

# 从人体科学视角论太极拳对不同人群的身体促进作用与价值

覃绍兵，张肖

湖北师范大学 体育学院，黄石 435000

**摘要：目的：**从人体科学视角下对太极拳于不同人群的身体促进作用进行探讨，让大众了解太极拳的价值，从而吸引更多人对太极拳的热爱与参与，进一步促进与提升大众身体健康水平。**方法：**运用文献资料法对 PubMed 数据库、中国知网、Cochrane Library 数据库、中国生物医学文献数据库和万方期刊论文等数据库进行检索，收集太极拳对人身体影响的随机对照试验与临床对照试验等。运用逻辑分析法，对太极拳于不同人群的身体促进作用和价值进行分析，进而对太极拳的人体科学价值进行阐述，加深大众对太极拳的了解、重视与热爱，促进太极拳与大众健康两者更好的结合与发展。**结果：**（1）长期太极拳运动于正常人群的群体中，能够对体内的血清炎症因子含量、肠道内的双歧杆菌量起到改善的作用，并且对抑郁情绪的调节方面也具有良性的功效。太极拳运动还能够对人体膝关节功能带来改善其肌力的效果，对人体的体成分进行改变，提高人体关节的活动度与身体平衡能力。（2）长期太极拳运动于青少年群体中，能够对其体适能于心肺适能状况、柔韧性等起到改善作用。并对体脂率过高的青少年能起到降低体脂的作用，对青少年不良的情绪能够予以发泄。青少年长期进行太极拳运动还能够对其身体机能带来改善与提升的功效，并能缓解其心理上的紧张情绪与压力，提高睡眠质量，促进心理的健康发展。太极拳对青少年的心血管系统与呼吸系统的发育方面也有着促进健康的效果。练习太极拳运动还能够对青少年腰、背、肩、颈处的肌肉有放松的作用，使其因长期久坐，而引起的这些部位的疼痛起到缓解的作用。（3）长期太极拳运动于中老年群体中，能够对其膝关节的经皮氧分压、皮肤微血管起健康促进作用。通过太极拳，可以提升中老年人群的心肺功能与运动能力，促进认知功能与平衡能力的改善，增强他们的平衡能力与身体免疫力、柔韧性、肌肉力量，从而降低中老年群体疾病发生率。太极拳运动还能提升中老年人的身体骨密度，缓解因年龄增加导致的骨质疏松等问题，并且在降低中老年人血脂与血糖，提升睡眠质量与肠胃功能，改善焦虑与抑郁情绪等方面也具有良好的作用与效果。（4）在病患者群体中，太极拳运动于不同的病患者群体针对其病情有不同的健康促进作用。在慢性疼痛病患者中，长期的太极拳运动可以使其疼痛得到一定程度的缓解。在轻度高血压患者中，长期的

太极拳运动能够对其交感与副交感神经于身体调节的作用起到促进的效果，提高免疫功能，改善神经调节的机制，从而控制血压的波动，降低其收缩压。在阻塞性肺部疾病患者中，太极拳能够对其炎性因子起到降低的作用，减轻其病情，改善情绪，提升心理健康水平。在关节炎患者群体中，太极拳运动能够提高病患者的运动能力，减轻关节炎病患的症状。在糖尿病患者群体中，进行太极拳运动，能够对其心肺耐力进行提升，起到降低其空腹血糖与促进康复的作用。在功能性的踝关节不稳患者中，太极拳运动能够提升其身体平衡的能力，减轻病情。在乳腺癌术后患者群体中，长期进行太极拳运动能够促进其体液的循环，增加身体的活动能力，维持身体正常的运转与细胞繁殖，降低其再次患乳腺癌病的复发率。在轻度的认知功能障碍患者群体中，长期的太极拳运动能够对其记忆力起到改善的作用。在心脏病患者中，进行太极拳运动能够在其康复过程中起到促进的作用。（5）从太极拳的运动强度与锻炼效果的关系上看，每次锻炼的持续时间在 30 分钟到 60 分钟内，频率在每周 5 次左右，每次锻炼间隔时间在两天以内，这样的锻炼模式与运动强度能够达到好的锻炼效果。**结论：**（1）未来对太极拳的研究在研究对象上将会针对更多不同特征和年龄的群体。（2）太极拳在对人体的健康促进上有良好的作用与较高的价值，适合多个群体及各个年龄段的大众作为锻炼身体的一种方式。（3）对太极拳的价值与作用对广大民众进行宣传，有利于增强大众对太极拳的了解、重视与热爱。（4）从全民健身出发，对太极拳运动进行全面普及，有利于全民健身与太极拳的结合发展与相互促进，对加快健康中国的建设有重要的推进作用与指导意义，有利于全民健康水平的提高。

**关键词：**人体科学；太极拳；人体健康

## On the body promoting function and value of Taijiquan to different crowd from the angle of Human Body Science

Shaobing Qin, Xiao Zhang

*Hubei Normal University, Huangshi 435000*

**Abstract: Objective:** From the perspective of Human Body Science, this paper probes into the body promotion function of Taijiquan in different groups, so as to let the public understand the value of Taijiquan, and thus attract more people to love and participate in Taijiquan, to further promote and enhance the level of public health. **Methods:** PubMed database, China Hownet, Cochrane Library Database, China Biomedical Literature Database and Wanfang Journal articles

were searched by literature method, to collect the Randomized controlled trial and clinical control test of Taijiquan's influence on human body. By using the method of logical analysis, this paper analyzes the body promoting function and value of Taijiquan in different people, and then expounds the human body scientific value of Taijiquan, so as to deepen the public's understanding, attention and love of Taijiquan, to promote better combination and development of Taijiquan and public health. **Results:** (1) long-term Taijiquan exercise in the normal population, the body can improve the content of serum inflammatory factors, intestinal Bifidobacterium, and also has a benign effect on the regulation of depression. Taijiquan exercise can also improve the knee function of the human body to improve the effect of muscle strength, body composition, improve the range of motion of human joints and body balance. (2) long-term Taijiquan exercise can improve the physical fitness, cardiopulmonary fitness, flexibility and so on. And the body fat rate of teenagers can play a role in reducing the role of body fat, on the adolescent bad mood can be vented. The long-term exercise of Taijiquan can improve and promote the function of the body, relieve the tension and pressure of the mind, improve the quality of sleep and promote the healthy development of the mind. Taijiquan also has health promoting effects on the cardiovascular system and respiratory system development in adolescents. Practicing Taijiquan can also relax the muscles of the waist, back, shoulder and neck of teenagers, which can help to relieve the pain caused by sitting for a long time. (3) long-term Taijiquan exercise in the middle-aged and elderly groups can play a health promotion role on the transcutaneous partial pressure of oxygen in the knee joint and the skin microvasculature. Through Taijiquan, it can improve the heart, lung function and sports ability of the middle-aged and old people, promote the improvement of cognitive function and balance ability, enhance their balance ability and body immunity, flexibility and muscle strength, in order to reduce the incidence of diseases in the elderly population. Taijiquan exercise can also improve the body bone density of the middle-aged and elderly people, alleviate the osteoporosis caused by aging and other problems, and reduce blood lipids and blood sugar in the middle-aged and elderly people, improve sleep quality and gastrointestinal function, it also has a good effect in improving anxiety and depression. (4) in the group of patients, Taijiquan exercise in different groups of patients with different conditions for their health promotion role. In patients with chronic pain, long-term Taijiquan exercise can make

their pain to a certain degree of relief. In patients with mild hypertension, long-term Taijiquan exercise can promote the effect of sympathetic and parasympathetic nervous system regulation on the body, improve the immune function, improve the mechanism of neural regulation, and thereby control the fluctuation of blood pressure, to lower its systolic pressure. In patients with obstructive pulmonary disease, Taijiquan can reduce their inflammatory factors, reduce their condition, improve their mood, improve mental health. In the arthritis patient community, Taijiquan exercise can improve the patient's movement ability, reduces the arthritis patient's symptom. In the group of patients with diabetes, Tai Chi exercise can improve their cardiopulmonary endurance, play a role in reducing their fasting blood glucose and promote rehabilitation. In patients with functional ankle instability, Taijiquan exercise can improve their ability to balance the body, reduce the disease. In the Group of patients after breast cancer operation, long-term Taijiquan exercise can promote the circulation of body fluid, increase physical activity, maintain the normal operation of the body and cell reproduction, reduce the recurrence rate of breast cancer. In the Group of patients with mild cognitive impairment, long-term Tai Chi exercise can improve their memory. In patients with heart disease, Tai Chi exercise can play a role in promoting their recovery process. (5) from the relationship between exercise intensity and exercise effect of Taijiquan, the duration of each exercise is from 30 minutes to 60 minutes, the frequency is about 5 times a week, and the interval of each exercise is less than 2 days, this kind of exercise pattern and exercise intensity can achieve the good exercise effect. **Conclusion:** (1) the future research on Taijiquan will focus on more different characteristics and age groups. (2) Taijiquan has a good effect and high value on the promotion of human health. It is suitable for many groups and people of all ages as a way of physical exercise. (3) to propagandize the value and function of Taijiquan to the masses, which is helpful to enhance the masses' understanding, value and love of Taijiquan. (4) starting from national fitness, to popularize Taijiquan in an all-round way will be conducive to the combined development and mutual promotion of national fitness and Taijiquan, and will play an important role in promoting and guiding the construction of a healthy China, is Conducive to the improvement of the health level of the whole people.

**Key words:** Human Body Science, Taijiquan, Human Body Health