



ACU WELLNESS

The Quarterly publication of
ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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No 2

From the Course Director's Desk



Acupuncture practitioners Ms. Bhanumathi, Mr. Mishra, Dr. Seema and Ms. Deepa with the Chairman

Hats off to our Prime Minister, Shri Narendra Modi!! His recent visit to China has brought cheers to all Acupuncture practitioners and followers in India. Though we claim Acupuncture originated in the form of Varma Chikithsa, it is the Chinese who documented it and brought it to the world as a Science.

In 1950, Chairman Mao Zedong adopted an important policy to unite doctors of both Western and traditional Chinese Acupuncture Schools. In the same year, an inscription for the book "New Acupuncture" says Chinese Acupuncture treatment has a history of thousands of years. **Acupuncture is not only simple and economical, but also very effective for many kinds of diseases.** So this is a science. I hope the doctors of both, western and traditional schools will unite for the further improvement of its technique and science.

In July 1951, the Experimental Institute of Acupuncture-Moxibustion Therapy affiliated directly to the Ministry of Public Health was set up in China. It became the Institute of Acupuncture & Moxibustion attached to the Academy of Traditional Chinese Medicine in 1995. In many hospitals, special clinical departments of Acupuncture were recognized as a scientific research subject. **Since 1975, at the**

request of the World Health Organization, International Acupuncture Training Courses were set up in Beijing, Shanghai and Nanjing and Acupuncturists from many countries have been trained.

India, although almost 70 years late in recognizing Acupuncture as one of the most valuable therapies, has started giving Independent recognition for further research. **We started our research almost 30 years back and it has shown that Migraine can be cured with Acupuncture treatment.** After starting a formal Academy for Acupressure and Acupuncture in 2012, we have trained about 100 people in Acupuncture. **For a vast country like ours we need more people to take up this science in a formal course of five and half year's duration with the modern medical syllabus.** This degree will give them insight into both Western and Eastern therapies and will ultimately benefit humanity.

The combination of Yoga, propagated in India, and acupuncture can do miracles for preventive healthcare. **We congratulate our dynamic Prime Minister for giving recognition to this Scientific Acupuncture System and are sure that the State Governments will also recognize Acupuncture in the near future.**

Dr. H. Bhojraj

**FREE ACUPUNCTURE TREATMENT
EVERY FRIDAY**

2 PM to 5 PM

Register in advance 8050901238

**Scalp Acupuncture by Sri Lankan
Doctors Dr. Saman Hettige and Dr
Harsha Jayakodi**

In September/October 2018

Acupuncture Science Association

Congratulations to Dr.R.F. Beramji, for being nominated as the First President of the Maharashtra Acupuncture Council. It has fulfilled his dream of gifting a separate system of Therapy for the benefit of lakhs of people in Maharashtra. Dr.Pardeshi as Vice President, Mrs.Vidya Naik, Dr. Heman Thakkar and Dr. Lohia are the other members of the Council.

We, the Acupuncturists in Karnataka have given a copy of the Maharashtra bill to the Ministry of Health and Family Welfare as reference, to prepare the bill and pass it in the Karnataka Legislative Assembly. The present Government is very receptive and encouraging towards this drugless Therapy. We are expecting the approval within the next six months.

The Centre is already in the process of approving Acupuncture as a separate system in the cabinet committee meeting and proper notification is expected shortly. This paves the way for a separate Acupuncture Medical College in Karnataka.

Acupuncture Science Association (ASA) Karnataka

Minutes of the Executive Committee held on 10th June 2018

The 9th Executive Committee meeting was held in Race View Hotel. Dr.Ravishankar, President, ASA Karnataka, welcomed the members and started the discussion on holding a refresher course on TCM by Dr. Bakshi, Secretary of ASA. He expressed that the refresher course will help the participants to get through the examination for getting the proper registration certificate for practicing legally after the recognition of Acupuncture by the State Government. Nearly 10 people have already registered through WhatsApp.

Dr. Samiulla explained the efforts taken for recognition of Acupuncture in Karnataka and also explained the National Scenario. Dr. Bhojraj expressed that the Maharashtra model can be followed in Karnataka for recognizing the existing Acupuncturists.



Dr.Samiulla and Dr.Ravishankar with EC Members

Dr. Basavaraj who invented a Pulse Analyser explained its function and expressed that in the near future all practicing Acupuncturists in Karnataka will be called for a live demonstration. This platform can be used to initiate action for making all of them members of ASA Karnataka.

Dr.Ravishankar emphasised that all Acupuncture practitioners in Karnataka should join ASA within the next 3 months so that we can show our unity and strength to the Government.



Dr.Samiulla and Dr.Ravishankar handing over ASA ID card to Dr.Bhojraj Advisor ASA Karnataka

The membership application form of Dr. Pramela, Acupuncturist from Mysore was handed over to Dr. Girish for sending it to HQ in Kolkata for approval. Dr. Samiulla, Dr. Ravishankar distributed the ID cards of ASA for all the participants.

The meeting ended thanking Dr. Samiulla for presiding over the meeting as Convenor and hosting the meeting.

*Prepared by Dr. Girish, Secretary
Phone number 7899326578*

ASA TRAINING PROGRAMME
By Dr. Bakshi, ASA Gen Secretary
In August 2018
Contact Mr. Girish for dates and venue details

INTEGRATED ACUPUNCTURE MEDICAL COLLEGE

The first meeting of the study committee for an Integrated Acupuncture Medical College in Bangalore, Karnataka State was held on 9th May 2018. The meeting was chaired by Dr. H. Bhojraj, Chairman, Academy for Acupressure and Acupuncture, in the absence of Dr. Surendra Pal, former Vice Chancellor, Defence Institute of Advanced Technology, Pune.

The meeting was attended by Dr. Romesh Bhat, Mr. Sundara Murthy, Dr. Seema Murthy members of the study committee and the trustees Dr. Kanaka Rao, Mr. Suryanarayana Rao, Mr. Suresh, Mrs. Jija Subramanian and Mrs. Meera Bhojraj.

In his welcome address, Dr. Bhojraj stressed upon the importance of having a detailed study report for a proposed “Integrated Acupuncture Medical College and Hospital”, so that funding arrangements can be initiated as soon as we get the recognition for the Acupuncture system.

The study will cover all details like infrastructure required, budget estimation, funding profile, technical /administrative clearances required, PERT Chart etc.

Dr. Bhojraj also suggested that the pros and cons of setting up the college on Public Private Partnership Model, a Private Limited Company or a Trust need to be considered. It is important to draw up a detailed technical report that will give the funding authorities the confidence to invest in the project.

The initiative is to start a new college in Karnataka that will conduct full time degree (five and a half years) courses with Acupuncture as the main subject. The syllabus will be drawn up as per the guidelines of World Health Organization and the State Health Department.

Dr. Bhojraj introduced the members of the Study Committee to the trustees.

Dr. Kanaka Rao appreciated the initiative taken by the Academy and asked the committee to find out a model college in any Country particularly in China to follow. He also suggested that a one year diploma course for M.B.B.S Doctors be conducted by the Academy.



The following action items were generated in the meeting:

1. Write to all the Acupuncture Universities in China to connect with the Academy for sponsoring students from Bangalore.
2. Write to American Universities and establish good contact with them for exchange programs.
3. Write to Indian Universities or ICMR for a project in Acupuncture and if possible submit a proposal for funding.
4. Explore Venture Capitalists for funding this project with long term returns.
5. Conduct a pilot study in a reputed Hospital to understand the effect of Acupuncture treatment with allopathic for specific conditions.

Dr. Seema Murthy, Member Secretary has been identified to coordinate with all the people and keep them informed about all action items generated in the meeting.

It was agreed to meet once in two months to monitor the progress.

The Meeting ended with a vote of thanks to all the participants.

Dr.H. Bhojraj

Prana or ‘Qi’ and Blood

by Dr.H. Bhojraj

‘Prana’ is one of the most subtle forms of energy in the air which is in constant touch with the “Soul”. In “Yoga”, this Prana is divided into five main categories, namely, Prana, Apana, Samana, Udhana and Vyana.

Prana – Moves in the region of heart and controls respiration.

Apana – Moves in the sphere of the lower abdomen and controls the function of eliminating urine and faeces.

Samana– It stokes the gastric fire to aid digestion.

Udhana – It dwells in the thoracic cavity and controls the intake of air and food.

Vyana– It pervades the entire body and distributes the energy derived from food and breath.

There are also five subsidiary Pranas (upa pranas):

Naga– It relieves abdominal pressure by belching.

Kurma – It controls the movement of eyelids.

Krkara– It prevents unwanted substances entering lungs or stomach by creating sneeze and cough.

Devadatta – Responsible for yawning to take in extra oxygen when tired.

Dhanamjaya – It pervades the whole body and remains in the body even after death.

Qi, Blood and Body Fluid

According to Chinese philosophy, Qi (pronounced as Chee) is the fundamental substance (equivalent to Prana) that constitutes the Universe. All phenomena were produced by the changes and the movement of Qi. In the human body, ‘Qi’ maintains the vital and functional activities of all Yin and Yang organs. ‘Qi’ is too rarefied to be seen and its existence is manifested in the functions of Yin and Yang organs.

Primary Qi (Yuan Qi or Congenital Qi)

It is derived from the congenital essence which depends on the parents. Those born to healthy parents rarely suffer from disease.

Pectoral Qi (Long Qi or Acquired Qi)

It is formed by the combination of clean Qi (Prana) which is inhaled by the Lung and the Qi of food essence which is produced by spleen and

stomach. It is stored in the chest and promotes both lung function and heart function.

Nutrient Qi (Ying Qi)

It is derived from the Qi of food essence produced by the spleen and stomach and circulates in the vessels. Its primary function is both to produce blood and to circulate with the blood providing further nourishment.

Defensive Qi (Wei Qi)

It is also derived from the Qi of food essence, but unlike Ying Qi, it circulates outside the vessels. It protects the muscular surface. It mainly defends the body against exogenous and pathogenic factors, controls opening and closing of pores in the body, moistens the skin and hair, controls body temperature and warms up the Yin and Yang organs.

The ‘Qi’ of the meridians in Acupuncture System is referred as the “Vital Qi” flowing in the meridians. Meridians are invisible channels connecting all the organs in the entire body. The Qi flowing in the meridians has the following functions:

- **Growth and development of the whole body (promoting function).**
- **Maintains body temperature (warming function).**
- **Defends against pathogenic factors (defensive function).**
- **Assures quality of the products (checking function).**
- **Mutual transformation of Qi and blood (transforming function).**
- **Food transformed into nutrient substances required for different cells (nourishing function).**

Blood and Body Fluids

Blood is formed by the pure ‘Qi’ when it is compressed in the heart along with the main Prana. The spleen absorbs the pure essence from the stomach and sends it to the lungs. The Kidney separates the fluids into pure and impure fluids. The clear or pure fluid is sent to the lungs for mixing with the pure essence absorbed by the spleen and pure Prana absorbed by the lungs during inhalation. When this pure Qi (invisible) enters the heart, due to compression it forms the blood which is again circulated with the pure Qi throughout the body for utilization by the cells in all the organs.

The impure fluid is used for making fluids required for different organs or joints. The **Kidney** makes the **synovial fluid** for all the joints, **Liver** makes the **tears** required for the protection of the eyes, **Lungs** makes the **mucus** for protecting the nasal passage and stomach from acid, **Spleen** makes the **saliva** for the digestion in the mouth and **Heart** makes the **sweat** required for controlling the body temperature.

If Blood formation is perfect, one can avoid all the diseases. The Stomach and Spleen play an important role in blood formation. Eat your food very, very slowly, being aware of enjoying every taste in your food. Within a few weeks, your digestion will improve and elimination will be perfect. Acupuncture treatment for any disease aims at the root cause of the problem in digestion. If you have felt that your digestion (assimilation) has improved after the treatment, your disease or pain is on the way out. If you have felt that your morning evacuation (elimination) is also very clear, your disease or pain is almost solved. Enjoy your food while eating it because this food is going to be transformed into yourself. Give importance to the food you eat. It has been produced by an unknown farmer and brought to you in the form of food by many, many unknown souls. Thank all of them before eating it.

Eat properly and stay healthy.

FREE ACUPRESSURE TRAINING For patients

The Academy will be conducting a free acupressure training programme for all the patients. They will be taught a few acupoints and hand Reflexology that will keep them healthy on a day to day basis.

Timings: 12:00 to 01:00 PM

(Wednesdays)

Venue: 2013, 7th Main, 'D' Block,
2nd Stage, Rajajinagar,
Bangalore – 10

Basic Acupressure Course conducted on 24/06/2018



Basic Acupressure course in progress



Seated; Mujib, Girish, Dr.Bhojraj, Hegde and Madhusudan.

Standing; Bushra, Arjun, Sheela, Shalini, Usha and Niveditha.

Feed Back from Paticipants

Usha: I am very fortunate to attend this class. Excellent opportunity to know so many things about self healing.

Hegde: I learnt very good techniques to heal myself.

Niveditha: Very informative and educative sessions. Liked colour therapy very much.

Mujib: Wonderful, informative and health awareness course. I want to attend the advance course also.

Bushra: It was like magic to see instant relief from pain. Faculties answered all my questions. Youth should attend this course to know the value of life.

**Next one day Acupressure Course
on 29th July 2018.**

Ph 8090501238 for registration.

CASE HISTORIES

Cervical Spondylosis cured with acupuncture

Mr. Kumar Iyer Ph: 9980602246

In October 2017, my neck pain started and I used to get shock pain in my body whenever I turn my neck to the right or left in some particular position. I was unable to walk straight. I also had numbness in the hands and legs.

I went to a physician who referred me to a Neurosurgeon and he asked me to take a MRI. Based on that, the specialist suggested that I get it operated since the problem will not be cured by medicine. Also, I was unable to eat properly.

In Jan 2018, my friend suggested that I try Acupuncture in Rajajinagar. Then I started the treatment in the Academy.

I found some relief in the initial two sittings which motivated me to continue the treatment. My walking though not normal, improved a lot. I was able to take food without any problem. The electric shock pain has considerably reduced. I overcame my tension by practicing meditation. In 8 sittings, over a period of two months, I could get out my pain.

Dr. Bhojraj taught me certain Acupressure points for activation which is giving me a lot of relief.

Treatment Given: ↓Sp6↑Liv-1 ↓Lu-7 ↑P7

Auriculartherapy for various problems...

H.M. Suhas Ph: 805078164

I am presently pursuing my masters in the Department of Management Studies in IISC and I had attended a basic introduction level course of 4 days under the authority of Dr. Bhojraj. Personally the greatest take away from course was Auricular Therapy and benefits.

I have been effectively using Auricular Therapy to cure headache, back pain and other routine illness. While the other techniques taught were really interesting, I have not got around to using them yet and I

hope to do it soon. The classes were wonderful and I sincerely thank the organization for conducting the same.

Tension and tightness in the chest relieved with acupressure

Naseer Ansari Ph: 9845021115

For a couple of years, I had tightness around the Heart region. Dr. Bhojraj had showed me the **H9** point. I press and release the point for about 30 counts. After this, the entire region is relaxed and the tightness totally disappears. I have tried this on numerous occasions and it has worked instantly.

I definitely recommend this to people who are much stressed, emotionally and physically. I am very grateful to Dr. Bhojraj for having showed me this very simple yet very effective way of relaxing tightness.

Treatment Given: ↑Liv-1↓Lu-7↑H-7↑P-9

Back pain and Heel pain cured

V.V. Raghavan 76yrs. Ph: 9845019001

About 5 – 6 weeks back I came to know about Acupuncture & Acupressure Therapy. I came to the Academy looking for a cure for heel pain and back pain on the right side that has been troubling me for two years.

After treatment with Acupuncture for three sittings I got almost 90% relieved from pain. After five sittings the pain has almost gone and the feeling is very good. I believed in this system and I am glad that I got lot of relief from the treatment.

Thank you Dr. Bhojraj.

Treatment Given: ↑Liv-1↓Lu-7↑H-7↑P-9

General weakness improved says Karuna Srinivas, Sarjapur Road, mother of Atharv Ph: 9902072222

I came with the right side weakness for my 12 year old son named Atharv. After only 4 sittings, my son is better in his leg and finger movements. Appetite and energy have also increased. I really thank God for guiding me to this place and even to Dr. Bhojraj.

My sincere thanks.

Treatment Given: ↑Liv-1↓Lu-7↑H-7↑P-9

ARE YOU Worried About MIGRAINE ?

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2013, 7Main, 'D' Block Rajajinagar B'lore - 10
PH: **8050901238, 9845649914**

Migraine cured with Acupuncture...

Mrs. Vaishnavi Charan.. 9008457143

“My name is Mrs. Vaishnavi Charan aged 45 years. I was treated by Dr. Bhojraj in 2001 for migraine headache, which I had from the age of eleven. I used to suffer a lot with one sided headache. During these attacks I used to get into a darkroom and preferred to be alone. Even the ticking sound of the clock would irritate me and make me angry. It made me cry all the time. The headache was intolerable inspite of taking tablets in consultation with a neurosurgeon. No treatment gave me relief.

Finally I tried Acupuncture treatment which gave me complete relief from Migraine Headache within 4 to 5 sittings. Thanks to this amazing drugless treatment which has given complete relief from Migraine. After getting complete relief, I also referred my friends and relatives who were suffering from Migraine who had lost all hope of getting rid of Migraine. They also got cured and are happy now.

I am very thankful to Dr. Bhojraj.”

Treatment Given: ↑Liv-1 ↓Lu-7 ↑H-7 ↑P9

ASA Requirement
All Acupuncture practitioners are requested to send one case history of Migraine cured with Acupuncture along with your clinic address and phone number for collective records for submission to Health Minister.

Hyper Acidity Cured

Swapna Ravishankar Ph: 9986733301

I am Swapna Sree aged 34 years, I had terrible hyper acidity and sometimes vomiting. I always experienced a burning sensation in my chest. I was suffering for 3 to 4 months. My husband Mr. Ravishankar, who had seen very good results with Acupuncture in Hyderabad, recommended me to take treatment from Dr. Bhojraj. After our visit to Bengaluru on 16th Jan and on 19th Jan, I took Acupuncture treatment from Dr. Bhojraj and within a week, I felt better. Dr. Bhojraj also taught me Acupressure points to control acidity.

I'm completely fine and have recommended Acupuncture treatment to my relatives. They also got very good results and thanked me for recommending them.

Depression and anxiety cured

Mr. Vishak Ph: 8197398678

I am Vishak aged 25 years. I suffered from depression and anxiety for a very long time. I had 4 sittings from Sep 2017 to Oct 2017 and I immediately felt the change by the evening of the 1st sitting itself. My appetite improved, and even my concentration and confidence have improved considerably.

In March 2018, the depression and anxiety recurred. I had 3 sittings and feel much happier now. I hope to keep practicing Acupressure and improve the quality of my life.

Treatment Given: ↓Sp-6↑Liv-1↓Lu-7↓P-7

Fear overcome with Acupressure

Manjula Ph: 9611952644

I am Manjula taking Advance course in the Academy for Acupressure and Acupuncture. During the class I asked Dr. Bhojraj to suggest treatment to overcome fear for my daughter Poorni Prakash aged 12 years. She was afraid of taking swimming classes during summer holidays. He asked me to give anti-clockwise massage in K-3 point with the intention to reduce her fear. I did the Acupressure massage on K-3 point

before sending her to swimming class. In fact, she took up the class without fear on that day and she started enjoying her swimming. Now she is looking to go for swimming everyday with enthusiasm. Thanks to the Academy for teaching us to treat at the emotional level. The simple solutions available within our system are unbelievable.



Back pain cured

Nalini **Ph: 7337629010**
 On 13th April I got severe back pain. It was a catch in my lower back and I couldn't move. Within the 4 days of the first sitting itself my back pain vanished by the treatment given by Dr. Bhojraj.

Treatment Given: ↓Sp-6↑Liv-1↓Lu-7↓P-7

Worried/sadness cured by Acupressure

Mr. Pradeep **Ph: 8296960791**
 I am Pradeep, a student of the Advance Acupressure course. During the course, I learned hand reflexology as a part of the one day basic Acupressure workshop and was excited to try it out with people around me. My Mother used to be worried/sad in the recent past. So I asked her to practice pressing her palm everyday with more emphasis on the happiness point. The results were incredible. It worked like a charm and she is happy these days. Her vibes have visually improved. Thanks to the Academy.

Relief from headache

Mr. Nagraj **Ph: 9663376283**
 I am doing the advanced course in Acupuncture and Acupressure. This was an

instance of immediate relief from headache for my wife.

She was at the Nascom meet and had terrible headache due to which she was not able to focus. She asked if I could suggest some Acupressure points. I asked her to use the pressure points on thumb. Within no time she messaged saying that she got relief from headache and continued with her conference till 2 a.m.

Dr. Peter Lee's Treatment



Dr. Peter Lee, Acupuncture specialist from USA will be available for 6 months for consultations in our Academy with

prior appointment. He is a specialist in spine related problems and is known to cure any spine related problems within a few weeks, especially cases that have been advised surgery. He is also treating diabetic patients with diet manipulation and proper exercise.

Dr. Lee will be interacting with practicing Acupuncturists and patients on 28th July 2018, from 12 noon to 5 pm at Hotel Chalukya.

12 to 1 pm - Registration
 1 to 2 pm - Lunch
 2 to 5 pm - Dr. Lee's Lecture cum demonstration.
 Registration fee: Rs 1000/=
 AAA, Indian Bank A/C.6012588256

Those interested to attend his consultations can register their names with our Academy on before 20th July 2018.

Diabetic patients can bring their own Glucometer for checking their sugar levels before and after the treatments.

Editorial team: Mrs. Jija Subramanian, Dr. Romesh Bhat, Ms. Mamatha.P and Dr. Archana Thangamani

*Working hours: Mon-Sat - 10am to 5pm
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