

## THE EFFECT OF AYURVEDIC SELF-MASSAGE ON THE EMOTIONAL STATE

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The effectiveness of Ayurveda self-massage for emotional health. Rehabilitation, Complementary and Alternative Medicine Master's Degree Program final thesis.

- Academic advisor doc. dr A. Chomičėnkiėnė, Klaipėda University: Klaipėda, 2020. - 70 p. The World Health Organization (WHO) defines health as complete physical, social, and emotional well-being, not just the absence of disease.
- Psychological emotional health is receiving increasing attention in all the world and Lithuania.
- Ayurveda has been recognized as a „traditional medicine“ whose approach to human health includes physical, mental and spiritual balance. Ayurveda, a natural system of medicine, originated in India more than 3 000 years ago.
- *Ayurveda* is derived from the Sanskrit words *ayur* (life) and *veda* (science or knowledge).

### *Knowledge of life.*

Based on the idea that disease is due to an imbalance or stress in a person's consciousness, Ayurveda encourages certain lifestyle interventions and natural therapies to regain a balance between the body, mind, spirit and the environment.

Ayurveda treatment starts with an internal purification process, followed by:

- a special diet,
- herbal remedies,
- massage therapy,
- yoga, meditation.

One of the natural therapies used in Ayurveda: self-massage or also known as oiling.

- Self-massage has a positive effect on overall human health, as well as emotional balance, which is widely described in the literature.
- Self-massage is done with warm oil.
- The oil is applied on the entire body, from the scalp to the soles of your feet.

The oil is the central component of this practice. When combined with massage strokes, it's thought to promote overall health and wellness.

Benefits of the ayurvedic self-massage:

- reduce stress;
- lower blood pressure;
- improve skin health;
- reduce muscle stiffness;

- promotes lymphatic drainage;
- improve vision;
- increase energy;
- increase physical strength;
- delay age-related changes.

The connection between one of the traditional Indian medicine therapies - self-massage and emotional balance - is a relevant object of research.

**The aim of research work:**

To evaluate the effectiveness of self-massage for emotional health.

**Materials and methods:**

In the theoretical part was used comparative analysis of concepts, publications and scientific literature.

In the empirical part, the method of quantitative (survey) research was used - two questionnaire surveys were conducted:

1. SF 36
2. A survey for constitutional type
3. Qualitative research-interview was also performed

The analysis of quantitative research data performed using analytical system IBM SPSS Statistics (21 version) and Microsoft Excel. Qualitative research method was used as content analysis.

In the research was a group of 48 participants (main group 31 and control group of 17 participants).

- Results: Test results in both researched groups (main and control) were evaluated and compared before and after the research.
- It was found that in the main group self-massage have
- statistically significant effects on emotional health ( $p < 0,1$ ).

**Conclusion:** Ayurveda self-massage in the main research group had improved emotional health in statistically significant value.