

# Mental Massage for Gynecological Problems

Vyacheslav Stepanenko\*

Scientific Research Center of Psychotechnics, Russia

\*Corresponding author: Vyacheslav Stepanenko, Scientific Research Center of Psychotechnics, Russia.

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## Abstract

Stagnation of blood in the pelvis means a pathological condition in which blood circulation suffers, the outflow of venous blood to the pelvis is hampered due to certain influences. This phenomenon is possible in any part of the human body, but the lower extremities and pelvis are most often affected, as they have a specific location and are more affected by gravity than other parts.

Prolonged stagnation of blood in the pelvic region can lead to serious problems for both women and men. this is a serious problem. Doctors note that in women, this condition often leads to gynecological diseases such as endometriosis or inflammatory processes, which negatively affects reproductive functions. In men, blood stagnation can cause prostatitis and other disorders, which can also lead to problems with potency and a general deterioration in the quality of life. Experts emphasize the importance of timely diagnosis and treatment, as ignoring symptoms can lead to chronic diseases and complications.

**Keywords:** Gynecological Problem, Massage, Psychotherapy, Polycystic Ovaries

## Introduction

Gynecological health is a critical aspect of overall well-being in women, influencing reproductive function, hormonal balance, and quality of life. Many gynecological conditions, such as endometriosis, ovarian dysfunction, and menstrual irregularities, are often linked to poor blood circulation in the pelvic region. Prolonged stagnation of blood in the pelvis can contribute to the development of various gynecological disorders, leading to chronic discomfort and reproductive challenges.

While conventional medical treatments and surgical interventions exist, alternative therapeutic approaches such as mental massage have gained attention for their potential benefits in restoring blood flow, reducing pelvic congestion, and improving overall reproductive health. Mental massage combines elements of psychotherapy, acupuncture, and physical stimulation to enhance pelvic circulation, improve ovarian function, and regulate hormone production.

This paper explores the mechanism, benefits, and therapeutic applications of mental massage in addressing gynecological prob-

lems. By examining its impact on blood circulation, hormonal regulation, and reproductive health, this study highlights the potential role of mental massage as a complementary approach in gynecological treatment and prevention strategies.

## Why Does Blood Stagnate?

Causes of venous congestion. The circulatory system has a complex neuro-humoral regulation, so such disorders can be caused by endocrine pathologies, diseases of the central nervous system and peripheral nerves, taking medications, inflammatory vascular diseases, etc.

## Massage for Pelvic Circulation

The uniqueness of mental massage lies in the fact that it is the only one of all types of techniques when, in addition to the muscles and ligaments of the pelvic organs, a woman's endocrine gland, the ovaries, is affected. Under the influence of massage, especially in combination with psychotherapy and acupuncture, the blood supply to the ovaries increases several times, they better absorb pituitary hormones ("central"), and the production of hormones from the ovary itself ("peripheral") increases [1].

And in the female body, everything is interconnected: the internal genitals (appendages, uterus, etc.) will feel good and work - we will see an active, resilient, healthy and sexually attractive woman, including one who is well acquainted with vaginal orgasms firsthand. Pelvic organ massage (manual) is a time-tested and effective component, if performed correctly by a knowledgeable specialist, in the prevention and complex treatment of many women's problems (adhesions, painful periods, infertility, chronic adnexitis, bending and displacement of the uterus), widely used in the complex treatment of these problems, in this case, the goal is to improve blood flow in the pelvic organs, reduction of congestion in the circulatory and lymphatic system of the internal genital organs - uterus, ovaries, increased muscle tone of the uterus and vagina, its contractile function, increased sensitivity.

Ideally, every woman needs this type of massage in gynecology: those who have problems will have a therapeutic character, those who do not have any special difficulties will have a preventive character [2].

### What is Useful for Massage

1. A good remedy in the complex treatment of many gynecological diseases.
2. Massage to improve blood circulation in the pelvis is prescribed for both therapeutic and preventive purposes, especially with irregular sexual activity and rare orgasms.
3. By eliminating stagnant phenomena in the pelvis in women, massage helps prevent fibroids, endometriosis, varicose veins, ovarian dysfunction, etc.
4. Improves ovarian function (production of sex hormones).
5. Increases libido and the ability to achieve orgasm by stimulating the receptor apparatus of the intimate area and the absorption of female hormones.
6. Massage with adhesions in the pelvis helps to get rid of pain in the lower abdomen and infertility caused by them.
7. Indirectly, through feedback mechanisms, prevents the development of mammary gland mastopathy.
8. Massage for moderate pelvic varicose veins helps activate blood microcirculation, improve blood flow and lymph flow, and eliminate lymphostasis.
9. Pain during menstruation and PMS symptoms decrease until complete disappearance.
10. Pregnancy after massage occurs much more often, thereby increasing the chances of successful conception in women with certain forms of infertility.

### Special Pelvic Massage Technique

This method in gynecology is the leading one for this problem, because it stimulates blood circulation in the pelvic organs well, carefully eliminating and effectively preventing stagnation in the circulatory and lymphatic system. At the same time, the mechanical effect of this type of massage on the receptor apparatus of the external and internal genitals undoubtedly has a positive effect on overall sexual tone and increases the level of female

libido! Moreover, the work of the intestinal tract and the genitourinary system is improving and normalizing.

Get the most out of this delicate procedure, which helps to get rid of many women's diseases and improve the quality of life. Patients observe an improvement in well-being, mood, a surge of cheerfulness, irritability disappears, and pain during menstruation stops. The subsequent effect of this massage exceeds all expectations.: This includes a faster onset of a long-awaited pregnancy, excellent well-being, normalization of metabolism, and improved sensitivity during sexual intercourse, and most importantly, the appearance and return of a lost orgasm!

### Hormonal Imbalance

Various hormonal disorders contribute to or play a key role in various fertility problems. Uterine fibroids and endometriosis are just some of the most serious diagnoses that contribute to uterine dysfunction. If a woman's hormones are not balanced, the menstrual cycle is disrupted. In the case of irregular menstruation, there is a possibility that the uterus will not be able to fully empty its contents every month. A uterus that is not stimulated to secrete endometrium or does not secrete endometrium adequately every month may atrophy.

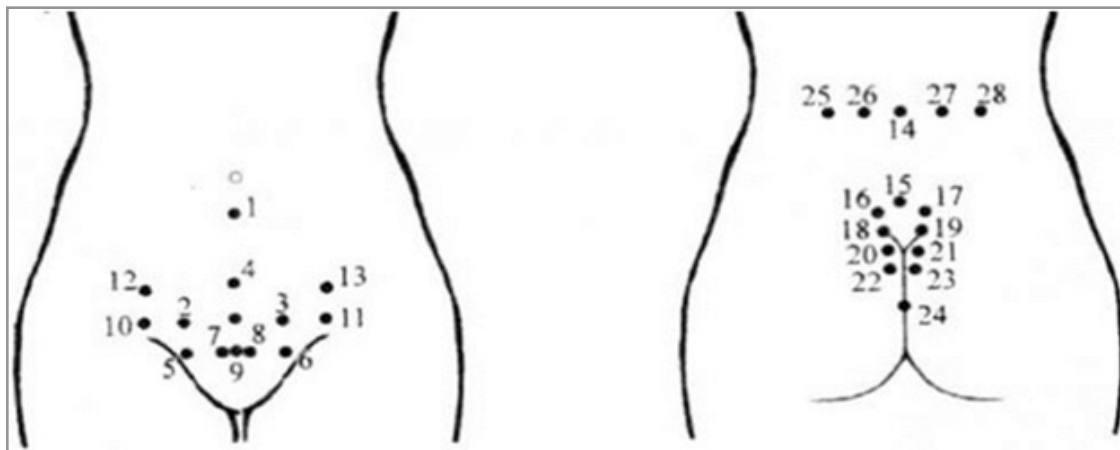
This means that the muscles lose their tone and strength. If the mucous membrane, known as the endometrium, is not stimulated for its monthly growth, then it is not fully formed and cannot perform the task assigned to it by nature. As mentioned earlier, the menstrual cycle is a complex symphony of interaction between internal and external factors of the body; anything that disrupts these communications or the anatomy of our reproductive system can lead to malfunction of the uterus. These influencing factors include hormonal balance [3].

### Ovarian Massage

The above-mentioned problems (painful periods, decreased libido, endocrine infertility, etc.) are associated with poor ovarian function - inadequate production and assimilation of sex hormones. They are either clamped by adhesions, which affect blood supply and, consequently, normal functioning, or suffer from a chronic inflammatory process, stagnant phenomena due to a sedentary lifestyle. The body does not receive the necessary number of hormones - hence the complaints.

### Conclusion

Deficiency of female hormones can also be caused by hereditary (genetic) factors this is typical, for example, for polycystic ovaries, irregular periods or in their absence. To normalize blood circulation and increase the number of active receptors, manual massage of the ovaries for polycystic ovaries, chronic inflammatory processes with appendages, and complex treatment of many gynecological problems will be very useful. The effectiveness of ovarian massage will be higher if it is performed in conjunction with psychotherapy procedures. It is allowed to combine therapy for the ovary, for biologically active points of the body and the vagina [4].



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