

# ACU WELLNESS

The Quarterly publication of

**ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)**

2013, 7th Main, "E" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore – 560 010

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Vol 7

No.1

From the Chairman's Desk



Pulse analysis training- Mr.Danish and Ms Preetam

The year 2018 started with optimism for acupuncture practitioners in INDIA, particularly for Karnataka. After meeting the Secretary for Health and Family Welfare, the Department is convinced that this system has a great potential to offer. There was a proposal to train all ASHA workers (those involved in transporting emergency patients to hospitals) in Acupressure, especially to give relief from heart attack or stroke symptoms. **As a matter of fact, Acupressure should be taught to all government employees especially to health workers not only to stay healthy, but also to provide necessary relief in remote areas.**

The Government's major project to provide health for all is to be applauded. By recognizing Acupuncture, State government can save on hospitalization and unnecessary surgeries for many problems. Once the government recognizes Acupuncture, Insurance companies can recognize Acupuncture Specialists in the recognized list for availing treatment for any problem. As the acupuncture system involves only needling, the consultation charges can be reasonable and there is no need for reimbursement for any medicines.

**On behalf of all practitioners in Karnataka, I request the Minister and Secretary for Health and Family Welfare to appoint a state level committee with eminent people to evaluate the development of Acupuncture in Karnataka and discuss the scope for implementing it as a system along with AYUSH departments.**

**PROPOSED ACUPUNCTURE COLLEGE - A Committee under the Chairmanship of Dr.Surendra Pal, Ex Vice Chancellor was formed to study the feasibility of establishing an Integrated Acupuncture Medical College and Hospital in Bangalore. Dr.Romesh Bhatt, Prof. Basavaraju and Mr.Sundramurthy are members.**

With acupuncture recognition, an Acupuncture Medical College can be initiated with Public-Private partnership and doctors can be appointed in various government hospitals to practice Acupuncture.

Instead of pumping money for curative therapy, we must allot some portion for preventive therapy like Acupuncture and Acupressure **The Government has really done a wonderful job by introducing yoga in schools and colleges, which will certainly improve the health and concentration of the youngsters. Acupressure should also be taught in the yoga class mainly to overcome many ailments, especially eye related problems.**

I have been monitoring a young boy of 8 years who has been asked to wear spectacles for vision correction. In fact with simple eye exercises taught by me, he has almost brought the eye to normal and eye test indicates positive improvement within two months. Let us share this simple but effective knowledge to the younger generation and make them healthy in their life.

**Let all acupuncture practitioners come together in one forum and register ourselves so that the recognition process can be taken forward.**

Due to lack of interest from our practitioners, the News letter publication is planned once in three months with some sponsorship. Kindly write your comments by email to [acu\\_bgl@yhaoo.co.in](mailto:acu_bgl@yhaoo.co.in) and send your subscription of Rs 500/- (Rs Five Hundred only) to our Academy's Indian Bank A/c 6012588256 IFS Code IDIB000R005 to encourage us in our research activities till we get formal recognition from both State & Central Governments. I thank Dr. Pramela from Mysore for sponsoring this edition of the News Letter.

**H.Bhojraj**  
Chairman, AAA

## National Convention on Acupuncture

The 5<sup>th</sup> ASA National Meet was organized by Acupuncture Science Association (ASA) and hosted by ASA Delhi on 16<sup>th</sup> and 17<sup>th</sup> Dec, 2017 in Delhi Medical Association Hall, Darya Gangh, Delhi.



*Chairman, AAA with Dr. C.K.Raju and Prof Ram Gopal*

Prof. Dr. Ram Gopal, Chief Advisor, ASA, Prof. Dr. S.N. Pandey, Advisor ASA, Dr. Anish Gupta, President, ASA, Dr. R.F. Beramji, Vice President, ASA and Dr. Deabasis Bakshi, General Secretary, ASA took part in the deliberations along with other members from all over the country.



*Dr. Debasis Bakshi addressing the convention*

The Convention was attended by Dr. Samiulla, Convenor, ASA and Dr. H. Bhojraj Advisor, ASA from the Bangalore Chapter.

Shri Arvind Kejriwal, Chief Minister of Delhi, and Shri. Satyendar Jain, Minister of Health, Delhi sent their warm greetings for the success of the convention.

**The convention was on “ Recognition of Acupuncture in India and also on the Ethical Aspect of Acupuncture practice “.** This was followed by a scientific workshop on “ Recent Trends in clinical practices in Acupuncture “.

Dr. Anish Gupta, National President, ASA informed that efforts of ASA along with the concerned department in Delhi, the Department of Health Research, Government of India,

drafted a bill entitled ‘Recognition of New System of Medicine ‘, which has been cleared by the Health Ministry and is pending now with the cabinet.

ASA along with three other Organizations gave their presentation to the Ministry of Health & Family Welfare to accept Acupuncture as an independent system, which was appreciated by the Ministry.

Dr. R. F. Beramji explained how the recognition of Acupuncture as an independent system in Maharashtra was started years back and passing so many hurdles, the bill was passed in Maharashtra Assembly in 2017. He recalled the support of Dr. Debasis Bakshi and Dr. Inderjit Singh for achieving this recognition.

**After deliberations, it was agreed in principle to recognize ASA as a Central body for moving acupuncture as a independent system by Central Government.** The Ethical Committee has formulated certain codes for Acupuncture practioners to follow in their practice.

**Dr. Samiulla explained about the efforts taken by ASA, Bangalore to get it recognized as an independent system in Karnataka. He highlighted the meeting with the Secretary for Health & Family Welfare and subsequent meeting the with Minister of Health. He appealed to the ASA Executive Body to offer its experience with Maharashtra Bill to incorporate the necessary modifications in the Karnataka Bill.**

## ASA Bangalore

Under the convenorship of Dr. Samiullah, ASA Karnataka, is planning for a big meet of all practicing Acupuncturists in Karnataka to get the recognition from the State Government. The Ministry of Health and Family Welfare has shown interest for Acupuncture Science especially in Karnataka. Those interested in getting registration license for practice in Karnataka are required to become a member in Karnataka Acupuncture Association. For details contact Dr, Samiullah – 9019848494 or Mr. Girish, Secretary, ASA Karnataka-7019099321

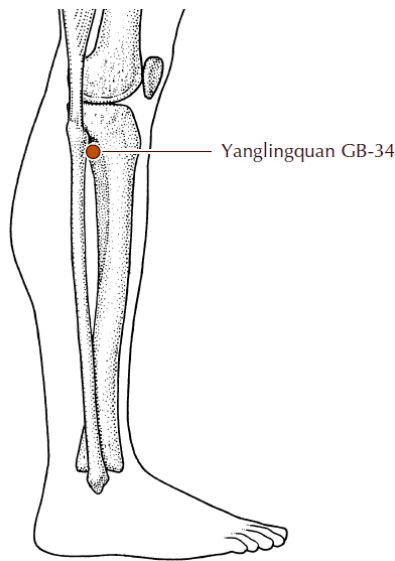
**Tentatively, the ASA Karnataka meeting has been fixed for the second Sunday of June 2018, in Gandhi Bhavan. Dr, Bakshi’s Refresher course will be organised in July 2018 at Gandhi Bhavan.**

**Course Fee : Rs.5,000**

**Those interested may contact Mr. Girish, Secretary, ASA - 7019099321**

## GB-34 YANGLING QUAN

It is the He Sea and Earth point of the Gall Bladder channel. Mainly used for opening all the orifices (gate valves) in the body starting from oesophagus to anus.



Location of GB 34 - It can be identified below the lateral aspect of the knee, is the tender depression approximately one cun anterior and inferior to the head of the fibula. If you slide your finger up the lateral aspect of the lower leg until the soft tissue of the musculature gives way to the bony prominence of the head of the fibula.

Used for muscle related problems:

- Stiffness and tightness of the muscles and joints,
- Stiffness of the neck and shoulders.
- Pain in the elbow
- Numbness & Swelling
- Pain and redness in the Knee
- Sciatica pain
- Constipation
- Swelling in the face and head
- Hypertension

### How to Activate :

Acupuncture is very effective. Insert the needle up to one cun and wait for the “Deqi” arrival. It is a feeling of tingling sensation, or numbness or heaviness or chilliness in the region of GB 34. Leave the needle for 20 Minutes and then remove the needle. Most of the problems mentioned above will get relieved within a week. Repeat this treatment weekly once till you get cured of the problem.

## INFLUENTIAL POINTS IN TCA

They are also known as “hui-meeting” point which influences the organ or function in general.

**Liv-13 - Zang Organs**

**CV-12 - Fu Organs**

**CV-17 - Qi**

**B-17 - Blood**

**GB-34 - Sinews (Muscles & Tendons)**

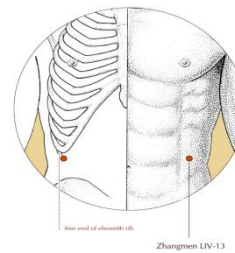
**Lu-9 - Vessels**

**B-11 - Bone**

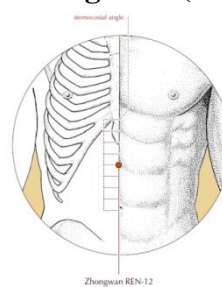
**GB-39 - Marrow**

**Yanglingquan (G.B. 34)** is the influential point of the tendons and is also the He-sea point of the Gall Bladder Meridian of foot-Shaoyang. The gall bladder and the liver are internally-externally related organs. The liver dominates the tendons. Besides, Yanglingquan (G.B.34) is below the knee joint, the convergent place of the tendons. It is used for treating disorders such as spasm and painful tendons, hemiplegia or numbness.

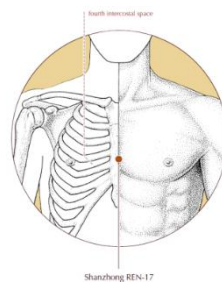
**Zhangmen (Liv.13)** is the influential point of zang organs and is also the front-mu point of the spleen. The functional activities of the five zang organs originate from spleen qi. This point can be used in the treatment of disorders of zang organs, such as splenomegaly, hepatomegaly, hypochondriac pain or jaundice.



**Zhongwan (Ren 12)** is the influential point of the fu organs and is also the front-mu point of the stomach. The functional activities of the six fu organs originate from stomach qi. This point can be used for treating disorders of the six fu organs such as epigastric distension, abdominal pain, constipation or diarrhoea, as well as some other gastrointestinal disorders.



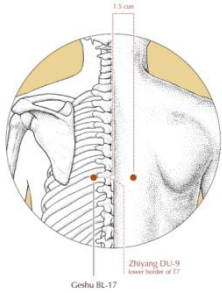
**Shanzhong (Ren 17)** is the influential point of qi, being located in the centre of the chest where Zong qi is formed (Zong qi is the qi of the thorax, formed from respiratory qi and food essence). Internally, this point is in close proximity to the lung, the organ which dominates qi. This point, also



## 6<sup>TH</sup> ANNIVERSARY CUM GRADUATION CEREMONY

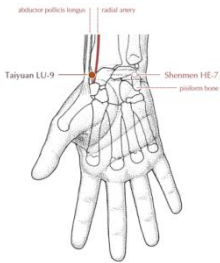
called Upper-Qihai, can be used for treating disorders of qi derangement such as chest pain, shortness of breath, asthma and hiccup.

**Geshu ( U.B.17)** is the influential point of blood, being located between Xinshu (heart point) and Ganshu ( Liver point). The liver stores blood while the heart dominates blood. This point is situated between the two organs and has the function to promote the



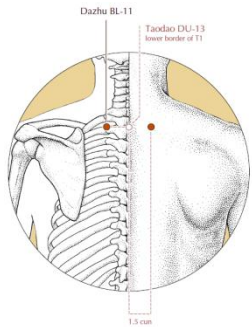
manufacture of blood. It is used for treating disorders of blood such as anemia, stasis of blood, bloody vomiting, bloody stool or cough with bloody sputum.

**Taiyuan (Lu.9)** is the influential point of vessels. Taiyuan (Lu.9), also the yuan (source) point of the lung Meridian of Hand-Taiyin, is located at cunkou (at the wrist where the pulse is palpated). The lung is associated with the pulse and cunkou is the major



converging place of the qi of the vessels. This point can be used for treating disorder of the vessels, such as vasculitis, acrotism and arteriosclerosis.

**Dashu (U.B.11)**, lateral to the spinal column, is the influential point of bones, Bone arises from marrow while marrow flows down to Dashu (U.B.11) from the brain, and the further to the bones and joints. This point, the convergent place of qi of the bones such as pain in the shoulder, scapula or back.



**Xuanzhong (G.B.39)** is the influential point of marrow. It was considered in ancient times that marrow was a part of the bones. Marrow is thought of as helping the growth of bones. Thus, it is an essential factor in the ability to walk



normally. It is used in the treatment of disorders of the marrow, such as myasthenia and anaemia.



Academy for Acupressure and Acupuncture was registered as a trust on 7<sup>th</sup> Feb 2012 and has completed 6 years of service to the common man by spreading this simple healing system to make them healthy. Preventive health care is given top most priority by introducing yoga in all schools in INDIA. Similarly Acupressure also should be taught to the young children to keep them healthy especially to avoid eye problems.

The 6<sup>th</sup> Anniversary cum Graduation ceremony was attended by about 20 people including the three practioners who have completed their one year Acupuncture course.



**Dr. Romesh Bhatt receiving his certificate from Dr. Lee and Dr. Bhojraj**

Dr. Peter Lee, Acupuncturist from USA was our chief guest on the occasion. Dr. Lee who is on a personal visit to INDIA has been associated with an Academy for promoting drugless systems in INDIA. He has mastered the Acupuncture and is an expert in Spinal problems. He insisted in his talk that the practioners should have thorough understanding of Anatomy of the body to locate Acupuncture points accurately.

Dr. Romesh Bhat, Mrs. Jyothi Srikanth and Mrs. Geetha Rao shared their own experience with Acupuncture and appreciated the way the course was conducted by the Academy.



**Mr. Kannan addressing the gathering**

Dr. H. Bhojraj, Chairman welcomed all the participants and the Chief Guest and Mrs. Jija Subramanian proposed the Vote of thanks.



**GC Meeting held on 24/02/18**

## COMMUNITY HALL INAUGURATED IN KOKKALADA VILLAGE NILGIRIS

*Report by Dr. Bhojraj*



**Hall with a capacity to accommodate 100 people**  
As corporate social responsibility, a Community hall for conducting yoga class and other community functions was constructed by the B.G. Hala Gowder family in my native village Kokkalada and **was inaugurated by my mother H. Ruckkiammal on 10<sup>th</sup> Dec 2017**. Incidentally 2017 is the centenary year of my father Late Shri.B.G.Hala Gowder



**H. Ruckkiammal cuts the ribbon**

## ONE DAY BASIC COURSE



**Participants of one day acupressure course**  
One day basic acupressure course was conducted on 25<sup>th</sup> February and about 15 people participated in the course. Dr. Sharma and Mr. Gandhi had come from Hyderabad to attend this course.

# CASE HISTORIES

## 1. Diabetes comes under control

with Acupuncture and figure of eight walking says Mrs. Nagalakshmi, 62 years email: [rnagalakshmi1701@gmail.com](mailto:rnagalakshmi1701@gmail.com)  
Ph: 9341403467.

I have been taking insulin (26 Units) for the past two years and my fasting sugar level keeps fluctuating 130 to 150 mg/dl. I have undergone basic acupressure course at the Academy and started practicing on myself. I checked my FBS and HbA1c which were reading 143 mg/dl and 7.9. I also took Acupuncture treatment from Dr. H. Bhojraj for one month ( weekly twice) and in the course of one month I could reduce the insulin to 16 units per day. The sugar levels were maintained around 100 to 110 mg/dl. After one month I checked my Hb1c which has come down to 7.5. Apart from this the creatinine level also came down from 1.5 to 1.08 mg/dl. I am following my acupressure points activation and figure of eight walking for 30 minutes every day.

Report Date	FBS Mg/d e	PPBS Mg/d e	HbA1c Mg/de	Serum Creatinine mg/de
02.2.2018	143	187	7.9	1.5
22.3.2018	110	168	7.5	1.08

## 2. Severe Acidity cured with self Acupressure and Acupuncture treatment.

Says Mrs. Swapna sree V. Age 36 years.

I had severe abdominal pain and acidity for quite some time (about 3 months) and used to take antacid tablets to control the acidity. I visited a number of hospitals and spent a lot for testing and treatment but without any cure.

At one stage I was not able to have any food and had nausea. Even the liquids were not staying in the stomach. I had severe abdominal pain for a few days. I was recommended to take Acupuncture treatment from Dr. Bhojraj. After the first session, I felt better and I was able to take liquid diet without abdominal pain. Doctor asked me to press & release Liver-3, Stomach- 36 and Spleen-6 points which reduced my pain and increased my appetite.

After the 2<sup>nd</sup> session of treatment, I could start semi solid food without any discomfort. I took only 2 sessions and I felt completely fine. I am maintaining my proper diet and pressing the points suggested by Doctor. I have completely recovered from my stomach problem.

I am writing this after six months of acupuncture treatment and I have recommended this therapy to all my family members.

## 3. Miracle Cure with Acupuncture says.

Mrs. Jyothi Srikant - Adv. Acupuncture Practitioner. Ph: 9986651701

I joined the Advance Acupuncture Course in Aug 2017. Since then I have seen many miracle cures with acupuncture for myself and my relatives.



I had wrist pain which was not allowing me to do my usual house work. I learnt the acupressure points from Mrs. Jija, Trainer in the Academy and activated those points as explained. Within 2 days I got 90% cure for my wrist pain and I could do all my household work without any problem.

I treated my relative Ms. Nagasree for her pain in the right leg after an accident. Not only it relieved the pain but she got cured within two weeks.

I also treated Manas Doyal for bronchitis and hair fall. The breathing problem has been cured completely and hair fall has reduced considerably.

I thank the Academy for giving training in Acupuncture which works for many health problems.

### ACCREDITATION CERTIFICATE TO ACUPUNCTURE PRACTITIONERS

Those who want get Accreditation Certificate for practicing Acupuncture may kindly contact our Academy. Ph 984564994.

Kindly provide (photocopy)

1. Certificate of training
2. Qualification certificate
3. Experience in treating patients with records
4. Clinic address and medical waste disposal plan

Those who already got the accreditation are requested to renew their certificate.

**Your names, address, clinic timing will be published in our website and in our News Letter**

**Ethical guidelines will be provided.**

**Continuous education programmes will be informed.**

**Monthly interactions will be organized.**

**Guidance will be given by experts.**

#### **4. Drugless Therapy Miracle by Advance Acupuncture Students :**

##### **I) Miss. Preetam Patil**

I joined the Advanced Course in the month of February 2018 for one month. I had skin problem and digestion problem, within 2 sittings, the problem was cured. I treated my friend, Mr. Patil, for cold cough and within 3 days he was cured.

I also treated one more patient who was suffering from back pain and within a week she was cured.

I want to thank Dr. Bhojraj for teaching Acupuncture and Acupressure which works like a miracle for me and others.

##### **ii) Mr. Danish Mujib**

I had joined the Advanced Course in the month of January 2018 during my medical (MBBS) study holidays and have seen this alternate therapy work like magic. I had Cold Cough problem from a very long time which was cured within a span of 2 days which made me believe in this therapy.

I treated my relatives and friends for various diseases over a short period of time which relieved them from their suffering.

I thank Dr. Bhojraj and the Academy for giving me this opportunity to learn Acupuncture and Acupressure and making me believe in miracle of the Drugless Therapy.

*Ms. .Preetam Patil and Mr. Danish Mujib have completed their exams successfully and started their practical training under the guidance of Dr. Bhojraj for next six months.*

#### **ONE MONTH ANATOMY CLASS COMPLETED**

Dr. Deeksha Agarwal, Physio Therapist conducted a One month Anatomy and Physiology class for practicing Acupuncturist. The class was conducted in the Academy and 8 people from acupuncture and yoga therapy background attended the course.

The course was appreciated by all the participants. Those interested in attending this course may contact **the Academy for the next course.**

#### **Chief Guest for Scalp Acupuncture Workshop**



Dr.Sathyamurthy Chairman ICA Charitable Trust invited Dr,Bhojraj and Dr.Samiulla for the inauguration of the Scalp acupuncture work shop conducted in Hotel Realto, Bangalore, for two days from 3<sup>rd</sup> Feb 2018.

Dr.Suman S Hettige, Director, Traditional Medicine, and Dr.Harsha Jayakodi,Senior Lecturer from Medicina Alternativa,Colombo were the faculties for the Scalp Acupuncture Work-Shop. Nearly 60 participants from all over India attended this specialisation work shop.

**Academy is planning to organize Scalp Acupuncture and Cosmetic Acupuncture work Shops in Bangalore in the fourth quarter of this year. Those interested may tentatively give your names to Academy for planning the programme.**

#### **Chief Guest for Validictory Funcion**



Mr.SampathRaj,Mayor,BangaloreCity,Rt.Rev.Dr.P.K.Samuel, Bishop CSI,Mr.Anand Pillai Mrs.Christy Glory Shanthi, Principal, Mr. Dayanand Prabu, Dr.H.Bhojraj and Mr.Sundra Murthy,Ex ISRO Scientist

**Dr. Bhojraj, Ex.ISRO Scientist was called as Chief Guest for the Valedictory Ceremony of 10<sup>th</sup> standard and Pre.University students in Cathedral Composite P.U.College and High School, Bangalore On 3<sup>rd</sup> Feb 2018.The Validictory function was excellent with grand participation of the students and their parents in large number.**

#### **Be Creative – with prefect Liver function**

*by Dr. Bhojraj*

**People who have a very healthy Liver are always very creative.** Liver function is very important to produce all the chemicals required for detoxification. Knowingly or unknowingly, we eat so many food items which contain unwanted chemicals added for preservation, taste enhancing etc, but these chemicals are identified in the tongue.

These signals are send in a subtle way to Liver. Liver prepares the detoxification chemicals for these harmful chemicals in the blood when it reaches the liver.

When people drink alcohol, the tongue immediately informs the liver for detoxification of alcohol. But it has a capacity of 50ml of alcohol which it can detoxify per hour. When people drink alcohol very slowly and steadily for long periods, the brain will be protected by the Liver. But when they drink more than the capacity of Liver, blood brain barrier allows the excess alcohol to get into the brain and the disturbance starts in the mind. Avoid alcohol to protect the Liver.

The Liver is responsible for creativity i.e. new ideas or original ideas. When a person is really healthy and whole, creatively comes naturally to him/her and the urge to create arises.

Liver is responsible for anger as per the emotional diagnosis. The sudden anger or holding the anger for years in the mind are very dangerous for liver function. **We have observed suppressed anger is reason for migraine.** One should never hold the anger and we always say "Expressed anger" is better than "Suppressed anger". If you are getting angry the liver function is certainly affected. One should go for simple vegetarian fruits diet for a week, the liver function improves and your anger will vanish.

The three dimensions of creativity are **being, feeling and action.** **Being contains awareness, consciousness and mediation. Feeling contains all that is aesthetic, i.e. love. Action contains creativity i.e. music, poetry, painting, sculpture, architecture, science and technology. Action comes out of a silent mind and it is the most beautiful thing in the world. Action is spontaneous. Life needs response. Every moment you have to act.**

Keep your liver strong and be creative. Live moment by moment and enjoy your life.

**One year Advance Acupuncture Class participants- Theory class in progress in APRIL-2018 for 10 days.**



Mrs.LalithaSairam,Ms.Akshaya,Ms.Deepa,Ms.Preetham and Dr.Seema

Those from outstation may kindly register your name for Advance Acupuncture course and the 10 days theory class details will be informed. Weekly course for one year will continue as usual on Saturdays between 10 30AM and 1PM.

## ACUPRESSURE COURSE

DURATION : ONE MONTH  
TIMING: 5 05 PM TO 6 33 PM  
3 DAYS PER WEEK

(MON,WED and FRI)

**STARTS IN THE FIRST WEEK OF THE MONTH IN 2018**

**TOPICS COVERED:**

**HEALTH & DISEASE, MERIDIANS, ACUPRESSURE PONTS, FIVE ELEMENTS THEORY,DIAGNOSTIC METHODS**

**For Details Contact Dr. H. BHOJRAJ – 9845649914 OR 8050901238**

## ULCHEMY BENGALURE

**Life Transformation Programme**



**By Guruji Mithre Shiva Again in Bangalore**

On 5<sup>th</sup> and 6<sup>th</sup> May 2018  
(Saturday and Sunday)

8 30AM to 6PM

At YMCA, Nrupathanga Rd  
Donation Rs 6000/ (80G allowed)

Introductory talk on 1<sup>st</sup> May 2018 at 5:35pm

(Free entry for all)Contact Dr.Bhojraj

9845649914

**DO NOT MISS THIS GOLDEN OPPORTUNITY**

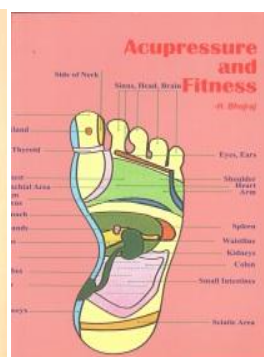
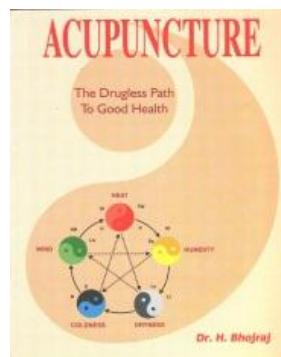
*Dr,H,Bhojraj's books-Now available*

*Acupuncture-The drugless path to good health*

*Book printed again for advance class. Limited copies available for sale Rs. 1500 per copy*

*Acupressure and Fitness- the basic acupressure book now available. Rs 300 per copy*

*Kindly call 9845649914 for your requirement.*



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