

赵堡太极拳对特殊人群的健康干预研究：基于个人军旅伤病康复经历与经络理论的实践分析

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研究目的：本研究旨在结合《黄帝内经》的经络理论与研究者个人的军旅伤病康复实践，深入探讨赵堡太极拳对特殊人群（如慢性病患者、运动损伤者）的健康干预机制。通过理论与实践的结合，验证赵堡太极拳在疏通经络、调和气血、改善身体功能方面的有效性，为传统运动疗法在现代康复医学中的应用提供实证依据与理论支持，并推广“主动健康”的养生理念。**研究方法：**文献研究法：系统梳理《黄帝内经》等中医经典中的“经络”、“气血”理论，以及《太极拳论》等赵堡太极拳典籍，奠定研究的理论基础；个人实践追踪法 (Personal Practice Tracking)：对研究者本人为期三年的系统习练过程进行追踪记录，监测关节活动度、疼痛视觉模拟评分 (VAS) 等身体指标的变化，并结合主观感受与康复医学标准进行效果评估；理论分析法：从经络学说角度，深入阐释典型动作（如“云手”、“揽雀尾”）对足三阴经、任督二脉等经络的刺激作用，并分析不同呼吸方法（自然呼吸、腹式呼吸、逆腹式呼吸、穴位呼吸）与动作的协同效应及其在周天运转中的机制。**研究结果：**拳术特性与经络调节。赵堡太极拳技击以四两拨千斤和折叠劲为核心，动作循经络路线；养生上，“松静自然”“虚实开合”配合呼吸调节，刺激脾胃经、肾经等，实现“调和气血”，其步法与身法更注重激活下肢经络，适配特殊人群低强度锻炼。呼吸与周天运转作用：自然呼吸激活任督二脉气血，缓解伤病初期焦虑；腹式呼吸中，顺腹式改善消化，逆腹式辅助腰椎损伤康复；穴位呼吸“以意领气”，契合中医理论且符合现代医学观点。逆腹式呼吸配合云手形成小周天闭环，6 个月后红外检测显示任督二脉循行线温度高 0.5-1℃；穴位呼吸配合“倒卷肱”激活大周天循环，形成“肺 - 脾 - 肾”气机循环。个人康复效果：作者习练 3 个月后，腰椎前屈角度从 60 度升至 90 度，膝关节疼痛 VAS 评分从 6 分降至 2 分；1 年后，腰椎间盘突出压迫减轻，下肢神经传导速度恢复正常，咽炎症状缓解。**研究结论：**赵堡太极拳通过“动作 - 呼吸 - 经络”协同，改善特殊人群生理机能与疼痛症状，对其康复有积极作用。其养生机制契合《黄帝内经》“疏通经络、调和阴阳”理论，对经络阻滞型伤病康复效果显著。呼吸方法的个性化适配是提升干预效果的关键，需结合伤病情况选择，且需规范动作。赵堡太极拳为传统武术与中医养生融合提供路径，未来可结合现代医学，建立更完善的个性化干预与疗效评价体系。

关键词：赵堡太极拳；特殊人群；健康干预；经络理论；伤病康复

A Study on the Health Intervention of Zhao Bao Tai Chi for

Special Populations: A Practical Analysis Based on Personal Military Injury Rehabilitation Experiences and Meridian Theory

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Objective: This study aims to integrate the meridian theory from the Huangdi Neijing with the researcher's personal rehabilitation practice for military injuries and illnesses, thereby thoroughly exploring the health intervention mechanisms of Zhaobao Tai Chi for specific populations (such as individuals with chronic diseases or sports injuries). Through the integration of theory and practice, this study verifies the efficacy of Zhaobao Tai Chi in unblocking meridians, harmonizing qi and blood, and improving bodily functions. It provides empirical evidence and theoretical support for the application of traditional exercise therapy in modern rehabilitation medicine while promoting the concept of “active health” as a wellness philosophy.

Method: Literature Review Method: Systematically reviewed theories of “meridians” and “qi and blood” from classical Chinese medical texts such as the Huangdi Neijing, as well as Zhao Bao Tai Chi classics like the Tai Chi Chuan Treatise, to establish the theoretical foundation for this research; Personal Practice Tracking Method: Documented the researcher's own systematic three-year practice regimen, monitoring changes in physical indicators such as joint range of motion and Visual Analogue Scale (VAS) pain scores, while evaluating efficacy through subjective feedback and rehabilitation medicine standards; Theoretical Analysis Method: From the perspective of meridian theory, this method provides an in-depth explanation of how typical movements (such as “Cloud Hands” and “Grasping the Sparrow's Tail”) stimulate meridians like the Three Yin Meridians of the Foot and the Conception and Governor Vessels. It also analyzes the synergistic effects of different breathing methods (natural breathing, abdominal breathing, reverse abdominal breathing, acupoint breathing) with movements and their mechanisms within the Zhou Tian circulation. **Results:** Martial Arts Characteristics and Meridian Regulation. Zhao Bao Tai Chi combat techniques center on the principles of “deflecting a thousand pounds with four ounces” and “folding force,” with movements following meridian pathways. For health cultivation, “relaxed stillness and naturalness” combined with “opening and closing of emptiness and fullness” coordinate with breath regulation to stimulate meridians such as the Spleen-Stomach and Kidney meridians, achieving “harmonization of qi and blood.” Its footwork and body mechanics emphasize activating lower-limb meridians, making it suitable for low-intensity exercise among specific populations. Breathing and Microcosmic Orbit Function: Natural breathing activates qi and blood flow in the Conception and Governor Vessels, alleviating anxiety during injury recovery. Abdominal breathing: forward abdominal breathing improves digestion, while reverse abdominal breathing aids lumbar spine injury rehabilitation. Acupoint breathing employs “guiding qi with intention,” aligning with traditional Chinese medicine theory and contemporary medical perspectives. Reverse abdominal breathing combined with Cloud Hands forms a Microcosmic Orbit closed loop. After 6 months, infrared detection showed temperatures along the Ren and Du meridian pathways increased by 0.5-1°C. Acupoint breathing paired with “Reverse Arm Roll” activates the Macrocosmic

Orbit circulation, establishing a “lung-spleen-kidney” qi mechanism cycle. Personal rehabilitation outcomes: After three months of practice, the author's lumbar flexion angle increased from 60° to 90°, and knee pain VAS score decreased from 6 to 2. After one year, lumbar disc herniation compression reduced, lower limb nerve conduction velocity normalized, and pharyngitis symptoms alleviated. **Conclusions:** Through the coordinated interaction of “movement-breathing-meridians,” Zhao Bao Tai Chi improves physiological functions and alleviates pain symptoms in specific populations, playing a positive role in their rehabilitation. Its health-preserving mechanism aligns with the Huangdi Neijing theory of “unblocking meridians and harmonizing yin and yang,” demonstrating significant efficacy in rehabilitating injuries and illnesses caused by meridian blockages. Personalized adaptation of breathing techniques is crucial for enhancing intervention efficacy, requiring selection based on injury/illness conditions and standardized movements. Zhao Bao Tai Chi provides a pathway for integrating traditional martial arts with Chinese medicine wellness practices. Future research may combine modern medicine to establish more comprehensive personalized intervention and efficacy evaluation systems.

Keywords: Zhaobao Taijiquan; special groups; health intervention; meridian theory; injury and illness rehabilitation

