

भारतीय मानक
पीठ की मालिश – रीती संहिता

Indian Standard

BACK MASSAGE THERAPY- CODE OF PRACTICE

Naturopathy Sectional Committee – AYD 03

Last Date of Comments: 7 April 2025

FOREWORD

(A formal clause shall be added later on)

Naturopathy is a system of medicine that focuses on the healing properties of nature. It employs the 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 rooted in the traditions and cultural practices 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 well-being.

Naturopathy Back Massage Therapy is a systematic scientific massage given to the whole back to derive specific therapeutic effects. It helps to improve circulation and reduce stiffness and pain.

The multiple methods of Back 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 Back 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

Back Massage Therapy- Code of Practice

1 SCOPE

This standard covers of Back Massage-Code of practice is 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:

Standard No	Title
AYD 24752	Glossary of Naturopathy

3 TERMINOLOGY

For the purpose of this standard, the definitions given in IS 19136: 2025 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 Centripetal Friction

The whole or part of the hand shall be moved over the back surface with a considerable degree of pressure from lower back to nape of the neck in a lateral to medial direction.

3.2.3 Fulling

The skin is grasped between the thumb and the last two phalanges of the index finger or in cases in which the skin is very thick, the terminal phalanges of the index and middle fingers may be used in opposition of the thumb.

3.2.4 Circular Friction

The tissue is grasped by both hands, which makes an alternate wringing or twisting movement.

3.2.5 Palmar Kneading

The heel of the hand or the whole palmar surface are being employed in kneading back muscles.

3.2.6 Digital kneading

The tip of the thumb or the ends of all the fingers closed together and extended employed on the tissues being rubbed and pressed against the underlying body surfaces.

3.2.7 Pressure Point Compression

The technique involves applying sustained pressure to specific points of muscle tension to release knots and alleviate pain.

3.2.8 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.

3.2.9 Spatting

Consists of percussion with the palmar surface of the extended fingers held rigid and gives the movements in alteration to the back.

3.2.10 Hacking

Involves using the side of the hand to perform light soft rhythmic movements on the soft tissue.

3.2.11 Beating

The body is struck by the palmar surface of the half-closed fist, the dorsal surface of the terminal phalanges of the fingers and heel of the hand alone coming in contact with the body.

3.2.12 Pounding

The Ulnar surface of the half-closed fist of the fingers and heel of the hand alone come in the contact with the body

3.2.13 Clapping

The whole hand is employed, the palmar surface being so hollow shaped as to entrap the air as it comes in contact with the skin, producing a sort of explosive effect and a loud sound.

3.2.14 Stroking

Simple touch combined with motion.

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 of 10 × 10 square feet with a stationary massage table placed conveniently.

4.1.2 The Procedure room shall have a provision for changing clothes and an accessible bathroom nearby.

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

4.2 Requirement and Human Resources

Table 1 Requirements for Back Massage Therapy

SI No.	Particulars	Requirements
(1)	(2)	(3)
i.	Masseur / Masseuse	1
ii.	Lubricant with container	As required
iii.	Massage table	1 no
iv.	Soft Pillow	1 no
v.	Stepper	1 no
vi.	Oilproof Apron	1 no
vii.	Hygienic bed spread	1 no
viii.	Drinking water	As required
ix.	Stopwatch / Alarm Bell	1 No

4.3 Order of the Back Massage Therapy movements:

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

1. Touch
2. Lubricant application
3. Centripetal Friction
4. Fulling of neck, shoulder, sides of lumbar region
5. Circular Friction
6. Deep kneading like:
 - Palmar kneading above the scapula
 - Digital kneading on ribs
 - Palm kneading up and down spine
 - Digital kneading on spine
7. Pressure Point Compression
8. Percussion movements all over the back and sacrum
 - Tapping
 - Spatting
 - Hacking
 - Beating
 - Pounding
 - Clapping
9. Friction
10. Vibration down the spine

11. Stroking –from the above downward and from the median line outward.

4.4 The person shall be asked to rest and relax comfortably for 5 to 10 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 a clean, non-skid floor and fresh odour.

4.5.2 The Massage Table, Stepper and oil container are clean.

4.5.3 The therapist shall wear an oil proof 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 table is not faulty.

4.6.4 The therapist shall monitor and ensure the person's comfort, privacy and safety.

4.6.5 The therapist shall ensure the stopwatch/alarm bell is fully functional.

4.7 PRECAUTIONS

4.7.1 Back 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 as per the part of the body.

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 BACK 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) The 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 table is clean and stable, then spread a hygienic bedspread on the massage table.
- e) The therapist shall ensure that the water is available for drinking.

5.1.2 Phase 2: Back Massage Therapy Procedure

- a) The therapist explains the treatment procedure to the person and gets consent. (**Annex-A**)
- b) The therapist escorts the person into the procedure room.
- c) The therapist shall make the person to lie down on the abdomen on the massage table comfortably with necessary support (if required).
- d) The therapist starts the pre-set stopwatch.
- e) As per the prescription, the therapist starts to administer the back massage as per the order of the Back 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 A

INFORMED CONSENT FORM FOR BACK 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 Back 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 healthcare 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 Back 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: