



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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

April – June 2014

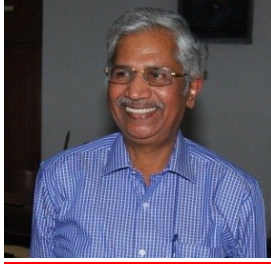
Tel : (080) 2313 2103 e-Mail : acuacademybgl@gmail.com Website : www.acuacademy.org

Vol. 3

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No. 2

From the Chairman's Desk



It is heartening to note that our Academy celebrated its II Anniversary on 8th Feb 2014. The performance for the 2nd year shows that a strong foundation has been laid by the team. The training programmes have been streamlined by the Academy and the course materials required for both the Basic Course in Acupressure and the Advance Course in Acupuncture have been finalised. People from different states have shown interest in the Advance course and have undergone the 10 days course with full satisfaction in the theoretical explanations. The practical training for a few more months will make them good healers and such healers will be given accreditation by our Academy. This will help in propagating our simple acupuncture system in their cities.

In the past two years [Sep 2012 to March 2014] around 50 patients visited our Academy every month for various ailments and have been benefitted by this simple method. The theory "**A single needle has the potential to cure any disease**" was proved when a lady visited our academy after many years with a complaint of allergy. She had taken **only one sitting** in

acupuncture **10 years back** and was totally cured of all her problems. She has been practicing reflexology as taught to her in that session.

At the Academy, we have started analysing the data of patients to identify diseases for which acupuncture has given remarkable results. Recently, a group of Ayurvedic doctors underwent our course of acupressure. We are motivating them to take up a few diseases and treat them with acupressure. They will be monitored over a period of time as a part of our research.

All said and done, the health of a person is decided by the expectation of the subconscious mind. The subconscious mind receives orders from the conscious mind. Thought by itself is a force like gravity or electricity. The conscious mind is affected by the emotions like anger, fear, worry and grief. One should transcend these emotions and reach a state where the disturbances are kept at minimum. A few minutes of **Zen Meditation** everyday will help one attain this peaceful state of mind. I request all our Advance Acupuncture practitioners to continue with Zen Meditation to stay healthy at the emotional level.

I thank all the practitioners who have come forward to get accreditation. This will help patients save time and travel. The applicants will be issued accreditation after a trial period of 3 months.

Dr. H. Bhojraj

Locality	Name	Phone No.	Locality	Name	Phone No.
<u>Bangalore City</u>			Vijayanagar	Joyce D'Souza	98453 71419
<u>Accredited Healers</u>			R T Nagar	Vimala M	98455 11874
Rajajinagar	Jija Subramanian	99861 68181	Old Airport Road	Yogini Mehta	98450 27162
Padmanabhanagar	P. Suresh	93412 61251	<u>Other Places</u>		
<u>List of practitioners seeking Accreditation</u>			Kotagiri (Ooty)	Vennila Prabhu	94867 12847
Cooke Town	Sr. Sunita	94494 45823	Daman	Aditya Narayan	94280 22694
Mahalakshmpuram	Ramesh N.S.	99452 05178	Coimbatore	K. Uvaraj	94421 16076
Byappanahalli	Ushaa Rani	98806 49748	Hyderabad	Shravan Kumar	98480 71992
Bannerghatta Road	Dr. Beena D.C.	72591 77107	Puduchery	G. Jayakumar	94496 59028
Wilson Garden	Veena Chakravarthy	81234 65276	New Delhi	Namita Arora	98107 10036

AURICULAR THERAPY

What is it Auricular Therapy

Auricular therapy is based on the premise that different parts of the body have a reflex association with specific acupuncture points on the auricle of the ear. These points can be stimulated in various ways to balance the energy in the corresponding part of the body. The outer ear acts like a switchboard to the brain and each point triggers electrical impulses, from the ear, via the brain, to the area of the body being treated.

History

The earliest written records of ear acupuncture date back to the Yellow Emperor's Classic of Internal Medicine, a compilation of acupuncture procedures that were in practice in 500 BC. The modern form of the therapy was developed by Paul Nogier, a French neurologist in the late 1950s.

Treatment

There are several techniques used

- **stimulation** by using acupuncture **needles**
- auricular **seed** therapy, where a **seed, or magnet pellet on tape** is applied to a point on the ear. The patient can, at intervals, self-stimulate the point to increase the therapeutic effect,
- auricular **massage**,

Diagnosis

Auricular therapists use a combination of:

- **inspection** (look for colour and skin texture changes),
- **probe for tender acupuncture points**, which indicate which diseases may correspond,
- electrical auricular detectors can be used which can pick up a **difference in electrical skin resistance of points** corresponding to diseased areas in the body.

Conditions

Auricular therapy is used for a wide range of skin, respiratory, digestive, hormonal, musculo-skeletal, circulatory and emotional conditions to name but a few.

How many times per week are treatments administered?

There is no set number of treatments for any health condition treated by auricular therapy. The number of treatment sessions per week depends upon the

severity of the patients' health condition. When possible, severe conditions can be treated on a daily basis. Typically, patients are given two treatments per week for two to three weeks, then once a week for several more weeks. The frequency of sessions progressively decreases to once a month as the medical disorder becomes less pronounced.

How long is a typical treatment session?

While the first auricular therapy session requires greater time for an intake evaluation and patient history, a typical auricular therapy treatment lasts 15 to 20 minutes. With auricular acupuncture, four to six acupuncture needles are inserted and left in place for approximately 20 minutes.

What are the contraindications for auricular therapy?

As with other forms of acupuncture, there are few contraindications for the use of auricular therapy. It is important not to treat women who are pregnant, and not to electrically stimulate the ear points of patients with a cardiac pace maker.

Because tenderness of ear points is one of the primary diagnostic features of auricular therapy, soreness on the ear points stimulated can sometimes continue for up to an hour after the treatment.

CASE HISTORIES

Ear Acupressure worked like a miracle for knee pain. Says Mr. K.N. Shanmugam Mob: 09488186988 Joint Director [Retd], Agriculture Department, Tamil Nadu

I was having knee pain for quite some time and I used to manage with pain relieving ointments. It was in the year 2012, while I was in a family function, I met Dr. Bhojraj. He advised me to try Ear Acupressure for relief and placed a Ear Seed on the knee reflex point in the right ear since I was having pain on the right knee. To my surprise within few minutes the pain reduced. Today, after 2 years, I can declare that my knee pain never occurred again.

After knowing this technique I started treating all my friends and relatives for different pains particularly for knee pain and all of them have got remarkable relief from their pains.

I thank Dr. Bhojraj and I am keen to learn Auricular therapy in detail.

Knee pain cured with Auricular Acupuncture
Says Ms. Mousumi Dhar. Phone.No: 9845421806

I joined the advance Acupuncture course conducted by the Academy in the month of Dec 2013 and had an opportunity to attend the Basic Course conducted at the Institution of Engineers.

In the afternoon session, Dr. Bhojraj gave us a brief idea of auricular therapy. On that day I had terrible knee pain. He inserted a needle for just a few minutes on the knee reflex point. I was completely cured of my knee pain for the next one week. It was miraculous. Thanks to Dr. Bhojraj for the treatment.

The Times of India dated 21/12/2013 (Saturday) carried an article regarding auricular therapy to fight obesity.

Ear acupuncture could help win obesity battle

Researchers have said that a five-point stimulation of outer ear can help shed weight. According to them, using continuous stimulation of five acupuncture points may be better at reducing abdominal fat than a single point stimulation. Auricular acupuncture therapy suggests that the outer ear represents all parts of the body.

THE EXPERIMENT
The Korean researchers compared acupuncture of five points on the outer ear — shen-men (divine gate), spleen, stomach, hunger and endocrine — and one point (hunger) — with sham treatment on 91 overweight adults (BMI of 23 or more). Participants were asked to follow a restrictive (not aiding weight loss) diet and not to take any extra exercise during the eight-week period.

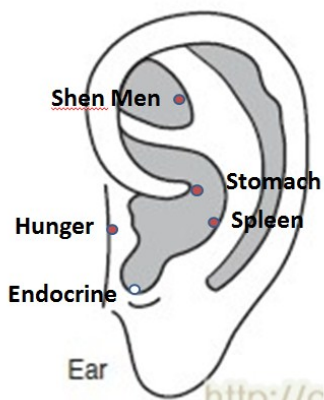
Thirty one people were randomly assigned to the five-point treatment, which involved the insertion of acupuncture needles 2 mm deep into the outer ear. These were kept in place with surgical tape for a week, after which the same treatment was applied to the other ear, with the process repeated over eight weeks.

Another 30 people were assigned to the same treatment process, but at just the hunger point. And a further 30 were given sham treatment — with the removal of the needles immediately after insertion.

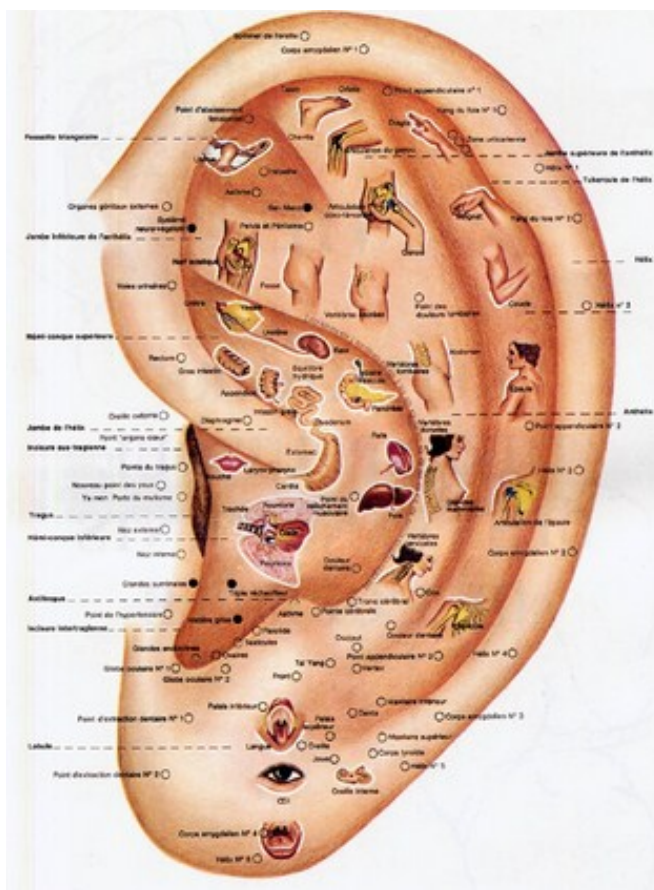
THE RESULT
All participants were weighed and measured at the start and end of treatment, and four weeks in, to include BMI, waist circumference, body fat mass, percentage body fat, and blood pressure. Among those who kept going for the entire period, significant differences were apparent after four weeks, with the active treatment groups showing a 6.1% (five-point treatment) and 5.7% (one-point treatment) reduction, respectively, in BMI compared with the sham treatment group among whom there was no reduction in BMI.

— ANI

The points mentioned in the article are depicted below:



Ear Acupuncture Points



**AURICULAR THERAPY
TRAINING PROGRAMMES**

in

April	2014	7th to 9th
May	2014	5th to 7th
June	2014	9th to 11th

For all registrations and other details, please contact (080) 2313 2103 / 98456 49914

Time : 10-30 AM to 1 PM everyday

Venue : Academy Premises

Course fee Rs. 5,000/- per person if registered one week in advance.

Dr. Bhojraj's address to members of Rotary, Mylapore, Chennai

On 26th January Dr. Bhojraj was invited by the members of the Rotary Club of Mylapore Urban (Chennai) to address its members and enlighten them about the advantages of acupressure and Acupuncture. This talk was arranged by Shri P.S. Sridharan, a donor of our Academy. It was highly appreciated by all those present. Shri Sridharan indicated that their Rotary was planning to start a project in Puducherry under their child health programme (economically weaker section) and requested Dr. Bhojraj to guide them.



Rotary District Governor, Chennai, felicitating Dr. Bhojraj

Second Anniversary and Graduation Ceremony

Our Academy celebrated its 2nd Anniversary on 8th February, 2014. The forenoon session was devoted for conduct of a session to enlighten young mothers of the need and importance of taking care of their children. The participants of this session were very appreciative of the content and the conduct of the course. The post lunch programme was devoted to educate those suffering from Migraine headache and how this ailment, which has no cure in allopathic system, can be easily cured through acupressure and acupuncture.

Our Founder Chairman, Dr. H. Bhojraj presided over the celebration which began at 4-30 PM.

Hlr. Jija Subramanian presented the Annual Report which was preceded by the welcome by Shri P. Suresh. In all 11 students were awarded the Advance Course Certificate. Nine of them received in person and two were awarded in absentia.



Dr. Narendra Borwanker delivers Vote of thanks



Graduates with faculty members

All the Advance Course students expressed their satisfaction for having undergone the course. In his presidential remarks, Dr. Bhojraj emphasized the need to involve more and more children under the age of 10 years in our campaign of Children's Immunity Development. This would ensure good health of future generations. Many of the Graduates were accompanied by their parents and relatives for this function.



Participants at the 2nd Anniversary

Hlr. Jija Subramanian was awarded the Accreditation Certificate on this occasion.



Hr. Jija Subramanian receiving the Accreditation Certificate

Mrs. Erwane Chauvelot, a French National, has completed her Advance Course in Acupuncture. Her mother accompanied her for the graduation ceremony.



Advance Course classes

The Advance Acupuncture Course was conducted from 16th to 25th January 2014 which was attended by Mr. Selvaraj and Mrs. Erwane Chauvelot.

Talk by Dr. Bhojraj at NSSK

Dr. Bhojraj was invited by the Nair Seva Sangh Karnataka (Jalahalli West) to address its members on 9th March, 2014 with specific reference to problems related to women. The Secretary has sent us a thanking e-mail “Dear Dr Bhojraj / Mr. Suresh. Please accept our sincere appreciation for the outstanding presentation you made to the Nair Seva Sangh Karnataka (Jalahalli West) Karayogam. Almost every member present benefitted in one way or other. Even the most healthiest person came away with the knowledge about acupressure and acupuncture. Your indepth knowledge, interesting presentation skills combined with Mr. P. Suresh’s practical training really made the presentation a memorable one. I personally appreciated your approach to anticipating user’s needs. The subject itself intrigues me, and I plan to learn

more. We are deeply grateful for the time and effort you took to share your thoughts and experiences with our group.”

Thanks and Regards, Praseetha Suresh, Secretary, NKKS, Karnataka.



A part of the Audience of NSSK listening to Dr. Bhojraj

Monthly (3rd Saturday) Basic Course

During January and March 2014, Basic Course classes were conducted at the Institution of Engineers in which 12 people participated. The scientific, easy to follow techniques for good health were much appreciated by the participants. Some of them have shown interest to undergo the Advanced Course during January 2014.

Dr. Bhojraj’s presentation in BSK 3rd Stage.

The Residents’ Association of Srirama Aditya Appartments in Banashankari 3rd Stage had invited Dr. Bhojraj to address a gathering of more than 30 residents of the housing complex on 9th February 2014 at their Club House. The presentations were well appreciated by the participants. The President of the Association requested for conduct of a Basic Course in Acupressure for the benefits of their residents. He also requested us to explore the possibility of a treatment camp at their Club House since many of the residents had expressed their difficulties to travel a long way to the Academy for treatments.

Special Basic Acupressure Course for Practitioners of Ayurveda



Ayurvedic doctors who participated in the course

On the initiative of Dr. Manjula Jagdish, Secretary, National Integrated Medical Association, our

Academy provided the practitioners of Ayurveda and Siddha, a bi-weekly training programme on Acupressure from 12th to 26th February 2014 in five half day sessions. All the participants were highly delighted to know about the advantages of Dr. Bhojraj's method of treatment. Based on their own experience during the conduct of the course, **all** of them have shown interest to undergo the Advance Acupuncture training at our Academy.

Treatment Camp in Banashankari 3rd Stage.

On the initiative of Mr. Sheshadri, President of the Residents' Association of Srirama Aditya Apartments in Banashankari 3rd Stage as also on the request of more than 10 patients taking treatment for various ailments, we decided to conduct treatment camp once a week at the Club House of the Residential Complex from 8th March 2014, initially for 4 weeks. Since all those who have taken treatment have felt the usefulness of acupuncture treatment, there has been a request to continue the treatment camp for a few weeks more.

Dr. Mundra's visit to our Academy.

Dr. R.K. Mundra, of Medicare Plus of Faridabad, Haryana who has supplied us the Pulse Analysis System (PAS) had come to our Academy during February 2014. We have acquired the latest version of the PAS which gives us a graphical presentation of the levels of all the energies of different organs. With this version of PAS, the excess energies can be easily identified and sedated. The results obtained are very encouraging and positive.

Those who wish to buy this PAS may please contact **Dr. Mundra (Hitech Health) at 655, Sector - 7B, Faridabad - 121 006; Mobile-09868510114**

Dr. Serguei Fedotov, inventor of PAS will be visiting Bangalore during November 2014 and conduct a presentation seminar on various applications of PAS to Acupuncture Practitioners and Ayurvedic doctors. Those interested may contact Dr. H. Bhojraj for initial registration.

How I took to Acupuncture

Palyam Suresh

My wife Sujata and I attended Dr. Bhojraj's Basic Acupressure summer course conducted at the Indian Institute of World Culture in the year 1999 on the advice of my relative, Mr. Dharmaraj. This basic course has been the **turning point** of my wife's

arthritis problem which was nagging her for nearly 10 years. She used to take **10 to 12 pain killers** every day in order to be able to complete the household chores. The first day of body balancing practicals proved to be a boon for her and after leg balancing practicals she found **90% relief from the pain that was nagging her for over a decade**. We had tried all the conventional methods in the field of medicine but none of them helped her.

Impressed by this, we completed the advance acupuncture course conducted by Dr. H. Bhojraj in Jayanagar, Bangalore, in the year 2000. **We belong to the first batch of students in the advance acupuncture course**. Today, after 14 years, I can say that her **medicine intake is near zero**.

As I was involved in the DTP work of bringing out the books on Acupuncture and Acupressure authored by Dr. Bhojraj, I had the opportunity to read both the books thoroughly. The Acupuncture treatment method adopted by Dr. Bhojraj was innovative and a novel method which can give instant relief for many ailments.

Fascinated by the healing science propagated by healer scientist Dr. H. Bhojraj I involved myself in all the summer classes conducted by him at the Indian Institute of World Culture, Basavanagudi, Bangalore.



Mr. P. Suresh receiving the Advance Course certificate

We organised a **Diabetic** treatment camp for one year in **2004** which was attended by 250 patients and Migraine headache camp in **2005** with 67 patients and the results achieved were remarkable.

In the year **2011**, after his retirement from ISRO, Dr. Bhojraj asked me to explore the possibility to start a formal institution to train people in Acupressure and Acupuncture. On **2nd February 2012**, we registered the Trust named **Academy for Acupressure and Acupuncture** and started working in a rented building. Research projects in Migraine, Diabetes, Varicose veins, Frozen shoulders, back pain and knee pain have been

initiated and the research associates have also been identified to bring out the results which will be presented in the national level conferences adding value to the Acupuncture cure through the drugless path.

I have started treating my friends and some members among my family circle for back pain, sciatica pain, migraine etc., with a good measure of success using Dr. Bhojraj's formula. I thank Dr. Bhojraj for not only giving me the responsibility as the Managing Trustee but also for accrediting me as a healer in Padmanabhanagar area of Bangalore.

CASE HISTORIES

Namita Arora, has undergone the Advanced Acupuncture course in our Academy under Dr. H. Bhojraj. She is a resident of New Delhi and practicing Dr. Bhojraj's Method of Acupuncture. The following cases have been reported by her.

Tinnitus cured with Acupuncture

A 65 year old gentleman visited my clinic seeking relief for his **tinnitus problem**. The sound in his ear was particularly debilitating, becoming worse each night and then carrying on in the background through the day. It had been almost **3 years** and **no medication** so far had resolved the problem.

In my first session, I applied the Kidney Coldness reduction formula on subsystem, simultaneously also applying needles on auricular points :

K10 ↓ K3 ↑ K1 ↓ P3 ↓

He reported a reduction in sound levels after the first session and said **his body felt more relaxed**. The same treatment was continued for three days, after which 70% of the problem was cured. We scheduled twice a week sessions after that. Within these, we worked on the Kidney-Liver-Spleen meridians. After **7-8 sessions**, the tinnitus was mostly gone, except for the oppressiveness at night. This was brought on by a chronic sleep apnoea condition that had weakened the nasal passage, thereby weakening the facial nerves as well. Treatment on the **Lung meridian effectively removed any leftover blockage**. His overall health improved, he is happier and healthier with minor issues like backaches and redness of legs having also been simultaneously addressed.

Forearm problem cured with Acupuncture

A 42 year old gentleman complained of inflammation, sensation of cold and sweat in his left arm from below the elbow till the fingers. He is a driver by occupation and the draft of AC would

hinder him from even driving. This had been the case for four years. he had to keep his arm covered all the time and a bandage had to be applied when the pain started. On enquiry, I found out he had been admitted to a hospital on account of fever 4 years ago. The staff had administered a drip on the same arm, and he had experienced the symptoms ever since.

I applied the Lung humidity sedation formula on him and asked him to come each day for 3 days. After the first sitting itself, the hand was considerably better. Within two weeks, the symptoms disappeared and he was able to drive comfortably. It was after 4 years that he wore a half sleeve shirt and survived the monsoon season without any further complications.

Hyper vitaminosis cured with Acupuncture

A 33 year old lady was referred to me after having been accidentally prescribed a higher dose of Vitamin D than required. She was administered a 60 lakhs units/day dose accidentally as against 6 lakhs. Within a week of consumption, she was extremely unwell. Body ache, extreme hair fall, insomnia, constipation, lack of appetite, restlessness, palpitation and extreme fatigue. A repeat visit to the doctor revealed that she had been overdosed and the vitamin D levels in her body exceeded 200, considered highly toxic. Apart from consumption of plenty of water, abstinence from calcium and protein rich foods, the doctors had no relief to offer.

On the first two sessions, I applied foot reflexology on her. This led to her system calming down and her being able to rest and sleep through the night. This was then followed by Liver sedation, Small intestine activation and Urinary Bladder sedation formula. She was advised to come once every week. While her symptoms reduced very rapidly, the tests showed no change in levels. After almost 4 months of treatment, interspersed with reflexology, her test reports finally registered within normal range. It took us six months, but in the end she walked away healthier and ailment free.

Namita Arora can be contacted on phone No. 09632625379

Acupuncture –Effective cure for Thyroid

Says Mrs. Vidya Venkatesh, Rajajinagar Bangalore

Back in 2011, Smt. Vidya Venkatesh used to get frequent cold and cough and throat irritation.

There was also pain on the left side of the neck which rose upwards. Tests revealed that her TSH had shot up to 7.25. She took Ayurvedic treatment

and in three months it came down to 6.11. She continued with the treatment but joints pain, hair loss, weight gain, lethargy, dryness in throat and abdominal pains continued to bother her. Her sister suggested that she try Acupuncture.

We started treatment on 01/03/2013. As per the pulse analysis, she was administered: ↓St 44, ↓GB 41, ↓ Lu 7, ↓Sp 6. For the following 3 weekly sittings on 01/03/2013, 15/03/2013, 22/03/2013, the treatment given was ↑Liv1 ↓Lu 7 ↑H7 and ↑P9.

After the 3rd week itself, her TSH had come down to 1.69 which is normal, she no longer felt lethargic or tired. The joint, pains and abdominal pains had also decreased, to a great extent. She came in for one more sitting on 05/04/2013. She had no pains and felt very normal and happy. She is continuing with the hand massage exercises and has no complaints.

Spondylitis -- Acupuncture the Best Cure

Says Mr. Natashekara, R T Nagar Bangalore

I had taken treatment from Dr. Bhojraj in 2007 for a severe problem of Spondylitis. This I took when all other types of treatments failed to cure. It was such a surprise that in just **ONE** sitting I got rid of the problem. My Son-in-law, Mr. Raghavendra Prasad' also had a similar problem and he took treatment in 7 sittings. Both of us are completely cured of spondylitis and the pain has never recurred. We are extremely happy we could do away with the surgical procedures. We are very regular in the the palm exercise taught to us.

On March 19, 2014, I came to the Academy to take treatment for my joints pain. I am sure this will also be cured with acupuncture.

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 19th April, 17th May & 21st June 2014

at

The Institution of Engineers (India)

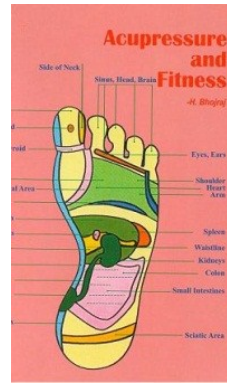
3, Dr. B.R. Ambedkar Veedhi, Bangalore
(Opp. The Indian Express office)

From 9-30 AM to 4-30 PM

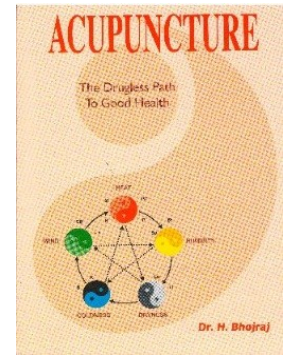
Course Fee : Rs. 2,000/- per participant

For registration contact

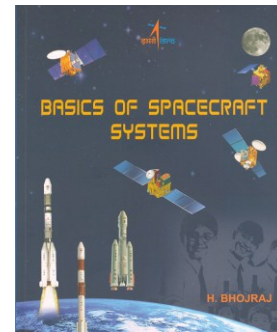
P. Suresh – 93412 61251



Price Rs. 250/-



Rs. 1,200/-



Rs. 300/-

Orders accepted for delivery by Courier despatch by the Academy on advance payment.

Contact (080) 2313 2103 between

10 AM & 5 PM on week days.

Books also available at M/s. Gangarams, Church Street, Bangalore – 560 001

Advance Acupuncture Course (one year)

Module 1

Every Saturday between 10-30 AM to 1 PM
This is a Cyclic Course repeated every 3 months. Those interested can join any Saturday and continue for 1 year

For all registrations contact (080) 2313 2103

Module 2

Ten days forenoon course between 10-30 AM and 1-00 PM (Theory only)

12th to 21st May 2014

14th to 24th July 2014

Practicals for 1 year depending on candidates convenience.

Course Fee : Rs. 40,000/- per participant if registered at least one week in advance

For all registrations contact (080) 2313 2103

Editorial Committee of ACU WELLNESS

P. Suresh (Editor), Mrs. Jija Subramanian and Ms. Kavya D.N