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TaiChi coach of Jiangsu Province  
在医院负责传统功法的推进工作  
Be responsible for the promotion of  
traditional exercises in the hospital





Impossible d'afficher l'image. Votre ordinateur manque peut-être de mémoire pour ouvrir l'image ou l'image est endommagée. Redémarrez l'ordinateur, puis ouvrez à nouveau le fichier. Si le x rouge est toujours affiché, vous devrez peut-être supprimer l'image avant de la réinsérer.

# 护理与中医导引

# Nursing and daoyin

WangYan

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# 中医导引

- 导引是中国古代的一种养生术和治疗术
- Daoyin(Physical and Breathing Exercise) is a kind of regimen and treatment in ancient China.

**导导气柔和**

Guide qi gentle

**引:引体令柔**

Make body soft

肢体动作

呼吸吐纳

心理调节

Strengthen the body, dredge the meridians and collaterals, adjust spirit

**强身健体、疏经通络、  
调摄精神**

Body movements

Breathing

Psychological adjustment





- 导引：依靠自身修炼，精神放松，意随形走，意气相随。包括：八段锦、五禽戏、易筋经、太极、气功以及瑜伽体式 and 呼吸法皆在此范围。
- Daoyin: Rely on our own practice, relax spirit, spirit go with the body shape, spirit and qi combine with each other.
- It contains Baduanjin exercise, five-animal exercises, Yijinjing (muscle-bone strengthening exercise), Taichi, Qigong, Yoga postures and breathing exercises.





# 中国长沙马王堆汉墓——导引图

Daoyintu from Mawangdui Han Tombs in Changsha, China



导引是我国古代医学上主要治疗方法的一种

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## 强身健体 舒筋活络

Strengthen the body,  
dredge the meridians  
and collaterals

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## 健形养神舒 筋通络

Strengthen the body  
and adjust spirit,  
dredge the meridians  
and collaterals





- 从医疗意义来说，它是充分发挥、调动内在因素、积极地防病治病。
- From the medical point of view, it is to give full play to mobilize the internal factors, and actively prevent and cure diseases.
- 从保健意义上看，它可以锻炼身体，增强体质，保持朝气，焕发精神。
- From the health point of view, it can enhance physical fitness, maintain vitality, make people full of energy.







# 导引术习练要领 Practice essentials

- 1. 精神放松，形意合一
- 2. 呼吸自然，吐纳有法
- 3. 刚柔相济，虚实相兼



**调身、调心、调息**

**需持之以恒**

Relax to make the body and spirit form one  
Make natural breath  
Make the posture rough and soft



**Regulate the body,  
heart and breath**

**Need to persevere**





# 护理是什么 what is nursing?

- “护理工作除配合医疗执行医嘱外，更多、更主要的是对病人的全面照顾，促进其身心恢复健康”。
- In addition to cooperate with doctor to implement medical orders, the more important thing in nursing is to take full care of patients to promote their physical and psychological health.
- “护士有承担预防保健工作、宣传防病治病知识、进行康复指导、开展健康教育、提供卫生咨询的义务。”
- Nurses have commitment to preventive health care, advocacy of disease prevention and treatment, rehabilitation guidance, health education and health counseling.





# 护理与导引 Nursing and Daoyin

- 现代护理强调身心护理，全面照顾，治疗与预防并重。
- Modern nursing emphasizes physical and mental care, comprehensive care, in which treatment and prevention are equal important.
- 中医导引强调不仅养形，还要养神。预防大于治疗
- Chinese medicine guidance emphasizes not only nourishing the body, but also the spirit. Prevention is more important than treatment.
- 达到心身护理——目的的一致，侧重不同
- psychosomatic care——same purpose, different emphasis





健身气功马王堆导引术锻炼对改善中老年女性的血脂代谢有一定积极效果，对中老年女性的自由基代谢产生积极的健身效果<sup>[1]</sup>

健身气功马王堆导引术锻炼对改善中老年女性心血管功能及免疫机能具有积极意义<sup>[2]</sup>

健身气功马王堆导引术锻炼对老年女性的心境产生了积极的影响，能降低老年女性焦虑水平<sup>[3]</sup>

健身气功马王堆导引术锻炼对改善中老年女性的免疫功能有一定作用，其免疫功能改善的作用机制可能与马王堆导引术“调身”、“调息”、“调心”三调合一的运动特点有关<sup>[4]</sup>

Health Qigong Mawangdui daoyinshu can improve blood lipid metabolism in middle-aged and elderly women and have a positive effect on the metabolism of free radicals in middle-aged and elderly women. It has a positive meaning for improving cardiovascular function and immune function in middle-aged and elderly Women. It has a positive impact on the mood of elderly women and can reduce the level of anxiety in elderly women. It can improve the immune function of middle-aged and elderly women.

[1]王宾,吴志坤,等.健身气功.马王堆导引术锻炼对中老年女性血脂代谢和自由基代谢的影响[J].中国老年学杂志,2014,7(34):3720-3722.

[2]席饼嗣,王宾.健身气功.马王堆导引术锻炼对中老年女性心血管功能及免疫球蛋白的影响[J].中国老年学杂志,2015,7(25):3662-3664.

[3]马振磊,王宾,等.健身气功.马王堆导引术锻炼对中老年女性心境状态及焦虑水平的影响[J].中国老年学杂志,2014,7(34):

3720-3722.

[4]王宾,陆松廷等.健身气功.马王堆导引术锻炼对中老年女性免疫功能的影响[J].中国老年学杂志,2014,7(34):4283-4285.





Daoyintu (Physical and Breathing Exercise Graph) and Yinshu (Guidance Way) were guiding technique which simultaneously prevailed in the early time of Western Han dynasty. One is a graph, the other is a text, which were combined harmoniously, in general revealed the overview of the guiding techniques and gymnastics of 2000 years ago, which can provide reference for the further study and practical application of health cultivation methods in the future. <sup>[1]</sup>

Yogic breathing exercises have been proposed as a way of combating cigarette cravings, potentially presenting a low-cost, easily scalable smoking cessation aid. <sup>[2]</sup>

No adverse events were reported, implying that Tai Chi is safe to practise in people with COPD. Evidence of very low to moderate quality suggests better functional capacity and pulmonary function in post-programme data for Tai Chi versus usual care. <sup>[3]</sup>

[1] Yao HY.[Comparative analysis of Daoyintu (Physical and Breathing Exercise Graph) and Yinshu (Guidance Way)].Zhonghua Yi Shi Za Zhi. 2010 Sep;40(5):288-91. Chinese.PMID: 21163082

[2] Shahab L, Sarkar BK, West R.The acute effects of yogic breathing exercises on craving and withdrawal symptoms in abstaining smokers.Psychopharmacology (Berl). 2013 Feb;225(4):875-82.

[3] Ngai SP, Jones AY, Tam WW. Tai Chi for chronic obstructive pulmonary disease (COPD). Cochrane Database Syst Rev. 2016 Jun 7;(6)







# 八段锦的呼吸

## The Respiration of BaDuanJin exercise

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- 开吸，合呼。

Inhale when you open you body, exhale when you close you body.

- 伸展吸，放松呼。

Inhale while stretching, exhale while relaxing.

- 冲拳呼，收拳吸。

Inhale when you hit the fist, exhale when you retrieve the fist.

- 踮脚吸，坠地呼。

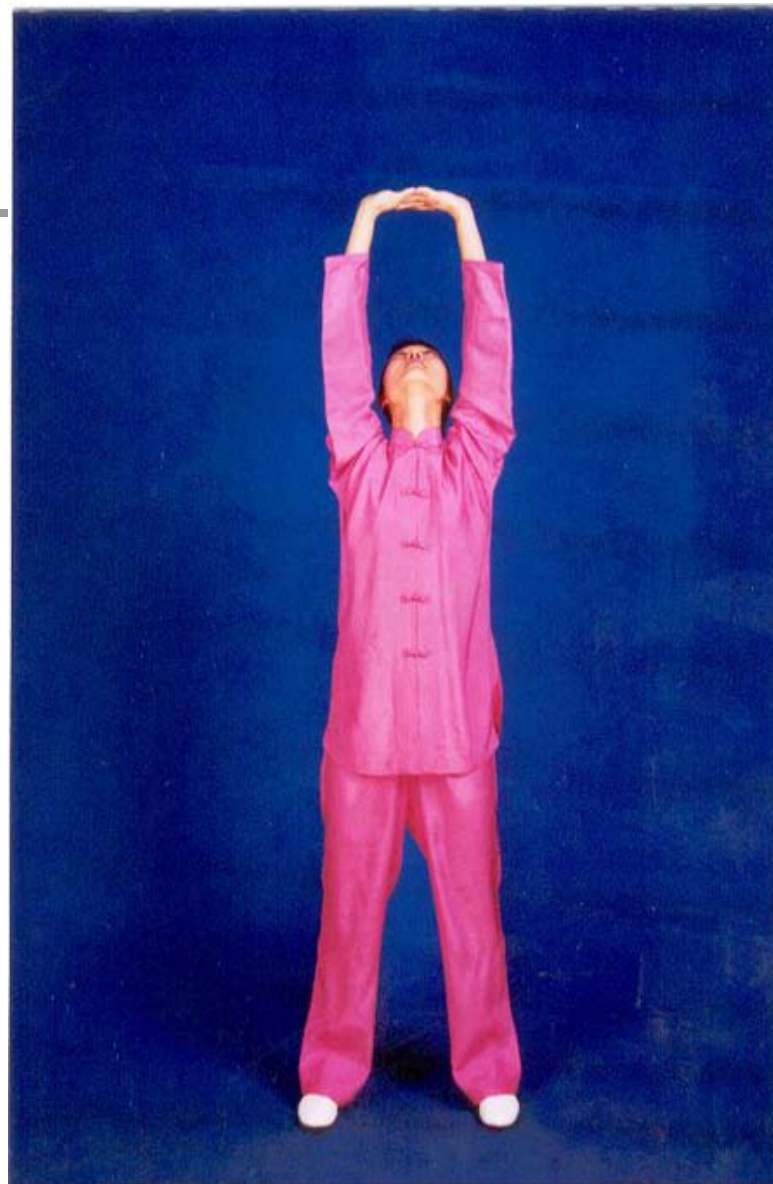
Inhale when you raising yourself on tiptoe, exhale when you landing your heel.





# 双手托天理三焦

Propping up the Sky



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# 左右开弓 似射雕

**Drawing the Bow**



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# 调理脾胃须单举

Raising One Hand



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# 五劳七伤往后瞧

Looking over the Shoulders



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# 摇头摆尾去心火

Swaying Head and Buttocks



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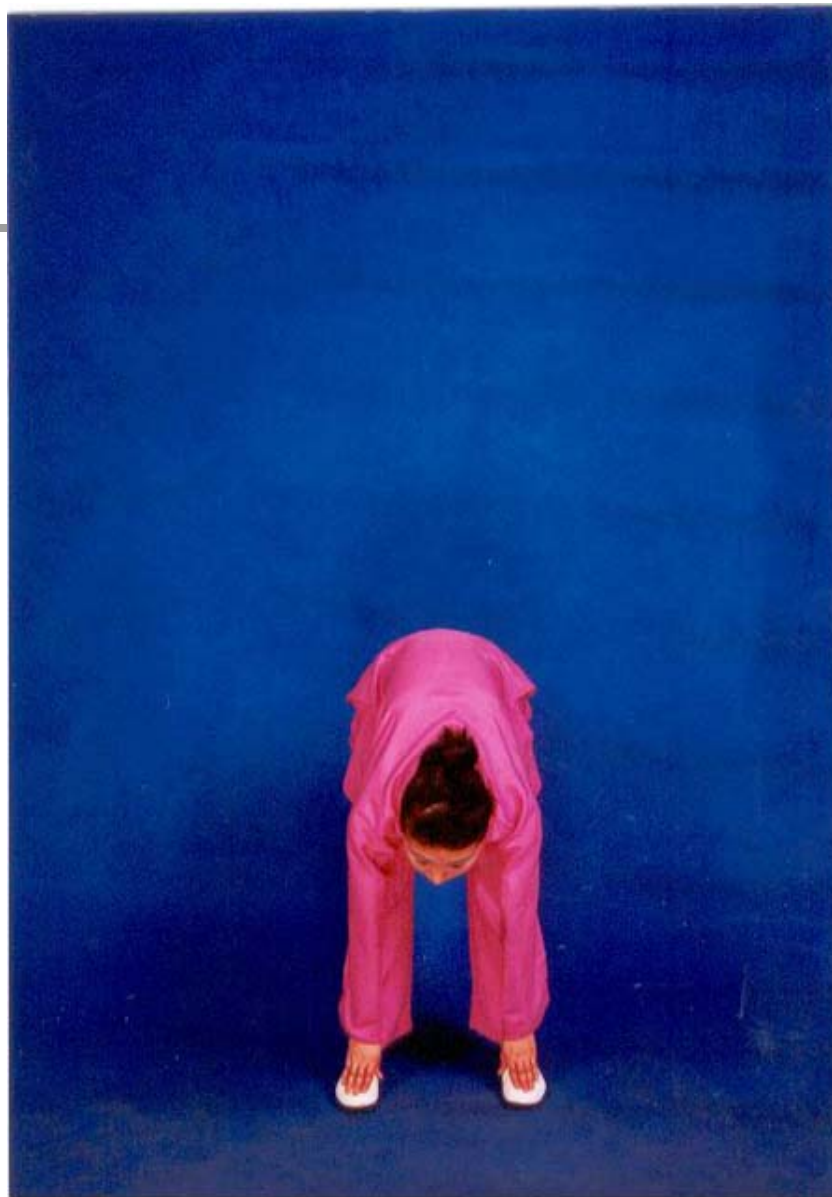
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# 两手攀足固肾腰

Pulling the Toes



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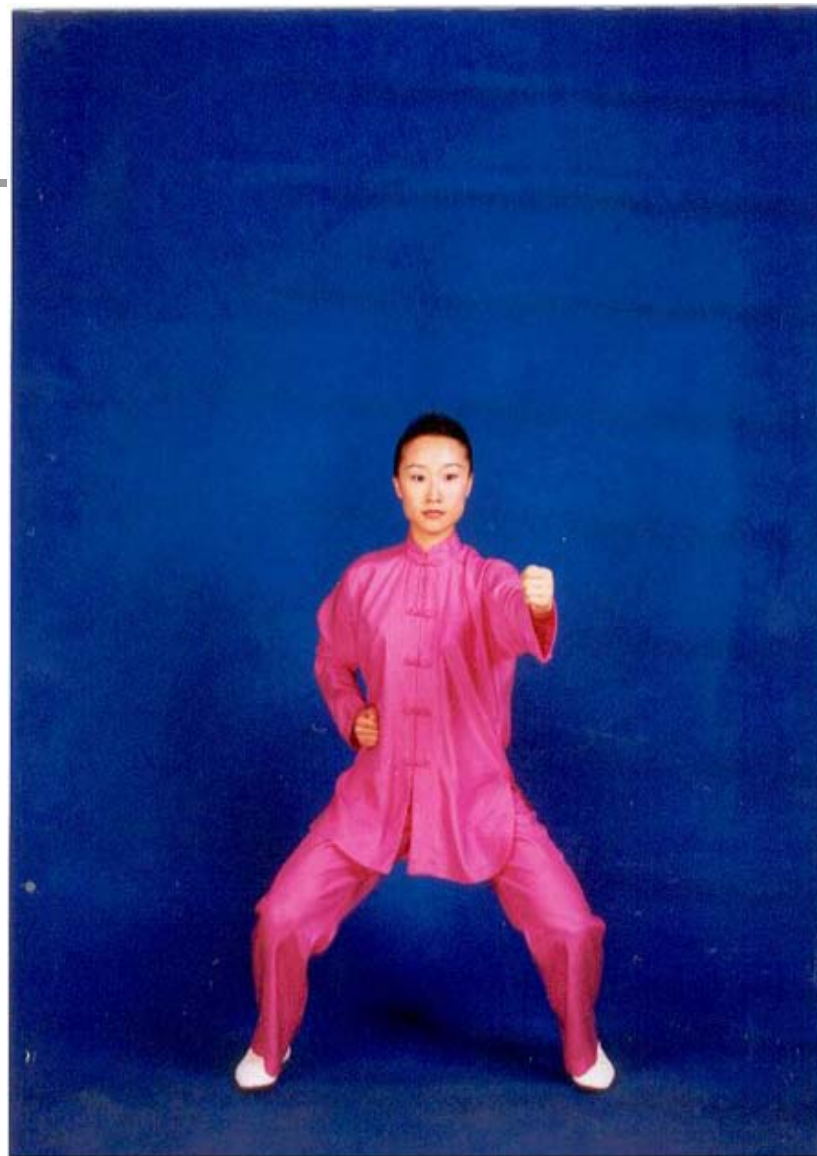
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# 攒 拳 怒 目

Clenching Fists and Looking  
Forward with Eyes Wide Open



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# 背后七颠把病消

Jolting



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# 谢谢！

## *Thank you!*

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