

ACU WELLNESS

SEPTEMBER 2020

SPECIAL NEWSLETTER FOR EYE SIGHT RESEARCH

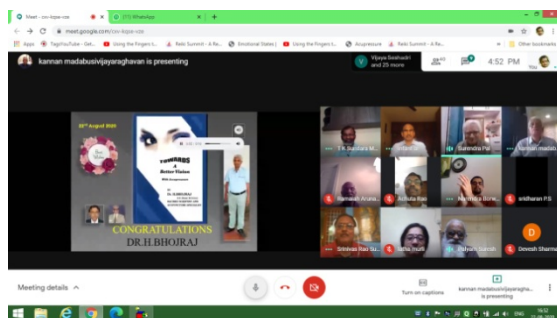
ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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From the Chairman's Desk



Virtual book release function 22-08-2020

It is really a great opportunity to communicate with you after 8 months of publishing our last News Letter in Dec 2019. The Jan-Mar 2020 Newsletter was about to be finalised in March 2020 and the great Corona virus arrived to stop all the activities of the world. **In the past 6 months, everybody learnt a new way to deal with their own life by changing their habits and particularly their attitudes.** What great Gurus were trying to convey for years and years by conducting courses all around the world, was conveyed to every human being in the earth without paying any course fee. Every one of us understood that we are mortal and any amount of wealth will not save the person unless we follow the rules and regulations. No

system on the Earth could find an immediate solution for the mass and the day is not far off for a preventive vaccine which works on the "Simlia Smilibus Quarantum" of Homeopathic principle though researchers in Modern Medicine are involved in this development and testing. All of us are collectively praying for its success so that the normalcy could be established at the earliest.

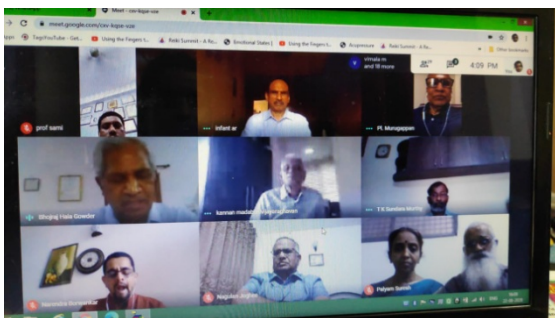
Though we were locked down, the brainy people have invented many novel methods to be more productive in software work and work output has increased due to the saving of travel time to office. Though the hardware sector is terribly affected it proved that we can still manage without that. **During this period agriculture is the only sector which has shown positive growth. I convey our kudos to the agriculturists. This feat was achieved without fearing for their own life. Ultimately what is required for our body is food.** I request all of you to understand this and pay little more to the agriculture products without bargaining much for the life giving products. The Government should make sure the producing person should get benefit of the price rise rather than the middle man. It is heartening to know that many well educated

individuals started working in their own fields and given a fillip for agriculture production.

Corona taught me many new skills like sweeping, mopping, cleaning vessels and even cooking though I failed to impress my family. It has enhanced my respect for our maids and I really understood how difficult it is to do such work. **Independent living is difficult, interdependent living is the only possibility to live successfully.**

The Corona Warriors in health department from top to bottom, the cleaners in the streets, the Police personnel during this critical period deserve praise from every one of us and we thank all of them for the great job done in the past 6 to 8 months. How long it will continue is a million dollar question but all human beings proved that they are there to help each other.

The lock down time gave me an opportunity to write a book on improving the eyesight with simple five minutes acupressure on relevant acu points in and around the eyes. **The book was released on 22nd Aug 2020 by Shri.S.V.Ranganath, Ex Chief Secretary, Karnataka Government and Dr.Surendra Pal, Ex Vice Chancellor of Defence University, Pune.** The book release function was by Google Meet which went on in a virtual mode attended by invitees all over India and also form USA .



The E book is available to everyone free for their own experimentation. Please send your request in WhatsApp to my mobile number

9845649914. I will send the E book to you. The hard copy has been given only to our Trustees, Donors and Supporters. About 100 students will be identified by our volunteers and given the book for their serious practice and giving their feedback after six months. The research parameters are being worked out by an efficient team lead by Dr.Romesh Bhat who got his PhD in Yoga from S-Vyasa University, Bangalore.

Once again I wish you all the best for a great future with the lessons learnt from Corona Virus.

H.BHOJRAJ

CHAIRMAN, AAA

RESEARCH ON EYE SIGHT IMPROVEMENT

By. H.BHOJRAJ

After experiencing the eye sight improvement with the acupressure technique provided by Dr.Palaniswamy, Retired Professor from Coimbatore Agriculture University, I passed on the technique to many of my ex- ISRO colleagues and advance acupuncture class students for the past five years. My senior ISRO scientist Dr.Bhaskarnaraya confirmed the benefit of this simple exercise in one of our meetings in Feb 2020, I was motivated by Mr.Bhaskar and Mrs Saroja Bhaskar to put it in record. Any amount of case histories in our News Letter will not make an impact for students. So it was decided to write a book on this simple acupressure and add all the relevant details about eye exercises written earlier by Dr.Bates and Dr.Benjamin. Apart from this, it was decided to add the simple energy production in our system and the mind control method with Zen Meditation also added for the readers.

The research team of our academy felt that a limited research with 100 students wearing spectacles should be involved in this experiment and motivated through volunteers to monitor directly their progress.

So it was decided to print a minimum quantity of 200 books which can be distributed to the students and also to the acupressure research supporters like the trustees, donors and others who attended our functions.

The books have been distributed to all our supporters and the feedback is excellent. Many of them already started practicing this five minutes acupressure and observing their progress. It will take minimum three months to observe the visible changes.

A research team has been formed to identify the volunteers who can identify five students below 16 years with eye defect and motivate them to practice regularly. Their parents also will be trained by volunteers to know this technique. A detailed project report is being prepared by the team and will be distributed to the volunteers shortly for uniform data collection after the approval from the Apex Monitoring Committee.

In the mean time all volunteers are requested to identify the students with spectacles in and around for keeping a personal touch with them. Those who have grandchildren away also register them and monitor personally after registering with the team.

Once they register for the experiment we will send the hard copy of the book with their name written in the book along with an eye chart for monitoring their monthly progress.

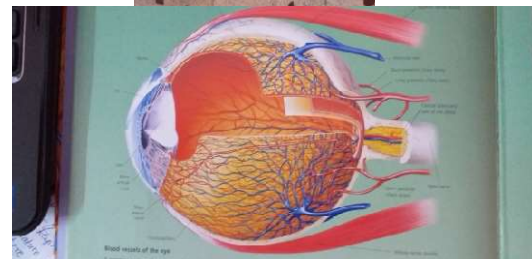
All the best for the research team lead by Dr.Romesh Bhat.

**HAPPINESS CAN NOT BE EXPERIENCED IN FUTURE, ONLY IN THE PRESENT.
LIVE IN THE PRESENT**

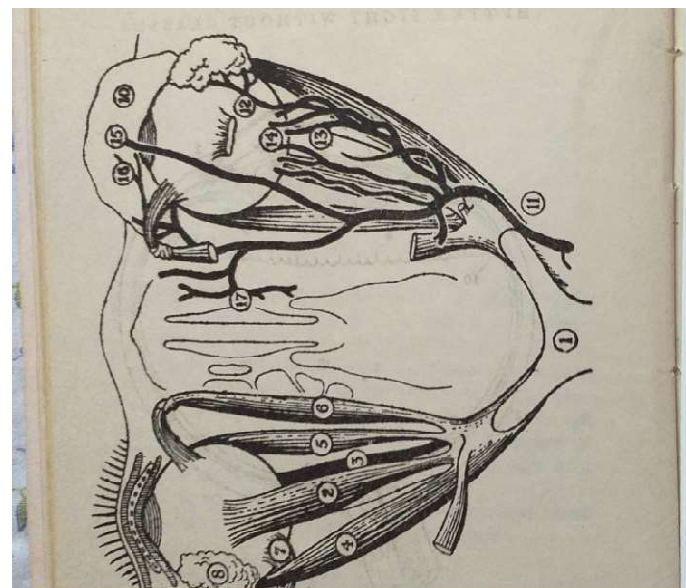
GET RID OF YOUR TRAPPED EMOTIONS

EYE CONSTRUCTION

The details of the eye construction is very important to know especially the muscles operating the eyes for accommodation.



CROSS SECTION OF THE EYES ARTERIES AND VEINS



1.OPTIC NERVE 2.SUPERIOR RECTUS MUSCLES 3.INFERIOR RECTUS MUSCLES 4.EXTERNAL RECTUS MUSCLES 5.INTERNAL RECTUS MUSCLES 6.SUPERIOR OBLIQUE MUSCLES 7.INFERIOR OBLIQUE MUSCLES 8.LACHRYMAL GLANDS.9&10 EYELIDS 11.INFRA ORBITAL ARTERY 12.BRANCH TO THE TEAR GLAND 13.BRANCH TO THE RETINA 14.BRANCH TO THE IRIS 15.BRANCH TO THE UPPER EYE LID 16.BRANCH TO THE EYEBROW 17.BRANCH TO THE CAVITY OF THE NOSE

CASE HISTORIES

1. *EYE POWER REDUCED WITH ACUPRESSURE* Says Dr.H.Bhojraj, Chairman,Academy for Acupuncture and Acupressure

While studying Engineering II year (1968), I was looking at the blackboard from the middle bench and found the letters were visible but not dark. I remember asking our Mathematics Professor to write it with little more pressure. He came near my seat and told it was quite ok and asked me to check my eyes. I checked my eyes during annual holidays and the power was **minus 0.5** on both eyes and he told me spectacle was not necessary. Third year went on without glasses and my study hours increased every day. After that I had difficulty in seeing distance clearly and the eye testing proved it had gone up to **minus 2** on both eyes and started wearing glasses. Incidentally I stood first in the Mechanical branch but I gained eye power.

The spectacle was changed after many years and power marginally increased to **minus 2.25**. In the year 2000 or so I was unable to see the computer clearly and checked for long sight. The doctor prescribed for both long sight and short sight what is known as bifocal lens with **-2.7 and +2** on both eyes with slight variation. Then again I changed for a better light weight costly progressive lens which

takes care of both condition in a single lens without looking down or up with earlier lenses.

I tried seriously eye exercises during 1984 to 92 but not much improvement but deterioration was arrested. In 2014,during the Kaya Kalpa Yoga Class Prof.Palanisamy taught this acupressure technique for improving eyesight. I took it seriously this time and started activating the points daily for five minutes while watching news during advertisement break. It has become a habit for me. After 6 months of this practice I could see the TV little more clearly and mentioned **this to my wife**. She asked me to read the last scrolling line in the TV and I could read and pass her quality assurance test. That day onwards I stopped wearing glasses but while driving during night times the opposite headlights was disturbing. **I checked again and found my short sight power reduced to minus 1.1 and long sight has become normal.** I was able to read the smallest letter in the printout. I have a glass with minus 1.1 but not using it since I avoid driving in the night and also my driver is there to take care of my transport needs.

This experience motivated me to give this technique to all my advance class trainees. All of them practice for some time and leave it once they complete the course. Then one day my senior ISRO colleague Dr.Bhaskaranarayana came for frozen shoulder problem which was cured with acupuncture treatment. He saw me working without glasses and asked for his developing cataract problem. I transferred the simple technology within minutes. Next month he came with his elder sister to know the eye exercises. I told the same points and asked him to train anyone coming to him for eye problem. In fact he paid for the consultancy mentioning that it would work better if you pay for the knowledge transfer.

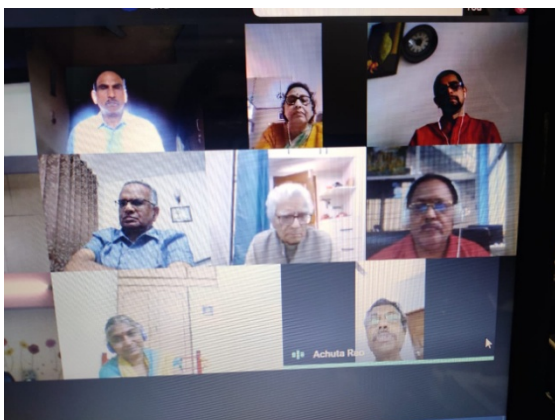
After 5 years we invited Dr.Bhaskarnarayana for the simple graduation ceremony and there he declared confidently that he could postpone his cataract surgery for 4 years and Doctor declared him fit as far as the lenses are concerned. I was also motivated by Bhaskar to follow our own technique to avoid old age problems.

But Mrs Saroja Bhaskar had other ideas, how to avoid glasses for young children. The research book is the outcome of our own experiment and we observed those who were sincere in acupressure practice got good results.

We are looking forward for the research results by March 2021.

BOOK RELEASE FUNCTION- A REPORT BY MR.M.V.KANNAN

A Google web meet was organised on 22nd August 2020 ,Ganesh Chaturthi day by Academy of Acupressure and Acupuncture towards release of a book "A Better Vision with Acupressure" authored by Dr.H.Bhojraj, Former Scientist, ISRO and MD (Acu) in e-book (pdf) version besides hard copy.



It is a coincidence this meet happened, on the day Dr.Bhojraj completing 71 years of active life and his e book also released by eminent personalities namely Dr.Surendra Pal, Former Distinguished Scientist, ISRO and Former Vice Chancellor ,Defence Institute of

Advanced Technology, Pune and Sri .S V Ranganath, Former Chief Secretary, Karnataka.

During Lockdown Period, he was motivated by few of his ISRO Colleagues, acupuncture practitioners and well wishers to write a book for eyesight improvement. His own experience of adopting acupressure exercise over six years, had given him good confidence in betterment of eye sight and feedback results from others who have practised this exercise under his support, has given impetus in writing and publishing the book in a short time.

The event commenced with birth day greetings and wishes to Doctor H Bhojraj by all. Around 40 invitees who are practitioners of acupuncture and well wishers of H Bhojraj, joined the meeting and graced the event. Eminent personalities **Sri Achutha Rao**, Former DG and IGP, Karnataka, **Dr Bhaskaranarayana** , former ISRO Scientific Secretary,**Dr Surendra Pal**, Former ISRO Distinguished scientist and Vice Chancellor,Defence Institute of Advanced Technology,Pune, **Mr.Infant**, Ex DGP and other Acupuncture practitioners /experts **Dr Ravishankar**, **Ms.Latha Murli**, **Ms.Devi Kalyani**, **Dr Romesh Bhat**, **Mr.Nagulan**, **Ms.Saroja Bhaskar** ,and few more spoke on the occasion about the book and credentials of Dr Bhojraj besides sharing their experiences in practicing acupressure/acupuncture for various ailments.

The web meet event was hosted jointly by me and former ISRO scientist **Shri. T K Sundaramurthy**, on behalf of book release committee of AAA.This book will be given to around 100 students who have vision defects .They will be asked to go through the exercise regularly and record the data as required for the research for 6 months. This will be

monitored by Dr Romesh Bhat who had done P.HD in yoga. This is the plan as envisaged by Dr.H.Bhojraj and a committee is also formed to implement the task.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (AAA)

Our Academy started functioning from 2012 with the sole intention to get the recognition for Acupuncture therapy in Karnataka with research activities to prove the efficacy of this treatment. The Government also was in favour of it but the pandemic shifted the priorities. [We have closed our office due to financial crunch and trying to extend the research activities for atleast 6 months for the eye improvement with students.](#)

The proposal in the form of the book sent to our 100 supporters and the E Book sent to many people has shown their interest to support us. The donations to the Academy already started and we received an amount of Rs 44000 in the past 15 days. Many people are ready to contribute as and when needed. I thank all those who have contributed for this good cause and we will keep them informed about our research progress monthly through this E News Letter. An amount of Rs 10 Lakhs to be spent on the salary of research assistants and one office assistant with administrative expenses for one year research. I appeal to all the people interested in contributing for the trust may send their donations to the Academy Bank account and send their address and phone number for adding to our mailing list.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

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NEW DONORS LIST

THANK YOU ALL DONORS

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2.	Mr.V.K.VENUGOPAL	Rs. 500
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7.	Mr.VEEMARAJ	Rs.5000
8.	Mr.H.BHOJRAJ	Rs.10000
9.	Mr.ANIRUDH	Rs. 5000
10.	Mr.M.J.KRISHNAN	Rs.300

Earlier Balance Rs.5509

Total Balance as on 4th Sep 20 Rs.44310

Commitments: Office Assistant salary Rs 10000 and Annual audit charges Rs.8000

PM CARES FUND

Mr.M.J.KRISHNAN Rs 2000

Mr.H.BHOJRAJ Rs 5000

**Dr.H.DEVRAJ, Ex U G C VICE CHAIRMAN
APPRECIATING THE RESEARCH PROJECT HAS
AGREED TO DONATE Rs 50000 (Rs FIFTY
THOUSAND) FOR THE RESEARCH.**

THANKS FOR THIS KIND GESTURE

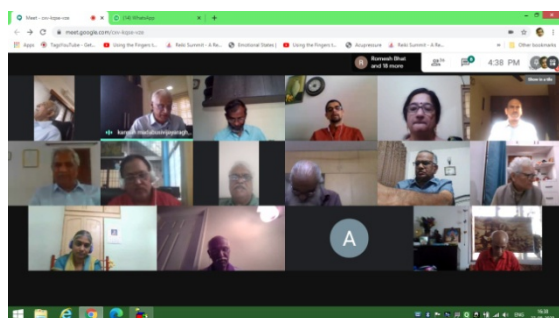
THE STORY OF THE BOOK

“TOWARDS A BETTER VISION”

BY SAROJA BHASKARNARAYANA

Hello Everyone,

It is Nature’s way-the snakes shed their skin and if you see the life story of a butterfly it transforms from an egg into a fabulous winged creature after several drastic changes.



The writing of a book is similar to the above. Conceiving the idea, writing, editing and then comes as the printed book. **The story of this book “TOWARDS A BETTER VISION WITH ACUPRESSURE” is like the story of a butterfly.** Suggestions and requests from friends lead to Dr. Bhojraj’s conceiving the idea of writing a book on care and improvement of eyesight. A person concerned about the society and the health of future generations, he decided to write this book about 4 months back. As an Acupressure practitioner and Trainer he started penning down his thoughts about the structure, functioning, care and different ailments of the eyes of people of different age groups. **In this noble work of his several people are given an opportunity to take part.** Realizing the importance of team effort he made a team and the members are identified according to their talent and capabilities. His dictations are taken and typed by some members. The manuscripts of the chapters were sent to different people for editing. The suggestions of the members are sportively

accepted and implemented. The book was ready and published. Helen Keller said “Alone we can do so little, together we can do so much.” Dr. Bhojraj who also believes in this made all of us contribute our share in bringing out this book which turned to be colourful butterfly. This Acupressure therapy and exercises are non invasive and they activate our organs thereby improving their functioning. No internal medication is involved and so therefore no side effects. The efficacy of this proved by several people who are benefitted by this.

Then came the book releasing function. It was a virtual function celebrated on 22nd August, 2020 on the auspicious Ganesh Chaturthi day at 4pm. It was a crisp one and a half hour function and the book was launched online. The program started with the Welcome Speech by Dr. Bhojraj followed by Mrs. Latha Murli’s speech about two of her patients who have shown complete reversal of their eye problems with acupressure treatment. Some practicing acupressure therapists and several others shared their experiences. In virtual mode the book was released by Sri. S.V. Ranganath, Ex-chief Secretary, Govt. of Karnataka and Dr. Surendra Paul, Ex-Vice Chancellor, Defense University, Pune.

Mr. Kannan and Mr. Sundaramurthy conducted the program in a very impressive manner and it was a memorable function. It was a great success and nearly 50 people, not only from India but also from overseas participated in the program. Everyone congratulated Dr. Bhojraj for his commendable work.

The lockdown period was utilized very productively by everyone involved and it was a great learning experience for many. **We wish all the best for the research initiated through this book.**

Case History

Reversal of Macular Degeneration says

Latha Murl-Acupuncturist Phone **998055436**

A 74 years old lady after getting cataract surgery done was complaining of visual problems like blur vision, wavy lines, unable to see TV etc. Her Ophthalmologist checked and found out that she has developed an extra growth on retina which was blocking her vision and there was also a degeneration of macular membrane. Doctor advised her to take few injections which were very costly.

In November 2019 she visited me for treatment. As it was my first case I was not sure and informed her that I will try but didn't assure her complete cure to her vision problems and started three days a week for 3 weeks and asked her to go for a review to ophthalmologist.

When she was checked it was found that her extra growth on retina had completely disappeared. All other vision parameters were perfect for her age and she was asked to go for another review after 6 months.

I tapered the treatment over a period of three months and completed it. Now she is happily helping an author in editing books.

At the same time I treated another 52 years lady for her peripheral vision problems after a seizure. The following is her feedback. **In June 2014 I had blood clot in the brain post a seizure. Due to which I lost the vision to my left side. I partially got back the vision to the extreme left side but wasn't able to function normal as couldn't see properly. I met many doctors but in vain as none of them gave me any solution but asked me to accept this condition and adjust to this lifestyle I lost my self confidence and it did impact my professional career .Then I met Latha Murali**

who is my cousin and told me about acupuncture. Initially I did not have much confidence but I thought of giving it a try. In three months time I experienced a slight improvement in my sight. This gave me confidence and I continued the treatment. Now I am seeing improvement in my condition and I am able to walk without any help.

Acupuncture has indeed helped me get my vision back and so is my confidence.

Thank you Latha.

Cheers, Harini

At this juncture I would like express that we as a team need to create lot of awareness programs and workshops for people to make them understand how this wonderful healing therapy works and very useful in curing many ailments without any medications and side effects.

LATHA MURALI,RESEAECH TEAM

FEED BACK ON THE BOOK

H.S.DUA Retired ISRO ENGINEER

Thanks for the book. I read the book and found the book can be read by anybody with working knowledge in English. The initial chapters are well written to introduce acupressure and eye problems to the common man especially to the students. It was a eye opener for me that Liver and Gall Bladder play an important role in eye related problems.

This book will prove to be a boon for many people if they sincerely read and practice daily. It should be translated into Hindi and other local languages to benefit more people.

ABOUT THE BOOK

BY Shri.ACHUTA RAO Ex.D G P, KARNATAKA

This small but loaded book turned out to be a wonderfully useful one. **The simple technique it teaches is not only curative but preventive also, which can benefit such a huge percentage of the population – as apart from the people with eye related problems, almost everybody above 40 years of age is likely to have vision related issues.**

After a thorough research, study and successful practical applications – including upon himself, Dr. Bhojraj has worked out the solutions using basically the science of Acupressure. The self manipulated technique he devised is so simple and easy, that one can use it any time just for a few minutes, without any discomfort. In his usual nice easy style, he used direct, simple and crisp words and sentences. **Coupled with well-depicting guiding pictures, the book can be easily read and understood even by lay persons and can be practiced including by children.** Even technical details, anatomical features and physiological processes are explained in very simple words.

What makes the book more interesting – beyond the practical part, is the additional information that correlates to and supplements the technique. The relationship and benefits of psychological and spiritual aspects are succinctly depicted. **The addition of simple proven Acupressure techniques to treat some common ailments makes the Book a house hold ready reckonor.** The large font and good pictures make it a very comfortable reading. The elegant and beautiful Book that finally emerged is the result of all such wonderful work of his.

And all this, he has not done either for professional or commercial gain. It is purely for the benefit of the needy and the people at

large – that is all!! Especially he wanted to just help as many needy children as possible, while protecting others. **The free distribution of the Book itself and its Digital version are proof of his generosity, social commitment and humane nature.** I whole heartedly thank Dr. Bhojraj for this gesture in giving such a valuable gift to the Society at large. **I wish the Book gets the recognition it deserves as quickly as possible and more and more people start reaping its benefits.**

This book definitely will be a very bright feather in his already much crowded Cap! **Hearty congratulations to him and those who ably assisted him in bringing out this final product.**

RESEARCH ASSISTANTS MEETING on 13th SEP 2020

The final meeting on the eyesight improvement research project using five minutes acupressure technique was held on Google Meet on Sunday 13th Sep 2020 at 11AM. The meeting was attended by Apex Monitoring Committee members and the Research Associates.

Mrs.Latha Murali welcomed the members for the meeting.

Dr.Bhojraj explained the need for this particular research programme especially for the students as a preventive therapy

Mrs.Devi Kayani, the leader of the research associates team presented the proposal. It has included almost all eye disorders including dry eyes, glaucoma, double vision(Diplopia), Optic Neuropathy, retinitis pigmentosa apart from Myopia.

After discussions the committee felt it is better to narrow down to one problem like Myopia and try to correct the problem by motivating them to practice daily. The

research associates can monitor daily and give their feed back every month. The eye chart suggested for improvement was accepted and the detail procedure can be written and given to the participants for evaluation.

The Dr.Bhojraj proposed that a nominal amount can fixed per student and can be paid to the research associates which was agreed in principle by the committee. Dr Romesh Bhat and Mrs.Latha committee can discuss in detail and submit the proposal at the earliest for approval of the Apex committee. Depending on the funds availability a decision will be taken.

The uniform protocol was discussed in detail and all research assistants agreed to implement the same.

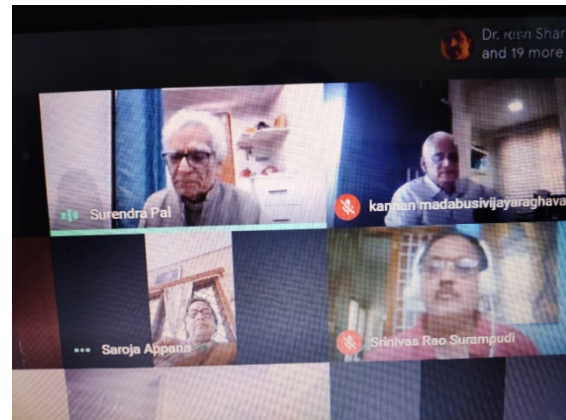
It was agreed in principle to meet every second Sunday at 11 am over Google Meet to review the progress.

Also it was agreed to bring out the E Newsletter every month highlighting the progress and inform the Apex Committee and the Donors. The income and expenditure statement also should be included in the News Letter.



GOOGLE MEET ON 13 th SEP 2020 AT 11 AM

HINDI TRANSLATION OF THE EYESIGHT IMPROVEMENT BOOK BY Dr.PAL SURENDRA



Dr.Pal after releasing the book on 22nd August was so much impressed with the content and immediately contacted me for translating the book in Hindi. I told him to go ahead and assured him all the support from our Academy.

He has taken it up seriously and the “Towards better vision with acupressure” will hit the stands by the end of this year in Hindi Edition. We convey our best wishes to Dr.Surendra Pal who is proficient in both the languages.

EDITORIAL TEAM

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