

# ACU WELLNESS

## JANUARY 2021

### SPECIAL NEWSLETTER FOR EYESIGHT RESEARCH

### ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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FROM THE CHAIRMAN'S DESK



CHAIRMAN WITH Dr.ROMESH BHATT

We have welcomed the year 2021 with an open arm for the opportunity to live in this new year after the invisible virus (GOD) COVID-19 taught us a much-needed life lesson.

**Invisible energy is more powerful, as amply shown in the year 2020. The "prana" within us is invisible but holds all the 50 trillion cells intact and make it work like a supercomputer capable of achieving anything in life.**

We made the impossible possible in the past year with our survival modes through COVID-19. Without travelling, we now hold important conferences and take decisions with anyone across the globe. Money transactions have become much easy and more transparent. There was a time we repeated GOD is watching us always on our deeds and words. Now the CCTV cameras on constant watch and cell phones are recording our words. Of course, these recordings have helped solve many crimes.

However, the primary concern is how to live a happy life without committing a mistake and helping each other to improve our economy. **The pandemic year also proved that farmers are the most important people and what we require for life is mainly food. The food-producing farmers must be treated much better in future.** Organic

farming will surely avoid the future catastrophes of the Earth. Next few years, all countries should slow down the growth and concentrate on giving back to the Earth.

Our nature got its natural chance to recover during the lockdown, rejuvenated the air and water resources. **Let us all understand that living on this Earth is a collective effort of each human being, not of any particular country.**

The Governments in some affluent countries have already understood the importance of natural therapies in boosting the immunity of people. **We must appreciate modern medical research for its contribution to the vaccine, but the natural methods to improve immunity against any virus will benefit humanity in the long run.**

As a concluding note, I am also thrilled to share a quick three-month review of our eye improvement project. Volunteers have already proved the efficacy of this simple eye exercise routine qualitatively by keeping their eyes in an improved condition. **Most of them revealed that eye problems like dryness, watering and redness etc. came down significantly after starting this exercise despite using the eyes more for online classes and online work.** Qualitative results are excellent, but the quantitative results will be available only from next month. I will be able to share some insights in our upcoming newsletter.

**Once again I thank all well-wishers, volunteers, Research Associates for the excellent support for the sight improvement research project (SIRP) and wish each one of you a healthy, happy and prosperous 2021.**

WISH YOU ALSO HAPPY SANKARANTHI/PONGAL

GOD BLESS YOU ALL

H BHOJRAJ, CHAIRMAN, AAA

# PREVENTIVE SOLUTION SERIES

## MADE FOR EACH OTHER: LUNGS & LARGE INTESTINE

Take care of your large intestine, your lungs will surely perform better! Super specialization never recognized this connection explains **H BHOJRAJ**

**Did you know that our Large Intestine (LI) and Lungs (LU) are deeply connected and made for each other in Acupuncture therapy? That our LI is also responsible for most of the lung-related problems, including the allergy? Also, if you want to keep your lungs healthy and well-performing, you must primarily take care of your LI?**

The Simple Reason is this: The LI helps with the elimination process that helps prevent most diseases, especially those lungs related. Let us understand the LI function first, then probe the related Lung problems.

**FIRST, THE BASICS:** Our intestines have two parts: the **small intestine (SI)** (that includes the duodenum, jejunum and ileum) and **the LI** - comprising the colon, rectum and the anus. LI runs around the margins of the lower half of the abdominal cavity, with the SI coiled within. (See Pic)

Post digestion inside the stomach, the processed food (aka chime) enters SI. Various nutrients from the chime get absorbed into the bloodstream by first being extracted through the intestinal lining. The left-out waste material in liquid form enters the LI where the water and electrolytes are absorbed, leaving behind only the faeces, temporarily stored in the rectum. Every 24 hours the rectum expels this in a semi-solid form through the anus.

### COLON

Measures roughly 1.3m long and comprises the caecum, ascending colon, descending colon and sigmoid colon. The Ileum of SI joins at the ascending colon. The appendix is about 9 cm long. Attached to the colon, it serves no function according to modern medicine. However, the appendix plays a crucial role in acupuncture. **Most harmful bacteria are retained in the appendix to neutralize and then released to the colon for elimination.**

**LOVE AND BUSINESS HAVE OPPOSITE ARITHMATIC. BUSINESS IS GIVING LESS AND TAKING MORE LOVE IS GIVING MORE AND TAKING LESS**  
**FIRST YOU START LOVING YOURSELF.**  
**EVERY CELL IS LOOKING FOR YOUR LOVE.**  
**THEN YOU WILL START LOVING ALL FORMS LIFE IN THIS WORLD**



**The Rectum**, measuring about 15-20 cm long stores the faecal matter from the sigmoid colon for a short time until it is convenient to expel the stool.

**Anus**, the last part of LI, is about 3-4 cm and leads from the rectum through the anal sphincter to the anal orifice through which it eliminates the faeces.

### COLONIC MOVEMENT

Muscular movement in the wall of the colon mixes and propels faeces along the colon towards the rectum. The bowel movement within the colon varies in rate and intensity as it passes through Segmentation, Peristaltic contractions and Mass movements. The Faecal matter passes more slowly through the colon than through the SI, permitting the absorption of approximately 1.4 litres of water every day. (God's recycling plant).

### THE THREE MUSCULAR MOVEMENT

#### 1. SEGMENTATION

It describes a series of ring-like contractions occurring at regular intervals; These muscles churn and mix faeces but do not propel. (FIG 1)

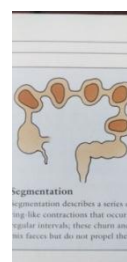


Fig 1

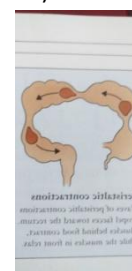


Fig 2

#### 2. THE PERISTALTIC CONTRACTIONS

The muscles produce waves of peristaltic contractions to propel the faeces towards the rectum. The muscles behind the food contracts while the muscles in the front relax. (FIG 2)

### CELL HYPOXIA

- AN ABSENCE OF ENOUGH OXYGEN IN THE TISSUE TO SUSTAIN BODILY FUNCTIONS
- TESTED WITH PULSE OXIMETERS

### 3. MASS MOVEMENTS

They are strong peristaltic waves that propel faeces through relatively long distances every day about two to three times. FIG 3.



In Acupuncture, the energy in circulation among organs enters LI at 5 AM from lungs and available for two hours up to 7 AM for its function. **Those waking up early, use this enhanced energy circulation for easy elimination. Those waking up late have to apply extra force for evacuation.** The moment one applies force for evacuation, the blood rushes to the rectum for expanding the rectum. In acupuncture theory, blood is a condensed form of energy. Once the evacuation is complete, excess blood due to the force must come back to the system for purification. But the veins in the rectum are not designed for this excess blood flow, so it stays for a longer time in the rectum. The healing mechanism creates haemorrhoids to contain the unpurified blood and also piles with bleeding. **Mainly constipation for a long time and application of force for evacuation are the main reasons for these problems.**

So, the most important event in daily life is elimination. If the elimination is perfect (Natural Peristalsis) the toxins will not enter the bloodstream. Forced elimination is the indication of constipation, where the unwanted toxins are getting absorbed in the bloodstream which should be eliminated by the healing mechanism. If the defence mechanism is good the toxins absorbed by the large intestine will be eliminated through the skin. **An allergic reaction is the first indication the toxin level is high.** When we suppress the reaction with medicine, it gets circulated in the body and reaches all the main organs. When it reaches lungs which are then paired organ of the large intestine, identifies the toxins and eliminates it by pushing up through the bronchus with the phlegm secreted in the bronchus to trap the toxins. If the toxins are less, it slowly enters the oesophagus and will not create any visible symptoms. If it exceeds, the system will try to push it out through the nose as white phlegm, yellow or green phlegm, depending on the

severity of toxins in the system. The natural defence mechanism produces cough to remove the unwanted material sticking on the bronchus.

If one accepts this as an elimination process and can tolerate for three to four days, the blood gets purified and health will be back to normal. **But if you take any medicine to suppress the reactions, the toxins will take a different form and stay inside till the energy levels increase in the system to eliminate the same toxins suppressed by medicine.**

The toxins get accumulated in the sinus cavities and create sinus-related problems like headache and heaviness in the head, etc. In the acupuncture system, the treatment is aimed at the melting the long-accumulated phlegm in the sinus cavities. When a person complains that the discharge from the nose has increased after the treatment, the therapist should be happy to see the curing sign. Long time sinus problems can be cured within a few days of acupuncture treatment.

One will be able to breathe deeply after this reaction. **Deep breathing exercise is the only solution to keep the lungs in good condition.**

**MUDRA MIRACLES:** The muscles of the large intestine can be strengthened by a simple yogic mudra called Ashwini Mudra. In this mudra, the anus muscles are squeezed while breathing in and released while breathing out. It has to be done when the stomach is empty and for about 10 rounds, once or twice a day. It will improve the muscle tone of the large intestine so that elimination will be normal. By practising this mudra piles can be prevented. Warm water intake in the morning helps evacuation without force.

**WIND-UP CAPSULE: REMEMBER TO...**

- 1. GET UP EARLY, DEFECATE BEFORE 7 AM EVERYDAY**
- 2. DRINK WARM WATER FOR EASY BOWEL MOVEMENT**
- 3. NEVER APPLY FORCE WHILE PASSING STOOLS**

**Prevention is better than cure. Take care of your children for constipation, their absorption capability and concentration will improve.**

#### DEEP BREATHING TECHNIQUE

- **Root cause of any ailment-Insufficient oxygenation**
- **Learn the science of proper breathing**
- **Detox your body and mind**

**CONTACT Mrs.Jyothika Dwrakanath to learn the Art of breathing known as NIRVANA technique. Phone No. 9945513830 or 9945649914**

**INTRODUCTORY LECTURE ON ACUPRESSURE  
BY Dr BHOJRAJ**



An introductory lecture on Acupressure was organized on December 21, 2020 by **Mr Saravanan, President, Karnataka Badaga Gowda Association** for the benefit of their members. The one-hour session was attended by about 12 members and all of them appreciated the simple techniques discussed in the session. Many of them showed interest to learn in detail and one day course may be conducted in a hotel for the benefit of young parents to take care of their children. Dr Bhojraj delivered the lecture in Badaga language which was well appreciated by **Mr R Murthy, Patron** and **Mr Nagulan, Ex President**. They also shared their own experiment with acupressure where they observed miracle cure.

**Review meeting held on December 19, 2020  
by Dr Bhojraj of volunteers above 18 years**

by Mrs Jyothika , Research Associate, SIRP  
A meeting of all volunteers above 18 yrs practicing for past 3 months was called on 19<sup>th</sup> Dec and about 13 of them attended the meeting to give their feedback directly to Dr.Bhojraj. **Most of them were practicing regularly and finding very good improvement in their eye condition though none of them could check their eye power.** According to them, the blurring reduced, dryness reduced, itching reduced, styes softened and few were able to read without glasses. Though the qualitative improvement is seen, we want them to use the eye chart and keep checking the clear line they could read without glasses from a particular distance (six feet) to get a quantitative result. The eye charts have been provided to all volunteers and in the next

review we will be able to get measured results for our analysis.

By and large everybody felt the relaxation of the eyes with this exercise inspite of spending more time on computer or mobile. **A two minute varma points activation for better eyesight was given by Dr.Bhojraj especially for the children who are not able to spend 10 minutes for the exercise.**

**ACCOUNTS FROM AUG 2020 TO DEC 2020**

	<b>INITIAL BALANCE</b>	<b>Rs 6,510</b>
24-08-2020	Mr SHIVAKUMAR BELLAN	Rs 5,000
24-08-2020	Mr VENUGOPAL	Rs 500
24-08-2020	Mr THIRUMALAI	Rs 5,000
24-08-2020	Mr THANGASAMY	Rs 1,000
24-08-2020	Mr SUDHAKAR	Rs 1,000
24-08-2020	Mr SAMBASIVAN	Rs 5,000
24-08-2020	Mr VEEMARAJ	Rs 5,000
02-09-2020	Mr ANIRUDH ANAND	Rs 5,000
04-09-2020	Dr H BHOJRAJ	Rs 10,000
07-09-2020	Mr M S SUDHARSANAM	Rs.2000
11-09-2020	Dr H DEVARAJ	Rs 50,000
16-09-2020	Mr NAGULAN JOGHEE	Rs 1,000
17-09-2020	Mr HSD	Rs 1,000
22-09-2020	Mr L M GANGARADE	Rs 5,000
27-09-2020	Mr NEELAM ACHUTA RAO	Rs 5,000
09-10-2020	Dr SURENDRA PAL	Rs 5,000
16-10-2020	Mrs LATHA MURALI	Rs 5,000
18-10-2020	Mr R S MANI	Rs 5,000
31-10-2020	Mr LEO JACKSON	Rs 5,000
07-12-2020	Mr S S RAO	Rs 3,000
16-12-2020	Mr R MURTHY	Rs 2,000

**TOTAL AMOUNT Rs 1,33,010**

	<b>EXPENDITURE</b>	
03-10-2020	SALARY	Rs 10,000
	OFFICE EXPENSES	Rs 1,000
09-11-2020	AUDIT CHARGES	Rs 8,500
10-11-2020	SALARY	Rs 10,000
	OFFICE EXPENSES	Rs 1,000
20-11-2020	RESEARCH ASSOCIATES	Rs 20,000
05-12-2020	SALARY	Rs 10,000
	OFFICE EXPENSES	Rs 1,000
	RESEARCH ASSOCIATES	Rs 16,000
02-01-2021	SALARY	Rs 10,000
	OFFICE EXPENSES	Rs 1,000
	RESEARCH ASSOCIATES	Rs 9,000

**TOTAL Rs 97,500**

RESEARCH WILL CONTINUE FOR 3 MORE MONTHS.  
WE INVITE YOU TO DONATE FOR THIS RESEARCH



## ACU-CURE FOR ALZHEIMER'S DEMENTIA

**Acupressure not only prevents but also helps in complete recovery explains Mrs Meher Vani, Ph.D, D.Acupressure, D. Acupuncture**

My family and I personally experienced dementia at close quarters. An elderly family member, Mr. Raja, a practising veterinary doctor and active till the age of 79, gradually developed dementia until he touched 81 in 2018. He had lost cognizance of himself, his surroundings, in recalling recent events and gave us a scare when he walked out of home one evening.

As a trained Acupressure therapist for the past 15 years, I treated him daily for four months. **Slowly the deterioration stopped and we could see steady progress in his cognizance of himself and the surroundings.** Now he is fully independent once again and takes care of himself. He also actively participates in family discussions, shares his views and even jokes. Some confusion about relationships and places still persists.

**I am presently working with a few more people with dementia and am very happy to share that in most of them the deterioration has stopped and they are slowly and steadily recovering.**

It is my endeavour now to spread the word about Acupressure as an affordable remedy for dementia. The immense joy of having the person getting back to normal routine, conversing and recognising us once again is priceless.

**FACTFILE: In 2020** India has 4 million people with dementia (PWD) and 50 million people worldwide which will triple by 2050. According to **WHO**, there is no treatment for dementia other than managing the symptoms. **Unlike other ailments, dementia**

**affects the caregiver, the family and the society.**

**THE TREATING EXPERIENCE:** I always start the Acupressure treatment session with a prayer in my heart and ensure that I myself am very calm and peaceful. **The Acupressure points which I have administered for Mr.Raja are Li4, LI 11, P6, H7, Sp6, ST36, ST40, K3 and Du 20.** I would give Mr Raja a gentle total head massage about 30 strokes starting from the forehead till the nape of the neck i.e from front to the back. To each of his toes I would gently twist them clockwise and anti-clockwise five times each. Keeping both Sujok and Ayurvedic Acupressure in mind, I have gently massaged each of his toes twenty times each. **Presently, Acupressure points which are continued to being administered daily are H7, P6 and Du 20.**

## ACUPRESSURE

The acupressure point when activated daily by their family members has the potential not only to relax and serve as a general health tonic but also reverses the disease. Normally acupressure is applied on **K 3, Liv 2, Sp 3 and H 7.**

## ACUPUNCTURE THEORY

Since the brain is considered as the physical entity of Pericardium meridian in modern acupuncture any brain related problem can be treated in this meridian. Normally P3 reduction and P7 increase has worked for many patients suffering from nervous related problem.

**JOIN OUR DEMENTIA REVERSAL RESEARCH PROJCT**

**CONTACT 9845649914 FOR DETAILS  
MINIMUM 6 MONTHS FOLLOW UP BY  
Mrs MEHER VANI**

**DONATION Rs.5000 PAYABLE TO AAA  
GUIDACE BY VIDEO CALL**

## **SIRP: THE HALF-WAY MARK REVIEW MEETING**

Sailing off 2020 on a healthier and progressive note, here's some cheering news to share. The Academy for Acupressure & Acupuncture (AAA) completed its half-way mark with the Sight Improvement Research Project (SIRP) in December 2020, steadily and successfully, amidst all excuses, exams, vacation times, challenges and developments, including the COVID-19.

The remaining three months are the actual test of progress. This phase is also crucial for the proper conclusion of this research project.

The half-way mark review meeting on zoom was held on December 29, 2020, with a good representation of all members actively involved in SIRP. **The primary aim was to assess the progress and test the methods and data collection mechanism in place to ensure that the improvement in eyesight and vision power of all the participating volunteers using the inputs collated by the RAs so far.**

The RAs presented their collated observations based on individual interactions and follow-ups with their respective volunteers. **The qualitative data collated so far has been unanimously positive and encouraging, with many volunteers also reporting significant improvement in some associated health issues like improved bowel movement, stomach issues, fatigue, sinus and headache alongside better night vision and reduced dependance on wearing spectacles.** Few volunteers also reported of having got their peripheral vision restored with regular practise of the prescribed deep breathing exercises. Research Head Dr Romesh Bhat further interacted with Dr Bhojraj and the RAs for better clarity on the data collection.

Currently, the SIRP team is at active work collating all primary research data and

following it up with the volunteers every week. **The coming months will also see the volunteers get their vision tests done to confirm the improvement with evidence.** This concluding phase of the SIRP is sure exciting. Stay with us for regular updates. Our Best wishes to this dedicated team at work.

Meeting Round-Up: Concluding Remarks:

**Dr H Bhojraj:** "The year 2020 taught us many lessons. **It was also about putting new ideas into effective practice based on concrete research.** Our SIRP is one such event progressing in this direction with over 250 volunteers. We hope to complete this six-month research with accurate and reliable data of at least 200 volunteers. **How we interpret the data is very important.** We aim to conclude this research with concrete data and absolutely with no ambiguity. To appreciate any vision improvement, the actual process is complete only with a proper understanding of what is a normal vision with a reliable vision chart. Further, associated health issues of each volunteer should also be recorded and followed up regularly."

**Dr Bhaskarnarayana:** "We have surely used our time meaningfully through this project. The results so far give a feel-good factor, though random. It needs to be continued with better standardisation, with detailed documentation and streamlined procedures."

**Mrs Saroja Appanna,** congratulated the team for the consistent efforts and advised that the volunteers be guided on three main pointers alongside the eye exercises for continuous progress - regular elimination, 20/20 vision interpretation and the use of optimal pressure around the eye while doing the exercises.

**The Big Question: How Does This Eye Exercise Help in Improving Associated Health Issues?**

The Eye and Liver are strongly connected, as per both Acupressure and Acupuncture. The duo also connect to deeper digestion issues with the stomach and the Large Intestine. Further, these deep breathing exercises also help in better blood formation in the body that leads to improved health and immunity.

*Collated by Aarthi R With Inputs from RAs Latha Murali, Jyothika, Dr Shyamala, Dr Vijaya, Devi Kalyani and Vaishnavi Ganesh.*

## YOU TOO CAN JOIN OUR EYESIGHT IMPROVEMENT RESEARCH!

Just send a WhatsApp message to 9845649914 indicating following details.

Name, Date of Birth, Eye power details , any other medical problems if any.

You can get the E Book on “Towards better vision with Acupressure” from our website <http://bhojraj.tripod.com>

The video demonstration is also available in the web site.

### WHEN CAN I JOIN THE PROGRAMME?

Any day till 28<sup>th</sup> February 2021.

### WHO ARE ALL ELIGIBLE?

**AGE, NO BAR.** Children can get fast reversal but for older people it may take more time. Our initial results prove that the Cataract problem can also be reversed.

**THE RESEARCH:** Based on our limited experiments, the common eye sight problem can be reversed with the activation of acupressure points in and around the eyes for five minutes by self and spectacles can be avoided for ever mainly for students below 18 years.

### IS IT TO BE DONE BY SELF?

Yes. It has to be done by self. When you registered with us a Research Associate will guide you daily

for first one week and then weekly once for next three months.

### HOW IS THE EYE SIGHT MEASUREMENT DONE?

**A standard eye chart will be provided to all registered volunteers. You have to fix the eye chart at the eyelevel while sitting in the chair or standing and read the lines visible without spectacles at a constant illumination.**

Every week this has to be reported with alternate eyes closed and also both eyes open. At the end of three months an optometric test has to be done if possible.

### WILL I BE ABLE TO DO MYSELF?

Adults can easily follow and do themselves. But for children below 5 years mother or father has to do for them.

### IS THERE ANY REGISTRATION FEE?

**Yes. Rs 1,000 to be transferred to Academy for Acupressure and Acupuncture, A/C no.6012588256 IFS Code IDIB000R005.**

### HOW WILL I COMMUNICATE?

Once you have registered, the Research Associate assigned for training and monitoring will contact you within a week to clarify your doubts and also train you through video call.

### IS IT GOOD FOR PEOPLE WITH NORMAL EYESIGHT?

**Certainly.** It will help to maintain your eyes in very relaxed conditions and you can avoid many problems of eyes like redness, blurring, dryness etc. due to excessive use of eyes.

### HOW MUCH TIME I HAVE TO SPEND?

- Normal eye sight people : 5 minute
- Power less than minus 3 : 10 minutes
- Power less than minus 5 : 15 minutes
- Power greater than 5 : 30 minutes

## KILOOR KOKKALADA VILLAGE SCHOOL UPDATE



The Nilgiris education authorities have sent the required text books, school bags, uniforms etc for distribution for 30 children who have already registered. A trust called “Kiloor Education Promotion Trust”(KEPT) formed under the Chairperson, **Mrs.Rajeshwari Devabettan** with Koderi Manoharan Ex.Head Master AND 4 more people. A regular account in the name of the Trust (KEPT) has been opened to receive the donations for the development of the school. A formal inauguration is being planned by the TRUST as soon as TN Govt allows the schools to open for classes 6<sup>th</sup> to 9<sup>th</sup> standard. THOSE WHO WISH TO COTRIBUTE FOR THIS RURAL DEVELOPMENT PROGRAMME MAY CONTACT **Mrs.RAJESHWARI Phone No.9566992977**

**Editorial Team:- Mrs.Saroja Appanna, Mrs.Aarthi, Mr.Sundramurthy and Mrs.Latha Murali**

## 2021-GOLDEN JUBLEE YEAR FOR MY BATCH FROM ACCET KARAIKUDI- By Dr.H.BHOJRAJ

It is a great year for me and my batch mates who have completed our Engineering degree in 1971 from **Algappa College of Engineering and Technology (ACCET)** affiliated to Madurai University at that time. Most of them achieved greater heights in life mainly due to this degree.

Many of my classmates have supported my acupressure research since 1996 when we celebrated Silver Jubilee year in Karaikudi. I thank all my **classmates Mr.S.Nargunam, Mr.PL.Murugappan,Mr.P.S.Sridher, Mr.Reghunath and Mr.Veemaraj** for their support for our Academy as Donors. I also thank **Mr.Thirumalai, Mr.R.Chidambaram, Mr.Venugopal, Mr.Thangasamy, Mr.R.S.Mani and Mr.Sambasivam** for their donation for eye research project. **A committee has been formed under the Chairmanship of Mr.P.L.Murugappan to plan a grand function in Karaikudi depending on covid situation in June/July.M**



*Meera, Bhojraj,PL.Murugappan,Nargunam*

I would like to express my hearty thanks to all our GURUS who taught us engineering in ACCET from 1966 to 1971.



