

EFFECT OF MYANMAR MASSOTHERAPY IN THE MANAGEMENT OF PATIENTS WITH *PAKSHAGHATA* (HEMIPLEGIA)

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Abstract

This present study was aimed to find out the effect of Myanmar massotherapy in the management on patients with *pakshaghata* (hemiplegia) admitted to physical medicine ward, Traditional Medicine Teaching Hospital, Mandalay. Study design of this study was hospital based clinical trial carried out from September 2013 to August 2014. Medicines used in this study were produced from Myanmar Traditional Medicine Factory, Mandalay. In the present study, 62 cases with *pakshaghata* were studied for the effect of Myanmar massotherapy. Myanmar massotherapy in this study was kneading or pressing on the pressure points by using tip of finger, digital ball of the thumb, palm and heel of the hand. The duration of treatment taken for this study was 48 days for each patient. The effectiveness of Myanmar massotherapy was measured with assessments of grading for power and gait, finger movement, wrist drop, foot drop, abduction, flexion, external rotation and internal rotation of shoulder joint, flexion, abduction, adduction and extension of hip joint, sitting from lying down, standing from sitting, flexion of elbow joint, flexion of knee joint, dorsiflexion and plantar flexion of ankle joint, toe movement, simple shoulder test and simple hip test on day 0, 16, 32, 48. Statistical analysis on paired t-test and one way ANOVA method was done by using SPSS statistics (version 20). It was evidenced that mean effect on *pakshaghata* was statistically significance ($p = 0.000$). Therefore, there was statistically significant for the treatment of *pakshaghata* by Myanmar massotherapy. In the present study, the mean value of signs and symptoms of *pakshaghata* in day 0 was 76.56 and that of day 48 was 34.81 and p value was .000. The mean score of signs and symptoms of *pakshaghata* was significantly decreased in this study. The results of this study suggested that Myanmar massotherapy can be treated to get better outcomes in rehabilitation of *pakshaghata*. Therefore, the *pakshaghata* can be treated by Myanmar massotherapy used in this study.