

Scrapings and Art Therapy: Preliminary Studies of Patients with Physical Illness Accompanied by Mental Disorders

¹Sudjiwanati, ²Suparno

^{1,2}Wisnuwardhana University, Malang, Indonesia

Abstract

Comorbidity is a term that refers to the presence of disease symptoms that are accompanied by other cluster entities. Some people with chronic physical ailments such as migraine, cephalgia, bronchial asthma, angina pectoris, gastritis, exacerbation of chronic body pain may experience mental disorders. "Scraping" therapy combined with art therapy is expected to improve the health of patients with comorbid physical illnesses and anxiety disorders. This research has aimed to determine whether "scraping" and art therapy can reduce symptoms in patients with physical-mental comorbidities. The group used in this study was 30 people with physical-mental disorders, and "scraping" therapy and art therapy earned for three months. Any type of literature article (case report, case series, and observational or interventional study) reporting to the commission of health research ethics faculty of medicine university brawijaya. The results obtained suggest the importance of a strong correlation between scrap therapy and art therapy in the pre-and post-treatment effects of physical illness and mental disorders. "Scraping" therapy and art therapy affect reducing the patient's physical-mental symptoms. The results show that acupressure and art therapy are effective and have the potential to reduce the symptoms of comorbid disorders that also apply to complement therapy and are safer because of their nature.

Keywords: Scrapings, Art Therapy, Comorbidity Disorders, health.

INTRODUCTION

Comorbidity is a term referring to the presence of a symptom of a disease accompanied by other cluster entities 1. Some people with chronic physical illnesses such as migraines, cephalgia, bronchial asthma, angina pectoris, gastritis, chronic body pain exacerbation may experience mental disorders. Mental disorders can accompany physical illnesses such as chronic stress, anxiety, and depression because the sufferers are thinking about the disease 2,3. Cases of comorbidities that have conditions with a minimum of 2 concomitant diseases in Europe in adults aged 45 to 64 years by 30.4% have undergone an increase up to 64.9% in people aged 65 to 84 years and more than 80% for people aged over 85 years. The number of

cases of comorbid sufferers in Indonesia is currently unknown for sure because researchers dealing with this are still limited in number 1.

Modern medical treatment has not been able to provide healing (50% - 75%) for people who suffer from physical-mental comorbid disorders. Nowadays a complementary treatment method is needed that can help modern medicine. One method of complementary medicine is acupressure 4-8. Acupressure is a therapeutic method that utilizes touch to stimulate certain acupoint points on the body to help relieve pain. Acupressure is designed for complementary medicine to help cure various diseases.

Acupressure takes many forms, and in Indonesia, especially for Javanese people, it has the name "kerokan (scraping)" which means rubbing. The scraping therapy method used is by rubbing certain areas repeatedly by using blunt objects to stimulate acupoint and maintain energy to balance. Scraping is usually used if a person gets sick or if milk production decreases^{9–11}.

Scraping and other types of acupressure therapy are simple, affordable, healthy, natural, and independent from side effects. Scraping therapy does not have any side effects because there is no invasion, no chemicals and it is linked to the regeneration of several organs (through stem cells) which strongly support the prevention or cure of various diseases, particularly those classified as comorbidities,^{9,12,13}. Several biomedical pathophysiological studies have found that stem cells can be activated if other meridian treatment, such as stimulation via acupressure at the trigger point and acupuncture therapy, is provided in certain areas and parts of the human body^{14,15}.

Art Therapy is psychotherapy that uses the media of art as the main way to communicate. Art therapy aims to understand the psychological aspects of the patient and the power of healing through the process of artistic creativity. The process of artistic creativity can help reduce stress and symptoms, eliminate traumatic experiences, and get pleasure in artistic experiences^{16–18}.

Handling of people with physical ailments accompanied by mental disorders such as anxiety and depression has not yet received maximum treatment. Treatments are more focused on physical treatment, but measures to deal with psychological disorders are still not much done. At present, both modern medicine and alternative medicine have sought holistic treatment methods. The combined treatment method is an attempt to obtain a better cure rate for an illness ^{19–21}. "Scraping" therapy combined with art therapy is expected to influence the improvement of the health of patients with comorbid disorders of physical illness and anxiety disorders.

Research conducted aims to evaluate the efficacy of "scraping" therapy combined with art therapy can affect improving physical condition as well as reducing patients' level of anxiety.

METHOD

The research design used was an experiment with a pre-post test and the research was conducted in Malang, East Java, Indonesia. In this research, a sample of 30 people with medical records experienced symptoms of chronic diseases such as high blood pressure, headaches (cephalgia), vertigo, gastritis, back pain, and allergies (hypersensitivity). Psychological disorders that accompany research participants such as anxiety are also a consideration in sample selection. The description of physical health conditions and mental disorders of research participants can be seen in table 1. Age distribution of participants in the research between 35-70 years and full data can be seen in table 2. Research participants were randomly divided into 3 groups: control groups, "scrapings" groups "And the group" scrapings + AT ". Before the research began, participants were given a pre-test of the condition of their physical disorders and BAUM, Wartegg, DAP / DAM, and HTP testing.

Table 1. *Overview of physical health conditions and anxiety of research participants*

Physical Health Disorder	Mental disorders	Male	Female
High blood pressure	Anxiety, depression	2	5
Diabetes	Worry	4	4
Gastritis	Worry	1	1
Allergy	Worry	1	2
Vertigo	Depression	2	3
Cephalgia	Anxiety	4	1

Source: Table data is processed by the author, in research practice

Table 2. Age Distribution of Research Participants

Age	Male	Female
35-45	2	4
46-55	7	3
56-65	4	5
>65	1	4

Source: Table data is processed by the author, in research practice

Three months of 'scraping' therapy was given to participants in the treatment group during the research period, which was done three times a day for 5 minutes and four times art therapy. Participants in scrapings should be stimulated by rubbing using fingers or assist devices vertically or horizontally in the area around the acupoint for 10-15 minutes with participative intensity three times a day. Acupoints used for clinical therapy include points PC-6; and points ST-36 (Figure 1). The art therapy approach offered to participants is by drawing photos (Figure 2), and a counseling session is given after that.

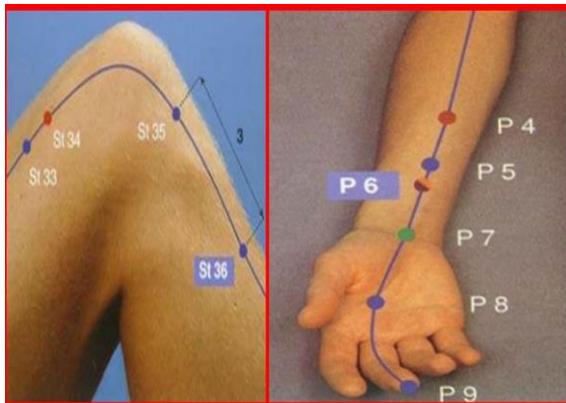


Figure 1: Points at meridian pathways used in scraping; ST-36 Suzanli (for therapy of physical-mental illness, such as diarrhea-distress-hypertension-boosting immunity); Pc-6 Neiguan (for the treatment of physical-mental illnesses, such as allergies, heartdisease).

Source: Figure data is Created by the author, in research practice



Figure 2. Art Therapy was given to the "scraping + art therapy" treatment group

Source: Figure data is Created by the author, in research practice

The results were statistically analyzed using the paired T-test method. The psychological condition of the patient that has changed has been identified through graphical tests. Interpretation of graphical test results has been carried out using data triangulation methods (Interviews, Observation, and psychological test results). This research has obtained ethical approval obtained from the Medical Ethics Committee of the Faculty of Medicine, Universitas Brawijaya Malang, Indonesia.

RESULTS

Based on the results of statistical analyses using paired sample t-test values collected, the effect of scrapings and art therapy based on the study participants' reduction in physical symptoms experienced (Table 3) is indicated. These results mean that scraping therapy and art therapy affect reducing patient symptoms from physical-mental disorders. The improved physical condition was felt by participants, especially participants who were in the scraping treatment group and art therapy. The average participant in the group felt a fitter body condition and felt more restful while sleeping at night.

Improved health conditions felt by participants can be caused by the influence of stimulation at point ST-36 or on PC-6. ST-36 point is known

as a point associated with the digestive system, cardiovascular system, immune system, and nervous system, besides that the ST-36 point can also be used in therapy for mental disorders 22,23. PC-6 point is also an acupoint that can help improve conditions related to the heart, and also insomnia²⁴.

Table 3. *The result of the t-test*

Control Group	10	-7,896	sig 0,000
Scrape	10	-10,722	sig 0,000
Scrape + Art Therapy	10	-11,259	sig 0,000

Source: Table data is processed by the author, in research practice

The results of graphical tests given to participants showed the effect of scraping treatment and art therapy on the condition of mental disorders suffered by participants (Table 4). The condition of mental disorders in participants in the scrapings + art therapy group improved mental conditions better than the other two treatment groups. The provision of art therapy to participants can be more helpful in reducing mental disorders²⁵. This is under the function of art therapy which can be used for various forms of rehabilitation such as sensory or physical problems, medical problems, problems of learning difficulties, stress, emotional and/or social problems²⁶.

Table 4. *Number and Levels of Participant Mental Disorders*

	Mild		Intermediate		Severe	
	Pre	Post	Pre	Post	Pre	Post
Control group	4	2	3	5	3	3
Scraping Group	2	3	5	5	3	2
Scraping + Art Therapy Group	3	5	5	4	2	1

Source: Table data is processed by the author, in research practice

DISCUSSION

Research data indicates that "scrapings" therapy and art therapy provided to participants in the treatment group has produced positive results, particularly in the treatment group scrapings-art therapy. The improvement

achieved by participants is characterized by decreased symptoms of physical illness and the extent of perceived mental disorders. The reduction of disease symptoms and mental disorders can be caused by scraping therapy and art therapy. Acupressure given at points ST-36 and PC-6 activates the nerves, and the process can turn amygdala-specific brain tissue into the functional status from the appearance of pain perception and underlying pain regulation^{27,28}. The functional connectivity that occurs and the presence of electrophysiological/neuroanatomical activity shows that the efferent amygdala is associated with the singular anterior cortex, which plays a central role as an autonomous and emotional regulation.

Like acupressure, art therapy also works in the same way as stimulating the brain. Art therapy is believed to be able to rebalance the functioning of the brain that is changed due to trauma and other emotional disorders^{18,29}. Products from art therapy are made to provide stimulation to the brain through tactile-haptic, visual sensors, and perception channels that will be processed through cognitive and verbal channels³⁰. Through this neurological process, art as a therapy is intended to provide relaxation and direct the mind of patients who experience anxiety, depression, and psychological trauma^{31,32}.

The results of research conducted by Zick et al. showed that relaxation acupressure therapy can improve anxiety symptoms and at the same time reduce pain in people living with breast cancer³³. Another research conducted by Hopton et al., regarding comorbid disorders (depression and pain), indicates that the results of treatment given are not good but the group receiving acupuncture is better than the other treatment groups³⁴. Several studies have shown that scraping therapy or other forms of acupressure have advantages in their holistic therapeutic properties and can be administered as adjunctive therapy, can be a substitute therapy or complementary therapy.^{7,35–37}

What about art therapy? Several studies have revealed the effectiveness of art therapy for mental health disorders. Art therapy has a

positive impact on people with mental disorders and their therapeutic properties cannot be denied. Creative solutions that can be used to overcome mental disorders are an important component of an effective intervention program for art therapy. The positive experience of the therapy provided helps patients become receptive to complementary and other integrative therapies³⁵.

Combined Therapy "scrapings" and art therapy in research

Scraping therapy and art therapy in this research might provide good results in reducing the symptoms of comorbid disorders. Many research participants felt the effects of the therapy given. Some positive effects received by participants include being more restful during sleep, having a fitter body, and having more stable blood pressure than before.

"Scraping" therapy, a traditional Indonesian traditional treatment method combined with art therapy, has a holistic nature that can effectively and potentially reduce symptoms/complaints of accompanying physical-mental illness. The two therapies can be applied either individually or in other ways. 38–40. Acupressure and art therapy are also safe treatment methods because of their nature and non-invasive characteristics. These findings require further evaluation in an appropriate randomized controlled trial.

Limitations

Limitation in this research concerns the effort in researching the symptoms felt by participants. Further research is needed to find out the effectiveness of acupressure therapy and art therapy through laboratory research.

CONCLUSION

Scraping therapy and art therapy which is one of the traditional and holistic methods of treatment can effectively and potentially reduce the symptoms/complaints of comorbid physical-mental illness and at the same time can be easily applied either individually or in a

manner. Acupressure and art therapy is also a safe treatment method because of its nature and non-invasive. These findings warrant further evaluation in suitably controlled randomized trials.

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