



Ghamz therapy in Persian Medicine and its comparison with Reflexo Zone therapy

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Abstract:

“Ghamz” is a specific term in the Persian Medicine, which means pressing with a finger and is performed on different parts of the body for specific therapeutic goals. Today there is also a therapy through the action of the pressure points in their hands and feet, is known as Reflexo Zone therapy. This therapy has similarities with Ghamz therapy. The basic concept is that extremity pressing is correlated with organ function via connective paths between body organs.

These link routes in the Persian medicine are under the title of “Mohazat Canal”. These canals course materials in the body and Persian physician with recognition of this route and Ghamz therapy can divert pathologic flow and remove disease from diseased organs.

Understanding connective paths in organs and body material transportation theory in the Persian Medicine not only facilitates learning of clinical findings of ancient physicians but also it helps resolving ambiguities in Reflexo Zone therapy, what’s more it will guide further studies in this field.

Keywords: Ghamz, pressing, Persian medicine, Reflexo zone therapy

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