

太极拳健康促进的身体机理探析

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摘要：目的：《“健康中国 2030”规划纲要》《中医药健康服务发展规划（2015-2020年）》都明确指出要通过太极拳促进全民健康。在体医融合的时代背景下，本研究旨在：（1）论证太极拳桩功之“静养”对人体健康促进的身体机理；（2）论证太极拳行走架之“动养”对人体健康促进的身体机理。**方法：**采用文献资料法，梳理太极拳拳谱拳论中关于太极拳对身体健康促进的基本理念、方式方法；采用口述史的研究方法，整理太极拳名家和太极拳爱好者的练拳心得体悟，充分收集一手资料，用实证证明太极拳健康促进的显著成效。**结果：**（1）太极拳有着促进人类健康长寿的强大基因。只有健康，没有长寿的生命是遗憾的生命。同样，只有长寿，没有健康的身体是痛苦的生命。时人都想健康长寿。如果人体内部各器官机能永远保持健康状态，就不会再受疾病的折磨和精神上的痛苦。而太极拳就是从身体内部练起，达到强身健体的作用。太极拳是身心修养之学，他是人体生命科学的一个组成部分，是中国传统文化的宝贵遗产，是民族智慧的结晶，是中国文化和中国元素的一个重要内容。它具有祛病延年、技击防身、修身益智之功效，以及博大精深的文化内涵。并成为人类生活中的一种健身方法、养生方式。“天有三宝：日、月、星；地有三宝：水、火、风，人有三宝：精、气、神。”人的健康与否，表现在他的精气神上。三宝无损人健康，三宝有损人生病，耗尽惧死。精，是维持人体正常状态，延续生命的重要元素。气，是构成人体生命活动的最基本物质。神，是精气所生，精气丰盈而神采飞扬。精气是传统养生学的精要。从养生角度看，精养灵根气养神。精气为生命的水源。养生之道，以精为宝。精能生气，气能生神，善养生者养其精。精盈则气盛，气胜则神全，神全则身健，精乏则气乏。（2）太极拳桩功是静养的最佳方法。太极拳桩功有浑圆桩、采气桩、虚实桩等。桩功要求从始至终都要配合呼吸，意于丹田，以丹田运化为修炼核心。通过炼精化气、炼气化神的过程，达到精气神三宝的凝聚。为什么太极拳桩功能使精气神三宝凝聚呢？其原理是刺激人体经络兼容经络穴位的众多养生功能。站桩首先调动两腿“足三里”这一对大穴，感到头顶有线悬着（太极拳称虚颌顶动），调动了头顶的“百会穴”。两手环抱就调动了两手的劳宫穴，脚掌的站立状态又调动了两脚的涌泉穴。心居火，肾居水。调动两劳宫穴，两涌泉穴，这两对大穴，达到了水火相济，让补心和养

肾结合起来，即站桩会使两手心，两脚心发热。太极拳桩功也要求，立身中正，含胸塌腰，全身放松，又调动了任督二脉。这样全身的阴阳络脉，全都调动起来了。中医讲“通则不痛，痛则不通”。全身络脉畅通，就健康无病了。太极拳要求舌抵上腭，能使任督二脉接通，天地相交，阴阳交合，能使精神玉液（即口水、圣水或龙涎）不断涌出。这对炼精化气十分重要。（3）太极拳行功走架是动养的最好方式。太极拳架是动养三宝的最好形式，因为它是最优的有氧代谢运动。太极拳动作缓慢柔和、深呼深吸、呼吸细长，在呼气时，命门后撑腹部前后膨胀，膈肌上升使腹部多吐出一些浊气，将二氧化碳排出体外。吸气时，胸部膨胀从而使肺活量增大，吸气时命门自然回收，小腹前后收缩，膈肌下沉，多吸入一些新鲜氧气。这是一项有氧代谢运动。太极拳要求以意导气，以气运身，一动全动，一动无有不动，以内气功引外形动。太极拳“静则圆，动则缠”，所有动作都在螺旋缠绕，非顺即逆，这样就疏通了经络，使各脏腑氧血畅通。太极拳为一种动静兼练，内外兼修，意、气、力相结合，精、气、神相凝聚，融健身、护身、健脑、提神、延命、养性于一体的高级功夫。太极拳的内功，主要是气功。周天功是气功中的重要内容，也是中医经络学说的重要组成部分。丹田内转以炼“精”，周天开合以炼“气”，意念调整以炼“神”。精存于内，气行于身，神通于己，外形专弧线，内劲专螺旋。特别是丹田内转与气沉丹田相结合的功法，是练精化气、练气化神、练神补脑的最好方法。**结论：**无论是太极桩功的“静养三宝”，还是太极拳动功（套路）的“动养三宝”，只有做到姿势的正确，一招一式，符合太极拳理的要求，才为真正练好太极拳。而练好太极拳可以实现健康长寿的养生目的。主要表现在：（1）通过桩功的“静养”，打通身体穴位，使精气神三宝凝聚，实现炼精化气的目的；（2）通过行功走架的“动养”，充分调动身体内部和外部器官的机能，可以实现养生的目的。

关键词：太极拳；健康；身体；机理

Analysis of the body mechanism of Taijiquan health promotion

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Abstract: Objective: *The Outline of the Healthy China 2030 Plan and the Plan for the Development of Traditional Chinese Medicine Health Services (2015-2020)* both clearly point out that Tai Chi should be used to promote the health of the whole nation. In accordance with the needs of the age for the integration of body and medicine, the purposes of this paper are as follows:

1. Researching on the body mechanism of *quiet nurturing* of Taijiquan pile exercise to improve health; 2. Researching on the mechanism of *moving nurturing* of Taijiquan frame to improve health. **Methods:** sorting out the basic ideas and methods of Taijiquan to improve health in Taijiquan books and articles with method of literature; with the method of oral history, sorting out the experiences of Taijiquan practitioners, collecting first-hand data to prove the remarkable effects of Taijiquan to improve health. **Results:** 1) Taijiquan has a strong gene to promote human health: A healthy life without a long life is a regrettable one. Similarly, only a long life without a healthy body is a painful life. People want to live a long and healthy life. If the body's internal organs function (internal cause) always maintain a healthy state, there will be no more suffering from disease and mental pain. Taijiquan is from the internal body practice to achieve the role of health. Taijiquan is the study of physical and mental cultivation. It is a part of human life science, the precious heritage of Chinese traditional culture, the crystallization of national wisdom and an important content of Chinese culture and Chinese elements. It has the effect of expelling disease and prolonging life, self-defense and self-cultivation, as well as profound cultural connotation, and has become a necessary fitness method and health keeping method in human life. "The sky has three treasures: the sun, the moon and the stars; The earth has the three treasures: water, fire and wind; man has the three treasures: essence, qi and spirit. " A man's health is determined by his strength of mind. Three jewels do not harm health, sickness, exhaustion and fear of death. Essence is an important element to maintain the normal state of human body and extend life. Qi is the most basic material that constitutes human life activity. Spirit is born of qi, which is full of spirit. Essence is the core of traditional health maintenance. From the perspective of health, essence nourishes the spirit of the root gas and qi nourishes spirit. Essence is the source of life. The way to keep healthy is to take essence as treasure. Essence can be angry, gas can give birth to god, good health of the people to raise its essence. If the qi is full, the spirit is full; if the spirit is full, the body is healthy; if the spirit is poor, the qi is poor. 2) Taijiquan pile exercise is the best way to rest: Taijiquan piles include round piles, gas extraction piles, false and solid piles, etc. Pile work should be coordinated with breathing from the beginning to the end, meaning Dantian, and taking Dantian movement as the core of cultivation. Through refining refined qi, refining the process of gasification of spirit, to achieve the concentration of the three treasures of spirit. Why does

Taijiquan pile function to condense the three treasures? The principle is to stimulate the body meridian compatible meridian acupoints of many health functions. The station pile firstly mobilizes the two legs "Zusanli", a pair of big points, and feels the overhead wire hanging (Taijiquan is called "virtual jaw jacking movement"), and mobilizes the "Baihui" points on the top of the head. The two arms around mobilizes the Laogong point of both hands, and the standing state of the sole of the foot mobilizes the Yongquan point of both feet. The heart lives in fire, the kidney in water. Mobilize the two laogong points, two yongquan points, the two pairs of points, to achieve the fire and water, let the heart and kidney together, that is, the station pile will make the two hands, two feet center fever. Taijiquan pile work also requires that the body is upright, with chest collapse, the whole body is relaxed, and the two veins of the governor are mobilized. So the Yin and Yang collaterals of the whole body, all mobilized. Traditional Chinese medicine says "If the body is unobstructed, there will be no pain". Taijiquan requires the tongue to touch the palate, so that the two veins of the governor can be connected, the heaven and earth intersect, Yin and Yang mingle, and the spirit of jade fluid (i. e. , saliva, holy water or dragon salivation) can be constantly poured out. This is very important for refining qi. 3) Tai Chi exercise frame is the best way for moving nurture: Taijiquan frame is the best form of moving and nourishing the three treasures, because it is the best aerobic metabolic exercise. Tai Chi action is slow and soft, deep breath deep inhalation, breathing long and thin, in the exhalation, the life door back to support the abdomen before and after the expansion, the diaphragm rise so that the abdomen spit out more qi with turbidity with the carbon dioxide out of the body. When inhaling, the chest expands so as to increase the vital capacity. When inhaling, the vital gate naturally recovers, the lower abdomen contracts before and after, the diaphragm sinks, and inhales more fresh oxygen. This is an aerobic exercise. Taijiquan requires that the mind guide the qi, the body move with the qi, the body move without any movement, and the internal Qigong leads to the external movement. Taijiquan is "round in silence and twisted in motion". All movements are spirally wound, either straight or reverse. In this way, the meridians and collaterals are unblocked and the oxygen and blood flow in the viscera are unblocked. Taijiquan is a kind of advanced kung fu which combines both internal and external practice, combines mind, qi and strength, and combines essence, qi and spirit, integrating fitness, protecting the body, improving the brain, refreshing, prolonging life and

nourishing the nature. The internal functions of Taijiquan are mainly Qigong. Zhou Tiangong is an important part of Qigong and also an important part of the meridian theory of Chinese medicine. The inner rotation of the red field refines the essence, the opening and closing of the heavens refines the spirit, and the mental adjustment refines the spirit. The essence exists in the inside, the qi travels in the body, the magic passes in oneself, the appearance is special arc, the internal strength is special spiral. In particular, the combination of Dantian inner turning and Qi sinking Dantian is the best way to refine Qi, purify the spirit and invigorate the mind. **Conclusion:** No matter it is the "sanbao" of tai chi piling skill or the "sanbao" of tai chi moving skill (routine), only the correct posture, one move and one form, in line with the requirements of tai chi theory, can we practice tai chi really well. Taijiquan practicing can realize the purpose of keeping healthy, the reflections are as follows: 1. Collecting the spirit, air and soul to realizing the purpose of refining the spirit and guiding the air to go around the body with "quiet nurturing" of pile exercise to get through the acupoints; 2. Fully motivating the function of eternal and outside organs to realize the purpose of health through "moving nurture" of Taijiquan practice.

Key words: Taijiquan, Good health, The body, The mechanism