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Evaluation of the effectiveness of physiotherapy and herbal resources used in clinical practice in aesthetics

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Abstract

Our studies began showing that rats treated with aqueous extract of Croton cajucara Benth increased stimulated lipolysis. Currently we study the effectiveness of treatment for chronic anti-stress manual therapy (MT) and the effects of a single session of manual lymph drainage (MLD) in humans. Evaluate the perceived stress using questionnaire (PSQ), variability of heart rate (VHR) to assess the sympathetic (S, LF) and parasympathetic (PS, HF) tonus and collect urine to analyze the electrolyte balance in the volunteers. Treatment with MT was effective in reducing stress, as observed with a decrease in HR and values of QEP. The MLD was effective in maintaining sodium excretion in women not using oral contraceptives (OC) while in OC we observed increasing the amount of water excreted. Moreover, independent of the users, MLD increased LF/HF ratio, indicating an increase in S and decrease in PS. In pigs, the efficiency of massage therapy and caffeine on lipolysis was evaluated. The massage therapy facilitated lipolysis and caffeine applied topically for 15 days was effective in increasing lipolysis only with the use of ultrasound. The effect of supplementation with aqueous extract of Siberian Ginseng (SG) was assessed morphology of adipocytes isolated from rat fat pads trained or not. SG treatment was effective in reducing the area of the rat epididymal adipocytes untrained and reduce the area of mesenteric adipocytes from both groups trained or not. We conclude that it is possible to scientifically validate the efficacy of physical therapy treatments or medicated common in clinical aesthetic.

Biography

Grassi Kassisse graduated in Pharmaceutical Sciences (PUC-Campinas1986), Masters in Biological Sciences (Physiologist, State University of Campinas-Unicamp, 1990) and Ph.D. in Biological Sciences (Pharmacologist, University of São Paulo-USP, 1994). She conducted her first post-doctoral in Brazil (Stress and phytotherapy-FAPESP support) and second in metabolism area at Universitè Claude Bernard Lyon-France, (Adipocytes isolated from humans and rats-FAPESP support). Professor at UNICAMP since 1997. Has experience in the area of physiology, with emphasis on Endocrine Physiology and Metabolism, acting on the following subjects: efficacy of drug therapies and physiotherapy practices in humans and laboratory animals and also in vascular reactivity and isolated adipocytes and stress.