

1: [Int J Neurosci](#). 2004 Oct;114(10):1313-22.[informaworld](#) [Links](#)**Qi-training enhances neutrophil function by increasing growth hormone levels in elderly men.****[Lee MS](#), [Ryu H](#).**Center for Integrative Medicine, Institute of Medical Science, Wonkwang University, Iksan, Korea. [qimed@wonkwang.ac.kr](mailto:qimed@wonkwang.ac.kr)

This article investigated the effects of Qi-training on the neuroendocrine response and superoxide generation by neutrophils in healthy elderly men. One hour of Qi-training significantly reduced the plasma concentration of cortisol, and increased plasma concentrations of growth hormone and melatonin. Generation of superoxide by neutrophils increased significantly immediately after Qi-training ( $p < .01$ ). The change in neutrophil superoxide generation was significantly correlated with the change in growth hormone concentration after Qi-training ( $p < .01$ ). These data indicate that, in elderly men, Qi-training enhances superoxide generation by neutrophils, possibly via the changes in plasma growth hormone concentration.

PMID: 15370188 [PubMed - indexed for MEDLINE]

**Related Articles**

- ▶ Effect of qi training on neutrophil function in young and elderly males. [J Altern Complement Med. 2004]
- ▶ Qi-training enhances respiratory burst function and adhesive capacity of neutrop [Am J Chin Med. 2003]
- ▶ Qi-training (qigong) enhanced immune functions: what is the underlying mechanism? [Int J Neurosci. 2005]
- ▶ Endocrine and immune effects of Qi-training. [Int J Neurosci. 2004]
- ▶ Effects of ChunDoSunBup Qi-training on growth hormone, insulin-like growth f [Am J Chin Med. 1999]

» See All...

**Recent Activity** [Turn Off](#) [Clear](#)

- Qi-training enhances neutrophil function by increasing growth hormone levels in elderly
- [Is Qi Gong suitable for the prevention of low back pain?]
- Qi therapy (external qigong) for chronic fatigue syndrome: case studies.
- [The application of qi-gong therapy to health care]
- Two case reports of the acute effects of Qi therapy (external Qigong) on symptoms of