



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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

Special Issue - 4th Anniversary, February 2016

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

Vol. 5

[For Private Circulation only]

No. 1A

From the Chairman's Desk



It is heartening to note that the Editorial Team has taken the initiative to bring out a special issue of our Newsletter "ACU WELLNESS" on the occasion of our 4th Anniversary celebrations, inspite of their tight engagements. It gives us pleasure to observe our progress from the day of registering as a Trust on 2nd February 2012. At the outset I express my deep gratitude to all the Trustees who have shown tremendous faith in my vision and supported me till date.

Acupuncture Science is more than **2,000** years old and we have taken it as a challenge to prove that it is a scientific therapy which has the potential to cure any disease. The recognition for this science may take a few more years in India, though the whole world has recognized Acupuncture as an **independent therapy**.

Acupuncture Science Association India (ASA), was formed in **December 2013** mainly to protect the interest of Acupuncture Science and Acupuncture Practitioners. In the ASA Southern Zone meeting held

on 2nd January 2016, it was formally decided to form the **Bangalore Chapter** of ASA.

The Central Committee represented by Prof. Ram Gopal, Dr. Debasis Bakshi and Dr. C. K. Raju have nominated me as **Advisor for ASA**, Bangalore Chapter. I would like to express my hearty thanks to all of them and also to Karnataka Acupuncture Association (KAA) for endorsing the nomination. Dr. Samiullah and Dr. Arvind Ravindra (both of KAA), have taken extra interest to get the recognition from the Karnataka Government. The documents needed for official recognition are being collected by KAA.

I appeal to all practitioners of Acupuncture in Karnataka to join both the KAA and ASA for getting their practice registration at a later stage after recognition. All practitioners should attend continuous learning lectures conducted by ASA for covering the syllabus for written exams for practitioners after the full recognition. Let us all come together and make Acupuncture Science get its due place in the healing science.

Mr. S. Girish Tel : (78993 26578), Trustee, AAA, has been nominated as a focal point of our Academy and all the practitioners can contact him for any clarification.

I utilise this opportunity to thank all the Donors, well-wishers and the practising Acupuncturists for their support and encouragement.

H. Bhojraj

Wednesday Basic Class for all including the registered Patients

Learn the art of healing yourself every Wednesday 2 PM to 4.30 PM

- | | |
|-----------------|--|
| 2.00 to 2.45 PM | I Session - Reflexology by Mr. Girish |
| 2.50 to 3.40 PM | II Session - Meridian Points to cure common ailments by Miss. Vimala |
| 3.45 to 4.30 PM | III Session - Body Balancing Demonstration by Mr. Suresh |

Registration fee: Rs 1,000/-

Limited Seats (8). Register in advance on or before Tuesday of every week

Contact : (080) 2313 2103 for registration and clarifications

Acupuncture Science Association, INDIA (ASA)

—Mr. S. Girish

The Acupuncture Science Association (ASA) was formed as a national body in December 2013 in Ludhiana Acupuncture meet. All southern states have members in the National body.

ASA is led by **Dr. Anish Gupta**, from Rajasthan as President; **Dr. R.F. Beramji**, Mumbai, as vice President and **Dr. Debasis Bakshi**, Howrah, as General Secretary. The All India Committee's Chief Advisor is **Prof. Ram Gopal**, Defence Scientist, Jodhpur, Rajasthan.

The main aim of the Association is to **protect the interest of Acupuncture Science and Acupuncture practitioners**. Instead of practicing as complimentary therapy for any other system, it should be **recognized as standalone system** like in the USA and other western countries with proper licencing authorities at the National and Regional levels.



Dr. Debasis Bakshi addressing the practitioners

On 2nd January 2016, Prof. Ram Gopal and Dr. Debasis Bakshi participated in the Southern Regional meeting of ASA which was attended by

members from Tamil Nadu, Kerala, Telangana, Andhra Pradesh and also from Karnataka. Dr. C.K. Raju, Vice President, Karnataka Acupuncture Association, took the initiative to organize this meet in Bengaluru.

In the meeting it was decided to unite all the members from South India and organize a Seminar in Acupuncture in the near future.

In the afternoon session, Karnataka Acupuncture Association members joined the ASA meeting. Dr. Debasis Bakshi and Prof. Ram Gopal explained the objectives clearly and explained the procedure to become members of ASA.

It was decided in the meeting to nominate Dr. H. Bhojraj as the Advisor for Karnataka Chapter of ASA and an adhoc committee consisting of Dr. Samiullah, Ex-President, KAA, as convenor, Dr. Arvind, President KAA, as President. Mr. S. Girish from Academy for Acupressure and Acupuncture has been nominated as member of this adhoc committee.

It was also decided to call for a formal meeting of ASA, Bangalore Chapter, as soon as the memberships are accepted by Central Committee of ASA and organize the first continuous learning programme in Bangalore in the near future.

Contact Mr. S. Girish (78993 26578), Dr. Samiullah (90198 48494), Dr. Arvind Ravindra (9845705071) for further details.

Karnataka Acupuncture Association (KAA)

This Association (KAA) was formed in the year 2009 as a registered body by a group of Acupuncture specialists like Dr. Samiullah, Dr. H. Bhojraj and Dr. C.K. Raju. Since the system is not recognized in Karnataka, it was decided to develop scientific evidence for Acupuncture with the help of Acupuncture practitioners in Karnataka.

The KAA has more than 65 members and most of them practice acupuncture very successfully in many districts of Karnataka.

KAA has organized many free treatment camps successfully under the leadership of Dr. Samiullah. Last year Dr. Arvind Ravindra, a Dental Surgen & Acupuncturist has taken over as President and taken up the challenge to get the system recognized by the Government.



Dr. C.K. Raju has been serving as vice President for the past 9 years since inception Dr. Sunil has been the founder Secretary.

Contact Dr Ravi Shankar, Founder member and Public relations, for details to become a member of KAA. Tel : 9844136070

Dealing with Diabetes

– Dr. H. Bhojraj

Referred from Diabetes Cover Story The Week Nov' 20, 2011. Health Supplement

It is estimated, India has 62.4 million diabetes patients and 77.2 million are pre-diabetic. The average age of onset of diabetes is going down. Lifestyle changes and new management options—from Nano-size glucometers to intestinal lining—offer hope. In the whole world, there are 366 million diabetics. It can shoot to 438 million by 2030. That is 6.6 % of the world's adult population. At least half the diabetics in the world remain unrecognized.

Worldwide spending by governments on diabetes related health care for one year (2010) was US \$ 465 billion. Almost 80% of them are Type 2 diabetics. India is number one followed by China. Heredity and changing lifestyle are the reasons. Reduced physical activity is the main reason. Soft drinks add to the woes.

In 1998, the fasting cut-off was lowered from 140 mg/dl to 126 mg/dl for diabetics. Prevalence of diabetes has increased due to improvement in life expectancy, i.e., 56 years for males in 1980 to 67 years in 2011.

Indians usually have high body fat, abdominal adiposity and thick truncal subcutaneous fat. These contribute to insulin resistance, dyslipidemia and hyperglycemia. It seems that the “**switch**” for metabolic control has been slowed down several centuries ago. This “switch” continues to work in the same mode, even when more control is needed.

Experts say Indians have more accumulated body fat right from birth (about 1.5 times more than the westerners). But when it accumulates in the abdominal region, it interferes with metabolism and causes problems. Westernization of diets is the reason for increase of diabetes in urban population compared to rural population.

A study published in June 2011 in the PLoS ONE journal reveals that low birth weight—present in 26% of Indian babies—increases adult Type 2 diabetes risk. Babies born with low birth weight have been shown to have adiposity by the age of eight. The average age of onset of diabetes in India is going down. Children with diabetes are at risk of developing eye and renal troubles by their 20s. The first-known juvenile diabetic, diagnosed in 1922, lived up to his 70s.

It has been proved that, **with simple diet and exercise, diabetes can be prevented by 58%** in people who are at high risk. Medications are the last

resort. Pre-diabetics (those with impaired glucose tolerance) may or may not have symptoms. But borderline blood glucose levels are seen. Fasting levels below 100 mg/dl for any person is considered normal. Up to 125 mg/dl is considered as pre-diabetic. Anything above 126 mg/dl is considered as full diabetic.

Glucose tolerance test is another way of measuring or assessing diabetes. When one takes 75 mg of glucose, the glucose level should not cross 140 mg/dl for normal person. Between **140–199** mg/dl is considered **pre-diabetic** and above 200 mg/dl considered as **diabetic**. Most people check only for fasting blood sugar but we should know the sugar level fluctuations throughout the day especially **after a meal**.

The American Diabetes Association's guidelines for this are fasting and post-meal glucose tests and **HbA1C test**, in which, levels above 6.5, indicates diabetes. The HbA1C test, which must be done every three months, is a measure of hemoglobin which carries glucose. Gestational diabetes (during pregnancy) is believed to increase the risk of developing diabetes later, both for the mother and the child.

Long term or uncontrolled diabetes can cause complications such as neuropathy (nerve damage), renal disease, retinopathy, cardiovascular problems and diabetic foot (ulcers, gangrene and amputation). A staple treatment for diabetes has been insulin. It was invented by Sir Frederick Banting and Dr. Charles Best in the year 1921.

A **balanced, healthy diet, adequate exercise and avoiding smoking and drinking can control** as also **prevent diabetes**. Have more vegetables and less rice (60/40). Keep the body weight close to the ideal weight for your height. Have more fiber and less fat. Include more complex carbohydrates. In type 2 diabetes, the concern may be oriented to weight loss to improve the body's ability to utilise the insulin it produces.

Our Prescription:

Worry is the root cause for poor digestion. Get rid of your worries by taking action. Live in the present moment. Detect your tension point in the third toe and press the third toe bottom (Sole) side for 2 minutes daily to relieve tension.

You can also relieve your tension by practicing hand clasp i.e., putting pressure on the back of the palm alternatively coinciding with your breathing in and out 2 to 5 minutes.

Drink 200 ml fresh green coriander juice every day early morning at least for 90 days, to rejuvenate your pancreas.

Activate all the endocrine glands reflex points in the palm for one minute in each point (pancreas, adrenalin, pineal & pituitary, thyroid and lymph glands) every day twice.

Your diabetes will come under control within 3 months. It is very useful for pre-diabetics to avoid medication and live a normal life till the end.

Diabetics and prediabetics, particularly in the age group of 30-40 years, can join our Diabetic Research, conducted by our Academy, anytime during this year 2016. They will be monitored monthly (third Saturday at the Institution of Engineers Lecture Hall) for one year.

Contact 080-2313 2103 for registration or download the registration form from our website www.acupressureclub.org

3 months Research Review

Mrs. Vanitha Guruswamy (57 years), joined our Diabetic Research Project in November 2015 with high sugar levels. The diabetic specialist recommended to go for insulin immediately since all the medicines are not acting on her system to bring it to normal level (she had been taking 8 types of medicines twice a day). She was somewhat disappointed and was really worried about the uncontrolled sugar. She was given acupuncture treatment (Sp-6 reduction formula) and was asked to follow all the instructions given in the article. After the first treatment the sugar level went up but subsequent weeks it started showing good improvement. She has to go for Hb1C test next month and decision will be taken to go for insulin or not. She will be monitored for next 9 months.

Month	FBS mg/dl	PPBS mg/dl
Nov 2015	245	290
Dec 2015	310	368
28 Dec 2015	206	296
15 Jan 2016	194	227
11 Jan 2016	160	164
18 Jan 2016	160	143

Mrs. Nirmala Devi, aged 44 years, was having uncontrolled sugar levels for the past 3 years and

managing with Ayurvedic medication. She joined our Diabetic Research Project in December 2015. Though she has not observed any change in the sugar levels she was feeling energetic and stress free.

Month	FBS mg/dl	PPBS mg/dl	Hb1C
Dec 2015	170	240	9.9
Jan 2016	180	230	9.9

Mrs. Mallika G., aged about 52 years, was diabetic for the past 2 years and was taking 5 types of tablets. She has shown very good improvement within a month.

Month	FBS mg/dl	PPBS mg/dl
Nov 2015	164	297
Dec 2015	123	189
Jan 2016	142	140

She was advised to consult the doctor after Hb1C test so that medicines can be reduced as per the requirement.

Mr. M.C. Rajan, aged about 63 years, has been a diabetic for the past 15 years and has been taking 4 types of medications every day. In spite of these medications the sugar level was very high.

He was treated with acupuncture after the pulse analysis (PMA) and was asked to follow all the instructions. He has observed for the first time in the past one year, the sugar level has come under control with medications. He was feeling energetic. He was advised to continue the treatment for one year with periodic measurement of sugar levels.

Month	FBS mg/dl	PPBS mg/dl
07 th Jan 2016	305	489
16 th Jan 2016	121	219

Six more patients have joined the programme but their readings are not available as they have not attended the follow up treatment in the Institution of Engineers Lecture Hall.

Join our **Diabetes Research** and experience the difference in your body metabolism. It is an easy and convenient method to practice for controlling your blood sugar and finally **getting rid of diabetes**.

For details, contact Academy office.
Tel : (080)2313 2103 / 805090 1238
e-mail : acuacademybgl@gmail.com.

Visit our website : acupressureclub.org

Case Histories

1. Lost vision restored with Acupuncture

Says Hlr. Vimala M., an Accredited Healer of AAA.

Mr. S. Dorairajan (63 Years) was suffering from retinitis pigmentosa for more than 10 years. He has undergone the treatment at M/s. Vasana Eye Care Centre who assured only 30% vision recovery after treatment. Unfortunately, he **lost vision in both the eyes**. His daughter brought him to me for acupuncture treatment in August 2014 and had four sittings. After the first sitting, his vision improved slightly. Earlier he was not able to see anything but **after fourth sitting, he started identifying the images**. He continued the acupuncture treatment once in a fortnight for more than six months, now he can identify persons and can watch television also. He **is activating all palm reflex points regularly**. He is very happy with the treatment and expressed his gratitude for improving his eye sight.

Treatment given: ↑Liv1 ↓Lu 7 ↑H7 ↑P9
Auricular : Liver and eye points.

Hlr. Jija Subramanian, an Accredited Healer of our Academy has reported the following cases.

2 (a). Shoulder pain cured easily with Acupuncture.

A family friend of ours, aged around 45 years, approached me with constant pain in his left shoulder region running down his hand. **Since six months, he could not lift his hand, or bring his hand back**. His **hand muscles were very stiff and felt so weak that he couldn't even lift a cup**. I treated him with the Liver Wind increase formula : Liv 1↑, Lu 7↓, H7↑, P9↑ with an additional point Lu 5↓ and taught him the **hand and ear reflex points** he could activate by himself every day. The next week he reported that the muscle stiffness had decreased by 50% and the pain had also reduced. He still could not get his hand to the back. I continued with the same treatment. On his fourth sitting, he reported that he no longer felt any pain and felt normal. In fact, forgetting his problem, he lifted some weight which caused a little pain and stiffness but he managed with the reflex points taught to him. There is a little stiffness when he takes his hand back, which he is sure, will clear in another 2 sittings, Impressed with his recovery, his wife wanted me to help her with her long-standing thyroid problem.

2 (b). Acupuncture sure cure for joints pains.

Ms. Meera Ganesh, aged 18 years, came to the Academy complaining of **Knee pain**. While taking treatment, she casually asked Dr. Bhojraj if he could

help her with her eye problem. He taught her some exercises and massage for the eyes. In **one month**, her vision improved from a reading of -1.75 to -1.

3. Severe back pain cured easily by Acupuncture

Says M.V. Kannan, a Trustee of our Academy.

At a meeting last month at the Academy, one of our Trustees, Mr. M V Kannan, had a very interesting case history dating back to 8 years. He once dropped in to his sister's house only to **find her bed-ridden with severe back pain**. She was contemplating surgery, but Mr. Kannan asked her to try Acupuncture. In **only one sitting**, using the Bladder Coldness tonification formula, she was miraculously and **completely cured**. While coming for treatment, she was helped by two people but **walked back** to the car **without any help**. It was a miracle for all her family members. She never got that pain again.

4. My skin allergy vanished with Acupuncture

Says Mrs. K. Lakshmi Madhuri. Age 39 years, Chikkalasanra, Bengaluru. Tel : 94807 42392

I was suffering from **skin allergy** for more than a year. I would get **scratching sensation very often** and many times I would get up during nights also. I had to give up my job as a school teacher since scratching the hands, back and legs would look very awkward before students and others. I had **almost lost my appetite** and would eat **just for the sake of eating**. I also used to get tired very often while going about the household chores. I used to **feel change in taste very often**. I was advised by one of my friend to try acupuncture treatment since I was not able to get any relief with medicines.

I contacted Mr. Palyam Suresh as suggested by my friend (Mrs. Selvi). The PMA was done and based on that, needles were inserted in the ear for about 20 minutes. I was advised to activate certain points on my palm twice every day and come for treatment once a week. After 3 days of treatment, **itching on the skin reduced** and **my apatite improved**. My **sleep also improved slightly** and **tiredness reduced**. After the 2nd treatment the allergic feeling was greatly reduced and I used to feel tired very occasionally. My **hunger and sleep improved greatly** and **I lost more than 1 kg weight**. After the 3rd sitting on 8/1/2016, **my allergy and scratching sensation was gone completely**. I could **get good and undisturbed sleep** at night and feeling of **tiredness completely gone** even if I work the whole day. I am now very confident and will resume my teaching profession. Acupuncture certainly has cure for all problems without taking any medicines.

My sincere thanks to Mr. Suresh for helping me regain my health and confidence.

5. Disc prolapse, shoulder and joints pain completely cured by Auricular therapy

Says Mr. Joseph John. Age 32 years, Tyagarajanagara, Bengaluru. Tel : 9886 404029

I sought treatment on 14-7-2015 for my problems since I could not get any permanent relief for my shoulder pain which had been bothering me for over 7 years coupled with joints pain. **Disc prolapse** was diagnosed about 5 months ago. My problems were **hindering my efficiency**. No medication of any type could give me permanent relief. One of my friends suggested me to contact Mr. Palyam Suresh for his drugless therapies. After taking my pulse readings (PMA), he explained to me the details of Acupuncture. Being an engineer and working with computers most of the time, I understood everything and accepted for the **Auricular therapy**. He advised me about the points I need to activate daily. In all, after **5 weekly sittings**, I could notice clearly the improvement in my health condition. My leg and shoulder pain had gone off completely in 3 sittings and the **back pain reduced by 80 %**. In the 4th sitting, I felt like a **different person altogether**.

I had plans to go to Thiruvananthapuram and had arranged for a rail journey. Our family and my friend's family planned to drive down to Kerala for the Christmas since my health had improved. On the suggestion of my friend I consulted Mr. Suresh on 21/12/2015 about the long road journey. He advised that I can go driving and **indicated certain points to be activated if I felt any discomfort while driving**. All of us were surprised and felt very happy that during the entire journey (both ways), I was completely normal and never felt any discomfort. I was elated since I enjoyed my Christmas like others after a long while.

The treatments Mr. Suresh gave me were really wonderful which is **completely devoid of any medication**. We all were really surprised that **treating through the ear points could solve health problems so easily and conveniently**. I feel **Acupuncture is really a boon to humanity**.

6. My personal experience with Acupuncture

- Headache and giddiness relieved within 5 minutes.

Says Vishnuchander, a trained Acupuncture practitioner. Tel : 81479 18847

During our recent holiday trip to Sirsi with my friends, I developed headache and giddiness while climbing the ghat road which had many hairpin curves. At one point of time, I could not bear the headache and asked my friend to stop the car and get down. Fortunately, I always carry a bunch of acupuncture needles in my hand bag and I remembered the formula for sudden headache. I just **decreased**

GB 41 (a single point) with the needle. To my great surprise, within a few minutes my headache vanished and I became almost normal and continued the journey.

So far I have treated many Migraine cases in my office and have received very positive feedback from my colleagues about the relief they got. This was the first time I experienced myself and I am really happy that I have done this course at the Academy for Acupressure and Acupuncture.

7. Developing cataract and knee pain coupled with other problems cured with Acupuncture.

Says Mrs. Vinaya Baligar. Age 57 years, a resident of BTM Layout, Bengaluru. Tel : 98862 36262

I was suffering from **knee pain since 6 years, spondylitis for 5 years**, back pain (occasionally). I was diagnosed for **gall stones 8 years back, borderline BP from 7 years, stiffness in the right toe since 2 years** and was **developing cataract** from about a year and a half. I also had the craving for **sweets**. I had been going for morning walk regularly. I did not prefer to go in for surgery for my gall stones. I tried many medications including Ayurveda, *Yoga* (which I continue even now) homoeopathy. Though I was able to get some relief it was short lived and I continued to suffer. One of my friends suggested me to contact Mr. Palyam Suresh for Acupuncture treatment. I visited Mr. Suresh on 29-09-2015. After listening to all my problems, he took my pulse reading with the PMA. He suggested that I take treatment once a week regularly which I did. Apart from putting needles (5-6) at a time in my ears, sometimes he put a couple of needles on my fore arm and legs, explaining the details. He suggested that I do the whole palm exercise twice daily regularly (which I have been continuing). By my 2nd sitting, I was **feeling more energetic**. After the 3rd sitting, all my **pains reduced greatly** and my **facial swelling** was down by **30%**. Stiffness in the toe was minimised. I was able to **get better sleep** and more importantly, my **craving for sweets/sugar came down greatly**. The occasional haziness in the eyes also reduced remarkably and by first week of November 2015, my **sight became clear** and **never felt the haziness**. All my joints pain was almost gone and I was feeling **my body has become light**. My family members are surprised to see how I have regained my health in just about 7 weeks. I am yet to check my BP which I feel in normal now.

Surely, Acupuncture is a real good method to overcome many of our health problems. I thank Mr. A.R. Infant who guided me to Mr. Suresh for acupuncture treatment for all my problems.

4th Anniversary - Academy for Acupressure and Acupuncture



Guests of Honour arriving at the venue



Invocation



Chief Guest being received by Chairman & Vice-Chairman



Comperes for the day - Bhavya Sekhar & Sangeetha Murthy



Arrival of the Guest of Honour



A section of the audience



Chief Guest and Guests of Honour with Chairman



Graduates with the dignitaries



A Guest of Honour, Mr. A.R. Infant addressing the audience



Address by the Chief Guest



Chairman's address



A section of the audience



Release of the Special Newsletter



Presentation of Certificate and Memento



Demonstration of Acupoints on the palm



Diagnosing for diabetes



A section of the Cultural Programme



Chairman & his friends participating in the Badaga dance

Editorial Committee of ACU WELLNESS
Mr. P. Suresh, Mrs. Jija Subramanian & Ms. Shruti U.
Photos : Mr. Hemanth Raju & M/s. Sai Gayathri