

## Editorial note on Potential Benefits of Reflexology

Sandeep kumar\*

Osmania University, Hyderabad, India

### INTRODUCTION

Reflexology might be a kind of back rub that includes applying various measures of strain to the feet, hands, and ears. It's upheld a hypothesis that these body parts are associated with specific organs and body frameworks. People who practice this technique are called reflexologists. Reflexologists accept that applying strain to those parts offers an assortment of medical advantages.

There are a couple of different theories about how reflexology works.

#### In traditional Chinese Medicine

Reflexology rests on the traditional Chinese belief in qi "vital energy." consistent with this belief, qi flows through everyone. At the point when an individual feels focused, their body blocks qi. This can cause lopsidedness inside the body those outcomes in disease. Reflexology aims to stay qi flowing through the body, keeping it balanced and disease free. In Chinese medication, diverse body parts relate with various pressing factor focuses on the body. Reflexologists use maps of those points within the feet, hands, and ears to work out where they ought to apply pressure. They accept their touch sends energy moving through an individual's body until it arrives at the world needing recuperating.

#### Benefits of Reflexology

Reflexology is linked to several potential benefits, but only a couple of them are evaluated in scientific studies

Up until this point, there's restricted proof that reflexology may serve to:

- Reduce stress and anxiety
- Reduce pain
- lift mood
- Improve general well-being

Likewise, individuals have detailed that reflexology helped them:

- Boost their immune system
- Fight cancer
- Get over colds and bacterial infections
- Treat nerve issues and deadness from disease drugs (fringe neuropathy)

The aim of positioning the patient is and tries to facilitate

#### What does the research say?

There aren't many studies about reflexology. And many experts consider people who do exist to be of inferiority. In addition, a 2014 review concluded that reflexology isn't an efficient treatment for any medical condition.

But it's going to have some value as a complementary therapy to assist reduce symptoms and improve someone's quality of life, very similar to massage. Since the massaged area is that the feet, for a few folks that will provide even more relief of stress or discomfort.

Here's a glance at what the research says about using reflexology to manage pain and anxiety.

#### Pain

In a recent report Trusted Source supported by the National Cancer Institute, specialists concentrated what reflexology therapies meant for 240 ladies with cutting edge carcinoma. All women were undergoing medical treatment, like chemotherapy, for his or her cancer.

The study found that reflexology helped to scale back a number of their symptoms, including shortness of breath. The members likewise detailed an improved personal satisfaction. But it didn't have any effect on pain.

#### Anxiety

In one little examination Trusted Source from 2000; scientists took a gander at the impacts of one 30-minute foot reflexology therapy on individuals being treated for bosom or cellular breakdown in the lungs. Those who received a reflexology treatment reported lower levels of hysteria than those that received no reflexology treatment.

In a 2014 study that was slightly larger, researchers gave people undergoing operation a 20-minute foot reflexology treatment once each day for four days.

**How to cite this article:** Sandeep kumar, "Editorial note on Potential Benefits of Reflexology". *Physiother Rehabil* 6 5(2021): 223

\*\*Author for correspondence: Sandeep kumar, Osmania University, Hyderabad, India, E-mail: [sandeepkumar33@gmail.com](mailto:sandeepkumar33@gmail.com)

Received: 10 May, 2021; Accepted: 24 May, 2021; Published: 31 May, 2021

Copyright: © 2021 Sandeep kumar. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited