

# Incorporating Qigong into a Western Medical Practice: A Study in Artificial Intelligence

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## ABSTRACT

Qigong has been a tool in the toolbox of Traditional Chinese Medicine (TCM) for thousands of years. Basically, it consists of a series of exercises that awaken the bio-electromagnetic fields in the human body. These activated energy fields serve to strengthen the body's immune system, thus preventing disease, as well as healing the human body of existing diseases. Qigong exercises can also be used to alleviate or reduce the side-effects of numerous ailments. They are often used as supplementary treatments in Western medical practices. The purpose of this study is two-fold. First, the intent is to introduce both medical professionals and nonprofessionals to qigong in a nontechnical way, with emphasis on how it is being incorporated as a supplementary therapy in Western medical practices, and second, to illustrate how artificial intelligence can be used in medical research. Microsoft Copilot was used to generate information about how qigong is being used in Western medical practice. It provided a brief, nontechnical description that was on point, and also provided citations to nine sources of additional information.

**Keywords:** Qigong; Tai Chi; Traditional Chinese Medicine; TCM; Artificial Intelligence; Copilot

## Introduction

Qigong [pronounced chee gong] has been a tool in the toolbox of Traditional Chinese Medicine (TCM) for thousands of years. Basically, it consists of a series of exercises that awaken the bio-electromagnetic fields in the human body. These activated energy fields serve to strengthen the body's immune system, thus preventing disease, as well as healing the human body of existing diseases. Qigong exercises can also be used to alleviate or reduce the side-effects of numerous ailments. They are often used as supplementary treatments in medical practices. Numerous studies found qigong produced significant positive effects in patients having a wide variety of ailments. Many of these studies were done in China and a few other Asian countries. However, in recent years, similar studies have been conducted in other parts of the world [1-57]. Medical professionals who want to obtain detailed information about these studies can find what they need in the PubMed [58] database. However, the focus of the present study is different. This paper is intended to provide more of an introduction to the use of qigong in an easy-to-read format that both profession-

als and nonprofessionals can find useful. It also introduces the use of artificial intelligence (AI) to find useful information on qigong. Artificial intelligence has become an increasingly useful tool in medical research in recent years [59-84]. It has many applications in both research and diagnosis.

## Using Artificial Intelligence

There are a number of good AI bots that can be used to conduct medical and other kinds of research. This study will use Microsoft Copilot [85] because it is currently being widely used, and it is easy to use even for nonprofessionals. It is too early to tell whether it is the "best" bot to use for medical research, since the AI market is changing so rapidly. Even if Copilot were the best bot to use for medical research today, it might not be the best bot a few weeks after the present article is written. Things are really changing that fast. To start things off, the instruction below was given to generate some basic information. Since the focus is on applications in Western medicine, the instruction was written to focus on that subtopic of qigong medical research and practice.

INSTRUCTION: List some recent studies where qigong has been used as a supplement to Western medicine. Provide references.

REPLY

Certainly! Here are some recent studies where qigong has been explored as a supplement to Western medicine:

1. "Qigong and the Treatment of Illness: Recent Case Studies":
  - o This paper reviews several studies that have used qigong to treat various illnesses, including back pain, cancer, cognitive impairment, depression and anxiety, fatigue, muscle strength, posture, and Parkinson's Disease [86].
  - o Reference: Qigong and the Treatment of Illness: Recent Case Studies
2. "Qigong Exercise Balances Oxygen Supply and Acid-Base to Modulate...":
  - o A study suggests that qigong exercise can help balance oxygen supply and acid-base levels, potentially benefiting health [87].
  - o Reference: Qigong Exercise Balances Oxygen Supply and Acid-Base to Modulate...
3. "The Future of Qigong in Western Medicine":
  - o This analysis explores the ancient history of qigong in China, scientific explanations of bio-electromagnetic fields found in Qi, and measurable medical applications for self-healing and medical assisted-healing. It highlights qigong as an emerging technique in Western medicine, emphasizing integrative medicine and biophysical care [88].
  - o Reference: The Future of Qigong in Western Medicine

These studies provide valuable insights into the potential benefits of qigong as a complementary approach alongside Western medicine. Integrating traditional practices like qigong with evidence-based medicine can enhance overall well-being and promote holistic health [89-95].

## Concluding Comments

Copilot provided a nice, but very brief summary of what qigong is all about and how it may be used in Western medical practices. Actually, the summary might have been too brief for medical practitioners who would have liked more depth or breadth. Fortunately, Copilot also provided nine references and links to other articles and blogs on the subject, which fill in many of the gaps. The references it provided are also written in mostly nontechnical language, making it easy for medical professionals and others to obtain a basic understanding of what qigong is all about and what it is capable of doing. For those who wish to read some studies that have more depth, PubMed [58] would be a good place to go, since this database has many studies on

the health benefits of qigong, mostly as a supplement to traditional Western medicine. In fact, a word search of titles and abstracts that included the word "qigong" got 1095 hits.

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