

1: [Med Sci Monit.](#) 2007 Dec;13(12):CR560-6.



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Biochemical changes after a qigong program: lipids, serum enzymes, urea, and creatinine in healthy subjects.

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BACKGROUND: The aim of the present study was to analyze the effects of a qigong training program on blood biochemical parameters. **MATERIAL/METHODS:** Twenty-nine healthy subjects participated in the study of whom 16 were randomly assigned to the experimental group and 13 to the control. The experimental subjects underwent daily qigong training for one month. Blood samples for the quantification of biochemical parameters (total cholesterol, HDL, LDL, triglycerides, phospholipids, GOT, GPT, GGT, urea, creatinine) were taken before and after the training program. As statistical analysis, ANCOVA was performed. **RESULTS:** Statistically significant differences were found showing that the experimental group had lower serum levels of GOT (glutamic-oxaloacetic transaminase), GPT (glutamic-pyruvic transaminase), and urea and that there was a trend towards significance in GGT (gamma-glutamyltransferase). **CONCLUSIONS:** This study demonstrates that after practicing qigong for the short period of one month, noteworthy changes in several blood biochemical parameters were induced. While it is tempting to speculate on the relevance and implications of these biochemical variations, further investigation is needed to elucidate the scope of these findings.

PMD: 18049436 [PubMed - indexed for MEDLINE]






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