

1. Record Nr.	UNINA9910453072803321
Titolo	Chinese medical qigong [[electronic resource] /] / editor in chief, Tianjun Liu ; associate editor in chief, Kevin W. Chen
Pubbl/distr/stampa	London, : Singing Dragon, 2010
ISBN	1-322-24421-9 0-85701-149-9 0-85701-017-4 1-283-90513-2
Descrizione fisica	1 online resource (410 p.)
Altri autori (Persone)	ChenKevin W LiuTianjun
Disciplina	610.951 613.7/148 613.7148
Soggetti	Medicine, Chinese Qi gong Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references (p. 624-634) and index.
Nota di contenuto	Chinese Medical Qigong; Editor's Foreword; General Introduction; I. Essential Concepts of CMQ; II. The Academic System of CMQ; III. Subjects Related to CMQ; IV. The Study of CMQ; Part I Fundamental Theories; Chapter 1 The Origins of Qigong and theMajor Schools; 1. The Origin of Qigong; I. Historical Texts; II. Medical Texts; III. Archaeological Discoveries; 2. Traditional Major Qigong Schools; I. Medical Qigong; II. Daoist Qigong; III. Buddhist Qigong; IV. Confucian Qigong; V. Martial Arts Qigong; Chapter 2 Classical Theories; 1. Theories of Medical Qigong I. Theory of Yin-Yang and the Five Elements II. Zang-Fu (Visceral Manifestation) and Meridian Theory; III. The Theory of Essence-Qi-Spirit; 2. Theories of Other Qigong Schools; I. Daoist Qigong Theory; II. Buddhist Qigong Theory; III. Confucian Qigong Theory; IV. Martial Arts Qigong Theory; Chapter 3 Modern Scientific Research on Qigong; 1. Summary of Modern Research on Qigong; I. Development of Modern

Research on Qigong; II. Trends and Controversy in Qigong Research; 2. Physiological Effects of Qigong; I. Effects of Qigong on the Respiratory System
 II. Effect of Qigong on the Cardiovascular System III. Effects of Qigong on Neuroelectrophysiology; 3. Psychological Effects of Qigong; I. Operational Mechanism of Adjusting Mind in Qigong Practice; II. Psychological Elements of External Qi Therapy; Part II Practical Methods and Skills; Chapter 4 Basic Operations of Qigong Practice; 1. Adjustment of Body; I. External Adjustments; II. Internal Adjustment; 2. Adjustment of Breath; I. Adjustment of Breathing Types; II. Adjustment of Breathing Air; 3. Adjustment of Mind; I. Operation of Mind Adjustment (Yi Nian Tiao Kong,)
 II. Adjustment of the Mental Realm (Jing Jie Tiao Kong,)4. Integrating Three Adjustments into One; I. Consolidating Method; II. Extending Method; III. Characteristics of the State Integrating Three Adjustments into One; Chapter 5 General Introduction to Qigong Forms; 1. Classification of Qigong Forms; I. Classification of Qigong by Academic Schools or Traditions; II. Classification by Dynamic/Static Types; III. Classification by the Three Adjustments; IV. Classification by Practice Style or Characteristics; 2. Guidelines and Precautions for Practice; I. Guidelines
 II. Precautions Before and After Practicing 3. Possible Reactions to Qigong Practice; I. Normal Reactions; II. Adverse Reactions; 4. Qigong Deviations and Corrections; I. The Causes of Deviation; II. Symptoms of Deviation; III. Classifications; IV. Treatment Methods for Correction of Deviations; Chapter 6 Selected Qigong Forms; 1. Five-Animal Frolics (); I. Practice Method; II. Application; 2. The Six Syllable Formula (); I. Practice Method; II. Application; 3. Muscle/Tendon Changing Classic (); I. Practice Method; II. Application; 4. Eight Pieces of Brocade (); I. Practice Method
 II. Application

Sommario/riassunto

Chinese Medical Qigong is the first English translation of the only official textbook of medical Qigong, used in universities of traditional Chinese medicine in China. Correlating traditional therapies of Qigong with outcomes of modern scientific research, it is the authoritative introduction to the knowledge system and content of Qigong study.

2. Record Nr.	UNIORUON00221503
Autore	HORALEK, Karel
Titolo	O jazyce literárních děl Aloise Jiráska / dr. Karel Horálek
Pubbl/distr/stampa	Praha, : Orbis, 1953. 29 p. ; 21 cm.
Disciplina	891.86
Soggetti	JIRASEK ALOIS
Lingua di pubblicazione	Ceco
Formato	Materiale a stampa
Livello bibliografico	Monografia