

# Traditional Chinese Methods in Rehabilitation of Chronic Renal Disease in HUNGARY

13th IFKF Annual Meeting,  
22-25 August, 2012, Budapest, Hungary

by

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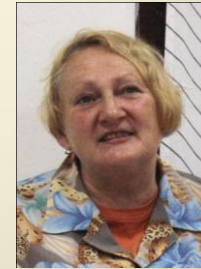
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## Rehabilitation

Medicament, Dialysis, Transplantation – and would this be all?! NO!!!  
The best Western Medicine Doctors would like to give their patients more:

*A REAL REHABILITATION – to improve not only the physical state of the body but the Quality of their Life too!*

This must be Medical plus Non-Medical rehabilitation in Teamwork, which is Interdisciplinary and Multiprofessional.

## New Ways in ChrKD Rehabilitation

1stly in the World, by Dr. POLNER, Kálmán, MD:  
**Patients' & Helping Family Member Co-Education**  
**in the Patients' Education Camp, in Diósjenő, since 2007**  
They can learn how to take care of themselves:

- how to survive as long as it is possible with a special diet,
- how to accept the illness itself and the physical and non-physical constraints caused by it,
- how to co-operate with doctors – e.t.c.

Programs are continuing from 7.30 a.m. till 10 p.m. each day.

## TCM for Chronic Kidney Disease Patients

TCM (Qi Gong, Tai Ji and Dr. Wu's Headmassage) has been invited into the Education Camp, Diósjenő, since 2010.



## Several thousands of years of TCM (Traditional Chinese Medicine)

TCM is a complete healing system. TCM uses Herbal Therapy, Massage, Acupuncture, Moxa, Cupping, Qi Gong, Tai Ji to re-establish the balance of Yin and Yang not only in the body but in the whole Body-Breath-Mind system.

The **Tai Ji Quan** is a martial art using and moving the inner strength or breath (called „Qi“). This is the martial art which comes from the Greatest Unity („Tai Ji“) itself. The special slow, light and circular movements help to collect, clean, calm down the „Qi“ in the body and help to achieve a balance in the life too.  
*This is the way to Health and Holistic Life...*

## Dr. WU's Headmassage™ (WHM)

is to release stress, invigorate circulation, calm down the Mind. WHM acts on the treated areas of Head & Face, Neck & Shoulder, Arms & Hands, but it effects in all of the Body. WHM is a part of the TCM.



## Experiences

### Experiences with TCM (Tai Ji & Wu's Headmassage)

- Feeling a Unity sensation with the wonderful environment • Comparing to Western gymnastics TCM movements were easy to do and painless • Less tired • Contact and acted as a group faster • People liked these TCM methods.

### Special Experiences with Dr. WU's Headmassage

- Discovers hidden sadnesses & fears (not seldom with crying). • Floating-like or peace sensation, seeing lights, cleared mind up. • Backache, headache removed. • Felt relief every time!

## Conclusions

- TCM connects Body, Breath and Mind – people can pass bodily problems easier
- TCM helps in Mental Health and Psychology
- TCM can give a great contribution to Western Medicine's results

## Interculturalism

Applying Tai Ji and WHM in our Rehabilitation – we are linking East and West and building the Confidence!







# Rehabilitation:

Medicament, Dialysis, Transplantation

- and would this be all?! **NO!!!**

The best **WM** Doctors want to give  
their patients

***more: A REAL REHABILITATION -***

to improve not only their Body but their

***Quality of Life too!***

New Ways in ChrKD Rehabilitation:

# Patient & Helping Family Member *Co-Education*

1stly in the World, By Dr. POLNER, Kálmán. MD.,

in Patient Education Camp, Diósjenő, since 2007

# Patients' Education Camp

in Diósjenő, since 2007

Patients can learn *how to take care for themselves:*

- **how to survive as long as its possible** with a special diet,
- **how to accept the illness** itself and the physical and non-physical **constraints** caused by it,
- **how to co-operate with doctors** – e.g.

Everyday programs are from 7.30 a.m. till 10 p.m. in a week.

# Rehabilitation:

**Medical** plus **Non-Medical** rehabilitation in **Teamwork**,  
which ***must*** be

*Interdisciplinary, Multiprofessional,*

and now

*Intercultural too:*

**Modern Western & Traditional Chinese**  
**Medicines!**





# Linking

*East and*



*West ...*



... and building



the **Confidence**

# TCM

for Chronic Kidney Disease Patients  
in Hungary, since 2010





# Qi Gong, Tai Ji and Dr. Wu's Headmassage...



...in the Parients' Education Camp









# Several thousands of years of TCM (Traditional Chinese Medicine)

TCM is a complete healing system.

TCM uses Herbal Therapy, Massage, Acupuncture,  
Moxa, Cupping, Qi Gong, Tai Ji  
to recuperate the ballance of *Yin* and *Yang*  
not only in the body  
but in the whole *Body-Breath-Mind* system.

The ***Tai Ji Quan*** is a martial art  
using and moving the *inner strength* or *breath*  
(called: „*Qi*”):



This is the martial art which comes from  
the *Greatest Unity* („*Tai Ji*”) itself:



So the special slow, light and circle movements help  
to collect, clean, calm down „*Qi*” in the body and  
help to achieve a ballance in the life too.

**This is the way for the Health and the Holistic Life...**







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is to release stress, invigorate circulation,  
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WHM acts on the treated areas of  
**Head & Face, Neck & Shoulder, Arms & Hands,**  
but it effects in all of the Body.

**WHM** is a part of **TCM**





# Qi Gong – Tai Ji

in the „Island-Fest (Sziget)”





# Dr. Wu's Headmassage

## in the „Island-Fest (Sziget)”





# Experiences: Questionnaire

on Tai Ji & Dr. Wu's Headmassage

#1-5.

- #1: General impressions on TCM-like exercising?
- #2: Success in Relaxation & Easiness? (Problems?)
- #3: News in „Chinese-Way“ exercising?
- #4: Helpfulness in „day-starting“, getting a harmony, wellness?
- #5: Connection to the others, acting as a group?

## #6-10:

- #6: TCM contribution to the success of Education? (Concentration, ability to cope with problems)
- #7: Chance to rebuild the „unity with Universe”?
- #8: Acceptable or Strange (in connection of Chinese origins)?
- #9: Bloodpressure?
- #10: Effects on mood and bodily condition?

## #11-13.

- #11: Good feelings?
- #12: Personal advantages?
- #13: Intention to continue?

# Summarized Answers

Question	# 1.	# 2.	# 3.	# 4.	# 5.	# 6.	# 7.	# 8.	# 9.	# 10.	# 11.	# 12.	# 13.
Positive Answers	18	18	17	17	14	16	11	16	x	15	15	17	17
Negative or Neutral Answers	1	1	2	2	5	3	8	3	x	4	3	1	1
Total Number of Answers	19	19	19	19	19	19	19	19	x	19	18	18	18



# Experiences with TCM

## (Tai Ji & Wu's Headmassage)

- Wonderful environment, feeling a Unity sensation
- Comparing to Western gymnastics TCM movements were easy to do and painless
- Less tired
- Contact and acted as a group faster
- People liked these TCM methods.

# Special Experiences with

## Dr. WU's Headmassage

- Discovers hidden sadnesses & fears (not seldom with crying).
- Floating-like or peace sensation, seeing lights, cleared mind up.
- Backache, headache removed.
- Felt relief every time!

# CONCLUSIONS

- TCM can give a great contribution to Western Medicine's results
- TCM connects *Body, Breath and Mind* - people can pass *bodily problems* easier
- TCM helps in *Mental Health* and *Psychology*

Co-operation and exchange!

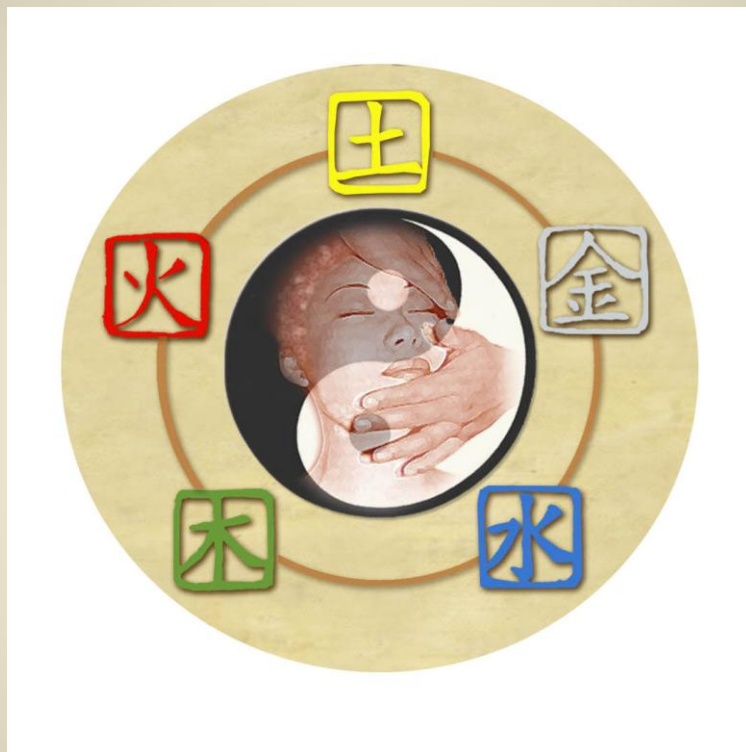
# *Why just for* Chronic KIDNEY Disease?

Of course TCM is also good

(in co-operation with Western Medicine)

- for people with other illnesses,
- for healthy people, as a *Health-Keeping, Stress-Releasing and Anti-Aging method!*

# Thank You for Your Kind Attention!



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