

Subject:

Blood, Microcirculation

Study Conducted:

Country:

China

Institution:

Renmin Hospital of Wuhan University and Vocational School for Health Training of Hubei Province

Citation:

Zhaowei, Z., Baoqing, D., "Reflexotherapy and Microcirculation." 2002 China Reflexology Symposium Report, page 67.

Synopsis:

The aim of this study is to explore the effect of reflexology treatment on human microcirculation. 40 patients with chronic traumatic diseases were selected randomly from a Rehabilitation Hospital. Diseases included apoplexy sequelae, neuralgia, insomnia, arthritis, cervical spondylosis, prolapse of lumbar intervertebral disc, lumbago, sprain, indigestion, constipation, etc. The patients were between the ages of 20 to 68 years old. With the help of a microscope, nail-fold microcirculation of the left hand ring finger of the 40 cases was examined before and after the reflexology session. A computer was used to measure and analyze the results.

Conclusion:

The diameter of arteriole limb and venule limb were all enlarged, indicating a dilation of the micro-vessels. And the speed of Micro Blood flow increased markedly; at the same time, the removal of aggregation of red blood cells was noted—all indications of better microcirculation. Reflexotherapy was able to improve human microcirculation, thus it can be beneficial to preservation of health and treatment of diseases.

Reflexology Research provided courtesy of the
[American Academy of Reflexology](#), Bill Flocco, Director.