Effective Treatment of Mixed Connective Tissue Disease With Sai-Style Chinese Qigong Meridian Therapy

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Background & Aims
Mixed connective tissue disease (MCTD) is an overlap syndrome as an "apparently distinct rheumatic disease syndrome associated with high titers of antibody to an extractable nuclear antigen", and was defined as an intractable disease from 1993 in Japan. It is clinically characterized by features of two or more defined autoimmune diseases, namely systemic lupus erythematosus (SLE), systemic sclerosis (scleroderma), dermatome- or polymyositis, or rheumatoid arthritis. Here, we try to present a case report of effective treatment of MCTD with Sai-style Chinese Qigong Meridian Therapy.

Materials & Methods
A 32 years old female patient diagnosed as MCTD 8 years ago, and treated with Prednisolone at concentration of 60 mg at first. The dose of Prednisolone was used at 8 mg in recent 2 years. From Aug 2005, the patient was treated with Sai-style Chinese Qigong Meridian Therapy for 10 months.

Results & Conclusions
After treatment with Sai-style Chinese Qigong Meridian Therapy for 10 months, a significant improvement of scleroderma and rheumatoid arthritis was obtained. The dose of Prednisolone was reduced to 6-7 mg every 2 days and the patient's condition is stable. All the MCTD-concerning parameters such as U1RNP, CK, GOT and LDH are in normal ranges. In conclusion, Sai-style Chinese Qigong Meridian Therapy is effective to treat MCTD.