

Complementary therapies
Massages
Rework

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1. Introduction

It is well known the standard medicine is used in most medical treatments. However, today's report highlights an alternative to traditional medicine, holistic medicine known as a complementary therapy. The following paper will describe and analysed various aspects of complementary medicine. The written assessment aims are to show the use, benefice, contraindications, rules, and regulations of massage.

These days, complementary therapies are used along with standard medicine in most medical treatments. As a result, people start to understand how holistic medicine performs and the benefice of the relations between mind-body. *Complementary therapy* is defined as a range of diverse practices and products, not traditional convention medicine designed to improve patients' health and well-being (Saks, 2007). At present, we do not know certainly how many forms of complementary therapy there are. However, we can illustrate a list of the most common therapies used with classical medicine to treat various medical conditions. Some of the more popular complementary therapies are aromatherapy, massage, acupuncture, Alexander technique, herbal medicine, homeopathy, nephropathy, reiki, and yoga (Yeun et al., 2017).

2. Massage therapy definition.

Massage can be defined as the manipulations of soft tissues of the different parts of the body to reduce pain or bring general health improvement (Ernst, 2003). Several types of massage help focus on the various parts of the body and healing approaches. Massage is the practice of rubbing and kneading the body, which is done using the hands. As per this, during the massage session, a massage therapist will apply gentle and robust pressure on the muscle and the joint of the body, which is helpful to ease pain and tension. A massage is a person trained in giving a message to several people.

Moreover, the type of massage is used in such a way that it is beneficial for the different parts of the body. Swedish massage usually focuses on the gentle type of massage to the whole body, which is helpful to reduce stress and pain. On the other hand, the hot stone massage is focused on people's muscle pain and tension and provides relaxation for a more extended period. Hot stone massage helps ease muscle tension, improve blood flow, alleviate pain, promote relaxation and relieve stress. The aromatherapy massage is usually best for several people who need emotional healing. This helps to boost mood, reduce stress, tension, and reduce symptoms of depression. In addition to this, a deep tissue massage is also a form of the style used in Swedish massage likewise, but it requires more finger pressure. The therapist

uses slow stroke and deep finger pressure during this massage to relieve tension from the deepest layer of muscle and connective tissue. As per this, the sports massage is a good option if the individual faces repetitive injury to the muscle. However, several types and styles of massage have a severe effect on the body, associated with the muscle and organ (Rapaport et al., 2018).

-The history of massages.

The origin of massages has deep roots in ancient times, probably being the first known medicine format. In Ayurveda, "life health" medicine outlines massage therapy as a form of healing injuries, reduce pain, curing, and prevent illnesses. According to the Ayurveda disciples, massages are the bridge between the physical body and spirit. During the massages, the body's natural physical and spiritual balance can be restored. Chinese monks around 1000 BC developed a new massage technique called "Amna" based on pressing the body's pressure points meant to strengthen the organs.

Following the course of history, one by one, the Egyptians, followed by the Greeks and the Roman empire, introduced massage in their own culture (Vergo and et al., 2018).

Once with the development of modern medicine and the advent of synthetic drugs, massage as therapy is losing its popularity, being used less and less by doctors. However, at the beginning of the 18th, the Swedish Doctor Per Henrik Ling put the base of a Swedish massage. The massage techniques involve stroking, pressing, squeezing, and striking.

At the beginning of the 18th century, Dutchman Johan Georg Mezger, following the principle of the Swedish massage, developed a new massage technique designated to help athletes. In the early '90s, massage grew in popularity as a form of therapy and became a highly-respected profession, and in 1950 massage therapy is licensed as being considered medical practice (Academy, 2019).

-Types of massages

Nowadays, more and more people choose to live a healthy lifestyle with greater openness to holistic therapies, massage being considered "a good medicine" for body and spirit. Massage is the bridge between body and spirit is made by touching, hitting, pressuring, or rubbing the skin through different methods and techniques meant to make us feel good from a physical, mental, and emotional perspective. Depending on the type of massage chosen, the individual may experience different feelings of well-being (Jannah and et al., 2017).

Massage as therapy is divided into several categories depending on the "hardness" of the techniques used. Swedish, hot stone, aromatherapy, deep tissue, sports, trigger point, reflexology, and shiatsu massage are well-known techniques. It should be noted that different massage styles are used for different forms of treatment or relaxation. For example, is massage just a form of pleasure, or can it bring long-term well-being? To find the best form of massage suitable for the needs of each individual, we will develop a few of the massage techniques separately.

Swedish massage is a massage that focuses on body relaxations. So the basis is to relax the superficial muscles on the body, release the superficial muscle tension, and increase relaxation. Therefore, five essential techniques are fundamental in use in Swedish massage. These techniques are Effleurage Petrissage, Tapotement, Friction, and Vibration, each of them interacting differently with our body (Lazarus and et al., 2021).

An aromatherapy massage can be any message that uses aromatherapy essential oils. It can be a Swedish massage, deep tissue massage, shiatsu type, or energy work massage. In aromatherapy massage, the essential oils are dissolved in 1-3% in 10 ml in vegetable oils, applied to the individual's body. Aromatherapy massages create the link between relaxation massage and aromatic oils, giving the feeling of well-being.

Deep tissue massage is the combination between a relaxation massage and much deeper muscle massages. The therapist is much focused on penetrating the muscle and flashes structures of the body to increase circulation and, of course, decrease muscle pain. Because much power is required to perform appropriately deep tissue massages, the therapist uses different tools that help them to protect their muscles and joints. Deep tissue massages are more complicated than a relaxation massage. The therapist does not have time to concentrate on the overall body in one session, so the therapist usually concentrates on one or two parts of a body for a good result.

Reflexology is a form of massage therapy based on the theory that different feet, lower legs, hands, face, and ears correspond with different internal body areas. For example, the theory of foot reflexology is that there are three distinct zones defined by the bone structure under the foot, indicating the shoulder line and the pelvic line. The reflexologist uses techniques of pressuring and rubbing of diversities point to release stress and bring relaxation and well-being.

Therapeutic sports massage mainly focuses on athletes and is divided into three specific parts: workouts, pre-event, and post-event massage. Workout massages help the athletes to eliminate lactic acid, increase flexibility and reduce pain eventually. Pre-event massage is more focused on building an athlete's confidence and increase blood.

Circulation and post-event massage is used mainly for relaxation and decrease the level of emotions.

Shiatsu is a traditional form of Japanese massage focused on pressuring the energy points to help energy flow in the body naturally and restore the balance between Yin and Yang energy.

Thai massage is also known as Thai yoga massage and is a form of relaxation. Thai massage is originally from India but was later developed in Thailand. The therapist uses almost all parts of his body to activate different energy channels of the patient's body to bring relaxation. Ordinary Thai massage starts from the feet and ends with the patient's head (Ratini, 2020)

3. Efficacy, benefice, and contraindications of massage therapy

Regarding the benefits of massage, while some people might believe that massage is only for their pleasure, it has been scientifically proven that regular massage can significantly improve the quality of life. One of the most significant benefits of massage is that it helps relieve stress and induces physical and spiritual relaxation. Massage in its complexity can bring significant benefits in good quality of life management by properly balancing hormonal functions designed to help the proper functioning of the human body by reducing stress levels. In addition, massage reduces the level of cortisone, allowing the body to secrete another hormone called Serotonin, which is responsible for stabilizing the mood way we feel, happiness, and well-being in general.

The adrenal glands are located near the kidneys, and their role is to control the cortisol, norepinephrine, and epinephrine levels in the human body. Through massage, we can help the adrenal glands. Massage can be an essential ally in the fight against stress and its symptoms (Massage & Facials, 2017). Massage can be an impetus for blood circulation and help the lymphatic and nervous system properly functioning. Massage improves the quality of sleep, our overall health, and our well-being. Even a single massage can have surprising results in reducing temporary anxiety, but regular massage has proven beneficial in treating anxiety and depression (Monteiro Rodrigues and et al., 2020).

4. Analysis of the different aspects of massage therapy

Recent medical studies show that up to 90% of diseases are caused by stress. Stress can cause physical and mental dysfunction, sometimes causing chronic muscle pain. According to the study published in the Annals of Family Medicine in 2014, it was found that massage

used for at least 60 minutes several times over four weeks or more can reduce substantial chronic neck pain (Publishing, 2021).

End of the 19th century to the present day, a significant number of researches have been carried out on the effectiveness of the therapeutic massage. On the one hand, both doctors and representatives of complementary therapies have demonstrated that massage as therapy can successfully replace classic drugs in some cases, and others can help alleviate the effects of the disease. Nowadays, massage is introduced in almost all medical fields, and research on the effectiveness of massage in mental illness has been extended to investigate the physical, pathological, and physiological effects (Gultom and et al., 2019).

Benefits and massage impacts

As per this, there are several benefits which are gain from the routine basis of massage, which contains decrees in the stress. Massage usually focuses on muscle stretching, which helps the individual to feel relax. This also helps to improve the flexibility in the muscle. Moreover, enhance the rate of immune function is also associated with the body. Whereas there is some biological factor are associated with massage. Most of the studies analyze and provide information associated with the mechanism of the body where some of the components of an organ are trigger and create hyperactivity, which creates a relaxing factor with the body. As per this, they are also used to reduce the pain and provide factors to sleep better. In this, some of the negative impacts which are associated with the massage is likewise lingering pain. Excessive massage can have created situations of headache and migraine with the condition of fatigue and sleepiness. Moreover, some of the cases are well related to inflammation and nausea due to excessive messages, which reverse the massage mechanism.

The study made by the Agency for Research and Quality of Healthcare in 2016, analyzing over 20 reports on the effectiveness of massage compared to classic drugs, concluded that all types of massage used effects in reducing pain around the neck and lower back area. Also, massage therapy along with aromatherapy performed on a group of 1,200 cancer patients in over 19 research studies has shown that it can reduce pain, anxiety, and depression in some cases with satisfactory results. In the case of athletes, applying massage therapies can reduce the risk of injury and help with muscle elasticity. A study done on groups of subjects showed that the effects of sports massage are more beneficial on short periods (Kukimoto and et al., 2017)

Massage is considered one of the safest complementary therapies, but still, we can face possible side effects and injuries to the human body. It seems that the elderly is the most affected and can remain with physical marks (bruises) or, in the most unfortunate cases, with severe injuries damaging nerves, good fracture, blood clot. The injuries can occur during deep tissue massage sessions or another type of

Massage involves a more vigorous massage. Another side effect of the massage can be sleep fatigue, and it is known that the body became relaxed during the massage. It is recommended not to drive after a massage. Headaches, migraines, inflammation, and nausea can also occur in some situations as a result of toxins released from the body during the massage or less comfortable body positions during therapy (Baumgart and et. al., 2020).

5. Statutory self-regulation system and the voluntary self-regulation system and Ethical considerations

Complementary and alternative therapies have become increasingly popular in the UK over the last 40 years, making it easier to increase the number of unregulated therapists with poor training. This can lead to significant side effects among patients. In the UK, there are no laws to protect the population from incompetent and irresponsible therapists or charlatans. The registration of complementary therapies is voluntary. The practice of complementary and alternative therapies in the early 2000s was free. Anyone could practice it in their way, regardless of the professional training that led to the need for new regulations in the House of Lords relating to the practice of complementary therapy (Mills SY 2001). As a result of the regulations adopted in the House of Lords, the same complementary therapy becomes part of conventional medicine, Chiropractic, and Osteopathy having the same regulations as conventional medicine. All osteopaths and chiropractors must be registered with the General Osteopathic Council and General Chiropractic Council (NHS, 2018). In the last decade, associations and specialists in the field of complementary therapies have worked hand in hand to establish a minimum level of qualification and training for those who want to be practitioners, with the establishment of rules and criteria for the practice of complementary therapies (Arunthathi and et al., 2018). The next step was to create a register to validate the competence of each therapist. General Regulatory Council for Complementary Therapies (GRCCT) is the entity that ensures compliance with the rules of conduct and professional ethics established. The role of GRCCT is to ensure that all practitioners of complementary therapies: do not deviate from the Code of Professional Conduct & Ethics, continue to develop their knowledge in the field in which they practice, and have in force professional indemnity and public liability insurance. GRCCT-recognized

Complementary therapies have over 50,000 registered UK practitioners, many of them working in collaboration with NHS organizations for the benefit and well-being of patients (Walaszek and et al., 2018).

6. Conclusion:

As per the above discussion, it is analysed that the massage has a positive and negative aspects associated with the individual. In his fight against disease, humanity used the gifts offered by the earth's fauna and flora. Observing how animals treat the environment, humans developed several primitive medical techniques that later became known as complementary therapies. Complementary therapies have proven to be part of human life since ancient times. In conclusion, we can ask ourselves: Are complementary therapies beneficial in our daily lives? Does Complementary therapy "work"? Analysing the above report, we can say with certainty that complementary therapies "work" having a significant role together with standard medicine in treating diseases and successfully helping people to have a healthy and well-being life. Suppose classical medicine, through treatments, tries to suppress diseases. In that case, holistic medicine has the role of improving the patient's long-term condition and helping them physically and mentally in the fight against stress, anxiety, and depression. In addition, more research on the benefits and side effects of complementary therapies must be done to determine the role of each therapy and how they affect in the short and long terms standard medical treatments. Although not everyone agrees that massage is the form of treatment, massage therapy has shown in various studies that it deserves to be part of the great family of classical medicine. Also, the involvement of international and governmental organizations in the regulation of complementary therapies through laws and public policies is necessary for a correct integration and the protection of the population against "abuses" that practitioners of complementary therapies may commit. That being said, it is proved that complementary therapies have earned their right in our daily routine. "Mens sana in corpore sano"

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