

Acupressure Therapy: Physical and Mental Health

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Received: July 27, 2020; Accepted: July 28, 2020; Published: August 04, 2020

Citation: Imran A (2020) Acupressure Therapy Physical and Mental Health. J Nov Physiother 10: 433.

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Keywords: Acupressure, Blood circulation, Acupressure mat, Musculoskeletal pain, Chronic pain

Introduction

At the point when we experience the ill effects of a medical issue, for example, muscle soreness, musculoskeletal pain, chronic back pain, neck and knees pain, shoulder tension, lingering tension in arms, fibromyalgia pain, Insomnia, etc., we hurry to a doctor, get a prescription of various medications/Medicine and even get a reference for research center analysis or expensive clinical imaging, for example, MRI. Treatment goes on for a couple of days or considerably longer periods. We somehow get cured sooner or later, but the residue of powerful chemical medicines is left with in our body. Some even continue a detoxification schedule to purify body. Sometime such illness gets develop which remains with us till we are live. Hence, it would be better if in our day-today life, we acquire some healthy procedures, wellbeing instruments to live fatal-diseases-free life and add some more healthy years to our lifespan. An alternate therapy such as acupressure therapy can be practiced at home for curing some of the health problems.

What is Acupressure?

Acupressure mats, also called needle stimulation pad (NSP), are self-applied acupressure device. The mats are designed to produce similar results as acupressure massage. It contains several plastic points which apply pressure to many acupressure points at once, resulting in natural pain relief and relaxation. Other than back like for neck, head, hands, or feet, acupressure pillows can be used.

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How Does It Work?

An acupressure mat consists of hundreds of plastic nubs which deliver pressure to parts of the body in contact with the surface. When you walk, stand, or lie down on them, the spikes exert pressure on your acu-points and provides a huge wave of relief along with a distinct softening of muscular tension.

An acupressure mat "does not stimulate acupressure points specifically, but rather stimulates many points at once." These mats may also stimulate endogenous endorphin release from your brain and help in alleviating pain transiently.

Directions to Use?

Acupressure mat

- Due to sharp spikes, you may feel high discomfort, unbearable or pain for several minutes, but it would be extremely effective and make you feel relaxed later.
- Level of treatment can be adjusted i.e. you can opt to use the mat against bare skin (for a stronger effect) or use a lightweight fabric layer (T-shirt or sheet) between your skin and the mat to reduce the intensity.
- It's best to use a layer of protection for the new users.
- For maximum results, use the mat each day for 10 to 20 minutes at a time.
- Beginners can spread out the mat on a bed or sofa while intermediate and experienced users may move their mats on the floor.
- Try sitting on it.
- Lie down slowly with your weight evenly distributed on the mat in order to avoid injury from the spikes of mat.
- Reposition yourself if required but carefully as it might readily pierce or scratch your skin.
- Try to lay on the mat for up to 20 minutes a day to maximize the benefits and be sure to breathe and practice consciously relaxing your body.

Magnetic-cum-acupressure pyramid mat

This mat can be put anywhere on a plain surface. Try to stand on it for 4-10 minutes twice a day (you can stand more time if you want to do).

While you stand on the pyramid mat, it is best to do any upper body exercises like arm rotation, waist rotation, neck rotation or rubbing your palms until heat is generated).

You might feel prick on your feet sole being a first timer, because your nerve points are weak at the time. You can put any skinny cloth to minimize the intensity. Gradually you will find it very comfortable and feel renewed energy within you with a better health.

House wives can use it while they are cooking or watching TV. Those who spend their most of the time at office can use this mat as foot resting pad at their workstation. This mat is even very useful for sports persons to relax their tied feet and calf muscles by standing on it for a few minutes. It would surely make you feel the massage like relaxation.

Acupressure Mat Benefits

Acupressure mats are found to be helpful for the following conditions:

- It is a complementary therapy that provides Natural pain relief.
- After a few minutes laying or standing on the acupressure mat, endorphins begin to flow throughout the body, which works in a similar way to opioids, often referred to as 'the body's natural painkillers', they help to reduce pain and produce a feeling of euphoria and relaxation.
- It is effective in curing chronic pain, neck pain, lower back pain, sciatica pain in the back and leg, muscle pain and stiffness without taking painkillers.
- It showed positive impact on patients coping with myocardial infarction, blood pressure and heart rate were also found to be significantly lower.
- Using an acupressure mat stimulates nerve and acupoint and releases serotonin, which is our bodies feel-good hormone and plays a huge role in regulating mood, reducing stress, anxiety, depression and fatigue. It impacts on headache and migraines, improves blood circulation, improves sleeping pattern as well and can even make your skin healthier.

- It increases energy levels, immunity, metabolism and digestion. It improves blood circulation, secretion and functioning of glands like liver, pancreas, gallbladder and organs like kidney and urinary bladders.
- It Promotes healthy central nervous system and peripheral nervous system, enhance memory, enhances yoga and meditation practice and ability to manage your own treatment.

Some Considerations or Caution

- If used incorrectly, spikes of mat can pierce the skin.
- In case of thin skin, diabetes, or poor circulation, do not use acupressure mat.
- Don't use an acupressure while pregnant or to mat to induce labor. It should be done under a medical professional's supervision only.
- Acupressure mats should not be used by Babies, toddlers, and little children.
- If you have high or low blood pressure, should consult doctor before using.