

It's in your Hands: Reflexology Remedies for Alzheimer's Disease

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Abstract

Alzheimer's disease, a vexing problem, had from time immemorial been dealt with by means of physical and lifestyle modifications. Among those the methods intervention through application of stimulation at specific points in hands had been highly in practice. In the technique of Jin Shin Jyutsu, various conditions has been treated, like fear through finger holding. Alzheimer's Disease has also been attempted to be managed by Gandhian treatment. Additionally there are several home remedies for this debilitating condition, which are always worth giving a try.

Main Paper

1By applying pressure to points on the hands, hand reflexology, an ancient healing practice targets specific areas of your body. Helping to alleviate a variety of ailments and issues, it is a quick, simple treatment. Although the results may also be cumulative, It has been known to be effective in bringing about instant relief from pain and tension.

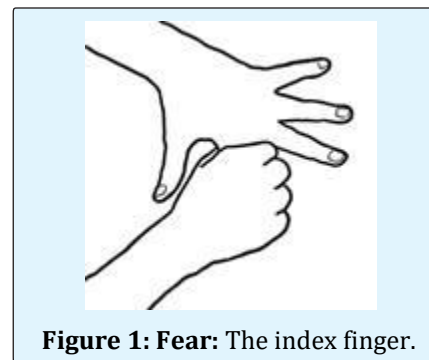
Relying on a belief that our bodies contain channels of energy, hand reflexology shares many principles with acupuncture. If these channels become blocked over time, resulting in illness. These energetic channels can be cleared by applying pressure to certain parts of the hands, as per hand reflexologists' belief.

Balance and wellbeing to the whole body can be restored by removing the blockage. A whole host of health benefits can be provided, even though a hand massage may seem simple [1]. The benefits may include boosting circulation, increased flexibility, pain relief; in addition the treatment may also provide relief from conditions such as headaches, shoulder and back pain, stress, sports

injuries, irritable bowel syndrome, symptoms of menopause, sinus and breathing problems.

2A self-practice that is extremely simple and yet profound is Holding the fingers [2], a Jin Shin Jyutsu technique. Holding the fingers is a way to balance and harmonize energy in the whole body, as so many of the Jin Shin Jyutsu energy pathways run through the fingers (14,400 functions within the body are said to be regulated by the ten fingers) (Figure 1).

Below is an illustration of the index finger hold.



Associated with each finger, there is a primary emotion (called as 'attitudes' by Jin Shin Jyutsu). Other attitudes as well as physical symptoms are also there associated with each finger as additional benefits. By holding specific fingers these attitude and symptoms can be targeted.

3 Criticisms were often directed at Mahatma Gandhi for mixing religion, politics, economics and health. He insisted on the fundamental interrelationship of all aspects of life, and it was relevant for today's problems. An attempt had been made to develop a Gandhian model of health that had relevance by the paper. A therapeutic trial that was ongoing had been described as a Model specifically applied to the vexing problem of Alzheimer's disease.

Home Remedies for Alzheimer's Disease

- Powdered Sesame, pumpkin and sunflower seeds, 1 tablespoonful, mixed in milk and consumed every day.
- Half tablespoonful Turmeric powder mixed in a glass of warm milk consumed every night. Cur cumin in turmeric, an antioxidant boosts brain tissues and prevents the clumping of beta amyloids in brain.
- Mandook Parni herb dried into powder consumed with water twice daily, 20 minutes after food. It improves blood circulation and is a good remedy for Alzheimer disease [3,4].
- Aswagandha (*Withania somnifera*), taken one tablespoon of dried powder in glass of warm milk consumed every day.

There is a Tamil verse penned by a Siddhar, the meaning of which runs as follows. ' If ginger consumed in morning, dry ginger in the noon and Terminalia chebula (tamil name Kadukkai) consumed in the night, a person who consumes in the three specified hours, if he is aged and walks with a stick, he will be in no need of the stick for walking and can become young again.

Scientific Studies

The following steps can be taken to reduce dementia risk. With breathing control, simple meditation, and the

adoption of specific bodily positions for health and relaxation purposes, Yoga is an ascetic practice.

To prove its relation to specific health benefits in most recent times, Yoga has been studied for many years. Meditation is one of the pillars of Yoga practice. A12 minutes a day meditation practice is beneficial for relaxation and the increase the activity of areas of the brain that are central to memory, according to a study (Practice the 12-minute Yoga meditation exercise, <http://www.alzheimersprevention.org/research/12-minute-memory-exercise>).

To be benefited in the efforts to reduce the risk of dementia, practice yoga and use all its core elements. In a study conducted by UCLA (University of California Los Angeles) it is stated that undertaking a 3 month yoga course could reduce the risk of dementia. In the study, 14 patients participated in one hour yoga class a week and 20 daily meditation sessions, and it took place over a period of 12 weeks [5]. The group showed an improvement in the ability to remember names, list of words and memory skills at the end of 12 weeks. The group was also able to improve navigation skills and help remembering locations, with the meditation sessions, in addition (Yoga meditation may reduce dementia risk By Honor Whiteman, <http://www.medicalnewstoday.com/articles/310148.php>).

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