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Effect of Health Qigong Ba Duan Jin on Blood Pressure of Individuals with Essential Hypertension. Xiao C(1), Yang Y(2), Zhuang Y(3). Author information: (1)Department of Health Promotion and Physical Education, Beijing Institute of Graphic Communication, Beijing, China. (2)Department of Physical Education, Beihang University, Beijing, China.

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The Baduanjin is primarily designated as a form of medical qigong, meant to improve health. This is in contrast to religious or martial forms of qigong. However, this categorization does not preclude the form's use by martial artists as a supplementary exercise, and this practice is frequent.

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Baduanjin is a qigong which has more than one thousand years of history in China. It is a typical exercise to promote health and the Chinese Health Qigong Association has recommended its generalized application in the community [1

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dredge the meridian system.

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Background . Baduanjin is a traditional Chinese qigong that has been practiced for a long time in China as a mind-body exercise in community elderly populations. The objective of this study was to qualitatively evaluate the perceived benefit of regular Baduanjin qigong in community elders. Methods . A total of 20 participants who had completed the 12-week Baduanjin qigong training were ...

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