

Dr. H. Bhojraj's Method of Acupuncture and Acupressure

In classical acupuncture, the needles are inserted all over the body and are kept inserted for 30 minutes. In Su-Jok Acupuncture, the needles are inserted only on the fingers and kept for 30 minutes. Some of the acupuncturists even stimulate the needles with electrical impulses generated in different frequencies to clear the blockage in the meridians.

Dr. Bhojraj's method of acupuncture is a real combination of classical and Su-Jok acupuncture principles. In this treatment, after initial pulse analysis, one needle is inserted on the skin at four different points, for 30 seconds in each point. The entire treatment process takes only 5 minutes and the results are excellent.

The advantage of this method is that acupressure or finger pressure can be used on the acu-points instead of needles which gives the same effective cure. The technique is simplified so that people can practice with basic training.

This method is also helpful for people who are pressed for time, but need the practical knowledge to cure the symptoms. For those who want to learn the treatment technique in-depth, flexible training courses and practice sessions are available.

The fundamental purpose behind this innovative method is to help people gain an understanding of body dynamics, cure themselves and live a healthy life free of ailments.

Comparison table

Dr. Bhojraj's Method	Classical method	Su-Jok method
Single needle insertion	Minimum of 10 needles insertion	4 needles insertion
Insertion of needle only up to 0.5mm	Insertion of needle as deep as 15mm	Superficial insertion on the finger
Needle is kept at each point for 30 seconds only	Needle is kept for 30 Minutes	Needle is kept for 30 Minutes
Treatment is done weekly once or fortnightly	Treatment to be done daily for 15 days	Treatment to be done daily for 15 days
Balances the energy in a scientific way	Removes the blockages in the Meridians	Balances the energy in a scientific way
Acupressure or finger pressure can replace needles and almost have same curing effect as a needle insertion	No such technique	No such technique

Acupressure can be practiced with basic training	No such technique	No such technique
Needle is inserted on the points below the Knee and below the Elbow only	Needles are inserted all over the body	Needles are inserted only on the Thumb, Index and Middle fingers

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