

医体太极--促进体育、医学交叉学科发展的新路径

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摘要: 目的: 医体融合是体育与医学在体育科学、公共卫生、临床医学等领域深层次、多维度的有机结合, 是国家积极推进的提升国民体质的重要方向。作为中国传统武术代表的太极拳具备健身、防身、养生的功能, 在疾病的康复中应用广泛、历史悠久、依从性好。但在与医学的融合中, 传统太极拳仍存在着套路复杂、运动科学性不强、推广受限的不足。因此, 从太极拳运动中凝练太极思维, 整合相关的医学理念和运动方式, 形成传统体育与现代医学的交叉融合, 有针对性地建立新型特色运动方式, 是帮助康复人群、病症人群、病兆人群、亚健康人群回归健康, 推动全民健身、提升体质的一个有效的突破口。**方法:** 对于传统太极拳运动中存在的套路冗长复杂、动作专业性要求高、疾病针对性不强, 以及长期不标准练习易导致不可逆性的运动损伤疾病等缺点, 本文立足于医学和体育科学交叉, 提出了以中国的太极文化为基础、以太极拳的科学运动为框架, 融合现代康复医学、运动医学和临床医学等相关的医学理念, 联合体育和医学领域的专家, 针对特定疾病或亚健康状态开具太极运动处方, 从而将太极拳与医学科学地、合理地融合, 形成“医体太极”的独特的训练体系。提炼出“多维训练, 系统调整; 内外结合, 养身补气; 针对疾病, 精准靶向; 博彩众长, 短小精干; 文化导引, 身心契合”的五大特点——以太极动态平衡理念为指导思想, 通过冥想与放松促进精神情志和心理的调节, 以呼吸带动身体, 提高心肺功能; 以独有的内气培养方式, 畅通气机, 提高免疫力; 通过整合肌肉骨骼运动、气息调整、冥想、意识放松等多维度, 针对多种特定疾病设定专属动作, 有效调节体质; 以太极拳运动为核心, 借鉴健身气功(如八段锦、五禽戏), 西方健身运动(如瑜伽、普拉提)及现代运动康复医学等多种运动方式和理念, 筛选编排符合人体运动生理的简短高效动作做专项训练; 在医体太极的传授中, 潜移默化地

传播中国传统文化，增强民族自信和文化自信，达到全面提升身心健康的“医体太极”的新概念，更好地服务于人民群众。南京医科大学附属逸夫医院转化医学中心薛斌教授，与江苏省肿瘤医院、江苏省人民医院肿瘤科开展了针对肿瘤的应用康复实验研究；与广州市儿童医院开展了“医体太极”先心病专项运动项目研究，对先心病围术期患儿进行太极拳运动康复训练，为5岁以上儿童设置7个针对性动作并结合呼吸训练，贯穿居家训练、术前预康复、住院康复到出院后康复，形成先心病全周期运动康复一体化；同时，在智利和葡萄牙开展了一系列国际上的合作。**结果：**近年来，“医体太极”为指导的太极拳运动在不同疾病的康复中和人民群众中推广，针对各类人群设定特定的训练方针、计划与内容，取得了一定的成绩。已有临床研究支持太极拳运动治疗方案用于围手术期、放化疗期间或肿瘤晚期患者：在改善乳腺癌改良根治术后、胃肠癌根治术后患者的睡眠障碍、免疫功能、淋巴水肿、生活质量等方面，在改善肺癌、乳腺癌、子宫颈癌、鼻咽癌患者放化疗期间癌因性疲乏、免疫功能、负性情绪等方面，取得了良好效果。在先心病专项运动项目中，太极拳运动康复训练提高了先心病围术期患儿的依从性，有利于提升患儿的心肺功能；太极拳运动综合干预有助于改善身心健康状况，包括提升肺活量、心肺功能、降低体重指数等，有利于增强体质、预防疾病、陶冶情操，有利于传承中华优秀传统文化。但目前广大群众对“医体太极”太极为核心的运动方式认识不足，理论性和互动性缺乏，还需要进一步的发展。**结论：**发展独具中国特色的医体融合新途径——“医体太极”，通过促进体育和医学学科的深度交叉，联合体育和医学的学科专家，通过针对不同疾病，建立、推广特色的医体太极运动处方，推动“体医整合”和“体卫整合”国策的落实，创建一种崭新的医体模式，有效保障全民健身、构建运动促进健康新模式；通过传播优秀的中国文化内核，在调整身心健康的同时，将会极大地增强文化自信；此后，我们还将持续推进国际交流和合作，把“医体太极”推向世界，最终达到身体素质与文化理念、民族自信与科学自强的同步提升，助力中国的发展。

关键词：医体太极；体育；医学；学科交叉

Medical sports Tai Chi---a new way to promote the development of the interdisciplinary of medicine and sports

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Abstract: Objective: Combination of medicine and sports, an important direction for China to actively promote the improvement of national physical quality, is a deep-seated and multi-dimensional organic combination of sports and medicine in sports science, public health, clinical medicine and other related fields. As the representative of traditional Chinese martial arts, Tai Chi, which is widely used in the rehabilitation of diseases with a long history and good compliance, has the functions of fitness, self-defense and health preservation. However, in the integration with medicine, traditional Tai Chi still has some shortcomings, such as complex routines, lack of scientific exercise, and limited promotion. Therefore, to condense Tai Chi thinking from the exercise, integrate with relevant medical concepts and sports methods, form the cross integration of traditional sports and modern medicine, and establish new types of characteristic sports, is an effective breakthrough to help rehabilitated people, people with disease or signs of disease, and the sub-health population recover, to promote national fitness and improve physical fitness.**Methods:** in view of the disadvantages of traditional Tai Chi exercise (such as long and complex routines, high professional requirements for movements, weak disease pertinence and irreversible sports injury diseases caused by long-term non-standard practice), we propose a new concept of ‘medical sports Tai Chi’ to scientifically and reasonably integrate Tai Chi and medicine by taking the Chinese Tai Chi culture as the basis and the scientific movement of Tai Chi Boxing as the framework, integrating the relevant medical concepts (such as modern rehabilitation medicine, sports medicine and clinical medicine), and combining experts in the field of sports and medicine to issue prescriptions for specific diseases or sub-health conditions, in order to form a unique training system. We have refined the five characteristics of ‘multi-dimensional training, systematic adjustment; internal and external integration, nourishing the body and replenishing qi; targeting diseases accurately; gambling strengths, short and capable; cultural guidance, physical and mental integration’. Guided by the concept of Tai Chi dynamic balance, meditation and relaxation can promote the adjustment of spirit, emotion and psychology, drive the body with breathing and improve cardiopulmonary function; Improving immunity by virtue of the unique internal Qi cultivation method; By integrating multiple dimensions including

musculoskeletal movement, breath adjustment, meditation and consciousness relaxation, exclusive actions can be set for a variety of specific diseases; Taking Tai Chi Boxing as the core, learning from fitness Qigong, Western fitness sports (such as yoga and Pilates), modern sports rehabilitation medicine and other sports methods, short but efficient movements that were consistent with human exercise physiology were screened and arranged for specialized training; The teaching of medical sports Tai Chi imperceptibly spreads Chinese traditional culture, enhances national and cultural self-confidence, and eventually achieves comprehensive improvement of physical and mental health. Professor Bin Xue from Sir Run Run Hospital, Nanjing Medical University, together with Jiangsu Provincial Cancer Hospital and the oncology department of Jiangsu Provincial People's Hospital, carried out an experimental study on Applied Rehabilitation for tumors; the research on the specialized 'medical sports Tai Chi' exercise project for congenital heart disease was carried out with Guangzhou Children's hospital, the perioperative children with congenital heart disease received Tai Chi exercise rehabilitation training. 7 targeted movements combined with respiratory training were designed for children over 5 years old, through home training, pre-rehabilitation before operation, in-hospital rehabilitation and rehabilitation after discharge, forming the whole cycle exercise rehabilitation integration of congenital heart disease. Meanwhile, a series of international cooperation has been carried out in Chile and Portugal. **Results:** In recent years, Tai Chi Boxing guided by 'medical sports Tai Chi' has been popularized in the rehabilitation of different diseases and among the people, specific training policies and plans have been set for various groups and has made achievements. There are clinical studies that support Tai Chi exercise therapy for patients during perioperative period, radiotherapy and chemotherapy or advanced cancer: it can improve sleep disorders, immune function, lymphedema, quality of life of patients after modified radical mastectomy (for breast cancer) or radical gastrectomy (for stomach cancer or colon cancer), and improve cancer-related fatigue, immune function, negative emotions in lung cancer, breast cancer, cervical cancer, nasopharyngeal carcinoma during radiotherapy and chemotherapy. In the specialized 'medical sports Tai Chi' exercise project, Tai Chi exercise rehabilitation training improves the compliance of children with congenital heart disease during perioperative period, and is conducive to improving their cardiopulmonary function; The comprehensive intervention of Tai Chi exercise can help improve physical and mental health, including improving vital capacity, cardiopulmonary

function, reducing body mass index, etc., which is conducive to enhancing physique, preventing disease, cultivating sentiment, and inheriting the excellent traditional Chinese culture. However, at present, the masses have insufficient understanding of the exercise mode with "medical sports Tai Chi" as the core, lack of theoretical and interactive, and need further development.**Conclusion:** Developing a new model of medical and sports integration with unique Chinese characteristics - 'medical sports Tai Chi', by promoting the in-depth intersection of sports and medical disciplines, combining experts of sports and medical, we should establish and promote characteristic medical and sports Tai Chi exercise prescriptions for different diseases, help to implement the national policies of "integration of sports and medicine" and "integration of sports and health", create a brand-new medical and sports model to effectively ensure national fitness, build a new model of sports promoting health. By spreading the excellent core of Chinese culture, we will not only adjust our physical and mental health, but also greatly enhance our cultural self-confidence. Since then, we will continue to promote international exchanges and cooperation, promote "medical sports Tai Chi" to the world, and ultimately achieve the synchronous improvement of physical quality and cultural concepts, national self-confidence and scientific self-improvement, so as to help China's development.

Key words: Medical Sports Tai Chi, Sports, Medicine, Interdisciplinary