



Laser Versus Reflexology on Kidney Functions in Patients with Hypertension Enrolled under Dash Diet

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Abstract: Background: Kidney functions increased in hypertensive patients. **Objectives** of this study were to determine the difference between effect of reflexology and laser on kidney functions and blood pressure. **Methods:** Sixty patients (48 women and 12 men) aged from 45-55 years old participated in this study with moderate essential hypertension ranged from 150/170 for systolic blood pressure and 90/110 for diastolic blood pressure. The patients were assigned into two equal groups in number. Group A received foot reflexology for twenty minutes while group B received laser on reflexology points for eight minutes. The management for groups done three times/week for eight weeks in association with DASH diet and their regular medications according to their physicians. Systolic and diastolic blood pressure was measured. Also, serum creatinine and serum electrolytes (sodium, potassium and calcium) were used to measure kidney functions pre and post management. **Results:** The obtained data revealed a statistically significant decrease in systolic and diastolic blood pressure and serum creatinine in group A while a statistically significant decrease in systolic and diastolic blood pressure only in group B after treatment ($P < 0.05$). There was no statistical significant difference between levels of Na, K and Ca pre and post management in both groups. **Conclusion:** Foot reflexology in addition to regular medications may be valuable to decrease blood pressure and kidney functions more effectively than laser therapy. **Key Words:** laser/ reflexology/ kidney functions/ hypertension/ DASH.

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