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Experimental Research in the Application of
Qigong (Deep Breathing) Exercises to
Restore Intelligence for Mentally Handicapped
Children

SUMMARY

The Somatic Science Research Office of Yunnan University's Physics Department, with the support of and in coordination with the Department of Internal Neurological Medicine, Chengdu Military District General Hospital, has begun experimental research in applying Qigong exercises combined with modern physical sciences techniques to restore intelligence capabilities to mentally handicapped children of the Xin Meng School (for the mentally handicapped) in Kunming's Wu Hua District.

1. Methodology:

a. Under the guidance of famed 1990 Nobel nominee Professor Li Zuoxing (phonetic transliteration) of the Physics Department of the University of Tennessee in the United States, using a combination of Qigong's principles of external Qi with modern biophysical and neurological brain sciences, an apparatus to express recovery of brain functions was defined.

b. Based on physiological and pathological characteristics of feeble-minded children, combining principles of Chinese medicine and Qigong, the use of solar energy for neural-intelligence functions was created.

c. A combination of treatment for restoration of brain functions with Qigong training to restore intelligence capabilities

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of feeble-minded children. Preliminary achievements are now seen.

2. Examples:

Example (1): He Jie, female, age 12, third grade, I.Q. of 46 (moderately feeble-minded). An electroencephalogram (EEG) revealed: seriously and extensively abnormal. Father feeble-minded; mother mentally deficient. Reason for ailment: hereditary.

Before Qigong intelligence recovery therapy, she could not copy words from examples and failed her dictation test. She required more than 20-25 minutes for simple additions and subtractions within 10 numbers, and her mathematics grade was 50-60. Her verbal language score was around 40.

After having begun therapy (three months later): she could write with no difficulty without any example, her dictation was 70-80. She needed 6-8 minutes to do 20 problems in addition and subtraction within 20 numbers. Her mathematics grade went from the original 50-60 up to around 90. Her verbal rose from 40 before to about 70.

Example (2). Luo Hongyan, female, age 11, third grade. I.Q. 54 (slightly feeble-minded). Her EEG: Slightly abnormal, parents have normal intelligence.

After Qigong intelligence recovery therapy began, ability to think logically, memory and ability to calculate all rose, scholastic grades went from original 60-70 to 90-100. EEG: normal.

3. Findings

Feeble-mindedness (I.Q. below 70) comes from various causes leading to low or arrested development of brain cells in the

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cerebrum. Practical results prove that Qigong intelligence recovery therapy can alter the state of low functional ability of the cerebral brain cells of mentally handicapped children. It only requires enough time for such Qigong intelligence restoration therapy, and the intelligence of feeble-minded children can be raised even to normal levels. From now on, we shall go one step further in combining modern physical, biological and neural-brain sciences to find the mechanism and laws of Qigong intelligence recovery training applied to restoring the intelligence to mentally handicapped children, benefitting society and mankind.

Discussion group members were mostly researchers in physics, the life sciences, child psychology, special education and neural-brain sciences, and teachers and lecturers in Qigong; but because of the lack of funds, further progress in such research work faces difficulties, and thus we plead for support.

Yunnan University Physics Department
Office of Somatic Science Research

学习成绩由原来的50~60分上升到90分左右，语文成绩由原来的40分上升到70分左右。

例2：罗红艳，女，11岁，三年级学生，智商54（轻度弱智）脑电图检查，轻度异常脑电图，父母亲智力正常。

气功智力康复训练后，思维能力、记忆力和运算能力有所提高，学习成绩由原来的60~70分上升到90~100分，脑电图检查：正常脑电图。

三、体会：

弱智（智商在70以下）是由于各种原因导致大脑细胞发育处于初级或低级状态而至。实践证明：气功智力康复训练能改变智残儿童大脑功能低下的状况。只要有足够的气功康复训练时间，可以使弱智儿童的智力提高，甚至康复到正常水平。我们今后将进一步结合现代物理学、生物学和神经脑科学，探索气功智力康复训练对智残儿童智力康复的机理和规律，造福社会，造福人类。

课题组成员：大多是研究物理、生命科学、儿童心理学、特殊教育、神经脑科学和气功的教授、讲师，但由于没有经费，使研究工作的进一步开展面临困难，故请给予支持。

云南大学物理系人体科学研究室

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