Overall, the optimization of understory ecological cultivation of *T. hemsleyanum* should achieve coordinated integration of germplasm resources, field techniques, and industrial organization. At the technical level, experience from controlled-environment and greenhouse systems can be used as a reference to promote biomass accumulation and active compound formation through the regulation of light intensity and spectrum, temperature and humidity, nutrient supply, and moderate abiotic stress. Meanwhile, canopy-density zoning, stereoscopic trellising, the application of organic amendments such as biochar, and rhizosphere microbial management can be used to gradually construct an understory ecological cultivation environment close to a "semi-controlled" system. At the industrial level, a coordinated management mechanism between forestry and traditional Chinese medicine sectors should be established, the quality certification and regulatory system for understory-cultivated medicinal materials should be improved, and regional standardized demonstration bases should be developed to benchmark understory ecological cultivation against greenhouse and vertical farming models in terms of quality. Through the integration of contract farming, quality traceability, brand building, and processing and marketing systems, understory ecological cultivation of *T. hemsleyanum* is expected to form a sustainable development pathway from technical optimization to large-scale promotion and from resource conservation to industrial value enhancement.

Conflict of Interest Disclosure

The author affirms that this research was conducted without any commercial or financial relationships that could be construed as a potential conflict of interest.

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