



“A STUDY TO ASSESS THE EFFECTIVENESS OF SWEDISH MASSAGE AMONG THE HYPERTENSIVE PATIENTS IN SELECTED HOSPITALS - CHROMPET, CHENNAI-44”

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ABSTRACT:

“MASSAGE” A word derived from French which means “a friction of kneading” In Arabic “Massa” means to touch ,feel and handle” It is a management and practice of manipulation of the soft body tissue with medical therapeutic and in some cases emotional reason. There are many beneficial effects of massage including alleviation of pain declination of stress and relief from many chronic diseases. SWEDISH MASSAGE is a complementary treatment that provide relaxation and therefore able to reduce blood pressure caused by stress. The American heart association (2013) estimated that in India about 972 million people suffering from hypertension. It is anticipated that the number of people with hypertension will increase in future posing major issues to the health and quality of life of people.

KEY WORDS: Hypertension, Swedish massage, Dyslipidaemia, Therapeutic

INTRODUCTION:

Hypertension is one of the most common lifestyle diseases today. Hypertension is a major public problem in the world because of its frequency and concomitant risk of cardiovascular and kidney disease. Hypertension makes people five times more prone to stroke, three times more likely to experience heart failure. The risk factor of hypertension is divided into modifiable and non-modifiable risk factor. On-modifiable risk factor of hypertension is ethnicity increased age (>35years) having a familial history of hypertension .The modifiable risk factor are overweight or obese, history of smoking high intake of dietary sodium excessive alcohol sedentary lifestyle high level of stress and poorly controlled diabetes .The main causes of hypertension are dysfunction of sympathetic nervous system dysfunction of renin-angiotensin-aldosterone system. Vasoconstriction dyslipidaemia insulin resistance and stress. The common complications of hypertension are target organ diseases occurring in the heart (hypertensive heart diseases) brain (cerebrovascular diseases) peripheral vasculature (peripheral vascular disease) kidney (nephrosclerosis) and eyes (retinal) damage. Blood pressure is the force of the blood against the walls of the

arteries. Sustained elevation of blood pressure is termed as hypertension. In adults, hypertension exists when systolic blood pressure exceeds above 140 mm hg or diastolic blood pressure measures above 90 mm hg. The prevalent study on hypertension revealed that hypertension range between 20- 40% in urban adults and 12-17% in rural adults. It is increase from 118 million in 2000 to 214 million in 2025, with nearly equal number of men and women-American heart association (2013).

OBJECTIVE OF THE STUDY:-

1. To assess the blood pressure for study participant.
2. To compare the pre- test and post- test of blood pressure of study participants.

NEED FOR THE STUDY:-

World Health Organization in 1978 stated that the incidence of hypertension was higher among male than female. Systolic and diastolic pressure was found to be increased with advancing age. Hence the patient must be treated as whole and in an integrated manner, taking into account and the severity of the hypertension. Its effect on the target organs as well as the associated conditions and aggregating factors. This enhanced by patient understanding of their diseases condition and treatment.

A survey of 26000 adults in South India(2012) showed a hypertension prevalence of 20% (men 23% and women 17%) but 67% of those with hypertension were unaware of their diagnosis. Majority of hypertension subjects still remain and undetected and the control of hypertension is also inadequate. This calls for urgent prevention and control measures for hypertension. One in every five persons in Tamil Nadu is hypertensive , especially in Chennai over all it was higher among men 23.2% than women 17.1%.

TABLE-1: ASSESS THE PRE-TEST LEVEL OF BLOOD PRESSURE AMONG THE HYPERTENSIVE CLIENTS BEFORE ADMINISTRATION OF SWEDISH MASSAGE

PRETEST LEVEL OF BLOOD PRESSURE	PRETEST	
	FREQUENCY (N)	PERCENTAGE (%)
NORMAL	1	3.3%
MILD	27	90%
MODERATE	2	6.67%
SEVERE	-	-
TOTAL	30	100

(N – Number of clients)

TABLE 1: Reveals pretest of blood pressure among the hypertensive clients before massage among 30 hypertensive clients 1(3.3%) belongs to normal, 27(90%) belongs to mild level of blood pressure, 2(6.67%) belongs to moderate.

COMPARISON OF EFFECTIVENESS OF SWEDISH MASSAGGE BY PRETEST AND POSTTEST SCORE AMONG HYPERTENSIVE CLIENTS

Table 3: comparison of pretest and post test level of Blood pressure among hypertensive clients

LEVEL OF BLOOD PRESSURE	PRE TEST		POST TEST	
	N	%	N	%
NORMAL	1	3.3%	24	80%
MILD	27	90%	6	20%
MODERATE	2	6.67%	-	-
SEVERE	-	-	-	-
TOTAL	30	100%	30	100%

TABLE 3: Reveals the comparison of effectiveness of Swedish massage among hypertensive clients respectively. It shows that 3.3% of them had normal level of blood pressure, 6.67% of them had moderate level of blood pressure, a majority 90% of them had mild level of blood pressure, before massage. In post test evaluation after massage majority of the hypertensive clients 80% had normal level of blood pressure, 20% of them had mild level of blood pressure.

CONCLUSION:

The study reveals that Swedish massage was effective in reducing the level of blood pressure among hypertensive clients. The difference was found to be statistically significant level which indicates the effectiveness of Swedish massage in reducing hypertension.

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