



ACU WELLNESS

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

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April – June 2013

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[For Private Circulation only] No. 2

Vol. 2

Chairman's Remarks



Acupuncture and acupressure are classified as Energy Healing Techniques wherein the invisible subtle energy fields are manipulated to restore balance in the energy field. All human beings are constantly getting bombarded by cosmic energy subjecting our electromagnetic fields to constantly change. This leads to our nervous system becoming stressed. Energy manipulation techniques like Acupuncture and Acupressure help us balance the energy system and maintain good health.

In Acupuncture, it is the Meridian System which conducts the bio-electrical energy to the organs. There are certain pores in the skin which are specifically defined Acupuncture points. They are found to have very low resistance compared to the skin surrounding it. All of us would definitely have experienced the flow of energy in the facial region as soon as we splash our face with cold water in the morning. This is because the electrical conductivity of the skin increases and we feel charged up immediately. In fact in olden days, people took bath in the river and immediately followed it up with *Surya Namaskar*. This was done in order to receive maximum cosmic energy from the Sun.

Similarly, when the silver/copper coated Acupuncture needle touches the right Acupuncture point, energy is absorbed into the system and a single needle has the potential to cure any disease in the body.

Since diseased organs seem to have a lower threshold of response, only a small stimulus is needed to correct dysfunction of the diseased organ. On the other hand, considerably big stimulus is needed to alter the function of a healthy organ. For this reason the small prick of an Acupuncture needle can cure some of the most severe

diseases. On the other hand it is normally harmless even if a wrong point is activated. This is because the threshold of response of the healthy organ is beyond the stimulus of a mere needle prick.

It is heartening to note that a few schools have taken up the **Childrens' Immunity Development Campaign** seriously and conducted free seminars for young parents. As we are propagating preventive therapy, I request all parents to take up this simple system and keep practicing it on their children. **This will improve the immune system of the children.** Within a few months, the parents will notice that the child is more active and healthy. It has the potential to improve their memory power and IQ as well.

I would like to thank Shri Anil Kumar, Dy Director General, *Doordarshan*, Bangalore, for repeating the telecast of my interview in Kannada on Acupressure. The Rural Karnataka is our target and we will make Acupressure very popular in every part of Karnataka by training more and more teachers in the schools.

Dr. H. Bhojraj

QUOTE

"Do not follow where the path may lead. Instead, go where there is no path and leave a trail."

*Acupressure for children is a new path for young parents.
Help your children stay strong and healthy.*

**ACADEMY for
ACUPRESSURE and ACUPUNCTURE**

Mission

Stay Healthy, Treat Yourself, Avoid drugs.

Vision

To build AAA as an exclusive institution of international standards in Acupressure and Acupuncture and other drugless therapies

Motto

Heal Thyself

MIGRAINE

(By Dr. H. Bhojraj)

The word “MIGRAINE” is derived from the Greek word “*hemikrania*” meaning pain on one side of the head.

What is Migraine?

Migraine is a severe headache that is unilateral (affecting one half of the head) and pulsating in nature. It is accompanied by some symptoms.

What are the symptoms?

Associated symptoms may include nausea, vomiting, photophobia (increased sensitivity to light), phonophobia (increased sensitivity to sound). The pain is generally aggravated by physical activity. Many people with migraine headaches perceive an aura – a transient visual, sensory or motor disturbance which signals that the headache will soon occur. These disturbances include confusing thoughts or experiences, perception of strange lights, sparkling or flashing lights, lines in the visual field, blind spots, pins and needles in an arm or leg or unpleasant smells.

How long does the migraine headache last?

The migraine headache can last from 2 hours to a few days.

What are the causes of Migraine?

Migraine headaches result from a combination of blood vessel enlargement and the release of chemicals from nerve fibres that coil around these blood vessels. During the headache, an artery that is located on the outside of the skull just under the skin of the temple (temporal artery) enlarges. This causes a release of chemicals that cause inflammation, pain and further enlargement of the artery. A migraine headache causes the sympathetic nervous system to respond with feelings of nausea, diarrhoea and vomiting. This response also delays the emptying of the stomach into the small intestine (affecting the food absorption), decreases blood circulation (leading to cold hand and feet) and increases sensitivity to light and sound.

What are the other types of headaches?

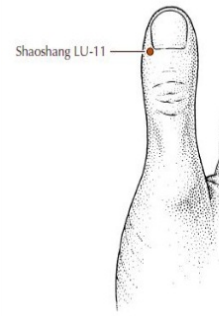
1. Tension Headache:

It affects almost everyone who remains tensed for a period of time. It is a dull, persistent, non-throbbing pain that can make your head feel like it is gripped in a tight band. Tense muscles in the neck may be sensitive to touch. It is the irritation caused to the nervous system by tensed muscles that is the main cause of pain.

It can be caused mainly due to not enjoying what you are doing and partially due to oxygen starvation.

Stress is the most common trigger. Anxiety about work or family life also causes tension headache. Other reasons are persistent noise, poor posture, eyestrain and too much coffee. Grinding or clenching of teeth at night indicates high stress which leads to tension.

Acupressure on root of the thumb nail (Lu-11) has the potential to give immediate relief for tension headache.



2. Sinus Headache:

It is characterized by pain in the forehead, nasal area, eyes and sometimes on the top of the head. They can also produce a feeling of pressure behind the face.

Inflammation or infection of the membrane lining the sinus cavities can give rise to such headaches. The headache may also be caused from the suction on the sinus walls, which occurs when nasal congestion creates a partial vacuum in the sinuses.

It comes mainly due to hay fever and other seasonal allergies.

3. Cluster Headache

The headache is so named since it comes in bunches. Typically it begins in the night after deep sleep and is sometimes preceded by a mild aching sensation on one side of the head. The pain may be severe, piercing and usually located in and around one red watery eye. It is generally accompanied by nasal congestion. It can last for half an hour to two hours and then diminish or disappear all together, only to recur after a day. A barrage of four or more attacks may occur in a day or can strike every day for weeks. Smokers are likely to be more affected. Alcohol and certain foods may trigger such cluster headaches.

Inhaling pure oxygen can be highly effective in providing relief.

Vision test, X-rays, CT scan or an EEG may rule out the possible organic causes of headaches (such as tumour or structural abnormality etc.).

Remedy with conventional medicine

Tension headaches can be relieved by analgesics such as aspirin, acetaminophen, or ibuprofen.

Sinus headaches are relieved by antibiotics and decongestants.

Migraine headaches are more difficult to treat with medicine and some researchers believe the headaches are primarily neurological in origin. It is also suspected that genetics can play a role. A wide range of factors can trigger an attack. Excessive caffeine, various foods, smell, dry winds, changes in altitude and seasons, hormonal fluctuations, birth control drugs, missing a meal, stuffy rooms etc., can also cause headaches. It may also occur after an intense emotional outburst.

If the migraine attacks are frequent (3 to 4 times a month), the doctor will suggest preventive medication on a continual basis. These include propranolol, a betaadrenergic blocker that works by reducing constriction in blood vessels. A calciumchannel blocker such as verapamil also may be prescribed.

If the frequency is not high, drugs such as an Isomethaptene containing a combination of ergotamine may be prescribed. A drug Sumatriptan is used to treat migraines and brings immediate relief. A therapeutic drug Dihydroergotamine (D.H.E 45) acts quickly to constrict blood vessels and reduce inflammation. Sometimes even aspirin can be effective if taken in effervescent form at the first sign of an attack.

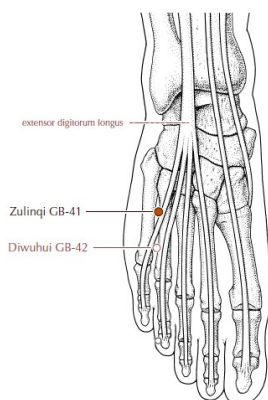
Acupuncture Theory for Migraine

In Chinese Five Element Theory, the 'WOOD' element is responsible for the muscular system. In the six 'Ki' energy form, it is known as wind energy. The wind energy controls the organs. Liver and Gall Bladder which are responsible for controlling the muscular system.

The blood vessels which represent the vascular system are also part of the muscular system. The blood vessels have to continuously constrict or dilate as per the requirement.

Tension headache and cluster headache are caused by suddenly tensed muscles which can be treated by activating the gall bladder meridian point **G.B.41**. This point can relieve the muscular tension within a few seconds and headache vanishes. This point also has the potential to cure neck pain normally known as cervical spondylitis.

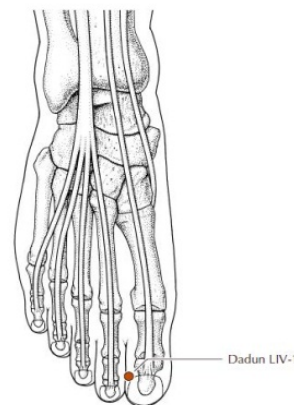
Liver is the organ mainly responsible for migraine headache, since it controls the muscular system. The bile secreted by the Liver should reach the Duodenum, so that fat contents can be easily digested.



GB 41

Medicines and pain killers, weaken the Liver and the muscle which holds the Liver also becomes weak. Due to this, the Liver sags a little and part of the bile juice will find its way to the stomach instead of the duodenum. When bile juice reaches the stomach, the alert system triggers vomiting to remove the bile from the stomach and this leads to nausea.

Since the eyes are controlled by liver, the symptoms are felt in the eyes. The constriction of blood vessels triggered by the nervous system is responsible for the pain in the head region and steadily they start feeling a throbbing pain due to blood flow through constricted vessels. The acupuncture points in the liver meridian have the potential to correct any Liver dysfunction. For migraine headache, the wind point Liv-1 is very effective to provide relief as well as cure in the long run.



Liv 1

Conventional medicine declares the headache as 'migraine', only after trying several medications on the patient without solving the root cause of the problem in the initial stage. As the medicines taken for headache are to be detoxified by the liver, it becomes weak in energy in the long run. If a doctor declares that a person has 'migraine', it literally means that the patient has no cure for this headache and has to manage with symptomatic treatment. **Acupuncture has the potential to cure migraine because it removes the root cause of the problem.** The drugless treatment of acupuncture and acupressure further helps the patients to recover faster. Although there are many reported cases indicating the success in treating migraine, a systematic research is needed to establish the system of cure.

Our Academy has taken the initiative to conduct such a study. The study conducted over a period of one year is intended to reinforce the effectiveness of Acupuncture treatment for migraine with authenticated records.

1st Anniversary Celebration - 2nd February 2013

The First Anniversary of our Academy was celebrated on 2nd February, 2013 in Bangalore. The Chief Guest was Prof. K.K. Mishra (from Allahabad) and Mr. Dasgupta was the Guest of Honor. The programme started with an invocation followed by the welcome address by Mr. M.V. Kannan who headed the Organising committee.

Mr. P. Suresh, Managing Trustee, presented the Annual Report. Mr. Dasgupta released the 1st issue of 2nd Volume of our quarterly Newsletter "ACU WELLNESS". In his address Mr. Dasgupta mentioned that he felt honored to be in the company of such eminent persons. Eighteen Advanced Course students, who successfully

cleared their examination, were awarded the Certificate by Prof. Mishra and the Mementoes were given away by Dr. H. Bhojraj. In his address, Dr. Bhojraj emphasized the need to keep children healthy without antibiotics and also the need to spread the awareness of the drugless therapy.

Prof. K.K. Mishra, an acupuncturist from Allhabad, lauded the efforts of the Academy and promised his full support and guidance in all its activities. The vote of thanks was delivered by Mr. K.N. Suryanaryana Rao, our Trustee (Accounts). This was followed by high tea.

The highlight of the Anniversary celebration was a Panel Discussion on "Relevance of Alternate Therapies in the Present Scenario". This was moderated by Dr. Bhojraj. The Panel included 7 specialists in Alternate Therapies.

Dr. K. Kanaka Rao (Allopathy), Prof. K.K. Mishra (Ayurveda), Dr. K.C. Jose (Integrated Therapies), Mr. Sudhir Nadig (Magneto Therapy), Dr. H. Ramaswamy (Hypnotism) and Dr. Vijaya Seshadri (Auricular Therapy). The Panel Discussion was much appreciated by the Audience who sat through the discussions up rapt attention. The panelists then tackled questions from the audience and also got a demonstration of hypnotism.

In his concluding remarks, Dr. Bhojraj underlined the fact that the holistic approach was more beneficial to mankind but one will have to turn to Allopathy in times of emergency and for their state of the art laboratory tests and reports.

Thus ended a wonderful evening of celebration and discussion.



Mr. M.V. Kannan, Mr. Dasgupta, Dr. H. Bhojraj, Prof. K.K. Mishra, Mr. K.N.S. Rao, Mr. P. Suresh



A section of the Audience at the Anniversary Function



Advance Course Graduates



Panelists : Dr. S. Ramaswamy, Dr. Jose K.C , Prof. K.K. Mishra, Dr. H. Bhojraj, Dr. K. Kanaka Rao, Mr. Sudhir Nadig and Dr. Vijaya Seshadri



Release of Newsletter, Vol. 2 No. 1 by Mr. Dasgupta



A Section of the audience at the Panel Discussions

Brief Annual Report(02-02-2012 to 31-03-2013)

The Academy for Acupressure and Acupuncture was registered on **2nd February, 2012**. The inaugural function was held on **11th March 2012**. The Childrens' Immunity Development Campaign with Acupressure was also launched on the same day.

In September 2012, the Academy shifted to a rented premises in Rajajinagar **11th Main road** and started all the training activities.

Basic Acupressure Course was conducted every month at the Lecture Hall of Institution of Engineers and about 50 people have been trained till end of March 2013.

A Free Treatment Camp was organized at the HCL Infosys Campus in June 2012.

On October 27th and 28th, 2012, an Advanced Course was organized for NAET Practitioners which had the participation of 2 practitioners from France and Doha.

The first Newsletter of the Academy was released on 21st Nov. 2012 and the first issue of 2013 was released during the Annual Function held on **2nd February 2013**.

Doordarshan's "**Chandana**" channel interviewed Dr. Bhojraj on Acupressure Cure which was telecast on **11th January, 2013**. The telecast was repeated on March 2013. This has created interest for acupressure cure in rural areas. A lecture on Acupressure Cure was held for the members of **Broadcast Engineers Association** on January 18, 2013. This kindled more interest in this alternate therapy.

A trainee from **South Africa** has specifically come to Bangalore to learn **Dr. Bhojraj's method** of cure with 4 needles and has taken it up seriously for training others in that country.

We have received donations to the tune of Rs. 1,22,000/- till **31st March 2013** and we expect more contributions by the public in the coming years.

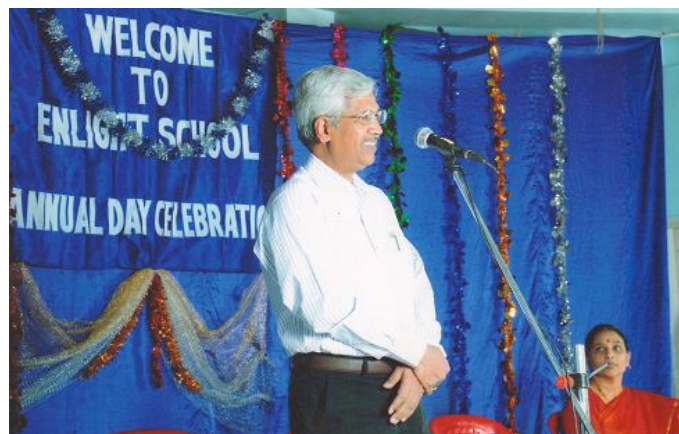
A Free Acupuncture Treatment Camp was conducted in ISRO Layout on 17th March 2013 and many such camps are planned in the coming months in different parts of Bangalore.

The Annual function was held on **2nd February 2013** and **18 students were awarded Certificates** for successfully completing the Advanced Acupuncture Course.

The Panel Discussion on "**The Relevance of Alternate Therapies in the Present Scenario**" was well appreciated by the audience.

Childrens' Immunity Development Campaign

The management of **Vidyarambha Montessori School**, Basavanagara, Bangalore, had invited Dr. Bhojraj to address the parents of the children who have enrolled in our **Children's Immunity Development Campaign**. All the parents expressed their appreciation for the Campaign taken up by our Academy and have assured us to take care of their children as per our guidelines.



Dr. H. Bhojraj was invited to be the Chief Guest at the Annual Day Celebrations of Enlight School, Bangalore. Dr. Bhojraj emphasized the importance of immunity development among children, particularly those under the age of 10 years. He urged the parents to enroll their children in the Academy's Children's Immunity Development Campaign (CIDC) to make them least susceptible to ailments.

CASE HISTORIES

1. Simple Hand Massage every day for young children goes a long way to build up Immunity.

Says Samira Salaam, Bangalore.

Here is the testimony from me about one of our students.

We run a Montessori school (Vidyarambha Montessori School, Basavanagar) with children from the age of 2 ½ to 10 years. After doing the Advance Acupuncture Course and understanding the benefits of starting preventive measures early in life, I decided to have Dr. Bhojraj talk to our young parents. Dr. Bhojraj explained the benefits and how simple techniques of acupressure can make every day life of the child much healthier the easy way. The response after the workshop was very encouraging.

The following day a parent, who, because of personal reasons, could not attend the workshop, came to me and asked if I could give her tips for her child's health improvement. The mother explained the child's situation to me with great pain. Her daughter, who is 4+ years, had an **immunity problem**. She would come to school one day and the following week she would be absent because she would come down with a **cold or fever or stomach upset**. She was extremely sensitive to weather changes. This was getting in the way of her education too. I, being an amateur acu therapist, gave her the same advice Dr. Bhojraj had given to other parents; a gentle massage of both palms with the intention to improve health. The parent thanked me and left with the promise of practicing this simple method to improve her child's health.

After a week or two, I began to notice the regularity with which this child was attending the school. I was very happy to see her every day and also was very curious to know whether her mother was doing what she had promised. I decided to ask the girl herself. To my surprise the girl told me her mother was massaging her palms every day and was eager to show me how it was being done. After her demonstration, I was convinced that acupressure was being practiced on her and the benefits were clearly visible.

Note : Schools may contact the Academy for a free lecture-cum-training programme.

2. Diabetes brought under control with Acupuncture, Pranayama and exercise –

Says Mr. B.V. Satyanarayana, 58 years old. Tel : 97319 85410

I used to become extremely tired by the end of the day after work in June 2012 and I also developed eye problem. I was unable to focus for a long time.

My wife suggested a thorough checkup. The sugar level showed very high readings – **FBS 297** and **PPBS 471** – and the doctor suggested to start the tablets immediately.

I told the doctor that I would like to try *pranayama*, diet control and exercise instead of medicines to bring down the sugar level. If I start medication, I will have to take it for life-long.

My wife suggested that I try Acupuncture also along with natural therapies.

We visited Dr. H. Bhojraj on 2nd July 2012 and started acupuncture treatment weekly once for the first one month and later fortnightly.

The results were excellent. My sugar level was brought down to **normal**. On 4th August 2012, my sugar levels were recorded as **FBS 109** and **PPBS 124**.

I am continuing my *pranayama*, diet control, exercise and self acupressure as taught by Dr. Bhojraj. Till April my sugar levels never crossed the normal range and I have not taken tablets to control my diabetes.

Report of tests conducted at the Laboratory

<u>Date</u>	<u>FBS</u>	<u>PPBS</u>
02-07-2012	297	471
06-07-2012	175	297
07-07-2012	167	315
12-07-2012	140	240
24-07-2012	140	207
04-08-2012	109	124
April 2013	109	140

Doctor's Comments

It is very clear, Acupuncture alone cannot bring the sugar level under control. But when it is combined with *pranayama* (especially *kapalabhati*), **strict diet control and exercise**, it is possible to control this metabolic disorder.

INDIA is going to be the capital of diabetes in the world. Let us use our own ancient wisdom to overcome this problem, especially among the young and middle aged people.

3. Migraine – cured with Acupuncture

Ever since the age of five, Mrs. Josephine Alexander now aged 51, has been suffering from migraine headaches. As a child she was treated with homeopathy medicines. As she grew up, the severity of the headaches increased and it was accompanied with severe vomiting. She was on medication all the time. But there came a stage when even the medicines could not control the pain.

On **16th October 2012** she started taking Acupuncture treatment. A Pulse analysis revealed excess of **Spleen coldness** and **Large Intestine wind**, **Liver 1 increase** and Lung 7 decrease were also administered. She came back after 10 days. The intensity of her headaches had decreased and there was no vomiting. She was given the **Liver**

wind increase formula and was asked to come only once in 15 days. After the 6th sitting Mrs. Josephine stated that the intensity of her **headaches have come down drastically** and very hopeful of curing her 40 year old Migraine.

4. Migraine headache vanished in 6 sittings

Says Vaishnavi Charan; housewife, 40 years old.

I was suffering from Migraine headache since my school days (8th Std.). It used to occur during **early hours of the morning** or at **late nights** and would last for about 2 hours. Many a time it would be unbearable. I used to vomit on several occasions when the headache occurred and I had spent many sleepless nights. I also used to take the help of my mother (to keep pressing my head during my studies and preparation for examinations). I tried all types of medication but got no relief. I took Ayurvedic medicine for several years which did not help either. I was prescribed allopathic tablets and that would give me some relief from headache but the pain was recurrent. A couple of years later, I was diagnosed to be having **kidney stones** (perhaps due to continuous medication for migraine headache). Later this was cured by Ayurvedic treatment and diet control. However the Migraine headache persisted.

During 2006, one of our friends, suggested to go to Dr. Bhojraj for Acupuncture treatment. I decided to try this treatment from Dr. Bhojraj. From the first sitting itself the **frequency and intensity of headache reduced** and gradually in 4 months' time (6 sittings) I was completely cured of Migraine headache. Till now the headache has never recurred and I feel confident and know for sure that **acupuncture perhaps is the only cure for Migraine headache**. Thanks to Dr. Bhojraj for relieving me from the problem of the severe headache/migraine.

5. Migraine headache cured by Acupressure

Says Veena Chakravarthy; Housewife.

From the year 1997, I used to get headache **every day**. It would start around 4 PM and would last for about 3 to 4 hours. The headache would be accompanied by symptoms **like nausea and sensitivity to light and sound**. I took allopathy treatment. My headache was diagnosed as **Migraine**. I had to take Restel tablets every day. The pain and nausea would subside but the pain would

come back the next evening. Long time medication led to **weight gain and knee problems**. Continuous intake of pain killers also led to shivering (trembling of hands). It was difficult to even sign a cheque.

In 2012, I started looking for an alternate solution. I joined Dr. Bhojraj's Basic Acupressure Course in February 2012 and started doing acupressure to cure myself. I activated **St 36, Sp 6, Liv 1, Lu 7 and P 7 points**. I activated ear points (Auricular therapy) for headache, 3 times a day. Gradually, the occurrence of headache started to decrease to **alternate days**, then **once a week** and later to **once a month**. By September 2012, my knee pain was better by 50% and I had **lost 10 kgs.** (I take ½ hour walk every day). Ever since September 2012, I have **never had a Migraine headache**. I only get an ordinary headache whenever I am under the influence of an air conditioner. **Acu treatment is perhaps the only solution to Migraine Headache.**

My experience encouraged me to do the Advanced Acupuncture Course in order to help me spread awareness of this wonderful drugless therapy.

6. Tennis Elbow easily cured by Acupressure

Says Mr. Shanthi Mohan

I was suffering from **Tennis Elbow** for the past **3 years**. I was advised not to lift weights and to do exercises regularly. I was not able to do household chores like lifting the vessels off the stove etc. My husband, who got good results with acupuncture for his medical condition, suggested that I should try acupuncture treatment for my elbow problem. I took his advise seriously and took treatment from Dr. Bhojraj.

After about 10 days, my husband was wondering why I was not asking for any help in the kitchen. It was only then I realized that my elbow did not hurt any more. I was cured in just 1 sitting. Thanks to Dr. Bhojraj.

Doctors Comments :

She was given **Spleen humidity reduction, Liver wind increase, Lung dryness reduction, Pericardium humidity reduction, Heart humidity reduction, Pericardium wind increase and Lung coldness reduction** as per **Pulse Analysis**.

CHILDREN'S IMMUNITY DEVELOPMENT CAMPAIGN

Acupressure points to overcome cold, allergy, digestive problems and eye problems will be taught to those mothers who join the Campaign. Mothers will be motivated to follow this preventive therapy for one year and record their observations for our data base.

Any school can write to us for a talk on the subject. A minimum of 20 mothers/care takers will be necessary. If the number of children to be covered under the Campaign is less than 20, the talk will be given at the Academy premises.

ACKNOWLEDGING DONORS

We would like to express our **special thanks** to all the donors listed below for their excellent support and encouragement towards achieving our goal.

Mr. K.C. Navada	Bangalore
Mr. G. Vishwanathan	Bangalore
Mr. M.V. Balasubramanian	Karaikudi

Please note

No one is allowed to teach Bhojraj's Technique to others without the written permission from the Academy for Acupressure and Acupuncture, Bangalore. Anyone defying this will be liable for legal proceedings.

One day

Basic Course in Acupressure

On 3rd Saturday of Every Month

[April 20th, May 18th and June 22st 2013]

at

Institution of Engineers (India)

Dr. B.R. Ambedkar Veedhi
(Opp. The Indian Express)

From 9-30 AM to 4-30 PM

**For registration contact (080) 2313 2103 or
P. Suresh – 93412 61251**

Advance Acupuncture Course

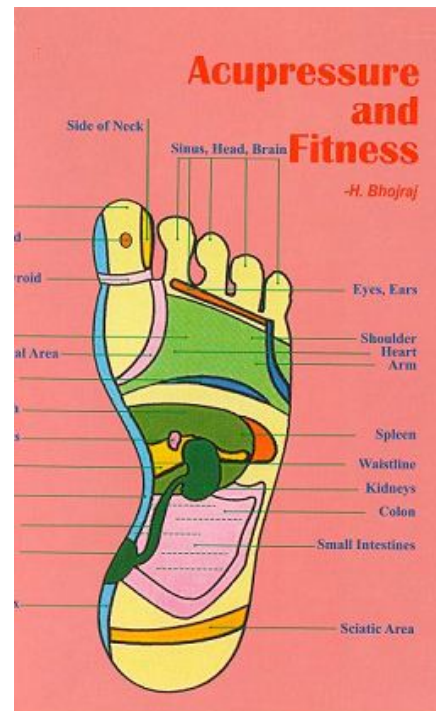
from

26-04-2013 to 30-04-2013

(Full day course) at the Academy premises

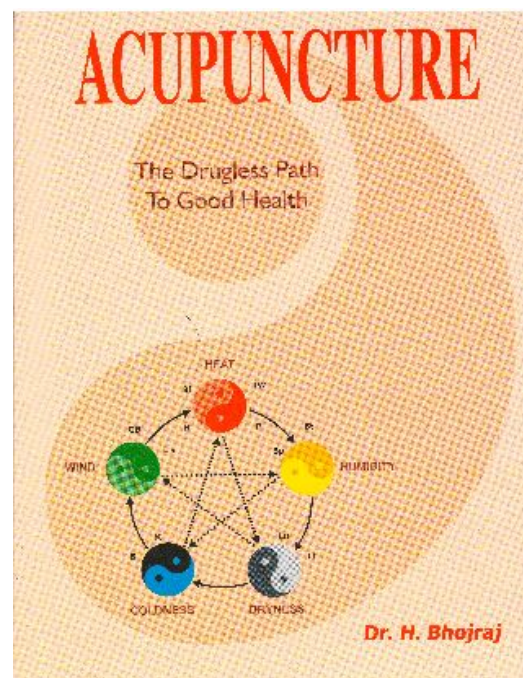
For registration contact:

(080) 2313 2103 / 98456 49914



Price : Rs. 250/-

This book is highly appreciated and very useful to know the acupoints to activate by oneself for common ailments. This book has gone into 7th reprint (February 2013) since 1994.



Price : Rs. 1,200/-

This book gives the details of the points to be treated for various ailments using the needles (acupuncture). A book highly appreciated by all those who have undergone the Advance Acupuncture Course since it contains figures and easy to locate acupuncture points.

These books are available for sale at the Academy & at M/s. Gangarams, Church Street, Bangalore – 560 001

Editorial Committee of **ACU WELLNESS** :

Mr. P. Suresh (Editor), Mrs. Jija Subramanian, Mrs. Vimala. M.