

操作按摩者在經絡能量及自律神經生理參數變化之探討

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摘要

芳香療法在醫學或心理上應用已有許多成果，但鮮少有人探討芳香按摩對於按摩師長期使用精油之影響，本研究利用經絡能量與自律神經儀器，觀察不同按摩操作者，進行按摩與精油按摩之生理變化，被操作按摩為相同之 20 名大學生。研究結果發現：操作者藉由按摩與精油按摩，兩名操作者經絡平均能量與心率變異有上升之趨勢，交感與副交感提高，心跳下降，經絡高/低比值比較平衡。顯示按摩與精油按摩有助於平衡經絡能量，增強副交感神經，增加心率變異度。並且，在有使用精油情況下操作者 A 在使用精油按摩功效之經絡能量上升比例 26.68%，比普通按摩(未使用精油)的 17.13%有明顯的上升；操作者 B 精油按摩 5.14%經絡能量比普通按摩的 3.98%亦有上升，而 HRV 操作者 A 在使用精油下從 75.6 上升 77.9，而普通按摩從 74.5 下降至 74.2；操作者 B 精油按摩 26.6 上升至 28.4，普通按摩 23.2 上升至 26.1，比普通按摩的生理參數變化為佳，不過兩名操作者年齡不同，操作者 A 為 25 歲，操作者 B 為 47 歲，文獻指出 HRV 與年齡負相關，年紀越大 HRV 越低這部分本研究未採用相同年齡的人，以及操作者部分未探討到如呼吸量、按摩熟練度、體溫等，有待後續研究。

關鍵字：芳香療法、精油按摩、精油、自律神經、良導絡

The effectiveness of massage observed by meridian energy and autonomic nerve system

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Abstract

Aromatherapy applications in the medical or psychological outcomes have been reported with many researchers, but a few people discuss the effect of massage only and with essential oils for aromatherapy for the operators. This research used instruments to observe the meridian measuring and autonomic nervous system generated by the human body's physiological responses before and after the operation of message only and aromatherapy oil massage. In addition, there is a control group for subjects lying only. Samples obtained from 20 subjects (college students in Southern Taiwan University of Science and Technology). There are 2 operators. Their average meridians HRV have an upward trend, a downward trend for heartbeat, high/low ratio for a balanced trend, an improved trend for sympathetic and parasympathetic. Continuous of massage and oil massage help to balance the energy meridians, enhance parasympathetic, increasing degree of heart rate variability.

Keywords: aromatherapy, massage oil, essential oil, autonomic nervous system, ryodoraku