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Search for Medical Applications of Qigong With the Computerized Qigong Database™

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Qigong is the ancient art of health maintenance and healing that originated several thousand years ago in China. Qigong (pronounced chee gong) embodies two principles, *Qi* the vital energy of the body and *gong* the practice and training of the Qi. A person practices Qigong by a combination of exercises including meditation, visualization, breathing and movement. A skilled practitioner of Qigong is able to project Qi to improve the health of another person. The ultimate goal of Qigong is to improve the functions of the body in a balanced way.

Beginning about 1980, extensive clinical and experimental research on medical applications of Qigong was carried out by scientists in China. Most of these studies were reported only at international conferences, and only a few were published because suitable scientific journals are not available in China. The Qigong Database™ is a compilation of references to most of these studies as well as to reports in scientific journals, books and Medline. Most of the references contain abstracts in English that may be several pages in length with tables of data and statistical analysis. The Qigong Database provides the only record in English of the vast amount of research on Qigong from China as well from other countries. The Database contains reports of therapies that have been tried and claimed to be effective. These reports can be used as a guide for improving health and for deciding what further research may be required to confirm promising applications of Qigong. While few research studies on Qigong conform to strict scientific protocol, the collection of research is too large and significant to be ignored.

The entire collection of 1660 references in the Qigong Database™ (version 5.0) can be searched using any key word(s).** The abstracts contain information on how Qigong has been applied to treat different medical conditions and on the philosophy and theory of Qigong. The importance of Qigong in treating some medical applications is illustrated by the frequency that some health-related terms appear in the Qigong Database, as shown in the table. A term may appear multiple times in one citation, for example, in the title as well as in the abstract.

<u>Health-related terms</u>	<u>Frequency of appearance</u>
Aging	55
Anesthesia	15
Anxiety	28
Arthritis	19
Asthma	25
Blood (and) circulation	105
Cancer	114
Cardiac	34
Dementia	4
Dizziness	15
Hypertension	97
Immune	95
Neuro (-pathy, -logic, -logical)	9
Pain	137
Paralysis	18
Parkinson	5
Psychoneuroimmunology	9
Psychosomatic	27
Stroke	20
Tinnitus	9
Vertigo	5

The Database displays information in two formats as shown in the figures: (1) a list format of all records including author, paper title, date and citation, and all these items can be sorted independently. (2) A record format shows the details of a given reference including the abstract.

Medical Qigong is of increasing interest in the West as a complementary approach for treating medical problems in a cost-effective way. Recently, the Qigong Database™ has been used as source material for eight books, seven dissertations and numerous research studies. Feedback from medical practitioners, scientists and the public has been overwhelmingly supportive. The Qigong Database™ may help bridge the gap between Oriental and Western medicine.

The Database was recently updated to Version 5.0 and now is available on a compact disk that operates with Window and Macintosh compatible computers. A read-only version of ProCite's bibliographic software (Version 4.0.3) is provided to enable searching, sorting material based on any key words, producing bibliographies and printing. This version of ProCite includes the 'Cite

as You Write' feature that works with Microsoft Word to enable inserting references from the Qigong Database™ into an article while writing.

The Qigong Database is supplied only by the Qigong Institute, which also can develop customized searches and bibliographies on Qigong. Further information can be found at the web site <www.qigonginstitute.org> or by contacting the Qigong Institute by E-mail at qi@qigonginstitute.org or by mail at the Qigong Institute, 561 Berkeley Avenue, Menlo Park, CA 94025, USA.

*** Version 6.0, which contains about 2050 citations, is available on CD from the Qigong Institute.