

Case Report

Incorporating Artificial Intelligence, Tai Chi and Qigong into a Gynecology & Obstetrics Practice: Some Recent Case Studies

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**Abstract**

This study uses Microsoft Copilot, an artificial intelligence chat bot, to generate nonprofessional useful information regarding the use of tai chi and qigong, Chinese medical techniques, that can be incorporated in a gynecology and obstetrics medical practice. It then goes to the PubMed database to search for studies that have incorporated qigong or tai chi into their breast cancer treatment program. The study concluded that both artificial intelligence and Chinese medical techniques such as tai chi and qigong have a bright future in obstetric and gynecology practices

Keywords: Gynecology; Obstetrics; Tai Chi; Qigong; Traditional Chinese Medicine; TCM; Artificial Intelligence; Breast Cancer

Introduction

After reading Ashish Pandey's editorial on gynecology & obstetrics [1] I became curious to learn what research had been conducted on this topic that incorporated the use of tai chi and/or *qigong* (pronounced chee gong). Tai chi and *qigong* are both tools in the Traditional Chinese Medicine (TCM) toolbox and are starting to be incorporated increasingly into Western medical practices [2-4].

Qigong has been a part of Chinese medical practice for thousands of years. It includes perhaps thousands of different exercises, the common features of which are breathing and meditation. Qigong exercises can be done from a standing or sitting position. Qigong exercises, when done properly, cause the body to activate its natural healing power, its life force energy (qi – pronounced chee), which flows to the affected body part for healing. Many medical studies have found that the incorporation of *qigong* into a healing regimen often has a significant positive effect [5-9].

The same can be said for tai chi [10-13], also called tai chi chuan or taiji or taijiquan, which has been called a form of moving meditation. Tai chi is of a much younger origin.

It has been traced back to the thirteenth century, although its origins go farther back than that. Tai chi is also a form of moving meditation, similar to *qigong* but also different. Tai chi can also be a martial art, whereas *qigong* is not. Tai chi consists of a series of pre-arranged exercises, whereas *qigong* exercises do not necessarily form a series (although they can) and can be performed in any sequence.

The Study

I wanted to see what studies had been done on the incorporation of *qigong* or tai chi into a gynecology and obstetrics practice, whether Western or not, so I used an artificial intelligence (AI) chatbot, Microsoft Copilot [14], to find some relevant research. AI is being used increasingly in medical practice and research [15-18], and its use is likely to increase as chat bots become increasingly sophisticated. The first step was to give Copilot a proper instruction.

One advantage of starting a search using Copilot is that it is likely to provide a simple, easy to understand discussion of the topic that includes citations to publications that nonprofessionals can understand.

Instruction

Discuss some studies on obstetrics or gynecology that has incorporated either *qigong* or tai chi into a treatment program. What have been the results? Provide citations.

Reply

Certainly! Here are some studies related to the incorporation of *qigong* and tai chi in obstetrics and gynecology:

Case 1

Effectiveness of Qigong and Tai Chi in Cancer Patients:

Qigong and tai chi (QTC) have been used as complementary treatments alongside conventional cancer management.

Findings from systematic reviews are inconsistent. Some studies suggest that QTC interventions enhance quality of life (QoL) and improve cancer-related symptoms like fatigue, sleep disturbance, and anxiety.

However, other research argues that there is a lack of efficacy in QTC for QoL improvement.

An ongoing umbrella review aims to analyze and synthesize findings from published systematic reviews and meta-analyses on QTC's effectiveness in cancer patients' QoL [19].

Case 2

Qigong and Tai Chi in Cancer Care:

A systematic review included randomized controlled trials (RCTs) that investigated Qigong and Tai Chi interventions.

Seven RCTs used Qigong alone, four used Qigong combined with Tai Chi, and one used Tai Chi alone.

Tai Chi showed a significant effect on quality of life, and beneficial effects were observed at 12 weeks and 25 weeks for subgroups [20].

Case 3

Tai Chi and Health Outcomes in Chronic Conditions:

A study involving low-activity older adults found that Tai Chi improved psychological well-being, including depression, distress, positive well-being, life satisfaction, and perceptions of health [21].

Remember that these studies provide valuable insights, but individual results may vary. For more detailed information, you can refer to the provided citations.

Author Comment

Copilot provided some good basic information that a nonprofessional could understand and gave citations to several sources of additional information that was more in depth.

Medical professionals, who want additional information that is more in-depth, such as medical studies, can find the information they need at PubMed.gov, [22] a large medical database that provides links to thousands of medical studies. A search for *women's health and qigong* found another medical study [23]. The search terms were then changed to breast cancer and qigong, which resulted in finding 51 studies, the first ten of which are cited in the research section of this paper [24-33]. The search terms were then changed to breast cancer and tai chi. This time, 67 studies were found, some of which were duplicates of the search for breast *cancer and qigong*.

To summarize, the present study found that artificial intelligence is a tool that can be used to conduct preliminary searches for information about cases where traditional Chinese medicine has been used to treat women's health issues, such as breast cancer, and that many studies have incorporated *qigong* or tai chi in connection with one particular women's health issue – breast cancer.

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