73 - SHANTALA MASSAGE: TOUCHING AS A KINDNESS TECHNIQUE

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INTRODUCTION

The massage is known as the art of touching with quality, promoting well-being to the body, calm sleep, among other benefits. The practice of massage babies had their origin in southern India, in the region called Kerala, being it transmitted to people through the monks, becoming thus a tradition passed on from mother to daughter (VICTOR and MOREIRA, 2004; VICTOR et al, 2004).

It was in the 70s of the last century, that the shantala massage was brought west by the French obstetrician Frédérick Leboyer, after observe in Calcutta, India, a mother massaging her baby. The doctor, marveled with the force and beauty of the movement, gave to the massage sequence the name of the woman who performed it: Shantala (LEBOYER, 1995).

For Campedello (1999), the Shantala massage is a sequence of tones that automatic stimulates several body points, so that influences beneficially the body organs of the child, harmonizing or activating them.

The Shantala massage, despite the fact its therapeutic touch, promotes skin stimulation, developing the children psychomotor system. The touch will also stimulates the skin and epidermis, producing enzymes necessary for protein synthesis. Similarly, produces substances that activate the differentiation of T lymphocytes, which are responsible for cellular immunity. Biologically, reduces levels of catecholamines (epinephrine, norepinephrine and cortisol), enables the production of endorphins, neurotransmitter responsible for feelings of comfort and welfare (TURNER and NANAYAKKARA, 1997).

Given all this, the child relaxes, gets a calmer and deeper sleep, more resistant to external noises, and also facilitates breastfeeding, reduces the pain as well as increase the parent-child relationship (VICTOR et al., 2004).

In a study conducted in a Basic Family Health Unit on downtown Fortaleza in 2002, aiming to facilitate the learning and development of Shantala by relatives of babies and accompanies during the nursing consultation, concluded that this learning and the development of Shantala obtained success with the participants, reflecting the increase in the same community (VICTOR and MOREIRA, 2004).

Another study of a qualitative nature aiming to understand the meaning of touching premature newborns, in the context of nursing care, felt the touch as the basis of daily care to promote the welfare of baby (CANIATO, 2005).

It was performed a study seeking to explain the uniqueness of the mother-baby experience to join the group of therapeutic massage and babies stimulation, at the Federal University of São Paulo, where were identified in the speeches of mothers converging, complementary and not idiosyncratic aspects.

Recognizing the importance of massaging their babies, mothers revealed: convenience and satisfaction, reward and delight; learning as an opportunity to be themselves and be with their babies; peaceness as recomfort and relaxation, highlighting the touch an expressive language of babies and source of discoveries for both and explicit body awareness by sharing their sensibilities (SILVA, 2000).

In view of the above, this study aimed to identify in literature the technique of Shantala massage.

METHODOLOGY

This is a descriptive study of the literature integrative review type. The integrative review is an approach that aims to synthesize results for searches on a topic of a systematic and orderly way, with the aim of contribute to the knowledge of subjects in question (ROMAN and FRIEDLANDER, 1998).

In the conception of Cooper (1989), the integrative review gathers results of primary research about the same subject, aiming to synthesize and analyze this information to develop a broader explanation of a specific phenomenon.

For Roman and Friedlander (1998) to review integration can still be cited as one that allows the interested person to recognize who most investigates a matter, their areas of expertise but also their more relevant contributions; allows separating the finding of scientific reviews; describe the knowledge in its current status and promotes research on the impact of professional practice. It also make generalizations subject studied by several researchers in different places and times, keeping these researchers updated and facilitating changes in practice everyday as a result of the search. It offers a methodological path to be followed, prevent errors or distortions and guides toward known directions.

The purpose of integrative review is to interconnect isolated elements of existing studies. It is integrative because gives emphasis to the more comprehensive information on a particular event, from data taken from previous searches without obligatory historical connotation (KIRKEVOLD, 1995).

For the information survey on the subject, was performed a literature review, using articles of LILACS database, books and online information, looking up this information through keyword *Shantala*, in a cut in time of the last 10 years. During the process of analysis and integrative synthesis, was of fundamental importance to establish open relationship with the text, enabling the integration of the text-context with the researcher.

RESULTS

After selective and integrative reading of findings in the literary review, were identified the Shantala massage technique, which will be described below.

Shantala is so important for parents as for babies, providing interaction and exchange of affection for both of them. During the technique, the minutes are precious, in which whoever is performing the massage can chat, play and know the child better. When touched, the baby feels loved, establishes confidence, relaxes, gets calm and relieves the pain, reducing constipation. The technique may be made in a time of 20 minutes, where baby and performer will be interacting and talking through gestures and glances. Next is described the basic steps of the Shantala art, according Leboyer (1995).

Being the child naked, the importance is that the massage is held in heated place, using oil previously heated, so only natural oils such as almond oil or chamomile. The child must be with empty stomach, knowing that the massage will not be made after breastfeeding or nipple.

The massage will be followed by bath that complement the deep sense of relaxation, ridding baby's skin of unabsorbed fat excess. The massage may be performed in the morning and repeated afternoon, before sleep. The woman should be sitting on the

floor, but not in direct contact with the ground. Stretched legs, upright back, relaxed shoulders. Closer, the warm oil in a bowl. Above the performer's legs, a towel, and under it, and a waterproof sheet, cause the deep relaxation provided by massage and the comfortable sensation that the baby is going to feel, will make him often empty the bladder.

The chest

With their hands bathed in oil, place them on the chest of the child, one on each side, but siding the back. Return to the departure point and, from the center, return to the sides. This massage facilitates the expansion of breathing and brings balance and harmony.

The arms

Turn the child aside, gently grab the hand to stretch the arm. With one hand, hold the baby's shoulder, forming a small bracelet that, little by little, is going to involve the whole arm of the child. This massage strengthens the muscles and joints, actives blood circulation, stimulate the nervous system, preparing it to crawl and walk. Releases the tension of cervical and dorsal regions, and also, the upper chest and breathing.

Hand

First with the thumbs massage the hand, from palm to fingers. Then, attach the fingers and make them bend, as if you wanted to get the blood flushing from the palm to the ends. The massage stimulates the large and fine motor coordination.

The belly

On the basis of the chest, where they he ribs come from, hands go down to the bottom of the belly. Perpendicular to the baby's body, hands keep working across its width. Once more, they succeed in waves seemed to get the baby's belly empty. With the left hand holding baby's feet, keep the legs stretched vertically. And with the forearm always from top to bottom, continue to massage the belly. These movements facilitate the functioning of the intestines and the elimination of gases, bringing relief from cramps.

The legs

Just as did in the arms, to form small bracelets, grab the thigh, and one hand after another, keep going through the leg until reach the baby's foot. Working in the opposite direction, circling the leg, hands will raise from the root to the foot while running the movement of torsion or twisting, persists in the level of the ankle, not forgetting the heel, a vital region. This way, strengthens muscles and joints, activates blood circulation, stimulates the nervous system preparing to crawl and walk, and relieves the tension of the vertebrae, especially the lumbar.

Back

With their hands on the back, at the line of the shoulders, keep moving one hand after the other one, working across the width of the back, especially with the palm. Forward and backward, so the hands go, but working mainly when they move forward. Being the child laid prone, the muscle is stretched towards the side. Positioning both hands near the baby's nape, slide toward the buttocks, giving comfort and relaxation.

The face

Begin to massage the forehead. From the middle of the forehead, the fingertips move to the sides bypassing the eyebrows, then return to the middle, restarting again. In every movement, the fingers moves up a little more to reach the temples, where they fall, bypassing the eye along the cheeks, giving an effect of lengthening the face of the baby.

The bath

After the massage, you need to wash the baby or take the fat excess. The water will complete the work. The bath is just another form of welfare. The water should be hot, in the temperature of the body or a little hotter. When leaving the bath, a little cold water: with your hand, simply, on top of the head, in the face and, finally, on the buttocks of the baby.

CONCLUSIONS

The study led to an integrative review about Shantala massage, identifying in this essay, its correct technique. It was identified the various parts of the newborn that can be massaged as chest, arms, hands, belly, legs, back, face and finally, during the bath.

The experience of touching is important for establishing emotional ties, as far as to promote the regulation of physiological systems.

No massage can be performed before the baby have a month, do not touch the belly while the child does not have a month and, in the same way, it is important to wait a month to touch the face. The massage can be made at least in the first four months. Once the child can already be turning, get a straight position, and, thus, distend the back and spine, the massage should be suspended.

In recent years, several studies were developed to assess the impact of intervention at the kinestesic-touching stimulation and massage the baby and child.

In conclusion, little attention has been given in this subject to the baby, nowadays, forgetting that this little individual will be the country's future and as more carefully he is treated, more harmoniously and morally correct will be his attitudes to the whole population.

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SHANTALA MASSAGE: TOUCHING AS A KINDNESS TECHNIQUE

ABSTRACT

This is a descriptive study of the integrative literature review type. The survey was conducted in LILACS database, books and online information, taking as a keyword Shantala. The survey objectived to identify in literature the Shantala massages technique. As a result, was identified that the Shantala technique had its origin in southern India, in the region called Kerala. In the 70, the Shantala massage was brought west by French obstetrician Frédérick Leboyer, after observing in Calcutta, India, a mother massaging her baby. The technique should be done with the naked baby in a heated place, using natural oils and the mother must be seated on the floor, with stretched legs, upright back and relaxed shoulders to perform the massage with her hands in baby's chest, arms, hands, belly, legs, back, face and, finally, during the bath. All these massages are intended to facilitate the expansion of breathing, balance and harmony to the baby; releasing tensions in cervical and dorsal regions; stimulating motor coordination; facilitate the intestines function and gases elimination, and brings relief from cramps; strengthens the muscles and joints; activates movement, stimulates the nervous system, relieve the tension of the vertebrae, giving comfort and relaxation to the baby, preparing it to crawl and walk. No massage can be performed before the baby have a month, do not touch the belly while the child does not have a month and, in the same way, it is important to wait a month to touch the face. The massage can be made at least in the first four months. Once the child can already be turning, get a straight position, and, thus, distend the back and spine, the massage should be suspended. **Keywords:** Massage, Touching, Newborn.

MASSAGE SHANTALA: LE TOUCHE COMME TECHNIQUE DE TENDRESSE

RESUMÉ

C'est une étude descriptive du type révision de littérature intégrative. La levée des donnés a été réalisée par la banque de données LILACS, des livres et des informations en ligne, ayant comme mot-clé shantala. L'objectif de la recherche fut ce d'indentifier dans la littérature la technique de le massage shantala. Comme de résultat, il y a été verifié que la technique shantala a eu son origine dans le sud d'Inde, dans la région appelée Kerala. Dans les années 70, le massage a été pris à l'Occident pour l'obstétricien français Frédérick Leboyer, en observent à Calcuta, en Inde, une mère qui massait son bébé. La technique doit être réalisée avec le bébé déshabillé en lieu chauffé, en utilisant d'huiles natureaux et la mère assise au plancher avec les jambes étirées, le dos dressé et les épaules décontractées pour apliquer avec les mains les massages dans la poitrine, bras, mains, ventre, jambes, dos, face et, pour fin, le bain. Tous ces massages ont pour finalité faciliter l'élargissement de la respiration, équilibre et harmonie pour le bébé ; liberer tensions des régions cervicaux et dorsaux ; stimuler la coordination moteur ; aider le fonctionnement des intestins et l'élimination des gaz, en soulageant les coliques ; fortifie les muscles et articulations ; active la circulation, stimule le système nerveux, libère la tension des vertèbres, en donnant confort et relâchement au bébé, lui préparant pour marcher à quatre pattes et marcher. On ne doit pas masser le bébé avant qu'il ait un mois ; pas toucher le ventre pendant que le nourrisson n'ait pas un mois et de même façon, attendre un mois pour toucher la face. Le massage pourra être donnée au moins dans les premiers quatre mois. Au jour que l'enfant puísse se tourner, être en dos, et, de cette façon, distendre bien le dos et la colonne, le massage pourra être suspendue.
Mots-clés: Massage, Touche, Nouveau-né.

MASAJE SHANTALA : EL TOQUE COMO TÉCNICA DE CARIÑO

RESUMEN

Este es un estudio descriptivo del tipo revisión de literatura integrada. El levantamiento de datos fue realizado en el Banco de Datos LILACS, libros e informaciones online, teniéndose como palabra clave Shantala. El objetivo de la pesquisa fue el de identificar en la literatura la técnica del masaje Shantala. Como resultado se identifico que la técnica Shantala tuvo su origen en el sur de la Índia, en la región llamada Kerala. En la década del 70, el masaje Shantala fue traído al occidente por el obstetra francés Fréderick Leboyer, al observar en Calcuta, en la India, una madre masajeando a su bebé. La técnica del masaje debe ser realizada con el bebé desnudo en local con temperatura templada usando aceites naturales y la madre sentada en el suelo con las piernas estiradas, espalda recta y hombros relajados para aplicar con las manos los masajes en el pecho, brazos, manos, barriga, piernas, espalda, rostro, y por fin, darle baño. Todos esos masajes tienen como finalidad facilitar la ampliación de la respiración, equilibrio y armonía al bebé, liberar tensiones de las regiones cervical y dorsal, estimular la coordinación motora, facilitar el funcionamiento de los intestinos y eliminar los gases, aliviando los cólicos, fortaleciendo los músculos y articulaciones, activando la circulación, estimulando el sistema nervioso, liberando la tensión de las vértebras, dando comodidad y relajamiento al bebé, preparándolo al mismo para gatear y andar. No se debe masajear al bebé antes que el mismo tenga un mes, no tocarle la barriga en cuanto el niño no tenga un mes de edad y del mismo modo esperar que pase un mes para tocarle el rostro. El masaje podrá ser hecho por lo menos en los primeros cuatro meses. El día en que el niño ya pueda voltearse, quedarse de espalda y de ese modo, extender bastante la espalda y la columna, el masaje podrá ser suspendido. **Palabras clave:** Masaje; Toque; Recién nacido.

MASSAGEM SHANTALA: O TOQUE COMO TÉCNICA DE CARINHO

RESUMO

Este é um estudo descritivo do tipo revisão de literatura integrativa. O levantamento de dados foi realizado nos bancos de dados LILACS, livros e informações on-line, tendo-se como palavra-chave Shantala. O objetivo da pesquisa foi o de identificar na literatura a técnica da massagem shantala. Como resultado identificou-se que a técnica shantala teve sua origem no sul da índia, na região chamada Kerala. Na década de 70, a massagem foi trazida ao ocidente pelo obstetra francês Frédérick Leboyer, ao observar em Calcutá, na Índia, uma mãe massageando seu bebê. A técnica deve ser realizada com o bebê despido em local aquecido usando óleos naturais e a mãe deve sentada no chão às pernas esticadas, costas eretas e ombros relaxados para aplicar com as mãos as massagens no peito, braços, mãos, barriga, pernas, costas, rosto e, por fim, o banho. Todas essas massagens têm por finalidade facilitar a ampliação da respiração, equilíbrio e harmonia ao bebê; liberar tensões das regiões cervical e dorsal; estimular a coordenação motora; facilitar o funcionamento dos intestinos e eliminação os gases, aliviando as cólicas; fortalece os músculos e articulações; ativa a circulação; estimulando o sistema nervoso, libera a tensão das vértebras, dando conforto e relaxamento ao bebê, preparando o mesmo para engatinhar e andar. Não se deve massagear o bebê antes que o mesmo tenha um mês, não irá tocar a barriga enquanto a criança não tiver um mês e do mesmo modo, esperar passar um mês para tocar o rosto. A massagem poderá ser feita pelo menos nos quatro primeiros meses. No dia em que a criança já puder se virar, ficar de costas e, desse modo, distender bastante as costas e a coluna, a massagem, deverá ser suspensa. **Palavras-chave:** Massagem, Toque, Recém-nascido.