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MASSAGE AND ITS TYPES, PHYSIOLOGICAL EFFECT

Mirsaidova Zakhro Isomitdin kizi

Abstract:

This article offers a comprehensive study of the various types and techniques of massage, including the various methods, techniques, and therapeutic approaches used in the practice of massage therapy. It explores the principles, benefits, and applications of popular massage techniques, including Swedish massage, deep tissue massage, aromatherapy massage, Thai massage, and reflexology, while highlighting new trends and innovative methodologies in massage therapy. The article will serve as a valuable resource for individuals seeking to deepen their understanding of the multifaceted nature of massage and its potential effects on physical, mental, and emotional well-being.

Key words: massage, facial massage, classical massage, metabolism, humoral factors.

Massage is a treatment method; affecting the body or an organ in a special way. It is performed by hand, sometimes tools are used. Nervous and humoral factors play an important role in the mechanism of massage's effect on the body. Under the influence of massage, biologically active substances are formed in the skin and enter the blood, they participate in vascular reactions, transmission of nerve impulses, etc. The massage has a mechanical effect on the tissues in the place of direct impact, and the circulation of lymph, blood, and fluids between the tissues increases. As a result, bone and lymph moisture is lost, metabolism and breathing through the skin of the area being massaged increases.

Massage and its types, physiological effects. Massage and its types, physiological effects. Massage is defined as a mechanical effect on the tissues of the body with special methods. Several types of massage are distinguished:

Healing massage. Hygienic massage is used to improve the health of the body and prevent diseases, and is most often used as a general massage. Cosmetic massage that improves skin function also belongs to this category;

Sports massage. Its purpose is to increase the functional capabilities of the body and eliminate the symptoms of fatigue in the athlete. Athletes use it (often by self-massage) during warm-up before sports training and when they are tired. Massage and its types, physiological effect.



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Physiological effect of massage.

Even when massaging the surface very lightly, the most sensitive nerve receptors of the skin are primarily affected by the mechanical effect. In the nervous system in response to receptor exposure; various reflex reactions occur in blood and lymph circulation. It is believed that massage has a reflex effect on the whole body and causes various changes in all tissues of every organ. The degree of these changes depends on the methodology and technique of the massage in general and, in particular, of some of its methods. As a result, a person becomes drowsy after the treatment. Different methods of massage can have different effects on the excitability of the nervous system depending on its dosage. For example, stroking and rubbing reduce arousal, while slapping and hitting with the edge of the palm increase arousal. Massage can relieve pain. The massage removes the epidural crust with a mechanical effect. Thanks to the massage, the blood vessels in the skin expand. Blood circulation and function of oil and sweat glands in the skin increases. After the massage, the skin becomes red and tender. The temperature of the part of the skin being massaged rises. The products of the breakdown of proteins (histamine, acetylcholine) that appear on the skin under the influence of massage can also be affected to a certain extent by the improvement of blood circulation. Massage has a great effect on the muscles, shortening the muscles and fibers, causing changes in the muscle cells. Muscle fatigue is suppressed earlier under the influence of massage than when resting without massage. Massage significantly increases the size of the atrophied muscles and increases their working capacity. The effect on the muscle leads to an increase in lymph blood flow. This particular stroking helps to push away swellings during massaging. Reserve capillaries are activated in the muscles. Additional blood, meaning oxygen, comes to these capillaries. In addition to influencing the redistribution of blood in massaged areas, the massage also affects the work of the heart. Pulse changes slightly with arterial pressure.

The most popular types of facial massage.

Practice has shown that no one (even the most expensive) facial cosmetics will help to preserve youth and the way the skin is massaged. This procedure helps to remove signs of fatigue, smooth wrinkles, fills the skin with health and energy.

Types of facial massage.

Classical massage is used for stroking and pushing. Its main task is to make the skin more flexible and strengthen the muscles of the face.



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Lymphatic drainage is based on microscopic effects. As a result, the wrinkles of the face are smoothed, and the color of the skin increases.

After a soothing massage of the face, the muscles relax, the upper and wrinkled layer of the epidermis is removed, and blood circulation improves.

Galvanization is a procedure that is remotely reminiscent of electrophoresis. With the help of a special installation, useful nutrition and moisturizing substances are added to the skin, and harmful substances are removed.

Conclusion:

Under the influence of massage, oxidation processes accelerate, nitrogen exchange increases, the secretory function of the glands increases, and urine excretion increases. A person who receives a massage sleeps well and has an increased appetite.

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