

Qi Stagnation

Information Sheet



During a Chinese medicine consultation your practitioner will ask you lots of different questions about your presenting issue, as well as other physical and psychological symptoms. This allows us to identify patterns of disharmony that might involve new concepts such as qi, yin, yang, phlegm, damp and blood.

This handout is designed for you take away after your consult to provide extra information about the pattern we call Qi Stagnation, along with some food and lifestyle modifications that can supplement the acupuncture and/or herbal treatment you are receiving.

Definition

Qi is an all-encompassing term describing energy and movement. In the body, qi is the propelling force that ensures physiological processes and organs functions are performed smoothly and efficiently. Qi also warms and protects the body against pathogenic invasion. It circulates on the skin and moves through the (acupuncture) channels of the body. Qi drives growth and development of the individual.

When qi stagnates, movement is not smooth resulting in both physical and psychological pain.

The most common cause of qi stagnation is emotional stress, in particular frustration and long term repressed anger. Strong emotions impede the flow of qi, preventing smooth movement. Traumatic injury will also cause both qi and blood to stagnate at the site of injury, resulting in pain.

Symptoms

When qi does not flow smoothly, you might experience one or more of the following: pain or tightness in the chest, abdomen and in or above the ribcage. Pain may move from place to place in the body. You might also have bloating, frequent sighing, moodiness, feeling

'wound up' or a sensation of a lump in the throat. Females may have irregular periods, breast distension and premenstrual symptoms. When qi stagnates for a long time, heat can build up causing red face, thirst, angry outbursts and in females, heavy periods.

Food



Food should be enjoyed and accepted lovingly into the body so that we are open to being fully nourished by what we eat. Digestion is enhanced by relaxing during meals. Avoid working or watching television, instead focus on enjoying the meal in a relaxed posture. Always chew food well so that our digestive

organs do not have to work as hard to extract essential nutrients.

Refined rich foods should be avoided when qi is stagnated. Stagnant qi can be dispersed with the use of acrid or pungent flavoured foods such as pepper, chilli, leeks, fennel, garlic, vinegar and coriander.

Life Style

The sources of qi in the body include nourishment from food and the air we breathe. How well we utilise qi from these sources depends on how well we live, as well as our mental and emotional wellbeing. Regular exercise and practices such as meditation and deep breathing are some great ways to clear

obstructions and maximise qi flow. Inactivity, long hours sitting at desk and excessive screen time cause qi to further stagnate. Taking regular breaks from the screen every 2 hours with a brisk 10 minute walk in fresh air will help keep qi moving.

YouTube



Here is a link to the Gate Of Hope's Qi Gong video that demonstrates a basic sequence of movements with breath to stimulate the function of different organs in the body. While all the organs movements are important, focus on stimulating the Liver to move stagnant qi.

Go to the YouTube channel:
<https://youtu.be/jmLICEsNR E>



For more information talk to your practitioner on your next visit.
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