

Case Report

Effect of the Yongcheonhyul (湧泉穴) Massage-Focusing on Menopausal Symptoms

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Objective: The purpose of this study is to suggest an alternative to menopausal symptom relief based on the author's experience. Yongcheunhul (湧泉穴, KI, Kidney Meridian, 足少陰腎經) is known for its excellent spot on the body suitable for acupuncture, which causes energy to spring up like a fountain and relieves various symptoms.

Case Report: The method of Yongcheonhyul massaging is first, wash your feet, apply oil, and soften the soles of your feet. It generates heat by rubbing both hands. Gently massage the soles of the feet with that hand. Tap Yongcheonhyul once a second with your fist more than 100 times per second to massage. Finally, massage the entire sole of the foot with the palm of your hand again. By Yongcheonhyul massaging and stimulating the change that caused the feeling of heat that soared upward to go down was surprising. The sweat and heat that flowed from my face subsided and the author became comfortable.

Conclusion: As a result, even interpersonal relationships were difficult due to facial fever, but the author's mind and body stabilized and regained my confidence. In addition, it was a sleepless day due to facial fever, but as the authors slept comfortably, I regained my old health. By constantly performing a Yongcheonhyul massage, menopause symptoms were resolved. The author overcomes menopause healthily and refreshingly without getting a drop of medicine and a single injection. And based on the fact that classical massage is effective not only in pain management but also in autonomous responses, it is suggested as an alternative to menopause management.

Keywords Yongcheonhyul, massage, menopausal symptoms

INTRODUCTION

Menopausal disorders experienced by women after menopause deteriorate the quality of life and cause social restrictions, causing serious mental and physical pain. Menopause is defined as the reproductive state after 12 consecutive months of amenorrhea and the majority of women become menopause at an average age of 51, a result of the complex hormonal changes that accompany the decrease in ovarian follicles.¹ Among the problems experienced by middle-aged women, menopause exacerbates the problem. Among them, facial fever makes social life difficult. The fever suddenly rises, the sweat flows like rain, and the whole body is engulfed in heat, making me feel very unpleasant.

In menopause, the author learned that a lack of estrogen causes various problems, but also feels rejected that the solution should depend on hormone therapy. This is because women also know that estrogen therapy is at risk of exposure to breast and uterine cancer. Studies show that women experience a range of vasomotor, psychological, physical, and urogenital symptoms in response to different extents (e.g., more or less frequent, or more or less problematic/bothersome, Greene, 2008) and that symptoms such as hot flushes and night sweats may last, on average, 7–10 years.^{2,3}

Massages are hand-scrubbing, tapping, and kneading to give the skin elasticity or relieve muscle fatigue. It facilitates blood circulation and releases clumped muscles to promote body relaxation. It is mainly done by hand, but massages are performed using various tools in various places.

The authors think massage has a long tradition and know-how in each country, and it is the easiest to access and be maintained as an alternative to treatment for a long time.

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CASE STUDY

The author, who was a 53-year-old woman, was diagnosed with sweating, one of the menopausal disorders, in May 2012 but did not want prescriptions and treatment from the hospital. The main symptom is facial fever, and the author did not drink or smoke at all, and not take any drugs at that time.

However, the author remembered my mother and older sister's feet in particular pain during menopause, studied foot massage hard out of fear.

To this day, thanks to the daily massage, mental and physical health is very good.

RESULTS

Before and after the massage was truly amazing. Before the massage, the author felt bad every day with sweat and heat and condition was at the bottom. Even if the author wanted to do something, it was hard because of too much sweat. Even in the middle of winter, the appearance and smell of wiping away sweat with a handkerchief made it more unpleasant. However, three days after starting the massage carefully, the sweat that flowed stopped and formed a little on the forehead.

From the 7th day the author felt the energy of my cool face. Head cleared, felt refreshed, and completely lost menopausal symptoms. The fear of going to the hospital made look for an alternative way. Above all, the author think it was more effective because it was steadily implemented.

The author also thinks the belief that massage can overcome this uncomfortable symptom played a part. From the 7th day, the author felt the energy of cool face. So, insomnia disappeared, slept peacefully. Head and felt refreshed. At last unpleasant menopausal symptoms disappeared.

DISCUSSION

The authors think massage is an instinctive act of animals. Animals lick the area with their tongues when they are hurt or sick. We have lived with the solution of "mother's hand is medicine hand" since we were young. Today, the effectiveness of massage has been reported as a treatment method in various fields. The effect of massage is seen in various mental and physical fields. Classical massage is effective not only in pain management but also in autonomous response.⁴ And it was also found that massage causes physiological relaxation.⁵ Even for depressed patients, massage therapy had a positive effect.⁶ In addition, there is a result that foot reflexology is more effective than body or aroma massage in alleviating cancer pain.⁷ The European Menopause Survey revealed that women in the UK had more severe symptoms and poorer quality of life compared to postmenopausal women in Spain and France.⁸ In contrast, the Asian Menopause Study revealed

that women may leave menopause-related symptoms untreated due to the belief that menopause is a natural life process and are likely to choose alternative methods for symptom relief such as natural remedies or herbal medicines.⁶

As shown in several papers, the authors think the effect of regular and rhythmic massage is effective for improving our mental and physical health.

The authors think massage is the best treatment that can easily treat ourselves anytime, anywhere and without costing any money. In particular, Yongcheonhyul massage is suggested as a good alternative to relieve menopausal facial fever. And based on the fact that classical massage is effective not only in pain management but also in autonomous responses, it is suggested as an alternative to menopause management. Therefore, the authors think that women's attitude to fully understand menopause is very important to women's future health. This is because almost all women experience menopause painfully. It's the author's non-medical experience, but if you can get out of the pain of menopause, please share and utilize it.

Professor Man Soo Lee, about 50 years of acupuncture treatment, has been treating many patients with abundant clinical experience. His recommended meridians are as follows. Acupuncture at Shinmun (神門血, HT7), Gokji (Li-11), and Sameumgyo (三陰交血, Sp-6) are used to control nervous breakdown, insomnia, and hysteria caused by menopausal disorders.

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CONFLICT OF INTEREST

The authors have no conflicting financial interests.

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