

Italy  2019

*Health, Education and Cultural Exchange*

INTERNATIONAL TAI CHI CHUAN

SYMPOSIUM

*Directly from the Source*

EVIDENCE BASED SUMMARY OF THE AVAILABLE RESEARCH  
DATA ON THE HEALTH BENEFITS OF TAI CHI, DR IVAN KOLEV

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# THE HEALTH BENEFITS OF TAI CHI<sup>©</sup>

65 STUDIES SELECTED BASED ON 2 CRITERIA: 1. TOP MACH BY KEYWORDS; 2. CLEARLY SET OBJECTIVES AND DESCRIPTION OF THE RESULTS/OUTCOME.

# HIGH LEVEL OVERVIEW OF THE SEARCH RESULTS

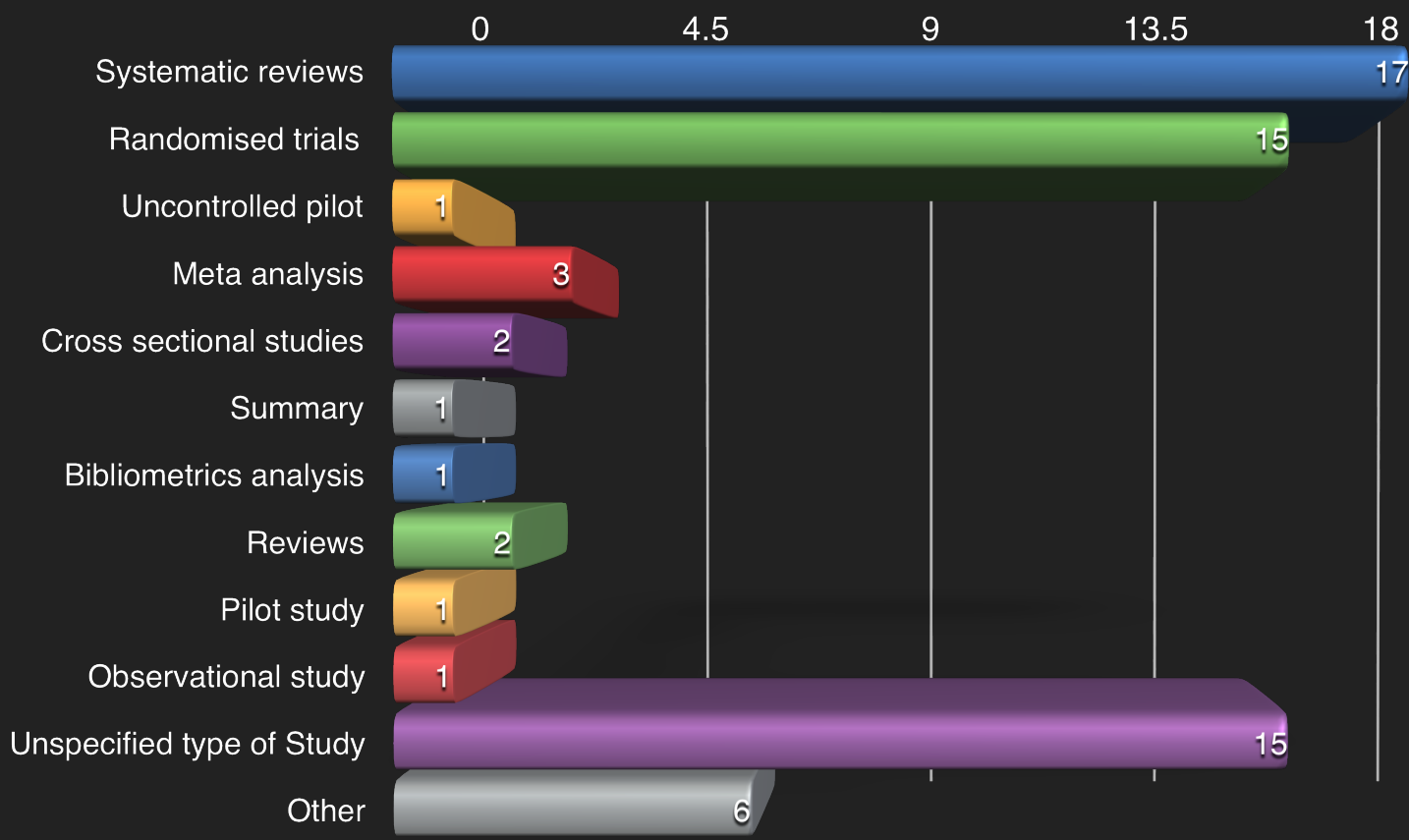
Database	Science Direct	PubMed	Hindawi	CFP	NCBI
Key words					
Tai Chi	15,645	2,067	364	11	Finds and Redirects to the other databases
Taichi	2,168	125	37	2	
Tai Chi Chuan	1,473	1,200	37	0	
Taiji	2,753	1,377	43	0	
Taijiquan	175	1,144	11	0	
Total per database	22214	5913	492	13	
Total all sources:	28632				

THE RESULTS WERE STRATIFIED BASED ON THE INTERNATIONAL CLASSIFICATION OF DISEASES (ICD-11) BY THE WORLD HEALTH ORGANISATION (WHO)

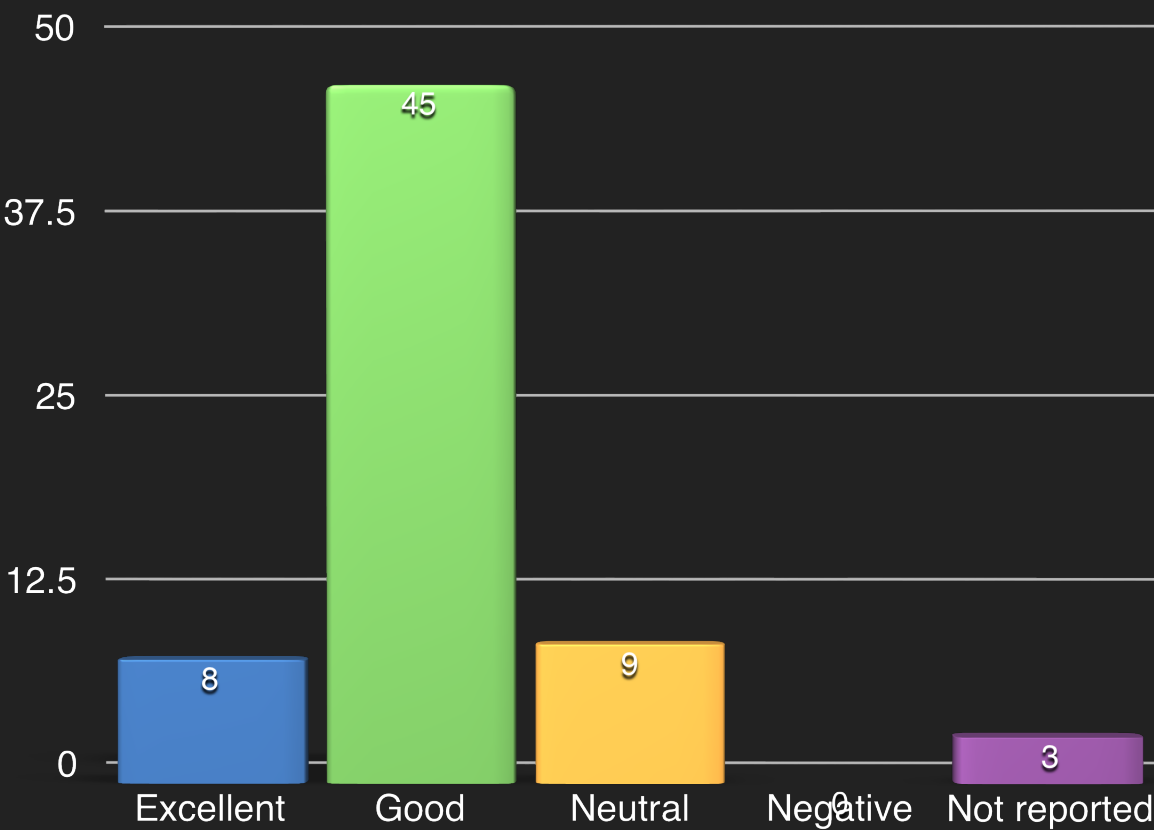
THE MAJORITY OF THE TRIALS DONE ARE RCT AND NON OF THEM REPORTS NEGATIVE EFFECTS FOR THE PRACTITIONERS.

# SUMMARY OF THE STUDY TYPES AND SAFETY RESULTS

Study types - count



Reported effects - summary



ALL STUDIES REPORT A POSITIVE EFFECT TO A CERTAIN DEGREE BUT NON REPORTS NEGATIVE EFFECTS TO THE PRACTITIONERS.

# MAPPING OF THE REPORTED EFFECTS TO THE RESEARCH AREAS

[illegible]

TOP RESEARCH AREAS AS PER GUO-YAN YANG AND ALL ARE: CIRCULATORY, IMMUNE, MUSCOLOSCELETAL, NEOPLASMS AND MENTAL DISORDERS

(BEIJING UNIVERSITY OF CHINESE MEDICINE, 2015, EVIDENCE BASED ANALYSIS OF 507 STUDIES)

TOP RESEARCH AREAS FOR TAI CHI CHUAN

- Respiratory system

■ Circulatory system

■ Respiratory and Circulatory systems

■ Neoplasms

■ Trauma
- Mental disorders

■ Immune system

■ Physical and Psychological

■ Work place wellness

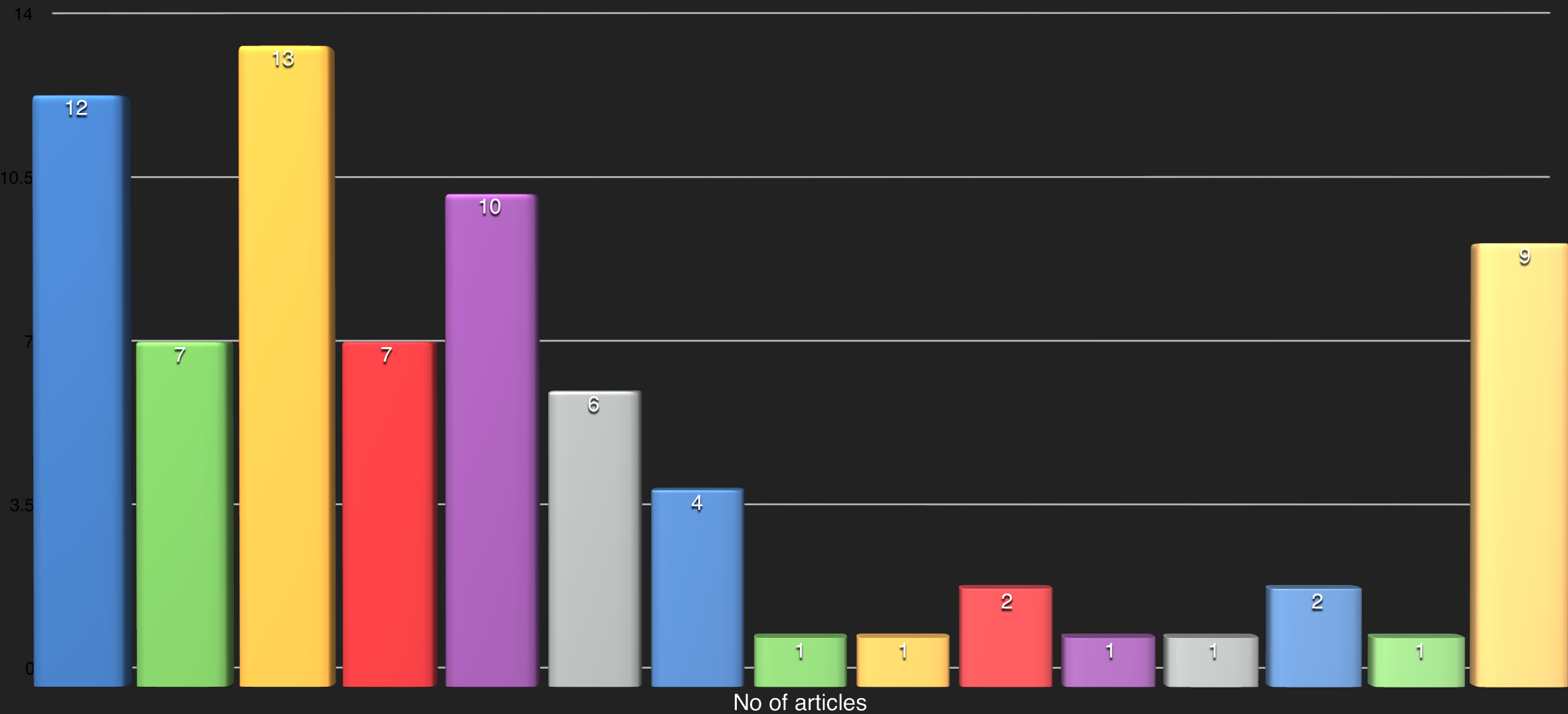
■ Geriatrics
- Musculoskeletal system

■ Neurological

■ Genitourinary system

■ Sleep-wake disorders

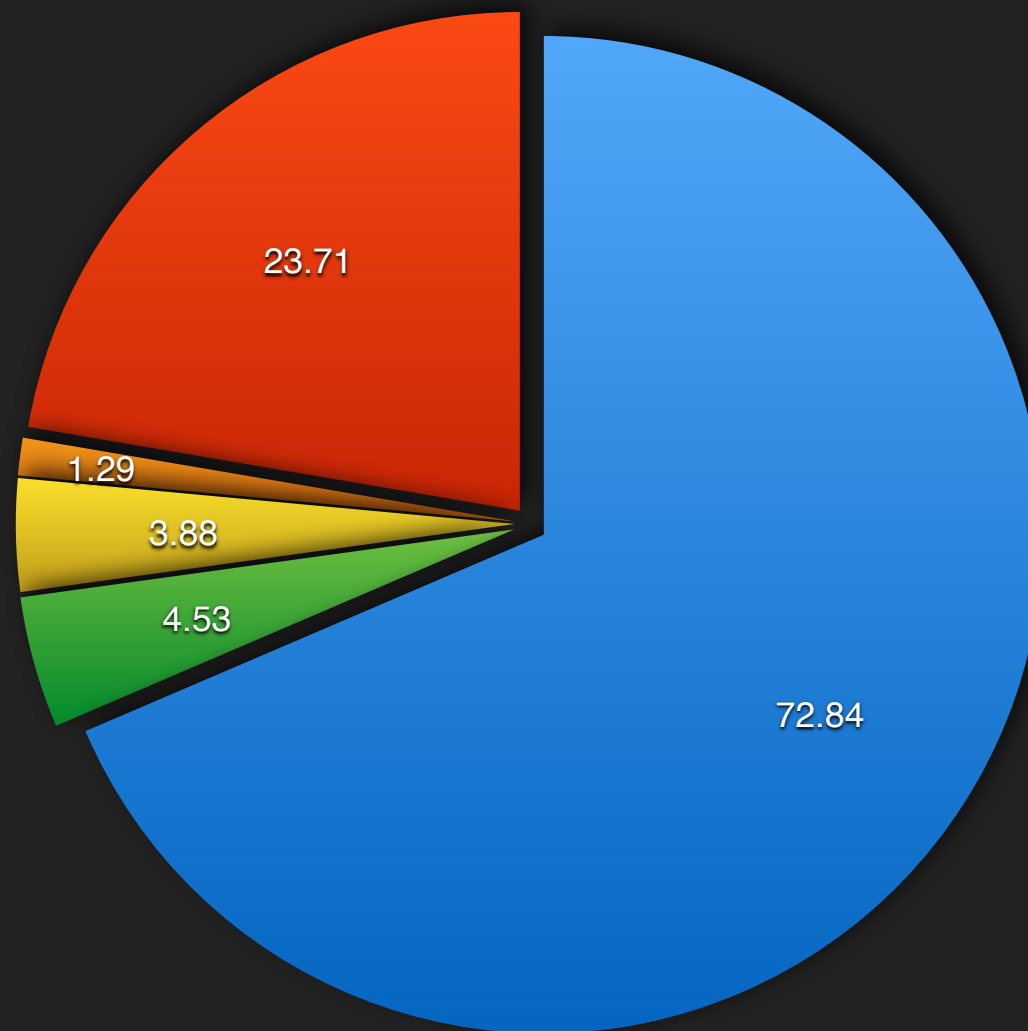
■ Other



BY GUO-YAN YANG AND ALL, INFORMATION GATHERED FROM 507 TRIALS

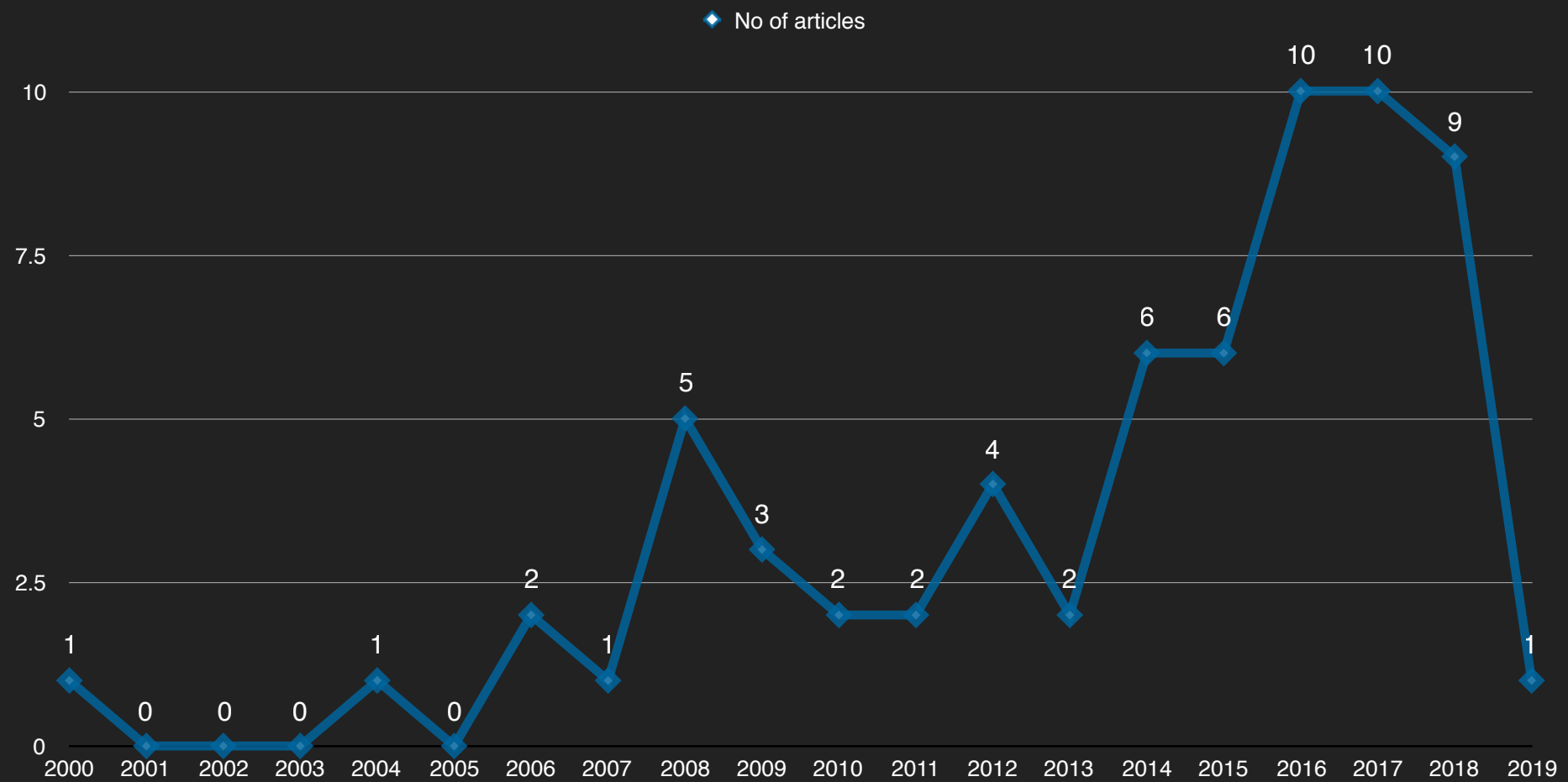
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## ANALYSIS OF THE TCC STYLES



● Yang style ● Sun ● Chen ● Wu ● Other

# THE TRENDS IN TAI CHI CHUAN RESEARCH



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## CONCLUSIONS:

- ▶ Plenty of research data and clinical evidence that TCC has positive health benefits in multiple areas and physicians can recommend TCC as a treatment or prophylactic method.
- ▶ Analysing the top research areas we see positive effects in balance especially for elderly people; mental health benefits on conditions like stress, anxiety, depression; cardiovascular; nervous; immune systems.
- ▶ TCC is safe to be practiced with no reported adverse events from more than 500 studies.



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## RECOMMENDATIONS:

- ▶ Long-term observational research is needed to proof the long-term safety of TCC.
- ▶ To improve the quality of the research reports with regards to method and timing/schedule of TCC practice.
- ▶ Further research is needed to identify how each style affects the participants health as the benefits may vary from style to style.

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THANK YOU!