

SIGNIFICANCE OF MASSAGE AND ITS CLINICAL EVALUATION

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ABSTRACT

The term Regimental Therapy consists of several therapies like Cupping therapy, Leech therapy, Exercise therapy and so on. Regimental therapy is one of the therapies available in Unani System of Medicine. Massage is one among the regimental therapy. Massage therapy is perhaps the old and simplified therapy of all Regimental Therapies. Massage therapy helps to cure several human ailments. In this communication some of the discomforts faced by patients and the massage therapy given are discussed.

KEYWORDS: Dalak, Regimental Therapy

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INTRODUCTION

Massage is a systematic form of touch which has been found to give comfort or promote good health. Massage is described as a scientific way of treating some form of disease, by internal manipulation applied in a variety of ways to the soft tissues of the body.

It is like any technique whether its manual or mechanical which imparts mechanical energy to the soft tissue of body through the skin without producing any change in the position of joint, in order to elicit certain physiological or psychological effects which can be utilized for therapeutics, restorative or a healthy individuals.

In Unani system of medicine, massage is a type of exercise practised with palms and digits by skilled person on the body surface in varieties of ways to dissolve the morbid matters and to assist the facilities for therapeutic and preventive purpose. Massage is a type of exercise used for the removal of waste metabolites of digestion.

In the Center For Unani Ilaj Bit Tadbeer – different types of inability of the patients were cared by applying massage therapy.

Aim and Objectives

- It relieves tension, soothes away headaches, relax, taut the aching muscles and banish insomnia.
- Relieve or prevent physical dysfunction and pain.

- It helps relieve tight and tense muscles.
- Improve blood circulation.
- Reduces over all stress.

MATERIALS AND METHODS

Materials

To perform massage therapy, following materials were arranged.

1. Oil
2. Powder
3. Vibrator
4. Towel

Methods

Patients were selected and the sites of massage were cleaned thoroughly and they were subjected to massage using Oil/ Powder/ Vibrator.

The therapist has applied the Massage as per the instruction of the physician. After the completion of the massage therapy process the site of the patient where the therapy was applied have been cleaned well. Then the patients were given both (cold and hot) bath with the guidance of physician. While giving massage therapy care was taken for some massage. No strokes were given during massage in the opposite direction of blood flow, to avoid the blocks, cramps and stiffness of muscles.

Where ever oil massage was applied, the oil used was warmed to bearable temperature for better absorption of oil.

The patients were kept for observation after therapy for systematic improvement in musculo- skeletal functions like spasm, tonicity, general mobility and alertness. The patients were given refreshing drink. Vital parameters functions were monitored after therapy.

Photographs of Massage Therapy for various diseases done at the Center



Figure 1: Back Pain



Figure 2: Knee Pain



Figure 3: Neck Pain Figure 4: Shoulder Pain

Massage Therapy Data

- The following data reveals the total number of Patients treated followed by Graphical representation:

Total Number of Patient's Data

Table 1

Therapy	Period	Total Number of Patients	Total Number of Patients Only in Massage
MASSAGE	OCT 2011 - SEP 2015	53639	24658

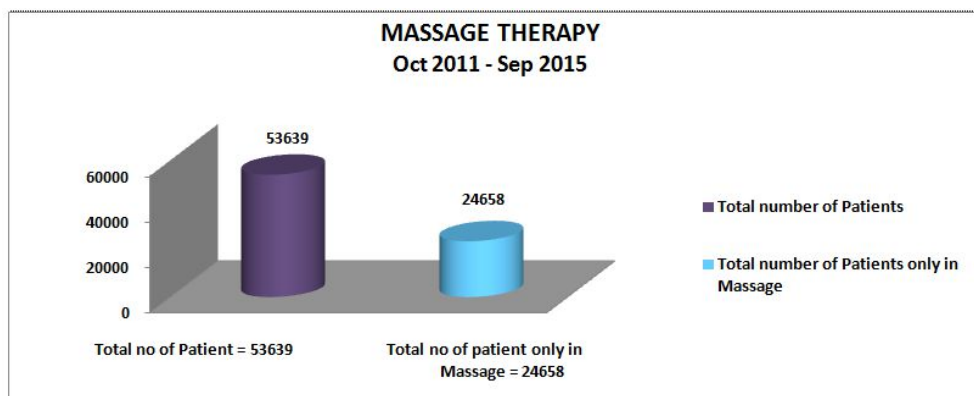


Figure 5

Table 2

Therapy	Period & Total Number of Patients	Inpatient	Outpatient	Total
MASSAGE	OCT 2011 - SEP 2015 & 53639	13075	11583	24658

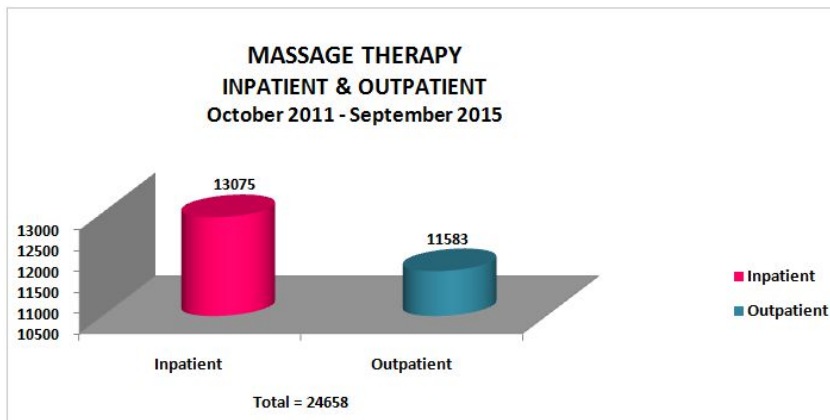


Figure 6

- The data shown are for the treatment given by Massage in order to alleviate certain diseases or illness like pain, sinus, skin disorders with graphical representation.

Total Number of Patient’s Data

In a Particular Disease

Table 3

Therapy	Pain	Sinusitis	Skin	Others	Total
MASSAGE	7149	1252	3508	12749	24658

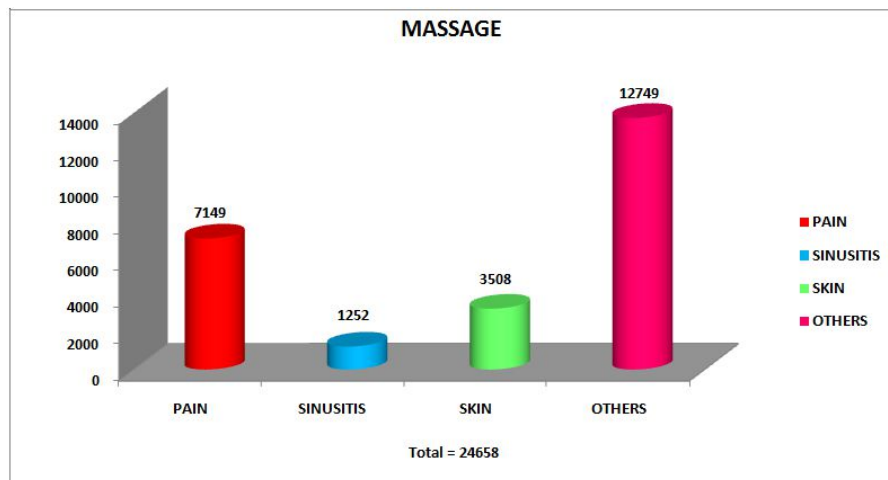


Figure 7

DISCUSSIONS AND RESULTS

In Center for Unani Ilaj Bit Tadbeer, different types of inability of patients was taken care by various therapies, among which massage therapy was found to give more comfort and cure for certain ailments which are detailed below.

24658 patients were seen in massage therapy for various ailments like pain, skin disorders, sinus and others.

- 7149 patients were treated for pain,
- 1252 patients were treated for sinus,
- 3508 patients were treated for skin disorders and
- 12749 patients were treated for others diseases.

Among these patients about 95% patients got relieved of from their discomfort.

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