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## Mapping the effects of practice Qi Gong Bā Duàn Jīn in healthy young adults

Pontes Carla Cristina Ramos, Zocoler C A, Yoshioka C, Santos D M, Santana J O, França E and Caperuto E C  
São Judas University, Brazil

Qi Gong (QG) is a type of physical exercise that can be translated as Qi training. One of the oldest and most famous Qi Gong techniques is Ba Duan Jin (BDJ). BDJ represents the 8 extraordinary meridians of acupuncture, stimulates mind and spirit, improves respiratory capacity and promotes blood and Qi circulation. Based on the several benefits to health existing in the literature, our goal was to map the effects of QG BDJ through the analysis of physiological (HRV- heart rate variability, HR – heart rate, BP- blood pressure, Gli-glicemy, BT-body temperature; BTap- body temperature in acupuncture points) and psychological through Brunel Mood Scale (BRUMS) in young adults. There were 16 sessions of 45 min each; the group was evaluated 3 times, in: 1st (Initial), 8<sup>th</sup> (Middle) and 16th (Final). Variables such as HR, BP, BT and BTap were evaluated in the pre and post in the same session. BT, Gli and BP didn't show significant changes; BTap increase ( $p < 0.05$ ) in the 16th session, between pre and post; HR showed a decrease in pre and post in the 16th session; the HRV showed a decrease of LF than HF, mainly between 1st and 8th session and a progressive increase of LF/HF balance (between 1st and 16th sessions), reflecting the results of BRUMS with the improvement in mood states. We concluded that Qi Gong is able to alter the physiological and psychological variables positively, especially variables involving concentration and Qi as related to Heart Rate Variability.

carlacramos@hotmail.com

## Evaluation of dental transplant and their periodontal supporting structures when submitted to orthodontic movement

Deise Cunha  
Private practitioner, Brazil

During childhood, the anterior maxilla is susceptible to injury, and the loss of incisors is one of the most serious injuries. In many cases, auto transplantation is the best alternative for children who lose an incisor during the growth phase. The sample will consist of X patients having premolar transplant to incisor region, presenting total root development and closed apex. All patients will have complete orthodontic records: pair of models, cephalometric, panoramic, incisor peri-apical radiograph and four CT scans. CT scans and clinical assessments will be conducted in four different times: before starting orthodontic movement, 6, 12 and 18 months during orthodontic treatment. All dental movements are alignment and conventional leveling, using straight wire technique, MBT prescription, and will be performed by a single professional. The yarn sequence will be: Niti 0.12; Niti 0.14; Niti 0.16; Steel 0.16; Steel 0.18; Steel 0.20. The premolar transplant to incisor region is a unique treatment to allow a normal vertical growth, in young patient who loses permanent incisor during childhood. And if the patient comes to lose the tooth by a resorption replacement process, the bone in the region has been preserved, enabling the installation of a future implant if it is necessary.

deise@masiolodontologia.com.br