

LEWIS PALEIAS - *Health & Martial Arts*

Here is a summary of collected research resources on benefits of Tai Chi.

<http://members.aol.com/sltcca/research/tairesum.htm#Carbary91>

Summary Of Research On T'ai Chi Ch'uan

Current research indicates that T'ai Chi Ch'uan is a weight bearing and moderate intensity cardiovascular exercise. Practice of T'ai-Chi Ch'uan can improve balance, reduce falls and increase leg strength. It also lowers stress hormones, enhances respiratory and immune function and promotes emotional well-being. More specifically:

Balance

Improved strength, mobility, balance, endurance (*Tse & Bailey, 1992*)
Significant improvement in balance maintained (*Wolfson, et al., 1993 & 1996*)
Other balance related studies (*Judge, et al., 1993*)

Cardiovascular

Lowers resting blood pressure (*Sun, 1994*), (*Sun, et al., 1996*), (*Young, 1999*)
Low to moderate intensity exercise (*Zhou, 1984*)
Safe exercise for individuals at high risk for cardiovascular disease
(*Schneider & Leung 1991*)
May delay decline of cardiorespiratory function in older adults (*Lai, et al., 1995*)
May be prescribed as suitable aerobic exercise for older adults (*Lai, et al., 1993*)
Most recommended aerobic exercise for coronary artery disease (*Ng 1992*)
In relation to recovery from heart attack (*Channer, et al., 1996*)
Other cardiovascular related studies (*Gong, et al., 1981*), (*Lan, et al., 1996*)

Elderly or Aging Populations

General studies (*Ross & Preswalla, 1998*), (*Sun, 1994*), (*Lan, et al., 1998*),

Immune Response (Blood T-Cells)

Marked increase during and after practice (*Sun, et al., 1989*)

Mood States (Self Reports)

Reduced tension, anxiety fatigue, depression and confusion (*Jin 1989*)
Improved mood states, reduction of anxiety states, (*Jin 1992*)
Reduced Anxiety (*Chen & Sun 1997*)
Other Self Report studies (*Kutner, et al., 1997*), (*Blinde & McClung, 1997*)

Reduced Falls

Reduced falls by up to 47%, reduced fear of falling (*Wolf, et al., 1993, and 1996, and 1997*), (*Henderson, 1998*), (*Myers & Weiner, 1996*), (*Province, et al, 1995*) & Preventing Falls (*Carbary, 1991*), (*Smith, 1998*), (*Kessenich, 1998*)

Respiratory

Increased efficiency in use of ventilatory volume ([Brown, et al., 1989](#))

Enhanced ventilary capacity without cardiovascular stress ([Brown et al, 1995](#))

Efficient use of ventilatory volume, efficient breathing patterns
([Schneider & Leung, 1991](#))

Medical Tribune News Service article discussing research led by [Dr. Jin-Shin Lai](#) of the department of physical medicine and rehabilitation at the National Taiwan University Hospital in Taipei.

Stress Hormones (Salivary Cortisol Levels)

Significant drop during and after practice ([Jin 1989, Jin 1992](#))

Weight Bearing Exercise

No exacerbation in joint symptoms of individuals with RA ([Kirstens, et al., 1991](#))

Alternative exercise therapy as part of Rehabilitation Program

([Kirstens, et al., 1991](#))

Increased joint flexibility ([Sun, 1994](#) and [1996](#))

Other Anecdotal Benefits Referenced

Relaxation therapy for chronically ill ([Jin 1992](#))

Therapeutic action for diminished range of motion ([Kirstens, et al., 1991](#))

Reduced blood pressure, improved muscle relaxation and flexibility

([Chen & Sun 1997](#)), ([Sun 1994](#) and [1996](#))

And Dementia ([Gibb, et al., 1997](#))

Other General Studies

Other studies ([Kirstens, 1998](#)), ([La Forge, 1997](#)), ([Lam, 1998](#)), ([Lutz, 1996](#))

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