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Objective measurement of the effect of Zhong Yuan Qigong exercises by using MeriDiM® Meridian Diagnostics

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Aim: To present the visualization of the effect of Zhong Yuan Qigong practice and the kind of changes the "Introductory and the Great Tree exercise" in the case of 13 persons and the "Kidney Meditation Exercise" in the case of 19 persons can create in the state of the 12 main meridians.

Materials & Methods: The change of status we are displaying with modern Meridian- diagnostics, which is an objective method, without any subjectivity and according to scientific criteria it is suitable for showing the effect of Qigong exercises for the naked eye. We show it in a very impressive way "that one picture is more valuable than 1000 words".

Results: In both groups we measured a very significant 94% and 86% change respectively in the 12 pairs of main meridians.

Conclusion: We may dissolve the energy blocks in the meridians not only with ear acupuncture, body acupuncture, homeopathy, Schuessler salts but also with energy exercises, namely, by exercising Zhong Yuan Qigong.

Biography

Széchenyi István is psychologist-acupuncturist, got his diploma in the Eötvös Lóránt University of Sciences, Faculty of Education and Psychology. After that he passed the acupuncteur exam of the National Acupuncture Detoxification Association (USA). He has founded and he was co-president of the Hungarian "Dripstone" Association for patients suffering from vision problems for the aim to help to increase the life quality of handicapped people. After that he participated in the post-graduate level course about the Traditional Chinese Medicine. He completed a special acupuncteur course and received an Acupuncteur Diploma from the Haynal Imre University of Health Sciences. All these were followed by the next diplomas: Acupuncture Detoxification Specialist (NADA trainer), VOLL's electroacupuncture diploma for theoretical and practical basis.

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