



FAQs

Q1. Define massage.

Ans: Massage therapy is the scientific manipulation of the soft tissues of the body for the purpose of normalizing those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and/or causing movement of or to the body.

Q2. Explain the etymology of massage.

Ans: The word comes from the French *massage* "friction of kneading", or from Arabic *massa* meaning "to touch, feel" or from Latin *massa* meaning "mass, to handle, touch, to work with the hands, to knead dough". In distinction the ancient Greek word for massage was *anatripe* and the Latin was *frictio*

Q3. Which countries wrote the first record of massage?

Ans: The first written records of massage therapy are found in China and Egypt.

Q4. What are the basic goals of massage in ancient history?

Ans: The goal of this ancient practice was to achieve natural and holistic (mind and body) balance through harmony within the individual and with the environment. This balance, in turn, led to physical healing and internal well-being

Q5. Who introduced massage to Japan and what name had been given for the massage?

Ans: From China, massage therapy was brought to Japan by Japanese monks who were studying Buddhism. This was around 1000 B.C. The monks adopted aspects of traditional Chinese medicine, including massage techniques. Over time, this gave rise to the Japanese form of massage called Shiatsu

Q6. Explain the basic philosophy and aim of massage.

Ans: The basic philosophy of massage therapy embraces the concept of *vis Medicatrix naturae*, which is aiding the ability of the body to heal itself, and is aimed at achieving or increasing health and well-being

Q7. Which period of massage was termed as “Golden age of massage”?

Ans: The period from 1980s to 1910s was the golden age in massage history.

Q8. When was the “MASSAGE CHAIR” introduced in the history of massage?

Ans: The massage chair was introduced in the 1980s.

Q9. Name five purpose of massage.

Ans: The five purpose of massage are

- 1.Reduction of muscle tension and stiffness.
- 2.Relief of muscle spasms.
- 3.Greater flexibility and range of motion.
4. Increase of the ease and efficiency of movement.
5. Relief of stress and aide of relaxation.

Q10. Name five different types of massage.

Ans:

1. Acupressure
2. Anma massage
3. Amma Massage Therapy / Amma Therapeutic Massage
4. Ashiatsu
5. Ayurvedic Massage