IMMEDIATE EFFECT OF REFLEXOLOGY TO PANCREATIC AREA OF PALMS ON BLOOD GLUCOSE LEVELS IN PATIENTS WITH TYPE 2 DIABETES MELLITUS – A RANDOMIZED CONTROLLED TRIAL

ABSTRACT:

Background: Palm Reflexology therapy is a traditional complementary and alternative medicine applied in the treatments of various diseases and used especially in pain management to reduce pain in many health conditions. Type 2 diabetes mellitus (T2DM), one of the most common metabolic disorders, is caused by a combination of two major factors: defective insulin secretion by pancreatic β-cells and the inability of insulin-sensitive tissues to respond appropriately to insulin, which leads over time to damage to the heart, vasculature, eyes, kidneys and nerves. In the present study, the possible immediate effects of pancreatic area of palm reflexology on Random blood glucose in patients with Type 2 diabetes mellitus were investigated.

Aim: Assess the therapeutic efficacy of pancreatic area of palm reflexology on random blood glucose levels in patients with Type 2 diabetes mellitus.

Methods: This is a randomized, controlled and blind clinical trial. Hundred patients with type 2 diabetes mellitus were included in this study. The sample comprised of people with type 2 diabetes mellitus, randomized into study group (n = 50) and Control group (n = 50). Study group received palm reflexology intervention at pancreatic area of both palms for 20 minutes, each palm receiving for 10 minutes duration. Control group received no treatments with the duration of 20 minutes. The levels of random blood glucose were measured with Portable glucometer in
patients with diabetes mellitus. Measurement of random blood glucose levels were obtained 20 minutes before and after palm reflexology interventions.

**Results:** Within Group analysis showed a significant reduction in RBS, DBP and PR in the study group, while a significant reduction was observed in the SBP and PR and no changes in RBS in the control group. However, no significant changes were reported in all the variables except SBP in between group analysis.

**Conclusion:** The results of this study suggest that palm reflexology may have the therapeutic effects on random blood glucose levels in patients with type 2 diabetes mellitus.