

Comparative Study on the Development of Shaolin Zen Martial Medicine and Zheng Huaixian's Martial Medicine

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Abstract: Using the methods of logical analysis, literature, case analysis and comparative analysis, this paper reviews the thoughts of Shaolin Zen martial medicine and Zheng Huaixian's martial medicine, analyzes and compares the thoughts of Shaolin martial art, Zen martial medicine and Traditional Chinese medicine with Zheng Huaixian's martial medicine, and finds out the problems existing in the development of Zheng Huaixian's medical science: Entity enterprise has not established, the industrial structure, marketing strategy, strategic consciousness is weak, the audience consumption less guidance, less economic benefit, draw lessons from shaolin chan factors in the success of the medical industry, relying on the brand, shaolin martial arts form strategic consciousness, the integration of martial arts of the industrial structure, promoting industrial strength, martial arts consumption market, to achieve economic efficiency, imagine Zheng Huaixian medical development path choice: In the production stage, brand awareness should be raised to build a vivid brand; in the marketing stage, new Internet technology should be used to develop diversified sales methods; in the consumption stage, consumer psychology should be mastered to activate the public's desire to buy.

Key words: Shaolin Zen martial arts; Zheng Huaixian, martial medicine; medical thought; contrast

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With the continuous development and progress of social economy, the Chinese nation entering a new period of ecological civilization has ushered in the so-called "Seniors age" of the aged society. The most prominent manifestation of the aged society is the serious aging phenomenon. According to the statistical Bulletin on Social Service Development in 2020 released by the Ministry of Civil Affairs in July 2021, by the end of 2020, "the elderly population over 60 years old has reached 260 million person-times,

accounting for 19.08% of the total population, among which the population over 65 years old has reached 172 million person-times, accounting for 13.52% of the total population".¹ The quality of life, life and health of the elderly have become the focus of social concern. As the representative and carrier of the excellent traditional culture of the Chinese nation, martial medicine plays a role in curing diseases, strengthening the body, rehabilitation and healing. It is an effective means to protect the health of life and improve the quality of life. In the martial arts, the traditional

medical treatment means of Shaolin Zen martial medicine and Zheng Huaixian's martial medicine can make up for the shortage of modern medical means and carry forward the medical thought, theory and practice, which is conducive to realizing the social goal of reviving traditional cultural values and benefiting the whole world and mankind.

REVIEW OF SHAOLIN ZEN MARTIAL MEDICINE THOUGHT AND ZHENG HUAIXIAN'S MARTIAL MEDICINE THOUGHT

Shaolin Zen martial medicine is a combination of Shaolin Kung Fu and Shaolin Zen medicine, forming the Shaolin health system characterized by "complementation of Zen, Martial arts and Medicine.",² Marital art was born because of Zen, and martial arts and martial medicine were finally included in Zen. It originated from the practice of martial arts by monks in their spare time of learning Zen. They made full use of and excavated the Songshan Shaolin medicinal resources, combined with the folk medical recuperation methods, and gradually promoted the performance of point percussion therapy, Qigong therapy, massage therapy and so on, for example, smoking addiction among the elderly who loves tobacco can be benefit from Shaolin Zen medicine. By integrating Buddhism and Zen into the idea of relieving sentient beings and gradually developing from surgery to internal medicine, from the treatment of injuries to the treatment of any disease, the Zen medicine with Shaolin martial arts characteristics was established. He has published and compiled more than ten teaching materials, such as Massage Science, Bone Setting Science, Sports Trauma Science, Medical Treatment of Trauma, Clinical

Essentials of External Treatment of Contemporary Chinese Medicine, Common Diseases of Orthopedics, Chinese Medicine and Prescriptions of Practical Trauma Science, etc. The combination of martial arts and medicine is characterized by self-treatment and self-protection. Based on traditional Chinese medicine theories such as Yin and Yang, five elements, the eight principal syndromes, Qi and blood, meridians and collateral channels, and using "four means of looking, asking, feeling and diagnosis",³ it embodies the principle of combining dialectics and disease differentiation, and absorbs the advantages of Western medicine to achieve the goal of treating both symptoms and root causes.

INTERPRETATION OF SHAOLIN'S MEDICAL THOUGHT AND ZHENG HUAIXIAN'S MEDICAL THOUGHT

1. Shaolin medical thought and Zheng Huaixian medical thought embody the Chinese traditional thinking, value concept and cultural value. The interpretation of the therapeutic effect, medical ethics, promotion mode, social value, basic theory, diagnostic therapy and other aspects of the two can play a mutual reference, mutual promotion and mutual learning purpose, thus promoting the popularization and promotion of traditional medical methods of the Chinese nation, arousing the public's cognition, identification and confidence in traditional medical methods, realizing the current medical value of traditional medical methods, improving the quality of life of the public, and safeguarding the life, health and safety of the public. Contrast of Shaolin medical thought and Zheng Huaixian medical thought is shown in Table 1.

Table 1
Contrast of Shaolin Medical thought and Zheng Huaixian Medical Thought

	Diagnostic Method	Promotion Model	Basic Theory	Social Value	Therapeutic Effect	Medical Ethics
Shaolin Zen Martial Medicine	Studying Zen, diet, breathing exercises	Set up industry company, build Shaolin brand	Indian medicine, Chinese viscerology, Science of channels and collaterals, Anatomy, Yin-Yang and Five Elements, Meridian-midday flow, Yi-Confucianism, Guidance, etc	Culture, history, health maintenance, universal value	Cultivate one's moral character, cultivate one's mind, cultivate one's interest	virtue of cherishing life, heal the wounded, love life, hoping for good
Zheng Huaixian's Martial Medicine	Look, ask, touch, and consult	Relying on colleges and universities	Science of channels and collaterals, Viscerology, Guidance, Pharmacology, Physiology, Bomechanics, Prescription science, etc	Education, history, health, salvation, culture	Strong bones and muscles, internal and external treatment, combination of doctors and patients	Open-minded, inquisitorial, dedicated, virtuous, tolerant characteristics

Difference in Diagnostic Method

"Shaolin Zen martial medicine guide the public to understand the mind and see the nature in medical practice",⁴ It has the effect of maintaining health, nourishing the mind and regulating breath, and advocates cultivating the harmonious and harmonious development of individuals, society and collective. With the Buddhist Zen philosophy of compassion as the main theme of treatment, based on the theory of breathing, guidance, image, visualization, Qi and blood, etc., the smooth and smooth operation of main and collateral channels as well as Qi and blood is maintained. The four means of meditation, diet, internal health and penetration are comprehensively used to promote the coordinated and unified development of physical strength and spiritual beauty. Zheng Huaixian's martial medicine makes use of the essentials of manipulative treatment in orthopedics of Traditional Chinese medicine in medical practice, integrates the essence of martial arts into the treatment of patients with the essence of "practicing outer muscles and bones, and strengthening inner spirit and spirit inside", and "organically combines the methods, rules, prescriptions and disease prevention and

treatment materials",⁵ the four means of looking, asking, feeling and diagnosis are adopted to regulate the balance of Yin and Yang in the body, maintain the homeostasis of the internal environment, promote the effective operation of the body and provide sufficient guarantee for the body's rehabilitation.

Comparison of Promotion Mode

Under the shaping of the Shaolin brand and the promotion of the Shaolin Medicine Bureau, Shaolin Zen Martial Medicine has formed a certain industrial chain and consumer market, which meets the needs of the current economic development, creates economic and social benefits for the Shaolin brand, and realizes the social responsibility of Shaolin martial arts. Institutions "such as the Shaolin Temple of the Three emperors village, Shaolin Zen martial medical cultural entity Shaolin Health hall, Henan Songshan Zen Martial Medical Research Institute, etc."⁶ are the carriers for spreading and carrying forward the health culture of Shaolin, Zen and martial arts, cultivating the heart, realizing Zen and strengthening the essence of the body, and opening up the consumer market for Shaolin, Zen and martial arts. Relying on colleges and universities and establishing the

Department of Sports Medicine, a teaching system of bone injury and sports injury treatment based on the theory of Traditional Chinese medicine has been developed for Zheng Huaixian's martial medicine. The combination of martial arts and medicine is applied to teaching practice, and reserve successors are cultivated for the inheritance of Zheng Huaixian's martial medicine, which promotes its medical thoughts and practice to spread throughout the country. Moreover, he has published more than ten scientific works related to orthopedics, leaving valuable traditional medical experience for the world.

Difference in Basic Theory

Shaolin Zen martial medicine is a traditional medical system formed by absorbing The Medical culture of India and the basic theories of Chinese viscera-state doctrine, science of channels and collaterals, anatomy, yin-Yang and five elements, midday-midnight flow, Yi-Confucianism, guidance, etc. Taking "meditation" as the basic method, the meridian theory and Qi-blood theory are the basic theories of Shaolin point massage. Using the eight Trigrams, Yin and Yang, five elements theory, practicing point massage requires identification of the exact location of many degrees and mastering the relationship between each acupoint, Qi and blood, and organs. In this way, Qi and blood are kept unblocked and the fitness effect of "general rules without pain" is achieved. Zheng Huaixian's martial medicine mainly focuses on the theory of meridian and collateral theory, viscera-state doctrine, prescription, Yin-Yang and five elements of traditional Chinese medicine, supplemented by anatomy, physiology, biomechanics and pharmacology. The meridians belonging to zang-fu organs are mainly composed of twelve meridians, supplemented by fifteen collaterals, twelve different meridians and eight odd meridians. The emphasis is placed on the twelve skin parts, the twelve meridians and the external collaterals in the limb segments, forming an organic whole of the same as the

inside and outside, connected with the inside and the outside, and the unity of nature and man. As stated in The Book "Valuable Prescriptions for Emergency", "all acupoints are the places where the meridians travel, leading Qi away and drawing disease",⁷ to realize the unimpeded passage of the body's meridians, Qi and blood.

Contrast of Social Value of the Two Martial Medicines

Shaolin Zen martial medicine is a comprehensive system integrating Shaolin Kung Fu, meditation and traditional Chinese medicine theories. It is "Shaolin medicine with unique cultural characteristics",⁸ bearing the cultural values of traditional culture, such as thinking mode, values, life style, folk customs, geographical customs, etc, embodying an irreplaceable historical value of Zen, martial arts and medicine, spreading the value of fitness and health maintenance by martial arts, meditation and medical treatment, and carrying forward the universal value of buddhist Zen buddhist monk's compassion. In contrast, Zheng Huaixian's martial medicine records the historical value of the essence theories of traditional Chinese medicine culture, such as the viscera-state doctrine, the theory of Yin and Yang and the five elements, popularizes and promotes Zheng Huaixian's martial medicine thought to be people-oriented, and realizes the educational price of a hundred years of education. At the same time, books related to sports trauma have been published to realize social responsibility and social welfare. Just as in " Plain Questions in the Huangdi Neijing": "If the husband releases restraints and removes difficulties, the truth guides qi, saves Li Yuan from benevolence and longevity, and relives the poor to achieve peace, it cannot be achieved without the three holy ways",⁹ it inherits the chivalric and saving value of martial arts people, such as performing chivalric and righteous acts, helping injustice, and saving and treating diseases. It satisfies the public's health value of promoting physical health and treating diseases in traditional Chinese

medicine, and plays the role of inheriting the connotation of Zheng Huaixian's martial medicine thought.

Comparison of Therapeutic Effects

Shaolin Zen martial medicine follow the law of combining Qi and body function in the health maintenance. It combines the meditation process of nourishing qi, practicing Qi and regulating Qi with the four means of diet, exercise and understanding the body, so as to realize the health and fitness effect of physical health and curing diseases, promote the body to run healthy on the way of meditation and practice, and realize the high harmony and unity of body and mind, relax the body, experience and perceive life, promote a calm mind to deal with the world, improve their own moral quality and behavior practice, restrain themselves, be strict with themselves, achieve the unity of nature and man, physical and mental nature, natural practice of self-cultivation, cultivation of moral character, mind and interest. Zheng Huaixian's martial medicine integrates the excellent theory of traditional Chinese medicine into the treatment effect. Through diagnosis, bone-setting techniques, clamping binding, Chinese medicine, massage, surgical treatment, functional exercise to achieve the therapeutic effect, it can promote the human body muscles and bones strong, meridian dredge of the external body health, orthopedics, trauma department for external treatment, can achieve obvious healing and rehabilitation effect.

Medical Ethics

Based on the taboos and commandments of buddhist Zen buddhist monks that "having virtues of good life, abstaining from killing, loving life, wholeheartedly for good" as the guiding concept and through the promotion and practice of midday-midnight flow theory and Yi-Confucianism traumatology, Shaolin Zen martial medicine can achieve the goal of "curing and saving people, rescuing the dying and healing the wounded",¹⁰ realize the practicing of the conce

pt of heaven, the view of natural life, the view of the essence of life and the concept of life values, and promote the moral concept of Zen and martial medicine combined with Shaolin martial ethics and medical ethics. In spreading and carrying forward Zheng Huaixian's thought of martial medicine, on the one hand, he popularized and promoted the experience in the treatment of sports injuries with unremitting perseverance, set up the learning spirit concept of asking questions from others and being open-minded, and actively collated, studied and collected the pathogenesis, prevention mechanism and treatment measures of sports injuries, published the book "Treatment of Trauma" about the theoretical experience of TCM trauma, "to provide effective medical scientific basis for coaches, athletes and doctors",¹¹ On the other hand, with a kind and friendly attitude, he was urgent to the patients, think what the patients want to do, do what the patients want to do, with tolerance, kindness, cure the injury, relieve the pain as the pursuit of happiness in life.

PROBLEMS AND PATH CHOICE IN THE DEVELOPMENT OF ZHENG HUAIXIAN'S MARTIAL MEDICINE

By comparing the therapeutic effect, medical ethics, promotion mode, social value, basic theory and diagnostic therapy of Shaolin Zen martial medicine and Zheng Huaixian's martial medicine, it is found that Shaolin Zen martial medicine is superior to Zheng Huaixian's martial medicine in terms of promotion mode and social value. The success factor of Shaolin Zen martial medicine lies in the construction of strong Shaolin brand by relying on Shaolin martial arts and expanding the market of Shaolin Zen martial medicine industry. In the basic theory and diagnostic therapy, Shaolin Zen martial medicine not only pays attention to the external health, but also emphasizes the coordination and unified development of body and mind. Therefore, it is imperative to learn from the development experience of Shaolin Zen martial medicine industry, reconstruct the ideological and cultural

connotation of Zheng Huaixian's martial medicine, and choose the imaginative path for sustainable development of zheng Huaixian's martial medicine.

Problems in the Development of Zheng Huaixian's Martial Medicine

Non-established entity enterprise and complex industrial structure

He establishment of social entity enterprises is an important measure to promote Zheng Huaixian martial medicine to form an industrial chain, play the industrial cluster effect and promote the optimization of industrial structure. Zheng Huaixian Martial arts Institute, established in Chengdu University of Physical Education in December 2015, is an experimental base and scientific research institution for inheriting and carrying forward Zheng Huaixian's martial arts, which has exerted positive influence on the promotion and popularization of education and development of Zheng Huaixian's martial arts. On the other hand, corresponding sports medicine education system of Zheng Huaixian's medicine was built, which cultivated reserve talents for the inheritance and promotion of Zheng Huaixian's medical thought, and let them become the continuous driving force for the development of Zheng Huaixian's medical thought. Zheng huaixian martial medicine gives full play to the social value in the medical career and education industry, pursues the double income of economic benefits and social benefits in the economic society. If zheng Huaixian's martial medicine enterprise is established in the society, corresponding system and management system are built, and some related industries are driven to rise, such as the reasonable adjustment of industrial structure of martial arts equipment, martial arts clothing, martial arts performance, sports injury treatment and so on, infinite development vitality will be released.

Unclear development strategy and weak strategic consciousness

The unclear development strategy is the obstacle blocking zheng Huaixian's martial

medicine from entering into the martial arts consumer market. The lack of strategic consciousness has a negative impact on the sustainable and healthy development of Zheng Huaixian's martial medicine. The development and utilization of zheng Huaixian's martial medicine resources and the development of zheng Huaixian's martial medicine industry are one of the important problems in the development stage of Zheng Huaixian's martial medicine under the socialist market economic system. In order to realize the historical mission and social responsibility entrusted by The Times to Zheng Huaixian's martial arts medicine, and to make it enter into the martial arts consumption market, it is necessary to follow the laws of the martial arts consumption market, and to formulate development strategies in line with Zheng Huaixian's martial medicine from the perspective of economics by using property rights theory and marketing theory. Improving the development of Zheng Huaixian's martial medicine to the level of strategic consciousness, establishing the correct strategic consciousness of development, guiding the scientific and standardized development of Zheng Huaixian's martial medicine, and establishing an effective mechanism more in line with the operation of market economy are the institutional and strategic guarantee for the rapid and healthy development of Zheng Huaixian's martial medicine.

Lack of guidance on audience consumption and less economic benefits

The coming of consumer society has provided new opportunities and challenges for the development of Zheng Huaixian's martial medicine. In order to enter the martial arts consumption market and form a certain market share, it is necessary to put forward higher requirements for the development of Zheng Huaixian's martial medicine. It is necessary not only to realize the economic benefits of the market and the responsibility of social public welfare, but also to expand the territory for Zheng Huaixian's martial medicine. In the face of increasingly diversified consumer society, with the introduction of western consumer culture,

Chinese martial arts consumer market is occupied by diversified global culture. The key factor for Zheng Huaixian martial medicine to realize the profit in the consumer market is how the audience groups keep correct, rational and moderate consumption in the face of the complicated consumer market. How to maintain the correct development direction and scientific and moderate consumption in the martial arts consumption market has become the factor affecting the role of Zheng Huaixian's martial medicine in the martial arts consumption market. Under this big background, Zheng Huaixian's martial medicine is facing the test of The Times. It is an important topic to study the development of Zheng Huaixian's martial medicine in the consumer society.

The Successful Factors of Shaolin Zen Martial Medicine Industry

Forming strategic consciousness relying on Shaolin martial arts brand

The development of Shaolin Zen martial medical industry is inseparable from the appeal and influence of Shaolin brand. The successful model and experience of the development of The Shaolin brand, the shaping of the brand can make the Shaolin martial arts and The Shaolin Zen martial arts set up a good market image, cause the attention of the public consumption vision, stimulate the shopping desire of customers, and excavate the infinite potential of the martial arts consumption market. Shaolin Zen martial medicine, relying on the Shaolin brand, brand design, brand trademark, indirectly or directly output Zen martial medical product information to the public, express the pursuit of Zen martial medical products, core values, vivid external image design. This is conducive for consumers to deepen the depth of understanding and recognition of Zen martial medical products, to facilitate the unlimited expansion of customer loyalty and customer satisfaction, to provide support for the expansion of Zen martial medicine consumer market. In turn, the huge consumer market demand stimulates the

reproduction of Zen martial medical products. Therefore, Shaolin martial brand brings countless intangible assets and tangible economic benefits to the cultivation of Zen martial medicine.

Integrating the martial arts industrial structure and enhancing the industrial strength

The development of Shaolin martial arts industry has promoted the development of national economy in certain degree. Due to the different links within the Shaolin martial arts industry, the contribution rate and proportion to the comprehensive strength of the Shaolin martial industry are also different. The Shaolin martial industry includes the core industry, the intermediary industry and the extension industry. The core industry of Shaolin martial arts is the technology industry based on Shaolin martial arts including Shaolin martial arts fitness and health market, Shaolin martial arts leisure and entertainment market, Shaolin martial arts performance market, Shaolin martial arts fighting and self-defense market and so on. The intermediary industry of Shaolin martial arts is a bridge connecting the core industry and the extension industry of Shaolin martial arts, which can realize the output and consumption of Shaolin martial arts technology, and produce Shaolin martial arts brokers, coaches, athletes, referees, scientific researchers and martial arts masters, etc. The extension industry of Shaolin martial arts is the "security" to ensure the smooth production and consumption of the two, such as the construction of Shaolin martial arts venues, the manufacturing of martial arts products, the dissemination of martial arts culture and other physical and non-physical industries.

Entering into martial arts consumer market and achieving economic benefits

The consumption market of Shaolin martial arts forms a new situation of the trinity of core industry, intermediary industry and extension industry. On the surface, it seems to be the "three independent industries", but in fact, close contact and communication are maintained between industries. The interactivity and mobility between industries promote the development of Shaolin

martial arts in the consumer market. Relying on the manufacturing industry of the secondary industry and the service industry of the tertiary industry in the national economy, the threshold for Shaolin Zen martial medicine to enter the martial arts consumption market has been lowered, and the development scale of Shaolin Zen martial medicine industry has been expanded. With the strong industrial structure of Shaolin martial arts, the development of The Shaolin Zen medicine brand is revitalized. Along with the core industry of Shaolin martial arts, the Shaolin Zen martial medicine industry radiates to the intermediary industry and the extension industry of Shaolin martial arts, forming the industrial advantage of Shaolin martial arts brand and achieving huge economic benefits. While realizing the economic benefits of Shaolin martial arts, Shaolin Zen martial medical industry and Shaolin brand pay attention to social responsibility, put social morality and social public welfare development in step with the realization of economic benefits, and complete the mission of social development and social responsibility.

Assumption and Choice of the Development Path of Zheng Huaixian's Martial Medicine Martial Medicine

Production stage: improve and cultivate brand awareness and build a vivid brand

In the context of market economy and consumer society, the development of Zheng Huaixian's martial medicine can not be separated from the influence of the law of market economy and consumer society. Through cultivating zheng Huaixian's brand awareness and shaping a vivid brand, Zheng Huaixian's martial medicine has made gratifying achievements by relying on social institutions, colleges and universities, and made contributions to national education and medical industry. However, in order to make Zheng Huaixian's martial medicine brand bigger and stronger, it is necessary to establish industrial consciousness and brand consciousness, and promote the development of Zheng Huaixian's

martial medicine brand with commercial operation mode. In addition to the traditional media publicity and promotion, it needs to build a new platform for the development of Zheng Huaixian's martial medicine brand based on various martial arts competitions or with the aid of martial arts stars, masters and celebrities, so as to improve and strengthen the popularity and influence of Zheng Huaixian's martial medicine brand, provide the opportunity of exchange and communication between martial arts enthusiasts and medical enthusiasts, and promote the popularization and promotion of Zheng Huaixian's martial medicine in the country and the world.

Marketing stage: use new Internet technology to develop diversified sales means

After shaping Zheng Huaixian's martial medicine brand, solving the marketing problem of Zheng Huaixian's martial medicine "commodity" is the carrier to realize the use value and value of Zheng Huaixian's martial medicine brand. To stimulate the related consumption of Zheng Huaixian's martial medicine products in the market, it is necessary to make use of Internet science and technology, establish the advanced concept of marketing, enrich diversified sales means, and broaden the marketing channels of Zheng Huaixian's martial medicine brand. It is necessary to focus on public relations marketing based on government relations and social relations, supplemented by price promotion, preferential promotion and endorsement by martial arts stars. By combining "Internet +" with martial medicine, and using online O2O mode and offline consumer experience store marketing mode, the video, voice, text, picture and other materials of martial medicine are vividly displayed in the view of consumers by multimedia. The "QR code" mode of the Wechat network platform is used, and the mobile payment market combining Tenpay, Wechat Pay and Alipay is introduced into the payment platform of martial medicine, forming a relationship chain of boxing and martial arts medicine supplies + Tenpay + QR code + Wechat Pay + Alipay, thus forming a new marketing

channel of martial medicine.

Consumption stage: master the consumer psychology and activate the public's desire to buy

In the post-marketing stage of Zheng Huaixian's martial medicine brand, it needs to pay attention to the research and return visit of after-sales service, and pay attention to the satisfaction of customers and audiences on products and services. After all, customer loyalty and satisfaction are important factors affecting product reputation. To master and be familiar with the psychological habits of customers, the feedback can be used as a reference and measurement standard for the production of products. Promote the re-research and development of products suitable for the market and increase the market share, accurately position the pertinacity and market of products, highlight the market personalization of products, and vigorously carry out cultural packaging and value addition for Zheng Huaixian's Martial medicine brand. A vivid product packaging can set up a good product image for consumers and audience groups, have a certain understanding and understanding of the product, close the intimacy between consumers and the product, improve the audience's feelings for the product, so as to maintain the public's desire to buy the product. In addition, highlighting the added cultural value and educational value of products is conducive to expanding the range of consumers at different levels, promoting the increase of product market share, and obtaining more economic and social benefits.

CONCLUSION

As the representatives and carriers of traditional culture, Shaolin Zen martial medicine and Zheng Huaixian's martial medicine play an important role in reviving, carrying forward and inheriting national culture, and their popularization is an

important way to realize their social values. Zheng Huaixian's martial medicine has something in common with Shaolin Zen martial medicine in medical thought. However, in terms of development and promotion mode, Zheng Huaixian's martial medicine needs to learn from the successful experience of Shaolin Zen martial medicine industry development, and choose a sustainable and healthy development path, which is of great significance to the culture of combining martial arts and medicine in the context of consumer society.

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