

Medical Qigong is also referred to as Chinese Energetic Medicine. It is one of the five branches of traditional Chinese medicine (TCM). Its theory penetrates and influences all the other branches, which are acupuncture, tuina (Chinese massage), food therapy, and herbal medicine. According to Qigong theory, **the Universe contains visible and invisible worlds**. It is a holistic system. All of its parts, including the human, interact with each other in matter, energy, and information exchange. The human body is also a holistic system. The body, mind and spirit are all one. Each cell contains the information of the whole body. And **the body contains visible structures and invisible Qi**.

The Chinese word "Qi" is usually translated as life force energy. "Qi" also includes invisible matter and information.

The experiences of Qi are often described as moving energy, warmth or vibrations in the body. Sometimes they are described as visible auras, rays or fields, or sometimes as audible or tactile vibrations. These experiences **are accessible to anyone**, but **mostly after proper training** or sensitization through practices.

Medical Qigong is one form of Qigong. It focuses on maintaining health and preventing and treating physical, mental and emotional illnesses through Qigong practice and treatment. **Medical Qigong** is also one form of life science. It focuses on **improving both the right and left brain functions**. It not only **studies the physical body**, but also studies **the mental and spiritual phenomenon** such as consciousness, thought energy, psychic energy, and the meaning of life.

During a medical Qigong treatment, **the diagnosis methods** used include the following:

- **Observing:** *the eye, facial complexion, expression, movement, gesture, and tongue, etc*
- **Inquiring:** *the complaints, cause of the illness, development of the illness, life style, personality, relationships, and mental state of the patient, etc*
- **Listening:** *to the content, voice, and sound, etc*
- **Palpating:** *the pulse, points, and affected areas*
- **Scanning:** *the Qi of the whole body and the affected areas*
- **Feeling:** *the overall condition of the patient*

The **medical Qigong treatment** includes two aspects: self healing by the patient and treatment by the Qigong practitioner.

- **Self healing by the patient:**
 - *Self practice of Qigong under guidance, such as meditation*
 - *Involvement in the healing process through mental adjustment, life style change, etc*
- **Treatment by the Qigong practitioner**
 - *Compassion and good Qi from the Qigong practitioner*
 - *Identifying and removing the causes of the illness*
 - *Talk therapy: regulation of patient's mental state*
 - *Guided relaxation or guided imagery*

- *Distant Qi emission*
- *Qigong acupressure*
- *Qigong acupuncture*

The advantages of medical Qigong treatment include the following:

- *Emphasizing the **prevention** of illnesses.*
- ***Viewing the patient as a whole** inside nature and society.*
- ***Treating the person** instead of just the disease.*
- *Having **patients involved** in the treatment.*
- *Stressing the **healing power of mind** and thought*
 - *to improve the awareness and **control of the emotions**,*
 - *to change the way of thinking, hence change the emotional reaction to daily affairs and to have better acceptance of self and others.*
- *Focusing on the regulation of Qi, which can be combined with acupuncture and acupressure to **improve the therapeutic effects**.*