



Exercise Biochemistry Review

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Effects of Shaolin Ba Duan Jin on Hypertensive Patients

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Objective To investigate the effects of Shaolin Ba Duan Jin on patients with hypertension.

Methods In the hypertensive patients detected in the national physical fitness test of public officials in Guiyang City, 40 patients with hypertension were selected. The experiment was started after Shaolin Ba Duan Jin has been practiced for seven days and the subjects had learned it.

1. Experimental method:

Frequency of subjects practicing Ba Duan Jin is 7 days a week, subjects practice once a day, practicing time is 6:00-7:30 am or 18:00 -19:30 pm, practicing lasts 1.5 hours each time (practicing has 3 groups, 14 minutes in each group; subjects rest 2 minutes between groups,; preparing part is 8 minutes; ending part is 5 minutes), record the blood pressure of the subjects before and after each experiment, and fill in the quality of life scale (WHOQOL-BREF scale) regularly for a period of 12 weeks.

2. Questionnaire method:

Fill in the quality of life scale every three weeks and measure heart rate and blood pressure before and after each exercise.

3. Mathematical statistics:

The paired sample t test was used to analyze the changes in blood pressure before and after the 12-week experiment.

Results 1) The systolic and diastolic blood pressures of the subjects were significantly lower than before the experiment ($P < 0.01$).

2) The WHOQOL-BREF scale after 12 weeks has improved significantly in all areas than before the experiment.

Conclusions 1) Martial arts Ba Duan Jin has a good influence on the circulatory system of hypertensive patients. The performance is that the heart rate is slow and the systolic and diastolic blood pressures have a downward trend.

2) Martial arts Ba Duan Jin has significant improvement in the physiology, psychology, social relations, environment and other fields .