

古法文脉融科创 凉山非遗启新程

ANCIENT CHINESE HERITAGE FUSION CREATES NEW JOURNEY FOR LIANGSHAN INTANGIBLE CULTURAL HERITAGE:
HUAXIA SHANGGU HALL · INTANGIBLE CULTURAL HERITAGE INHERITOR CHEN XIN, CHEN' S QIMAI SWITCH THERAPY —
UNITED HEART FOR ALL, BLESS CHINA, PASS ON HEALTH-PRESERVING WISDOM TO THOUSANDS OF HOUSEHOLDS

陈氏气脉开关疗法 · 心汇天下 佑护华夏 传康养智慧入万户千家

华夏上古堂——非遗传承人陈欣





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陈欣（陈樊宇）

凉山州非物质文化遗产「陈氏气脉开关疗法」
第22代传承人

- 英国中医师学院名誉院长
- 中国医药新闻信息协会中医药文化分会副会长
- 西昌市嵩商商会副会长
- 华夏上古堂创始人

- 2026全球中医春晚推荐官
- 中医药文化传播大使
- 中医好人
- 中医文旅推荐官
- 2024年度CCTV魅力人物
- 「陈氏气脉开关疗法」获评CCTV民族匠心品牌

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01. 名家简介

01. BIOGRAPHIES OF FAMOUS FIGURES



红墙御医胡维勤亲传弟子序

陈樊宇（曾用名：陈欣、陈鑫）

在红墙御医胡维勤教授的一众亲传弟子中，有一位深耕中医康养领域数十载，以传承非遗中医智慧、推动全民健康为己任的行业领军者，他便是凉山州非物质文化遗产陈氏气脉开关疗法第22代传承人、人体求救信号解读体系创始人陈樊宇。

秉持“上医治未病”的核心理念，陈樊宇在祖传陈氏气脉开关疗法的基础上创新突破，构建起人体内循环系统康养体系，首创人体说明书健康理念，让大众读懂身体发出的健康预警信号，从根源阻断慢病与重疾，为全民康养事业开辟了全新路径。

CHEN FANYU (FORMERLY KNOWN AS CHEN XIN, CHEN XIN)

AMONG THE NUMEROUS DISCIPLES OF PROFESSOR HU WEIQIN, THE RENOWNED PHYSICIAN OF THE RED WALL HOSPITAL, THERE IS AN INDUSTRY LEADER WHO HAS DEVOTED HIMSELF TO THE FIELD OF TRADITIONAL CHINESE MEDICINE HEALTH CARE FOR OVER FOUR DECADES. HIS MISSION IS TO INHERIT THE INTANGIBLE CULTURAL HERITAGE OF TRADITIONAL CHINESE MEDICINE WISDOM AND PROMOTE THE HEALTH OF THE ENTIRE POPULATION. HE IS THE 22ND GENERATION INHERITOR OF THE NAXI QIUYI GUANSHOU THERAPY OF THE CHEN FAMILY IN LIANGSHAN PREFECTURE, AND THE FOUNDER OF THE HUMAN DISTRESS SIGNAL INTERPRETATION SYSTEM.

ADHERING TO THE CORE CONCEPT OF "TREATING DISEASES BEFORE THEY OCCUR", CHEN FANYU INNOVATIVELY BROKE THROUGH THE TRADITIONAL CHEN QIUYI GUANSHOU THERAPY AND ESTABLISHED A HEALTH CARE SYSTEM FOR THE INTERNAL CIRCULATION SYSTEM OF THE HUMAN BODY. HE ALSO PIONEERED THE CONCEPT OF A HUMAN MANUAL FOR HEALTH, ENABLING THE PUBLIC TO UNDERSTAND THE HEALTH WARNING SIGNALS SENT BY THE BODY AND BLOCKING CHRONIC AND SERIOUS DISEASES FROM THE ROOT CAUSE, THUS OPENING UP A NEW PATH FOR THE CAUSE OF UNIVERSAL HEALTH CARE.



02. 个人职称及社会职务

02. PERSONAL PROFESSIONAL TITLES AND SOCIAL POSITIONS



- 凉山州非物质文化遗产“陈氏气脉开关疗法”第22代传承人
- 红墙御医胡维勤亲传弟子、胡维勤红墙御医工作室负责人
- 人体求救信号解读体系创始人、人体说明书理念创立者
- 气脉骨雕七维技术创始人、人体内循环系统康养体系创立人
- 华夏上古堂、陈鑫灸正堂创始人
- 四川华夏上古堂中医医学研究有限公司、南京祖医堂中医研究有限公司董事长
- 众国国嘉（北京）抗衰老医学研究中心首席研究员
- 北大博雅 - 元培工匠高级智库专家、客座教授
- 大国医学客座教授
- 中国医药新闻信息协会中医药文化分会副会长
- 西昌市嵩商商会副会长
- 英国中医师学院名誉院长



— THE 22ND GENERATION INHERITOR OF THE INTANGIBLE CULTURAL HERITAGE "CHEN'S MERIDIAN SWITCH THERAPY" IN LIANGSHAN PREFECTURE

— A DIRECT DISCIPLE OF HU WEIQIN, THE RED WALL DOCTOR, AND THE PERSON IN CHARGE OF THE HU WEIQIN RED WALL DOCTOR STUDIO

- THE FOUNDER OF THE HUMAN BODY DISTRESS SIGNAL INTERPRETATION SYSTEM AND THE CREATOR OF THE HUMAN BODY MANUAL CONCEPT
- THE FOUNDER OF THE SEVEN-DIMENSIONAL MERIDIAN BONE CARVING TECHNOLOGY AND THE CREATOR OF THE HUMAN INTERNAL CIRCULATION SYSTEM HEALTH CARE SYSTEM
- THE FOUNDER OF THE HUAXIA SHANGGUANTANG AND CHEN XIN AI ZHENG TANG
- THE CHAIRMAN OF SICHUAN HUAXIA SHANGGUANTANG TRADITIONAL CHINESE MEDICINE RESEARCH CO., LTD. AND NANJING ZUYIUTANG TRADITIONAL CHINESE MEDICINE RESEARCH CO., LTD.
- THE CHIEF RESEARCHER OF ZHONGGUO GUOJI JIAOJIAO MEDICAL RESEARCH CENTER
- THE SENIOR EXPERT AND VISITING PROFESSOR OF THE BOYA-YUANPEI CRAFTSMANSHIP ADVANCED THINK TANK OF PEKING UNIVERSITY
- GUEST PROFESSOR OF THE GREAT POWER MEDICINE
- VICE PRESIDENT OF THE CHINESE MEDICAL NEWS INFORMATION ASSOCIATION'S TRADITIONAL CHINESE MEDICINE CULTURE BRANCH
- VICE PRESIDENT OF XICHANG XISHANG CHAMBER OF COMMERCE
- HONORARY PRESIDENT OF THE BRITISH TRADITIONAL CHINESE MEDICINE COLLEGE



- 2026 全球中医春晚推荐官
- 中医药文化传播大使、中医文旅推荐官
- 中国民族卫生协会专家委员、国际慢性病管理专家
- 个人荣誉及成果
- 陈樊宇深耕中医康养领域，凭借卓越的专业能力与突出的行业贡献，斩获多项权威荣誉：
- 2026 第三届全球中医春晚“中医好人”
- 2024 年度 CCTV 魅力人物
- 全国中医劳模、央视认证民族匠心品牌创始人
- 世界传统医学杰出贡献者、医学科研成果一等奖
- 健康中国行业领军人物、非遗传承突出贡献人物
- 中医药文化传播功勋人物、全国公益义诊爱心大使
- 传统医学国际优秀健康品牌创始人

– 2026 GLOBAL TRADITIONAL CHINESE MEDICINE SPRING GALA RECOMMENDER

– AMBASSADOR FOR TRADITIONAL CHINESE MEDICINE CULTURE PROMOTION, TRADITIONAL CHINESE MEDICINE CULTURAL TOURISM RECOMMENDER

– EXPERT MEMBER OF THE CHINESE ETHNIC HEALTH ASSOCIATION, INTERNATIONAL EXPERT IN CHRONIC DISEASE MANAGEMENT

PERSONAL HONORS AND ACHIEVEMENTS

CHEN FANYU HAS BEEN DEEPLY INVOLVED IN THE FIELD OF TRADITIONAL CHINESE MEDICINE HEALTH CARE. WITH HIS OUTSTANDING PROFESSIONAL CAPABILITIES AND SIGNIFICANT INDUSTRY CONTRIBUTIONS, HE HAS RECEIVED SEVERAL AUTHORITATIVE HONORS:

– 2026 THIRD ANNUAL GLOBAL TRADITIONAL CHINESE MEDICINE SPRING GALA "TRADITIONAL CHINESE MEDICINE GOOD SAMARITAN"

– 2024 CCTV CHARISMATIC PERSON OF THE YEAR

– NATIONAL TRADITIONAL CHINESE MEDICINE MODEL WORKER, CERTIFIED FOUNDER OF ETHNIC CRAFTSMANSHIP BRAND BY CCTV

– OUTSTANDING CONTRIBUTOR TO TRADITIONAL MEDICINE IN THE WORLD, FIRST PRIZE FOR MEDICAL RESEARCH ACHIEVEMENTS

– INDUSTRY LEADER IN HEALTHY CHINA, OUTSTANDING CONTRIBUTOR TO INTANGIBLE CULTURAL HERITAGE PRESERVATION

– PIONEER OF TRADITIONAL MEDICINE CULTURE PROMOTION, NATIONAL CHARITY MEDICAL DIAGNOSIS AND TREATMENT LOVE AMBASSADOR

– FOUNDER OF AN OUTSTANDING TRADITIONAL MEDICINE INTERNATIONAL HEALTH BRAND

AS THE PRINCIPAL INVESTIGATOR OF A KEY NATIONAL PROJECT UNDER THE "14TH FIVE-YEAR PLAN" OF THE NATIONAL HEALTH COMMISSION, HIS RESEARCH RESULTS WERE INCLUDED IN THE "NATIONAL MEDICAL YEARBOOK", AND THE CHEN’S QI PULSE SWITCH THERAPY, WHICH HE LED TO DEVELOP, WAS RECOGNIZED AS AN OUTSTANDING INTANGIBLE CULTURAL HERITAGE PRESERVATION PROJECT BY THE CULTURAL TOURISM BUREAU OF XICHANG CITY. WITH HIS SOLID ACADEMIC FOUNDATION AND INNOVATIVE HEALTH CARE TECHNOLOGIES, HE HAS BECOME A BENCHMARK FIGURE IN THE FIELD OF TRADITIONAL CHINESE MEDICINE INTANGIBLE HERITAGE PRESERVATION AND INNOVATION, PROMOTING THE DEVELOPMENT OF TRADITIONAL CHINESE MEDICINE HEALTH CARE TOWARDS STANDARDIZATION AND POPULARIZATION.

03. 个人专长

03. PERSONAL EXPERTISE

作为国家卫健委“十四五”规划全国重点课题负责人，其研究成果入编《国医年鉴》，主导研发的陈氏气脉开关疗法获评西昌市文旅局优秀非遗传承项目。他以扎实的学术功底与创新的康养技术，成为中医非遗传承与创新领域的标杆人物，推动中医康养事业向标准化、全民化方向发展。

陈樊宇精通多维中医诊断技法，擅长从酸、麻、胀、痛等身体信号溯源，精准定位五脏六腑、气脉经络、骨骼筋膜的健康隐患。在临床调理与康养技术研发上，他构建起三大核心调理体系：

1. 五脏六腑修复系统：调和阴阳气血，恢复脏腑运化机能，解决失眠乏力、情绪抑郁、气血不畅等问题，从根源阻断慢病生成；
2. 徒手骨雕三维系统：以上骨盆、下骨盆、脊柱为核心模块，预防心脑血管、改善生殖健康问题、平衡脏腑神经关联，实现“脊柱正则脏腑安”；
3. 筋膜松解正骨系统：针对筋出槽、骨出缝等问题，七维疗法深层修复软组织粘连与骨骼错位，消除颈肩腰腿痛、关节僵硬等疼痛根源。

同时，他还研发特色无痛针法与陈氏气脉疗养操，搭配三大核心体系，实现无创精准调理与居家长效养护，覆盖儿童、青少年、成人、老人全生命周期健康需求。



CHEN FANYU IS PROFICIENT IN MULTI-DIMENSIONAL TRADITIONAL CHINESE DIAGNOSTIC TECHNIQUES AND IS SKILLED AT TRACING THE CAUSES OF PHYSICAL SYMPTOMS SUCH AS SORENESS, NUMBNESS, SWELLING, AND PAIN, ACCURATELY IDENTIFYING POTENTIAL HEALTH RISKS IN THE FIVE INTERNAL ORGANS, MERIDIANS, AND TISSUES, AS WELL AS BONES, TENDONS, AND FASCIA. IN CLINICAL CONDITIONING AND HEALTH CARE TECHNOLOGY DEVELOPMENT, HE HAS ESTABLISHED THREE CORE CONDITIONING SYSTEMS:

1. FIVE INTERNAL ORGANS AND SIX FU ORGANS REPAIR SYSTEM: HARMONIZING YIN AND YANG, QI AND BLOOD, AND RESTORING THE FUNCTIONS OF INTERNAL ORGANS AND THEIR TRANSFORMATION, SOLVING PROBLEMS SUCH AS INSOMNIA, FATIGUE, DEPRESSION OF MOOD, AND POOR BLOOD CIRCULATION, AND BLOCKING THE GENERATION OF CHRONIC DISEASES AT THE ROOT;

2. FREEHAND BONE SCULPTURE THREE-DIMENSIONAL SYSTEM: WITH THE PELVIS, LOWER PELVIS, AND SPINE AS THE CORE MODULES, IT PREVENTS HEART AND BRAIN INFARCTION, IMPROVES REPRODUCTIVE HEALTH ISSUES, BALANCES THE CONNECTION BETWEEN INTERNAL ORGANS AND NERVES, AND ACHIEVES "STRAIGHTENING THE SPINE AND STABILIZING THE INTERNAL ORGANS";

3. TENDON RELEASE AND ORTHOPEDIC SYSTEM: FOR PROBLEMS SUCH AS TENDONS SLIPPING OUT OF PLACE AND BONES PROTRUDING FROM JOINTS, THE SEVEN-DIMENSIONAL THERAPY DEEPLY REPAIRS SOFT TISSUE ADHESIONS AND BONE MISALIGNMENTS, ELIMINATING THE ROOT CAUSES OF PAIN SUCH AS NECK, SHOULDER, WAIST, AND LEG PAIN, AND JOINT STIFFNESS.

AT THE SAME TIME, HE HAS ALSO DEVELOPED UNIQUE PAINLESS ACUPUNCTURE TECHNIQUES AND CHEN'S MERIDIAN THERAPY EXERCISES, COMBINED WITH THE THREE CORE SYSTEMS, TO ACHIEVE NON-INVASIVE AND PRECISE CONDITIONING AND LONG-TERM MAINTENANCE FOR RESIDENTS, COVERING THE HEALTH NEEDS OF CHILDREN, TEENAGERS, ADULTS, AND THE ELDERLY THROUGHOUT THEIR LIFE CYCLE.

04. 核心理念

04. CORE CONCEPT

■ 岐黄传承几千年 非遗中医护万家

陈樊宇坚守大医精诚初心，提出“不治病、只唤醒；不缓解、只断根”的康养准则，以人体内循环系统为健康根基，通过解读人体 365 个求救信号、普及人体说明书健康理念，让每个人都能读懂身体、主动防病。

他致力于推动非遗中医技术走进千家万户，将传统中医智慧与现代康养需求相结合，让中医走向国门、走向世界，助力全球实现全民健康、长寿安康的美好愿景，成为中医非遗传承与全民康养事业的核心推动者。

■ 传承使命

以传承非遗中医、普及未病先防理念为核心使命，陈樊宇带领团队深耕技术研发、文化传播与产业落地，让传统中医智慧适配现代生活需求，为更多人带去健康福祉，推动中医康养事业迈向新高度。

CORE CONCEPT

THE HUANG-YANG MEDICAL HERITAGE HAS BEEN PASSED DOWN FOR THOUSANDS OF YEARS, AND TRADITIONAL CHINESE MEDICINE HAS CARED FOR MILLIONS OF FAMILIES.

CHEN FANYU ADHERES TO THE ORIGINAL ASPIRATION OF BEING A GREAT DOCTOR AND UPHOLDS THE PRINCIPLE OF "NO TREATMENT, ONLY AWAKENING; NO RELIEF, ONLY ROOT REMOVAL" FOR HEALTH CARE.



BASED ON THE BODY’S CIRCULATORY SYSTEM AS THE FOUNDATION OF HEALTH, BY INTERPRETING 365 DISTRESS SIGNALS WITHIN THE HUMAN BODY AND POPULARIZING THE HEALTH CONCEPTS OF THE HUMAN BODY MANUAL, EVERYONE CAN UNDERSTAND THEIR BODIES AND ACTIVELY PREVENT DISEASES.

HE IS COMMITTED TO PROMOTING TRADITIONAL CHINESE MEDICAL TECHNIQUES INTO MILLIONS OF HOUSEHOLDS, COMBINING TRADITIONAL CHINESE MEDICAL WISDOM WITH MODERN HEALTH CARE NEEDS, ENABLING CHINESE MEDICINE TO GO ABROAD AND REACH THE WORLD, AND HELPING TO REALIZE THE BEAUTIFUL VISION OF GLOBAL UNIVERSAL HEALTH, LONGEVITY, AND WELL-BEING. HE BECOMES THE CORE DRIVER OF THE INHERITANCE OF TRADITIONAL CHINESE MEDICINE HERITAGE AND THE POPULARIZATION OF UNIVERSAL HEALTH CARE IN THE COUNTRY.

INHERITANCE MISSION

THE CORE MISSION IS TO INHERIT TRADITIONAL CHINESE MEDICINE HERITAGE AND POPULARIZE THE CONCEPT OF PREVENTING ILLNESS BEFORE IT OCCURS. CHEN FANYU LEADS THE TEAM TO DEEPLY ENGAGE IN TECHNOLOGICAL RESEARCH AND DEVELOPMENT, CULTURAL DISSEMINATION, AND INDUSTRIAL IMPLEMENTATION, MAKING TRADITIONAL CHINESE MEDICAL WISDOM SUITABLE FOR MODERN LIFE NEEDS, BRINGING HEALTH BENEFITS TO MORE PEOPLE, AND PROMOTING THE ADVANCEMENT OF THE HEALTH CARE AND WELLNESS INDUSTRY TO A NEW HEIGHT.



【导语】：

让每个家庭都有一个懂健康的人，为了这份信仰，他选择坚守；愿天下人少生疾病，为了这一初心，他始终无悔；他无时不心怀百姓健康、倾心传播健康文化，哪怕困难重重也无法阻断他在健康领域探索的脚步；他就是四川省凉山彝族自治州陈氏气脉开关疗法非遗传承人 - 陈欣！

山河秘境、南丝之路、五彩凉山；凉山彝族自治州，位于四川省西南部，是中国最大的彝族聚居区，古南方丝绸之路必经之地…这里历史文化厚重，民风淳朴，民族民俗文化独具魅力，彝海结盟在中国革命史上写下光辉一页；这里风景优美，有邛海—泸山、邛海国家湿地公园、螺髻山、泸沽湖，是四川省旅游资源最富集地区之一；首府西昌 - 月亮之城，是中国优秀旅游城市、森林城市、宜居城市、文明城市；是中国最值得去的十座小城之一！

陈欣，男，出生于 1979 年，四川华夏上古堂中医医学研究院负责人，凉山州非物质文化遗产陈氏气脉开关疗法传承人，中国民族卫生协会会员；在推广、传播健康文化领域勤耕不倦 20 余载。



(INTRODUCTION) :

TO ENSURE THAT EVERY FAMILY HAS SOMEONE WHO UNDERSTANDS HEALTH, FOR THIS BELIEF, HE CHOSE TO PERSEVERE; MAY ALL PEOPLE IN THE WORLD HAVE FEWER DISEASES, FOR THIS ORIGINAL INTENTION, HE HAS NEVER REGRETTED; HE ALWAYS CARES ABOUT THE HEALTH OF THE PEOPLE AND IS DEDICATED TO SPREADING HEALTH CULTURE, EVEN IN THE FACE OF NUMEROUS DIFFICULTIES, HE CANNOT STOP HIS EXPLORATION STEPS IN THE FIELD OF HEALTH; HE IS CHEN XIN, THE INHERITOR OF THE INTANGIBLE CULTURAL HERITAGE OF CHEN’S QI-MAN SWITCH THERAPY IN THE LI ETHNIC AUTONOMOUS COUNTY OF LIANGSHAN, SICHUAN PROVINCE!

THE SECRET REALM OF MOUNTAINS AND RIVERS, THE SOUTHERN SILK ROAD, THE COLORFUL LIANGSHAN; LIANGSHAN AUTONOMOUS COUNTY OF SICHUAN PROVINCE IS LOCATED IN THE SOUTHWEST OF SICHUAN PROVINCE, IT IS THE LARGEST ETHNIC MINORITY SETTLEMENT AREA IN CHINA, AND A NECESSARY PASSAGE OF THE ANCIENT SOUTHERN SILK ROAD... HERE, WITH A RICH HISTORY AND CULTURE, SIMPLE FOLKWAYS, AND UNIQUE ETHNIC AND FOLK CULTURAL CHARM, THE LIHAI ALLIANCE HAS WRITTEN A GLORIOUS PAGE IN THE HISTORY OF THE CHINESE REVOLUTION; HERE, THE SCENERY IS BEAUTIFUL, THERE ARE QIONGHAI – LUOSHAN, QIONGHAI NATIONAL WETLAND PARK, LUOJISI MOUNTAIN, LUGU LAKE, WHICH IS ONE OF THE MOST RESOURCE-RICH REGIONS OF TOURISM IN SICHUAN PROVINCE; THE CAPITAL CITY XICHANG – THE CITY OF THE MOON, IS AN OUTSTANDING TOURIST CITY, A FOREST CITY, A LIVABLE CITY, AND A CIVILIZED CITY; IT IS ONE OF THE TOP TEN SMALL CITIES WORTH VISITING IN CHINA!

CHEN XIN, MALE, BORN IN 1979, THE HEAD OF THE SICHUAN HUAXIA ANCIENT TEMPLE TRADITIONAL CHINESE MEDICINE MEDICAL RESEARCH INSTITUTE, THE INHERITOR OF CHEN’S QI-MAN SWITCH THERAPY INTANGIBLE CULTURAL HERITAGE IN LIANGSHAN PREFECTURE, A MEMBER OF THE CHINESE ETHNIC HEALTH ASSOCIATION; HE HAS BEEN DILIGENTLY WORKING IN THE FIELD OF PROMOTING AND SPREADING HEALTH CULTURE FOR MORE THAN 20 YEARS.

陈氏气脉开关疗法，是一种纯自然疗法，注重人体的整体性，通过一定手法、力道使得肌肉和骨骼回归应有的正确位置，从而使人体的五官、颈椎、胸椎、腰椎、骨盆、腿型等身体轮廓能够拥有协调、优雅的自然之美！

陈氏气脉开关疗法有完整理论的体系，含有脉诊、五脏六腑修复术、筋膜技术、徒手骨雕、疗养操等；

2024 年“文化和自然遗产日” 凉山彝族自治州非遗展示展演活动现场，游人如织，在陈氏气脉开关疗法展位前，早已挤满了前来体验的人们，上至年逾八旬的老人、下至 10 余岁的学子，无不感叹陈氏气脉开关疗法传人陈欣娴熟的手法及精湛的技艺；无不为博大精深祖国中医药文化深深折服；

宝剑锋从磨砺出，梅花香自苦寒来；20 余年来，陈欣刻苦钻研，勇于实践，倾心推广、传播健康文化; 多年来他为众多的颈肩腰腿痛、强制性脊柱炎、妇科等疑难杂症的亚健康人群进行调理服务，深得好评；

一份耕耘、一份收获，陈欣在其后十余年的实践中，把陈氏气脉开关疗法的中医理论思想与现代科技相结合在人生的舞台上展现的淋漓尽致；他认真、干练，其事迹被多家网络媒体先后报道；



THE CHEN-STYLE MERIDIAN SWITCHING THERAPY IS A PURELY NATURAL TREATMENT METHOD THAT FOCUSES ON THE HOLISTIC NATURE OF THE HUMAN BODY. THROUGH CERTAIN TECHNIQUES AND FORCE APPLICATIONS, IT ENABLES MUSCLES AND BONES TO RETURN TO THEIR PROPER POSITIONS, THEREBY ALLOWING THE BODY'S FACIAL FEATURES, CERVICAL VERTEBRAE, THORACIC VERTEBRAE, LUMBAR VERTEBRAE, PELVIS, LEG SHAPES, ETC. TO POSSESS A HARMONIOUS AND ELEGANT NATURAL BEAUTY!

THE CHEN-STYLE MERIDIAN SWITCHING THERAPY HAS A COMPLETE THEORETICAL SYSTEM, INCLUDING PULSE DIAGNOSIS, REPAIR TECHNIQUES FOR THE FIVE INTERNAL ORGANS AND SIX VISCERA, FASCIA TECHNOLOGY, HAND BONE CARVING, AND RECUPERATION EXERCISES.

ON THE "CULTURAL AND NATURAL HERITAGE DAY" IN 2024, AT THE EXHIBITION AND PERFORMANCE SITE OF INTANGIBLE CULTURAL HERITAGE IN LIANGSHAN YI AUTONOMOUS PREFECTURE, THERE WERE A LARGE NUMBER OF VISITORS. AT THE BOOTH OF THE CHEN-STYLE MERIDIAN SWITCHING THERAPY, PEOPLE HAD ALREADY GATHERED IN FRONT OF IT. PEOPLE OF ALL AGES, FROM THOSE OVER 80 YEARS OLD TO STUDENTS UNDER 10 YEARS OLD, ALL EXPRESSED THEIR ADMIRATION FOR THE MASTERFUL TECHNIQUES AND EXQUISITE SKILLS OF THE INHERITOR CHEN XIN; ALL WERE DEEPLY IMPRESSED BY THE PROFOUND AND EXTENSIVE CHINESE TRADITIONAL MEDICINE CULTURE.

AS THE SAYING GOES, A SWORD IS FORGED THROUGH REPEATED SHARPENING, AND THE FRAGRANCE OF A PLUM BLOSSOM COMES FROM ENDURING COLD. OVER THE PAST 20 YEARS, CHEN XIN HAS DILIGENTLY STUDIED, BEEN COURAGEOUS IN PRACTICE, DEVOTED HIMSELF TO PROMOTING AND SPREADING HEALTHY CULTURE. OVER THE YEARS, HE HAS PROVIDED CONDITIONING SERVICES FOR MANY PEOPLE WITH SUB-HEALTH CONDITIONS SUCH AS NECK AND SHOULDER PAIN, ANKYLOSING SPONDYLITIS, GYNECOLOGICAL DISEASES, ETC., AND HAS RECEIVED HIGH PRAISE.



这是一个伟大的时代，同时也是中华民族复兴、崛起的时代，2016年10月25日，国务院颁布的《“健康中国2030”规划纲要》，将“提高人民健康水平”上升为国家战略；健康产业迎来了发展的春天；党的二十大报告也明确指出“促进中医药传承创新发展，推进健康中国建设”…让无数个像陈欣一样“甘做春泥护更护花”！心怀百姓健康，积极传播祖国传统文化的非遗传人，用简、便、廉、验的非遗技法惠及更多民众，为健康中国做出更多实实在在的贡献！



ONE'S EFFORTS LEAD TO ONE'S REWARDS. IN THE FOLLOWING TEN-PLUS YEARS OF PRACTICE, CHEN XIN COMBINED THE TRADITIONAL CHINESE MEDICAL THEORY AND THOUGHT OF CHEN'S QI MERIDIAN SWITCHING THERAPY WITH MODERN TECHNOLOGY, PRESENTING IT TO THE STAGE OF LIFE IN AN EXTREMELY VIVID AND PERFECT MANNER. HE WAS DILIGENT AND EFFICIENT, AND HIS DEEDS WERE SUCCESSIVELY REPORTED BY MANY ONLINE MEDIA.

THIS IS A GREAT ERA, AND IT IS ALSO THE ERA WHEN THE CHINESE NATION IS REJUVENATING AND RISING. ON OCTOBER 25, 2016, THE STATE COUNCIL ISSUED THE "HEALTHY CHINA 2030" PLANNING OUTLINE, ELEVATING "IMPROVING PEOPLE'S HEALTH LEVELS" TO A NATIONAL STRATEGY. THE HEALTH INDUSTRY HAS USHERED IN THE SPRING OF DEVELOPMENT. THE REPORT OF THE 20TH NATIONAL CONGRESS OF THE COMMUNIST PARTY OF CHINA ALSO CLEARLY POINTED OUT THAT "PROMOTE THE INHERITANCE AND INNOVATION OF TRADITIONAL CHINESE MEDICINE AND PROMOTE THE CONSTRUCTION OF A HEALTHY CHINA"... LET COUNTLESS PEOPLE LIKE CHEN XIN "BE WILLING TO BE THE SPRING MUD TO PROTECT THE FLOWERS"! THOSE TRADITIONAL CULTURAL INHERITORS WHO HAVE A HEART FOR THE HEALTH OF THE PEOPLE AND ACTIVELY SPREAD THE TRADITIONAL CULTURE OF THE MOTHERLAND, USING SIMPLE, CONVENIENT, INEXPENSIVE AND EFFECTIVE TRADITIONAL CULTURAL TECHNIQUES, BENEFIT MORE PEOPLE AND MAKE MORE PRACTICAL CONTRIBUTIONS TO HEALTHY CHINA!

古法文脉融科创 凉山非遗启新程

华夏上古堂陈氏气脉开关疗法传习基地：以创新激活本土非遗活态生命力

ANCIENT FRENCH MEDICAL SYSTEM INTEGRATES TO CREATE NEW JOURNEY FOR
LIANGSHAN INTANGIBLE CULTURAL HERITAGE

导语

非物质文化遗产活态传承的核心要义在于守正根基、创新路径。坐落于凉山州西昌市的陈氏气脉开关疗法，历经二十二代家族传承，为市、州两级非遗代表性项目。2026 年 6 月 24 日，华夏上古堂凉山陈氏气脉开关疗法传习基地总部正式落成。基地打破传统非遗传承门槛高、普及难的固有局限，以科技创新为核心抓手，构建集文脉展示、师承教学、智能设备研发、康养科普、公益服务于一体的综合运营平台，探索出“古法为根、科技赋能、普惠民生”的民族地区养生非遗活化路径，为同类非遗现代化发展提供实践范本。

一、传承桎梏：传统养生非遗发展的现实困境

陈氏气脉开关疗法完整留存徒手骨雕、七维气脉梳理、五脏古法养护等成套传统技艺，传承脉络清晰，是凉山本土标志性养生非遗资源。项目传承人陈欣深耕本地二十余年，累计培育数百名弟子，面向数十万群众开展非遗康养科普，长期承担本土非遗保护工作。

但古法传承模式存在多重发展瓶颈：一是技艺依托传承人内力积淀，学习周期长、入门门槛高，难以规模化普及；二是手法力度、操作尺度全凭经验把控，人才培育效率偏低；三是线下一对一服务模式覆盖范围有限，难以适配大众常态化养生需求；四是长期徒手实操易造成从业者身心损耗，制约

技艺长效传承。

依据《非物质文化遗产法》非遗创造性转化、创新性发展要求，结合健康中国建设发展导向，传承人陈欣确立“固守古法内核、革新运营模式”发展思路，通过科技手段破解传承痛点，打造凉山首个融合非遗技艺、智能硬件、标准化教学的综合传习载体。



INTRODUCTION

THE CORE ESSENCE OF THE DYNAMIC INHERITANCE OF INTANGIBLE CULTURAL HERITAGE LIES IN UPHOLDING THE ORIGINAL FOUNDATION AND INNOVATING THE PATH. THE CHEN FAMILY’S QI MAI SWITCH THERAPY, LOCATED IN XICHANG CITY, LIANGSHAN PREFECTURE, HAS BEEN PASSED DOWN THROUGH 22 GENERATIONS OF THE FAMILY AND IS A REPRESENTATIVE PROJECT OF INTANGIBLE CULTURAL HERITAGE AT BOTH THE MUNICIPAL AND PROVINCIAL LEVELS. ON JUNE 24, 2026, THE HEADQUARTERS OF THE CHUANHUA SHANGGUAN TONG LIANGSHAN CHEN QI MAI SWITCH THERAPY TRAINING BASE WAS OFFICIALLY COMPLETED. THE BASE BREAKS THROUGH THE INHERENT LIMITATIONS OF TRADITIONAL INTANGIBLE CULTURAL HERITAGE INHERITANCE, WHICH ARE CHARACTERIZED BY HIGH THRESHOLDS AND DIFFICULTY IN POPULARIZATION, BY TAKING TECHNOLOGICAL INNOVATION AS THE CORE DRIVING FORCE. IT BUILDS A COMPREHENSIVE OPERATION PLATFORM THAT INTEGRATES THE DISPLAY OF CULTURAL HERITAGE, TEACHER-STUDENT TRAINING, RESEARCH AND DEVELOPMENT OF INTELLIGENT EQUIPMENT, HEALTH CARE AND POPULAR SCIENCE EDUCATION, AND PUBLIC WELFARE SERVICES. IT EXPLORES THE PATH OF ACTIVATING INTANGIBLE CULTURAL HERITAGE FOR HEALTH PRESERVATION IN ETHNIC REGIONS BASED ON "ANCIENT METHODS AS THE FOUNDATION, TECHNOLOGICAL EMPOWERMENT, AND BENEFITING THE PEOPLE", PROVIDING A PRACTICAL MODEL FOR THE MODERNIZATION DEVELOPMENT OF SIMILAR INTANGIBLE CULTURAL HERITAGES.

I. CONSTRAINTS ON INHERITANCE: THE REALISTIC CHALLENGES FACING THE DEVELOPMENT OF TRADITIONAL HEALTH PRESERVATION INTANGIBLE CULTURAL HERITAGE

THE CHEN QI MAI SWITCH THERAPY HAS COMPLETELY PRESERVED A SET OF TRADITIONAL SKILLS SUCH AS FREEHAND BONE CARVING, SEVEN-DIMENSIONAL QI PULSE GROOMING, AND ANCIENT METHODS OF MAINTAINING THE FIVE INTERNAL ORGANS. THE INHERITANCE LINEAGE IS CLEAR, AND IT IS A LANDMARK HEALTH PRESERVATION INTANGIBLE CULTURAL HERITAGE RESOURCE IN LIANGSHAN. THE PROJECT’S INHERITOR, CHEN XIN, HAS DEVOTED OVER TWO DECADES TO THE LOCAL AREA, HAS CULTIVATED HUNDREDS OF DISCIPLES, AND HAS CONDUCTED INTANGIBLE CULTURAL HERITAGE HEALTH CARE EDUCATION FOR TENS OF THOUSANDS OF PEOPLE, AND HAS LONG BEEN RESPONSIBLE FOR LOCAL INTANGIBLE CULTURAL HERITAGE PROTECTION WORK.

HOWEVER, THE TRADITIONAL INHERITANCE MODEL HAS MULTIPLE DEVELOPMENT BOTTLENECKS: FIRST, THE SKILLS RELY ON THE INNER FORCE ACCUMULATION OF THE INHERITOR, AND THE LEARNING PERIOD IS LONG, WITH A HIGH ENTRY THRESHOLD, MAKING IT DIFFICULT TO ACHIEVE LARGE-SCALE POPULARIZATION; SECOND, THE FORCE AND OPERATION SCALE ARE ALL CONTROLLED BY EXPERIENCE, RESULTING IN LOW EFFICIENCY IN TALENT CULTIVATION;

THIRD, THE ONE-ON-ONE SERVICE MODEL IN THE OFFLINE SETTING HAS LIMITED COVERAGE AND IS DIFFICULT TO ADAPT TO THE REGULAR HEALTH PRESERVATION NEEDS OF THE GENERAL PUBLIC; FOURTH, LONG-TERM FREEHAND PRACTICE CAN EASILY CAUSE PHYSICAL AND MENTAL EXHAUSTION OF PRACTITIONERS, RESTRICTING THE LONG-TERM INHERITANCE OF THE SKILLS.

BASED ON THE REQUIREMENTS OF THE "INTANGIBLE CULTURAL HERITAGE LAW" FOR CREATIVE TRANSFORMATION AND INNOVATIVE DEVELOPMENT OF INTANGIBLE CULTURAL HERITAGE, COMBINED WITH THE DEVELOPMENT ORIENTATION OF THE HEALTHY CHINA INITIATIVE, THE INHERITOR CHEN XIN ESTABLISHED THE DEVELOPMENT CONCEPT OF "STICKING TO THE CORE OF ANCIENT METHODS AND INNOVATING THE OPERATION MODEL", AND THROUGH TECHNOLOGICAL MEANS, SOLVED THE PAIN POINTS OF INHERITANCE, CREATING LIANGSHAN’S FIRST COMPREHENSIVE TRAINING CARRIER THAT INTEGRATES INTANGIBLE CULTURAL HERITAGE SKILLS, INTELLIGENT HARDWARE, AND STANDARDIZED TEACHING.

二、科创赋能：构建非遗现代化传承全新体系

华夏上古堂传习基地规划文脉展示、标准化教学、智能设备研发、科普体验、公益服务五大功能板块，围绕技艺数字化、养护轻量化、教学标准化三大方向迭代升级，坚守古法核心，革新服务形态。

（一）数字化建档，搭建标准化师承教学体系

研发团队对四十九处人体气脉节点、全套舒缓手法、五脏养护流程开展数据采集、影像留存与文本汇编，将传统口传心授的发力逻辑、操作规范转化为可量化、可复刻的标准化教学资料，建成非遗数字档案与实体文脉展厅，完整陈列传承谱系、古法典籍、传统器具，搭配多媒体科普载体，破除传统技艺封闭传承壁垒。

依托数字化成果推出分层教学课程，适配零基础爱好者、康养从业者、专业传承学员不同学习需求，大幅缩短学艺周期；搭建十余人专业师资梯队，常态化开展非遗研学、公益教学，打通非遗技艺社会文化传播通道。

（二）自研智能康养设备，破解行业发展痛点

针对人力依赖度高、从业者劳损、大众养护成本高等行业难题，基地以陈氏古法气脉养护逻辑为底层架构，联合技术团队研发配套智能康养设备。设备复刻传统手法力度、节奏、作用点位，实现两大核心价值：其一，降低一线传承人实操损耗，保障非遗传承可持续；其二，简化养护流程，普通群众可借助设备自主完成基础气脉舒缓，降低古法养生体验门槛。基地常设设备免费体验区，以实景科普传播非遗养生文化。

（三）沉浸式科普体系，拓宽非遗大众传播渠道

摒弃静态展陈模式，打造交互式康养科普空间，围绕人体气脉节点搭建展区，依托图文、智能交互设备科普传统养生文化，聚焦亚健康舒缓、身心养护知识传播，严格规避医疗化宣传表述。

建立“基地展厅 + 线下展演 + 公益宣讲”三维科普网络，定期走进社区、企事业单位、校园开展非遗公益宣讲、技艺展演与设备体验，推动本土非遗文化全域普及。

THE PLANNING CONCEPT OF THE HUAXIA ANCIENT ART HALL TRAINING BASE INCLUDES FIVE FUNCTIONAL SECTIONS: DISPLAY OF PLANNING CONCEPTS, STANDARDIZED TEACHING, RESEARCH AND DEVELOPMENT OF INTELLIGENT EQUIPMENT, POPULAR SCIENCE EXPERIENCE, AND PUBLIC WELFARE SERVICES. IT ITERATIVELY UPGRADES IN THREE DIRECTIONS: DIGITIZATION OF SKILLS, LIGHTWEIGHT MAINTENANCE, AND STANDARDIZATION OF TEACHING. IT ADHERES TO THE CORE OF ANCIENT METHODS AND INNOVATES SERVICE FORMS.

(1) DIGITAL ARCHIVING, ESTABLISHING A STANDARDIZED APPRENTICESHIP TEACHING SYSTEM

THE RESEARCH AND DEVELOPMENT TEAM COLLECTED DATA, RECORDED IMAGES, AND COMPILED TEXTS ON 49 HUMAN MERIDIAN NODES, THE ENTIRE SOOTHING TECHNIQUES, AND THE FIVE-VITAL-ORGANS MAINTENANCE PROCESS. THEY TRANSFORMED THE FORCE-FUL LOGIC AND OPERATION NORMS OF TRADITIONAL ORAL AND HEART-TO-HEART TEACHING INTO QUANTIFIABLE AND REPLICABLE STANDARDIZED TEACHING MATERIALS. THEY BUILT AN INTANGIBLE CULTURAL ARCHIVE AND AN ACTUAL CULTURAL EXHIBITION HALL FOR TRADITIONAL ARTS, FULLY DISPLAYING THE INHERITANCE LINEAGE, ANCIENT CLASSICS, AND TRADITIONAL TOOLS, ALONG WITH MULTIMEDIA SCIENCE POPULARIZATION CARRIERS, BREAKING THE BARRIERS OF CLOSED INHERITANCE OF TRADITIONAL SKILLS.

BASED ON THE DIGITAL ACHIEVEMENTS, THE BASE LAUNCHED LAYERED TEACHING COURSES, ADAPTING TO THE DIFFERENT LEARNING NEEDS OF BEGINNERS, WELLNESS PRACTITIONERS, AND PROFESSIONAL APPRENTICES. THIS SIGNIFICANTLY SHORTENED THE LEARNING AND SKILL ACQUISITION PERIOD; IT ALSO ESTABLISHED A PROFESSIONAL TEACHING TEAM OF OVER TEN PEOPLE, REGULARLY CONDUCTING HERITAGE RESEARCH AND PUBLIC WELFARE TEACHING, AND OPENING UP THE CHANNEL FOR THE SOCIALIZED DISSEMINATION OF HERITAGE SKILLS.

(2) SELF-DEVELOPED INTELLIGENT HEALTH CARE EQUIPMENT, SOLVING INDUSTRY DEVELOPMENT PAIN POINTS

IN RESPONSE TO HIGH RELIANCE ON HUMAN RESOURCES, LABOR INJURIES OF PRACTITIONERS, AND HIGH MAINTENANCE COSTS FOR THE PUBLIC, THE BASE, BASED ON THE ANCIENT NIAN FAMILY'S LOGIC OF MERIDIAN MAINTENANCE, COLLABORATED WITH THE TECHNICAL TEAM TO DEVELOP SUPPORTING INTELLIGENT HEALTH CARE EQUIPMENT. THE EQUIPMENT REPLICATED THE FORCE, RHYTHM, AND ACTION POINTS OF TRADITIONAL TECHNIQUES, ACHIEVING TWO CORE VALUES: FIRST, REDUCING THE OPERATIONAL LOSSES OF THE FIRST-LINE INHERITORS AND ENSURING THE SUSTAINABILITY OF HERITAGE INHERITANCE; SECOND, SIMPLIFYING THE MAINTENANCE PROCESS, ALLOWING ORDINARY PEOPLE TO COMPLETE BASIC MERIDIAN SOOTHING WITH THE HELP OF THE EQUIPMENT, REDUCING THE THRESHOLD FOR EXPERIENCING ANCIENT HEALTH PRESERVATION. THE BASE HAS A PERMANENT FREE EQUIPMENT EXPERIENCE AREA, USING REAL-LIFE SCIENCE POPULARIZATION TO DISSEMINATE THE HERITAGE HEALTH PRESERVATION CULTURE.

(3) IMMERSIVE SCIENCE POPULARIZATION SYSTEM, EXPANDING THE DISSEMINATION CHANNELS OF HERITAGE ARTS

ABANDONING THE STATIC EXHIBITION MODE, IT CREATES AN INTERACTIVE HEALTH CARE SCIENCE POPULARIZATION SPACE, BUILDING EXHIBITION AREAS AROUND HUMAN MERIDIAN NODES, USING GRAPHICS, INTELLIGENT INTERACTIVE DEVICES TO POPULARIZE TRADITIONAL HEALTH PRESERVATION CULTURE, FOCUSING ON THE DISSEMINATION OF SUB-HEALTH SOOTHING AND PHYSICAL AND MENTAL CARE KNOWLEDGE, STRICTLY AVOIDING MEDICALIZED EXPRESSION.

ESTABLISHING A THREE-DIMENSIONAL SCIENCE POPULARIZATION NETWORK OF "BASE EXHIBITION HALL + OFFLINE PERFORMANCES + PUBLIC WELFARE LECTURES", REGULARLY VISITING COMMUNITIES, ENTERPRISES, AND SCHOOLS TO CONDUCT PUBLIC WELFARE LECTURES, HERITAGE PERFORMANCES, AND EQUIPMENT EXPERIENCES, PROMOTING THE UNIVERSAL POPULARIZATION OF LOCAL HERITAGE CULTURE.



■ 三、乡土为本：非遗创新发展的民生价值内核

作为深耕凉山本土的非遗传承人，陈欣打造科创传习基地的核心初心为回馈乡土，发展布局紧扣三大本土使命：

1. 系统性保护本土非遗资源：填补西昌传统养生非遗专属传习阵地空白，统筹非遗实物陈列、活态展演、人才培养功能，完善区域非遗保护载体，系统化留存本土特色文化资源。
2. 普惠大众日常康养需求：依托智能设备、轻量化教学降低正统古法养护的学习、体验成本，覆盖工薪群体、中老年、青少年等多元人群，践行普惠康养的传承愿景。
3. 培育本土非遗人才梯队：面向凉山本地群体开放招生，优先吸纳待业青年、康养从业者、传统文化爱好者，通过标准化课程与智能实操教学批量培育本土传承人，完善人才储备，规避技艺传承断层，带动本地传统文化就业。

基地开业仪式设置揭牌剪彩、技艺展演、智能设备科普体验等环节，后续将常态化开放公益体验日、非遗研学、行业交流活动，联动文旅、卫健、非遗保护主管单位协同推进本土非遗创新发展。

AS AN INHERITOR OF INTANGIBLE CULTURAL HERITAGE DEEPLY ROOTED IN THE LOCAL AREA OF LIANGSHAN, CHEN XIN'S CORE INTENTION IN ESTABLISHING THE SCIENCE AND TECHNOLOGY TRAINING BASE IS TO GIVE BACK TO THE LOCAL COMMUNITY AND DEVELOP THE LAYOUT IN LINE WITH THREE LOCAL MISSIONS:

1. SYSTEMATIC PROTECTION OF LOCAL INTANGIBLE CULTURAL HERITAGE RESOURCES: FILL THE GAP OF A DEDICATED TRAINING SITE FOR TRADITIONAL HEALTH PRESERVATION INTANGIBLE CULTURAL HERITAGE IN XICHANG, COORDINATE THE FUNCTIONS OF PHYSICAL DISPLAY, LIVE PERFORMANCE, AND TALENT CULTIVATION, IMPROVE THE REGIONAL PROTECTION CARRIER OF INTANGIBLE CULTURAL HERITAGE, AND SYSTEMATICALLY PRESERVE LOCAL CULTURAL RESOURCES WITH CHARACTERISTICS.
2. MEET THE DAILY HEALTH CARE NEEDS OF THE GENERAL PUBLIC: RELYING ON INTELLIGENT EQUIPMENT AND LIGHTWEIGHT TEACHING TO REDUCE THE LEARNING AND EXPERIENCE COSTS OF TRADITIONAL ANCIENT METHODS OF MAINTENANCE, COVER MULTIPLE GROUPS SUCH AS SALARIED WORKERS, MIDDLE-AGED AND ELDERLY PEOPLE, AND TEENAGERS, AND PRACTICE THE VISION OF INCLUSIVE HEALTH CARE INHERITANCE.

3. CULTIVATE A LOCAL INTANGIBLE CULTURAL HERITAGE TALENT PIPELINE: OPEN ENROLLMENT TO THE LOCAL COMMUNITY, PRIORITIZE RECRUITING UNEMPLOYED YOUTH, HEALTH CARE PRACTITIONERS, AND TRADITIONAL CULTURE ENTHUSIASTS. THROUGH STANDARDIZED COURSES AND INTELLIGENT PRACTICAL TEACHING, BATCH TRAIN LOCAL INHERITORS, IMPROVE THE TALENT RESERVE, AVOID THE GAP IN SKILL INHERITANCE, AND DRIVE LOCAL TRADITIONAL CULTURE EMPLOYMENT.

THE OPENING CEREMONY OF THE BASE SETS UP UNVEILING AND RIBBON-CUTTING, PERFORMANCE OF SKILLS, AND POPULARIZATION AND EXPERIENCE OF INTELLIGENT EQUIPMENT, ETC. IN THE FUTURE, IT WILL REGULARLY OPEN PUBLIC EXPERIENCE DAYS, INTANGIBLE CULTURAL HERITAGE STUDY TOURS, AND INDUSTRY EXCHANGE ACTIVITIES, AND COLLABORATE WITH CULTURAL TOURISM, HEALTH AND WELLNESS, AND INTANGIBLE CULTURAL HERITAGE PROTECTION SUPERVISORY UNITS TO JOINTLY PROMOTE THE INNOVATIVE DEVELOPMENT OF LOCAL INTANGIBLE CULTURAL HERITAGE.



■ 四、示范引领：打造民族地区非遗发展标杆

文旅行业明确，传统非遗长效发展需平衡守正与创新，在保留文化内核的基础上依托现代科技、商业模式拓宽发展边界，华夏上古堂传习基地正是民族地区养生非遗创新发展的完整实践样本。

从合规运营层面，基地严格区分非遗文化科普与医疗诊疗边界，内容仅聚焦传统养生、身心舒缓科普，不涉及疾病诊疗与疗效承诺，完全契合《广告法》《非物质文化遗产法》相关规范，传承谱系、非遗资质、研发成果全程可溯源。

从行业示范层面，基地形成可复制的发展范式：以完整非遗文脉为根基，数字化留存梳理古法技艺，智能硬件降低普及门槛，公益科普拓宽传播边界，兼顾文化保护、人才培育、民生服务多重价值，破解非遗“重展示、轻活用”“重传承、轻普及”的行业共性难题。

面向未来，传承人陈欣表示，基地将持续迭代智能康养设备、完善非遗数字档案库、扩大公益科普覆盖范围，联动省内非遗机构、康养行业协会开展跨界交流。坚持以科技创新赋能二十二代陈氏气脉非遗文脉，立足凉山本土持续活化传统养生文化，以非遗资源助力全民健康事业，推动千年古法养生文化走向大众、走向更广发展空间。

THE CULTURAL AND TOURISM INDUSTRY HAS CLEARLY STATED THAT FOR THE LONG-TERM SUSTAINABLE DEVELOPMENT OF TRADITIONAL INTANGIBLE CULTURAL HERITAGE, A BALANCE MUST BE STRUCK BETWEEN UPHOLDING TRADITION AND INNOVATION. ON THE BASIS OF PRESERVING THE CORE OF THE CULTURE, IT IS NECESSARY TO EXPAND THE DEVELOPMENT BOUNDARIES BY RELYING ON MODERN TECHNOLOGY AND BUSINESS MODELS. THE HUAXIA ANCIENT ORIGINS TRAINING BASE IS A COMPLETE PRACTICAL SAMPLE OF THE INNOVATIVE DEVELOPMENT OF HEALTH-RELATED INTANGIBLE CULTURAL HERITAGE IN ETHNIC AREAS.

FROM THE PERSPECTIVE OF COMPLIANT OPERATION, THE BASE STRICTLY DISTINGUISHES THE BOUNDARIES BETWEEN THE POPULARIZATION OF INTANGIBLE CULTURAL HERITAGE KNOWLEDGE AND MEDICAL DIAGNOSIS AND TREATMENT. THE CONTENT FOCUSES ONLY ON TRADITIONAL HEALTH PRESERVATION AND RELAXATION KNOWLEDGE, AND DOES NOT INVOLVE DISEASE DIAGNOSIS AND TREATMENT OR CLAIMS OF EFFICACY. IT FULLY COMPLIES WITH THE RELEVANT REGULATIONS OF THE "ADVERTISING LAW" AND THE "INTANGIBLE CULTURAL HERITAGE LAW", AND THE INHERITANCE LINEAGE, INTANGIBLE CULTURAL HERITAGE QUALIFICATIONS, AND RESEARCH AND DEVELOPMENT

ACHIEVEMENTS ARE ALL TRACEABLE THROUGHOUT THE PROCESS.

FROM THE PERSPECTIVE OF INDUSTRY DEMONSTRATION, THE BASE HAS FORMED A REPLICABLE DEVELOPMENT MODEL: BASED ON THE COMPLETE INTANGIBLE CULTURAL HERITAGE HERITAGE, DIGITAL PRESERVATION AND ORGANIZATION OF ANCIENT TECHNIQUES, INTELLIGENT HARDWARE TO LOWER THE THRESHOLD OF POPULARIZATION, PUBLIC WELFARE EDUCATION TO EXPAND THE DISSEMINATION BOUNDARIES, TAKING INTO ACCOUNT MULTIPLE VALUES SUCH AS CULTURAL PROTECTION, TALENT CULTIVATION, AND LIVELIHOOD SERVICES, AND SOLVING THE COMMON INDUSTRY PROBLEMS OF "OVEREMPHASIZING DISPLAY AND UNDEREMPHASIZING PRACTICAL USE" AND "OVEREMPHASIZING INHERITANCE AND UNDEREMPHASIZING POPULARIZATION".

LOOKING TO THE FUTURE, CHEN XIN, THE INHERITOR, STATED THAT THE BASE WILL CONTINUE TO ITERATE INTELLIGENT HEALTH CARE EQUIPMENT, IMPROVE THE INTANGIBLE CULTURAL HERITAGE DIGITAL ARCHIVE, EXPAND THE COVERAGE OF PUBLIC WELFARE EDUCATION, COLLABORATE WITH LOCAL INTANGIBLE CULTURAL HERITAGE INSTITUTIONS AND HEALTH CARE ASSOCIATIONS TO CARRY OUT CROSS-BORDER EXCHANGES. IT WILL CONTINUE TO EMPOWER THE INTANGIBLE CULTURAL HERITAGE OF THE CHEN FAMILY'S 22ND GENERATION WITH SCIENTIFIC AND TECHNOLOGICAL INNOVATION, BASED ON THE LOCAL ENVIRONMENT OF LIANGSHAN, CONTINUOUSLY ACTIVATE TRADITIONAL HEALTH PRESERVATION CULTURE, USE INTANGIBLE CULTURAL HERITAGE RESOURCES TO CONTRIBUTE TO THE NATIONAL HEALTH CAUSE, AND PROMOTE THE ANCIENT TRADITIONAL HEALTH PRESERVATION CULTURE TO REACH THE MASSES AND EXPAND ITS DEVELOPMENT SPACE.



古法文脉融科创凉山非遗启新程 华夏上古堂陈氏气脉开关疗法传习基地：以创新激活本土 非遗活态生命力

ANCIENT FRENCH MEDICAL SYSTEM INTEGRATES TO CREATE NEW JOURNEY FOR
LIANGSHAN INTANGIBLE CULTURAL HERITAGE

导语

非物质文化遗产活态传承的核心要义，在于守正根基、创新路径、普惠民生。在国家大力支持中医药传承创新、推进全民健康战略的时代背景下，坐落于凉山州西昌市的陈氏气脉开关疗法，历经二十二代家族薪火相传，是凉山州、西昌市两级重点非物质文化遗产代表性项目。2016 年开始正式启动内部传承，2026 年 6 月 24 日，华夏上古堂凉山陈氏气脉开关疗法传习基地总部正式落成。

基地立足大凉山本土脉与中医千年文脉，在政府的大力支持下，打破传统非遗传承门槛高、理解难、普及难、落地难的固有局限，以古法守正为根、科技创新为翼、防病惠民为本，构建集文脉溯源展示、标准化师承教学、智能设备科创研发、全民康养科普、公益民生服务于一体的现代化非遗综合运营平台。

当前大众健康认知普遍存在两大误区：一是身体发出疼痛、僵硬、酸胀等各类求救信号时，多数人只盲目消除表面症状，治标不治本，导致病痛反复；二是普遍存在“小病拖、大病扛”的心态，读不懂身体传递的修复信号，任由小隐患演变成重大疾患。

为此，我们将出版《自愈心经：人体的 365 个生死求救信号》与《人体说明书》两部著作，系统教会大众读懂身体语言、掌握正确使用身体的方法。

区别于市面单一、浅表、碎片化的养生调理方式，陈氏气脉开关疗法秉持中医整体机能系统观，不单单处理表面症状，重在读懂身体发出的求救信号，实现从皮肤、经络、脉络、微循环、筋膜、骨

骼、神经、内脏、脏腑气机的全维度、深层次、系统性调衡，完整肃清人体内外双邪、修复全身气血闭环、疏通周身微循环淤堵，真正践行未病先防、阻病防变、远离大病重病的中医至高理念。

我们致力于汇集千万家，在每个社区建立传承智慧的惠民门店，助力全民健康，缓解社会医疗压力，探索出民族地区养生非遗“活起来、传下去、惠万家”的全新活化路径，为全国同类非遗现代化、普惠化发展提供可复制、可落地的实践范本。

THE CORE ESSENCE OF THE INTANGIBLE CULTURAL HERITAGE S LIVING INHERITANCE LIES IN PRESERVING FUNDAMENTAL TRADITIONS, INNOVATING APPROACHES, AND BENEFITING THE GENERAL PUBLIC. AGAINST THE BACKDROP OF ROBUST NATIONAL SUPPORT FOR THE INHERITANCE AND INNOVATION OF TRADITIONAL CHINESE MEDICINE AND THE ADVANCEMENT OF THE NATIONAL HEALTH STRATEGY, THE CHEN S QI-MERIDIAN SWITCH THERAPY, LOCATED IN XICHANG, LIANGSHAN PREFECTURE, HAS BEEN PASSED DOWN WITHIN THE FAMILY FOR 22 GENERATIONS. IT IS A KEY REPRESENTATIVE INTANGIBLE CULTURAL HERITAGE PROJECT AT BOTH LIANGSHAN PREFECTURAL AND XICHANG MUNICIPAL LEVELS. INTERNAL INHERITANCE OFFICIALLY KICKED OFF IN 2016. ON JUNE 24, 2026, THE HEADQUARTERS OF THE LIANGSHAN CHEN S QI-MERIDIAN SWITCH THERAPY INHERITANCE BASE OF HUAXIA SHANGGU HALL WAS OFFICIALLY COMPLETED.

ROOTED IN THE LOCAL GEOGRAPHY OF THE GREATER LIANGSHAN REGION AND THE MILLENNIUM-OLD CULTURAL LINEAGE OF TRADITIONAL CHINESE MEDICINE, AND WITH STRONG GOVERNMENT SUPPORT, THE BASE BREAKS THE INHERENT CONSTRAINTS OF TRADITIONAL INTANGIBLE CULTURAL HERITAGE INHERITANCE ⑥ HIGH BARRIERS TO ENTRY, DIFFICULTY IN COMPREHENSION, POPULARIZATION AND IMPLEMENTATION. TAKING THE PRESERVATION OF ANCIENT METHODS AS ITS FOUNDATION, SCIENTIFIC AND TECHNOLOGICAL INNOVATION AS ITS DRIVING FORCE, AND DISEASE PREVENTION AND PUBLIC WELL-BEING AS ITS PURPOSE, IT HAS BUILT A MODERN COMPREHENSIVE OPERATION PLATFORM FOR INTANGIBLE CULTURAL HERITAGE INTEGRATING CULTURAL ORIGIN EXHIBITION, STANDARDIZED MENTORSHIP TRAINING, INTELLIGENT EQUIPMENT RESEARCH AND DEVELOPMENT, NATIONAL HEALTH SCIENCE POPULARIZATION, AND PUBLIC WELFARE SERVICES FOR PEOPLE S LIVELIHOOD.

CURRENTLY, THERE ARE TWO WIDESPREAD MISCONCEPTIONS IN PUBLIC HEALTH AWARENESS. FIRST, WHEN THE BODY SENDS OUT DISTRESS SIGNALS SUCH AS PAIN, STIFFNESS, SORENESS AND DISTENSION, MOST PEOPLE

MERELY RELIEVE SUPERFICIAL SYMPTOMS BLINDLY, TREATING SYMPTOMS RATHER THAN ROOT CAUSES, RESULTING IN RECURRING AILMENTS. SECOND, MANY TEND TO DELAY MINOR ILLNESSES AND ENDURE SERIOUS ONES, FAILING TO INTERPRET THE BODY S REPAIR SIGNALS AND LETTING MINOR HEALTH RISKS DEVELOP INTO SEVERE DISEASES.

TO ADDRESS THIS, WE WILL PUBLISH TWO BOOKS: *THE SCRIPTURE OF SELF-HEALING: 365 LIFE-AND-DEATH DISTRESS SIGNALS OF THE HUMAN BODY* AND *THE HUMAN BODY MANUAL*. THESE WORKS WILL SYSTEMATICALLY TEACH THE PUBLIC TO INTERPRET BODILY CUES AND MASTER THE PROPER WAYS TO CARE FOR THE HUMAN BODY.

DIFFERENT FROM THE SIMPLISTIC, SUPERFICIAL AND FRAGMENTED HEALTH CONDITIONING METHODS AVAILABLE ON THE MARKET, CHEN S QI-MERIDIAN SWITCH THERAPY UPHOLDS THE HOLISTIC SYSTEMIC PERSPECTIVE OF TRADITIONAL CHINESE MEDICINE ON BODILY FUNCTIONS. INSTEAD OF ONLY ADDRESSING SURFACE SYMPTOMS, IT FOCUSES ON DECIPHERING DISTRESS SIGNALS FROM THE BODY. IT DELIVERS COMPREHENSIVE, IN-DEPTH AND SYSTEMATIC REGULATION AND BALANCE COVERING THE SKIN, MERIDIANS, VESSELS, MICROCIRCULATION, FASCIA, BONES, NERVES, INTERNAL ORGANS AND VISCERAL QI MOVEMENT. IT THOROUGHLY ELIMINATES PATHOGENIC FACTORS INSIDE AND OUTSIDE THE HUMAN BODY, REPAIRS THE CLOSED LOOP OF QI AND BLOOD THROUGHOUT THE BODY, AND DREDGES STAGNATION IN SYSTEMIC MICROCIRCULATION. IT TRULY PRACTICES THE SUPREME TCM PHILOSOPHY OF PREVENTING DISEASES BEFORE THEIR ONSET, ARRESTING DISEASE PROGRESSION, AND STAYING AWAY FROM SEVERE AND CRITICAL ILLNESSES.

WE AIM TO UNITE COUNTLESS HOUSEHOLDS AND ESTABLISH COMMUNITY-BASED PUBLIC WELFARE STORES TO PASS ON THIS WISDOM IN EVERY NEIGHBORHOOD. THIS INITIATIVE HELPS ADVANCE NATIONAL HEALTH, EASE PRESSURE ON THE SOCIAL MEDICAL SYSTEM, AND EXPLORE A NEW REVITALIZATION PATH FOR ETHNIC-REGION HEALTH-RELATED INTANGIBLE CULTURAL HERITAGE ⑥ MAKING IT ⑥ALIVE, ENDURING AND BENEFICIAL TO THOUSANDS OF FAMILIES⑥. IT WILL PROVIDE A REPLICABLE AND ACTIONABLE PRACTICAL MODEL FOR THE MODERNIZATION AND POPULARIZATION OF SIMILAR INTANGIBLE CULTURAL HERITAGE ACROSS CHINA.

一、中医千年智慧：历代传承与时代局限

中华中医文脉源远流长，历代医家不断探索人体养护之道，留下了宝贵的智慧结晶。	THE ANCIENT ERA: WISDOM AND LIMITATIONS OF MANUAL TUINA
上古时期：徒手推拿的智慧与局限	ANCIENT PEOPLE USED HANDS IN PLACE OF NEEDLES, REGULATING THE BODY THROUGH MANIPULATION TECHNIQUES SUCH AS PRESSING, RUBBING, KNEADING, PINCHING AND GRASPING, WHICH REFLECTS REMARKABLE DIAGNOSTIC AND THERAPEUTIC WISDOM. MANUAL TUINA ACTS DIRECTLY ON THE BODY SURFACE, DREDGING SUPERFICIAL QI AND BLOOD AND RELIEVING MUSCULAR TENSION. IT MARKS THE BEGINNING OF EXTERNAL THERAPIES IN TCM.
古人以手代针，通过点、按、揉、捏、拿等手法调理身体，体现了非凡的诊疗智慧。徒手推拿能够直接作用于体表，疏通浅表气血，缓解肌肉紧张，是中医外治法的重要开端。但其局限也十分明显：手法力度有限，难以渗透深层组织；施术效果依赖个人经验，难以标准化；更重要的是，对于深层经络淤堵、脏腑机能失调等复杂问题，纯手法难以从根本上解决。	NEVERTHELESS, IT HAS OBVIOUS LIMITATIONS: HAND-APPLIED FORCE IS LIMITED AND HARD TO PENETRATE DEEP TISSUES; TREATMENT OUTCOMES RELY HEAVILY ON PERSONAL EXPERIENCE AND ARE DIFFICULT TO STANDARDIZE. MORE IMPORTANTLY, FOR COMPLEX CONDITIONS SUCH AS DEEP MERIDIAN STAGNATION AND VISCERAL DYSFUNCTION, MANUAL MANIPULATION ALONE CAN HARDLY RESOLVE PROBLEMS FUNDAMENTALLY.
发展时期：砭石、刮痧与针灸的演进	THE DEVELOPMENTAL STAGE: EVOLUTION OF BIAN-STONE, GUA SHA AND ACUPUNCTURE
为突破手法局限，古人发明了砭石、刮痧等工具，通过物理刺激增强调理效果。随后诞生的针灸疗法，能够精准作用于穴位，调节经络气血，成为中医史上的重大突破。从砭石到刮痧，再到传统针灸和现代电针，调理深度和精准度不断提升。但这些方法仍存在共同局限：多为局部或单点治疗，难以实现全身气脉的整体贯通；对于复杂的系统性问题，往往难以达到根治效果。	TO OVERCOME THE CONSTRAINTS OF MANUAL THERAPY, ANCIENT PEOPLE CREATED TOOLS LIKE BIAN-STONE FOR GUA SHA, ENHANCING THERAPEUTIC EFFECTS VIA PHYSICAL STIMULATION. ACUPUNCTURE EMERGED LATER AS A MAJOR BREAKTHROUGH IN TCM HISTORY, TARGETING ACUPOINTS PRECISELY TO REGULATE QI AND BLOOD IN MERIDIANS. FROM BIAN-STONE AND GUA SHA TO TRADITIONAL ACUPUNCTURE AND MODERN ELECTROACUPUNCTURE, TREATMENT DEPTH AND PRECISION KEPT IMPROVING.
高阶探索：古人用气的传承困境	YET THESE METHODS SHARE COMMON DRAWBACKS: MOST DELIVER LOCAL OR SINGLE-POINT THERAPY AND STRUGGLE TO ACHIEVE HOLISTIC UNBLOCKING OF QI CHANNELS ACROSS THE WHOLE BODY. THEY OFTEN CANNOT PRODUCE RADICAL CURES FOR COMPLEX SYSTEMIC DISORDERS.
真正能够实现深层通脉、调和脏腑的古法，是依靠医者修炼的内气内功。以人之气机带动患者气脉运行，效果显著，但传承门槛极高。需要十年甚至数十年的潜心修炼，且耗气伤神，难以规模化普及，始终局限于少数人掌握。	ADVANCED EXPLORATION: INHERITANCE DILEMMA OF ANCIENT QI-BASED THERAPY
千年传承的共同挑战	THE ANCIENT ADVANCED METHOD CAPABLE OF DEEPLY UNBLOCKING MERIDIANS AND HARMONIZING ZANG-FU ORGANS RELIES ON THE PRACTITIONER S CULTIVATED INTERNAL QI AND INNER SKILL. THE PRACTITIONER MOBILIZES THE PATIENT S QI CIRCULATION WITH THEIR OWN QI MECHANISM AND ACHIEVES REMARKABLE EFFECTS. HOWEVER, THE BARRIER TO INHERITANCE IS EXTREMELY HIGH.
纵观中医发展史，从徒手推拿、砭石刮痧，到针灸电针，再到内功调理，每一代技术都体现了古人的智慧，但也都存在各自的局限：或难以深入，或无法整体，或传承艰难。这些局限导致许多传统疗法难以适应现代社会的健康需求，亟需与时俱进的创新发展。	IT TAKES PRACTITIONERS TEN OR EVEN DECADES OF DEVOTED CULTIVATION. MOREOVER, THIS PRACTICE CONSUMES THE PRACTITIONER S QI AND VITALITY, MAKING LARGE-SCALE POPULARIZATION IMPOSSIBLE. IT HAS LONG BEEN MASTERED ONLY BY A SMALL NUMBER OF PEOPLE.
TRADITIONAL CHINESE MEDICINE (TCM) BOASTS A TIME-HONORED HERITAGE. PHYSICIANS OF SUCCESSIVE DYNASTIES CONTINUOUSLY EXPLORED WAYS TO NOURISH THE HUMAN BODY, LEAVING BEHIND PRECIOUS INTELLECTUAL TREASURES.	SHARED CHALLENGES IN MILLENNIAL INHERITANCE

LOOKING THROUGH THE DEVELOPMENT HISTORY OF TCM ⑤ FROM MANUAL TUINA, BIAN-STONE AND GUA SHA, TO ACUPUNCTURE, ELECTROACUPUNCTURE AND INTERNAL QI THERAPY ⑥ EVERY GENERATION OF TECHNIQUES EMBODIES ANCIENT WISDOM YET CARRIES RESPECTIVE LIMITATIONS: INSUFFICIENT PENETRATION, LACK OF HOLISTIC REGULATION, OR BARRIERS TO INHERITANCE.

THESE LIMITATIONS MAKE MANY TRADITIONAL THERAPIES ILL-SUITED TO MODERN HEALTH DEMANDS. TIMELY INNOVATION ALIGNED WITH THE TIMES IS THEREFORE URGENTLY NEEDED.

■ 二、初心溯源：从生死绝境走来，只为万家无病无忧

所有的创新、所有的坚守、所有打破千年祖训、公开家族绝学的勇气，皆源于最痛的生死经历、最深的民生共情、最重的医者担当。

1996 年，传承人陈欣之父陈明义确诊淋巴瘤重症，腹腔瘤体密布，西医判定生存期仅剩两个月。在全家绝境、求医无门之际，依托陈氏二十二代祖传气脉古法，逐邪通脉、固本培元，硬生生逆转生死宣判。本该离世的父亲，延寿安稳生活二十二年。

命运磨难接踵而至，陈欣本人确诊遗传性淋巴瘤中晚期，父子两代人先后深陷重疾绝境、直面生死浩劫。无人可依、无药可救之时，唯有家传千年气脉开关疗法，层层疏通气脉、肃清内外邪毒、重启脏腑机能、修复生命闭环。历时三年古法自养，彻底康复、满血重生，至今三十年身体康健、无复发、无隐患。

亲身走过重疾绝境，才真正深知：

大病从不是个人病痛，而是一个家庭的崩塌与灾难；

重病带来的不仅是身体痛苦，更是无尽的绝望与无助。

正是这份从生死绝境淬炼出的初心，让陈欣立下毕生宏愿：教会大家读懂身体的求救信号，不再让百姓小病拖大、大病拖危；不再让家庭承受重疾灾难；愿天下父母行走自如，让每个家庭都有一个懂健康、会防病、能自养的人。

ALL INNOVATIONS, PERSEVERANCE, AND THE COURAGE TO BREAK MILL-OLD ANCESTRAL RULES AND UNVEIL THE FAMILY S ESOTERIC HERITAGE STEM FROM THE MOST HARROWING LIFE-AND-DEATH EXPERIENCES, PROFOUND EMPATHY FOR PEOPLE S HARDSHIPS, AND THE GRAVE RESPONSIBILITY OF A HEALER.

IN 1996, CHEN MINGYI, FATHER OF INHERITOR CHEN XIN, WAS DIAGNOSED WITH ADVANCED LYMPHOMA WITH NUMEROUS TUMORS IN THE ABDOMINAL CAVITY. WESTERN MEDICINE GAVE HIM ONLY TWO MONTHS TO LIVE. FACED WITH UTTER DESPAIR AND NO ACCESSIBLE MEDICAL HELP, THE FAMILY RESORTED TO THE 22-GENERATION CHEN FAMILY S ANCIENT QI-MERIDIAN THERAPY TO EXPEL PATHOGENIC FACTORS, UNBLOCK MERIDIANS, CONSOLIDATE THE ROOT AND NURTURE VITALITY. THE VERDICT OF DEATH WAS REVERSED. HIS FATHER, WHO WAS EXPECTED TO PASS AWAY, LIVED ANOTHER 22 YEARS IN STABLE CONDITION.

HARDSHIPS KEPT COMING. CHEN XIN HIMSELF WAS DIAGNOSED WITH HEREDITARY LYMPHOMA AT THE MID-TO-LATE STAGE. FATHER AND SON FELL ONE AFTER ANOTHER INTO THE ABYSS OF SEVERE ILLNESS, CONFRONTING THE CATASTROPHE OF LIFE AND DEATH. WITH NOWHERE TO TURN AND NO EFFECTIVE MEDICATION AVAILABLE, ONLY THE ANCESTRAL MILLENNIAL QI-MERIDIAN SWITCH THERAPY COULD HELP: IT UNBLOCKS QI CHANNELS LAYER BY LAYER, ELIMINATES INTERNAL AND EXTERNAL PATHOGENIC TOXINS, REACTIVATES VISCERAL FUNCTIONS, AND REPAIRS THE CLOSED LOOP OF LIFE. AFTER THREE YEARS OF SELF-HEALING WITH THIS ANCIENT METHOD, HE MADE A FULL RECOVERY AND REGAINED FULL VITALITY. FOR THIRTY YEARS SINCE THEN, HE HAS STAYED HEALTHY WITH NO RECURRENCE OR UNDERLYING RISKS.

ONLY AFTER WALKING THROUGH THE ABYSS OF SERIOUS ILLNESS DOES ONE TRULY UNDERSTAND:

A CRITICAL ILLNESS IS NEVER MERELY AN INDIVIDUAL AILMENT, BUT A COLLAPSE AND CATASTROPHE FOR AN ENTIRE FAMILY.

SEVERE DISEASE BRINGS NOT JUST PHYSICAL AGONY, BUT ENDLESS DESPAIR AND HELPLESSNESS.

IT IS THIS ORIGINAL ASPIRATION FORGED IN LIFE-OR-DEATH ADVERSITY THAT INSPIRED CHEN XIN TO MAKE A LIFELONG VOW: TO TEACH PEOPLE TO READ THEIR BODY S DISTRESS SIGNALS, SO MINOR AILMENTS WILL NOT WORSEN INTO LIFE-THREATENING CONDITIONS; TO SPARE FAMILIES FROM DISASTERS CAUSED BY SERIOUS ILLNESS; TO WISH ALL PARENTS MOBILITY AND EASE OF MOVEMENT, AND TO ENSURE EVERY FAMILY HAS SOMEONE WHO UNDERSTANDS HEALTH, KNOWS DISEASE PREVENTION, AND CAN PRACTICE SELF-NURTURING.

■ 三、科创赋能：古法智慧与现代科技的完美融合

华夏上古堂传习基地立足古法、突破古法、升级古法，在继承历代中医智慧的基础上，运用现代科技手段实现革命性创新。

（一）数字化建档留存，搭建标准化师承育人体系

基地研发团队深度梳理家族千年传承精髓，对人体 21 条气脉通路、49 个核心气脉节点、十大机能系统、全套七维通脉手法、五脏气机养护流程、内外邪肃清逻辑开展全维度数据采集、影像留存、文本汇编。将传统口传心授的发力机理、气机运行、操作规范、深浅层次，转化为可量化、可复刻、可教学、可落地的标准化非遗教学体系。

基地建成专业非遗数字档案库与实体文脉展厅，完整陈列二十二代传承谱系、千年古法典籍、传统施治器具、技术迭代成果，搭配现代化多媒体科普载体，彻底打破传统技艺封闭私传、秘而不宣的千年壁垒。

（二）自研非遗智能设备，首创「生物电能量手」手仪合一体系

针对传统疗法局限及施术者耗气伤身等行业痛点，基地以陈氏古法气脉开关运行逻辑、人体 21 条生命气脉通路、49 个核心节点、十大机能系统为底层架构，自主研发非遗专属智能康养设备——生物气脉仪。

技术核心革命性突破

陈氏气脉开关疗法不弃手、不离手、重在手！

区别于普通人工蛮力手法、区别于仪器单一震动热敷，

独创「古法双手 + 生物气脉仪」手仪合一模式。

以生物气脉仪赋能人体，让施术双手拥有生物电频率、人体磁场、深层渗透能量、闭环气机动能，打造一双通电、带磁、聚气、通脉、深层透骨的神奇能量手。

这套体系完美融合了历代中医智慧与现代科技：

继承古法精髓：传承徒手推拿的直接性、针灸的精准性、内功的深层渗透性

突破传统局限：无需苦修内功，即可实现深层调理；无需针刺，即可达到系统疏通

实现双向受益：在调理他人的同时，施术者自身也同步获得调理，破解“愈人损己”困局

达成整体调理：通过生物电闭环激活人体自身生命机能，实现由点成线、由线成面、由面成整体的系统调衡

通过逐层肃清外邪风寒湿燥火、内邪七情郁气淤结，打通全身微循环、修复断裂气脉闭环、调和五脏气机运转，实现皮肤→经络→脉络→微循环→筋膜→骨骼→神经→内脏→脏腑的九层全维度、深层次、根源性系统调理。

（三）文化成果：《自愈心经》与《人体说明书》

为将千年中医智慧系统化、普及化，我们将出版两部核心著作：

《自愈心经：人体的 365 个生死求救信号》

系统解读人体发出的各类健康信号，教会读者读懂身体语言，及时发现健康隐患，掌握自我调理的时机与方法。

《人体说明书》

全面介绍人体的构造、机能、养护方法，如同使用说明书一样，指导人们正确使用身体、科学养护健康，实现未病先防、既病防变。



给徐悲鸿弟子97岁杨先夫妻调理身体后合影，亲得先生手书「但愿人长久」

HUAXIA SHANGGU HALL INHERITANCE BASE TAKES ANCIENT THERAPIES AS ITS FOUNDATION, BREAKS THROUGH THEIR LIMITATIONS AND UPGRADES THEM. BUILDING UPON THE INHERITANCE OF TCM WISDOM FROM SUCCESSIVE GENERATIONS, IT DELIVERS REVOLUTIONARY INNOVATION BY ADOPTING MODERN TECHNOLOGICAL APPROACHES.

(I) DIGITAL ARCHIVING AND ESTABLISHMENT OF A STANDARDIZED MENTORSHIP TRAINING SYSTEM

THE BASE'S R&D TEAM HAS THOROUGHLY SORTED OUT THE ESSENCE OF THE MILLENNIUM-OLD FAMILY HERITAGE. IT CONDUCTS FULL-DIMENSIONAL DATA COLLECTION, IMAGE RECORDING AND TEXT COMPILATION COVERING THE 21 QI-MERIDIAN PATHWAYS OF THE HUMAN BODY, 49 CORE QI-MERIDIAN NODES, TEN MAJOR FUNCTIONAL SYSTEMS, THE COMPLETE SET OF SEVEN-DIMENSIONAL MERIDIAN-UNBLOCKING MANIPULATIONS, QI-NURTURING PROTOCOLS FOR THE FIVE ZANG ORGANS, AND THE LOGIC FOR ELIMINATING INTERNAL AND EXTERNAL PATHOGENIC FACTORS.

THE TRADITIONALLY ORALLY-TRANSMITTED PRINCIPLES OF FORCE APPLICATION, QI MOVEMENT, OPERATIONAL STANDARDS AND DEPTH GRADING ARE CONVERTED INTO A QUANTIFIABLE, REPLICABLE, TEACHABLE AND IMPLEMENTABLE STANDARDIZED INTANGIBLE CULTURAL HERITAGE (ICH) TEACHING SYSTEM.

THE BASE HAS BUILT A PROFESSIONAL DIGITAL ARCHIVE FOR INTANGIBLE CULTURAL HERITAGE AND A PHYSICAL CULTURAL LINEAGE EXHIBITION HALL. IT FULLY DISPLAYS THE 22-GENERATION INHERITANCE PEDIGREE, ANCIENT MEDICAL CLASSICS, TRADITIONAL THERAPEUTIC TOOLS AND ACHIEVEMENTS OF TECHNICAL ITERATION. SUPPORTED BY MODERN MULTIMEDIA POPULAR SCIENCE MEDIA, IT THOROUGHLY BREAKS THE AGE-OLD BARRIER OF CLOSED, CONFIDENTIAL PRIVATE INHERITANCE OF TRADITIONAL CRAFTS.

(II) SELF-DEVELOPED ICH INTELLIGENT EQUIPMENT: THE PIONEERING "BIOELECTRIC ENERGY HAND" INTEGRATED HAND-INSTRUMENT SYSTEM

TO ADDRESS THE LIMITATIONS OF TRADITIONAL THERAPIES AND INDUSTRY PAIN POINTS SUCH AS QI DEPLETION AND PHYSICAL HARM TO PRACTITIONERS, THE BASE TAKES THE OPERATING LOGIC OF THE CHEN FAMILY'S ANCIENT QI-MERIDIAN SWITCH THERAPY, THE HUMAN BODY'S 21 LIFE QI-MERIDIAN PATHWAYS, 49 CORE NODES AND TEN MAJOR FUNCTIONAL SYSTEMS AS ITS UNDERLYING FRAMEWORK. IT INDEPENDENTLY DEVELOPS AN EXCLUSIVE INTELLIGENT HEALTH-PRESERVING DEVICE FOR INTANGIBLE CULTURAL HERITAGE ⑥ THE BIO-QI-MERIDIAN INSTRUMENT.

CORE REVOLUTIONARY TECHNICAL BREAKTHROUGH

THE CHEN'S QI-MERIDIAN SWITCH THERAPY NEVER ABANDONS HANDS, NEVER SEPARATES FROM HANDS, AND CENTERS ON HANDS!

DIFFERENT FROM CRUDE MANUAL BRUTE-FORCE MANIPULATIONS AND SIMPLE VIBRATION OR THERMAL COMPRESS OFFERED BY ORDINARY INSTRUMENTS,

IT PIONEERS AN INTEGRATED HAND-INSTRUMENT MODEL: *ANCIENT MANUAL TECHNIQUES + BIO-QI-MERIDIAN INSTRUMENT*.

POWERED BY THE BIO-QI-MERIDIAN INSTRUMENT, THE PRACTITIONER'S HANDS GAIN BIOELECTRIC FREQUENCIES, HUMAN BIOMAGNETIC FIELDS, DEEP PENETRATING ENERGY AND CLOSED-LOOP QI KINETIC ENERGY, CREATING A REMARKABLE ENERGY HAND THAT CONDUCTS BIOELECTRICITY, CARRIES MAGNETISM, GATHERS QI, UNBLOCKS MERIDIANS AND PENETRATES DEEP DOWN TO BONES.

- THIS SYSTEM PERFECTLY INTEGRATES ANCIENT TCM WISDOM WITH MODERN TECHNOLOGY:
- INHERIT THE ESSENCE OF ANCIENT METHODS: RETAINING THE DIRECTNESS OF MANUAL TUINA, THE PRECISION OF ACUPUNCTURE, AND THE DEEP PENETRATION OF INTERNAL QI PRACTICE.
 - BREAK TRADITIONAL CONSTRAINTS: DEEP CONDITIONING AVAILABLE WITHOUT DECADES OF ARDUOUS INTERNAL QI CULTIVATION; SYSTEMATIC MERIDIAN UNBLOCKING ACHIEVED WITHOUT NEEDLE PRICKING.
 - REALIZE MUTUAL BENEFITS: WHILE TREATING OTHERS, THE PRACTITIONER RECEIVES CONCURRENT CONDITIONING, RESOLVING THE DILEMMA OF "HEALING OTHERS YET HARMING ONESELF".
 - ACHIEVE HOLISTIC REGULATION: ACTIVATE THE BODY'S INNATE VITAL FUNCTIONS VIA BIOELECTRIC CLOSED LOOPS, REALIZING SYSTEMATIC BALANCE EXTENDING FROM POINTS TO LINES, LINES TO SURFACES, AND SURFACES TO THE WHOLE ORGANISM.

BY GRADUALLY ELIMINATING EXTERNAL PATHOGENIC FACTORS ⑥ WIND, COLD, DAMPNES, DRYNESS AND FIRE ⑥ AS WELL AS INTERNAL PATHOGENIC STAGNATION CAUSED BY SEVEN EMOTIONS, IT DREDGES SYSTEMIC MICROCIRCULATION, REPAIRS BROKEN CLOSED QI-MERIDIAN LOOPS, AND HARMONIZES QI MOVEMENT OF THE FIVE ZANG ORGANS. IT DELIVERS NINE-LAYERED, FULL-DIMENSIONAL, DEEP-ROOTED SYSTEMATIC CONDITIONING COVERING SKIN MERIDIANS COLLATERAL VESSELS MICROCIRCULATION FASCIA BONES NERVES INTERNAL VISCERA ZANG-FU ORGANS.

(III) CULTURAL ACHIEVEMENTS: *HEART SUTRA OF SELF-HEALING* AND *THE HUMAN BODY USER'S MANUAL*

TO SYSTEMATIZE AND POPULARIZE MILLENNIAL TCM WISDOM, TWO CORE PUBLICATIONS WILL BE RELEASED:

****HEART SUTRA OF SELF-HEALING: 365 LIFE-AND-DEATH DISTRESS SIGNALS OF THE HUMAN BODY****

IT SYSTEMATICALLY INTERPRETS VARIOUS HEALTH SIGNALS SENT BY THE HUMAN BODY, TEACHING READERS TO UNDERSTAND BODILY CUES, DETECT HIDDEN HEALTH RISKS IN A TIMELY MANNER, AND MASTER THE TIMING AND METHODS OF SELF-CONDITIONING.

****THE HUMAN BODY USER'S MANUAL****

IT COMPREHENSIVELY INTRODUCES HUMAN ANATOMY, BODILY FUNCTIONS AND HEALTH MAINTENANCE APPROACHES. JUST LIKE AN EQUIPMENT MANUAL, IT GUIDES PEOPLE TO USE THEIR BODIES PROPERLY AND MAINTAIN HEALTH SCIENTIFICALLY, SO AS TO PREVENT DISEASE BEFORE ONSET AND STOP DETERIORATION AFTER ILLNESS OCCURS.

■ 四、普惠网络：社区门店助力全民健康

作为土生土长的凉山非遗传承人，陈欣打造科创传习基地的初心，始终扎根乡土、回馈民生、普惠万家。我们致力于构建覆盖全国的社区传承网络，让中医智慧走进千家万户。

（一）三大服务人群

1. 面向自身身体有困扰的人群：学会读懂身体求救信号，掌握技术实现自我调护，不再小病拖、大病扛，真正实现少得病、不得重病、全家安康。
2. 面向想创业开店的创业者：提供系统化、标准化的非遗技术体系，帮助门店建立核心竞争力，切实解决顾客痛点，破解开店难、经营难的困境。
3. 面向已有门店、经营遇困的从业者：引入古法结合现代科创的完整体系，跳出传统模式，从根源调理，丰富服务项目，盘活门店经营。

（二）社区传承智慧门店网络

我们计划在全国范围内，在每个社区建立传承智慧的惠民门店。这些门店将成为：

- 健康科普站：传播中医养生知识，教会居民读懂身体信号
- 非遗体验点：提供古法调理体验，让居民感受非遗魅力
- 技能培训中心：培养本土化的健康服务人才
- 社区健康管家：为社区居民提供常态化的健康管理服务

通过构建这样的普惠网络，我们旨在：

- 助力全民健康：让每个家庭都有一个懂健康的人
- 缓解医疗压力：通过未病先防，减少疾病发生，减轻社会医疗负担
- 传承非遗文化：让古老中医智慧在现代社会焕发新生
- 促进就业创业：带动健康产业发展，创造更多就业机会

AS A NATIVE INTANGIBLE CULTURAL HERITAGE INHERITOR FROM LIANGSHAN, CHEN XIN BUILT THE SCIENCE AND INNOVATION INHERITANCE BASE WITH AN ORIGINAL ASPIRATION FIRMLY ROOTED IN LOCAL LAND, GIVING BACK TO PEOPLE’S LIVELIHOODS AND DELIVERING WELLNESS BENEFITS TO COUNTLESS FAMILIES. WE ARE DEDICATED TO DEVELOPING

A NATIONWIDE COMMUNITY INHERITANCE NETWORK TO BRING THE WISDOM OF TRADITIONAL CHINESE MEDICINE INTO EVERY HOUSEHOLD.

(I) THREE TARGET GROUPS OF SERVICE

1. **FOR PEOPLE SUFFERING FROM PHYSICAL DISCOMFORTS**

LEARN TO READ THE BODY’S DISTRESS SIGNALS AND MASTER PRACTICAL SKILLS FOR SELF-CARE. STOP POSTPONING TREATMENT FOR MINOR AILMENTS AND ENDURING SERIOUS ILLNESSES. HELP PEOPLE GET SICK LESS OFTEN, AVOID CRITICAL DISEASES, AND SECURE WELLNESS FOR THE WHOLE FAMILY.

2. **FOR ENTREPRENEURS WHO WISH TO OPEN WELLNESS STORES**

WE PROVIDE A SYSTEMATIC AND STANDARDIZED TECHNICAL SYSTEM OF INTANGIBLE CULTURAL HERITAGE. IT HELPS STORES BUILD CORE COMPETITIVENESS, EFFECTIVELY ADDRESS CUSTOMERS’ HEALTH CONCERNS, AND RESOLVE THE CHALLENGES OF STORE STARTUP AND DAILY OPERATION.

3. **FOR EXISTING PRACTITIONERS WITH STRUGGLING STORES**

INTRODUCE A COMPLETE SYSTEM COMBINING ANCIENT THERAPIES WITH MODERN SCIENTIFIC INNOVATION. BREAK FREE FROM CONVENTIONAL MODELS, DELIVER ROOT-CAUSE CONDITIONING, EXPAND SERVICE OFFERINGS, AND REVITALIZE STORE OPERATIONS.

(II) COMMUNITY INHERITANCE SMART STORE NETWORK

WE PLAN TO BUILD PEOPLE-BENEFITING INHERITANCE STORES IN COMMUNITIES NATIONWIDE. THESE OUTLETS WILL FUNCTION AS:

- **HEALTH SCIENCE POPULARIZATION STATION**：SPREAD TCM HEALTH PRESERVATION KNOWLEDGE AND TEACH RESIDENTS TO INTERPRET BODILY SIGNALS.
 - **ICH EXPERIENCE SITE**：OFFER EXPERIENCE SESSIONS OF ANCIENT CONDITIONING THERAPIES AND LET RESIDENTS FEEL THE CHARM OF INTANGIBLE CULTURAL HERITAGE.
 - **SKILLS TRAINING CENTER**：CULTIVATE LOCAL HEALTH SERVICE PROFESSIONALS.
 - **COMMUNITY HEALTH STEWARD**：PROVIDE REGULAR HEALTH MANAGEMENT SERVICES FOR COMMUNITY RESIDENTS.
- BY ESTABLISHING THIS INCLUSIVE NETWORK, WE AIM TO:
- BOOST NATIONAL HEALTH: ENSURE EVERY FAMILY HAS SOMEONE WHO UNDERSTANDS HEALTH MANAGEMENT.
 - EASE MEDICAL BURDENS: REDUCE DISEASE INCIDENCE THROUGH DISEASE PREVENTION BEFORE ONSET AND RELIEVE SOCIAL MEDICAL PRESSURE.
 - PASS DOWN INTANGIBLE CULTURAL HERITAGE: REVITALIZE THE ANCIENT WISDOM OF TCM IN MODERN TIMES.
 - STIMULATE EMPLOYMENT AND ENTREPRENEURSHIP: DRIVE THE DEVELOPMENT OF THE HEALTH INDUSTRY AND CREATE MORE JOB OPPORTUNITIES.

■ 五、示范引领：树立民族地区非遗科创惠民标杆

在国家大力支持中医药发展、推进健康中国建设的政策指引下，华夏上古堂陈氏气脉开关疗法传习基地，构建了文脉守正 + 科创赋能 + 人才培育 + 公益科普 + 普惠网络五位一体的完整发展范式。

在合规层面，基地严格恪守行业规范，仅开展非遗文化传播、传统养生科普、身心舒缓体验，不涉及疾病诊疗与疗效承诺，所有传承资质、技术体系、研发成果全程可溯源、可查证，合规稳健运营。

在行业示范层面，基地真正实现了三大突破：

突破传承壁垒：千年私传绝学走向大众、标准化育人、规模化传承；

突破技术局限：手仪合一、生物电能、深层闭环，终结单点浅表调理千年短板，破解传统施术愈人损己的行业痛点；

突破服务模式：从单一调理升级为集科普、体验、培训、服务于一体的社区健康网络，实现全民覆盖。

GUIDED BY NATIONAL POLICIES THAT STRONGLY SUPPORT THE DEVELOPMENT OF TRADITIONAL CHINESE MEDICINE AND ADVANCE THE HEALTHY CHINA INITIATIVE, THE CHEN'S QI-MERIDIAN SWITCH THERAPY INHERITANCE BASE OF HUAXIA SHANGGU HALL HAS ESTABLISHED A COMPLETE FIVE-IN-ONE DEVELOPMENT MODEL: UPHOLDING CULTURAL HERITAGE, EMPOWERING WITH SCIENTIFIC INNOVATION, CULTIVATING PROFESSIONALS, CONDUCTING PUBLIC WELFARE SCIENCE POPULARIZATION, AND BUILDING AN INCLUSIVE SERVICE NETWORK.

FROM THE COMPLIANCE PERSPECTIVE, THE BASE STRICTLY ABIDES BY INDUSTRY REGULATIONS. IT ONLY CARRIES OUT INTANGIBLE CULTURAL HERITAGE DISSEMINATION, TRADITIONAL HEALTH PRESERVATION OUTREACH, AND PHYSICAL AND MENTAL RELAXATION EXPERIENCES. IT DOES NOT ENGAGE IN DISEASE DIAGNOSIS AND TREATMENT OR MAKE THERAPEUTIC EFFECT CLAIMS. ALL INHERITANCE QUALIFICATIONS, TECHNICAL SYSTEMS AND R&D RESULTS ARE FULLY TRACEABLE AND VERIFIABLE, ENSURING COMPLIANT AND STABLE OPERATION.

IN TERMS OF INDUSTRY DEMONSTRATION, THE BASE HAS ACHIEVED THREE MAJOR BREAKTHROUGHS:

– BREAKING INHERITANCE BARRIERS: THE MILLENNIUM-OLD PRIVATELY-HELD ESOTERIC SKILLS ARE OPENED TO THE PUBLIC, WITH STANDARDIZED TRAINING AND LARGE-SCALE INHERITANCE.

– BREAKING TECHNICAL LIMITATIONS: THE INTEGRATED HAND-INSTRUMENT SYSTEM, BIOELECTRIC ENERGY AND DEEP CLOSED-LOOP MECHANISM PUT AN END TO THE AGE-OLD SHORTCOMING OF SUPERFICIAL SINGLE-POINT CONDITIONING, AND RESOLVE THE INDUSTRY PAIN POINT WHERE PRACTITIONERS HARM THEIR OWN QI WHILE HEALING OTHERS.

– BREAKING SERVICE MODELS: EVOLVING FROM STANDALONE CONDITIONING SERVICES INTO A COMMUNITY HEALTH NETWORK INTEGRATING SCIENCE POPULARIZATION, EXPERIENCE, TRAINING AND SERVICES TO ACHIEVE POPULATION-WIDE COVERAGE.

■ 六、未来愿景：古法融科创，中医护苍生

立足当下，放眼长远。未来，华夏上古堂陈氏气脉开关疗法传习基地将持续迭代智能康养科创设备、完善非遗数字档案体系、扩大全民公益科普覆盖范围、深化跨区域非遗交流合作。

我们将继续在国家和政府的支持下，加快社区门店网络建设，让《自愈心经》和《人体说明书》走进千家万户，让更多人学会读懂身体信号、掌握健康主动权。

持续坚守二十二代医者初心，以古法文脉为根、以科创技术为翼、以全民防病为魂、以万家安康为终。

愿天下父母行走自如，让每个家庭有一个懂健康的人。

让凉山非遗走向全国，让千年古法普惠民生，

让中华正统中医智慧，护佑苍生、远离重疾、代代相传、光耀世界！

ROOTED IN THE PRESENT AND LOOKING FAR AHEAD INTO THE FUTURE, THE CHEN’S QI-MERIDIAN SWITCH THERAPY INHERITANCE BASE OF HUAXIA SHANGGU HALL WILL KEEP ITERATING ITS INTELLIGENT HEALTH-PRESERVING SCI-TECH EQUIPMENT, IMPROVE THE DIGITAL ARCHIVE SYSTEM FOR INTANGIBLE CULTURAL HERITAGE, EXPAND THE REACH OF PUBLIC WELFARE HEALTH EDUCATION FOR ALL PEOPLE, AND DEEPEN CROSS-REGIONAL EXCHANGES AND COOPERATION ON INTANGIBLE CULTURAL HERITAGE.

WITH CONTINUED SUPPORT FROM THE STATE AND GOVERNMENT, WE WILL ACCELERATE THE CONSTRUCTION OF THE COMMUNITY STORE NETWORK. *HEART SUTRA OF SELF-HEALING* AND *THE HUMAN BODY USER’S MANUAL* WILL REACH THOUSANDS OF HOUSEHOLDS, ENABLING MORE PEOPLE TO READ THEIR BODY’S WARNING SIGNS AND TAKE CHARGE OF THEIR OWN HEALTH.

WE WILL REMAIN FAITHFUL TO THE ORIGINAL ASPIRATION HELD BY TWENTY-TWO GENERATIONS OF HEALERS. ROOTED IN THE ANCIENT CULTURAL LINEAGE, EMPOWERED BY SCIENTIFIC AND TECHNOLOGICAL INNOVATION, CENTERED ON DISEASE PREVENTION FOR ALL, AND DEDICATED TO THE WELLNESS OF EVERY FAMILY.

MAY ALL PARENTS MOVE FREELY. MAY EVERY FAMILY HAVE SOMEONE WHO UNDERSTANDS HEALTH.

LET LIANGSHAN’S INTANGIBLE CULTURAL HERITAGE SPREAD ACROSS THE NATION; LET THE MILLENNIUM-OLD ANCIENT THERAPIES BENEFIT THE PEOPLE.

MAY THE AUTHENTIC WISDOM OF TRADITIONAL CHINESE MEDICINE OF CHINA PROTECT ALL LIVES FROM SEVERE ILLNESSES, PASS DOWN THROUGH GENERATIONS, AND SHINE ACROSS THE WORLD!

华夏上古堂

开气脉 通全身

华夏上古堂核心传承弟子

云姐

雨鑫

二师兄

刘哥

熊姐

坤哥

小燕子

陈芸伶

陈娟

澜月

刘正建

熊琼

李坤伟

牛藤静

罗二妹

刘姐

小帅

二哥

老顽童

彭菊

杨蓉

罗小雅

刘玉兰

柳昌祺

叶升贵

王友先

彭玉菊

杨蓉

千年非遗传承 A Thousand-Year Legacy of Intangible Cultural Heritage 陈氏气脉开关疗法

华夏上古堂

开气脉 通全身

陈欣(陈樊宇) 陈氏气脉开关疗法22代传承人
非物质文化遗产传承人

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陈欣(陈樊宇) 陈氏气脉开关疗法22代传承人
非物质文化遗产传承人

陈欣(陈樊宇)，凉山州、西昌市两级非遗【陈氏气脉开关疗法】第二十二代正统掌法传承人、华夏上古堂创始人、四川华夏上古堂中医医学研究创始人、陈鑫炎正堂创始人、英国中医师学院名誉院长、北大博雅元培工匠高级智库客座教授、大国医学客座教授、红墙御医胡维勤亲传弟子、胡维勤红墙御医工作室负责人、全国卫生产业企业管理协会健康服务适宜技术分会特聘专家、中国民族卫生协会会员、2026年全球中医春晚中医好人荣誉获得者。

集家族二十二代祖传绝学于一身，精通非遗徒手骨雕、七维气脉骨髓、五脏六腑修复术、筋膜调理、古法脉诊、陈氏专属疗养操、古法开关调养体系全门类技艺；所传承陈氏气脉开关疗法，入选全国第七次慢性病研讨会全国慢性病重点适宜推广项目，面向全国大范围普及推广；2021、2022，载入《国医年鉴》，深耕学术落地与健康科普，为《人体365个生死求救信号》原创研发人、《人体说明书》完整学术体系创立人，历时多年汇总大量一线康养实操经验，梳理全身脏腑、经络、骨骼玄关365项身体预警规律，带领普通读者零基础读懂身体预警信号，完整吃透人体运行底层逻辑。

三十余年实战经验，立足凉山深耕基层公益义诊，非遗技艺先后受央媒专题摄制报道、亮相全国中医春晚、常态化落地非遗进校园脊柱保护公益项目；深耕师徒传承，现有在册弟子235人，核心嫡传弟子遍布全国各省市，非遗康养技术落地全国34个省级行政区，团队累计普惠健康服务超50万人次；坚持古法非遗精髓融合现代智能康养科研思路，打破传统古法封闭壁垒，以现代科学视角解构千年非遗养生逻辑，让古老技艺贴合当代人亚健康养护需求。

毕生立世初心：愿天下世人终生远离大病，恪守未病先防的养生本源，全力以赴推动非遗养生大众化，助力每一个家庭都拥有一位懂健康的人，让华夏非遗康养智慧惠及万家、走向世界。

千年非遗传承 A Thousand-Year Legacy of Intangible Cultural Heritage 陈氏气脉开关疗法



陈欣（陈樊宇）与马达加斯加大使合影留念



吉狄马加感受非遗技艺后提词



桑帕·卡米拉·智利公主与非遗传承人陈老师合影









