

## **Aqua Therapy**



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### **INTRODUCTION**

Fishes are the most attractive and relaxing species ever in the world. It gives the happiness and they are highly energetic by their fast and curious movements in the water. Watching fishes were the amusing and fun experience by young and old .It believes that fishes are the sources of positive energy flow and also helps in calm and relaxing effect .Scientifically , it proven that hypnotic effect is produced in the brain by watching fishes that swims front and back. It also helps as a natural therapeutic tool for the certain physical and mental disorders.

### **DEFINITION**

Fish pedicure therapy is the one of the animal assisted therapies, where it is interacting with the fish. It promotes the feeling of well -being and positive effect on the mental health of the person.

### **HISTORY**

The term fish aqua therapy was coined in late 1990's.In earlier days ,watching fishes were effective in the patients suffering with high blood pressure ,depression ,anxiety and Alzheimer's diseases. Recently more researches have proven that fish can produce a positive effect on person's mental health and physical health.

## Aqua Therapy



### What research says?

A research in environment and behavior journal states that people spends time in watching fish tanks and aquarium could see drastic improvements in mental and physical well-being.

A team of experts from National Marine Aquarium found that people watching aquarium or deep water displays led to reduction in heart rate and blood pressure, also viewing increased number of fishes holds the attention of the people and enhance their mood.

**Beck**, Director of the Centre of Human-Animal bond at Purdue University, states that human have the genetic disposition towards the nature and that is the preferences of seeking out the natural environment by themselves .That's how ,people naturally seek on life like processes and life on it and hence this seeking our natural environment enhances the positive effect within the mind and body.

**Cracknell & Lead** researchers conducted the study that watching fish tanks or aquarium displays are associated with calming effects in patients at some surgeries and in waiting rooms. It evidenced that doses of exposure to deep water setting or aquarium have a positive effect in people's well- being .Researchers states that aquarium were step ahead for the place of calm and relaxation .It also states that larger numbers of fishes are associated with greater effect in the mood and well-being.

Watching fishes in the tank swimming back and forth develops hypnotic effect in the brain, innately produces the calming effect and also ease the muscle tension.

A recent study states that aqua therapy was given to patients in pre-electro convulsive therapy area. The results revealed that about 12% of less anxiety was experienced by the patients in the presence of aquarium.

Edward, conducted a study that daily exposure to aqua therapy involves the nutritional status of the Alzheimer's patients. About in 16 weeks of aqua therapy, 21% more food they consume when comparing to before .

### Indications of aqua therapy:

- ✓ Elders suffering from Alzheimer's disease.
- ✓ Patients undergone surgery to reduce the pain.
- ✓ Hypertensive patients
- ✓ Stress patients
- ✓ Anxiety patients
- ✓ Children with autism
- ✓ Children with ADHD.

### What happens in brain with Aqua therapy?

Research conducted states that exposing the people to observe fish tank for 15 minutes each day is beneficial in stimulation of serotonin neuro -transmitters which leads to increased production of endorphin. Endorphin helps in body's natural feel –good chemistry .It also produces the feeling of happiness .That leads to develop the hypnotic calming effect. Hence these hormones reduce the anxiety level of the people and increased the status of well-being.

## Aqua Therapy

Edward, conducted a study with Alzheimer's patients. The study states that aqua therapy stimulates the cognitive function in the brain. It promotes about 30% of the attentiveness and also improves the short term memory in the Alzheimer's patients. It also pacifies the disruptive behavior of the Alzheimer's people.

### Benefits of Aqua Therapy:

- ✓ Reduces heart rate
- ✓ Lowers the blood pressure
- ✓ Decreases the muscle tension
- ✓ Improves mood
- ✓ Reduces chronic pain
- ✓ Increases relaxation
- ✓ Reduces stress
- ✓ Enhances calm effects
- ✓ Reduces anxiety
- ✓ Helpful for Alzheimer's people
- ✓ Improves productivity at work
- ✓ Enhances the child's learning and research skills
- ✓ Improves sleep quality
- ✓ Improves attention and creativity

### REFERENCES

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