

老化免疫運動之研究

吳正生：中山醫學大學助理教授

吳清吉：臺灣體育學院保管組長

中華體育研究院榮譽研究員

地址：臺灣臺中市梅亭街 90 巷 3 弄 8 號

E-mail: xmasfaith@yahoo.com

電話：886-987-347951

886-939-637608

摘 要

聯合國和世界衛生組織認為 65 歲為老年，老年一定老化嗎？美國醫學博士 Deepak Chopra 指稱：「近 30 年來有上百種研究証實人的老化並非必然，而是因人而異，人的意識會影響神經內分泌與免疫系統的交互作用」。美國史丹佛大學醫學院 Walter M. Boritz 認為人類可透過運動恢復生命力和人體機能。本實證研究歷經 12 年，受測者包括研究者、醫師、教師、碩士研究生、大學生和休閒活動學員等 3,251 人，每期訓練蓮花氣功 12~48 天次，每次 90 分鐘；單項訓練僅一次 30 分鐘或 5 分鐘，分別以全自動血球分析儀、多功能皮膚檢測系統及其他儀器重複實施教學前、後測驗，經 Microsoft Excel t-test 統計分析，發現老化免疫運動能改變血液成份，又有美化身材和美容效果，白血球在常數範圍內平均增加 5%，嗜中性球增加 13.4%，每年看病次數平均減少 49.9%，對皮膚、心、肺、血管、體能、視力等老化免疫效果，在統計學上達到 $P < .05 - .001$ 的顯著水準（表 1-96），可鑑老化免疫運動由意識、呼吸、肢體導引形成免疫反應，確實能有效恢復體內環境恒定。這項運動尚待世界各國積極研究推廣，不但可以減少老年醫療負擔，而且可能實現人類由古至今追求青春永駐或恢復青春的願望。

關鍵名詞：

1. 老化：體內環境恒定適應能力逐漸退化，造成容易罹患疾病的現象。
2. 老化免疫運動：以蓮花氣功之意識、呼吸、肢體導引，開發身心靈潛能，預防人體細胞分化機能衰退的新科技。
3. 免疫反應：生物體對感染的防衛反應，白血球是主角，但組織中還有很多種細胞及所分泌的可溶性分子共同參與。
4. 體內環境恒定：人體內維持細胞分化機能正常的平衡作用。

A Study On Ageing-Immunity Exercise

Wu Jeng-Sheng: The Assistant Professor of Chung Shan Medical University

Wu Ching-Chi: Chief of Property Management Division, National Taiwan

College of Physical Education

Honorable Researcher of China Physical Education Research

Institute

Address: No. 8, Alley 3, Lane 90, Mei-Ting Street, Taichung, Taiwan

E-mail: xmasfaith@yahoo.com

Tel: 886-987-347951, 886-939-637608

Abstract

The United Nations and the World Health Organization regard 65 years old as aged. However, does aged really mean ageing? American Deepak Chopra M.D. proclaimed: "In the recent 30 years, there have been hundreds of studies to prove that human ageing is not necessarily, but individually. Human Consciousness will affect neuroendocrine interactions with the immune system." American Stanford University Medical College Walter M. Boritz deemed that humans could regain vitality and body function by exercising. The ageing-Immunity Exercise had done empirical studies for 12 years. There were 3,251 subjects, including the researcher, doctors, teachers, graduate students, college students and leisure-activity students. The training under Lotus Qigong duration was 12-48 days, each time 90 minutes, the individual event training was only once for 30 minutes or 5 minutes. They respectively did teaching pre-tests and post-tests by Autometed Hematology analyzer, MPA 580 Cutometer & Sebumeter, and many other instruments. By Excel 97 t-test analysis, it showed that this new exercise technology could improve blood ingredient; had figure-beautifying and skin-whitening effect; increased the leucocytes to average 5% in constant range; increased neutrophils to 13.4%; and decreased the annual doctor-seeing times to average 49.9%. The Ageing-Immunity effect on skin, heart, lung, blood vessel, physical agility, eyesight, ect. in statistics reached a very prominent standard, $P < .05 \sim .001$ (Table 1~96). These could prove that Ageing-Immunity Exercise could form Immunoreaction, which was indeed effective in maintain the homeostasis. This exercise needs developing by all nations of the world. Probably, this exercise could not only decrease the medical dispense of aged, but also accomplish the whole human's wish ---youth-lasting or youth regaining.

Key terms

1. Ageing: a phenomenon that body homeostasis adaptation is gradually retreating and falling ill easily.
2. Ageing-Immunity Exercise: a new technology under Lotus Qigong training to develop body, mind and spiritual potential by doing consciousness, breath and body guide; and to prevent body cell division function from inclining.
3. Immunoreaction: the defense reaction of biology body to infection; the leukocyte is the main factor and the dissolvable factors secreted from many other cells participate, too.
4. Homeostasis: a balance to maintain the normal cell-division function.