

The Survey of Peoples Perspective on Acupressure Therapy

**Sujal Manoj Lanje¹, Om Suresh Patil², Shruti Prakash Solanke³,
Dr. Nitin H. Indurwade⁴, Sheetal K. Khobragade⁵,
Tejaswini A. Gaikwad⁶**

^{1,2,3}student Pharmacy Dr. R.G.Bhoyar Institute Of Pharmaceutical Education And Research Wardha

⁴Principal Pharmacy Dr. R.G.Bhoyar Institute Of Pharmaceutical Education And Research Wardha

^{5,6}assistant Professor Pharmacy Dr. R.G.Bhoyar Institute Of Pharmaceutical Education And Research
Wardha

ABSTRACT:

Acupressure therapy, an ancient practice rooted in Traditional Chinese Medicine, has garnered increasing attention in modern health and wellness circles for its potential to alleviate pain, reduce stress, and promote overall well-being. This study aims to explore public perceptions, awareness, and attitudes toward acupressure therapy through a structured survey conducted among a diverse demographic. The survey investigates key aspects such as familiarity with acupressure, trust in its efficacy, personal experiences, and willingness to integrate it into daily healthcare routines. Preliminary findings indicate a growing interest in natural and non-invasive therapies, though skepticism remains regarding its scientific validation and effectiveness compared to conventional medical treatments. The study also highlights variations in acceptance based on factors such as age, education, and cultural background. By analyzing these perspectives, the research provides valuable insights into how acupressure therapy is perceived in contemporary society, offering implications for healthcare practitioners, policymakers, and wellness industries to bridge gaps in awareness and accessibility.

Keywords: Peoples perspective, Acupressure, Traditional Chinese Medicine (TCM), Parasympathetic and Sympathetic nervous system.

1. INTRODUCTION

A vital part of Traditional Chinese Medicine (TCM), acupressure has been used for thousands of years. Acupressure applies physical pressure to certain spots on the body, usually with the fingers, palms, elbows, or special devices, in contrast to acupuncture, which inserts needles at same locations ^[1].

Acupressure, as the name suggests, is the application of pressure rather than needles (as in acupuncture) to specific points to control symptoms such as pain or nausea ^[2]. It may cause soreness, numbness, or a sensation of distension. Acupressure regulates the parasympathetic and sympathetic nervous systems to maintain bodily functions and improve comfort levels. Further, it stimulates a self-regulatory process

involving neurochemical release, including that of serotonin (a mood regulator), to diminish emotional discomfort [3]. A form of acupressure termed auricular acupressure can reduce sympathetic nervous system activity while improving heart rate variability. Therefore, levels of certain stress hormones (e.g., cortisol and epinephrine) are lowered, and the associated reduction in anxiety can promote relaxation [4].

A complementary therapy called acupressure stimulates acupoints and keeps the energy balance by using the hands and fingers. The purpose of this study was to examine how acupressure is used to treat various ailments and how well it works to reduce pain in diverse contexts [5]. The meridian theory, which underpins the application of acupressure, suggests that acupressure increases the flow of qi (bioenergy) by stimulating meridians, a network of energy lines throughout the body. This, in turn, changes the feeling of symptoms. 5. Using the finger, hand, elbow, foot, and/or acupressure band (Sea-Bands, Leicestershire, U.K.), an elastic band with a projecting plastic button, acupressure is given to precise places to stimulate these channels and improve the flow of qi [6].

The clinical effectiveness of acupressure is still unknown, despite the fact that it is frequently suggested as a symptomatic treatment for a variety of ailments, including claustrophobia, arthritis, the common cold, gastrointestinal issues, gynecological complaints, insomnia, laryngitis, neuralgia, sciatica, renal disease, stuttering, sweating, tinnitus, and vertigo.5. Despite the emergence of several clinical trials, their findings remain inconsistent[7]. Although there have been a number of published systematic evaluations evaluating the entirety of this material, their findings are likewise incongruous [8].

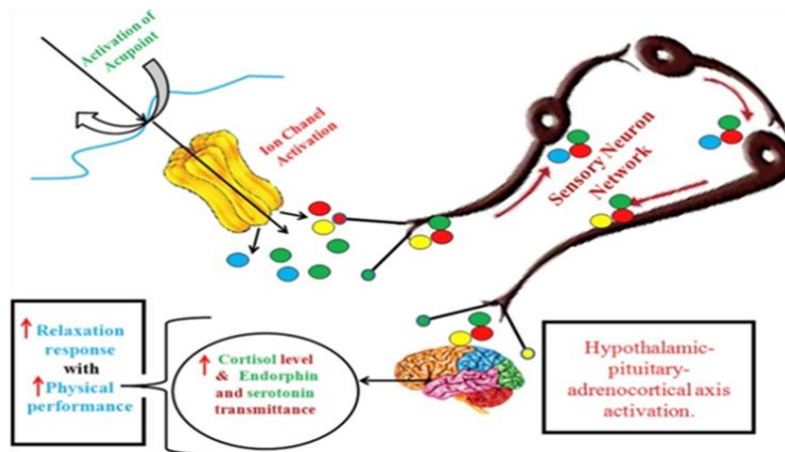


Figure 1:

2. METHODOLOGY

2.1 Study Design. This study was questionnaire based survey which is undertaken in the Wardha region using general population and was conducted between 10 October 2024 to 20 October 2024. The questionnaire which used is developed by using the earlier reports and knowledge of related topic

2.2 Study procedure: Questions were asked to participants from questionnaire utilized for further analysis

2.3 Location of study: Wardha

Wardha district (Maharashtra) is located in the central part of India. Wardha district is located on the North

Eastern side of Maharashtra state. Wardha district lies between the 20015" and 21021" North latitudes and longitudes 7904 East us 79015 East longitudes. It is bound on the West and North by Amaravati district on the south by Yavatmal district, on the South East by Chandrapur district and on the East by the Nagpur district. The boundaries with the Amaravati and Yavatmal district are identified by the river Wardha. Wardha district is a part of Nagpur revenue division. The district covers an area of 63009 sq km, which is 2 % area of Maharashtra state .

3. QsUESTIONNAIRE

1. How did you first hear about acupressure?

- A. Friends/Family
- B. Other
- C. Healthcare provider
- D. Internet

2. How familiar are you with acupressure therapy?

- A. Very familiar
- B. Somewhat familiar
- C. Not very familiar
- D. Not familiar at all

3. Have you ever tried acupressure therapy?

- A. Yes
- B. No

4. What do you think is the primary benefit of acupressure therapy?

- A. Pain relief
- B. Stress reduction
- C. Improved sleep
- D. Boosted energy

5. Would you prefer acupressure therapy over prescription medication?

- A. Yes
- B. No
- C. Maybe
- D. Depends on condition

6. How long have you been using acupressure?

- A. Less than a month
- B. 1-3 months
- C. 6-12 months

- D. Over a year
- E. Not using

7. How frequently do you perform acupressure?

- A. Daily
- B. Occasionally
- C. Only once
- D. Weekly
- E. Never

8. Who introduced you to acupressure techniques?

- A. A practitioner
- B. Self-taught
- C. Online resources
- D. Books
- E. Friends/Family

9. For which condition did you use acupressure?

- A. Pain relief
- B. Stress reduction
- C. Digestive issues
- D. Sleep problems
- E. Other

10. How long does each acupressure session typically last?

- A. Less than 10 minutes
- B. 10-20 minutes
- C. 20-30 minutes
- D. More than 30 minutes
- E. No idea

11. Did you use any tools or devices for acupressure (e.g., acupressure mats, point stimulators)?

- A. Yes
- B. No

12. Do you perform acupressure yourself or visit a practitioner?

- A. Perform myself
- B. Visit a practitioner
- C. Both
- D. Not applicable

13. How does the effectiveness of acupressure compare to other treatments you've tried?

- A. Much better
- B. Somewhat better
- C. same

14. Would you be willing to pay more for acupressure therapy if it's effective?

- A. Yes
- B. No
- C. Maybe
- D. Depends on cost

15. Did you consult with a healthcare provider before starting acupressure?

- A. Yes
- B. No
- C. Not applicable

16. How satisfied are you with the overall results of acupressure?

- A. Very satisfied
- B. Satisfied
- C. Neutral
- D. Dissatisfied

17. How would you rate the convenience of performing acupressure to other treatments?

- A. compared
- B. Neutral
- C. Inconvenient
- D. Very inconvenient

18. Did you find it easy to integrate acupressure into your daily routine?

- A. Yes
- B. No
- C. Somewhat

19. Would you recommend acupressure to others?

- A. Yes
- B. No
- C. Not sure

20. Would you continue using acupressure in the future?

- A. Yes

- B. No
- C. Maybe

21. Did acupressure help reduce your stress levels?

- A. Yes, significantly
- B. Yes, slightly
- C. No change

22. Did you experience a sense of relaxation or well-being after acupressure sessions?

- A. Yes, significantly
- B. Yes, slightly
- C. No change
- D. No, it made me feel worse

23. How did you learn to perform acupressure techniques?

- A. Practitioner guidance
- B. Online tutorials
- C. Books or manuals
- D. Friends/Family
- E. Other

24. Would you have benefited from more formal training or guidance in acupressure?

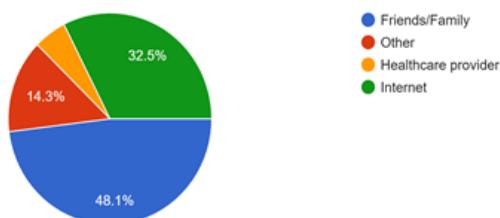
- A. Yes
- B. No
- C. Maybe

25. Have you sought additional information or resources about acupressure beyond what was initially provided?

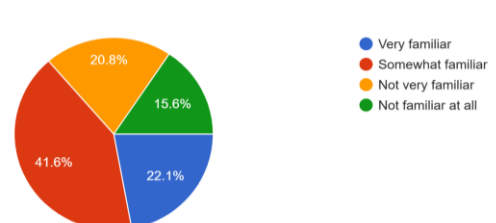
- A. Yes
- B. No

4. RESULT

1. How did you first hear about acupressure?
77 responses

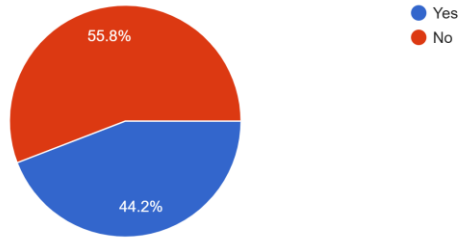


2. How familiar are you with acupressure therapy?
77 responses



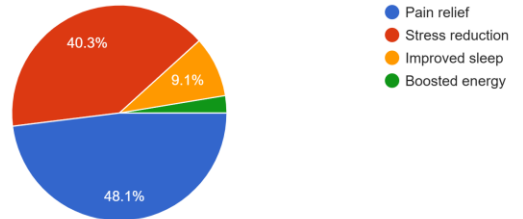
3. Have you ever tried acupressure therapy?

77 responses



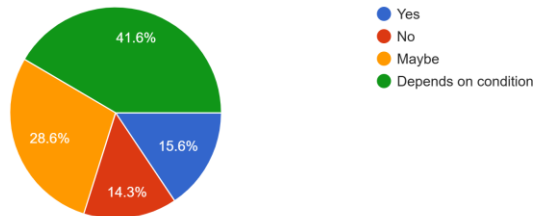
4. What do you think is the primary benefit of acupressure therapy?

77 responses



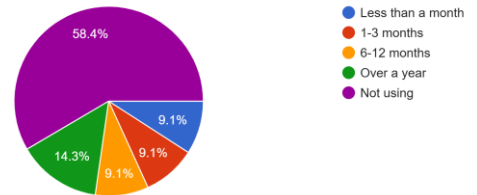
5. Would you prefer acupressure therapy over prescription medication?

77 responses



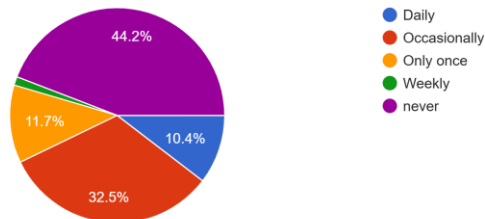
6. How long have you been using acupressure?

77 responses



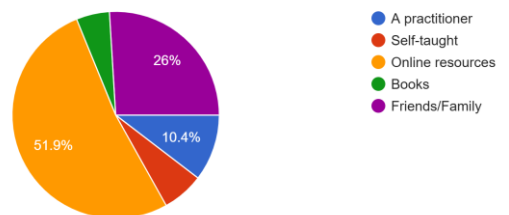
7. How frequently do you perform acupressure?

77 responses



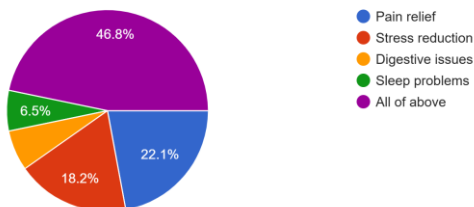
8. Who introduced you to acupressure techniques?

77 responses



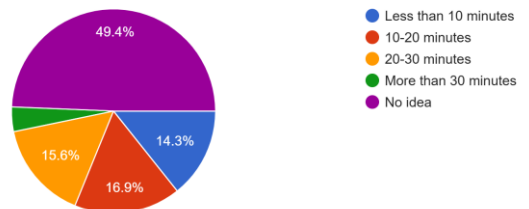
9. For which condition did you prefer to use acupressure?

77 responses

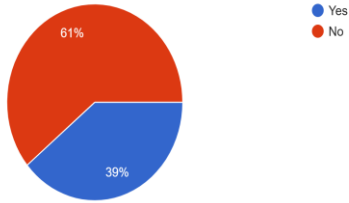


10. How long does each acupressure session typically last?

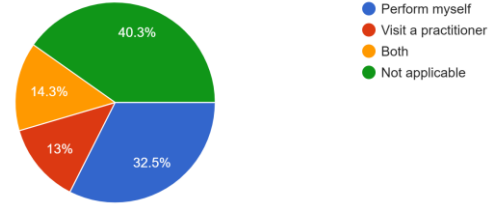
77 responses



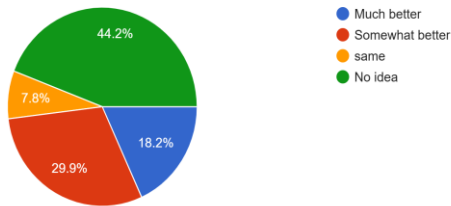
11. Did you use any tools or devices for acupressure (e.g., acupressure mats, point stimulators)?
77 responses



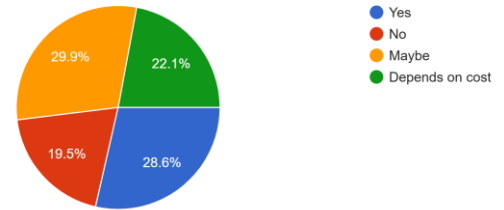
12. Do you perform acupressure yourself or visit a practitioner?
77 responses



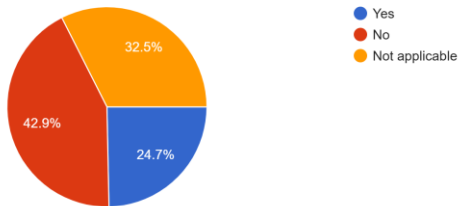
13. How does the effectiveness of acupressure compare to other treatments you've tried?
77 responses



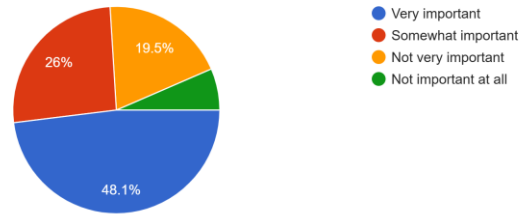
14. Would you be willing to pay more for acupressure therapy if it's effective?
77 responses



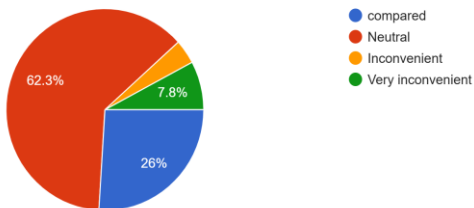
15. Did you consult with a healthcare provider before starting acupressure?
77 responses



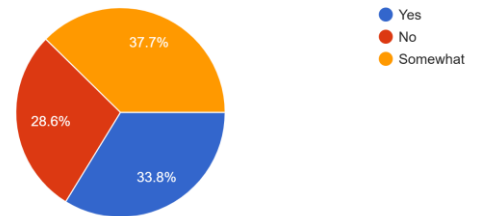
16. How important is the qualifications/experience of an acupressure therapist?
77 responses



17. How would you rate the convenience of performing acupressure to other treatments?
77 responses

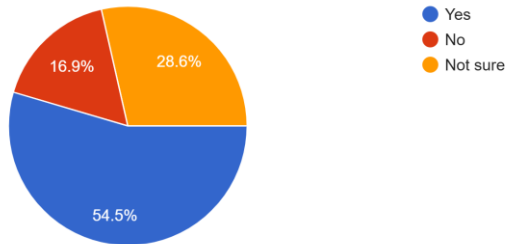


18. Would you find it easy to integrate acupressure into your daily routine?
77 responses



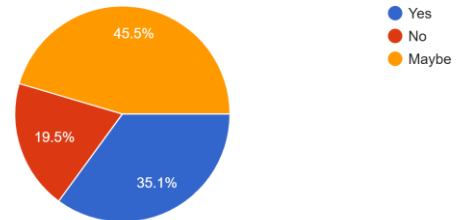
19. Would you recommend acupressure to others?

77 responses



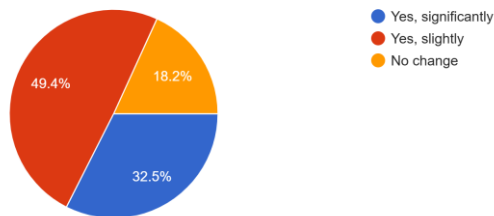
20. Would you continue using acupressure in the future?

77 responses



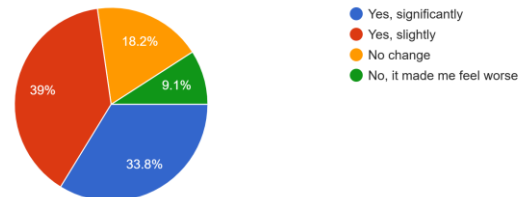
21. Did acupressure help reduce your stress levels?

77 responses



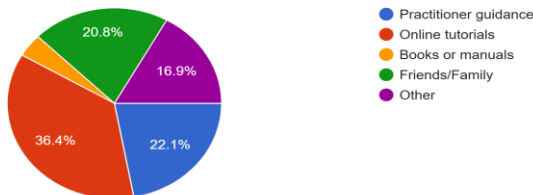
22. Did you experience a sense of relaxation or well-being after acupressure sessions?

77 responses



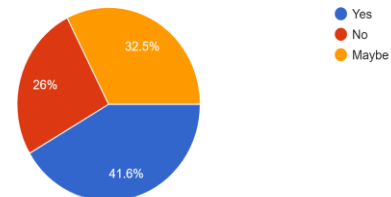
23. How did you learn to perform acupressure techniques?

77 responses



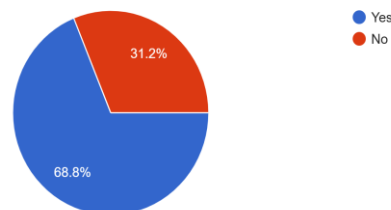
24. Would you have benefited from more formal training or guidance in acupressure?

77 responses



25. Have you try to find out more information or resources about acupressure beyond what was initially provided?

77 responses



5. CONCLUSION

- General Awareness and Acceptance:** The results indicate a growing awareness of acupressure therapy, with a significant proportion of respondents acknowledging its potential benefits, particularly for stress reduction, pain management, and improving overall well-being. Many participants expressed a positive

view of its non-invasive nature and the fact that it does not require medications or costly treatments, making it accessible to a broad population.

- **Effectiveness and Benefits:** A majority of participants reported experiencing positive outcomes from acupressure, especially in terms of alleviating minor aches, pains, headaches, and promoting relaxation. However, there were variations in the perceived effectiveness depending on the condition treated and individual experiences. Some participants highlighted that they prefer acupressure therapy over prescription medication.

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