

# Importance of Chinese Traditional Qigong Exercise Program for Treating Cancer

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## DESCRIPTION

Cancer is a worldwide epidemic. An estimated 15 million cancer survivors exist. Furthermore, roughly 15 million new cases are diagnosed globally each year. For millennia, Qigong exercise, a mind/body exercise programme that includes mild exercise, meditation, mental adjustment, and breath management, has been an integral component of Traditional Chinese Medicine (TCM). Recent scientific study has confirmed that, among other things, Qigong exercise can improve cancer-related Quality of Life (QOL). A newly published report on a 24-week, randomised clinical trial with active control looked at the effects of Goulin-Qigong (GLQC) on 158 cancer patients. According to a comparative study, both GLQG and physical stretching are effective during the rehabilitation process after breast cancer. However, in terms of QOL improvement, GLQC was more effective. In terms of comparing GLQC offend a physical exercise program; both regimens resulted in equivalent benefits in anxiety or depression. The GLQC practice, on the other hand, had a stronger impact on immunological function.

Qigong exercise, in conjunction with regular cancer care, is commonly practised in China. According to applied theoretical studies, Qigong exercise may also have a supportive function in cancer prevention and survival. Additional large-scale population studies, however, are required to adequately analyse these connections. Furthermore, Qigong practise has been found to be free of major side effects and cost-effective in specific therapeutic applications. However, widespread understanding of this ancient, health-promoting practise is lacking in the West.

The National Cancer Institute's (NCI) Office of Cancer Complementary and Alternative Medicine have published the proceedings of its Strategy Meeting for the Development of an International Consortium for Chinese Medicine. One of the goals of that endeavour was to better inform medical communities about the potential advantages of Qigong for people with chronic diseases like as cancer. The Society for Integrative Oncology (SIO), an international organisation dedicated to encouraging scientific evaluation and integration of evidence-based complementary therapies, recommended Qigong in their evidence-based clinical practise guidelines for breast cancer in a similar effort to inform.

Dana-Farber Cancer Institute, MD Anderson Cancer Centre, Memorial Sloan-Kettering Cancer Centre, and cancer centres in Europe and Australia, among others, have incorporated Qigong into their supportive cancer care programming. The expanding demand for Qigong programming in both primary care and community-based, wellness cancer centres is being driven by authority endorsement, growing scientific evidence, and awareness of beneficial experiences within pioneering institutions.

The National Institutes of Health (NIH) in the United States and the United Kingdom have issued acupuncture consensus statements and guidelines for safe practise in

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cancer survivors. There are no equivalent recommendations for the delivery and structuring of Qigong exercises in cancer care. Several national and international non-profit organizations, as well as a variety of independent corporate enterprises, provide various types of Qigong instructor training and certification.

Qigong system is necessarily and superior to the others programs. Worldwide panel of the Qigong experts meeting within the knowledge and experience in serving cancer patients was convened. The goal of this system was to increase the accessibility and also quality of Qigong exercise programmes effect as a therapy modality in Integrative Oncology. The panel's main goal is to begin the development of the recommendations and

then aid in the planning and staffing of quality Qigong in the cancer care programming.

Meditation has long been recognised as an important component of Qigong practise. While there is no confirming clinical research specific to cancer patients, it is possible that meditation has more clinical relevance for cancer patients and those with chronic illnesses and their practise goals when compared to others who practise Qigong exercise for general health, balance-training, or neuro-motor retraining. There was also some discussion about the inclusion of self-massage and what practices constitute Qigong self-massage.