

ACU WELLNESS

APRIL 2021

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

1963, 8TH MAIN ROAD, E BLOCK, II STAGE RAJAJINAGAR, BANGALORE-
560010

PHONE-9845649914 VOL-10 NO.4

WEBSITE: <http://bhojraj.tripod.com>

FROM THE CHAIRMAN'S DESK



Dear Members,

The research programme which started in September 2020 has come to a logical conclusion in April mainly due to the active participation of all volunteers, Research Associates and members of the Apex Committee. During the pandemic peak period our effortless efforts have gone deep into the system mainly due to the technology. The WhatsApp and You Tube are revolutionary and the human capability has gone beyond the imagination. **At the same time the invisible GOD in the form of virus taught every one of us our limits and given a lifetime lesson for those survived this pandemic.** Though the danger is not yet over, the vaccine drive has picked up especially for all above 45 years and we hope to immunize maximum number of people to attain herd immunity within next six

months. *We really appreciate the efforts of our Prime Minister who took the full responsibility for INDIA and motivated the neighbouring countries also to join the preventive drive.*

After this pandemic, many medical systems started rethinking on preventive health care systems for encouraging every citizen in our Country to start preventive steps which includes chemical free food. The organic farming has picked up in rural areas and educated youth started working in the field touching the Mother Earth with bare hands. Everyone of us should understand that we are part of the earth and we move independently mainly due to the life force and the moment this life force stops the whole body is taken back by the Earth. **Those who work in the agriculture field are gifted people and we must enhance their income by paying little extra for their hard work.** The Information Technology employees can get maximum salary for their invisible work but finally one has to eat food for the survival. In INDIA let us give importance to agriculture and give them all the facilities to market their chemical free products to all the population. This will reduce the development of disease particularly Diabetes in the long run.

India is leading the world in YOGA and it should be made compulsory in school level and make them understand the ancient INDIAN principles of extending their life for productive purposes.

It is high time to encourage drugless therapies and give recognition for Acupuncture and Acupressure systems so that every state can officially start an education institution with 3 to 5 year courses. **We have proved with our six months experiment, not only eye sight improvement has seen but also all other common problems have been solved by activating the eye sight improvement points.** The meridian systems are interconnected and the inner intelligence will cure the problem when these specific points are activated daily. Our research team will analyse all the data carefully and come out with conclusions within next two months.

Once again I thank all the Donors for their support to extend the research for another two months. A new registration form will be given for those who want to join our next batch for which details are available in this Newsletter.

I also appreciate the editorial committee for raising the standard of the contents to higher level so that the whole world can get the benefit of the information.

The main conclusion is "Heath is in your Hands" only. Don't look outside for solutions. Look inwards for good health. Cure is from your own system

From April 2021 ACU WELLNESS will continue as monthly newsletter reporting the research details as and when we get from the volunteers.

H.BHOJRAJ

CHAIRMAN AAA

Our Research Associates(RA), the pillars of the SIRP project

Our Energetic and motivated Research Associates have come across Acupuncture and acupressure therapies when these methods of treatment are still in budding stage in India, particularly in Karnataka. They had their personal experiences with people like Dr. Bhojraj, some of them in getting rid of their ailments. They are inspired to learn this alternate therapy and took it as their profession. They got themselves trained in this and are doing yeoman service to the society with this noninvasive and no medicine therapy. **Participating in this SIRP project with great enthusiasm they are giving their time and energy to train their volunteers. Thanks to all of them without whose participation this research project would not have taken off in the first place.**

The Apex Committee would like to record it's appreciation and thanks for their tireless efforts to get the data from the volunteers.

- 1.Mrs.Latha Murali
- 2.Mrs.Jyothika Dwarakanath
- 3.Mrs.Vijaya Seshadri
- 4.Mrs.Sujatha Shetty
- 5.Dr.Prathyusha
- 6.Ms.Kallolini Patro
- 7.Mrs.Vaishnavi
- 8.Mrs.Shyamala
- 9.Mrs.Devi kalyani
- 10.Mrs.Harini

- **LIVE IN PEACE AND PROSPERITY TO GLORIFY GOD. GOD IS WITHIN YOU.**
- **LOOK INWARDS.**
- **THERE IS NO PROBLEM WITHOUT A SOULTION.**
- **NO LIFE WITHOUT A PROBLEM.**
- **GIVING HOPE IS THE ULTIMATE JOY.**

MyExperience with Acupressure and acupuncture.

1. MRS. SAROJA APPANA.

I have come in contact with Dr. Bhojraj, through my husband MR. A. Bhaskaranarayana, about seven years back. Those days I was having trouble with my knees and used to have a lot of pain in the legs while walking. Some days it used to be very acute and some days it was tolerable. **There were days when I could not climb the stairs and climbing gave me excruciating pain.**

Dr. Bhojraj told me that it can be cured but I must get the needle therapy twice a week for eight weeks. At first I was scared because I heard that the needles will be kept for half an hour but here it was only 4 or 5 needles kept for only a minute. I religiously went and took the treatment which had shown amazing results. Then he told me to come only if I had any pain. I used to be scared if the pain is going to return but it was not to be so. Only if I travel or walk a long distance I used to have the pain and heaviness in the legs. I visited him for 3 or 4 times for the treatment whenever I felt that I should.



Mr.Rajiv,Mrs.Saroja,Mr.Bhaskar and Daughter
I would like to take this opportunity to mention the case of my niece Mrs. Vani from Hyderabad who took the treatment from Mr. Bhojraj and she is also very happy with the therapy and the results. She sincerely did the 8 walking and told me that her borderline diabetes has reversed and her leg pain also reduced. She keeps remembering him and enquires about him.

I just want to say "Have faith and practice regularly". The result will be wonderful.

Thanks to Mr.RAJIV son of Mr&Mrs Bhaskarnarayana for contributing Rs,25000 for our research.H.Bhojraj

CURE KNEE PAIN WITH ACUPRESSURE

VIDEO CONSULTATION WEEKLY TWICE FOR TWO MONTHS.

THOSE HAVING KNEE PAIN CAN GIVE DETAILS OF NAME, AGE, MOBILE NUMBER, INTENSITY OF PAIN, MEDICINES TAKEN AND DURATION OF THE PAIN.

PLEASE REGISTER BY WHATSAPP NO.9845649914

INDIVIDUAL CONSULTATIONS FOR 20 MINUTES WEEKLY ONCE.

ACUPRESSURE POINTS WILL BE SENT BY MAIL OR WHATSAPP

REGISTRATION FEE Rs.5000

SEND THE AMOUNT TO AAA FOR OUR RESEARCH

PRACTICE ACUPRESSURE AND PREVENT KNEE PAIN

AVOID SURGERY AS FAR AS POSSIBLE

SELF HELP IS THE BEST HELP
Dr.H.BHOJRAJ

**RESEARCH ASSOCIATES
Dr.KALPANA PhD
Mrs.SAROJA APPANNA**

2. Dr. Akshaya Sairam

A 55-year-old female with complaints of severe pain from cervical spondylitis and lumbar spondylosis — neck and lower back ailments — had checked into SDM's Naturopathy and Yoga hospital a couple of months back. She was also suffering from urticaria: an allergic reaction presenting with skin rashes. Her problems began around 12 years back, with the first clinical presentation being urticaria and the latest being lumbar

spondylosis. On further questioning, we discovered another condition that's she's seemingly been battling with for the longest time, but had dismissed it as a "normal problem" and a "layman's malady".

The infamous condition that you've probably heard of and even gone as far as to toss it around as an adjective in urban culture is.... constipation.

Medically, a person is said to be constipated if they pass less than three bowel movements a week or has difficult bowel movements. In actuality, anything outside of an easy, daily bowel movement, is considered as constipation.

The Egyptian Ebers Papyrus, one of the oldest books in the world, promoted a theory of disease that begins with toxic, undigested food poisoning the body from the gut outward. This is further backed by Louis Pasteurs discovery of microbes which has tremendously elevated the health care game to a whole new level. The theory of germs and micro-organisms causing havoc in our systems was brilliantly discovered and is successfully being treated till date.

Bacteria lives in your poop. Bacteria causes disease. Clearly, the longer your poop sat in your body, the more at risk you were of getting sick.

The "auto intoxication" concept explains why she's sick, but how does this connect to the skin and the vertebral column you ask? The skin, because your skin is the body's first source of elimination. Acne, eczema, psoriasis, urticaria, are usually the body's first signs that all's not well inside. The large intestine here, is toxic and sick. It's associated with the air element. Air creates water, and which organ is connected to water? The urinary bladder. So definitely the urinary bladder meridian is going to get affected if the problems in the large intestine persists.

The bladder meridian is an interesting meridian. It's run through the body is long and complicated, making it one of the most important energy meridians of them all. It starts off in the inner corner of the eye, runs upwards into the head, flows down the entirety of the back and ends at the base of the little toe. Any problems in this meridian is confirmed by the manifestation of any conditions along the flow of the meridian. The urinary bladder meridian governs the spine and the back, and

when things started going south, that's where her problems started.

Along with Naturopathy I activated the points in Large Intestine and Bladder meridians. Her problem was almost cured within a week and discharged with the the advice to take of her elimination by eating slowly, drinking warm water in the morning and eating more vegetables and fruits.

3. KALLOLINI PATRO

I would like to take this opportunity to share my experience with acupressure and acupuncture. In the year 2017 on September 5th morning when I woke up I could not move from the bed, my condition was a case of severe Chickengunia. Even to reach toilet, I had to go by crawling, that state was such a painful one which I can't forget it. Mentally I acknowledged the state of mine and start applying Acupressure through magnets and Mudra to heal myself, magically within 24 hours I was absolutely alright to stand and walk. Till today there is no scar of the chickengunia which most people are complaining till date. My experience of that day is a memorable one.

4. Swathi

I'm Swathi. I would like to share my feedback for treatment I received from Dr Vijaya Seshadri

My first introduction to acupuncture was way back in 2003. I complained of sudden shooting unbearable pain in the abdomen region and on the advice of my family doctor, got a scan done. **I was diagnosed with appendicitis and was told to undergo a surgery immediately.** I couldn't afford a surgery at that point in time because I was appearing for both my B Com and C.A. exam in less than a weeks time. Deferring the surgery to a later date meant that I was taking a big risk. In the interim, I met Dr Vijaya (whose twin daughters are my close friends). After doing basic parameter checks, she inserted needles on certain points and within minutes, the pain reduced

significantly. Then on, I blindly trusted her and gave pressure on certain points suggested to me. **To my surprise, in about 3 weeks time, I felt completely normal and did not undergo any surgery for removal of appendix.**

In mid July 2020, I developed a corn on the sole of my right foot, it was so painful that I was unable to walk and every time the foot touched the floor, I would cry out of pain. This time again, I contacted Dr Vijaya and was given color therapy. I was told not to expect immediate results, but I was assured that the corn would completely get cured. Within 3 days, I was completely rid of the pain and could walk comfortably. I continued to put the colours religiously and in less than 2 months, the corn fell off without any traces.

I am forever indebted to Dr Vijaya for introducing me to this drugless therapy.

19th April 1975-India Launched the first satellite ARYABHATA.

Proud to be part of the launch team along with Prof.U.R.Rao, Padmashree.V.R.Katti, Dr.S.Pal, Mr.R.N.Tyagi and Dr.Bhaskarnarayana in 1975(All are donors and mentors of our Academy. H.Bhojraj

SRISHAILAN EYE SIGHT IMPROVED

Dear Harini,
Thank you for introducing me to eye exercises to improve my eye sight and also to relive pressure and stress in my eyes.

I feel a great amount of relief and also change in my eyesight after practicing for 4 weeks.

I have short sight and now I am able to read small prints in the TV without me glasses.

Thank you once again for the initiative taken by you to improve the life of many people.

I am continuing my exercise daily and I will keep you informed.

CHAIRMAN'S NOTE

I request each and every volunteer to measure their power before and after 6 months of practice and send their measured values with record for our research.

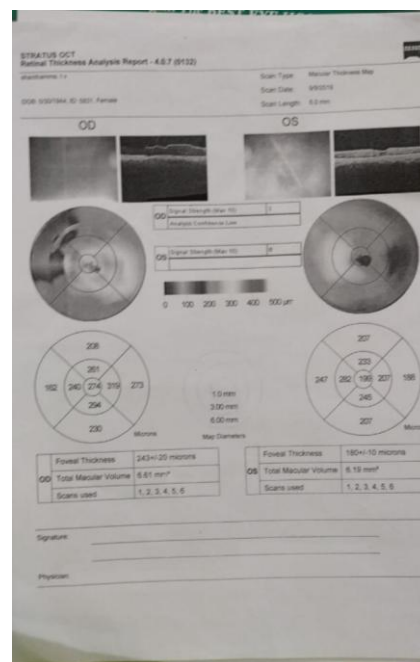
H.BHOJRAJ

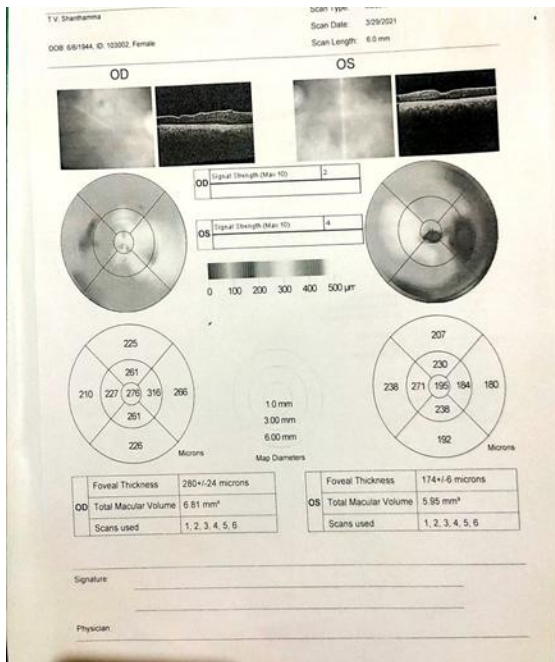
MACULAR THICKNESS HAS BECOME NORMAL WITH ACUPUNCTURE

SAYS Mrs,LATHA MURALI

A patient aged about 60 years was having problem with the eye sight and the Ophthalmologist advised to take the required injection directly on the eyes to control the macular thickness which is growing. The injections were costing a lot and the patient wanted to try acupuncture before taking the crucial decision.

The patient was treated with acupuncture in and around the eyes and also on liver meridian weekly thrice for 10 weeks. As the treatment was going the patient's eye symptoms were reducing.Finally the test proved to be positive and the macular thickness has become normal.





What is macula?

Macula is the small central portion of the retina.

Macular degeneration causes loss in the centre of the field of vision.

In dry macular degeneration, the centre of the retina deteriorates.

In wet macular degeneration, leaky blood vessels grow under the retina.

Blurred vision is the key symptom. A special combination of vitamins and minerals may reduce disease progression.

It may be affected by a combination of hereditary and environmental factors including smoking, obesity and diet.

“Vision Improvement Program” by Mr.Sundramurthy, Vice Chairman, APEX MONITORING COMMITTEE

Nearly 100 years back, there were not much of medical support like what we all have today. **Older generation activities were confined mainly during SUN light period oriented.** The starts just prior to the SUN rise and the day completes with SUN set. Most of the time the requirement of reading

happened only in the day time. As the Science advanced people started seeing remedies for some time not having a clear vision even during SUN light, so they adopted various methods to regain the deficiency by way of giving some exercises to the EYES to improve the Vision. Prime one among these exercise was simply giving thumb pressure to surrounding area of EYE, with this exercise some improvements were seen and gradually this technique is modified to have effective means of improvement without having any side effects. Nowadays by practicing Acupressure it is established that one can improve the EYE sight naturally by applying some pressure using the thumb.

Towards this an intensive exercise program introduce by our Dr. Bhojaraj after experimenting the technique and it’s effect on the eyes.

Vision Improvement Program

During the COVID pandemic period Dr. Bhojaraj introduced a simple exercise to improve the vision which was launched as a intensive drive among school children mainly to take care of their vision due to the On Line Classes using Mobile, Tablet & Laptop screens. This program was originally planned for Children below 18 years. But as the no of participants started enrolling all age group people were also included.

To start with the exercise Team of experts have been identified as Research Associate (RA), these RAs have been given training how to do the exercise effectively for EYE sight improvement. **These RAs has been entrusted the responsibility of spreading the exercise among the needy, especially CHILDREN.** Later the program extended to all age groups. In order to have a better compilation of the outcome each individual RAs are advised to have a separate list of individuals in TWO broad Categories of Adults (above 20 years of age) and Children (below 20 years age).

The intensive monitoring of improvement in the EYE sight started in the month of Sep/Oct 2020

Initially 70 of Children & 90 of Adults were enrolled and intensive training program introduce through Video mode to the Participants by

respective RAS on day to day basis. To start with many of the participants could not be able to share the VISION TEST DATA from an Ophthalmologist due to COVID situation, so to start with there were only qualitative improvement have been logged for seeing the progress.

The qualitative improvements are categorized as follows

- Clarity in seeing the objects with in particular distance.
- Reading effortlessly without Spectacles.
- Seeing TV at a distance without straining the EYES or without Spectacles.
- Few reported Dryness of the EYE was improving.
- Few reported Tears rolling down during few occasions has come down significantly.
- EYE Strain has reduced considerably.
- Seeing TV at ease without strain for a longer duration.

Based on this initial improvements Testing of EYE SIGHT by Registered Practitioner was suggested along with the STANDARD EYE CHART READING. This effort resulted in getting better result with quantity improvement in EYE SIGHT. The following method was explained to the participants to observe on weekly basis of the improvements seen and the same shared to the respective RAs. The Charts have been given to all participants either in Physical or On- line Virtual Mode.

The participants have been asked report the ability to read with & without Spectacles the number of lines in the Chart. The RAs have been asked to check the eyes with an Optometrist and submit the data with proof for our further analysis.

PEOPLE STARTED RECOGNIZING OUR RESEARCH EFFORTS

Based on our research publication for the past 8 months people started recognizing our team efforts and started sending donations regularly to our Academy accounts.

The Apex Monitoring Committee acknowledges and records it's gratitude for their overwhelming support.

We are planning to start a new batch within a month or two and we are in the process of identifying Research Associates for the next batch.

Those interested in training and monitoring young students may contact Mr.Sundramuthy Ph.96111 96052

DONORS

| | |
|----------------------------|----------|
| Mr.Rajiv from USA | Rs.25000 |
| Mr.Achuta Rao Ex.DGP | Rs.5000 |
| Ms.AM | Rs.5000 |
| Mr.Sathish Ex ISRO | Rs.5000 |
| Mr.Ram Narayan Ex.ISRO | Rs.5000 |
| Mr.B.B.Malyali Rtd E E, TN | Rs.5000 |
| Mrs.Varsha Manoj, Mumbai | Rs.5000 |
| Mr.Shankar Desingh | Rs.5000 |

SPECIAL THANKS TO ALL DONORS AND WE CONTINUE OUR RESEARCH FOR ANOTHER 6 MONTHS AND KEEP REPORTING THE RESULTS. WE WELCOME YOUR DONATION.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE, INDIAN BANK a/c no.6012588256 IFSC codeIDIB000R005

AWARENESS HAS THE STRENGTH TO DISSOLVE AND DESTROY ANY KARMA

AWARD TO Mr.M.V.KANNAN-HEARTY CONGRATULATIONS

Mr.M.V.Kannan, Former ISRO Scientist, Member, Apex Monitoring Committee(AMC) was felicitated with certificate of award with other experts and mentors, as an expert in hardware design reviews(HDR) and Critical Design Reviews(CDR) of UNITYSAT during a success meet held on 6th April in Hotel Leela Palace to

commemorate the successful launch of three nano satellites aboard PSLV-c51 on 28th Feb 2021. The programme was organized by Indian Technology Congress Association and Karnataka Dy Chief Minister Dr.C.N.Aswathnarayana as Chief Guest distributed the awards.



Mr.M.V.Kannan, Dr.L.Muralikrishna Reddy, President ITCA, Dr.Woody Krishna, ITCA, Dy Chief Minister, Padmashree Dr.Annadurai and Padmashree Dr.R.M.Vasagam

EXCELLENT RECOVERY WITHIN A MONTH FROM ANXIETY WITH ACUPRESSURE AND BREATHING EXERCISE

BY Mrs.M aged 55 yrs

Around end of September'2020, I had severe pain in my **left knee joint and the orthopaedic surgeon suggested an MRI which revealed a complex tear in the cartilage and a non-invasive surgery was needed.** On hearing this, I got fearful and became very anxious. Slowly this anxiety became very severe. (In the meantime my knee issue was cured by doing 'mudras'.) In the end of December'20, my husband was down with Covid and I had no control over my emotions. **I could not sleep at night, did not feel like eating and was on the verge of a complete breakdown.** My family took me to a psychiatrist who gave me 3 tablets. The first week was still distressing but a bit calmer. Its then we contacted Dr. Bhojraj over a video call. He really comforted me and asked my husband to give me the following Acupressure points:

K3 Anticlockwise (7 times) for fear, Sp6 Anticlockwise (7 times) for worry, K10 Anticlockwise (7 times) Liv1 – Clockwise (7 times) – Increasing energy, H7 – Press for 10 sec – for sound sleep, P7 Press it for 14 times P6 Press it for 14 times, Lu7 Anticlockwise (7 times)

He also told my husband to give me reflex points on both my palms twice daily. **Along with the above he asked me to do the breathing exercises in the steps of 4-4, 4-8 and 4-12 four/five times a day.** He also gave me the mantra "ACT rather than REACT" and asked me to say the following affirmation; "I am healthy, happy and strong. All my vital organs are functioning perfectly". Simultaneously he also asked me to raise my fists and to repeat in my mind "Forgive and Forget". He also asked me to continue my allopathic medication since the dosage was very mild.

After the first day of giving acupressure points there was a visible change in me. He counselled me for a whole week and by the end of the week I was almost 80% back to normal. The breathing exercises helped me majorly. **I was religiously following the acupressure treatment and I can say within a month I was completely cured.** Whenever I felt low, I called him up and he was there to counsel me and guide me. Even three months later I continue to follow the acupressure regime. My anxiety / depression seem like a distant bad dream. I and my family are extremely thankful to Dr.Bhojraj and feel truly blessed that he was there to guide me in my most difficult time.

NIRVANA BREATHING TECHNIQUE TAUGHT BY Mrs.JYOTHIKA HAS DONE WONDERS FOR MIND RELATED PROBLEMS. PRACTICE, PRACTICE, PRACTICE. THANKS TO THE PATIENT FOR DETAILED FEEDBACK. ALL THOSE UTILIZING VIDEO CONSULTATIONS SHOULD GIVE THEIR FEEDBACK WITHIN A MONTH FOR OUR RESEARCH RECORDS. H.BHOJRAJ

EDITORIAL TEAM: Mrs.SAROJA APPANNA, Mrs.LATHA MURALI, Mrs.JYOTHIKA, Mr.SUNDARAMURTHI AND Mrs.AARTHI.