

太极拳综合运动促进老年人康复的实例分析

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摘要：研究目的：中国老年人健康现状，呈现出人口基数庞大、慢性病高发、多病共存、失能比例上升等特征，同时面临医疗服务可及性、心理健康、社会支持等多重挑战。截至 2024 年末，60 周岁及以上老年人口达 2.8 亿，占总人口 19.8%，标志着中国正式进入中度老龄化社会。预计 2030 年 65 岁以上人口占比将达 25%（每 4 人中 1 位老人），2050 年可能升至 33%（每 3 人中 1 位老人）。家家有老人，人人都会老。道传太极拳传人关注老年人健康问题，将道家拳法与道医智慧熔铸创新，总结提炼出最快速最直接最有效的养生功法，特别适合老年人、体弱者练习，对调理亚健康非常有效。老年人掌握这种太极拳运动康复的方法，从迷茫中走向了健康大道，不仅强身健体，祛病延年，同时排解压力、陶冶情操、改善人际关系，提高生活质量，家庭和谐，邻里和睦，每天精神饱满、积极向上，带动家庭乃至全社会的健康。太极拳综合运动促进老年人康复，就像开启了一道门，很多慢性病，以及很多疑难杂症，都将迎刃而解。而且，长期坚持合理饮食起居，精准练习太极拳，不仅能恢复健康，更能保持健康和增进健康。这是人类健康的大事，更是照亮很多人走出绝望的一道光，必将惠泽世人，影响深远。**研究方法：**道传太极拳源于道家内传功夫，传播倡导身心健康的养生理念，追求精神愉悦、肉体放松、灵魂快乐。它传承老祖宗智慧，以传统道医、中医理论为指导，以运动康复为思路，推广健康生活方式，运用综合方法激发人体自愈力，是一套完整的体系。习练者通过呼吸吐纳、肢体运动，放松精神，放松肉体，释放负面情绪，使气血通畅，脏腑运化有力有序，激发自愈力，恢复机体免疫力，增加人体抗病能力，使人身心理健康。健康最大的障碍是认知的障碍，改变老人的认知很难，需要全家人齐心协力，共同努力。家有老人，子女们的确需要在生活上细心呵护，老人的晚年生活总会遇到各种各样的问题，首先要找到问题的源头，然后想办法去解决它。不仅要时时观察老人家饮食健康，预防病从口入，把好健康的第一道关，更要关注老人的排毒情况，尤其重视大小两便顺畅与否，还要督促老人每天坚持运动，随时调整方案，根据每位老人的个体差异，结合每个功法特定的功效，制定不同的练习方案，针对很多体质特别弱的老人，还辅以杜式气功推拿，帮助其迅速疏通经络，力求每位老人都能迅速见效。只要方法得当，高龄老人也能激发自愈力。2.1 经络处百病。打通经络不生病，很多疑难杂症并非绝症，是由于长期寒湿瘀滞，气血不畅，经络不通，加上缺少有效运动，以及药物的副作用，导致体内垃圾长期排不出去，

恶性循环，最终得病。2.2 温度决生死。道传太极拳历代传人对温度高度重视，温度在一个合适的范围内，我们的体液就会被温煦，被推动，生命的潜能才可以被激发，才能恢复自愈力。科学研究表明，身体的温度一升高，结节就会消失，也就是中医说的，人体的阳气一足，痞结就会散。健康之道，温度决生死。2.3 气血定终生。人活一口气，百病源于气滞血瘀。慢性病终身服药的原因，是忽略了人体有气化功能，没有从气的层面去解决问题。体内任何毒素、垃圾都在气的推动下排出体外。气血充足，能量满满，病灶就烟消云散。**研究结果：**道传太极拳经过历代传人的传承与教学实践，积累了丰富的太极康养经验，在传承前人的基础上，结合现代人众多亚健康问题与实例，不断学习、研究、实践、创新，总结提炼出一套“太极运动 + 气功推拿 + 食疗养生”的综合养生方法，促进消化吸收，加快排出体内三废，激发自愈力。在各地带动数万人进入太极健身行列，已使众多亚健康人群受益，帮助数千名罹患帕金森病、重症肌无力、糖尿病、肾癌、肝癌、中风综合症、新冠后遗症等各种疑难杂症的老年人重获健康，取得了运动康复的具体案例样本，创造了很多健康奇迹，印证了“‘中医+太极’无绝症”。**结论：**人体自我修复功能非常强大，无论儿童、青少年、老人，只要方法得当，都能激发自愈力。自愈力既是天生的，又是可以被激发出来的。道传太极拳传承老祖宗智慧，运用综合方法激发人体自愈力，人体最终依靠自愈力恢复健康。

关键词：精神愉悦；肉体放松；气血定终生；运动康复；激发自愈力

Case Analysis of Tai Chi Comprehensive Exercise Promoting the Rehabilitation of the Elderly

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Abstract : Since ancient times, martial arts and medicine have been one family. Daochuan Tai Chi integrates martial arts, medical skills, and Taoist culture into one, guided by traditional Taoist and Chinese medicine theories, and guided by the idea of exercise rehabilitation, to stimulate the body's self-healing ability and promote physical and mental health. The inheritors of Tai Chi Chuan pay attention to the health issues of the elderly, integrating Taoist boxing techniques with the wisdom of Taoist doctors to innovate and summarize the fastest, most direct, and effective health preservation techniques. It is particularly suitable for the elderly and the weak to practice and is very effective in regulating sub-health. The biggest obstacle to health is cognitive impairment. It is difficult to change the cognition of the elderly, and it requires the concerted efforts of the whole family. The elderly will always encounter various problems in

their later years, and the first step is to find the source of the problem and then find ways to solve it. The human body has a very powerful self repair function, and self-healing ability is both innate and can be stimulated. As long as the methods are appropriate, even elderly people can stimulate their self-healing ability. Dao Chuan Tai Chi inherits the wisdom of our ancestors, uses comprehensive methods to stimulate the body's self-healing ability, and ultimately relies on self-healing ability to restore health. **Research objective:** The current health status of elderly people in China presents characteristics such as a large population base, high incidence of chronic diseases, coexistence of multiple diseases, and increasing disability rates. At the same time, they face multiple challenges such as accessibility of medical services, mental health, and social support. As of the end of 2024, the elderly population aged 60 and above has reached 280 million, accounting for 19.8% of the total population, marking China's official entry into a moderately aging society. It is expected that the proportion of people aged 65 and above will reach 25% (1 elderly person per 4 people) by 2030, and may rise to 33% (1 elderly person per 3 people) by 2050. Every family has elderly people, and everyone will grow old. The inheritors of Tai Chi Chuan pay attention to the health issues of the elderly, integrating Taoist boxing techniques with the wisdom of Taoist doctors to innovate and summarize the fastest, most direct, and effective health preservation techniques. It is particularly suitable for the elderly and the weak to practice and is very effective in regulating sub-health. By mastering this Tai Chi exercise rehabilitation method, elderly people have walked towards the path of health from confusion. They not only strengthen their bodies, cure illnesses, and prolong their lives, but also relieve stress, cultivate their emotions, improve interpersonal relationships, and enhance their quality of life. They live in harmony with their families and neighbors, and are full of energy and positivity every day, driving the health of their families and even the whole society. The comprehensive exercise of Tai Chi promotes the recovery of the elderly, just like opening a door, many chronic diseases and difficult and complicated illnesses will be easily solved. Moreover, long-term adherence to reasonable diet and lifestyle, precise practice of Tai Chi, can not only restore health, but also maintain and enhance health. This is a great event for human health, and it is also a light that illuminates many people's way out of despair. It will benefit the world and have a profound impact. **Research Methods:** The transmission of Tai Chi in Taoism originated from the internal transmission of martial arts, promoting the concept of physical and mental health, and pursuing spiritual pleasure, physical relaxation, and spiritual happiness. It inherits the wisdom of our ancestors, guided by traditional Taoist and Chinese medicine theories, promotes a healthy lifestyle

through exercise rehabilitation, and uses comprehensive methods to stimulate the body's self-healing ability. It is a complete system. Practitioners use breathing, exhalation, and physical movements to relax their mind, body, and release negative emotions, promoting smooth circulation of qi and blood, effective and orderly circulation of organs, stimulating self-healing ability, restoring the body's immunity, increasing the body's ability to resist diseases, and promoting physical and mental health. The biggest obstacle to health is cognitive impairment. It is difficult to change the cognition of the elderly, and it requires the concerted efforts of the whole family. There are elderly people at home, and children do need to be carefully cared for in their daily lives. The elderly will inevitably encounter various problems in their later years, and the first step is to find the source of the problem and then find ways to solve it. Not only should we constantly observe the dietary health of the elderly, prevent diseases from entering through the mouth, and take good care of their health as the first step, but we should also pay attention to their detoxification situation, especially whether their urination and defecation are smooth or not. We should also urge the elderly to exercise every day, adjust the plan at any time, and develop different exercise plans based on the individual differences of each elderly person, combined with the specific effects of each technique. For many elderly people with particularly weak physical conditions, Taoist qigong massage is also used to help them quickly clear the meridians, striving for quick results for every elderly person. As long as the methods are appropriate, even elderly people can stimulate their self-healing ability.

2.1 Various diseases in the meridians and collaterals Connecting the meridians without getting sick is not a cure all for many difficult and complicated diseases. They are caused by long-term cold and dampness stagnation, poor qi and blood circulation, blocked meridians, lack of effective exercise, and the side effects of medication, resulting in a vicious cycle of the body's waste not being discharged for a long time, ultimately leading to illness.

2.2 Temperature determines life and death The successive generations of Tai Chi Chuan have attached great importance to temperature. When the temperature is within a suitable range, our bodily fluids will be warmed and pushed, and the potential of life can be stimulated to restore self-healing ability. Scientific research has shown that as the body temperature rises, nodules will disappear, which is what traditional Chinese medicine says, when the body's yang energy is sufficient, the nodules will disperse. The way to health, temperature determines life and death.

2.3 Life is determined by qi and blood A person can breathe a breath, and all diseases stem from qi stagnation and blood stasis. The reason for lifelong medication for chronic diseases is the neglect of the human body's ability to generate qi, and the failure to

solve the problem from the perspective of qi. Any toxins or waste in the body are expelled from the body under the push of qi. When qi and blood are sufficient and energy is abundant, the lesion will disappear into thin air. **Research Results:** Through the inheritance and teaching practice of generations, Dao Chuan Tai Chi has accumulated rich experience in Tai Chi health preservation. Based on the inheritance of predecessors, combined with numerous sub-health problems and examples of modern people, continuous learning, research, practice, and innovation have been carried out to summarize and extract a comprehensive health preservation method of "Tai Chi exercise+Qigong massage+dietary therapy", which promotes digestion and absorption, accelerates the elimination of the three wastes in the body, and stimulates self-healing ability. It has led tens of thousands of people to join the ranks of Tai Chi fitness in various places, which has benefited many sub healthy people, helped thousands of elderly people suffering from various difficult and miscellaneous diseases such as Parkinson's disease, myasthenia gravis, diabetes, kidney cancer, liver cancer, stroke syndrome, COVID-19 sequelae to regain their health, obtained specific case samples of sports rehabilitation, created many health miracles, and confirmed that "TCM+Tai Chi" has no incurable disease ". **Conclusion:** The self repair function of the human body is very powerful, whether it is children, teenagers, or the elderly, as long as the method is appropriate, it can stimulate self-healing ability. Self healing ability is both innate and can be stimulated. Dao Chuan Tai Chi inherits the wisdom of our ancestors, uses comprehensive methods to stimulate the body's self-healing ability, and ultimately relies on self-healing ability to restore health.

Keywords: mental pleasure; Physical relaxation; Qi and blood determine a lifetime; Sports rehabilitation; Stimulate self-healing ability

