

# THE BENEFITS OF SHIATSU FOR A HOLISTIC APPROACH TO HEALTH: A SYSTEMATIC REVIEW

## ABSTRACT

Shiatsu is contextualized as an ancient therapeutic practice of Chinese origin, which, however, was developed in Japan and gained prominence in contemporary physiotherapy. Therefore, this research aimed to explore the origin, historical evolution and fundamental principles of Shiatsu, providing a comprehensive view of this holistic approach. The methodology adopted was a systematic review of the literature, with analysis of scientific articles. To meet the desired objectives, fundamental techniques were also explored; indications and contraindications and therapeutic benefits for the mind and body. The main expected results are the in-depth understanding of the history and foundations of Shiatsu, as well as the identification of scientific evidence that supports its therapeutic effectiveness. This review also contributed to the consolidation of Shiatsu as a recognized practice supported by research, which positions this therapy as a valuable tool in promoting physical and emotional balance. And finally, the conclusion was the anticipation of research that filled gaps in knowledge, providing subsidies to guide ethical and safe clinical practices. That said, this article aimed to contribute significantly to the advancement of knowledge in the area of physiotherapy, supporting the application of Shiatsu as a comprehensive and effective therapeutic approach, aligned with contemporary demands for a holistic view of health.

**Keywords:** Shiatsu, Physiotherapy, Holistic Approach, Therapeutic Benefits, Systematic Review.

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## INTRODUCTION

This systematic review aimed to deepen the understanding of the benefits of Shiatsu, emphasizing its relevance in a holistic approach to health. Through the analysis of relevant studies, we sought to provide a comprehensive and informed view of the impact of Shiatsu on different aspects of the body and mind. And, chronologically, over the centuries, this practice adapted, expanded and became a valuable tool for health promotion. Shiatsu, for example, as a specific technique for preventing and treating wrinkles, confirms its ability to adapt over time <sup>[1]</sup>. As well as, to understand the

fundamental principles and techniques of Shiatsu, this research delved deeper into the application of this therapy in surgical patients. Visions that offered valuable learning about the diversity of techniques used and their adaptation to different clinical conditions <sup>[2]</sup>.

To the if you explore the effects of manual Shiatsu therapy on patients with fibromyalgia, you will contribute to understanding the indications and contraindications of this ancient technique. Furthermore, the studies conducted <sup>[3]</sup> provided essential information about the effectiveness of this practice, highlighting important precautions. Just as the express application of Shiatsu, as a way to reduce workers' tension, highlighted the positive physical and psychological impacts of the therapy <sup>[4]</sup>. This therapeutic approach has been shown to be valuable not only in managing specific conditions, but also as a preventative tool for work-related stress <sup>[3,4]</sup>. In addition to incorporating Shiatsu into the alternative therapies for individuals with anxiety, which added an emotional dimension to the discussion of this therapy. In the same vein, the study <sup>[5]</sup> highlighted how Shiatsu can positively influence emotional states, contributing to the management of mental conditions. While research <sup>[6]</sup> focused on the practice of Watsu Shiatsu, which explored how this specific modality contributed to quality of life, by offering crucial learning about how Shiatsu, when incorporated into the aquatic context, increases its benefits.

The use of Shiatsu as an alternative therapy in work-related musculoskeletal disorders, as explained orated by Masselli <sup>[7]</sup>, provided a detailed overview of the effectiveness of Shiatsu in managing these disorders. This approach not only treated the symptoms, but also sought to address the roots of muscular and skeletal problems, just as Silva & Maturana <sup>[8]</sup> presented a unique perspective when approaching the application of Shiatsu as an adjunct to the treatment of cerebral palsy, as their report of case highlighted the potential of Shiatsu in neurological conditions, demonstrating the versatility of this therapy in various clinical situations. And, furthermore, exploring Shiatsu, regarding its emotional nickname, Silva & Volpi <sup>[9]</sup> connected emotional and physical aspects in an integrated way, their approach highlighted the importance of considering the entirety of the individual in the therapeutic process.

That said, Yamada <sup>[10]</sup> also highlighted the usefulness of Shiatsu as a complementary instrument for reducing physical fatigue in nursing workers, contributing to the understanding of how this technique can be an effective strategy in

challenging professional contexts, by relieving not only the body, but also the mind of healthcare professionals.

By bringing together the contributions of these studies, this systematic review sought to consolidate existing knowledge about the benefits of Shiatsu. And each of its facets in its specific approaches has contributed to a broader understanding of its therapeutic potential in different contexts.

## **BACKGROUND**

The choice to investigate the benefits of shiatsu for a holistic approach to health, in the form of a systematic review, arose from the pressing need to understand and consolidate knowledge about this ancient therapeutic practice and its contemporary application. In the context of physiotherapy, with an emphasis on Shiatsu therapy, this article aimed to fill crucial gaps in understanding the impacts of Shiatsu on physical and mental health. To this end, exploring the origin and historical evolution of Shiatsu in the world was essential to situate its relevance over time and understand how this practice evolved to meet the needs of different eras and cultures. And, by describing the fundamental principles and techniques of Shiatsu, this research aimed to offer a detailed view of the theoretical and practical bases that underlie this therapeutic approach, after all, understanding these elements is crucial to support clinical practices and contribute to the advancement of knowledge in the area. As well, the indications and contraindications of this therapy were fundamental points to be addressed, as this understanding is essential to guide health professionals in making clinical decisions, ensuring the safety and effectiveness of the treatment, in addition, the detailed analysis of these aspects may contribute to the promotion of responsible and ethical therapeutic practices in the future.

The discussion of the therapeutic benefits of Shiatsu for the mind and body, through the analysis of scientific articles, represented a significant contribution to the scientific literature, as the proposed systematic review aimed to consolidate scientific evidence that supports the effectiveness of Shiatsu in different contexts. clinicians, always basing their focus on evidence to position Shiatsu as a recognized therapeutic practice supported by research. As well, the choice to address the therapeutic benefits of Shiatsu for the mind and body reflects the growing need for therapeutic strategies that

consider the entirety of the human being. And Shiatsu, with its holistic approach, stands out as a valuable tool in promoting physical and emotional balance, aligning with contemporary healthcare demands.

That said, the practical relevance of this research is evident as it seeks not only to expand theoretical knowledge about Shiatsu, but also to inform clinical practices. Especially, by providing a solid base of scientific evidence, this research will contribute to the effective integration of Shiatsu into contemporary therapeutic approaches, benefiting healthcare professionals and their patients. Therefore, the primary justification for this study was based on the need to fill knowledge gaps; guide clinical practices; and position Shiatsu as an integral and scientifically based therapeutic approach; and aligned with current demands for a holistic view of health.

## **MATERIALS AND METHODS**

In this session, the methods and procedures adopted to carry out the systematic review on the benefits of Shiatsu for a holistic approach to health are presented. The following methodological steps were stipulated to guarantee the rigor and validity of the study.

### **Definition of Inclusion and Exclusion Criteria**

The first step consisted of carefully defining the inclusion and exclusion criteria for the articles to be analyzed. Only studies that directly addressed the benefits of Shiatsu, published in indexed scientific journals, dissertations, these and other relevant documents were considered. Works that were not available in full, that did not address the topic centrally or that did not present a clear methodology were excluded.

### **Systematic Literature Search**

The systematic literature search was conducted in recognized scientific databases, such as PubMed, ScieloBrasil and Google Scholar. The descriptors used included terms related to Shiatsu, holistic health and alternative therapy. The selection

of articles followed the previously established search protocol, aiming to cover the relevant scientific production in the area.

### **Selection and Analysis of Studies**

After applying the inclusion and exclusion criteria, the selected studies were subjected to a detailed analysis. For each article, information such as year of publication, authors, methodology used, results obtained and conclusions were recorded. This stage aimed to evaluate the quality and consistency of the evidence presented, ensuring the reliability of the data.

### **Synthesis of Results and Preparation of the Systematic Review**

Based on the extracted data, the results obtained in the selected studies were summarized. And this compilation involved the comparison and integration of information, allowing the identification of patterns, divergences and gaps in the literature. Based on this analysis, a systematic review was prepared, structured according to the objectives of this study. For this, a methodological basis was established that guided the conduct of the systematic review on the benefits of Shiatsu. The careful and systematic approach adopted aimed to ensure the validity and reliability of the results, contributing to an in-depth understanding of the topic and supporting the conclusions presented throughout the work.

### **THEORETICAL REFERENCE**

The theoretical framework of this research was formatted as a systematic review and, in each subtopic, summarized from the articles that addressed different perspectives of Shiatsu. Then, the ten main topics were highlighted, presenting the contributions and perspectives of the selected authors:

#### **Shiatsu for the Prevention and Treatment of Facial Wrinkles**

Facial Shiatsu has emerged as an innovative therapeutic approach in the search for the prevention and treatment of wrinkles, standing out as a promising field in the

health and well-being scenario <sup>[1]</sup>. The study conducted by Fernandes *et al.* <sup>[1]</sup> shed light on the specific application of this ancient technique in the aesthetic context, offering valuable learning about its benefits for skin health and its potential in combating signs of aging. Since the practice of Shiatsu, originating from traditional Chinese medicine, has as its central principle the restoration of energy balance in the body. And in facial Shiatsu, this approach is applied in a focused manner to the face region, aiming not only to promote energetic health, but also to revitalize the skin. Understanding facial physiology and specific energy points is fundamental to the effectiveness of this practice, as highlighted by the authors <sup>[1]</sup>.

This variation of the Shiatsu technique, used to treat wrinkles, is based on the stimulation of specific acupuncture points on the face. These points, when pressed appropriately, promote local blood circulation, stimulating the production of collagen and elastin. Collagen, known for its structural function in the skin, and elastin, responsible for elasticity, play fundamental roles in maintaining the skin's youthfulness. Therefore, by applying facial Shiatsu regularly, it is possible to enhance these natural regeneration processes <sup>[1]</sup>. And the analysis proposed by Fernandes *et al.* <sup>[1]</sup> highlighted that the appropriate application of facial Shiatsu not only affects the physical aspects, but also triggers neuromuscular and neuroendocrine responses. This integrative approach was fundamental to understanding the complexity of the benefits provided by facial Shiatsu in the context of wrinkle prevention and treatment.

One aspect highlighted in the study was the effectiveness of Shiatsu in reducing facial stress. Because chronic stress can contribute to premature aging of the skin, and regular practice of the technique can act as a significant tool in mitigating these harmful effects, which occur through the release of muscular tension and stimulation of points related to relaxation, which are central aspects of this approach <sup>[1]</sup>. As well, facial Shiatsu was presented as a non-invasive alternative compared to surgical procedures or more aggressive aesthetic treatments, which aligns with the growing search for natural and holistic approaches to health, in which prevention and maintenance are prioritized over more drastic interventions <sup>[1]</sup>.

Research <sup>[1]</sup> highlighted the importance of individualizing treatment, adapting the practice of facial Shiatsu to the specific characteristics of each person. This resonates with the fundamental principle of traditional Chinese medicine, which recognizes the uniqueness of each organism. This personalized approach is particularly relevant in the aesthetic context, considering the different needs and skin conditions of

each individual <sup>[1]</sup>. And this proposal by Fernandes *et al.*<sup>[1]</sup> contributed to the consolidation of facial Shiatsu as a legitimate therapeutic modality, capable of integrating physical and energetic aspects in the search for skin health and beauty. While the systematic approach presented in the study suggested that regularly incorporating facial Shiatsu into your routine can be an effective and holistic strategy for preventing and treating wrinkles.

Therefore, facial Shiatsu has emerged as a promising, non-invasive tool for promoting skin health and treating wrinkles. And with the desire to deepen understanding of the effectiveness of this ancient practice, such as the one proposed by Fernandes <sup>[1]</sup>, new horizons have been opened for more natural aesthetic interventions aligned with the contemporary search for holistic approaches to caring for the body and mind.

### **The Application of Shiatsu in Surgical Patients**

The application of Shiatsu in the surgical context gained prominence in the review carried out by Kamei <sup>[2]</sup>, offering an in-depth view of how this ancient practice can be integrated as a complementary tool in post-operative care. By exploring the research <sup>[2]</sup>, one is led to a more holistic understanding of Shiatsu and its specific benefits for patients who have undergone surgical procedures. Since Kamei's research <sup>[2]</sup> highlighted that Shiatsu, when applied appropriately and adapted to the patient's conditions, contributed to post-surgical recovery. And one of the main points covered was Shiatsu's ability to promote muscle relaxation and relieve tension, essential factors for patients who may face discomfort and stiffness after a surgical procedure <sup>[2]</sup>. Their analysis also highlights that Shiatsu can positively influence the autonomic nervous system, promoting a balance between sympathetic and parasympathetic states <sup>[2]</sup>. This balance is fundamental to optimizing the body's responses to surgery and promoting an internal environment conducive to healing and recovery <sup>[2]</sup>.

The review also emphasized the importance of a personalized approach in the use of Shiatsu in surgical patients, considering the specificities of each intervention and individual health conditions <sup>[2]</sup>. And when taking post-operative pain into consideration, it has been highlighted that Shiatsu can be a valuable tool in managing this symptom <sup>[2]</sup>. Because the stimulation of specific points and the promotion of the circulation of vital energy, as recommended by Shiatsu, can contribute to reducing the perception of pain

and, consequently, to a more peaceful recovery <sup>[2]</sup>. As well, his research proposed that the application of Shiatsu to surgical patients goes beyond physical benefits, reaching emotional and psychological aspects. Since the therapist-patient interaction and the promotion of a calmer mental state can positively influence the patient's postoperative coping and quality of life <sup>[2]</sup>.

Kamei's proposal <sup>[2]</sup> contributed significantly to the understanding of Shiatsu as a valuable intervention in integrative medicine, and his review highlighted not only the physiological benefits, but also the positive impacts on the patient's overall experience in the surgical context.

Therefore, its review <sup>[2]</sup> offered a comprehensive view of the application of Shiatsu in surgical patients. Mainly when considering its physical, emotional and psychological benefits, opening space for the effective integration of Shiatsu as a complementary practice in post-operative care, and providing a more complete and humanized approach to surgical recovery.

### **Effects of Shiatsu Manual Therapy on Fibromyalgia**

Fibromyalgia is a condition characterized by widespread pain and tenderness in muscles, tendons and ligaments. The study by Kimura *et al.* <sup>[3]</sup> addressed the application of Shiatsu as a manual therapy for patients with fibromyalgia, highlighting the positive effects of this ancient technique in improving the symptoms associated with this painful syndrome.

As it is a challenging condition to treat, conventional methods often have limitations in fibromyalgia. However, Shiatsu, as discussed <sup>[3]</sup>, has emerged as a promising alternative, as it is a manual therapy based on pressure and manipulation of specific points, proving to be effective in reducing pain and increasing the quality of life for patients with fibromyalgia. Since its authors highlighted case studies that illustrated the beneficial effects of Shiatsu on fibromyalgia, and presented results that indicated a significant improvement in pain, sleep quality and functional capacity of patients. This holistic approach, advocated by the authors, highlighted the fundamental role of Shiatsu not only in managing pain, but in promoting the overall well-being of individuals affected by fibromyalgia <sup>[3]</sup>.

This pathology, often associated with a cycle of persistent pain, leads to emotional and mental complications, and Shiatsu, as addressed by the study <sup>[3]</sup>, not only

alleviated physical pain, but also positively influenced the emotional state of patients. In addition, its integrative components make it, as a therapeutic technique, a valuable option for addressing the multifaceted aspects of fibromyalgia. And by incorporating the Shiatsu approach in the treatment of fibromyalgia, healthcare professionals offer a complementary alternative to conventional methods, as specific manual pressure on the meridian points, as proposed by Kimura *et al.*<sup>[3]</sup>, stimulated not only the physical response, but also promoted a feeling of relaxation and balance, essential for patients who faced persistent challenges.

That said, research <sup>[3]</sup> highlighted the beneficial effects of Shiatsu on fibromyalgia, offering a valuable perspective for the management of this complex condition, largely by integrating Shiatsu manual therapy into treatment protocols, which allows healthcare professionals to explore an approach broader and more integrative approach to improving the quality of life of patients with fibromyalgia. This technique, as evidenced in this study <sup>[3]</sup>, not only treated physical symptoms, but also promoted emotional well-being, proving to be a valuable tool in the context of holistic physiotherapy.

### **Express Shiatsu as a Way to Reduce Workers' Tensions**

Express Shiatsu, as studied by Liberato <sup>[4]</sup>, presented itself as a specific type of Shiatsu aimed at reducing tension in workers. Contemporary life, marked by intense demands and a fast pace, often results in occupational stress, negatively impacting the physical and mental health of professionals <sup>[4]</sup>. Research <sup>[4]</sup> explored how this quick and efficient form of Shiatsu can be applied as a strategy to alleviate tensions arising from the workplace, highlighting the effectiveness of the technique as a practical and accessible intervention to promote relaxation and alleviate associated stress. to the work environment <sup>[4]</sup>. By focusing on specific points during short sessions, this approach allowed for an efficient integration of Shiatsu into the occupational routine, without demanding significant time from workers.

Liberato<sup>[4]</sup> also highlighted that Shiatsu Expresso not only provided physical benefits, such as reducing muscle tension, but also positively influenced the mental state of workers, and its quick application, during breaks, as proposed in the study, offered a moment of relaxation valuable, contributing to improving the global well-being of professionals. Furthermore, the research showed that the implementation of Shiatsu

Expresso may have generated a positive impact on the dynamics of the work environment <sup>[4]</sup>. Above all, by offering an effective strategy to alleviate tensions, organizations have created a healthier and more productive environment. And this aspect was particularly relevant in contexts where occupational stress led to a decrease in performance and job satisfaction.

By incorporating Express Shiatsu as a regular practice, workers were able to experience not only immediate relief from tension, but also cumulative benefits over time <sup>[4]</sup>. This preventative approach highlighted the importance of considering Shiatsu not just as a reactive therapy, but as a proactive tool in promoting occupational health <sup>[4]</sup>.

Finally, research <sup>[4]</sup> emphasized Express Shiatsu as an effective strategy to reduce occupational tensions, when it provides physical and mental benefits, this specific modality of Shiatsu stood out as a practical and viable approach to integrate therapeutic principles in the context challenging contemporary work environment. Soon Shiatsu Expresso emerged as a valuable tool to promote the health and well-being of workers, demonstrating its relevance in the field of physiotherapy <sup>[4]</sup>.

### **Applying Therapies: Energy and Shiatsu in Individuals with Anxiety**

The study <sup>[5]</sup> explored the combined application of energy therapies and Shiatsu as an innovative approach for individuals facing anxiety. Since anxiety is a prevalent condition in contemporary society, the search for effective therapeutic interventions is constant. And in this context, research <sup>[5]</sup> has offered valuable learnings about the effectiveness of this specific combination of therapeutic approaches. Firstly, in the holistic approach to energy therapy, such as the one cited in the study, which highlighted its focus on manipulating and channeling the body's energy to promote internal balance <sup>[5]</sup>. And secondarily, by combining this practice with Shiatsu, which is a therapeutic technique based on pressure on specific points, which aims to address both the physical and energetic aspects related to anxiety. And, to this end, Lima & Cardoso <sup>[5]</sup> highlighted that the combination of these therapies can provide a synergistic effect, enhancing the individual benefits of each approach. Since energy manipulation, combined with the precise application of Shiatsu pressure, aims to unblock stagnant energy flows, providing a feeling of balance and relaxation.

The research also highlighted that anxiety is sometimes associated with autonomic and energetic imbalances in the body <sup>[5]</sup>. Therefore, a joint application of energy therapies and Shiatsu would aim to restore this balance, positively influencing anxiety-related symptoms, making this holistic approach fundamental to understanding and addressing the complexities of anxiety, going beyond the purely physical aspects <sup>[5]</sup>.

Another relevant point explored <sup>[5]</sup> was the adaptation of therapies according to the patient's needs, through personalized treatment, considering specific symptoms and responses, but always standing out as a distinctive feature in this combined therapeutic approach. Since this personalization is key, especially when dealing with complex conditions like anxiety. Furthermore, the research highlighted the importance of integrating these therapies into broader approaches to mental health care, further proposing that this therapeutic combination should not be seen as an isolated solution, but rather as an integral part of a comprehensive care plan, which may include medical, psychological and lifestyle interventions <sup>[5]</sup>.

In this way, the study <sup>[5]</sup> highlighted the effectiveness of the joint application of energy therapies and Shiatsu in the treatment of anxiety, as this innovative approach offered a valuable perspective for physiotherapy professionals, highlighting the importance of considering different therapeutic modalities and their combination to address complex conditions such as anxiety.

### **The Benefits of Practicing Watsu Shiatsu for Quality of Life**

The article <sup>[6]</sup> highlighted the benefits of practicing Watsu Shiatsu in improving quality of life, as a therapeutic modality combined between elements of hydrotherapy and the principles of Shiatsu, in order to propose a unique and promising approach to promoting well-being general. Their review <sup>[6]</sup> emphasized the importance of the aquatic environment, due to its comforting and gentle nature, which provides a conducive setting for therapeutic practice, favoring the release of physical and emotional tensions, and to create an environment that facilitates mobility and reduces pain. impact on joints, making it especially beneficial for those facing physical challenges.

Machado <sup>[6]</sup> highlighted that the combination of aquatic therapy with the principles of Shiatsu would enhance the therapeutic effects, as contact with water allows greater freedom of movement by enabling the application of specific Shiatsu techniques in a more fluid and relaxing way. And this integration of aquatic elements with the

pressure on specific points characteristic of Shiatsu would aim to promote a deep state of relaxation.

Furthermore, their review pointed to the positive effects of Watsu Shiatsu in relieving chronic pain, especially in cases of musculoskeletal conditions <sup>[6]</sup>, especially when combining floating in water with the specific manipulation of pressure points during the Watsu Shiatsu session to contribute to reducing muscle tension and promoting blood circulation, relieving painful symptoms, as well as being associated with emotional benefits, highlighting that immersion in water and the application of Shiatsu can result in a reduction in stress and anxiety <sup>[6]</sup>. The relaxing nature of the aquatic environment, combined with the therapeutic techniques of Shiatsu, create a holistic experience that addresses both physical and emotional aspects.

Along this path, Machado <sup>[6]</sup> also highlighted the importance of physiotherapy professionals considering Watsu Shiatsu as a therapeutic alternative, especially for those seeking innovative and integrative approaches, suggesting that technical inclusion in rehabilitation and health promotion programs can expand the therapeutic options available, benefiting different audiences.

Therefore, the review <sup>[6]</sup> highlighted the numerous benefits of practicing Watsu Shiatsu for quality of life, highlighting the effectiveness of this integrative approach, as well as emphasizing the relevance of considering and adapting different therapeutic methods, such as Watsu and Shiatsu, in context of physiotherapy, to provide more comprehensive and promising views and techniques for professionals and patients.

### **Shiatsu as an alternative therapy for patients with work-related musculoskeletal disorders**

Masselli <sup>[7]</sup> conducted a significant study that evaluated the role of Shiatsu as an alternative therapy for people with work-related musculoskeletal disorders, in which an important gap was shown when exploring unconventional approaches in the treatment of conditions related to work-related illnesses, in order to expand the options therapies available for this specific group of patients. In addition to highlighting its effectiveness in improving the quality of life of individuals facing musculoskeletal disorders, often associated with work activities. Because its application, such as pressure on key points, has demonstrated positive results in relieving pain and increasing the physical functionality of these patients <sup>[7]</sup>. Furthermore, he observed that Shiatsu, by acting

directly on points of tension and muscular imbalances, contributed to the restoration of the body's homeostasis, highlighting the importance of considering holistic approaches, such as Shiatsu, not only to treat specific symptoms, but also to promote the general balance of the body <sup>[7]</sup>.

His research <sup>[7]</sup> also highlighted the preventive nature of Shiatsu in relation to work-related musculoskeletal disorders. By suggesting the integration of Shiatsu as part of occupational prevention programs, workers could benefit from an approach that aims to reduce the incidence of injuries and discomfort associated with specific work demands. He also pointed out the positive effects of Shiatsu in promoting relaxation and reducing stress in workers who faced these challenging working conditions, since the emotional dimension of the treatment is fundamental, especially when chronic stress can contribute to the worsening of musculoskeletal disorders. That is why the inclusion of Shiatsu, as an alternative therapy, was recommended by Masselli <sup>[7]</sup> not only for individuals already affected by musculoskeletal disorders, but also as a preventive measure in work environments prone to these conditions, highlighting the importance of a comprehensive approach that consider not only the physical manifestation of disorders, but also emotional and preventative factors.

Therefore, the study <sup>[7]</sup> contributed significantly to the understanding of the role of Shiatsu as an alternative therapy in occupational contexts, as it highlighted the relevance of considering non-conventional therapeutic approaches in promoting health and preventing work-related musculoskeletal disorders, emphasizing the potential of Shiatsu as a valuable tool in this specific scenario.

### **Application of Shiatsu as an Adjunct in the Treatment of Cerebral Palsy**

The authors of the study <sup>[8]</sup> explored the application of Shiatsu as an adjunct in the treatment of cerebral palsy, highlighting an unconventional approach to dealing with this complex neurological condition, offering valuable observations on how Shiatsu therapy can play a significant role in supporting treatment. traditional approach to cerebral palsy, and in order to contribute to a more comprehensive and integrative approach. With this research observing utmost respect in considering complementary therapies in the context of treating cerebral palsy, recognizing the unique challenges that these patients face, highlighting Shiatsu's ability to promote energy balance and improve

the quality of life of these individuals, by offering a innovative perspective in the field of neurological rehabilitation <sup>[8]</sup>.

So, when addressing cerebral palsy, Silva & Maturana <sup>[8]</sup> observed that Shiatsu can be integrated as part of a broader treatment plan, as specific Shiatsu techniques, such as pressure on key points and gentle manipulations, were explored. as ways to alleviate discomfort, improve blood circulation and promote a general feeling of well-being, emphasizing the importance of a personalized approach when applying Shiatsu in the context of cerebral palsy. In such a way that it is understood, in this treatment system, that each patient presents a unique demand, especially when highlighting the need to adapt Shiatsu techniques according to the specific characteristics of each case, considering the severity of symptoms and individual needs. <sup>[8]</sup>.

The research also showed that, by integrating Shiatsu as a supporting therapy, it was possible to improve the functional and emotional aspects of patients with cerebral palsy, highlighting that this approach is not intended to replace conventional methods, but rather to complement them. them, providing additional benefits that can contribute to a better quality of life <sup>[8]</sup>. In addition, it points to the positive effects of Shiatsu in reducing stress and promoting relaxation, fundamental aspects for individuals with cerebral palsy, who often face significant emotional challenges. Therefore, the inclusion of Shiatsu, as part of the treatment, sought to address not only the physical aspects, but also the emotional aspects of this neurological condition <sup>[8]</sup>.

Thus, the study by Silva & Maturana <sup>[8]</sup> highlighted the relevance of Shiatsu as an adjuvant therapy in the treatment of cerebral palsy, offering an integrative and comprehensive perspective, mainly by highlighting its importance, when considering unconventional approaches, to enrich health plans. existing treatments, recognizing the potential of Shiatsu as a valuable tool in promoting well-being and improving the quality of life of patients with cerebral palsy.

### **Emotional Shiatsu Applied to Reichian Body Levels**

In the research, the authors <sup>[9]</sup> offered a unique perspective by exploring emotional Shiatsu and its application to Reichian bodily levels, highlighting the interconnection between emotions and the body's physical responses, proposing therapeutic approaches that aim to harmonize these aspects. In order to investigate the

principles of Reichian therapy, an effective integration of this therapy with Shiatsu practices was proposed to promote the emotional and physical balance of patients <sup>[9]</sup>. Emotional Shiatsu is based on the understanding of emotions as bodily manifestations, and its techniques are therefore aimed at releasing emotional blockages, promoting greater body awareness and emotional well-being <sup>[9]</sup>. This is why his research highlighted the importance of addressing not only the physical symptoms, but also the emotional roots of imbalances, aligning with the fundamental principles of Reichian therapy.

Their research <sup>[9]</sup> also emphasized the need for a holistic assessment when applying emotional Shiatsu, considering not only the physical aspects, but also the patient's emotional states. Having as its guide an approach that aims not only to treat specific symptoms, but to promote an integral transformation, recognizing the interdependence between body and emotions <sup>[9]</sup>. And by integrating Reichian body principles with Shiatsu practices, an approach is proposed that aims to unblock emotional patterns that can manifest as physical tensions. This synergy between therapies offers a unique opportunity to work with the body as a whole, considering the physical and emotional dimensions in an integrated way <sup>[9]</sup>.

The research, in addition, highlighted practical cases in which emotional Shiatsu was applied to Reichian bodily levels, and in which it had positive impacts in promoting emotional and physical balance. Silva & Volpi <sup>[9]</sup> also present case studies that illustrated how this approach can be effective in reducing stress, promoting self-awareness and improving quality of life.

In this way, the study <sup>[9]</sup> offered an innovative vision, by exploring emotional Shiatsu and its integration with Reichian bodily levels, through research that highlighted the importance of considering emotional dimensions in the context of physical treatment, contributing to a therapeutic approach more comprehensive and integrative.

**The Use of Shiatsu as a Complementary Instrument to Reduce Physical Fatigue in Nursing Workers**

According to Yamada <sup>[10]</sup> there is a specific look at the application of Shiatsu as a complementary instrument for reducing physical fatigue in nursing workers, and in his research he addressed the physical and emotional demands faced by these professionals, proposing Shiatsu as a effective strategy to alleviate fatigue and promote well-being, as it recognized the particularities of the nursing professionals' work environment, highlighting the physical challenges arising from long hours and intense activities. And in his study he highlighted the potential of Shiatsu as a support tool to relieve muscle tension, improve blood circulation and reduce physical fatigue associated with work activities <sup>[10]</sup>. To this end, he proposed applying Shiatsu as a complementary instrument, eagerly emphasizing the importance of considering the specific needs of nursing workers, and, in this regard, Shiatsu techniques were adapted to meet the demands of the hospital environment, providing effective relief from fatigue. and promoting a general feeling of relaxation <sup>[10]</sup>.

That said, his research highlighted the relevance of Shiatsu not only in a therapeutic approach, but also as a preventive measure. And by integrating Shiatsu into the regular practices of nursing professionals, it was suggested that it is possible to reduce the impact of physical fatigue in the long term, in order to contribute to the sustainability of these workers' health <sup>[10]</sup>. Furthermore, the study highlighted the positive effects of Shiatsu in reducing emotional stress, an additional factor that contributes to physical fatigue. As well as observing how Shiatsu can positively influence the psychological well-being of nursing professionals, by creating a holistic approach that considers both physical and emotional aspects.

Therefore, the research <sup>[10]</sup> highlighted the specific application of Shiatsu as a complementary instrument for reducing physical fatigue in nursing workers, and managed to obtain, through its study, valuable learning about how Shiatsu can be integrated into everyday practices to promote the health and well-being of these professionals, contributing to a comprehensive approach to fatigue management in the workplace of this profession.

Thus, the 10 subtopics of this session formed a basis for the construction of a comprehensive theoretical framework, highlighting the diversity of Shiatsu applications and its contributions to holistic approaches to health. Since each selected article offered

a unique perspective, contributing to a more complete understanding of the benefits of Shiatsu in different contexts.

## **RESULTS**

The 32 searches using the expression "Shiatsu" were identified on the PubMed Portal, as well as in the ScieloBrasil and Google Scholar databases. Of the set of 32 studies, 14 were related to the ScieloBrasil database, 10 to PubMed and 8 to the Google Scholar database. The complete reading criterion was established only for articles published between 2004 and 2022, which addressed the topic of Shiatsu.

After a thorough analysis of these publications and the application of the exclusion criteria, 4 articles were selected from the ScieloBrasil database, 1 from PubMed and 5 from Google Scholar, totaling 10 titles of interest. Regarding the methodology used, 2 are Systematic Review, 1 Case Analysis, 5 Case Studies, 1 Literature Review and 1 Cross-Sectional-Quantitative Study (See Table 1).

Within the scope of this study, a significant concentration of research on Shiatsu was observed in the southeast (5) and south (5) regions. Furthermore, of the 10 studies selected, 7 correspond to Scientific Articles and 3 are Specialization Monographs.

All of this research had at its core the polynomial that converged to the benefits of shiatsu for a holistic approach to health; the origin and historical evolution of shiatsu in the world; the fundamental principles and techniques of shiatsu; the indications and contraindications of shiatsu therapy and the therapeutic benefits of shiatsu for the mind and body. And, it was also observed that the majority of publications related to this topic occurred in the years 2004 (2), 2010 (1), 2012 (2), 2014 (1), 2018 (1) and 2022 (3), as evidenced in Table 1 below:

**Table 1.** Presentation of scientific publications on Shiatsu with names of authors, years of publications, names of journals, methodological approaches and main findings (continues).

AUTHOR	YEAR	SOURCE	TYPE OF PUBLICATION	STUDY LOCATION	RELATIONSHIP WITH RESEARCH OBJECTIVES	METHODOLOGICAL APPROACH	MAIN FINDINGS
Machado <sup>[6]</sup>	2022	Federal University of Ouro Preto.	Monography	Minas Gerais	Yes	Systematic review	This highlighted the influence of Watsu Shiatsu on the quality of life of practitioners.
Silva & Volpi <sup>[9]</sup>	2022	25th Brazilian Congress of Body Psychotherapies.	Article	Paraná	Yes	Case Analysis	It highlighted the impact of emotional Shiatsu on Reichian bodily aspects.
Yamada <sup>[10]</sup>	2022	Federal University of Santa Catarina.	Article	Santa Catarina	Yes	Case study	It showed the effectiveness of Shiatsu in reducing physical fatigue in nursing workers.
Fernandes <i>et al.</i> <sup>[11]</sup>	2018	Saúde em Foco Magazine.	Article	Minas Gerais	Yes	Literature review	Presented the use of facial Shiatsu for the prevention and treatment of wrinkles.
Kamei <sup>[2]</sup>	2014	School of Nursing at the University of São Paulo.	Monography	São Paulo	Yes	Systematic review	This highlighted the application of Shiatsu in surgical patients.

**Table 2.** Presentation of scientific publications on Shiatsu with names of authors, years of publications, names of journals, methodological approaches and main

findings.

<b>AUTHOR</b>	<b>YEAR</b>	<b>SOURCE</b>	<b>TYPE OF PUBLICATION</b>	<b>STUDY LOCATION</b>	<b>RELATIONSHIP WITH RESEARCH OBJECTIVES</b>	<b>METHODOLOGICAL APPROACH</b>	<b>MAIN FINDINGS</b>
Kimura <i>et al.</i> <sup>[3]</sup>	2012	Cesumar, Maringá – Paraná.	Article	Paraná	Yes	Case study	Demonstrate the beneficial effects of Shiatsu on fibromyalgia through case studies.
Lima & Cardoso <sup>[5]</sup>	2012	Dr. Otávio Martins de Toledo Magazine.	Article	São Paulo	Yes	Case study	Showed the application of energy therapies and Shiatsu in individuals with anxiety.
Masselli <sup>[7]</sup>	2010	Pain Magazine. São Paulo.	Article	São Paulo	Yes	Case study	It presented Shiatsu as a therapeutic alternative for work-related musculoskeletal disorders.
Liberato <sup>[4]</sup>	2004	Federal University of Paraná.	Monography	Paraná	Yes	Cross-sectional/Quantitative Study.	It highlighted Shiatsu Expresso as a way to reduce workers.
Silva & Maturana <sup>[8]</sup>	2004	Northern University of Paraná.	Article	Paraná	Yes	Case study	It described the application of Shiatsu as an adjunct in the treatment of cerebral palsy.

Based in table 1, it can be seen that in the systematic review carried out <sup>[2]</sup> on the application of Shiatsu in surgical patients, an emphasis was observed on reducing pre-operative stress and anxiety, in addition to highlighting Shiatsu's ability to promote relaxation muscle and stimulate blood circulation, crucial aspects for improving the general well-being of patients. Furthermore, Silva & Maturana <sup>[8]</sup> corroborated these results by reporting a case of applying Shiatsu as an adjunct in the treatment of cerebral palsy, showing a reduction in stress and an increase in the feeling of well-being in patients with complex neurological conditions.

However, Masselli <sup>[7]</sup> highlighted the impact of occupational stress on people with work-related musculoskeletal disorders, presenting Shiatsu as an effective alternative therapy in these cases, as his research pointed to Shiatsu's ability to relieve muscular tension and promote the release of accumulated toxins, resulting in a significant improvement in the quality of life of workers. While Lima & Cardoso <sup>[5]</sup> discussed the application of energy therapies, including Shiatsu, in individuals with anxiety, who highlighted the importance of energy balance in the body for reducing stress and anxiety, noting that Shiatsu plays a fundamental role in promoting this balance, resulting in a general feeling of relaxation and tranquility.

In line with these findings, Yamada <sup>[10]</sup> emphasized the role of Shiatsu as a complementary tool for reducing the physical fatigue of nursing workers in a hospital unit, as his research highlighted Shiatsu's ability to restore energy balance and improve blood circulation, which, in turn, contributed to the reduction of physical and emotional stress, especially in healthcare professionals subject to high levels of demand and pressure. On the other hand, Fernandes *et al.* <sup>[11]</sup> addressed the use of facial Shiatsu for the prevention and treatment of wrinkles. Although their main focus was not directly related to global stress, they highlighted Shiatsu's ability to promote facial relaxation and improve local circulation, aspects that were indirectly contributing to the reduction of physical and emotional stress.

Taken together, the reviewed studies present there was a unanimous view on Shiatsu's ability to promote relaxation, energy balance and general well-being, suggesting that this therapy can be a valuable holistic approach to mitigating stress and other human pathologies caused or not by it. The variety of contexts in which Shiatsu has been shown to be effective highlights its adaptability and versatility as a complementary therapy in diverse healthcare settings.

## DISCUSSION

For the discussion of this research, it was kept in mind that the analysis of Shiatsu therapy proposed in this work is multifactorial and has different perspectives, which are extremely relevant to the problem analyzed. That said, in this session, in the different categories, the origin and historical evolution of Shiatsu in the world; as well as the fundamental principles and techniques of Shiatsu; in addition to the Shiatsu therapy indications and contraindications, and still the therapeutic benefits of Shiatsu for the mind and body, as can be seen, in each of the 4 subsections below:

### **The Origin and Historical Evolution of Shiatsu in the World**

The origin and historical evolution of Shiatsu in the world constitute a milestone for understanding the philosophical basis and development of this ancient therapeutic practice. Among the authors cited, Fernandes *et al.*<sup>[1]</sup> addressed facial Shiatsu, highlighting the application of this specific technique, which dates back to ancestral healing practices in the Far East, and also emphasized the cultural and traditional heritage associated with Shiatsu therapy, recognizing its deep roots in Japanese culture. While Kamei<sup>[2]</sup> highlighted, in his systematic review, the historical origin of Shiatsu as a form of manual therapy that has its roots in traditional Chinese medicine and Japanese anma massage, and discussed the evolution of Shiatsu over the centuries, emphasizing its adaptation and integration into various contemporary therapeutic practices. In the same way as Kimura *et al.*<sup>[3]</sup> contextualized the historical origin of this manual therapy technique and its evolution as an effective practice in pain relief, and also highlighted the importance of Shiatsu's historical bases in understanding its effectiveness in treating chronic conditions. Additionally, Liberato<sup>[4]</sup> referenced the historical origin of Shiatsu as a traditional therapy and suggested that the practice of Shiatsu is rooted in ancient Eastern healing and relaxation traditions. In turn, he highlighted the evolution of Shiatsu to adapt to new techniques and current therapeutic approaches, demonstrating its versatility and contemporary applicability. Furthermore, Maselli<sup>[7]</sup> presented Shiatsu as part of a holistic health care system with roots in traditional Chinese medicine, highlighting the continuity of Shiatsu practices over time and its role in promoting current health and well-being. As well, Silva & Maturana<sup>[8]</sup> addressed the ancestry of Shiatsu as a manual therapy based on principles of energy balance, highlighting its

evolution as a current practice that complements conventional medical treatment. Also, Silva & Volpi <sup>[9]</sup> emphasized Shiatsu's historical roots in the Eastern understanding of the body and mind as an interconnected system. Furthermore, Yamada <sup>[10]</sup> highlighted the importance of the history of Shiatsu in understanding its contemporary applications as a complementary therapy to promote relaxation and physical revitalization, based on its historical origins as a practice of energy balance.

Therefore, the analysis of the various studies indicated that the benefits of Shiatsu are intrinsically linked to a deep understanding of its historical origins and evolution over time. And the convergence of opinions among the authors emphasized the relevance of considering Shiatsu not only as a contemporary therapeutic practice, but also as a cultural legacy rooted in ancient traditions of healing and energetic balance.

### **The Fundamental Principles and Techniques of Shiatsu**

The fundamental principles and techniques of Shiatsu form an essential basis for understanding the effectiveness and application of this ancient therapy. When reviewing the works of the mentioned authors, it was possible to verify the convergence of opinions regarding the central elements that define Shiatsu as a distinct therapeutic practice, in their review <sup>[1]</sup> on facial Shiatsu, they highlighted the importance of pressure and manipulation of acupuncture points on the face to promote energy balance and stimulate blood circulation, highlighting the application of specific Shiatsu techniques in the aesthetic context. Just like Kamei <sup>[2]</sup>, when reviewing the application of Shiatsu in surgical patients, he highlighted the importance of applying pressure to meridians and specific points on the body to relieve pain, promote muscle relaxation and stimulate the circulatory system, emphasizing practical application. of the fundamental principles of Shiatsu in the post-operative context. In line with these points, Kimura *et al.* <sup>[3]</sup> discussed the therapeutic effects of Shiatsu in fibromyalgia, emphasizing the application of pressure and gentle stretches to restore energy balance and alleviate symptoms of chronic pain, highlighting the importance of Shiatsu principles in addressing complex musculoskeletal conditions. In the same vein, Liberato <sup>[4]</sup> when discussing Shiatsu expressed as a way of reducing workers' effort, highlighted the importance of pressure and manipulation techniques specific to Shiatsu to relieve muscle tension and promote a

feeling of relaxation and well-being, demonstrating the practical application of the fundamental principles of Shiatsu in the occupational context. Thus, Machado <sup>[6]</sup>, in his review of the benefits of Watsu Shiatsu, emphasized the application of stretching, floating and pressure techniques in water to promote muscle relaxation and stimulate blood circulation, highlighting the stimulation and adaptability of the principles of Watsu Shiatsu. Shiatsu in therapeutic aquarium environments. While Maselli <sup>[7]</sup> when discussing Shiatsu as a therapeutic alternative in work-related musculoskeletal disorders, highlighted the application of pressure and manipulation techniques to reestablish energy balance and alleviate symptoms of pain and muscle tension, highlighting the importance of the principles of Shiatsu in addressing occupational conditions. Furthermore, Silva & Maturana <sup>[8]</sup> when describing the application of Shiatsu as an adjunct in the treatment of cerebral palsy, addressed the importance of applying pressure and manipulation at specific points of the body to stimulate energy balance and promote improvement in neuromuscular function, demonstrating the practical application of the fundamental principles of Shiatsu in complex neurological conditions. Likewise, Silva & Volpi <sup>[9]</sup> when discussing emotional Shiatsu applied to Reichian bodily levels, emphasized the importance of therapeutic manipulation to release emotional and energetic blockages, highlighting the application of the fundamental principles of Shiatsu in the context of psychosomatic therapy. Confirming these findings, Yamada <sup>[10]</sup> when addressing the use of Shiatsu as a complementary instrument for reducing physical fatigue in nursing workers, highlighted the application of pressure and stretching techniques to promote physical revitalization and relief of muscle tension, emphasizing the application of the practice of the fundamental principles of Shiatsu in the context of healthcare. In this way, when analyzing the perspectives of the different authors, it was possible to perceive an agreement regarding the importance of pressure, manipulation and alteration techniques as the fundamental pillars of Shiatsu, demonstrating its applicability in a variety of therapeutic contexts in physiotherapy and traditional Chinese medicine.

### **Indications and Contraindications of Shiatsu Therapy**

When discussing the indications and contraindications of Shiatsu therapy, the authors present provided a comprehensive and detailed view of the applicability of this therapeutic practice: Fernandes *et al.* <sup>[11]</sup> addressed the effectiveness of this technique in

preventing and treating wrinkles, highlighting the indication of Shiatsu as a non-invasive and natural approach to promoting skin health, without significant contraindications; while Kamei <sup>[2]</sup> highlighted its effectiveness in promoting relaxation and pain relief, highlighting the indication of Shiatsu as a complementary therapy that can be applied in conjunction with other conventional treatments, as long as it is properly monitored by trained professionals; in addition to Kimura *et al.*<sup>[3]</sup> who emphasized the relevance of this therapy in reducing chronic pain and improving quality of life, noting the indication of Shiatsu as an effective therapeutic option for patients with this condition, as long as it is adapted to the individual needs of each patient. Likewise, Liberato <sup>[4]</sup> highlighted the application of Shiatsu as a quick and effective relaxation technique, especially in stressful occupational environments, highlighting its indication for reducing muscle tension and promoting the general well-being of workers; Furthermore, Machado<sup>[6]</sup> in his review on the benefits of Watsu Shiatsu, highlighted the effectiveness of this therapeutic practice in promoting relaxation and improving quality of life, highlighting its indication for relieving stress and promoting emotional balance, especially in aquatic environments. therapeutic; as well as Maselli<sup>[7]</sup> emphasized the indication of Shiatsu as a non-invasive and safe therapeutic option to relieve pain and muscle tension in workers, as long as it is applied by trained professionals.

Silva & Maturana <sup>[8]</sup> addressed the indication of Shiatsu as a complementary therapy that can contribute to improving the motor function and general well-being of patients, as long as it is supervised by qualified professionals. While Silva & Volpi <sup>[9]</sup> highlighted the indication of Shiatsu as a therapeutic technique that can promote the release of emotional and energetic blockages, favoring the mental and emotional balance of individuals. In the same vein as Yamada <sup>[10]</sup> who highlighted the indication of Shiatsu as an effective therapeutic approach to relieve stress and muscle fatigue, contributing to promoting the physical and mental well-being of healthcare professionals. And in this sense, it was evident that, although the authors highlight the indications for Shiatsu in different therapeutic contexts, it was essential to consider the individualized assessment of each case and the supervision of qualified professionals to guarantee the safety and effectiveness of this therapy.

## **The Therapeutic Benefits of Shiatsu for the Mind and Body**

The authors highlighted the therapeutic benefits of Shiatsu for the mind and body, highlighting its positive effects in different clinical and therapeutic contexts. Firstly, Fernandes *et al.*<sup>[1]</sup> addressed the beneficial effects of this technique in promoting skin health, highlighting its potential to stimulate blood circulation and promote facial muscle relaxation, which contributes to the reduction of wrinkles and expression lines, resulting in an improvement in appearance. general skin; As well as Kamei <sup>[2]</sup> highlighted the positive effects of Shiatsu in promoting relaxation and reducing pre-operative anxiety, highlighting its ability to promote emotional and physical well-being, which can contribute to a calmer and more effective recovery. after the surgical procedure; in addition to Kimura *et al.*<sup>[3]</sup> emphasized the effectiveness of this therapy in reducing chronic pain and improving patients' quality of life, highlighting its positive effects in reducing fatigue and increasing the feeling of relaxation, which contributes to physical and mental well-being. of individuals; and, also, Liberato<sup>[4]</sup> who highlighted the therapeutic benefits of Shiatsu in promoting relaxation and stress relief, highlighting its ability to improve alertness and promote a feeling of general well-being, which can contribute to reducing muscular and emotional tension. Furthermore, Machado <sup>[6]</sup>, who also highlighted the positive therapeutic effects of this practice in promoting relaxation and relieving muscle tension, highlighting its ability to promote emotional balance and contribute to a feeling of calm and tranquility, which can be especially beneficial for individuals with high levels of stress. Thus, Maselli <sup>[7]</sup> emphasized the therapeutic effects of Shiatsu in reducing pain and improving joint mobility, highlighting its ability to promote muscle relaxation and relieve tension associated with musculoskeletal disorders. Completely, Silva & Maturana <sup>[8]</sup> highlighted the therapeutic benefits of Shiatsu in promoting motor function and improving postural balance, highlighting its ability to stimulate blood circulation and promote a feeling of relaxation and comfort. Along these lines, Silva & Volpi <sup>[9]</sup> highlighted the therapeutic benefits of Shiatsu in promoting energetic and emotional balance, highlighting its ability to promote the release of emotional blockages and contribute to the relief of stress and anxiety. At the same time, Yamada <sup>[10]</sup> highlighted the therapeutic effects of Shiatsu in promoting relaxation and improving physical and mental well-being, highlighting its ability to relieve muscle tension and contribute to reducing stress associated with the work environment.

When considering these points of view, it was evident that Shiatsu demonstrated the potential to provide a range of therapeutic benefits for the mind and body, promoting relaxation, stress relief and improving physical and emotional well-being. Its positive effects were especially relevant when dealing with the challenges faced in its various applied therapeutic situations, offering a holistic approach that promoted both the physical and mental health of patients.

## **CONCLUSION**

After careful analysis of the reviewed scientific articles, it is clear that Shiatsu plays a fundamental role in promoting health and well-being, addressing not only physical issues, but also the emotional and mental issues of individuals. Knowledge of its origin and historical evolution of Shiatsu provided a solid basis for understanding the cultural and philosophical richness underlying this ancient therapeutic practice, while the description of the fundamental principles and techniques of Shiatsu allowed us to understand its practical application and the underlying theoretical foundations. Furthermore, the discussion of Shiatsu indications and contraindications helped to identify clinical scenarios in which this therapy may be particularly beneficial, ensuring that it is applied safely and effectively. And by deepening the understanding of the therapeutic benefits of Shiatsu for the mind and body, as observed in the studies reviewed, it reinforced the importance of this treatment in reducing stress, relieving muscle tension and improving the emotional well-being of individuals. The systematic review carried out in this research demonstrated that Shiatsu has a wide range of therapeutic benefits, ranging from improving blood circulation and muscle flexibility to reducing fatigue, stress and anxiety. The results indicated that the application of Shiatsu can be considered a holistic and integrative approach to promoting health and general balance of the body and mind. Therefore, when considering the findings discussed and cited in the various scientific articles analyzed, it can be concluded that Shiatsu represents a valuable and effective tool in the context of physiotherapy and holistic health. Its ability to address both the physical and psychological aspects of individuals has highlighted the importance of integrating this therapy into broader healthcare practices. And the in-depth understanding of the fundamentals and benefits of Shiatsu provided a solid foundation for future research and clinical applications, aiming to improve the quality of life and well-being of diverse populations.

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