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A preliminary study on the relationship between fitness Qigong (Baduanjin) and meridian in traditional Chinese medicine**Ching-Jen Huang¹ and Chin-Hsien Chang^{1,2}**¹En Chu Kong Hospital, Taiwan²Chang Gung University of Science and Technology, Taiwan

There are many vocabulary related to the theory of visceral activities such as the first type of "Lift the sky with both hands to adjust the triple burner" in the "triple burner" and so on. There are many researches on the visceral activities of Baduanjin, however, the relationship between action and the courses of the twelve channels has not been in-depth discussion. In the basic theory of traditional Chinese medicine, the Qi and Blood run in the meridians. Baduanjin contains guidance, interest rate adjustment, fitness and other effects. Generally, people believe that practice Baduanjin could adjust the Qi and Blood in the meridians. The courses of the twelve channels records by "Lingshu Meridians" and "Lingshu Muscle Meridians". Through the records of meridians and the muscle meridians, we understand the relationship connection between Baduanjin and the courses of the twelve channels.

Biography

Ching-Jen Huang has received MD from China Medical University and graduated from National Yangming University, Department of Medical Biotechnology and Laboratory. He is a Clinical Physician and qualified Medical Examiner. After graduation, he received full Clinical training from the Chinese Medicine Department of En Chu Kong Hospital. Through the training period, he received the qualifications of Acupuncture Specialist from the Chinese Acupuncture Medical Association. He was passionate about clinical services, teaching and research work. He is currently served as an Attending Physician in Department of Chinese Medicine Acupuncture of the En Chu Kong Hospital. He has expertise for the treatment of musculoskeletal disorders with acupuncture and manipulation based on TCM theory.

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