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Abstract

Foot Reflexology

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Reflexology is an alternative medicine that has long been developed and used as a means of health care; currently it has become popular and commonly used in Europe and Asia. It is a therapeutic technique and method of health promotion that is considered as both an art and science of the holistic approach to health care. Foot reflexology is the most popular technique because it is convenient, non-invasive, and easily performed. Reflex zones of the foot reflect different organs of the body; this technique can therefore provide initial diagnosis of human health. There are both scientific-based theories and a history of traditional use of foot reflexology that can be regarded as evidence to support its use. This article is aimed at presenting the history, meaning, and related theories of foot reflexology, namely, zone theory and meridian theory, including reflex zones that reflect different organs, where pressure can be applied for therapeutic purposes and health promotion.

Key word: foot reflexology