

## The effect of acupressure on the gag reflex

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### Abstract

**Background and Aim:** Gag reflex occurs during some diagnostic examinations and dental treatments. The present study aimed to evaluate the effect of acupressure on the patients with gag reflex during clinical examinations with tongue blade.

**Materials and Methods:** this clinical trial was performed on patients with gag reflex during oral examinations with tongue blade. The reflex level was assessed by standard vigesimal Glasgow Scale. The patients were divided to three groups of control (without palpation), case group 1 (with palpation of the palm pressure point) and case group 2 (with palpation and pressing the above mentioned body part). The changes in the level of gag reflex were analyzed by Kruskal - Wallis Test.

**Result:** 75 individuals were evaluated. The level of changes in gag reflex in the control group was  $0.71 \pm 0.43$  and this level equaled  $1.69 \pm 0.88$  in the case group 1 and  $3.9 \pm 1.9$  in the case group 2. ( $p < 0.01$ )

**Conclusion:** according to the results of this study, it seems that traditional medicine of press palpation decreases gag reflex.

**Keywords:** Reflex, Gagging, Traditional medicine, Acupressure