Preliminary Study: The Benefit of BaPiA Insomnia (Anti-Insomnia Massage Kerchief) Tool

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Abstract

Objective: The purpose of this present study was to systematically review the existing literature and the effectiveness of Anti-Insomnia Massage Kerchief in treating insomnia. Materials and methods: Databases of scientific studies were screened through the pubmed, the Cochrane library, Hindawi, and British Medical Journal with keywords: insomnia, acupuncture, acupressure; insomnia, acupressure, Baihui; and Insomnia, Baihui, Si Shencong. In addition, published studies were excluded if they were not using English and not written in the last 10 years. Results: 75 studies showed effects of accupressure on Baihui and Si Shencong to treat insomnia. Conclusion: Some literature showed positive result about stimulation in Baihui and Si Shencong for treating insomnia.

Keywords: Insomnia, Acupuncture, Acupressure, Baihui, Si Shencong.

1. Introduction

Insomnia can be qualified as a sleeping disorder which includes the disability to start sleeping, disruption of sleep duration, and/or the reduction of sleep quality which eventually results to a substandard quality of the person's daily life. Around 20% to 40% of adults have been reported to be suffering from insomnia which causes to even more harmful problems. Insomnia is a very simple problem which literally leaves quite significant difficulties for the society. The consequences that will be caused by insomnia include the increasing numbers of accidents, reduction of life quality, as well as the reduction of self-efficacy. And it does not even stop there, insomnia can also affect health condition, like hypertension and obesity. Insomnia can be treated by pharmacotherapy, herbal therapy, physical therapy, as well as psychological therapy. Pharmacotherapy in case of insomnia is in the form of giving benzodiazepin-receptor agonist, benzodiazepin, and sedative antidepressants. There are some unwanted side effects of pharmacotherapy such as memory disruption, drug resistance, dependence, even addiction. Acupressure is a non-invasive technique which triggers certain point in human's body through compression in the fingertips. Acupoint that is used in this study are Baihui (GV-20) and Si Shencong (EX-HN1). This point is ordinarily used in every acupuncture treatment because of its general psychological effects; it may also be effective for treating insomnia, anxiety, headaches, apoplexy, and weakness of memory.

2. Purpose of The Study

To systematically review the existing literature and the effectiveness of safe, comfortable, and simple device in treating insomnia, BaPiA Insomnia.

3. Methods

This preliminary study uses literature reviews which have the validity and reliability that are accountable by combining notions from literature studies. The data have also been analyzed with descriptive argumentative analytical method in order to be transformed into a new notion. We searched PubMed, the Cochrane Library, Hindawi, and British Medical Journal, with keywords: Insomnia, acupuncture, acupressure; Insomnia, acupressure, Baihui; and Insomnia, Baihui, Si Shencong. We found 75 articles. The article that meets the inclusion criteria is the article that discusses about insomnia, acupuncture, and acupressure. We got rid of 5 articles with the exclusion criteria which consists of articles with foreign language other than English and articles that were not written in the past 10 years. Then, we get rid of a number of 65 articles, by reason of the article did not discuss the point and Si Shencong Baihui. In this study we studied as much as 9 articles. Furthermore, we assembly the BaPiA insomnia (anti-insomnia kerchief) device as a modification of acupressure. BaPiA insomnia (anti-insomnia kerchief) is a device which is worn in the head like a hat. This device has 5...
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essential points around it; 1 Baihui point, 4 Si Shencong points. This device is adapted from every principles of acupressure which includes timer series, voltage regulator and a set of vibrators with the frequencies between 5 to 7 Hz. This device may be used 10 to 15 minutes before bed time.

4. Result

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<td>Yeung, W-F. et. al. (2009)</td>
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5. Conclusion

Some literature showed positive result about stimulation in Baihui and Si Shencong for treating insomnia.

References