

Reflexology For Asthma

Subject:

Asthma, Infantile

Study

Conducted:

Country:Institution:

China

Health Center for Women and Children

Citation:

Duanmu, H., "A Clinical Investigation on 57 Cases with Infantile Asthma Treated by Foot Reflexology." 1996 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 17-18.

Synopsis:

57 infants and small children with infantile asthma were given foot reflexology on the whole foot for 3-5 days because of the toxic effects to their organs from increases in medication. It was found that foot reflexology created a higher resistance to inhaled allergens, reducing the occurrence of bronchial hyperemia or edema. Also, the immune system was strengthened and the white blood cell count increased. The cure rate was 96.49%.

Conclusion:

Foot reflexology was found to be effective in the relief of infantile asthma.

Subject:

Asthma, Infantile

Study

Conducted:

Country:Institution:

China

Health Center for Women and Children

Citation:

Duanmu, H., "A Clinical Analysis of Foot Reflexomassage for Treatment of 45 Cases with Infantile Bronchial Asthma." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, pages 41-43..

Synopsis:

45 patients, both male and female, ages 5 months to 7 years old, with asthma, shortness of breath, prolonged exhalation with asthma wheezing sound, bronchial asthma aggravated with crying, were given 40-50 minutes of foot reflexology daily for 2-12 weeks of. Results: All symptoms disappeared.

Conclusion:

Foot reflexology was found to be effective for relief of symptoms associated with infantile bronchial asthma.

Subject:

Asthma

Study**Conducted:****Country:Institution:**

Denmark

Gentofte Hospital

Citation:

Fosholt, U., "Asthma and Reflexology. A Reflexologist's Account of the Progress of an Asthma Project Which Took Place at the Allergy/Lung Clinic at Gentofte Hospital , Denmark ." Danish magazine Mit Helbred, No. 10, 1992.

Synopsis:

A 4 month controlled, non-blind study of 28 patients were divided into two groups: 14 were given conventional medicine and 10 sessions of foot reflexology; the other 14, were given only conventional medicine Results, the Reflexologist and the medical doctors came to two different conclusions.

Conclusion:

No conclusions were clearly stated as to whether foot reflexology was beneficial in the treatment of bronchial asthma.

Subject:

Asthma

Study**Conducted:****Country:Institution:**

Denmark

Copenhagen University Hospital,
Gentofte

Citation:

Fosholt, U., "Asthma and Reflexology." Mit helbred. (1992). (Publication details not available.)

Synopsis:

Two groups of 15 patients with bronchial asthma received conventional treatment and medicine for four months. The active group, consisting of 13 (2 withdrew), were also given reflexology and had a 38.5 % improvement of lung function even with reduction of their medication.

Conclusion:

Foot reflexology was found to be effective for the relief of bronchial asthma.

Subject:

Asthma, Childhood

Study**Conducted:****Country:Institution:**

United
Kingdom

Not indicated.

Citation:

Lee, J., "The Child Reflexology Asthma Research Pilot Study." 1997, (Publication details not available.)

Synopsis:

47 primary school children with asthma were given foot reflexology. Seven received no treatment. Their parents filled out assessment charts and the children also gave an evaluation. Not only was there improved asthma and hay fever symptoms, but their self-confidence and behavior improved as well. Six months later, 50% of the children continued with there reflexology treatments and were able to reduce their prescribed medication..

Conclusion:

Foot reflexology was found to be effective for the relief of various children's problems such as asthma.

Subject:

Asthma

Study

Conducted:

Country:Institution:

China

Nanjing Medical College

Citation:

Wang, Y., "A Case of Asthma Cured by Foot Massage." 1994 China Reflexology Symposium Report, Beijing : China Reflexology Association, page 40.

Synopsis:

A 10 yr old male with asthma, and varying symptoms over 6 years was given 30-40 minutes of foot reflexology daily. After the first session, his asthma and cough got worse and he had fever. After the second session, the symptoms subsided and disappeared on the 4th day. The patient continued these sessions for 3 months and has been free of asthma attacks since.

Conclusion:

Foot reflexology was found to be effective for curing and preventing recurrence of asthma.

Subject:

Asthma

Study

Conducted:

Country:Institution:

Denmark

Rigshospitalet University Hospital
Allergy Clinic

Citation:

Not indicated. The results were published at an international medical conference on allergy and asthma in Lissabon in July 2000.

Synopsis:

40 patients were divided into two groups; 20 in the active group and 20 in a placebo group.. Each were given 10 sessions of reflexology. They were evaluated before, during and after treatment, and given various medical tests. No agreement was reached between the medical doctors and reflexologists.

Conclusion:

No official conclusions are available as of August 2000 as doctors and reflexologists differ in their analysis results and have drawn separate conclusions.

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