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リフレクソロジーおよびお灸による冷え性への影響

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Objective: Cold intolerance is an inability to tolerate cold temperatures. Varying among individuals, some symptoms like headache, shoulder discomfort, hot flush, dizziness, palpitation are accompanied. This study examined whether reflexology or moxibustion had effects to cold intolerance human subjects. **Materials and methods:** In this study, examinees with subjective feeling of cold were chosen, parameters of skin temperature and blood flow were estimated besides an interview concerning chilled characters and daily habit, before and after treatment of reflexology and moxibustion to limbs on left side. **Results:** A significant increase of skin temperature and blood flow on points of KI-1, LR-3 and BL-60 of both sides were shown, together with an earlier recovery rate post cold-water load by reflexology treatment. For the moxibustion group, only an increase in skin temperature on point of KI-1 was seen. **Conclusion:** From these results, reflexology therapy was more effective than moxibustion and would be a recommended therapy to cold intolerance.