

# 新冠疫情下太极拳的健康效应：对当前研究的批判性回顾

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**摘要：目的：**显然，作为一种经典的心身运动和替代性的辅助医学，太极拳是一门深受临床医师和患者欢迎的学科。人们普遍认为，经常的太极拳训练能给个人的身心健康带来积极的影响。新冠病毒是一种严重的呼吸道传染病。尽管人们已经采取了接种疫苗、消毒、隔离等一系列方法来应对，但适当的运动是战胜新冠病毒必不可少的一步。基于太极运动的各种益处，太极拳可能成为居民，特别是新冠病毒传染性社区居民理想的体育活动。然而，在新冠病毒流行期，没有研究者调查太极运动对健康的影响。这将导致缺乏太极拳对新冠病毒大流行健康影响的实际证据。可见，以往的太极健康理论与新冠病毒太极训练现状存在一定差距。本研究的目的是探讨在新冠病毒流行期间太极拳运动的现况，并评估其健康结果。**方法：**数据库包括 PubMed、Medline、Scopus 和 CNKI。检索方法是分别选择主题或标题，或关键词，输入术语包括太极拳、冠状病毒、2019 ncov、sars-cov-2、cov-19 等，只收录英文论文。对此进行了批判性的分析。**结果：**出人意料的是，现场只有 7 篇符合条件的论文。在这一鲜有记录的研究中，有三项研究试图探讨新冠病毒时间段太极拳训练的恢复效果，但都是研究方案，尚未获得实际数据。六项研究由中国专家和他们的团队完成。其中两人探讨了在流感大流行期间同时进行太极拳和气功锻炼的影响。一个比较太极训练和家庭为基础的运动在隔离期。结果表明，太极拳训练能显著提高老年人的心理健康水平，增强老年人的心理状态、认知能力和运动学习能力。**讨论：**首先，新冠病毒是一种通过空气传播的重型传染病，人们必须保持隔离，呆在家中才能感染。这将阻碍太极拳试验的实施。其次，太极起源于中国，新冠病毒在中国首次爆发，这可以解释为什么现有的太极和新冠病毒研究大多是由中国合作者发表的。第三，虽然新冠病毒的爆发时间在 2 年左右，但适合运动干预实验的时间较短，这也是近半数研究仍停留在方案制定过程的原因。第四，太极拳与气功属于替代性的辅助医学和心身运动，它们是以中医理论为基础

的，这也是为什么一些专家在流行时期研究太极拳与气功结合练习的影响。最后，各种先前的研究已经证实太极运动对老年人有很好的效果。其中一篇论文进一步揭示了太极拳是老年人在新冠病毒期间增强健康的理想科目。局限：由于有些调查是用中文发表的，所以本研究可能会以只包括英文为标准而漏掉。进一步的研究最好包括以中文发表的论文。**结论：**虽然太极拳是一种很好的运动，但是在流行性新冠病毒期间可以给从业者带来各种各样的好处，但获得的文献和数据却很少。目前的证据太弱，无法证实新冠病毒期间太极拳的良好效果，因此需要更有力的随机对照试验来说明这一点。

**关键词：**太极；健康；新冠病毒；批判性评论

## Health outcomes of Tai Chi training during the pandemic of Covid-19: A critical review of current studies

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**Abstract: Objective:** Apparently, as a classical mind body exercise and alternative complementary medicine, Tai Chi is a popular subject for goalball physicians and patients. It is widely accepted that regular Tai Chi training can bring a favorably positive on individuals' physical and mental health. Covid-19 is a sever respiratory infectious disease all around the world. Although series approaches like vaccinating, sterilizing, isolating have been conducted to cope with it, appropriate exercise is an indispensable step to conquer covid-19. Based on the various benefits of Tai Chi exercise, it could be an ideal physical activity for residents, particular in covid-19 infectious community dwelling. However, no researchers investigate the health outcomes of Tai Chi exercise in the pandemic of covid-19 period. This will lead to the lack of practical evidence of the effects Tai Chi to health in covid-19 pandemic. Obviously, there is a gap between previous theory of Tai Chi health and status of Tai Chi training in covid-19. the aim of this study

is to investigate the status of current Tai Chi program during the pandemic of covid-19 and evaluate the health outcome about it. **Methods:** data were searched on the databases include PubMed, Medline, Scopus, and China National Knowledge Infrastructure (CNKI). Search method was select theme or title, or key words respectively, and put in the terms include Taichi or Tai Chi or Taiji or Taijiquan or Shadow boxing and covid-19 or coronavirus or 2019-ncov or sars-cov-2 or cov-19. Papers only published in English were included. A critical review has been conducted to analysis it. **Results:** unexpectedly, only 7 eligible papers were available in the field. Among this scarcely records, three researches try to investigate the recovery effects of Tai Chi training in covid-19 time, however, they are protocols which meaning no practical data were obtained yet. Six studies are generated by Chinese experts and their team. Two of them explore the influence of combined Tai Chi and Qigong exercise together during the pandemic. One compare Tai Chi training and home-based exercise in the isolation period. Only 1 randomized controlled trial was explored, it warranted that Tai Chi training can significantly enhancing elderly people's mental health by reinforce their psychological state, cognition, and motor learning. Discussion: firstly, covid-19 is a heavy infectious disease which transportation via air, people have to keep isolation and stay at home to curve it. This will obstruct the implementation of Tai Chi trials. Secondly, Tai Chi origin from China and covid-19 first outbreak in China, this can explain why most exist studies about Tai Chi and covid-19 are published by Chinese collaborators. Thirdly, although covid-19 outbreak around 2 years, the time suitable for exercise intervention experiment is short, this is the reason why nearly half studies still stay on the process of protocols. Fourthly, Tai Chi and Qigong are belonging to alternative complementary medicine and mind body exercise, they are based on the theory of Traditional Chinese Medicine (TCM), this is the reason why some experts investigate the influence of combined Tai Chi and Qigong practice together in the pandemic time. Finally, various previous studies have confirmed that Tai Chi exercise have a promising effect for older adults. One of the papers further reveal that Tai Chi is ideal subject for the elderly to strengthen health during in covid-19 period. Limitation: due to some investigates are published in Chinese, this study may miss the by the include criterion only English. Further research would better include papers which published in Chinese. **Conclusion:** although Tai Chi is an excellent exercise can bring various benefits for practitioners in pandemic covid-19 period,

very few papers and data were obtained. Current evidences are too weak to confirm the favorable outcome of Tai Chi during covid-19, therefore more vigorous randomize controlled trials are needed to illustrate it.

**Key words:** Tai Chi, Health, Covid-19, Critical Review