
भारतीय मानक

सिर की मालिश चिकित्सा – रीती संहिता

Indian Standard
Head Massage Therapy- Code of Practice

Naturopathy Sectional Committee - AYD 03

Last Date of Comments: 23 March, 2025

FOREWORD

(A formal clause shall be added later on)

Naturopathy is a form of medicine that employs therapeutic qualities of soil, water, sunlight, air, space (emptiness), food, rest and exercise to treat and prevent diseases as well as to promote overall well-being. The therapeutic techniques involved in naturopathy are based on the customs and culture of the Indian sub-continent documented in the *Upanishads*, *Purāṇās* and other ancient Indian Scriptures.

Massage is the scientific manipulation of the superficial and deep layers of muscles and connective tissue of the body to normalize those tissues and consists of manual techniques that include applying fixed or movable pressure, holding, and movement of the body to enhance function, aid in the healing process, and promote relaxation and wellbeing.

Naturopathy Head Massage Therapy is a systematic scientific massage given to the Head to derive specific therapeutic effects. It helps to improve circulation and promote relaxation.

The multiple methods of Head Massage Therapy application observed in the public domain necessitates a standardized procedure. This document is the Standard Document stipulating the Code of Practice of Naturopathy Head Massage Therapy.

The inputs for formulation of this standard are derived from the information available in the public domain in print and electronic media including authoritative books on Naturopathy published by National Institute of Naturopathy, Ministry of Ayush, Govt. of India. Technical inputs from subject matter experts are used in formulating the standard.

The procedure shall be given under the supervision of a naturopathy physician by a naturopathy therapist.

Indian Standard Head Massage Therapy- Code of Practice

1 SCOPE

This standard covers code of practice of Head Massage Therapy used in Naturopathy for the treatment of various disease conditions and also maintaining general well-being.

2 REFERENCES

The standards listed below contain provisions which, has reference from the following text at the time of publication, the editions indicated were valid. All standards are subject to revision and parties to agreements based on this standard are encouraged to investigate the possibility of applying the most recent editions of the standards indicated below:

<i>Standard No</i>	<i>Title</i>
AYD 03 (24752)	Glossary of Naturopathy

3 TERMINOLOGY

For this standard, the following definitions in addition to the definitions given in Doc No AYD 03 (24752) shall apply.

3.1 Lubricant

Lubricants are non-toxic media used for the application of massage. The lubricants used in massage therapy includes oil, powder, cream, essential oil, butter, etc.

3.2 Massage Movements

Manipulation of parts of the body with different types, directions, and desired pressure.

3.2.1 Touch

Touch or contact of the hand with the body is a skilled or professional touch applied with intelligence, control, purpose, and simplicity as it is capable of producing desired effects.

3.2.2 Digital kneading

The tips of the finger and thumb are being employed to compress the scalp against the underlying bony surfaces. Similarly, the movements have to be employed starting from the forehead to the occiput.

3.2.3 Hacking

The masseur shall use his/her ulnar or little finger, the border of the hand with fingers separated but kept loose of both the hands, and gives the movements in alteration to the head of the patient which gives a vibrating effect.

3.2.4 Chucking

With the patient sitting or half reclining and the masseur standing behind, the ends of the fingers and thumbs with the fingers slightly flexed, are placed firmly in contact with the scalp starting with the vertex, gradually extending to the borders of the hairy scalp.

3.2.5 Tapping

This is a form of beating in which the tips of the fingers alone are employed, either one or all of the fingers of one or both hands may be employed.

3.2.6 Stroking

Simple touch combined with motion, the tips of two or three of the fingers or the entire palmar surface of one or both hands shall be moved gently over the head with light contact.

3.2.7 Vibration

Vibration involves shaking or trembling movements shall apply with the hands or fingertips to relax.

3.2.8 Digital Pressure

The technique shall be involves applying sustained pressure to specific points of scalp with the tip of the fingers.

4 REQUIREMENTS

4.1 Procedure Room

4.1.1 The procedure room for Massage Therapy shall be well-lit, fully ventilated room with clean, non-skid floor with a minimum area stationary height adjustable massage stool/chair placed conveniently.

4.1.2 The Procedure room shall have a provision of an accessible bathroom nearby.

4.1.3 Code of Practice of Naturopath Head Massage Therapy shall be displayed in the procedure room.

4.2 REQUIREMENT AND HUMAN RESOURCES

Table 1 Requirements for Head Massage Treatment

SI No. (1)	Particulars (2)	Requirements (3)
i.	Masseur / Masseuruse	1
ii.	Lubricant with container	As required
iii.	Massage Stool/Chair	1 no
iv.	Oil proof Apron	1 no
v.	Drinking water	As required
vi.	Stopwatch / Alarm Bell	1 No

4.3 ORDER OF THE HEAD MASSAGE THERAPY MOVEMENTS:

The following order of head massage therapy movements and directions shall follow:

- i. Touch
- ii. Oil or lubricant application
- iii. Friction

- iv. Digital kneading (from forehead to occiput region)
- v. Tapping (all over the head shall be performed)
- vi. Spatting
- vii. Hacking
- viii. Chucking
- ix. Vibration with shaking
- x. Pressure Point Compression and
- xi. Stroking head (from before backward, starting at the center of the forehead and from above downward, starting at the vertex).

4.4 The person shall be asked to rest and relax comfortably for 5 minutes after the massage therapy.

4.5 HYGIENE

The therapist shall ensure the following before initiating the procedure:

- 4.5.1** Procedure room shall be well-lit, fully ventilated, with clean, non-skid floor and fresh odour.
- 4.5.2** The Massage stool /chair and oil container are clean.
- 4.5.3** Therapist shall wear an oilproof apron and ensure personal hygiene and good health.

4.6 SAFETY

- 4.6.1** The Therapist shall fill the Lubricant in the procedure room.
- 4.6.2** The therapist shall ensure that the lubricant is sufficient and filled in the intact container and placed in a safe area to prevent fall.
- 4.6.3** The therapist shall ensure that the massage stool/chair is not faulty.
- 4.6.4** The therapist shall monitor and ensure the person's comfort, privacy and safety.
- 4.6.5** Therapist shall ensure the stopwatch/alarm bell is fully functional.

4.7 PRECAUTIONS

- 4.7.1** Head Massage Therapy procedure shall be administered under the supervision of a naturopathy physician by a naturopathy therapist.
- 4.7.2** The Therapist shall ensure the lubricant used is not reactant to the person.
- 4.7.3** The Therapist shall ensure the pressure applied is optimum.
- 4.7.4** In case of any emergency, the therapist shall discontinue the treatment and report to a naturopathy physician for further management.

5. CODE OF PRACTICE OF NATUROPATHY HEAD MASSAGE THERAPY

5.1 Treatment Sequence

The treatment sequence consists of two phases as follows:

5.1.1 Phase 1: Preparation of Procedure Room and Treatment Equipment

- a) Therapist reads the treatment prescription, goes to the Procedure Room, and wears an apron.
- b) The therapist shall ensure that the procedure room is well-lit, fully ventilated, with clean, non-skid floor.
- c) The therapist shall fill the required amount of lubricant in a container as prescribed.
- d) The therapist shall ensure that the massage stool/chair is clean and stable
- e) The therapist shall ensure that the water is available for drinking.

5.1.2 Phase 2: Head Massage Therapy Procedure

- a) The therapist explains the treatment procedure to the person and gets consent. **(Annex-1)**
- b) Therapist escorts the person into the procedure room.
- c) The therapist shall make the person to sit on to the massage stool/chair.
- d) Therapist starts the pre-set stopwatch.
- e) As per the prescription, the therapist starts to administer the Head massage as per the order of the Head Massage Therapy movements (Refer to clause 4.3)
- f) The therapy shall be concluded by performing all the massage movements.

5.2 DISPOSAL, SANITIZATION, AND MAINTENANCE

The therapist attends to the disposal, sanitization, and maintenance of material used in the treatment as per the standard guidelines. After the therapy, the floor of the procedure room shall be cleaned and sanitized.

Annex 1

INFORMED CONSENT FORM FOR HEAD MASSAGE THERAPY

I hereby permit (Name of Attending Physician) his/her Associate Attending Physician of the same service, and assistants as may be selected and supervised by him/her to perform Head Massage Therapy.

The procedure has been explained to me and I have been told the reasons why I need the procedure. The risks of the procedure have also been explained to me. In addition, I have been told that the procedure may not have the results that I expect. I have also been told about other possible treatments for my condition and what might happen if no treatment is received. I understand that in addition to the risks described to me about this procedure there are risks that may occur with any naturopathy and yoga procedures.

I have had enough time to discuss my condition and treatment with my health care providers and all of my questions have been answered to my satisfaction. I believe, I have enough information to make an informed decision and I agree to have the procedure. If something unexpected happens and I need additional or different treatment(s) from the treatment I expect, I agree to accept any necessary treatment.

Signature of Patient or Parent/Legal Guardian of Minor Patient

Date

FOR PHYSICIAN PURPOSE

I explained the risks, benefits and alternatives of the Head Massage Therapy to the above-named patient. I provided the above-named patient with the opportunity to ask questions. I have answered the questions asked and it is my professional opinion that the patient understands what I have explained

Signature of Attending Physician or Authorized Health Care Provider

Date