

Symposium | Psychopharmacology : [Symposium 89] Traditional Medicine and Mental Health Care

📅 Sun. Sep 28, 2025 10:40 AM - 12:10 PM JST | Sun. Sep 28, 2025 1:40 AM - 3:10 AM UTC 🏛️ Session
Room 6 (Conference Room B)

[Symposium 89] Traditional Medicine and Mental Health Care

Moderator: Fumiya Miyano (Department of Psychiatry, Hokkaido University Graduate School of Medicine)

[SY-89-01] Thai Traditional Massage in Contemporary Mental Health Care

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Mental health care in Thailand has evolved from traditional roots to a modern system that integrates Western psychiatry with Thai traditional medicine. Historically, treatments were based on Buddhist philosophy, animism, spiritual rituals, herbal remedies, and Thai Traditional Massage. In modern practice, these traditional treatments, such as Thai Traditional Massage, herbal medicine, and Buddhist psychotherapy, have been integrated with Western medicine under the term “Applied Thai Traditional Medicine.” This approach is increasingly incorporated into contemporary mental health treatment and rehabilitation.

This symposium explores the role of Thai Traditional Massage (TTM) as an adjunctive treatment for mental health conditions. TTM uses deep rhythmic pressure, assisted stretching, and manipulation of energy lines to relieve muscular tension, enhance flexibility, improve circulation, and promote physical and mental relaxation. Emerging clinical evidence supports its use as one of several adjunctive strategies for reducing symptoms of depression, anxiety, insomnia, and musculoskeletal pain. Randomized controlled trials have shown improvements in depression scores and quality of life in patients with Major Depressive Disorder when TTM is used alongside conventional treatment. Additional benefits include stress reduction, better sleep, and improved emotional well-being, especially among the elderly and those with myofascial pain syndrome. Despite promising outcomes, the evidence base remains limited. High-quality clinical trials and systematic reviews are needed to clarify TTM's mechanisms and develop standardized protocols. Expanding research could support broader integration of TTM into global mental health care.