156 - THE IMPORTANCE OF THERAPEUTIC TOUCH

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INTRODUCTION

The analysis of touch requires study of the characteristics of the organs and senses involved to prove its importance to the physical, emotional, mental and social.

Humans are becoming increasingly distant from each other due to the accumulation of daily activities being limited to purely verbal relationship, constantly subjected to the stress of work, traffic and others, which leads to questions about the vital importance of non- verbal, the special relationship between the skin and touch to the physical and mental health, seeking to improve the quality of life.

This theme was chosen because of its relevance, because even with all the technology available and applied in order to reduce the standards of general pain and muscle tension is not achieved to improve the comfort and quality of life. Therefore, to promote the benefits of therapeutic touch through massage is extremely important for preventing disease and operation of the sense of well being provided by the touch of a careful process of a specific and accessible to all, assuming an important role in health, expanding the therapeutic possibilities.

METHODS

This is a literature that were used online databases LILACS and SciELO, plus a selection of studies which were considered in the titles and abstracts of articles likely to select jobs of interest, distinguishing the summaries and the full texts, using as keywords the terms skin, touch, touch physiology, therapeutic touch and massage or touch associated with massage therapy.

Therapeutic touch in this selection is discussed intensively in the area of nursing with various publications and in relation to the Massage Therapy Research is conducted mainly in the international study by the Institute of Touch in Miami Touch Research Institute at the University of Miami's school of Medicine.

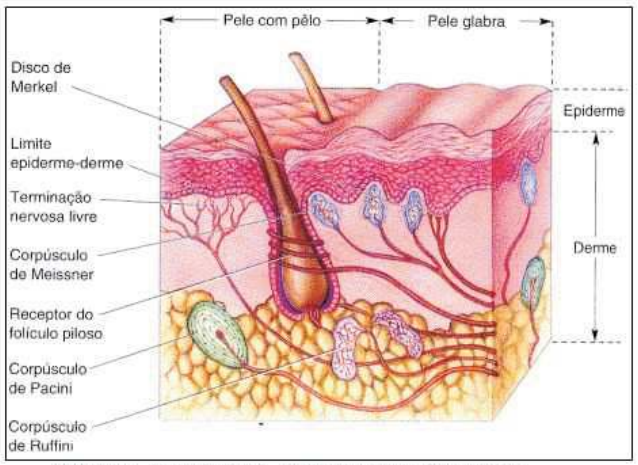
Briefly, they were involved the following steps of analysis: (a) reading of articles focusing upon global, (b) identification of the central ideas of each article, (c) classification of ideas, (d) drafting of interpretative summaries of each topic.

TOPICS OF PRODUCTION STUDIED

From the central ideas of the items and the grouping of these ideas around the theme, it was the three items that can synthesize the production studied: skin, tactile experience in massage and therapeutic touch.

Skin: It is the vital organ that surrounds the body determine its boundary with the external environment without it, survival would be impossible. It is the largest organ exposed to the environment, accounting for 16% of body weight and exerts various functions, such as thermal regulation, organic defense, control of blood flow, protection against various environmental agents and sensory functions (heat, cold, pressure, pain and touch). There are over three million cells from sweat glands, nerve endings and blood vessels in only one piece of skin about three (3) inches in diameter. It is also estimated a total of 640,000 sensory receptors in that area. (GUIRRO 2004)

The skin (Figure 1) consists of three layers: epidermis, dermis and hypodermis, the outermost to the deepest, respectively. (BEAR, 2002)

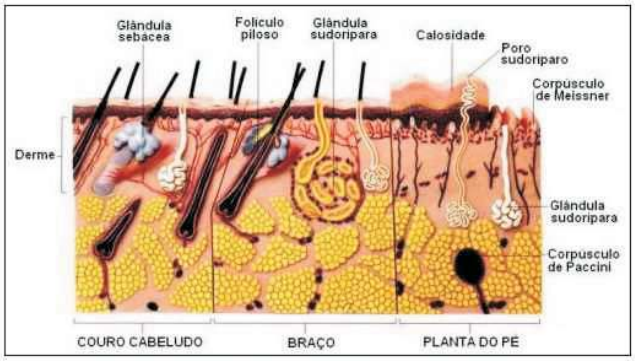


BEAR, M.F., CONNORS, B.W. & PARADISO, M.A. Neurociências – Desvendando o Sistema Nervoso. Porto Alegre 2ª ed. Artmed Editora, 2002.

The epidermis is the layer that is in contact with the outside, it is usually renewed every four weeks. It consists of an avascular stratified squamous keratinized epithelium which is composed of four or five layers of strata in which distinguished the stratum corneum layer (peeling), and the germinal layer (KAPIT, 2004).

The dermis (Figure 2) is a thick layer of connective tissue on which rests the epidermis, communicating with the hypodermis, connected to the fascia of adjacent muscles with elastic and reticular fibers divided into: the papillary layer (dermal

papilla); layer reticular (corresponding formations annexes to the skin) and subcutaneous layer or hypodermis, fat cells. Arise is where the hair follicles, sebaceous glands, sweat glands, veins and arterioles. (GUIRRO, 2004)



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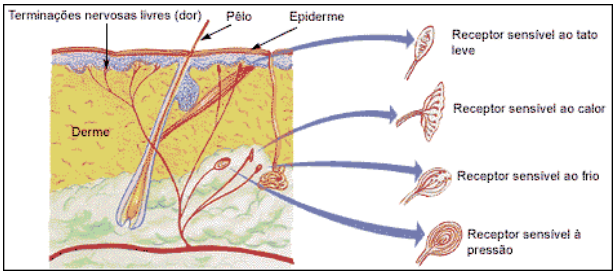
The skin stores a huge number of sensors, which gives you the ability to perceive tactile stimuli, pressure, thermal conditions and pain. The receivers include the sensations of the skin Meissner corpuscles receiver (gentle pressure), the Pacinian corpuscles (deep pressure receptors), the corpuscles of Krause (cold receptors), Ruffini corpuscles (heat receptors) and free nerve endings (pain receptors).

RECEPTORES DE SUPERFÍCIE	SENSAÇÃO PERCEBIDA
Receptores de Krause	**Frio**
Receptores de Ruffini	**Calor**
Discos de Merkel	**Tato e pressão**
Receptores de Vater-Pacini	**Pressão**
Receptores de Meissner	**Tato**
Terminações nervosas livres	**Principalmente dor**

Fonte: http://www.afh.bio.br/sentidos/sentidos10.asp

There are about five million touch receptors in the skin - the tip of the fingers has about 3,000, which send nerve impulses to the brain via the spinal cord. Touch is probably the most primitive of the senses. It is the most basic, perhaps the most prevalent of the human experience, even in what is not yet born. The baby explores the world through touch. So find out where your body ends and where does the outside world. This direction is your first tab.



FIELD, T. TOUCH. Bradford Book, London. England, 2001

The brain is fed by feeding back information from the skin in order to adjust to the necessary response to the data obtained. The continuous stimulation of the skin by the external environment has sensory and motor tone. This happens continuously, even during sleep. (MONTAGU, 1988)

The booklet that gives rise to embryonic skin is the same central nervous system. The description of this fact led the anthropologist and humanist Montagu (1988) to write this curious remark: "So the nervous system is a hidden part of the skin, or conversely, the skin can be considered as the exposed portion of the nervous system."

This physiology provides the opportunity for numerous tactile experiences are important for the full development of human beings.

Tactile experience: What is the importance of experience to the development of body skin? What kind of stimulation will be healthy to this development? The lack of stimulation of the skin is really harmful? These and other questions have been answered by research especially in the Touch Research Institute (Touch Research Institute), School of Medicine, University of Miami, emphasizing the importance of touch in the psychosomatic development of human beings.

The sense of touch is the first to be developed in the fetus and can be seen still in the embryonic period, from the 6th week of intrauterine life. Research conducted by the Institute indicate that children who receive loving touch develop more satisfactorily than other babies deprived of that affectionate touch. The mechanism of the soft touch is nice and shows affection and love. This Institute was the first center in the world dedicated to the scientific and medical applications of touch.

Children deprived of touch can trigger a lack of affection, as a result of not receiving proper affection and not know to seek a reliable source of affection remain dissatisfied and unhappy. In addition, damage can occur in the formation of self-image and causing insecurity. The tactile experience is of great importance for the developing baby. Today we know that it is through touch that the mother receives (during the bath, in exchanges of diapers, sleep in the pack) that the baby will make your body

image, recognizing himself as a lover or not. (BRAUN and Simonson, 2007).

According to Leite (2003), Vice-President of the Massage Association of Sao Jose dos Campos, a biologist and massage therapist: More than a cuddle, touch is vital for a human being and an animal. "Any mammal deprived of tactile sensation can die, as the organism undergoes a molecular compromised by its lack"

According to this study, among the vast benefits of touch for humans are:

The growth and development of infants; improvement in learning, weight gain in infants infected with HIV, decreased glucose levels in diabetics; restraint and reversal of anxiety, irritation, stress and depression, the benefit for burn patients in recovery and cancerous.

Authors also cite surveyed by Milk on the therapeutic effects of deep touch in the digestive system and excretory dissipation and muscle and joint pain. "The lack of touch can also bring problems breathing, talking, and epidermal; contact stimulates the brain to develop their full potential.»

Jung once said in 1935 that at the time of our ancestors "consciousness" human graduated from the "skin of our sensory relationship with the outside world." Recognizing the importance of contact, from the standpoint of psychology is both for the proper development of a child, and for the maintenance of the adult psychophysical balance. (MONTAGU, 1988)

Spitz (1996) found through his experiments on children deprived of physical contact for prolonged periods, will lead to weakness and even death. It's what he called emotional deprivation, suggesting that the most effective way to address these strokes is through physical intimacy.

As the child will develop, will also be suing the separation from his mother, thus ending the phase of close intimacy with her, he learns to be satisfied with other forms of physical contact are more subtle. However, the desire to continue receiving physical contact (as received as a child) remains.

Several other experiments quoted by Montagu (1988) such as Patton and Gardner, Escalona, Schanberg and colleagues show that the basic physical needs that must be met for the organism to survive, are the oxygen, liquid, food, rest, sleep , bladder and bowel elimination, escape from danger and avoid pain. Arguably, the fact is that no organism can survive for long without cutaneous stimulation from external sources.

The therapeutic touch massage: Currently, the body has lost the knowledge of what is relaxation. There is no awareness of how the tension of the day-to-day affects the body and not the massage, therapeutic touch, you can do for him. Massage can be seen as a luxury, but in fact it is a powerful ally to get rid of stress and recovery of our health and our well being.

One way to suppress the feelings and emotions is the contracting muscles. These tensions do not become chronic released, creating stiffness in the body and blocks the free movement of fluids, toxins and cellular debris accumulate and eventually result in physical problems to a greater or lesser degree of saturation, the energy block. (BRAUN and SIMOMSON, 2007).

The massage aims to balance the body energy. This energy, called ki, or prana chee, was discovered and studied by the Chinese over a thousand years. Initially she was treated by acupuncture at the time the government called the Yellow Emperor. This great Chinese emperor wrote his famous book that contains the foundations of Chinese medicine, later applied in Shiatsu.

According to the East, there are energy channels, called meridians that run throughout our body, similar to the circulatory system.

The meridians are located between the skin and muscles and have different points of entry and exit of energy in their paths. The energy channels are closely related to the functioning of organs and body organs. When the energy body is unbalanced or ill, it can affect the functioning of organs or viscera. According to the Orient, the disease begins, in fact, the energy meridians and then progresses to the organs and viscera, if not treated immediately.

Physical contact is a powerful tool for a better life. The touch conveys love, consciously or unconsciously, and may trigger metabolic and chemical. In research conducted on the tap on the Touch Research Institute, with children who have Down syndrome was found that early start to walk when they receive a lot of hugging, touching and fondling, maternal relatives, from all that surround. There are reports that in women in labor, physical contact makes the contractions more tolerable, and reduces the need for painkillers and anesthetics. Numerous experiments show that physical contact is effective, as well as received. They also showed, that in this age of miracle drugs, love, affection and tenderness are important additions to treatment. (BRAUN and SIMOMSON, 2007).

Traumatic injuries also can be treated with all kinds of physical contact. As an example, invigorating massage that work cells, tissues and muscles (sports massage, for example). When you touch or massage, helps to promote tranquility, relaxation, and stimulating the body to react to seeking recovery.

Endorphins, natural hormone that relieves pain, can be "encouraged" by tactile stimulation, providing welfare. Physical contact, touch, reduces the pain impulse that goes to the brain, providing feelings that the other block. Thus, used as relaxation, massage can reduce tension that cause pain, fatigue, sleepless nights, etc.. Thereby increasing the ability to face the day-to-day and their requirements. It activates circulation and helps eliminate toxins, reduce physical discomfort, relieves pain, induces a feeling of well being as well as stimulates the immune system

The massage, as an agent of touch, is increasingly recognized as a valuable practice of health care. The act of accepting someone for what is in your body, and treat him physically through touch and massage can do wonders for self-acceptance and motor recovery of a person, and brings benefits to all levels.

There are many massage techniques such as Shiatsu, Lymphatic Drainage, Tay Yoga, Reflexology and others: For babies we use the technique Shantala, which are the movements and intentions of massage practiced in India and brought to the West, The ancient art, which more than technique, it requires intuition to be able to develop a tactile dialogue with the little being that is developing.

The Shantala began to be disseminated to the population, first in the monasteries, especially in South India in the region of Kerala, where the massage has become a tradition that was transmitted from a natural and progressive by mothers to their daughters when they began the period of pregnancy. Thus, as the pregnant woman felt the growth of new life in the womb, the mother would receive the necessary instructions for the care they should have with their future child. She began to observe the compressions, the various rhythms of the beating of the fetal organs and soft beats spread throughout the body generated by the baby's movements, which culminated in the birth of this through the delivery, a constant renewal of life. (Leboyer, 2008).

CONCLUSION

he man developed an immense technological capacity has reached other planets, has all the comforts that capitalism

can offer, however, is also dissatisfied by what can not then demand to have more, work more on a treadmill that comes down to stress. With that, also lost the capacity to relate, to interact with each other, even with his family. Is moving away, socially, emotionally and needs to close, not only physically. Peca had an excess of verbal communication, forgetting that the language of the senses is able to expand the appreciation of others and the world he lives in deepening the understanding towards them. Play is the most powerful means of creating human relationships,

Throughout life, enrolling in the physical, emotional and spiritual feelings, good or bad, very precise data that will take a lifetime. Among these sensations registered, touch the day-to-day therapeutic touch or a massage is an expression of affection to children, seniors and adults, providing the ability to build relationships that provide insurance and physical well being mental and social.

The physiology of touch is very interesting to understand its importance and its benefits. When properly applied, arguably, beyond the touch provides relaxation, body awareness, and treatment of many functions and diseases.

Many studies still need to be made to the medical community to accept the value of touch, and massage therapist as part of multidisciplinary teams working in the healing and prevention of diseases.

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THE IMPORTANCE OF THERAPEUTIC TOUCH

ABSTRACT

The purpose of this bibliographical study was to identify the importance of therapeutic touch. Were performed to research databases and an active search in national journals, plus a selection of existing studies that addressed the theme ringtone, physiology of touch, especially the use of a therapeutic touch through massage. Realize that the ability to relate to other human beings is becoming more distant, leads him to discover the vital importance of non-verbal, the special relationship between the skin and touch to the physical and mental health. The language of the senses is able to expand the appreciation of others or the world, and deepen understanding about them. Discover the immune functions of the skin and the importance of touch, the effects of their deprivation will give a higher quality to work as massage therapist.

KEYWORDS: touch, skin, health, massage therapist

L'IMPORTANCE DU TOUCHER THERAPEUTIQUE

Le but de cette étude bibliographique a été d'identifier l'importance du toucher thérapeutique. Ont été réalisées aux bases de données de recherche et une recherche active dans des revues nationales, ainsi qu'une sélection d'études existantes que la sonnerie thème abordé, la physiologie du toucher, en particulier l'utilisation d'un toucher thérapeutique par le massage. Sachez que la capacité à relier à d'autres êtres humains est de plus en plus lointain, amène à découvrir l'importance vitale de la non-verbale, la relation particulière entre la peau et le toucher pour la santé physique et mentale. Le langage des sens est en mesure d'étendre l'appréciation des autres ou le monde, et d'approfondir la compréhension à leur sujet. Découvrez les fonctions immunitaires de la peau et l'importance du toucher, les effets de la privation donnera une meilleure qualité pour travailler comme massothérapeute.

MOTS-CLÉS: toucher, massothérapeute la peau, la santé,

LA IMPORTANCIA DE TOQUE TERAPÉUTICO

El propósito de este estudio bibliográfico fue identificar la importancia del toque terapéutico. Se realizaron a bases de datos de investigación y una búsqueda activa en revistas nacionales, además de una selección de los estudios existentes que se dirigió al timbre con el tema, la fisiología del tacto, especialmente el uso de un toque terapéutico a través de masajes. Darse cuenta de que la capacidad de relacionarse con otros seres humanos es cada vez más distante, lo lleva a descubrir la importancia vital de la no verbal, la relación especial entre la piel y el tacto para la salud física y mental. El lenguaje de los sentidos es capaz de ampliar el reconocimiento de los demás o el mundo y profundizar los conocimientos acerca de ellos. Descubre las funciones inmunitarias de la piel y la importancia del tacto, los efectos de su privación dará una mayor calidad para trabajar como terapeuta de masaje.

PALABRAS CLAVES: el tacto, la piel, la salud, terapeuta de masaje

A IMPORTÂNCIA DO TOQUE TERAPÊUTICO

A proposta deste estudo bibliográfico foi identificar a importância do toque terapêutico. Para isso foram realizadas pesquisas em bases de dados, com busca ativa em periódicos nacionais, além de uma seleção de estudos já existentes que abordassem o tema toque, fisiologia do toque, com destaque para o uso do toque de forma terapêutica através da massagem. Perceber que a capacidade de relacionamento com os outros seres humanos está ficando cada vez mais distante, leva a descobrir a vital importância da linguagem não-verbal, a especial relação entre a pele e o toque para a saúde física e mental. A linguagem dos sentidos é capaz de ampliar a valorização do outro ou do mundo, e de aprofundar a compreensão em relação a eles. Descobrir as funções imunológicas da pele e a importância do toque, os efeitos de sua privação darão uma maior qualidade ao trabalho como massoterapeuta.

PALAVRAS-CHAVE: toque; pele; saúde; massoterapeuta