

Note: The following is an abridged version of the *Efficacy of reflexology in prevention of Post-Operative nausea vomiting* by Dr. Shewta Choudhary, the second research study conducted by Dr. Shewta. For review of this and other work by Dr. Shewta, please go to the Reflexology Association of America's website www.reflexology-usa.org. Dr. Shewta's biography immediately follows.

Efficacy of reflexology in prevention of Post-operative nausea vomiting.

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PURPOSES: To find out the efficacy of reflexology in patient with post operative nausea and vomiting after general surgery. **METHOD:** 60 patients of general surgery from The All India Institute of Medical Science have been included in this study over a period of 2002-2004 June. Patients were divided randomly into two groups.

Group I: Reflexology group (Hand reflexology + required quantity of standard drugs).
Group II: Control group (standard quantity of standard drugs),

Standard Drugs were such Emeset, Promethazine, Metaclopramide,

Nausea and vomiting was measured in Group and Group II at the time scale of 0,2,6,24 hrs, 0,1,2,3, numerical value has been used for nausea and vomiting.

0-free from nausea and vomiting
1-Only for nausea
2-Nausea and vomiting both
3-Severe vomiting

(0 hrs has been defined as the time at which patient was shifted to the recovery room)

RESULTS: The results show a very significant decrease of nausea and vomiting score in Group I in comparison with Group II.

CONCLUSION: The effect of reflexology causes a very significant reduction of nausea and vomiting to Group I in comparison with Group II in post-operative patients of general surgery.

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Dr. Shweta Choudhary



Dr. Shweta Choudhary was born in a district named Muzaffarnagar of Uttar Pradesh (India). Her father Mr. Suresh Pal Verma, a former agriculture engineer, devotes his life to spirituality. Her mother, Mrs. Mithilesh Verma a former teacher, prefers to stay at home with her family and study reflexology. Dr. Shweta completed her undergraduate studies in Biology and Chemistry and completed post-graduate studies, with Honors, in physical chemistry from Meerut University, Uttar Pradesh in 1998. In 1999, she began teaching in their Chemistry Dept. to graduate and post-graduate students.

In the following year she qualified for Junior research fellow (JRF) in Dept. of Biophysics and began studying reflexology. She entered the PhD program at All India Institute of Medical Science (AIIMS) in New Delhi was registered in the Dept. of Biophysics in 2001. She studied 'the efficacy of reflexology for prevention of post operative nausea vomiting and related pain'. Dr. Shweta worked in the general surgery Dept. with Dr. Anurag Shrivastva, Prof. of surgery and learned the applications of Reflexology with him. She studied reflexology under the guidance of Mr. I.P. Bahl, Founder President of All India Acupressure Reflexology.

But as a famous saying goes 'there are no roses without thorns', such has been Dr. Shweta's journey. She had to face many difficulties in her research work due to her former guide Dr. Krishna Dalal and overcome great obstacles. But with the support of her H.O.D. Dr. T.P. Singh and President of India, Dr. A.P.J. Abdul Kalam, she completed her research work.

Now she is interested in Physico-chemical study of reflexology, and is looking forward to study the efficacy of reflexology in cancer patients.