

## **Effects of massage among stress & mental health**

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### **Abstract**

The author argues that the massage techniques are used throughout the world for many health conditions relief of pain, anxiety, stress, depression etc... mental and physical illness through neither for possible of massage as inevitable part of overall health and wellbeing.

**Keywords:** Massage and Mental health.

### **1. Introduction**

#### **What is massage?**

Massage is a general term for pressing, rubbing and manipulating your skin, muscles, tendons and ligaments. Massage therapists typically use their hands and fingers for massage, but may also use their forearms, elbows and even feet. Massage may range from light stroking to deep pressure.

Massage therapy is a popular treatment for the relief of stress, anxiety and depression. However, its benefits are more than just physical and psychological health. Although life stresses are unavoidable, we can counter negative feelings and insomnia with the positive benefits that massage therapy offers.

Massage techniques have practiced for thousands of years in many cultures. There are references to massage in ancient records of India, Chinese, Japanese, Arabic, Egyptian, Indian, Greek and Roman nations.

In ancient India massage, therapists kneaded patients with herbs and oils to relieve tiredness, increase energy, and improve overall health. In fifth-century, Greece Hippocrates quoted as saying, "The physician must be experienced in many things, but assuredly in rubbing."

According to Heidi Ezzat, a registered massage therapist (RMT) practising in Pitt Meadows, BC, "Massage therapy is an excellent tool in treating anxiety, depression, and insomnia because it helps your body to relax, which in turn helps you to de-stress."

There are many different types of massage, including these common types:

- **Effleurage** — Superficial stroking in a direction away from the heart or deep stroking toward the heart
- **Friction** — Deep muscle stimulation using the palm, elbow and forearm
- **Petrissage** — Kneading in a circular pattern using fingers and thumbs, with the goals of enhancing circulation and stimulating muscle tissue
- **Tapotement** — Rhythmic movements such as slapping or tapping to stimulate muscles, often used for athletes before competitions
- **Vibration** — Delivered by the therapist's hands or by an electric vibrator

There are many other massage approaches used throughout the world. Examples include:

- **Aromatherapy massage** uses essential oils with the goal of enhancing healing and relaxation.
- **Bindegewebs massage** focuses on connective tissues between the skin and muscles and is based on the theory that some ailments are caused by imbalances in these tissues.
- **Classical massage** aims to provide calmness and relaxation and to encourage self-healing and revitalization.
- **Craniosacral** therapists strive to locate and realign imbalances or blockages that are thought to exist in the soft tissues or fluids of the sacrum, head and spine.

- **Deep tissue massage** uses slow strokes, friction and direct pressure across the muscles with fingers, thumbs or elbows, often with the goal of improving chronic muscular tension.
- **Esalen massage** focuses on generating a deep state of relaxation and is often combined with other forms of massage.
- **Ice massage** has been studied for knee osteoarthritis, exercise-induced muscle damage and labor pain, with inconclusive results.
- **Jin Shin Do** involves finger pressure to acupoints of the body to release muscular tension or stress.
- **Manual lymph drainage** uses light, rhythmic strokes with the goals of improving lymphatic flow and reducing edema, inflammation or neuropathy.
- **Myofascial** release may be used by physical therapists, chiropractors or massage therapists. This approach involves gentle traction, pressure and body positioning to relax and stretch soft tissues.
- **Neuromuscular massage, triggerpoint massage and myotherapy** are forms of deep massage administered to specific muscles or nerve points, used to release trigger points or entrapped nerves and to relieve pain.
- **On-site or chair massage** is administered to the upper body of fully clothed clients.
- **Physiotherapy** aims at stabilization of the lumbar spine in a flexed posture rather than in lumbar lordosis and at increased overall physical fitness.
- **Polarity treatment** is based on the concept that rebalancing the body's energy fields with gentle massage can improve health and well-being.
- **Reflexology** aims to return the body to its natural balance by targeting certain areas on the feet (or ears) believed to correspond with specific body parts or organs.
- **Rolfing® structural integration** involves deep tissue massage aimed at relieving stress as well as improving mobility, posture, balance, muscle function and efficiency, energy and overall well-being.
- **Shiatsu** emphasizes finger pressure not only at acupoints but also along the body's meridians. This type of massage can incorporate palm pressure, stretching and other manual techniques.
- **Sports massage** is similar to Swedish massage but is adapted specifically for athletes.
- **St. John's neuromuscular technique** may be used for chronic pain conditions that involve the musculoskeletal system.
- **The Trager approach** involves relearning patterns of movement to improve efficiency and well-being.
- **Tibetan massage** may be performed on any of several areas of the body, based on the practitioner's judgment of the patient's energy flow (for example, head, neck, vertebra, abdomen, legs).

Many other variations and styles of massage or touch exist, often developed in specific regions of the world.

## 2. Benefits of Massage

Massage is increasingly being used along with standard treatment for a wide range of medical conditions and situations. Studies of the benefits of massage demonstrate that it is an effective treatment for reducing stress, pain and muscle tension and various Psychological and Physiological Diseases. There are;

- Anxiety
- Digestive disorders
- Fibromyalgia
- Headaches
- Insomnia related to stress
- Myofascial pain syndrome
- Paresthesias and nerve pain
- Soft tissue strains or injuries
- Sports injuries

Alzheimer's disease	Insomnia
Athletic performance	Intensive care unit stress
Atopic dermatitis	Irritable bowel syndrome
Autism	Joint disorders
Bronchitis	Leukemia
Bulimia	Mastectomy recovery
Burns	Menstrual cramps
Cancer	Migraine
Chronic fatigue syndrome	Mother-infant bonding
Chronic pain	Muscle relaxation
Coccygodynia	Muscle spasm
Colitis	Muscle wasting/weakness
Confidence building	Nausea
Crohn's disease	Neurocirculatory asthenia
Cystic fibrosis	Osteoarthritis
Diabetes	Pain
Diabetic neuropathy	Paralysis rehabilitation
Diarrhea	Postpartum hemorrhage
Diverticulitis	Posture improvement
Eczema	Pressure ulcers
Endorphin release stimulation	Prostatitis
Enhanced breathing	Pruitis
Enhanced circulation	Recovery from surgery
Enhanced digestion	Repetitive strain injury
Enhanced immunity	Restless legs syndrome
Enhanced lymph flow	Rheumatoid arthritis
Exercise-induced muscle damage	Seizure disorder
Exercise-related pain	Self-image improvement
Gastritis	Sinusitis
Headache	Skin care
	Sleep disorders

Heart rate reduction	Smoking cessation
High blood pressure	Sports-related injuries
HIV/AIDS	Sprains
Hormonal imbalances	Strains
Increased alertness	Temporomandibular joint disorder
Increased insulin activity at injection sites	Tendonitis
Increased parasympathetic nervous system activity	Ulcerative colitis
Inflammation	Weight loss
Inflammatory bowel disease	

Tiffany *et al* [1] in 1996 reported that 5 week period depression scores were lower for both groups but job stress scores were lower only for the massage group.

Shulman *et al*[2] in 1996 reported that reductions in anxiety and stress levels were found for the massage group. Future research and implications for management stressed discussed.

Cady & Jones [3] in 1997 studied that the effectiveness of a 15-min. on-site massage while seated in a chair on reducing stress as indicated by blood pressure. 52 employed participants' blood pressures were measured before and after a 15-min. massage at work. Analysis showed a significant reduction in participants' systolic and diastolic blood pressure after receiving the massage although there was no control group.

Cathy *et al* [4] in 2005 reported effective on-site stress reduction strategy significantly reduced nurses' anxiety levels. Regular on-site aromatherapy massage with music has the potential to increase the job satisfaction of the staff and decrease the number of sick leave.

Bost and Wallis [5] in 2006 suggested that massage therapy is a beneficial tool for the health of nurses as it may reduce psychological stress levels. It is recommended that further large studies be conducted to measure the symptoms of stress rather than the physiological signs of stress in nurses.

Sharpe *et al* [6] Finding indicate that massage therapy enhances positive well-being and reduces stress perception among community-dwelling older adults.

Albert *et al* [7] in 2010 significant improvement has been demonstrated following massage therapy, the general research body on this topic lacks the necessary scientific rigor to provide a definitive understanding of the effect massage therapy has on many physiological variables associated with stress.

Kathy *et al*[8] in 2010 reported that stresses that although there are little or no measurable physiological changes that occur from massage, patients' perceptions of stress and anxiety were significantly reduced.

Françoise *et al* [9] in 2010 reported that the stresses that although there are little or no measurable physiological changes that occur from massage, patients' perceptions of stress and anxiety were significantly reduced. The simple act of touch-focused care, even a simple 5-min hand or foot massage, can be useful in lowering a patient's perceived level of stress.

Annetrin Jytte Basler [10] in 2011 showed that the high statistically and clinically significant reductions in subjective stress experience. A consequent analysis of physiologic data indicated likewise reductions in HR, while a BP reduction was not recorded for the total sample, but was only found in the prehypertensive subgroup.

Yang Chun-yan[11] in 2011 reported that the stress reaction reflected in anxiety, heart rate, systolic and diastolic blood pressure, pain degree. To compare the data, the results manifest the nursing interventions (massage) do help for stress relief, degrade pre-anxiety and stress reaction during operation, raise the tolerance ability to pain, and help patients successfully live through operation and inchoate recovery.

Joyce Cavaye[12] in 2012 suggested that massage therapy is a relatively safe intervention with no significant adverse effects being reported. It can be perceived as a physical or a psychological therapy. These studies however, do not explain in any great detail the interplay of neural, chemical, psychological or interpersonal factors, variables which would surely impact upon any study whatever the methodology used.

Krzysztof *et al* [13] in 2013 found that the massage procedure had a positive effect on the amount of urinary leakage on effort immediately after therapy and on few-month follow-up produced complete relief from the distress.

Wendy *et al* [14] in 2014 fended that the both conditions allowed the person with dementia to rest in the presence of another human being is of importance in the care of people with dementia. The close presence of another person may in fact promote relaxation and therefore improve BP (blood pressure) and HR (heart rate) measures.

### 3. Summary

Various types of massage techniques are uses throughout the world for many health conditions. Relief of pain, anxiety, muscle spasm or stress or tension or depression and mental & physiological health preparation are common uses. There is limited reliable scientific evidence in these

areas, and it remains unclear if massage is effective for any specific health conditions.

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