

 <p>ISSN NO. 2320-5407</p>	<p>Journal Homepage: -www.journalijar.com</p> <h2 style="text-align: center;">INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</h2> <p style="text-align: center;">Article DOI:10.21474/IJAR01/8861 DOI URL: http://dx.doi.org/10.21474/IJAR01/8861</p>	
---	--	---

RESEARCH ARTICLE

VITAL ROLE OF ZONE THERAPY ON DEPRESSION AMONG CANCER PATIENTS.

Dhivya.R, Prabhavathy.S and Dr. Renuka.K.

Manuscript Info

Manuscript History

Received: 10 February 2019

Final Accepted: 12 March 2019

Published: April 2019

Key words:-

Cancer patients, Depression, Zone therapy.

Abstract

Cancer is seen to be the main cause for death in both developed and developing countries. A cancer diagnosis generates a higher sense of distress may lead to anxiety, depression or both. Depression is a common co- morbidity among cancer cases. Moreover, there are only limited proportion of studies related to Zone Therapy on depression among cancer patients have been done. Hence, researcher has an interest in application of Zone Therapy among cancer patients to reduce depression level. Thereby maintaining good balance in emotional factors and promoting better outcome in health condition.

Copy Right, IJAR, 2019,. All rights reserved.

Introduction:-

“Cancer Survived is a Life Revived”. Cancer is seen to be the main cause of death in the economically developed countries and the second leading cause of death in developing countries.¹ It is a grave illness which is lead to great distress in patients.² It is often thought of as an untreatable, unbearably painful disease with no cure. It is life-changing factor mainly associated with psychological and emotional stress.³ Cancer has got profound social and economic consequences for people in India, often leading to family impoverishment and societal inequity. Many of the cancer cases in India are found to be associated with tobacco use, various infections, and other avoidable causes. Social factors, especially the inequalities, are the major determinants of India's cancer burden, with the poorer people who are more likely to die from cancer before the age of 70 years than those who are more affluent.⁴

A cancer diagnosis generates a higher sense of distress in malignant tumor than in benign one.² High levels of mental distress when persists for a long time in cancer patients may lead to anxiety, depression or both.⁵ Depression is a common co- morbidity in the case of cancer. A strong body of evidence confirms the coexistence of depression and cancer, reported the prevalence rates of depression ranging from 20 to 50%. The rate of depression in cancer patients is 3 times higher than in the general population.⁶ Sometimes, non-pathological sadness can be called as normal response among cancer patients., However, poor coping mechanisms to stress may result in major depressive disorder. Depression affects the quality of life which results in higher rates of mortality in cancer.⁷

Persons with untreated depression may not like to take his cancer treatment medication because of fatigue or the lack of motivation. They may also withdraw from family or other social support systems, May this result in enhancing the stress and feelings of despair.⁸ Therefore, addressing the impact co-morbidity of cancer with the help of complementary therapies in which Zone therapy have been doing their own fancy footwork with research on depression among cancer patients.⁹

Corresponding Author:-Dhivya.R.

Vital role of zone therapy

Zone therapy is a complementary alternative medicine procedure that is carried out by applying pressure to some specific points located often in the feet (sometimes in the hands), with intent to provide relief from certain symptoms. It thought to have got a history of approximately five thousand years, Zone therapy also used to be known as 'Reflexology'. Therapeutic massage of the feet may have got its roots in the Ancient Egypt and China around 4000 BC. The concept of zone therapy seems to date back to as early as 1500 AD but lots of books were published on this zone therapy in the 16th century. Even then, it did not gain much of popularity until around the turn of the twentieth century. Reflexology, as we popularly know it today is attributed to the work of Eunice Ingham, an American Therapist, who developed its practice in the 1930s and 40s.¹¹ It is believed that those specific points in the feet are linked to certain organs and systems in the human body, through energy channels, and that applying pressure to these points provides relief in the relevant organ and the system, as well.¹⁰

Zone therapy has been shown to be effective for Back Pain, Migraine headaches, Infertility, Arthritis, Sleep disorders, Hormonal imbalances, Sports injuries, Digestive disorders, Stress-related conditions, Depression, Anxiety.¹¹

It has an amazing effect on the negative side effects of chemotherapy, pain, anxiety, stress and depression. These symptoms that are associated with cancer and its treatment can impinge on the quality of life of the person, almost as much as the disease itself. The ease with which Zone therapy can be applied in a medical environment--no equipment needed, no invasion of privacy--makes it a convenient alternative treatment for these symptoms. It is believed to be a safe method in terms of unwanted effects and it can be offered to patients as a supportive care service.¹²

Recently, guidelines and recommendations have been developed in order to help all the health cancer care professionals, including oncologists, primary care physicians, nurses, radiotherapists, address the problem of depression in cancer in a time manner.¹³

Conclusion:-

As a researcher, I have administered Zone Therapy which include applying pressure on the depression point of the auricle for 2-3 minutes. Followed with applying pressure to Thumb finger which is for anxiety and stress, Index finger for fear, Middle finger for fatigue and Ring finger for depression of about 10-15 minutes. Move onto the application of pressure on the feet by using fingers. Your entire head is represented in your two big toes. Apply pressure on the balls of feet to maintain the balance in the body. At last applying pressure on the outer edges of feet in order to get complete relaxation for the duration of about 15 – 20 minutes daily for 21 days.

Hence, I suggest that, zone therapy can be practice in their day to day life for overall wellness. This study proved that zone therapy is statistically significant on reducing depression

References:-

1. Mishel MH, Hostetter T, King B, Graham V. Predictors of psychosocial adjustment in patients newly diagnosed with gynecological cancer. *Cancer Nurs.* 1984;7:291–299
2. Quattrin R, Zanini A, Buchini S, Turello D, Annunziata MA, Vidotti C et al. Use of reflexology foot massage to reduce anxiety in hospitalized cancer patients in chemotherapy treatment, 2006;14:96-105
3. The growing burden of cancer in India: Epidemiology and social context. *Journal of Lancet Oncology.* 2014; 15(6) ; DOI: 10.1016/S1470-2045(14)70115-9
4. Ferlay J, Soerjomataram I, Ervik M, et al. Cancer Incidence and Mortality Worldwide: International Agency for Research on Cancer, 2013; <http://globocan.iarc.fr>
5. Linden W, Vodermaier A, Mackenzie R, Greig D. Anxiety and depression after cancer diagnosis: prevalence rates by cancer type, gender, and age. *J Affect Disorder.* 2012;141:343–351
6. Purohit samit. Depression in cancer patients: a critical review of medical oncology. *AIIMS. Delhi psychiatry journal.* 2010;13(2)
7. Pinquart M, Duberstein PR. Depression and cancer mortality: a meta-analysis. *Psychol Med.* 2010;40:1797–1810. doi: 10.1017/S0033291709992285
8. Mary.J. Prevalence of depression in patients with cancer. *Oxford Journal.* 2004; 32 (5) : 57-71
9. PubMed (National Library of Medicine online), 2012

10. Journal of Oncological Sciences. Reflexology and cancer. August 2018,;4(2):96-101
11. Eisenburg D M, Davis R B, Ettner S L, Wiky S ,Van R M. Trends in Alternative Medicine use in United States: Journal of American Medical Association. 1998; 280 (18)
12. Ninnart, Foot reflexology massage: A healing touch, 10th Feb 2006;Vol 22, No. 21
[http://www.thaiwaysmagazine.com /thai article/2221 foot reflexology](http://www.thaiwaysmagazine.com/thai%20article/2221%20foot%20reflexology)
13. Effect of Reflexology on Pain and Quality of Life in a Cancer Patient in Life Science Journal. 2011;8(2):357-365.