



MESSAGE AS AN AID FOR RELAXATION

Kumar R.

Ph.D Research Scholar, PGTD of Physical Education, R.T.M. Nagpur University Nagpur (M.S) India
 Email: babasportseducation@gmail.com

Abstract:The word comes from the French massage "friction of kneading", or from Arabic massa meaning "to touch, feel" or from Latin massa meaning "mass, dough". Greek verb (massō) "to handle, touch, to work with the hands, to knead dough". In distinction the ancient Greek word for massage was anatripsis, and the Latin was frictio. Massage involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Massage can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device. Depending on the application and technique used, massage is used to promote relaxation and well-being, and is beneficial in treating sports injuries and other problems affecting the musculature of the body such as postural misalignment and many painful conditions. Massage has been shown to decrease cortisol in the body. This allows the body to enter a relaxing rest-and-recovery mode-: an effect that lingers long after the massage is over. In fact, massage triggers a host of brain chemistry responses that can result in lasting feelings of relaxation, lowered stress and improved mood. Massage Envy offers a variety of relaxing massage therapy styles and techniques to help kick start the relaxation process. If you enjoy relaxing massage therapy, know that a Massage Envy membership can be a powerful ally in your wellness program. In addition to encouraging relaxation, ongoing massage therapy can reduce pain, increase energy levels and improve overall physical and mental performance. Massage Envy professional therapists customize every massage session to address your individual needs.

Keywords:Massage, Relaxation

Introduction:

The word comes from the French massage "friction of kneading", or from Arabic massa meaning "to touch, feel" or from Latin massa meaning "mass, dough". Greek verb (massō) "to handle, touch, to work with the hands, to knead dough". In distinction the ancient Greek word for massage was anatripsis, and the Latin was frictio.

Massage involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Massage can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device. Depending on the application and technique used, massage is used to promote relaxation and well-being, and is beneficial in treating sports injuries and other problems affecting the musculature of the body such as postural misalignment and many painful conditions.

In professional settings massage clients are treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor, while in amateur settings a

general purpose surface like a bed or floor is more common. Aquatic massage and bodywork is performed with recipients submersed or floating in a warm-water therapy pool. The massage subject may be fully or partially clothed or unclothed.

History of Massage

Massage therapy history dates back thousands of years to ancient cultures that believed in it's medical benefits. The first written records of massage therapy are found in China and Egypt.

2700 BCE: The first known Chinese text is called "The Yellow Emperor's Classic Book of Internal Medicine." This book was first published in English in 1949, but has become a staple in massage therapy training and is also often used as a textbook for teaching many other forms of alternative medicinesuch as acupuncture, acupressure and herbology.

2500 BCE: Egyptian tomb paintings show that massage therapy was also a part of their medical tradition. Egyptians get the credit for pioneering reflexology. Their studies and traditions greatly influenced

other cultures such as the Greeks and Romans.

1500 and 500 BCE: The first known written massage therapy traditions come from India, but practice may have actually originated around 3000 BCE or earlier. Hindus used the art of healing touch in the practice of Ayurvedic medicine. Ayurveda, a Sanskrit word, translates to "life health" or "life science." It is regarded as the basis of holistic medicine, combining meditation, relaxation and aromatherapy.

Early 1800s: It was from this early massage therapy history that the Swedish doctor, gymnast and educator Per Henrik Ling developed a method of movement known as the "Swedish Movement System." This is regarded as the foundation for Swedish massage most commonly used in the West today.

Although the "Swedish Movement System" was developed by Ling, it was Dutchman Johan Georg Mezger who defined the basic hand strokes of Swedish massage.

Today the most common types of massage practiced in the western hemisphere are Swedish massage and the Japanese massage practice of Shiatsu.

Considering the long history of massage, its incorporation into Western medicine is only in its infancy. The potential for growth and research of the healing properties of therapeutic massage and body work has gained great momentum over the last fifty years, and the public demand for massage therapy is at an all-time high.

As a preventative practice, therapeutic massage is used in spas, gyms and work places all over the country. Using massage therapy to promote balance and maintain internal and external health is something that is now a standard part of the North American lifestyle.

In the health care industry, massage is commonly used in hospitals, nursing homes and birthing centers. It is also used in physical therapy and in chiropractic clinics to treat pain, increase circulation and expedite the healing of injured muscles.

Massage as an Aid for Relaxation

The body can produce an unhealthy buildup of hormones when we're stuck in traffic or meeting a work deadline. Pent-up levels of

the "stress hormone" cortisol can lead to sleeplessness, headaches and even digestive problems.

Massage has been shown to decrease cortisol in the body. This allows the body to enter a relaxing rest-and-recovery mode: an effect that lingers long after the massage is over. In fact, massage triggers a host of brain chemistry responses that can result in lasting feelings of relaxation, lowered stress and improved mood.

Massage Envy offers a variety of relaxing massage therapy styles and techniques to help kick start the relaxation process. If you enjoy relaxing massage therapy, know that a Massage Envy membership can be a powerful ally in your wellness program. In addition to encouraging relaxation, ongoing massage therapy can reduce pain, increase energy levels and improve overall physical and mental performance. Massage Envy professional therapists customize every massage session to address your individual needs.

Conclusion:

Massage involves working and acting on the body with pressure – structured, unstructured, stationary, or moving – tension, motion, or vibration, done manually or with mechanical aids. Massage can be applied with the hands, fingers, elbows, knees, forearm, feet, or a massage device. Depending on the application and technique used, massage is used to promote relaxation and well-being, and is beneficial in treating sports injuries and other problems affecting the musculature of the body such as postural misalignment and many painful conditions.

References:

- 1) Retrieved from <https://en.wikipedia.org/wiki/Massage> on 24/02/2017
- 2) Retrieved from www.alliedhealthschools.com/massage-therapist/massage-therapy-history/ on 24/02/2017
