



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

2596, 11th Main, "E" Block, 2nd Stage, Rajajinagar, Bangalore – 560 010

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Vol. 4

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No. 4

From the Chairman's Desk



The whole world is changing towards a consciousness based approach from a matter based approach. It is mainly due to the great effort of our Prime Minister, who motivated the United Nations to declare International Yoga Day which was supported by 177 Nations. The second International Yoga Day on 21st June 2016 evoked keen interest in Yoga Culture, particularly among students in high schools. It is a great achievement by any standards. Practice of yoga from a young age strengthens the immune system. Therefore, children should take up yoga as a preventive therapy. India is leading the whole humanity on this earth to show how a country can be healthy by adopting this ancient wisdom as a preventive as well as curative health care system.

Our Academy also celebrated the International Yoga Day on 21st June 2016, inviting Yoga Teacher, Mr. Ravichandran, for a talk on the benefits of yoga with demonstration of few asanas. A short Pranayama class was conducted for the benefit of the participants. The Governing council of AAA has decided to conduct a regular weekend yoga course for the benefit of our members. Those interested

in attending the course may contact Academy (2313 2103) for further details.

The Advance Course planned for MBBS Doctors will take off from Dec 1st Sunday. Those doctors interested in knowing the theory of Acupuncture cure may contact me directly or AAA for further details.

The one day Acupressure Course for the common man has taken off well and the participants are giving positive feedback after trying Acupressure solutions suggested in the course. I request all those practicing Acupressure, to record their feedback and send it to me / Academy for publishing the same in our Newsletter.

The main aim of our Academy is to propagate simple healing methods to the common man, especially to the rural areas. We need to conduct different Acupressure Training Camps in rural areas also and those interested in organizing such camps in future may kindly write to us.

Acupuncture Science Association (ASA) has taken steps to recognize Acupuncture as an independent therapy and attach it to AYUSH for recognition and funding. I request all practitioners to join ASA to strengthen our cause and in the long run to get recognition from the Central Government.

Dr. H. Bhojraj

Advance Acupuncture Course

10 days Course in November

15-11-2016 to 25-11-2016

At the Academy premises

For registration contact:

(080)-2313-2103

Between 10 AM to 5 PM

The only way to reach the goal is to keep going

Rhythmic Spinal Twist with Figure of Eight walking cures almost all diseases.

Says Mr. S. Srinivasan, Author of Figure of 8 Booklet

When my friend Prof. S. Palanisamy from Coimbatore distributed a booklet written by Mr. S. Srinivasan on the benefit of figure of eight walking for 30 minutes a day, as compliments from his side (costing Rs 15/ copy), I could understand the eagerness of this 84 year young Professor to give back to the society, something of high value. Earlier, the simple eye exercises he taught me improved my eyesight. Infact, I have discarded my spectacles for the past one year though I cannot drive in the night due to head light glare.

The technique given by Mr. Srinivasan is very scientific since the figure of eight walking gives a rhythmic spinal twist to the body which activates all the nerves passing through the spinal vertebrae. When the sciatica nerve which passes through the vertebrae is pinched by a bulged disc, pain is felt in the legs. This reduces energy circulation and one feels numbness. When the discs are slightly shrunk the nerves passing through it creates problem for any organ in the body. **So the discs should be kept in excellent condition for self-repair and good health.**

What is figure of eight walking?

Keep two chairs at a distance of approximately 4 feet. Walk around the chairs in such a way that one makes the figure of 8. It can even be done in the hall or bedroom, provided you have a clear space of 12 feet. Even in the park one can walk like this imagining the chairs at 4 feet distance.

When should I walk?

One can walk at any time but preferably during early **morning (6am-8am) or evening (6pm-8pm)** since your Yin and Yang energies are almost equal. Good health is the balance of Yin and Yang energies.

How should I walk?

Keep your **spine erect** in normal curvature. Neck should be straight, eyes should **look straight ahead** and the hands relaxed. The speed of your walking will be taken care of by the curvature of your walking. **The walk should be steady but enjoyable.** One has to

concentrate on the gentle twist of the spine, clockwise and then anticlockwise.

Who are eligible to walk?

All people are eligible to walk in this method except those who have vertigo. They can use a bigger circle in the park initially.

Why should I walk?

Research shows that those who walk 30 minutes every day are able to keep their **health in good condition** for long time. It **burns more calories** since it triggers fat burning for long periods.

“Figure of 8 walking” adds one more benefit to your system. It relaxes all the discs by rotating clockwise and anticlockwise for 30 minutes. It removes energy blocks in the spinal cord and enables the brain to send messages easily and efficiently to all the muscles in the body.

Not only the communication (nervous) system improves, the rhythmic twist activates the mooladhara to bring the dormant energy from the system. One can see the results of this walking within one month.

What are the diseases it cures?

According to the Author, **diabetes and BP will become normal within 30 days.** Almost all other diseases like **cold, headache, joint pain, thyroid problem, slip disc, menses problem** etc will get cured within 3 months. It **strengthens the spine** and reduces tension. Even the **eyesight** will improve.

Join our campaign to control diabetes with this simple figure of eight walking. Diabetic patients can register with our Academy paying a nominal fee of Rs. 1000. Sugar level will be checked before and after 30 days of walking. The method will be taught in our Academy after registration.

Acupuncture practioners interested in treating with Acupuncture and monitoring sugar levels with figure of eight walking may kindly register with the Academy.

Registration forms will be made available with terms and conditions for the research data accumulation.

The book on figure of eight walking is available in English, Kannada and Tamil with the following in Bangalore. **Cost Rs. 15/=**

Dr. Manian, Ph: 94485 37584

Mr. Ramasubramanian, Ph: 98456 78516

Mr. B. D. Panner selvam, Ph: 99006 26477

Written by. Dr. H. Bhojraj

ASA - Karnataka Chapter – First Meeting

The 1st meeting of the members of ASA-Karnataka Chapter was held on **25/09/16** at 10 am at Hotel Chalukya, Bangalore and was attended by **22 members 5 non-members.**



Dr. H. Bhojraj Advisor ASA- Karnataka Chapter **presided** over the meeting and conducted the election of office bearers.

Dr. Bhojraj welcomed all the members and expressed his happiness at the establishment of the Karnataka Chapter of ASA. He explained the importance of first electing the office bearers to the chapter to enable it to carry on its activities. He also emphasized that the main aim of the ASA is to protect the Acupuncturists and also Acupuncture Science

Dr. Bhojraj 1st proposed the name of **Dr. Samiullah** for the post of **Convener**. It was seconded by Mr. Girish. Similarly, the following members were also elected:

Dr. Ravi Shankar – President
Dr. Santosh Kumra T – Vice President
Mr. Girish. S – Secretary
Dr. Jose – Joint Secretary
Mr. Basavaraj – Joint Secretary

Others Committee Members

Smt. Deepika P Rawal
Smt. Jija Subramanian
Mr Kaliasnath
Mr Manikandan K
Mr Narayana K
Mr Nagaraj V R
Mr Kari Relangi
Smt. Preetha R
Mr Ramesh S
Sr. Sunitha

A booklet – “Acupressure –Do it Yourself Therapy” by **Dr. Bhojraj** was released on this occasion. The Booklet was well-received by everyone present.



Dr. Ravi Shankar made a power point presentation on **liver cirrhosis** and how this chronic case recovered with acupuncture treatment within one week. He also mentioned that this case is being followed up for the past three years and lives without much problem.

Dr. H. Bhojraj made a power point presentation on **Splenomegaly** and explained in detail about spleen related immune disorders. He also presented the case history of a female patient who was diagnosed with splenomegaly and advised surgery but recovered with Acupuncture treatment in the past one and half year.

Dr. Samiullah gave a talk on treating chronic diseases like **arthritis** with acupuncture.

The post lunch session was dedicated to deciding the future course of action.

It was decided to encourage all Acupuncture practitioners in Karnataka to become members of ASA mainly to improve our strength and present a memorandum to the Government for recognition.

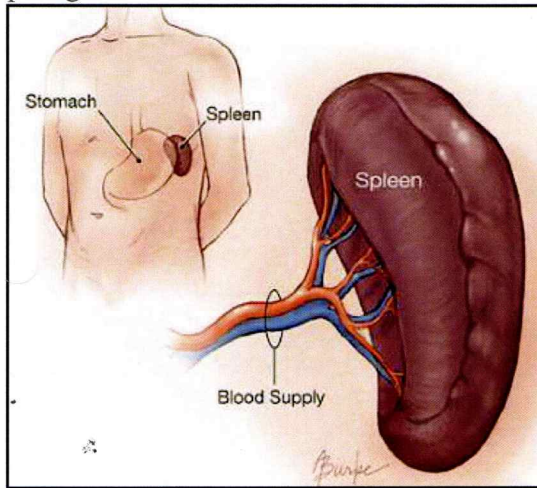
It was also decided to meet every alternate month (November) on the fourth Sunday at the same venue with power point presentations by other senior acupuncturists. The next executive committee meeting also will be held in the morning at 10am.



The meeting ended with **Mr. Girish, Secretary** ASA, proposing a **vote of thanks** to the Chair and all other participants.

SPLEEN

The spleen is a fist sized, Flattened **oblong** shaped organ, located in the upper-left portion of the abdomen between the stomach and the diaphragm.



Functions:

- Controls lymphatic system and helps fight infection
- Produces lymphocytes and plasma cells
- Reservoir of blood
- Quality controller of blood
- Disintegrates defective RBCS and sets free hemoglobin for converting into bilirubin in liver
- Closely linked to stomach and transforms finest energy into Qi and Blood
- Controls the muscular response to stress and strain
- Distributes the 'Qi' around the body
- Controls the condition of the flesh and muscles
- Holds organs in place
- Opens to the mouth and lips – as per 5element theory

Spleen dysfunctions results in :

- Poor circulation & heavy feeling in the limbs
- Cold extremities - especially for women
- Muscular system unable to respond effectively
- Neck Pain, Back Pain especially disc bulge, slipped disc, knee Pain etc
- Fatigue or tiredness
- Digestive Problems
- Diarrhea
- Prolapse
- Stagnation – Edema, swelling (Abdomen)



- Obesity
- Loss of taste, pale lips
- Blood deficiency (Anemia)
- Bleeding under the skin
- Blood in stools
- Vomiting blood
- Uterine bleeding
- Atrophy of the extremities, fleshiness, obesity, sluggish limbs, fatigue



AUTO IMMUNE DISORDERS

ADDISON'S DISEASE: Damaged adrenal glands results in low BP and weakness, Unable to respond to stress

INSULIN DEPENDENT DIABETES MELLITUS: Clusters of pancreatic cells stops working causing high blood glucose levels

HAEMOLYTIC ANAEMIA: Shortens the life span of RBCs, causing loss of energy, pallor, headache & breathlessness

GRAVES DISEASE: The thyroid becomes overactive and may become enlarged, forming a goiter. There is loss of weight, restlessness & tremor.

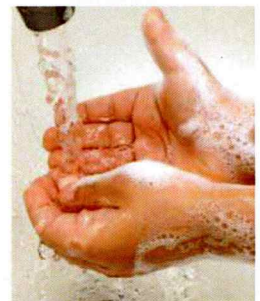
MULTIPLE SCLEROSIS: Damage to nerve fibre coverings causes muscle weakness, disordered sensations, & problems with speech and vision

MYASTHENIA GRAVIS: Damage to the functions between nerves and muscles causes muscle weakness and fatigue, especially noticeable in muscles of the face

SYSTEMIC LUPUS ERYTHEMATOSIS: Damaged connective tissue causes progressive loss of function in the kidneys, lungs & joints. Rash on the face

Mind Related Symptoms

- Worry and sleeplessness due to thought process
- Ideas will dry up
- Express no opinion
- Depression
- Obsessive and Compulsive Behavior (OCB)



SPLENOMEGALY

-It is the **enlargement** of the spleen

CAUSES :

-**Hyper activation** of the spleen due to some reduction in blood affecting granulocytes, erythrocytes or platelets

-**compensatory cell division**(proliferative) response in the bone marrow

-**Inability to control the quality** of the blood components particularly RBCs

-**Chronic cardiac or chronic pulmonary disease** which gives rise to back pressure in the venous systems and to chronic passive congestion

-In **thrombosis** of the inferior vena cava the obstruction (even for short time) enlarges spleen

-**Cirrhosis of the liver** is often associated with splenic enlargement

-Tertiary syphilis causes **fibrosis**, but both liver and spleen may be slightly enlarged

-**Torsion of the splenic pedicle**, a rare occurrence, may cause sudden splenomegaly and the increased weight of the spleen may in turn displace the organ downwards.

CLASSIFICATION

Depends on the size of the spleen

Normal length around **10 cm**

Moderate splenomegaly 11-20 cm

Severe splenomegaly > 20 cm

Splenomegaly: refers strictly to spleen enlargement

Hyper splenism: connotes overactive function by the spleen of any size.

SIGNS AND SYMPTOMS

Abdominal pain especially on the left side

Chest pain

Back pain

Symptoms of anemia

Feels full in the stomach – Unable to eat

TREATMENT

CONVENTIONAL

Splenectomy- Removal of spleen

After effects

-Patients have an **increased risk for infections /diseases**

Underlying **cause** of the hypersplenism **will remain**

ACUPUNCTURE TREATMENT

Inflammation / Enlargement **indicates too much heat** in the spleen.

Sp-2 reduction formula in the spleen meridian will give good results

↓Sp-2 ↑Sp-9 ↓Sp-3 ↓P-8

After a week general formula for health **Sp- 6, Liv-1 and Lu-7** will improve the condition of spleen :**↓Sp-6 ↑Liv-1 ↓LU-7 ↓P-7**

Treatment to be continued for **6 months to one year**

Case History

Smt. Sumalatha Ravishankar, a homemaker, aged 35 years, had terrible pain in the abdominal area. She also had back pain and used to feel very tired. She could not eat properly. She would feel very uneasy and the pain would increase on eating.

Scan reports on 13.1.2014 indicated an enlarged spleen measuring 13.7cms which increased to 14.5cms in July 2015. Medication was neither giving relief nor cure. **Finally doctor suggested surgery.** Her relatives, who were being treated by Dr. Bhojraj for various problems, were getting good results with Acupuncture. Mr. Ravishankar inquired if Acupuncture Splenomegaly could be treated with Acupuncture. She started taking treatment in July 2015. After the 1st sitting with pulse Analysis, Sp 6 sedation formula was administered once a week **within a month, she was able to eat better.** Backache in spleen area, headache and fevers continued, but she continued with the treatment. Gradually the intensity of the pain reduced and she started feeling better and more energetic. Scan reports taken in July 2016 revealed that the spleen is now only mildly enlarged and **the Doctors feel that there is no need for an operation.** Both husband and wife very relieved and the **Allopathy Doctors treating her have appreciated the effectiveness of the Acupuncture treatment she is undergoing.**

International Yoga Day Celebrations.21-07-16



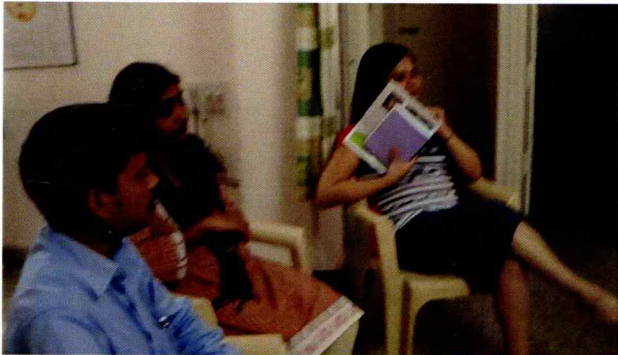
Yoga Instructor Mr. Ravichandran demonstrated yogasanas



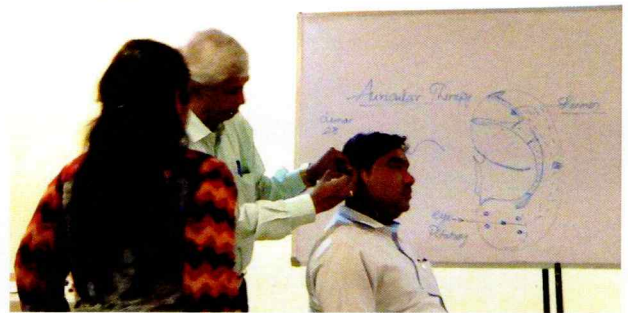
BasicPranayama class by Dr. H. Bhojraj

17-7-16

17.08.16 to 20.08.16



Advance class for 5 days conducted



One day course- Auricular Therapy Class

21-8-16

26-9-16



Dr. Samiullah talks on. Acupuncture Course



One day course Chairman's birthday was celebrated in the class

16-7-16



Governing Council Meeting

18-9-16



One day course in Hotel Chalukya

CASE HISTORIES

1) Long standing problem of lymph leakage cured with acupuncture

.....says Mrs. Soumya G (9886038397)

Soumya G, Aged 36 Years approached us in February 2016 enquiring if we had any solution for her long standing problem of lymph node leakage.

The problem started when she was around 15 years old. She noticed a small growth in the inner area of the left thigh which began to grow in size. There was also a leak which was colorless and odorless. The doctors removed it surgically. But later on she noticed that it reappeared. The doctors did not have any permanent solution. **They suggested plastic surgery.**

Just before she was due for surgery, her Father-In-Law, Dr. Balakrishna, suggested that she contact Dr. Bhojraj. **His wife had attended an Acupuncture class conducted in Chennai by one of Dr. Bhojraj students.** Treatment began on 3/2/16 with the spleen humidity reduction formula. Within a week the leakage reduced. By the 4th sitting the leakage had stopped. Since she had to return to Singapore in March, she was taught to activate **Sp 6** and **Liv 1** with acupressure. Ever since only once she noticed a light leak. This she was able to control with acupressure point that she was taught. **Soumya is very relieved and at the same time amazed at the quick cure that acupuncture treatment gave her long standing problem.**

2) Acupuncture for severe neck pain

... says Mrs. Sindhu Athmakuri Ph: 9686418670

Mrs. Sindhu, aged 26 years, had been suffering from severe neck pain since November 2013. She had severe pain in her head region & could not go about her normal house hold duties like cutting vegetables, cooking etc. Orthopedics located the problem at C6 and C7. The painkillers gave relief only for 2 weeks but it kept recurring. She started looking for an alternate but permanent solution. A neighbor suggested Acupuncture treatment from Dr. Bhojraj.

Treatment started on 17/10/2015. She found a lot of relief from the second sitting itself. After 4 sittings, she was completely cured. She continues to activate the acupressure points that she was taught. Her husband is very appreciative of the fact that all patients are taught simple acupressure massage that goes a long way in maintaining the health of the entire family if practiced regularly.

The treatment details are as follows:

17/10/15 -(PAS) - Liv-3↓ Liv-1↓ and

GB-41↑, LI-1↓ SI-5↑ TW-3↑

24/10/15 - B-66↑ St-36↓ GB-41↑ TW-2↑

30/10/15 - Sp-6↓ Liv-1↑ LU-7↓ P-7↓

01/11/15 - (PAS) - LI-2↓, B-67↓,

05/12/15 - GB-41↑, LI-1↓, SI-5↑, TW-3↑,

3) Herpes cured with Acupuncture

..... Smt. Kota .S. Saraswathi(9448433692)

Smt. Saraswathi aged 65 approached us for Arthritis. About 10 years back, she had an attack of herpes on her left side. The sores subsided but she had a shooting pain in the left ear which was unbearable. In spite of consulting many specialists she did not get any relief. They suggested surgery but did not guarantee any cure. On one of her visits to the family doctor, somebody asked her to consult Dr. Bhojraj. In only 3 sittings, she was completely cured of all her pain.

4) Infants' jaundice cured with acutouch.....reports Mr. C. Robertson, from Delhi.Ph. 981129909

"Long back I met you in Bangalore and enquired about Acupressure. I called you recently for an infant having jaundice and whether acupressure can help. You advised me to ask the mother to touch Sp-6 & Liv-1 points every day twice.

To our surprise, the infant recovered within a week without any medication and **now the baby is alright.** Thank you very much for the timely advice over the phone."

(Young mothers...please note)

5) Acupuncture cure for facial paralysis

.....Praveen. B. 9901693818

Praveen B aged 18 years had facial paralysis. He had difficulty closing his eyes. His lips were slightly pulled to one side he and couldn't eat properly. On 20/11/15, treatment was given as per pulse analysis. Within 4 days there was slight improvement in closing the eye and he was able to eat properly. On 24/11/15, liver wind tonification formula (**Liv-1↑ LU-7↓ H-7↑ P9↑**) was given to improve circulation.

10 days later, on 5/12/15, stomach 36 sedation formula (**St-36↓ Gb-41↑ Li-1↓ TW-10↓**) was administered as to improve the circulation of energy and blood in the facial region (stomach meridian passes through the facial area especially cheeks) He did not come back for treatment after this. Last month, his mother rang up enquiring if we could help another family member with stroke symptoms. On enquiring about Praveen, she expressed happiness that he has fully recovered with only 3 sittings.

ORDER FORM FOR BOOKLETS

I hereby place the order fornos. of Single Point Solutions Booklet for distribution.

A cheque for Rs..... (Rs.....)

.....) favoring Dr. H. Bhojraj is enclosed.

OR

Transferred to Indian Bank, Rajajinagar Branch, Bangalore H. Bhojraj SB A/c 453254619 IFSC code. IDIB000R005

Date: Signature

Name:

Address:

Phone No:

Email id:

Kindly send this from to

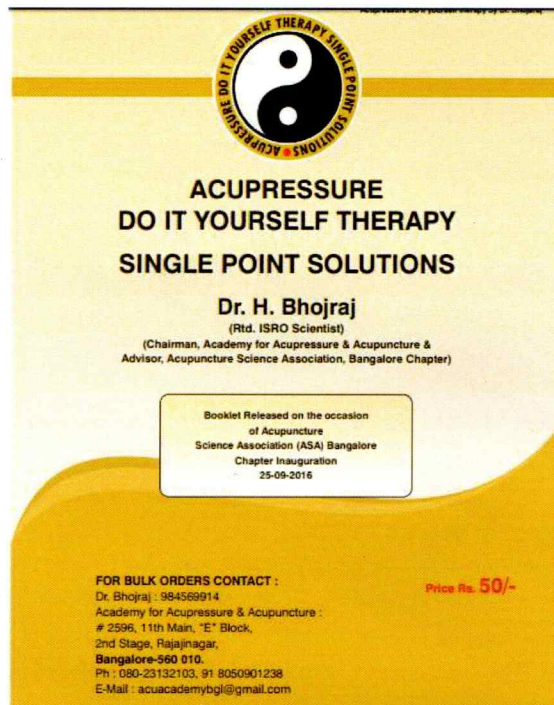
Dr. H. Bhojraj
Chairman, Academy for Acupressure
Acupuncture
2596, 11th Main, "E" Block, 2nd Stage,
Rajajinagar, Bangalore – 560 010

BULK DISCOUNT COST

Min Order Quantity - 50 nos. – 30% Discount

(Only in tens) 50 – 100 – 40% Discount

(Only in hundreds) > 100 – 50% Discount



ONE DAY ACUPRESSURE COURSE

3rd Sunday of every month

16th October, 2016

20th November, 2016

18th December, 2016

HOTEL CHALUKYA A/C HALL

Race Course Road, Bangalore

9:30 AM to 5 PM

Course Fee: Rs. 2000 (Rupees Two Thousand only) Includes Acupressure and Fitness Book, Lunch and Tea

Register on or before 10th of the month.

For further details contact:

AAA: (080) 23132103

8050901238

Hlr. Girish: 7899326578

OBESITY CONTROL

Protocol - Sp-6↓ Liv-1↑ LU-7↓ P-7↓ Sp-3↓

Daily 20 minutes for one week

Every day humidity reduction formula for 20min reduced weight within a week -an experiment conducted, following Acupuncture treatment for one week every day, has shown not only weight reduction but also reduction in hip and thigh measurements.

Soumya G (36 years)	Waist	Hip	Thigh	Arm	Weight	Height	BMI
Before treatment	45	50.5	25	15.5	100	165	36.73
After treatment	43.75	49.5	24	15	98	165	36.00

Revathi G (65 years)	Waist	Hip	Thigh	Arm	Weight	Height	BMI
Before treatment	3848	21.50	15.87	163	32.74		
After treatment	38	48.5	21.75	14.5	86	163	32.37