

Effetti benefici del Tai chi chuan

Depressione ansia, cognitiv , malattie degenerative, sonno , controllo della glicemia nei diabetici.

The effects of tai chi on depression, anxiety, and psychological well-being: a systematic review and meta-analysis.

[Wang F](#), [Lee EK](#), [Wu T](#), [Benson H](#), [Fricchione G](#), [Wang W](#), [Yeung AS](#).

Abstract

BACKGROUND:

Tai chi, also called taiji or tai chi chuan, is a form of mind-body exercise that originated from China. It combines Chinese martial arts and meditative movements that promote balance and healing of the mind and body, involving a series of slowly performed, dance-like postures that flow into one another. As it comprises mental concentration, physical balance, muscle relaxation, and relaxed breathing, tai chi shows great potential for becoming widely integrated into the prevention and rehabilitation of a number of medical and psychological conditions.

RESULTS:

The studies in this review demonstrated that tai chi interventions have beneficial effects for various populations on a range of psychological well-being measures, including depression, anxiety, general stress management, and exercise self-efficacy. Meta-analysis was performed on three RCTs that used depression as an outcome measure (ES=-5.97; 95% CI -7.06 to -4.87), with I²=0%.

CONCLUSION:

In spite of the positive outcomes, the studies to date generally had significant methodological limitations. More RCTs with rigorous research design are needed to establish the efficacy of tai chi in improving psychological well-being and its potential to be used in interventions for populations with various clinical conditions.

Funzioni cognitive

The benefits of Tai Chi and brisk walking for cognitive function and fitness in older adults.

[Ji Z¹](#), [Li A¹](#), [Feng T¹](#), [Liu X²](#), [You Y¹](#), [Meng F¹](#), [Wang R¹](#), [Lu J¹](#), [Zhang C¹](#).

Author information

Abstract

The purpose of this study was to investigate the benefits of exercises with different cognitive demands for cognitive functions (Executive and non-Executive) in healthy older adults. A cross-sectional design was adopted. In total, 84 healthy older adults were enrolled in the study. They were categorized into the Tai Chi group (TG), the brisk walking group (BG) or the control group (CG). Each participant performed the Stroop task and a digit comparison task. The Stroop task included the following three

conditions: a naming condition, an inhibition condition and an executive condition. There were two experimental conditions in the digit comparison task: the non-delay condition and the delay condition. The results indicated that participants of the TG and BG revealed significant better performance than the CG in the executive condition of cognitive tasks and fitness. There was no significant difference of reaction time (RT) and accuracy rate in the inhibition and delay conditions of cognitive tasks and fitness between the TG and BG. The TG showed shorter reaction time in the naming and the executive conditions, and more accurate in the inhibition conditions than the BG. These findings demonstrated that regular participation in brisk walking and Tai Chi have significant beneficial effects on executive function and fitness. However, due to the high cognitive demands of the exercise, Tai Chi benefit cognitive functions (Executive and non-Executive) in older adults more than brisk walking does. Further studies should research the underlying mechanisms at the behavioural and neuroelectric levels, providing more evidence to explain the effect of high-cognitive demands exercise on different processing levels of cognition.

Tai Chi Chuan and Baduanjin Increase Grey Matter Volume in Older Adults: A Brain Imaging Study.

[Tao J^{1,2,3}](#), [Liu J^{1,2}](#), [Liu W^{1,2}](#), [Huang J^{1,2}](#), [Xue X^{2,4}](#), [Chen X⁵](#), [Wu J¹](#), [Zheng G¹](#), [Chen B⁴](#), [Li M⁴](#), [Sun S³](#), [Jorgenson K³](#), [Lang C³](#), [Hu K¹](#), [Chen S¹](#), [Chen L^{1,2}](#), [Kong J³](#).

Author information

Abstract

The aim of this study is to investigate and compare how 12-weeks of Tai Chi Chuan and Baduanjin exercise can modulate brain structure and memory function in older adults. Magnetic resonance imaging and memory function measurements (Wechsler Memory Scale-Chinese revised, WMS-CR) were applied at both the beginning and end of the study. Results showed that both Tai Chi Chuan and Baduanjin could significantly increase grey matter volume (GMV) in the insula, medial temporal lobe, and putamen after 12-weeks of exercise. No significant differences were observed in GMV between the Tai Chi Chuan and Baduanjin groups. We also found that compared to healthy controls, Tai Chi Chuan and Baduanjin significantly improved visual reproduction subscores on the WMS-CR. Baduanjin also improved mental control, recognition, touch, and comprehension memory subscores of the WMS-CR compared to the control group. Memory quotient and visual reproduction subscores were both associated with GMV increases in the putamen and hippocampus. Our results demonstrate the potential of Tai Chi Chuan and Baduanjin exercise for the prevention of memory deficits in older adults.

The effects of Tai Chi on physical function and well-being among persons with Parkinson's Disease: A systematic review.

[Ćwiękała-Lewis KJ](#)¹, [Gallek M](#)¹, [Taylor-Piliae RE](#)².

Author information

Abstract

Current medical treatments for Parkinson's disease (PD) are mainly palliative, though research indicates Tai Chi exercise improves physical function and well-being. An electronic database search of PubMed, CINAHL, Web of Science, Cochrane Library, PsycINFO and Embase was conducted, to examine current scientific literature for potential benefits of Tai Chi on physical function and well-being among persons with PD. A total of 11 studies met the inclusion criteria: 7 randomized clinical trials and 4 quasi-experimental studies. PD participants (n = 548) were on average age 68 years old and 50% women. Overall, participants enrolled in Tai Chi had better balance and one or more aspect of well-being, though mixed results were reported. Further research is needed with more rigorous study designs, larger sample sizes, adequate Tai Chi exercise doses, and carefully chosen outcome measures that assess the mechanisms as well as the effects of Tai Chi, before widespread recommendations can be made.

Tai Chi and the Protection of Cognitive Ability: A Systematic Review of Prospective Studies in Healthy Adults.

[Zheng G](#)¹, [Liu F](#)¹, [Li S](#)¹, [Huang M](#)¹, [Tao J](#)¹, [Chen L](#)².

Author information

Abstract

CONTEXT:

Age-related cognitive decline has become an important public health issue. Tai Chi may be an effective intervention to protect the cognitive ability of healthy adults, but its effects are uncertain. This study systematically evaluated the protective effects of Tai Chi on healthy adults' cognitive ability.

EVIDENCE ACQUISITION:

A systematic review of prospective controlled trials comparing Tai Chi with usual physical activities for cognitive ability maintenance among healthy adults was conducted. Seven electronic databases were searched from their inception to December 31, 2013. Data analysis and bias risk evaluation were conducted in 2014.

EVIDENCE SYNTHESIS:

Nine studies, including four RCTs and five non-randomized controlled trials, with 632 participants were identified. Global cognitive function was measured using the Mini-Mental State Examination, Mattis Dementia Rating Scale (MDRS), or event-related potential 300 in three studies; attention was measured by the MDRS attention score, hands and feet alternating movement time, or response time in three studies; learning and memory were assessed by MDRS memory score, Wechsler Adult Intelligence Scale, or Auditory Verbal Learning Test in three studies; emotion and perception were

measured using arm stability and mental rotation in one study; and execution was measured by Trail Making Test, Stroop Test, and Clock Drawing Test in four studies. Tai Chi showed a positive effect on most outcomes of various cognitive realms.

CONCLUSIONS:

Compared with usual physical activities, Tai Chi shows potential protective effects on healthy adults' cognitive ability. Large RCTs with more rigorous designs are needed to fully evaluate and confirm its potential benefits.

=1.58, $P=.12$). Intervention adherence rates were 85%.

CONCLUSIONS:

TC and SS led to improved aerobic endurance, and both are suitable community-based programs that may aid in stroke recovery and community reintegration. Our data suggest that a 12-week TC intervention was more effective in reducing fall rates than SS or UC interventions. Future studies examining the effectiveness of TC as a fall prevention strategy for community-dwelling survivors of stroke are recommended.

Positive impact of Tai Chi Chuan participation on biopsychosocial quality of life compared to exercise and sedentary controls: a cross-sectional survey.

[Baxter A¹, J P Francis A.](#)

[Author information](#)

Abstract

Tai Chi Chuan (TCC) is a traditional Chinese medicine practice and martial art with biopsychosocial aspects. This study aimed to examine the impact of participation in TCC on multiple domains of Quality of Life (QoL) and to assess the involvement of the psychological factors of self-efficacy, Locus of Control (LoC) and Hope in these effects. A total of 68 participants from the general community (13 males and 55 females) aged between 18 and 68 ($M=43.55$ years) and not currently suffering from a mental or physical illness took part in the study. It was found that TCC participants, as a group, scored significantly better than those in sedentary (book club) and active (gym exercise) control conditions on Psychological and Physical QoL, and that the Physical QoL benefits of TCC continue to accrue with years of practice. The three psychological factors were shown to variously mediate (self-efficacy) and moderate (internal LoC and Hope) this latter relationship. Whilst the results bear limitations (in particular small sample sizes), it is hoped that these findings will encourage further research into TCC, and consideration of TCC as part of the range of treatment options available in community-based mental and physical health management.

Sonno

Sleep quality of middle-aged Tai Chi practitioners.

[Lee LY¹](#), [Tam KW](#), [Lee ML](#), [Lau NY](#), [Lau JC](#), [Lam YM](#), [Lam CH](#), [Kwan WK](#), [Chan D](#), [Chan B](#), [Chan PZ](#).

Author information

Abstract

AIM:

This study aimed to assess the association between Tai Chi and sleep quality in middle-aged Tai Chi practitioners.

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CONCLUSION:

The present study represented an initial attempt to investigate the sleep quality among middle-aged Tai Chi practitioners. It serves to generate hypotheses for future testing.

Diabete

A systematic review and meta-analysis of tai chi for treating type 2 diabetes.

[Lee MS¹](#), [Jun JH²](#), [Lim HJ³](#), [Lim HS⁴](#).

Author information

Abstract

The aim of this review was to update and critically evaluate the evidence from randomised clinical trials (RCTs) of tai chi for patients with type 2 diabetes mellitus (T2DM). Twelve databases were searched by August 2014. Fifteen RCTs met all of the inclusion criteria. One RCT compared the effects of tai chi with sham exercise and failed to show the effectiveness of tai chi on fasting blood glucose (FBG), or HbA1c. The other four RCTs tested the effects of tai chi compared with various types of exercise and the meta-analysis failed to show an FBG-lowering effect. Five RCTs compared the effects of tai chi with an anti-diabetic medication and the meta-analysis showed favourable effects of tai chi on FBG. One RCT showed the positive effects of tai chi plus standard care on HbA1c and FBG compared with standard care alone. Four RCTs compared the effects of tai chi to no treatment and the meta-analysis failed to show the positive effects of tai chi on HbA1c. Three RCTs reported superior effects of tai chi on quality of life. In conclusion, the existing trial evidence is not convincing enough to suggest that tai chi is effective for managing patients with T2DM.