

A comparative study of Iranian and Chinese medicine massages therapy

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Abstract:

Background and purpose: Medical massage therapy is a common treatment method in medicine and can be applied to many ancient and modern medical schools. The different methodologies for evaluation of massage characteristics will also be discussed briefly during three different historical eras of medicine, namely, Chinese, Iranian, and modern medicine. This paper will explore the history of the massage therapy from Persian and Chinese Traditional Medicine.

Materials and methods: This article is a review study in which the information was collected through searching PubMed, Scopus, Google Scholar, Civilica, and SID. Clinical articles and related text books without any time limits were studied using specific keywords. Data was then compared, analyzed and adapted and finally a conclusion was drawn.

Results: In Persian traditional medicine the massage that is mentioned as “Dalk and Ghamz” based on its different characteristics and described different duration of each movement, duration of the pause, temperature, the equality or inequality of force, the regularity of the rhythm. Chinese scientists have been able to update the old massage style, and offered them as an accepted method at the global level.

Conclusion: Chinese and Iranian medicine, massage therapy has been used in a large number of illnesses. The scientific capability of Chinese and Iranian medicine and their common cultural and scientific aspects could help in designing a new pattern for treatment of disease. A consolidated approach and joint researches are suggested for clarifying some hidden aspects of this complication and its treatment.

Keywords: Massage, “Dalk and Ghamz”, Persian Traditional Medicine, Chinese Traditional Medicine.

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