

Subject:

Headache, Neurasthenia

Study Conducted: Country: Institution:

China

Hospital 52876 Unit of the People's Army

Citation:

Wang, S., "30 Cases of Neurasthenia Treated with Reflexology." 1998 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 5-6.

Synopsis:

Male patients, ages 21-45, with Neurasthenia (symptoms include no energy, headaches and difficulty sleeping) were given 30-40 minutes of foot reflexology daily for 12 days focusing 20-30 strokes on the frontal sinus, cerebrum, cerebellum, brainstem, neck, thyroid gland, parathyroid gland, heart, liver, spleen, lung, adrenal gland, and sex gland reflex areas.

Conclusion:

Foot reflexology was found to be effective for the relief of symptoms associated with neurasthenia, sleep disorders and headaches with no organic disease.

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