 times during each inhaling and exhaling for

altogether 14 respiratory cycles. Then with the thumbs and index and middle fingers clenched together, tap on Fengchi gently for 30 times.

(8) **Massaging Tianzhu (GB 10).** Bend the head forward slightly. Rub the back of the neck along its midline with the first segment of the four fingers of either hand from the top of the neck downwards for 7 times during exhaling, and stop the rubbing during inhaling. Do this for 8 respiratory cycles (Fig. 143).



Fig. 142

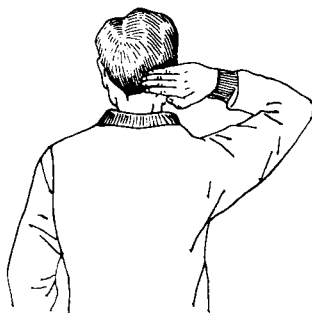


Fig. 143

(9) **Massaging the Blood Waves.** Close the four fingers (other than the thumb) of the right hand and rub with their first segments the blood wave regions on the side of the neck. During exhaling, rub the left side (the left side first in male and the right side first in female), from under the jaw along the sternocleidomastoid muscle down to the clavicle; stop the rubbing during inhaling (Fig. 144). Then change hands and rub the other side of the neck.

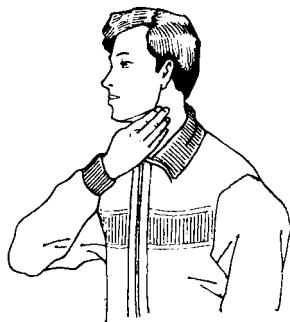


Fig. 144

(10) **Patting the Shoulders and Arms with Fists.** Make a hollow fist with the left hand and pat the external, internal and anterior sides of the right arm from the shoulder to the wrist 3~5 times respectively. Then pat the left arm with the right fist in the same way.

(11) **Pushing the Chest to Regulate Qi.** Do pushing massage with the right palm starting at the middle point of the chest leftwards for 5~10 times during exhaling and suspend the manipulation during inhaling. Do this for 10 respiratory cycles. Conduct the same to the right side of the chest with mind concentration following the hand manipulations.

(12) **Rubbing the Hypochondrium to Lower Qi.** This is done during exhaling, with the two palms doing pushing massage starting from the armpits to the respective sides of the abdomen for 5~10 times.

(13) **Kneading the Abdomen.** Apply the right hand to Zhongwan (Ren 12) region and move the hand clockwise and counterclockwise to knead the abdomen for 36 times respectively.

(14) **Pushing the Abdomen Obliquely.** Do pushing massage with the four fingers or the whole palms of the two hands starting from the xiphoid process along the abdominal midline to the pubic symphysis for 36 times, and then do it starting from the xiphoid process, pushing the hands apart sidewise and obliquely downward for 36 times.

(15) **Pounding the Waist.** Turn hands into hollow fists and pound with them the two renal regions and the lumbosacral portion, 36 times respectively.

(16) **Rubbing the Renal Regions.** Rub the two palms with each other till they are hot, then rub with them the lumbar and renal regions from the upper to the lower until these regions get warmed.

(17) **Push-rubbing the Upper Limbs.** Sit upright. Place the right hand on the right thigh with palm supine. Push-rub with the left palm the internal side of the right arm from the uppermost down to the palm along the Three Yin Channels of Hand. Then turn the right hand prone, and push-rub with the left palm the back of the

right arm along the Three Yang Channels of Hand from the right dorsum to shoulder, for 7 times. Rub the left arm for another 7 times.

(18) Push-rubbing the Lower Limbs. Sit on bed, put the left hand on top of the right groin and the right hand on the outer side of the right thigh. Conduct pushing massage along the Three Yang Channels of Foot downward to the foot. Then move the palm to the internal side of the leg and conduct the pulling massage from the foot along the Three Yin Channels of Foot up to the uppermost of the thigh for 7 times. Rub the left thigh and leg for another 7 times.

B. Supplementary Exercises

1. Practitioners with unruly flow of Qi and blood which causes dizziness, stuffy chest, short breath, uncontrolled shake of the body and limbs, panic or even syncope during or after practising Qigong exercises, may practise the patting exercise of patting the head, back, lower extremities or chest and abdomen, from the upper portion to the lower, and push-rubbing the upper and lower limbs, in addition to the basic exercises.

2. Practitioners with disorder of Qi which causes pain, heaviness, aching, swelling, stuffiness, tightness, thickness, etc. may practise the following massage exercises, in addition to the basic exercises

(1) Practitioners with tenderness at the top of the head may press and knead Baihui point (Du 20) and Fengfu point (Du 16), open Tianmen (push and rub the lines on the forehead from the middle point of the eyebrows to the hairline), push and rub Kangong (the upper edge of the eyebrow), push and rub Taiyang points (Extra 2), knead Dazhui point (Du 14) and pat the Du and Ren Channels from the upper portion to the lower.

(2) Practitioners with heaviness and tightness in the forehead may open Tianmen (push and rub the lines on the forehead from the middle point of the eyebrows to the hairline), push and rub Kangong (the upper edge of the eyebrows, push and rub Taiyang (Extra 2), knead Baihui (Du 20), press Jingming (UB 1) and pat the Ren Channel from the upper portion to the lower.

(3) Practitioners with swelling and pain around Dazhui point (Du 14) may press and knead Dazhui (Du 14), Fengfu (Du 16), Fengchi (GB 20), Jizhong (Du 6) and pat the Du channel and the Urinary Bladder Channel from the upper portion to the lower.

3. Practitioners who sense the continuous leaking of Qi out of the body from the anterior and/or posterior pudendum or some certain body points, and the leaking can not be controlled by the practitioners themselves, and some symptoms like loss of weight, weakness, palpitation, short breath, spontaneous perspiration and night sweating following the episode of Qi leaking, may practise the following exercises according to the part where Qi leaks.

(1) Cases with leakage of genuine Qi from the pependum and anus may add the Exercise of Contracting the pudendum and Anus (Suo Yin Ti Gang Gong) : Take the standing, sitting or lying posture. Relax the whole body, get rid of distractions and inhale slowly and nasally, and at the same time contract the abdomen and anus, prop the tongue against the palate and concentrate the mind lightly on Baihui (Du 20). During exhaling, guide Qi to flow downward to Dantian and concentrate the mind there. Do this for 9 respiratory cycles.

(2) Cases with leakage of genuine Qi from the hands and feet should add the following exercise: Take the cross-legged sitting or the lying supine posture with the toes of the feet bent, the hands in hollow fists (the thumb overlapped over the back of the four fingers) and put at the sides of the abdomen at the same level of the navel. Inhale slowly and imagine that Qi of the hands and feet is converged in Tanzhong (Ren 17). During exhaling, get Qi down to Dantian. Do this for 9 or 18 respiratory cycles.

(3) The practitioner may rub any palces where he feels leakage of genuine Qi and carry out patting and rubbing manipulations in the direction contrary to the flow of Qi. For example, if there is leakage of Qi from the anus, one may rub the lumbosacral portion and pat from the lower to the upper along the Du Channel. In this way the leakage of Qi will be relieved.

4. Practitioners who have unreal image, phonism, hallucination

or photism during or after practising Qigong exercises, which can put the practitioners in a trance or cause mental derangement, may practise the Exercise of Refreshing the Mind and Inducing Resuscitation, in addition to the basic exercises.

The Exercise of Refreshing the Mind and Inducing Resuscitation:

First, push Tianmen and Kangong and knead Taiyang (Extra 2), Baihui (Du 20) and Fengchi (G B 20); then nip the tip of the five fingers and the root of the nails; and finally pat and rub the upper and lower extremities along the Yin Channels and Yang Channels, and press-knead Quchi (LI 11), Hegu (LI 4), Neiguan (P6) and Shenmen (H 7).

5. As the vital Qi in the body grows increasingly, becomes more forcefully and combats the pathogens more vigorously during the course of practising Qigong exercises, the pathogens may be driven to a certain part in the body, causing discomfort in that part. Patting, pressing and kneading that part, and pushing, rubbing along the corresponding channel(s) to drive the pathogens out of the body are the way to treat the Qigong deviation of this kind.

C. Points for Attention

1. Practise the Qigong exercises 1~3 times daily. The exercises should be started as soon as the symptoms occur till they are alleviated or disappear.

2. Discontinue the exercises that give rise to the deviations, find out the cause of them and begin practising the exercise for correcting the deviations. If the condition is serious, definite diagnosis by a Qigong therapist is necessary, and the patient should do whatever the therapist advises.

3. Some sensations such as discomfort, pain, sourness and numbness may not necessarily be Qigong deviations. They may be the phenomenon of tiding which occurs in the course of Qigong practice. The proper way is to find out the cause and provide proper treatment. Unnecessary doubts and mental burden should be avoided.

4. In cases with severe Qigong deviations such as leakage of genuine Qi and mental derangement, guiding of Qi with outgoing Qi of the therapist should be avoided because the outgoing Qi from others

may activate the Qi activities of the patient himself and make the problem more complicated or aggravated. In some practitioners, the conditions of their illnesses may become more severe whenever they communicate with those who are skilled in Qigong practice. The reason is that their own Qi activities are triggered by Qi of the skilled. Special attention should be paid to this phenomenon.

5. Besides active treatment, the patient should keep light-hearted, remove suspicions and take part in some more recreational and physical activities. Avoiding concentration of the mind on the place where one feels uncomfortable is helpful to the improvement of the symptoms.

D. Causes of Qigong Deviations

1. Failure of selection of the proper Qigong exercises which should be based on the overall analysis of the practitioner's constitution, sex, age and the types of diseases (e. g. cold, heat, deficiency and excess). For example , if a patient has a heat syndrome of excess type, those exercises which have the efficacy of replenishing Yang should never be selected.

2. Failure to find a qualified Qigong doctor for the guidance of practice; improper practice of Qigong exercises; curiosity and quick change of mind in the practice of Qigong exercises; or overanxiety for quick results , which leads to the improper practice of Qigong exercises.

3. Those, who are oversuspicious of Qi function, Qi activity and phenomena occurring during practising Qigong exercises, may have ideological problems weighing on the mind which can lead to Qigong deviations.

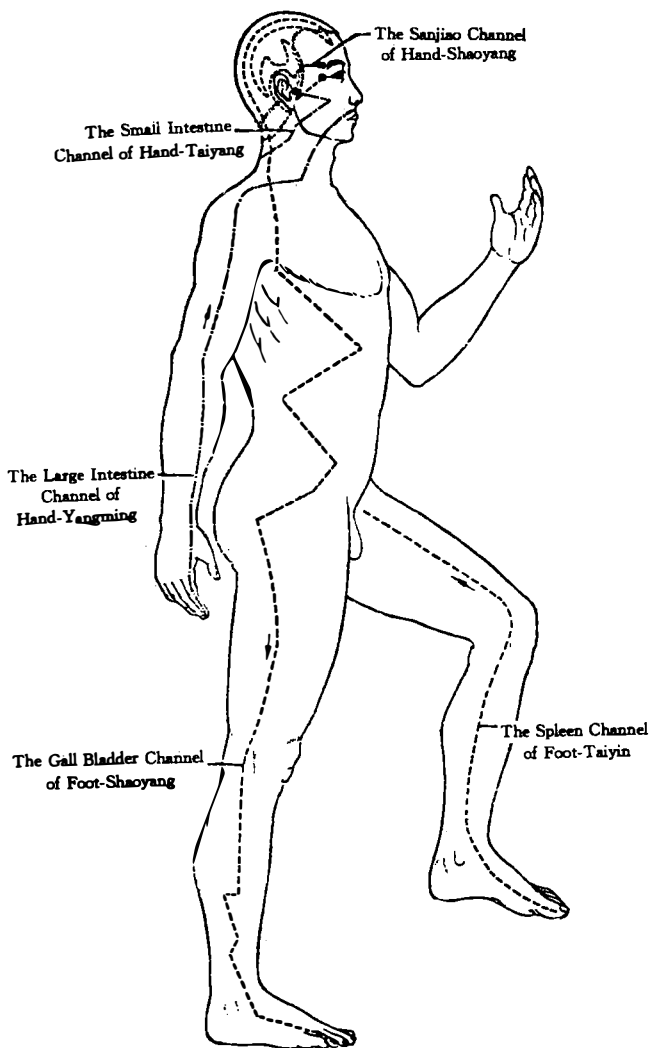
4. Failure of proper regulation of the body (adjustment of posture), of proper regulation of breathing and of proper regulation of mental activities (mind concentration), which leads to the disorder of the functional activities of Qi; or aimless change of Qigong exercises, which may lead to emotional and ideological disorder and disorder of Qi.

5. Failure of proper treatment and continuation of practising Qigong exercises after the practitioners get frightened during prac-

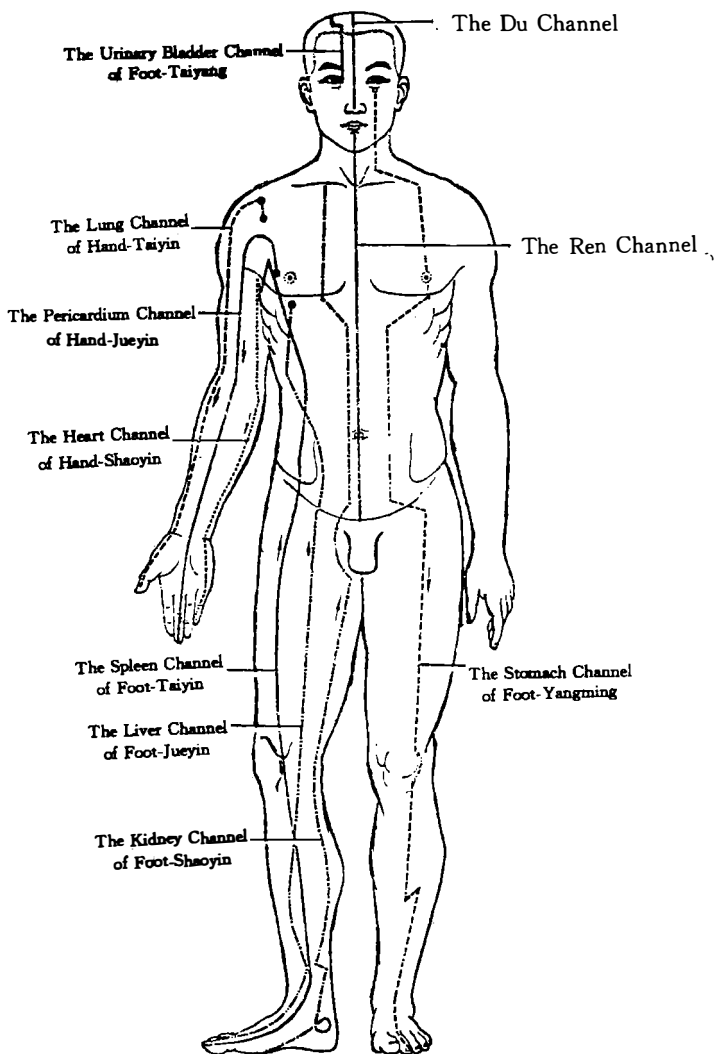
tising or have emotional irritation before practising Qigong exercises.

6. Blind guidance of the flow of Qi or aimless guidance of intrinsic Qi to go out of the body during practising Qigong exercises.

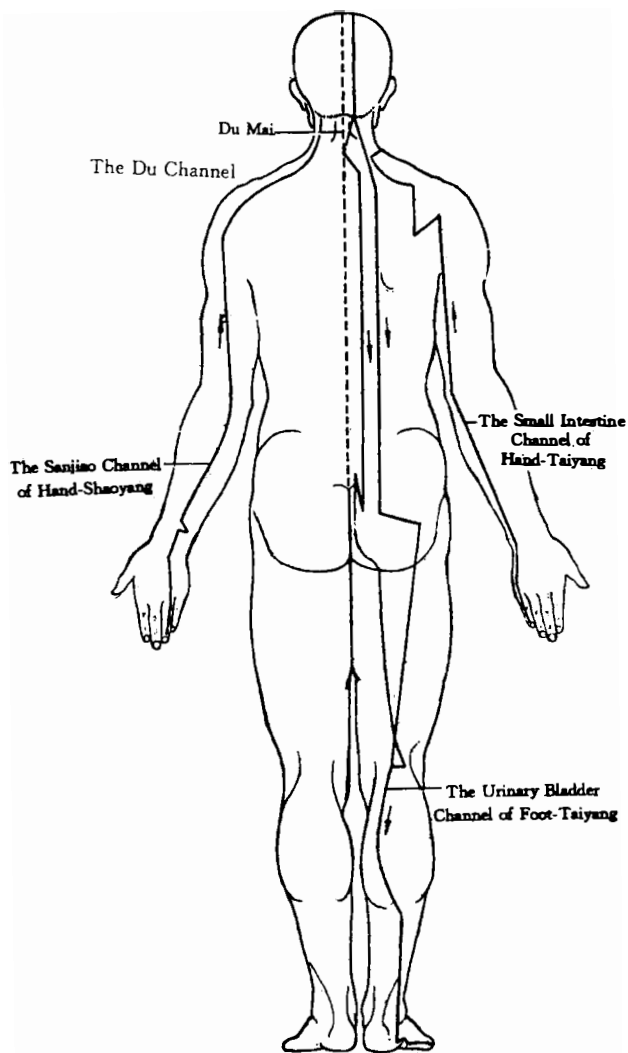
Appendix I



Distribution of the Fourteen Channels (Lateral)

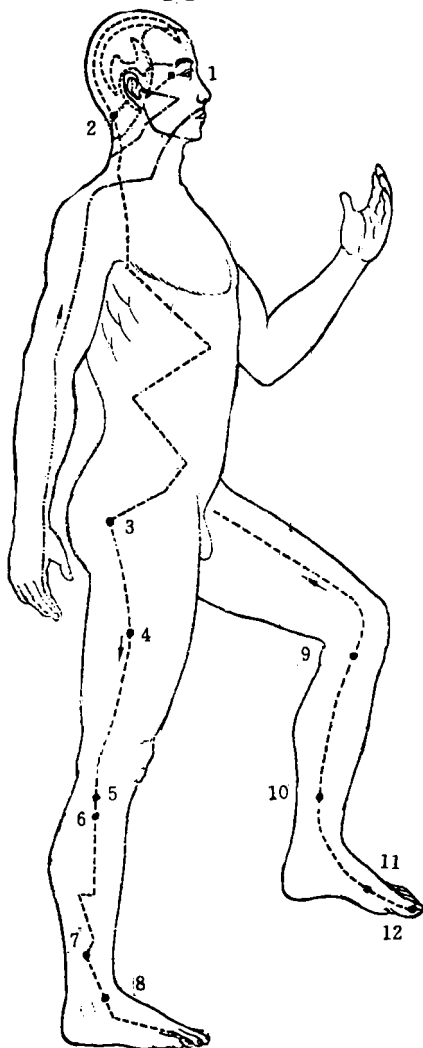


Distribution of the Fourteen Channels (Anterior)



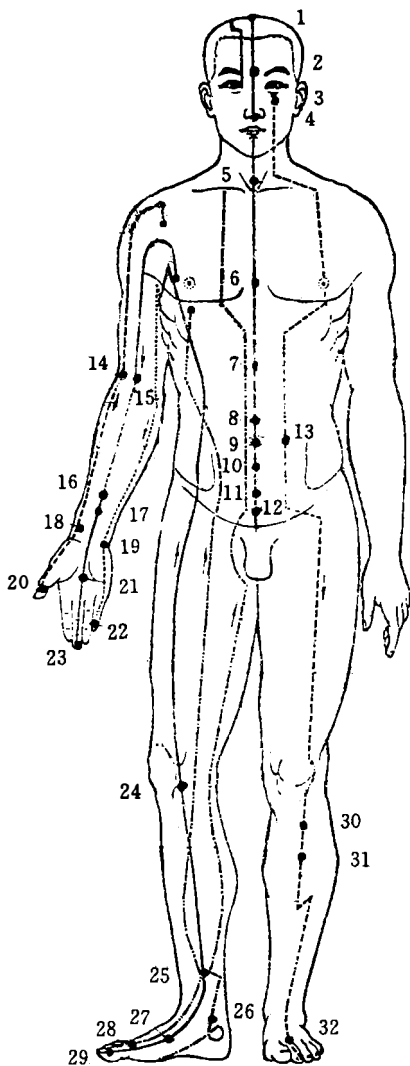
Distribution of the Fourteen Channels (Posterior)

Appendix I



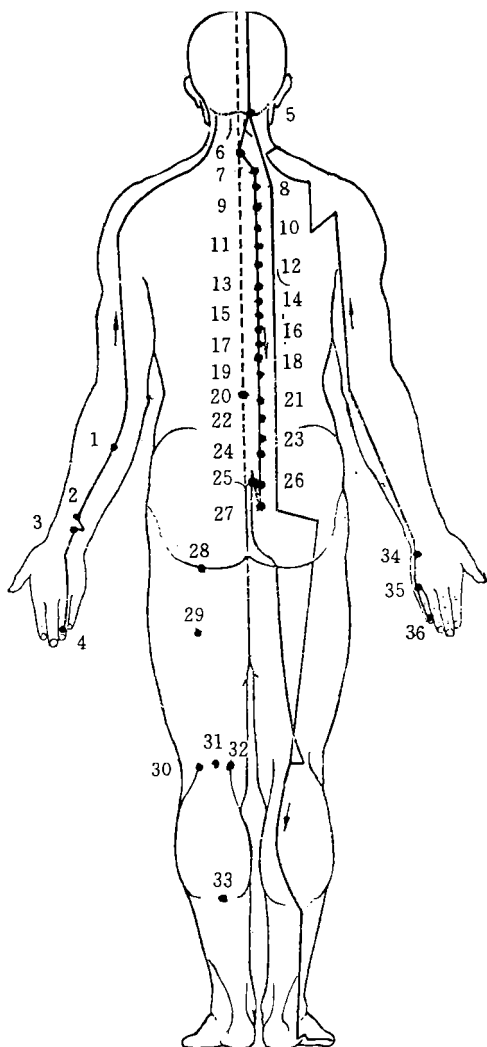
Distribution of the Body Points (Lateral)

1. Tongziliao
2. Fengchi
3. Huantiao
4. Fengshi
5. Yanglingquan
6. Dannangxue
7. Xuanzhong
8. Qiuxu
9. Yinlingquan
10. Sanyinjiao
11. Gongsun
12. Yinbai



Distribution of the Body Points (Anterior)

1. Baihui 2. Yintang 3. Sibai 4. Suliao 5. Tiantu 6. Shanzhong
7. Zhongwan 8. Shuifen 9. Shenque 10. Qihai 11. Guanyuan 12. Zhongji
13. Tianshu 14. Chize 15. Quze 16. Jianshi 17. Neiguan 18. Lieque
19. Shenmen 20. Shaoshan 21. Laogong 22. Shaochong 23. Zhongchong
24. Yinlingquan 25. Sanyinjiao 26. Taixi 27. Gongsun 28. Xingjian
29. Yinbai 30. Zusanli 31. Lanwei 32. Neiting



Distribution of the Body Points (Posterior)

1. Sidu 2. Zhigou 3. Waiguan 4. Guanchong 5. Tiantu 6. Dazhui 7. Dashu
 8. Fengmen 9. Feishu 10. Jueyinshu 11. Xinshu 12. Dushu 13. Geshu
 14. Yishu 15. Ganshu 16. Danshu 17. Pishu 18. Weishu 19. Sanjiaoshu
 20. Mingmen 21. Shenshu 22. Qihai 23. Dachangshu 24. Guanyuan
 25. Ciliao 26. Pangguangshu 27. Baihuanshu 28. Chengfu 29. Yinmen
 30. Weiyang 31. Weizhong 32. Yingu 33. Chengshan
 34. Hand-Wangu 35. Houxi 36. Shaoze