



## 中国传统养生运动的中医理论机制分析

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### Analysis of the TCM theory of traditional Chinese health exercise

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**摘要** 分析了中国传统养生运动的中医理论机制,总结了中国传统养生运动中经络和针灸的作用,讨论了中国传统养生运动中运用补虚泻实等治疗方法,并介绍了调和脏腑及气的引导作用,描述了中国传统养生运动处方和时机。中国传统养生运动包括六字诀、八段锦、太极等,都具有浓郁的中医特色。

**关键词:** [中医传统理论](#) [中国传统养生运动](#)

**Abstract:** The traditional Chinese medicine (TCM) theory of traditional Chinese health exercise (TCHE) is analyzed. The effect of meridians and acupoints contained in TCHE is summarized, the treatment methods of tonifying deficiencies and reducing excesses applied in TCHE are discussed, the regulation of Zang-fu organs are emphasized, and the leading role of Qi is introduced. The exercise prescription and proper timing of TCHE are described and reported. TCHEs, such as Baduanjin, Liuzijue, and Tai Chi, possess strong TCM characteristics.

**Key words:** [Traditional Chinese health exercise](#) [Traditional Chinese medicine theory](#)

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