Research Paper Medical Science

Effect of Two Healing Methods Via Using to Bio Reflexology ,Toxpro on Some Bio Chemistry Responses and the Indication of Fatigue for the Volley Ball Players

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ABSTRACT

The research aims at:-
1- Setting two healing methods via using(Bio-Toxpro) (Reflexology)
2- Identifying effect of the healing method via using (Bio-Toxpro) on some of the biochemical responses and fatigue indicators for volleyball players.
3- Identifying the effect of the healing method by using((reflexology) on some of the biochemical responses and fatigue indicators for volleyball players.
The two researches use the experimental method for it's a adaptability with the research nature wanted to be solved, and the research sample has represented by young volley ball players
The two researchers have concluded the following:-
1- The effect of healing method in the variables of the research by using (Bio Troxpro) and (Reflexology)
Fifth category
5-Conclusions and recommendations
5-1 conclusion
1- Effect of two healing methods appearance in the research variables by using (Bio Troxpro) and (Reflexology)
2- The excellent organization of the work periods and rest periods besides, the calm and breathing exercises has positive effect on some of the healing indicators.
3- Using (Bio-Toxpro) for drawing the negative energy for the second experimental group has positive effect on some of the healing indicators, better than the another (Reflexology) for the first experimental group.
5-Recommendations
1- Trying to use modern healing means to lessen the fatigue indicators for the volleyball players.
2- Paying attention to the healing periods for the volley after the training units of its positive effect.
3- Healing periods for the volley ball players of its positive effect.
4- It is important to improve the coach experience when using healing means.

KEYWORDS

The first category
1-Identification of the research

1-1 the introduction and the importance of the research

the rapid development occurs in the sport games and the physical levels of the athletes in various games comes as a result of the science of the sport training and its means on which the specialists researchers work in the field of training to provide the training means that brief time in training, and observation the rest intervals among the training loads and paying attention to the period of healing to reach to high and best performance which the athlete could realized. Where realizing the highest levels not only depends on to implement high training loads depending on intensity and amount of training but via paying attention also to the healing and rest among the training effects in the training unit, where the healing period an essential role in forming the training load and adaptability to it by the athlete.

To ensure improving the players physical and functional abilities to reach higher levels, it is important to care the healing period which is restoration renewal, of biological, physical psychological indications after undergoing severe influences and pressure([1])

Thus the importance of the research lies in the necessity to care of this period being essence of the training process where training is (excitement+ healing) and it is wrong to understand the training process as a collection of stimuli only without restoring healing, thus two healing approaches via using modern means to lesson of physical and skilled and functional burden occurs to the players.

1-2 The research problem
Improving the achievement of sport level in various sport games in general in volley ball game especially does not depend on implementing high training load not only depends on the intensity, magnitude and quality of the used training but also via paying attention to healing process, where the healing period plays an important role in forming the training load and adaptability with it by the athlete , thus healing process is the second part of the training process and the corner stone in the modern training process and as a result of magnitude of it which reached maximum degrees and for the multitude of contests and championships in which the players participated that increase the playing on their shoulders and to guarantee raising the physical and skilled and functional players' abilities to realize high levels, thus it has become necessary here to direct the training researchers to find multiple means of healing helps to hasten the healing process and restore the body to its normal state after the training units and contests burdens , from here the two researchers have view using two healing approaches via using (Bio-Toxpro) and (Re-

flexology) and to identify their effects on the Biochemical responses and fatigue indicators for the volleyball players.

1-3- The objectives of the research

1. Setting two healing methods via using (Bio-Toxpro) and (Reflexology).
2. Identifying the effect of healing method via using(Bio-Toxpro) on some of Biochemical responses and fatigue indicators for volley ball players.
3. Identifying the effect of healing method via(Reflexology). On some of biochemical responses and fatigue indicators for the volleyball players.

1-4 the research hypotheses

1- There is no differences of statistic significance between the pre and post tests for the first experimental community using(Bio-Toxpro) on some of Biochemical responses and fatigue indicators for volley ball players.
2- There is no differences of statistic significance between the pre and post tests for the second experimental community using((Reflexology)) on some of (Reflexology) responses and fatigue indicators for volley ball players.
3- There is no differences of statistic significance between the pre and post tests for the two experimental communities of some biochemical responses and the fatigue indicators.

1-5

1-5-1 time scope for the period from30\1\2014 till 11\ 4\2014

1-5-2 human scope:- sample of young players in the specialist school of volley ball whose number (8) players

1-5-3 special scope:- young players from specialist school of volley ball/ Rusafa branch

The secondary category

2- similar theoretical studies

2-1 theoretical studies

2-1-1 Healing:-

It is constant kinetic activity of quiet follow-up after physical effort to reduce the amount and accumulated density of lactic acid in muscles which works to reduce the fatigue appearance during the next([2])

Or it is renewal restoration of physiological, physical and psychological indicators for the individual after subjecting to effects and severe stresses.[(3)]

Or it is the exchange occurs between the exertion and stress on one hand and relation on the other hand after subjecting to effects and severe stresses[(4)]

2-1-2 The healing importance([5])([6])

The importance of healing represented in general as follows:

1. activation and refresh, compensation and restoration the body building and to return to its normal station and his ability to work again.
2. Assist to improve the body response to the external stimuli.
3. Healing is the basic and decisive factor in developing the kinetic and skilled abilities of the player.
4. Avoiding injuries especially the cartilages and joints.
5. The quailed coach is the one who could specified healing period for the player due to his need of rest leads to healing.
6. Accelerating processes of various processes restoration of the body biology, whether via physical relation method or mental relation method that helps to lessen the time periods specified for rest.

2-1-3 the most important means followed and assisted to restore healing ([7])[8]

they are all the means pursued could be used during or after training to return the player to his normal state or close to it in less time as possible and could be divided as follows :-

1. A collection of health medical means:- it is organizing process of the muscular activity in away that direct the work and assisted healing restoration the athlete received to lessen the tension severity and alimenting depression facing him and including relation training and autosuggestions.
2. Positive rest: we mean the rest used by the athlete to perform another physical activity and practical experiments have proved the utility of this kind of rest in restoration the functional ability for the athlete body after the sport exertion leading to fatigue and better than negative rest(without performing certain activity)
3. The anabolic materials: the anabolic materials for renewal restoration(coffee, Cacao) because they are contains Caffeine help to activate metabolism of the materials.
4. The massage(the massage:- the sport massage is considered of the basic components of the modern sport method needed by the athlete in setting it and its advantages as follows:-

- The muscles restored their activity and activity also their functional ability after their tiresome and its effect lasted for along period.
- Lessening the occurs exertion as a result of violent exertion and to gets ride of lactic acid percentage.
- Increasing the efficiency of circulatory in the body.
- (heated and cold) hydraulic environment shower
- (hydraulic shower)
- hydraulic bath
- Sauna
- Inhalation the oxygen (sprayer)

2-1-4 (Reflexology)

2-1-4-1 Concept of Reflexology

The dictionary identified the word (Reflex) as involuntary muscular contraction as a result of external stimulation but in the field of(Reflexology) the word of reflex sense or the small mirror for each foot which is relation treatment via using massage pressure for small areas or reflex points on the foot or the hand[(9)]

Or it is practicing using pressure on certain points on hands and feet to influence on the opposite parts of the body where there are (points of sensing pressure) connected with various parts of the body, where Reflexology intended these points to send relaxation waves to various parts of the body as whole.[10]

2-1-4-2 How we use Reflexology

Reflexology depends on the thought of Dr. Jibral to divide the body into(10) areas or long energy paths passing along the body, where there are points in foot and the hand reflex in effect on body organs and could activities any part of the body via reflex the identical reflex area for it existed in the foot and the hand.

And any defect opposite the Or it is practicing using pressure on a specified points on the hands or the feet to influence health of the opposite parts of the body where these points intend to send relaxation waves to whole patterns of the body.

2-1-4-2 Method of using reflex massage

(Reflexology) depends on Dr. Jibral thought to divide the body into(10) areas or long paths of energy each five of them located on side of the body separated by illusion line passed along the body, there are points on the foot and the hand reflex by influence on the body organs and could activate any part of the body via massage the identical reflexes area existed in the foot or the hand[(11)]

And any defect opposed the energy flow in any area would

stop the sound function for other bowels and in any live cell or tissue and they have paths , directions and behaviors similar to any circle in the body such as the circulatory[12], or they are electromagnetic waves swimming in canals or paths in side the body and its is invisible movement and in their course loaded any cell passed through permanent movement, and they reanimate the real biophysical current in the body and could be measured inside and out side the body.([13])

2-1-4-3 Tools used in the Reflection massage

The scientific benefit of using tools in (Reflexology) to specify the sites of the stress in your foot and hand and your body in general, where the hand massage could be used or via using some tools and devices especially the mechanical and the mechanical tools.:

1. Granular stick
2. Golf ball
3. (Reflexology) which is reflex of the foot by bio electromagnetic waves wave., which is the foot heel with bio electromagnetic wave

2-1-4-4 Reflexology

Reflex the sole of the foot is a good method to stimulate parts that are not identical to them in the body where the basic function is relaxation of the body and the mind also the balance and flow of bio energy inside the body. Twanging points are the body areas less resisting for electricity from peripheral areas where they are connected together what is called lines or points of peak and forming canal of passing energy then a certain member or an organ responds(and annex 1 illustrated the device)

Its description

The device weight 2Kg., its dimensions(44x39x17) cm., consuming electricity(12)V., electricity supply AC 12 Watt

The main functions

1. Strengthen ammunition
2. Stimulate the motion of energy flow in the feet and elevate pain and fatigue in them
3. Eliminating poisons and improve the skin color, where stimulation of the hands could modulate the metabolism.
4. Reduce excess fats
5. Experiments with nerve stimulation useful for the mental and physical health and improve sleeping.

2-1-5 (Bio-Toxpro)[(14)]

Consisted of two belts, the first one put on the fist of the hand to pursue pulse, and the other belt put on the abdomen and be heated giving vibration to the body to start taking out poisons and basin with water and some rough salt to draw the negative energy and with it a pulley connected to the two belts means the hand and the abdomen belts that works to taking poisons from the body as illustrated in the annex[(2)]

And the work begins via wearing the hand belt by the person and to be middle of the hand and it contains small projections making the person feeling light sting then the person put the second belt on the abdomen area after that putting the legs in water and starting working the device and appearing light ringing as identification of the device working and after (10) minutes after the device working the water color begins to change with appearing likeSmell Alkourks and after ending the specified time(30) minutes then switch off the device automatically announcing ending the healing operation.

The main function of the device

1. Eliminating some diseases and elevating the severity of others
2. Lessening the time of healing from diseases, injuries and elevating pain and stress
3. Reducing headache pain
4. Eliminating the heavy metals
5. Helping to relax to a great extent.
6. Helping to losing weight
7. Refresh and activating the body.
8. Helping to increase the energy and bio re-balance in the field of energy.
9. Helping the ammunition system which reduces inflammation.

Third category

3-The research method and its field procedures

3-1 The test of the suitable method one of the scientific necessities which should be consistence with the nature of the problem wanted to be solved to realize the required results, thus the two researchers used the experimental method of two coefficient groups of the pre and post tests which is consistence with the problem nature[15])

3-2 The research sample

The research sample aimed to perform the research on it represented in a genuine authenticated method, and the sample of the research was chosen from the specialist school young volley ball players- Rusafa branch whose number amounted (14) players and (8) were chosen for the main experimental sample and the sample was divided into two experimental groups, the first group(4) players, using device (reflexology), as for the second experimental group (4) players via using(bio-toxpro) device, as for the research exploratory sample(3) players, as for the other players were eliminated because of not abiding with the training units for a number of days, and to be sure of the homogeneity of the research sample homogeneity it has perform homogeneity of the variables (length, weight, time age) where the torsion coefficient as illustrated in table(1) which illustrated values of torsion coefficient.

Table(1)

Illustrated the homogeneity of the research

Variables	Mean	mediator	Deviation	Torsion coefficient
Length	169.8	168	6.042	0.552
Weight	54.3	54	4.031	0.341
Age (year	16.7	16	0.781	0.676

3-3 tests used in the research

1. Test of concentration lactic acid in blood
2. Salt test (the percentage of ca salt, P) in the blood
3. Measure the pulse index at rest time
4. Measure in the blood
5. Survey experiment
6. The survey experiment was performed on three players to identify the difficulties facing the two researchers during applying the two healing methods ,tests and the measure.

3-5 The exploratory experiment

The exploratory experiment was performed on 31\1\2014 three players to identify the difficulties facing the two researchers during execution of the two healing methods, the tests and the measure.

3-6 Steps of performing the research

3-6 -1 The pre-tests

The pre-tests were performed on a sample of the research(1\2\2014) in the pathological analyzing lab. In medical city- Baghdad and all the time and special conditions are assigned for unifying them with the post tests and to avoid errors.

3-6-2 The experimental method

The training method was depended on periodical training (low and high intensity) for the specialized school of volley ball, and the two researchers did not intervene in the details of the training method, the training method is applied for both two experimental groups at the same time and after finishing training , the two groups transferred to two healing methods included:

The first experimental group , performed on the healing de-

vice after finishing the training unit, the players of the first experimental group sit to take of their boots, stocks and cleaning feet to ensure that of non- existence of sweat, dust which lessen or complicated the device electricity base (their feet are cleaning with wet handkerchief), after that the assist work team to adjust the on the mode and the electricity intensity(sole) and certain weight as illustrated in annex(2).

As for the second experimental group done on the energy healing device to draw the negativity( ) the work team adjust the device to draw the positive energy for(30) minutes.

3-6-3 post tests

Post tests were performed for the two experimental groups(the first and the second) on(11\4\2014) and the two researchers were keen to prepare all conditions performed in the pretests.

Also the two researchers performed equivalent in table to illustrate one starting line.

Table -2-

Illustrated the statistic aspects between the two pre- experimental tests for equivalence

Variables	Pretest		Post test		Calculated value	Statistic denotation
	mean	S.T	mean	S.T		
Alchortzul Harmon	371.1	40.28	350.2	41.30	0.19	Non-significant
Lactic after rest	1.42	0.40	1.67	0.63	0.56	Non significant
Lactic after 0.5 of stress	13.25	2.107	12.91	1.30	0.61	Non significant
Pulse at rest	70.36	1.72	70.18	1.29	0.25	Non significant
Ca	8.61	0.15	8.32	0.21	0.45	Non significant
P	4.13	0.20	4.19	0.24	0.67	Non significant
LBH	36.75	1.73	36.21	1.47	0.24	Non significant
Blood Urea	23.6	3.51	23.4	2.7	0.31	Non significant

T value(2,45) tabular under freedom degree (6) and error level (0.05)

3-7 Devices and tools used in the research

- (Bio-Toxpro) which is used to draw negative energy (annex1)
- Riflo Ksologi for reflexology (annex2)
- Lactic pro to measure lactic acid
- Device for weighting the body
- Wet and sterilized handkerchiefs
- Medical injections
- Pressing tap
- Book to specify the variables levels
- Computer

3-8 Statistic means

SPss was used, mean, standard deviation, T-tests for the analogue samples, independent samples, torsion coefficient

Forth category

Displaying , analyzing and discussion of the results

4-1 displaying and analyzing results between the pre and post tests for the first experiment group in the research variables

Table(3)

Illustrated the difference between the pre and post test for the first experiment group in the research variables

Variables	Pretest		Post test		Calculated value	Statistic denotation
	mean	S.T	mean	S.T		
Alchortzul Harmon	371.1	40.28	390.5	51.68	3.16	significant
Lactic after rest	1.42	0.40	1.25	0.301	5.72	significant
Lactic after 0.5 of stress	13.25	2.107	15.81	1.79	6.01	significant
Pulse at rest	70.36	1.72	69.17	1.33	3.55	significant
Ca	8.61	0.15	9.01	0.13	5.11	significant
P	4.13	0.20	4.57	0.36	4.07	significant
LBH	36.75	1,73	37.93	1.47	4.38	significant
Blood Urea	23.6	3.51	21.19	1.51	3.22	significant

T value(3,18) tabular under freedom degree (3) and error level (0.05)

Table(3) illustrated difference in mean between the results of pre and post tests for the first experimental group using method of reflex training, we can observe the differences were sign cant and in favor of the post test and the two researchers ascribed this significant difference to the use of reflexology from which the body takes its important benefits from the first time of feeling relax and the result is identical from total reflex of the body because it works to promote circulatory that allows the body to obtain the useful bio materials needed by the body, thus reflexology helps to renew activity and the man feels it soon after finishing the reflex session, it is used to eliminate tension and fatigue and this is confirmed by(Abuaulla and Mohammed Subhi Hassanein)[16] with the increase the degrees of training loads in the sport field, the physiology burdens on the human body increased, which leads to increase attention in attention of reflexology as assistant mean to hasten healing and eliminating fatigue

Table(4)

Illustrated the difference between the pre and post test for the second experiment group in the variables of the test

Variables	Pretest		Post test		Calculated value	Statistic denotation
	Mean	S.T	Mean	S.T		
Alchortzul Harmon	350.2	41.30	406.1	42.37	3.65	significant
Lactic after rest	1.67	0.63	1.19	0.502	4.13	significant
Lactic after 0.5 of stress	12.91	1.30	16.28	1.37	3.24	Significant

Pulse at rest	70.18	1.29	68.33	1.49	3.16	significant
Ca	8.32	0.21	9.73	0.18	4.63	significant
P	4.19	0.24	4.95	0.4	5.18	significant
LBH	36.41	1.47	38.21	1.69	4.04	significant
Blood Urea	23.4	2.7	23.45	1.61	5.18	significant

T value(3.18) tabular under freedom degree (3) and error level (0.05)

Table(4)illustrated the difference in means between the pre and post tests for the second experiment group which used method of drawing negative energy and the two researchers ascribed these differences to the use of device of drawing energy which is characterized by re-balance of construction processes during metabolism, where their intensity increased during the healing period where reconstruction of sources of the energy consumed during the work period, also building of the body proteins means the healing period considered a period no less important than training period, thus (Bio-Toxpro) which leads to eliminating poisons and wastes from the body which could cause health problems, and reducing the healing period and infections also reduce pain and tension

4-3 displaying and analyzing results between the two experimental groups in the pre and post tests for the research variables

Table (5)

Illustrated the difference between the pre and post tests for the second experimental group for the research variables

Variables	Pretest		Post test		Calculated value	Statistic denotation
	mean	S.T	mean	S.T		
Alchortzul Harmon	390.5	51.68	406.1	42.37	3.92	significant
Lactic after rest	1.25	0.301	1.19	0.502	5.11	significant
Lactic after 0.5 of stress	15.81	1.79	16.28	1.37	3.69	Significant
Pulse at rest	69.17	0.133	68.33	1.49	4.74	significant
Ca	9.01	0.13	9.73	0.18	3.87	significant
P	4.57	0.36	4.95	0.40	4.72	significant
LBH	37.93	1.47	38.21	1.69	4.04	significant
Blood Urea	21.19	1.51	23.45	1.61	4.28	-significant

T value(2.45) tabular under freedom degree (6) and error level (0.05)

Table (5)illustrated via our observations for the mean and standard deviations between the two experimental groups the first and the second one(group of reflexology- group of drawing the positive energy device group and via observing means we observe that group of drawing positive energy that its means differences higher than means for the first group, means realized better improvement and greater than the other group, where this group was training on by drawing energy device and this in its turn resulted in lessening fatigue and avoiding muscles tensions which contributed to effect on the vital points of the body also helps the supporting ammunition system which lessen infections which are undesirable, and inhibited virus and bacteria besides increasing energy in the body and increase oxygen amount in the body and helps to relax to a great extent that keeps the person in rest state and feeling of happiness[17]

Fifth category

5-Conclusions and recommendations

conclusion

1-Effect of two healing methods appearance in the research variables by using (Bio Troxpro) and (Reflexology)

2- The excellent organization of the work periods and rest periods besides, the calm and breathing exercises has positive effect on some of the healing indicators.

3- Using (Bio-Toxpro) for drawing the negative energy for the second experimental group has positive effect on some of the healing indicators, better than the another (Reflexology) for the first experimental group.

5-Recommendations

1- Trying to use modern healing means to lessen the fatigue indicators for the volleyball players.
2- Paying attention to the healing periods for the volley after the training units of its positive effect.
3- Healing periods for the volley ball players of its positive effect.
4- It is important to improve the coach experience when using healing means.

Annex (1)

Week	No. of training unit	Intensity	Number of the she/ player and healing	
First week	1	90	1 Bio-Tox-+2pro 30 M.	6+5+4+3 calming exercises and breathing 10 Min.
	2	90	3 Bio-Tox-+2pro 30 M.	1+2+5+6 calming exercises and breathing 10 M.
	3	80	5 Bio-Tox-+2pro 30 M.	1+2+3+4 calming exercises and breathing 10 M.
	4	95	3 Bio-Tox-+2pro 30 M.	3+4+5+6 calming exercises and breathing 10 M.
	5	95	1 Bio-Tox-+2pro 30 M.	1+2+5+6 calming exercises and breathing 10 M.
Second week	6	90	3 Bio-Tox-+2pro 30 M.	1+2+3+4 calming exercises and breathing 10 M.
	7	90	5 Bio-Tox-+2pro 30 M.	3+4+5+6 calming exercises and breathing 10 M.
	8	80	1 Bio-Tox-+2pro 30 M.	1+2+5+5 calming exercises and breathing 10 M.
	9	95	3 Bio-Tox-+2pro 30 M.	1+2+3 +4 calming exercises and breathing 10 M.
	10		3 Bio-Tox-+2pro 30 M.	3+4+5+6 calming exercises and breathing 10 M.

Third week	11	80	3 Bio-Tox-+2pro 30 M.	1+2+5+6 calming exercises and breathing 10 M.
	12	80	5 Bio-Tox-+2pro 30 M.	1+2+3+4 calming exercises and breathing 10 M.
	13	75	1 Bio-Tox-+2pro 30 M.	3+4+5+6 calming exercises and breathing 10 M.
	14	80	3 Bio-Tox-+2pro 30 M.	1+2+5+6 calming exercises and breathing 10 M.
	15	80	5 Bio-Tox-+2pro 30 M.	1+2+3+4 calming exercises and breathing 10 M.
Forth week	16	93	1 Bio-Tox-+2pro 30 M.	3+4+5+6 calming exercises and breathing 10 M.

Annex(2)
Healing training units for the first experimental group

Week	Units	Device time	Sole intensity	Mode of electrical work		
First	First	5M	2	1	2	3
	Second			4	5	6
	Third			7	8	9
second	Forth	5M	2	10	11	12
	Fifth			13	14	15
	Sixth			16	17	18
Third	Seventh	5M	3	19	20	21
	Eighth			22	23	24
	Ninth			1	2	3
Forth	Tenth	6M	3	4	5	6
	Eleventh			7	8	9
	Twelve			10	11	12
Fifth	Thirteen	7M	4	13	14	15
	Fourteen			16	17	18
	Fifteen			19	20	21
Sixth	Sixteen	6M		22	23	24
	Seventeen			1	2	3
	Eighteen			4	5	6
seventh	Nineteen	4	7M	7	8	9
	Twenty			10	11	12
	Twenty one			13	14	15
eighth	Twenty two	**7M**	**4**	16	17	18
	Twenty three			19	20	21
	Twenty four			22	23	24

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