



Short Communication

Preliminary Study of the Effects of External Qi in the Body Weight of Two Black Iguanas *Ctenosaura pectinata*

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ABSTRACT

The effects of the emission of qi by Zhineng Qigong's practitioners in the body weight increase of two black iguanas *Ctenosaura pectinata* was studied. Iguanas' initial weight was registered, and the practitioners sent qi to them for 15 minutes, twice a week. After 6 weeks the iguanas' weight was recorded again. Both animals increased their body weight, they displayed changes in the smoothness of their skin, and they shifted their behavior being more active in their terrarium.

Key words: Black iguana, *Ctenosaura pectinata*, External qi, Herpetarium, Zhineng Qigong

INTRODUCTION

The word Qi is a Chinese term that refers to the smallest particle that forms everything in the universe. Gong means work. Qigong means work with qi, and Chinese doctors and masters have been used Qigong's systems to heal illnesses, maintain good health, and extend life expectancy since ancient times (De, 2016; Ooi, 2010).

Zhineng Qigong is a kind of Qigong and consists of a series of very soft but very deep movements involving the body, and the mind. The practice of these methods promotes that the qi becomes more abundant and flows freely strengthening the functions of both the body and the mind (De, 2016; The Best of Me, no date). There are two main Qigong's forms practice: internal and external. The internal Qigong is the self-directed practice of the techniques used to increase and promote the qi's flow in the practitioner's body. The external Qigong is an interpersonal healing practice in which a practitioner projects qi to another person to promote the qi's circulation, and to increase his or her health. The practice of external Qigong is not only applied to patients, it is also common to be applied to animals, plants, cells, organisms in culture medium and different inorganic materials (Ooi, 2010; NMJ Contributors, 2010; Sancier and Hu, 1991).

A. Experimental Research

Most scientific research refers to the practice of internal Qigong (self-healing practice); however, research with the external Qigong (the qi projection from a person to a receiver) are becoming more common materials (Ooi, 2010; NMJ Contributors, 2010; Sancier and Hu, 1991).

In relation to the external Qigong with animals there are publications in English of works with rats and mice, but not with reptiles; however, since scientific research in Asia is very extensive, it is likely that there are studies published in Asian languages that have not yet been translated into English.

Shiming *et al.*, 2013 worked with diabetic rats concluding that the external Qi can change the rate of glucose in the urine and restore it to the normal state. In 2014 several studies were conducted: Baoshen *et al.*, determined that external Qi is useful for improving the adaptability of myocardial cells and for increasing the compensatory capacity of cardiac muscles in mice. Chonggao *et al.*, wrote in their study with rats, that external Qi may have a healing effect on diseases of the cranial blood vessels. Huimin *et al.*, showed that external Qi can improve the prolactin secretion of rats when they are in an inactive state and can also inhibit the release of prolactin when they are in a state of restricted stress reaction, and Mei *et al.*, studied the effect of external Qi

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on the survival of mice with ascites type S180 tumor, finding that the life expectancy rate was prolonged more than 50 percent in the experimental group.

B. Black iguana (*Ctenosaura pectinata*)

The black iguana is a species of the genus *Ctenosaura* that inhabits Western Mexico. It is considered a threatened species due to its severe exploitation and the destruction of its habitat. It has been used since ancient times as a source of meat (Salmerón, personal communication).

MATERIALS AND METHODS

In the Herpetarium of the Faculty of Sciences of the National Autonomous University of Mexico, two specimens of black iguana *Ctenosaura pectinata* were chosen. Even though they ate well, they had not increased their body weight for several years and they showed little activity in their terrariums (Fig. 1). Having the initial body weight registered, the iguanas were taken out to the sun, as usual, and the Zhineng Qigong practitioners sent qi to them for 15 minutes, twice a week for 6 weeks (Fig. 2). At the end of this period, the iguanas were weighed again.



Fig. 1: Black iguanas of the Herpetarium of the Faculty of Sciences that received external qi as treatment.



Fig. 2: Zhineng Qigong practitioners emitting qi to the iguanas.

RESULTS AND DISCUSSION

Both iguanas increased their body weight. The largest iguana, with an initial weight of 800 grams, passed to 1,200 grams, resulting in an increase of 400 g. The

youngest iguana, with an initial weight of 700 grams, increased to 1,130 grams with an increase of 430 g. In addition to their body weight change, the iguanas modified their behavior in the terrarium, both shifted from being inactive to move looking for their food, climbing to the trunks and approaching to the focus looking for heat. They showed territorial attitudes, such as moving the gular membrane in a threatening way, that they have not showed before, and their skin improved in softness.

It is suggested to make more replicas and with a larger sample. This essay is a pioneer in the external qi emission to reptiles in Mexico, and it got favorable results.

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