

后疫情时代东方养生术八段锦抗疫的中国方案

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摘要：2020 年伊始，新型冠状病毒疫情迅速爆发并蔓延，大量新冠肺炎患者进入医院进行隔离治疗，经过三个多月全国军民的努力奋战，最终中国取得了抗击新冠肺炎疫情的初步胜利。在抗击疫情过程中，我国根据新冠病毒的特点采用中医、西医结合的治疗方式，并首次将中医疗法和东方养生术八段锦纳入治疗方案当中。其中在国家卫生健康委发布的《新冠肺炎出院患者康复方案（试行）》、《基层医疗卫生机构在新冠肺炎疫情防控期间为老年人慢性病患者提供医疗卫生服务指南（试行）》的通知中明确指出将东方养生术八段锦作为新冠肺炎的康复手段和老年慢性患者的治疗指南，从而突显了东方养生术八段锦在康复和增强抵抗力预防疾病中的价值、使命与担当。新冠肺炎疫情的发生再次说明了整个世界都是一个整体，任何国家都不可能是局外之人，在这场危机大考的过程中也再次凸显了构建人类命运共同体的迫切性和重要性。**目的：**本研究以《“健康中国 2030”规划纲要》为导向，以服务全民健康为宗旨，贯彻预防为主的卫生与健康工作方针，深度挖掘东方养生术八段锦在抗疫过程中所体现的价值和功效，由治“已病”向防“未病”转变，将预防关口前移，从而为全球抗击新冠疫情贡献中国智慧和方案。**方法：**本文采用文献资料、问卷调查、专家访谈等方法，对新冠病毒的概念，临床类型、表征以及患者年龄趋势、确诊时的心里特征等方面进行系统的分析研究。明确了新冠病毒临床类型的划分；新冠肺炎患者临床的表现；易感人群的年龄特征；以及面对新冠疫情的民众心理动态。**结果：**通过查阅、调研采访资深专家、学者以及研读最新的实验成果，表明中医和西医对新冠肺炎有不同分型，西医将新型冠状病毒肺炎临床分为：轻型、普通型、重型；通过临床症状、医学影像分析、生理指标参数（氧饱和度、动脉血氧分压、外周血淋巴细胞、外周血炎症因子、乳酸）进行分型判断和治疗。从中医角度，新冠病毒属于疫病范畴，并根据疫病的发病症结指出病位在肺，基本病机特点为“湿、热、毒、瘀”，临床分型为：轻型、普通型、重型、危重型、恢复期。通过梳理大量的古代文献文献，调研采访资深中医专家、东方养生术八段锦权威学者发现东方养生术八段锦对于预防和新冠肺炎预后恢复具有独特的功能价值。1）东方养生术八段锦对于预防期新冠肺炎的发生以及预后呼吸功能的回复具有很好的预防和恢复作用；2）东方养生术八段锦身心齐治有助于预防“未病”，东

方养生术八段锦讲究动静结合，形神合一，可使练习者放松入静，排除杂念，注重呼吸、意念、动作协调进行，意所到动作所及。由此达到心神宁静，情绪平稳，这可以有效的缓解因“疫情”而产生恐慌、抑郁等情绪；3) 东方养生术八段锦与新冠肺炎病发人群的契合性。研究发现，新冠肺炎患者发病年龄结构以中老年人为主体的，而且普遍存在基础性疾病。都会出现不同程度的乏力、焦虑、失眠等症状。即便是预后良好，患者大都存在不同程度的呼吸功能、躯体功能、心理功能等障碍。东方养生术八段锦具有疏经通络、调畅气血、通调五脏六腑的作用，属于中小强度的有氧运，具有运动强度小、动作幅度舒缓等特征符合新冠肺炎患者年龄偏大、身体乏力、行动不便的需求。**结论：**本文针对新型冠状病毒肺炎的分型，以及各时期的病理特征结合东方养生术八段锦所具有的独特功能，提出具体方案如下：1) 将抗疫关口前移东方养生术八段锦预防“未病”方案；2) 体医结合东方养生术八段锦治疗“已病”方案；3) 东方养生术八段锦助力一线人员抗疫方案。在新冠疫情背景下，东方养生术八段锦在当今社会仍然熠熠生辉，其未病先治理念，在疫情期间转变为“已病”向防“未病”转变，将预防关口前移，在全球的抗疫中将会发挥着巨大作用，从而为全人类乃至全球抗击新冠疫情贡献中国智慧和方案。

关键词：后疫情时代；东方养生术八段锦；抗疫方案

China's Plan of oriental health preservation technique Ba Duan Jin against the epidemic in the Post-epidemic Era

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Abstract: At the beginning of 2020, the novel Coronavirus epidemic broke out and spread rapidly, and a large number of COVID-19 patients were admitted to hospitals for isolation treatment. After more than three months of hard work by the military and civilians across the country, China finally won an initial victory in the fight against COVID-19. In the course of fighting the novel coronavirus, China adopted a combination of Chinese medicine and western medicine according to the characteristics of the Novel coronavirus, and for the first time, included Chinese medicine therapy and an oriental health preservation technique Baduanjin into the treatment plan. In the "COVID-19 patients with hospital rehabilitation program (try out)" and "grassroots health institutions in COVID-19 during the epidemic prevention and control for the elderly patients with

chronic diseases to provide medical and health service guide (try out)" notices, the National Health Committee made it clear that eight period of jin shall be used as a rehabilitation treatment of COVID-19 as well as a guide for the treatment of elderly patients with chronic diseases. These notices highlighted the value, mission and responsibility of the Eastern health preservation technique Baduanjin in rehabilitation, strengthening resistance and preventing diseases. COVID-19 has once again demonstrated that the world is a whole, and no country can be an outsider. In the process of this crisis, it has once again highlighted the urgency and importance of building a community with a shared future for mankind. **Objective:** This study, guided by the "Healthy China 2030" Plan Outline, aims to serve the health of the whole people, implement the health and health work policy of prevention first, deeply explore the value and efficacy of the oriental health preservation technique Baduanjin in the process of fighting the epidemic, and change from treating "already" to preventing "not yet" to move the prevention barrier forward, and contribute China's wisdom and solutions to the global fight against COVID-19. **Methods:** In this paper, literature review, questionnaire survey, expert interview and other methods were used to systematically analyze the novel Coronavirus concept, clinical type, characterization, patient age trend, psychological characteristics at diagnosis and other aspects. This paper defines the clinical types of the novel coronavirus, the clinical manifestations of COVID-19 patients, the age characteristics of susceptible population, and the psychological dynamics of the public in the face of COVID-19. **Results:** Through consulting, researching and interviewing senior experts and scholars as well as reviewing the latest experimental results, it is shown that there are different types of COVID-19 in the traditional Chinese medicine and Western medicine. According to the clinical symptoms, medical image analysis, physiological parameters (oxygen saturation, arterial oxygen partial pressure, peripheral blood lymphocytes, peripheral blood inflammatory factors, lactic acid), the Western medicine classifies COVID-19 into xxx. From the perspective of Traditional Chinese medicine, the Novel Coronavirus belongs to the category of epidemic disease. According to the pathogenesis of epidemic disease, it is pointed out that the disease is located in the lung. The basic pathogenesis features are "dampness, heat, poison, and stasis", and the clinical types are: light, normal, severe, critical, and recovery. Through combing a large number of ancient literature, investigation and interview of senior Chinese medicine experts and authority scholars of

the oriental health preservation technique Baduanjin, it was found that the oriental health preservation technique Baduanjin has unique functional value for prevention and prognosis recovery of COVID-19. 1) The Oriental health preservation technique Baduanji has a good preventive and recovery effect on the prevention COVID-19 and the recovery of prognostic respiratory function; 2) The combination of body and mind of The Eastern Health preservation technique Baduanjin is helpful to prevent "not sick". The Eastern health preservation technique Baduanjin emphasizes the combination of movement and activity, and the unity of form and spirit, which make the practitioner relax and quiet, eliminate distractions, and pay attention to the coordination of breathing, thoughts and movements, so that the action can reach the meaning. In this way, the mind is quiet and the mood is stable, which can effectively relieve the panic, depression and other emotions caused by the Epidemic; 3) The compatibility between Oriental Health preservation technique Baduanjin and COVID-19 patients. Studies have found that the age structure of COVID-19 patients is mainly middle-aged and elderly, with underlying diseases, who exhibit different degrees of fatigue, anxiety, insomnia and other symptoms. Even if the prognosis is good, most patients have different degrees of respiratory function, physical function, psychological function and other disorders. Dongfang Health maintenance Batuanjin has the functions of removing meridians and dredgers, regulating qi and blood, and regulating the five zang and six fu organs. It is a medium and small intensity aerobic exercise, and has the characteristics of small intensity and slow motion range, which meets the needs of elderly patients with COVID-19, physical weakness and mobility difficulties. **Conclusion:** Based on the genotype of COVID-19, the pathological characteristics of each period and the unique functions of Oriental health preservation technique Baduanjin, the specific plans are proposed as follows: 1) Moving the anti-epidemic gate forward to the "disease-free" prevention scheme of Oriental health preservation technique Baduanjin; 2) Treatment of "pre-existing disease" by combining physical and medical treatment with Oriental Health preservation technique Baduanjin; 3) Dongfang Health preservation technique Baduanjin helps frontline personnel fight against the Epidemic. Under the background of the new crown outbreak, Oriental body-keeping for shousands of eight brocade in today's society yi is unripe brightness, its governance before disease, during the Epidemic into "disease" to "not" disease prevention, to prevent the reach mark, in the heart of the world's

resistance to disease will play an important role, thus contributing the Chinese wisdom and solutions to the mankind and to the global fight against new crown outbreak.

Key words: Post-epidemic Era, Oriental health preservation Ba Duan Brocade, Resistance to disease scheme