

INTRODUCTION

- ❑ *Massage is the systemic rubbing and manipulation of different part of the body for the therapeutic benefits*
- ❑ *The word Massage is a derivation from the Greek massein, or the French masser, which both mean: to knead*
- ❑ *A male operator is called a masseur, a female operator, a masseuse*

- *In Japan the massage used to be delivered by blind man. The masseur used to go to the street and shout amma! Amma!(shampooing or massage).*
- *The ancient Greeks and Romans used to employ the massage along with their therapeutic baths.*
- *Herodicus(Hippocrates master) said “friction can relax brace, incarnate(fleshen)”*

- *Asclepiades (Greek physician) stopped all his medicines and rely on massage alone. He noticed that sleep can be induced by stroking*
- *The Julius Caesar, who had epilepsy used to pinch the whole body for the relief.*
- *Pliny (Roman naturalist) used to rub own body for the relief from the chronic asthma.*
- *Celsus, (Roman physician) recommended the manipulation of the head during headache.*

- The natives of sandwich island called the massage as *lomi lomi* and delivered frequently to the exhausted swimmer.
- The *Moaris of New Zealand* called the massage as *romi-romi*
- The *Tonga island natives* delivered massage in the name of *toogi toogi* which means to beat, for the relief of sleeplessness and fatigue.