WHAT IS CLAIMED IS:

1. A method for detecting immune efficacy, comprising:

providing an in vitro sample of an individual, wherein the in vitro sample comprises a plurality of lymphocytes;

classifying the plurality of lymphocytes into a plurality of T cell subgroups based on expression or not of a plurality of first antigens, and classifying the plurality of lymphocytes into a plurality of natural killer cell subgroups based on expression or not of a plurality of second antigens, wherein the plurality of first antigens comprise CD28, and the plurality of second antigens comprise CD16,

wherein the plurality of T cell subgroups comprise: an naive helper T-cell, an aging helper T cell, a regulatory helper T cell, an naive cytotoxic T cell, an aging cytotoxic T cell, or a combination thereof, wherein

the naive helper T cell is CD3+, CD4+, CD45RA+, CD62L+ and CD28+;

the aging helper T cell is CD3+, CD4+, CD45RO+, and CD62L+;

the regulatory helper T cell is CD3+, CD4+, CD25+, FoxP3+, and CD39+;

the naive cytotoxic T cell is CD8+, CD27+, CD45RA+, CD62L+, and CD127+; and

the aging cytotoxic T cell is CD8+, CD27+, CD45RO+, CD62L+, and CD57+;

generating quantity percentages of the plurality of T cell subgroups in the plurality of lymphocytes and quantity percentages of the plurality of nature killer cell subgroups in the plurality of lymphocytes to obtain actual percentages of the plurality of T cell subgroups and actual percentages of the plurality of nature killer cell subgroups; and

judging whether the actual percentage of each of the plurality of T cell subgroups meets a T cell subgroup reference range, and judging whether the actual percentage of each of the plurality of natural killer cell subgroups meets a natural killer cell subgroup reference range,

when the actual percentage of each of the plurality of T cell subgroups meets the T cell subgroup reference range and the actual percentage of each of the plurality of natural killer cell subgroups meets the natural killer cell subgroup reference range, the immune efficacy of the individual is judged normal.

2. The method of claim 1, wherein the T cell subgroup reference range comprises a naive helper T cell reference range of from 20% to 100%.

3. The method of claim 1, wherein the T cell subgroup reference range comprises a regulatory helper T cell reference range of from 1% to 15%.

4. The method of claim 1, wherein the T cell subgroup reference range comprises a naive cytotoxic T cell reference range of from 15% to 100%.

5. The method of claim 1, wherein the T cell subgroup reference range comprises an aging cytotoxic T cell reference range of from 0% to 50%.

6. The method of claim 1, wherein the T cell subgroup reference range is derived from physiological values of a healthy population, wherein the healthy population is human individuals with ages from 5 to 85 and does not suffer from immunodeficiency syndrome and hyperimmune syndrome.

7. The method of claim 1, further comprising:

obtaining an actual quantity percentage of CD28 positive in helper T cells by generating a quantity percentage of CD28 positive based on a total quantity (100% by quantity) of the naive helper T cell, the aging helper T cell and the regulatory helper T cell; and

judging whether the actual quantity percentage of CD28 positive in the helper T cells meets a CD28 positive reference range in the helper T cells, wherein when the actual quantity percentage of CD28 positive in the helper T cells meets the CD28 positive reference range in the helper T cells, risk of developing autoimmune.

8. The method of claim 7, wherein the CD28 positive reference range in the helper T cells is from 80% to 100%.

9. The method of claim 7, wherein the CD28 positive reference range in the helper T cells is derived from physiological values of a healthy population, wherein the healthy population is human individuals with ages from 5 to 85 and does not suffer from immunodeficiency syndrome and hyperimmune syndrome.

10. The method of claim 1, wherein the plurality of natural killer cell subgroups comprise a cytotoxic natural killer cell and a regulatory natural killer cell, wherein the cytotoxic natural killer cell is CD16+, CD34+, CD56+, CD94+, and CD117+, and the regulatory natural killer cell is CD34+, CD56+, CD94+, and CD117+.

11. The method of claim 10, wherein the natural killer cell subgroup reference range comprises a regulatory natural killer cell reference range of from 0% to 20%.

12. The method of claim 11, wherein the regulatory natural killer cell reference range is derived from physiological values of a healthy population, wherein the healthy population is human individuals with ages from 5 to 85 and does not suffer from immunodeficiency syndrome and hyperimmune syndrome.

13. The method of claim 1, further comprising:

determining an actual value of a natural killer cell cytotoxicity of the plurality of natural killer cells, wherein the actual value of the natural killer cell cytotoxicity is calculated by following steps:

co-culturing the plurality of natural killer cells with a plurality of cancer cells with a quantitative ratio; and

generating a quantity percentage of the cancer cells that die to obtain the actual value of the natural killer cell cytotoxicity; and

judging whether the actual value of the natural killer cell cytotoxicity meets a natural killer cell cytotoxicity reference range, wherein the natural killer cell cytotoxicity reference range is from 0% to 58.8% when the quantitative ratio is 6.25, the natural killer cell cytotoxicity reference range is from 1.7% to 88.7% when the quantitative ratio is 12.5, the natural killer cell cytotoxicity reference range is from 17.4% to 100% when the quantitative ratio is 25, and the natural

killer cell cytotoxicity reference range is from 35.3% to 100% when the quantitative ratio is 50.

14. The method of claim 1, further comprising:

cryopreserving each of the plurality of T cell subgroups when the actual percentage of each of the plurality of T cell subgroups meets the T cell subgroup reference range; and

cryopreserving each of the plurality of natural killer cell subgroups when the actual percentage of each of the plurality of natural killer cell subgroups meets the natural killer cell subgroup reference range.

15. The method of claim 14, wherein cryopreserving each of the plurality of T cell subgroups or cryopreserving each of the plurality of natural killer cell subgroups comprises:

sorting each of the plurality of T cell subgroups or each of the plurality of natural killer cell subgroups by an immunomagnetic bead cell sorting method; and

cryopreserving each of the plurality of T cell subgroups or each of the plurality of natural killer cell subgroups.

16. A system for detecting immune efficacy, comprising a processor and a memory, and the memory storing a plurality of computer program instructions, and the computer program instructions, when executed by the processor, causing the processor to implement following steps:

accessing an in vitro sample data of an individual, the in vitro sample data comprising a plurality of sample cell surface antigen data;

generating a plurality of T cell subgroup count data and a plurality of natural killer cell subgroup count data according to the in vitro sample data using a cell subgroup database, wherein the cell subgroup database comprises a T cell subgroup classification information and a natural killer cell subgroup classification information, and the T cell subgroup classification information comprises an antigen expression information of a plurality of T cell subgroups, and the natural killer cell subgroup classification information comprises a classification index according to expression or not of a plurality of antigens, wherein the plurality of antigens comprise CD16,

wherein the plurality of T cell subgroups comprise: an naive helper T cell, an aging helper T cell, a regulatory helper T cell, an naive cytotoxic T cell, an aging cytotoxic T cell, or a combination thereof, wherein

the naive helper T cell is CD3+, CD4+, CD45RA+, CD62L+, and CD28+;

the aging helper T cell is CD3+, CD4+, CD45RO+, and CD62L+;

the regulatory helper T cell is CD3+, CD4+, CD25+, FoxP3+, and CD39+;

the naive cytotoxic T cell is CD8+, CD27+, CD45RA+, CD62L+, and CD127+; and

the aging cytotoxic T cell is CD8+, CD27+, CD45RO+, CD62L+, and CD57+; and

generating an immune efficacy data according to the plurality of T cell subgroup count data and the plurality of natural killer cell subgroup count data using an immune efficacy evaluation database, wherein the immune efficacy

evaluation database comprises a plurality of T cell subgroup reference range data and a plurality of natural killer cell subgroup reference range data.

17. The system of claim 16, wherein the plurality of antigens further comprise CD34, CD56, CD94, CD117, or a combination thereof.

18. The system of claim 16, further comprising an output module connected to the processor, and the output module receiving the immune efficacy data and outputs an immune efficacy report.

19. The system of claim 18, wherein the immune efficacy report comprises an immune efficacy field and a plurality of immune analysis index fields.