



ACU WELLNESS

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From the Chairman's desk



Mr. Devesh Sharma with Chairman at the INTERNATIONAL REFLEXOLOGY CONFERENCE on 29th Sep 2019

The science of acupuncture and the art of healing have been imparted in our academy to professionals and also to the common people very successfully. Many of our certified acupuncture practitioners are very enthusiastic in treating not only their relatives and friends but also many patients with wonderful results. **The Central Government has already approved Acupuncture as a system of Health care and the State Government also has, in principle, approved it as a system for implementation in Karnataka. Both, the Central and Karnataka Governments have encouraged alternate therapies and the AYUSH department has established many colleges for these systems and their popularity is increasing day by day. Bangalore is the main centre for modern high-tech hospitals in India and the system has been providing excellent care for the needy people not only in Karnataka, but also in many countries in the world.**

Karnataka is leading in almost all fields that involve high technology including aerospace, electronics, biotechnology, space science, artificial intelligence, information technology, higher education and many other fields. If properly encouraged by the Government, Bangalore can also lead in Alternate therapies including Acupuncture System. We have already dreamt of an Integrated Acupuncture Medical College with a Chinese University collaboration. A delegation from our Academy

will visit the Chang Chun University for exploring the possibility of a tie up in near future.

The Acupuncture system is very scientific and it works not only in the physical level but also in the emotional and intellectual level. We must give top most priority for mental health care in our system. In fact primary health care should start from mind balancing techniques from a young age. Yoga plays an important role in imparting this knowledge to the community particularly to the students. Yoga deals with mind through breathing.

As per Chinese Yin-Yang theory, the visible body is yang and the invisible mind is yin. Yin is more powerful than yang. If you treat the body, the effect will be short lived. If you treat the mind the effect lasts longer.

The conscious mind is yang and the subconscious mind is yin. Our infinite wisdom, infinite power and an infinite supply of all that is necessary for our healing lie within our subconscious mind. Generate positive thoughts in your conscious mind like harmony, health, peace and goodwill. You can see wonders will happen in your life over a period of time. The secret is as you sow so shall you reap in your body and environment. Every thought is a cause, and every condition is an effect.

If you want to be healthy, you must change the cause i.e. the thought process. Most of the people try to change the condition with medicines. This is a terrible waste of time and effort. The subconscious mind is subjective to the conscious mind. Join YOGA classes if you want to know the power of the mind. Learn and practice acupressure or acupuncture for supplementing Yoga at the mental and intellectual level.

The energy medicine which is the strength of all alternate therapies will lead not only in INDIA, but the whole world within a decade. Use modern medicine only at the time of emergency.

Let us work together for a healthy INDIA and a healthy MANKIND.

Dr.H.Bhojraj

Diabetes Redefined

The Week –September 1,2019 Issue

In this article, new research conducted in Sweden categorizes Type 2 diabetes into sub groups based on parameters like age old diagnosis, body mass index and insulin resistance , thereby changing the way diabetes is being treated. Research conducted in Sweden on 15000 newly diagnoses diabetic patients classified Type- 2 diabetes into following 5 categories.

1. Severe auto immune diabetes (SAID)
2. Severe insulin deficient diabetes (SIDD)
3. Severe insulin resistance diabetes (SIRD)
4. Mild obesity related diabetes (MOD)
5. Mild age related diabetes (MARD)

In India 50 million people are suffering from Type 2 diabetes and India is the diabetic capital of the world. In the initial stage personalized treatment options and prescribing accurate medicines will reduce the complications in future. It is laying stress on going to the root to understand the type of patho-physiology that is responsible for the particular type of diabetes so that one can determine the cause of the disease as well as the type of medication to be used instead of giving Metformin.

According to a study conducted in Maharashtra, among 16000 patients, Type 2 came with hypertension and lipid profile abnormality, and the common thread among all of them was the abdominal circumference. If ones waist circumference is more than 90cm in men and 80 cm in women it can lead to twin problem of blood pressure and diabetes. The study stresses the need for exercise to control the fat in the body.

It is also true that diabetes leads to obesity because of decrease in metabolism and storage of fat and cholesterol in the body. A BMI reading between 19 and 25 is considered to be an indicator of healthy body weight, while BMI reading above 30 indicates obesity. The excess weight leads to knee pain and back pain also. Creatinine check up indicates the level of kidney functioning and it should be in the range of 0.6mg/dl to 1.2 mg/dl. Reduce the salt intake and keep the sugar levels under check. Sugar levels, HbA1c and micro albumin levels must be checked every six months. Albumin (blood protein) in the urine is one of the first proteins to leak when kidneys are damaged.

Prevention is better than cure.

Plan your destination. Know where you are going. Don't waste your time and effort. Planning in early stages helps you reach far.

Productive Retired Life- Be Positive-Achieve what you really wanted in Life

By Dr.H.Bhojraj

An interesting retired official said, "I have not lost my job, the company has lost my services". Most of the officials who retire at 60, keep themselves active for rest of their life. **Our body can slow down gradually as we advance through years, but our conscious mind can be made much more active, alert, alive and quickened by the inspiration from the subconscious mind.**

The grey hair should stand for greater wisdom, skill and understanding. The emotional and spiritual maturity should be a tremendous blessing to any organization. They could be most useful in handling personal problems, making plans for the future, making decisions and guiding others in the realm of creative ideas based on their experience and insight into the nature of the business.

People must realize that they grow old or remain young in accordance with the process of thinking. Our subconscious mind is conditioned by our thoughts. If our thoughts are noble and good, one can remain spiritually young regardless of the chronological years. **Just try to learn something new every moment of the day and you will find your mind will always be young.**

Retirement can be a new venture, a new challenge, a new path, the beginning of the fulfillment of a long dream. **The real truth is that one can achieve and accomplish more after sixty, because each day we are growing in wisdom and understanding of life and the universe through our new studies and interest.**

The mind never grows old. Just feel the miraculous healing, self renewing power of the subconscious mind moving through the whole being to the days of the youth. Know and feel that you are inspired, lifted up, rejuvenated, revitalized and recharged spiritually. Develop a vision for yourself and a vision of yourself as happy, radiant, successful, serene and powerful person. **As long as you have challenges, the life will be stimulating and invigorating.** Develop patience, kindness, love, goodwill, joy, happiness, wisdom and understanding that are the qualities that never grow old.

Most productive years of our life can be after 60. You are as young as you think you are. You are as strong as you think you are. You are as useful as you think you are. You are as young as your thoughts.We are selling our talent, abilities, and wisdom that we have garnered through the years. Everyone's retirement is a new venture. Develop new interests and take up new studies. We can do the things we always wanted to do which we missed during active life till 60. **Just give your attention to living life. You become a producer and not the prisoner of the society.**

Cheers to all retired employees. Let us do our best for our Country and to the humanity. **Those interested can join me to establish an Integrated Acupuncture Medical college and Hospital in Bangalore within next 5 years**

Dr.H.Bhojraj 9845649914

ACADEMY ACTIVITIES



Dr.H.Bhojraj, Chairman, AAA and Dr.Samiullah, President of Acupuncture co-ordination Committee met Shri S.V.Ranganath, Ex Chief Secretary, Karnataka Government and thanked him personally for helping the committee to take up the cause of getting recognition for acupuncture as a health care system in Karnataka. **The present Government is also encouraging Alternate Systems and we will be able to get the bill passed in the coming months. This will pave the way for college and recognition of existing practitioners.**

20th July 2019



International Facial Reflexology Workshop was conducted in Gandhi Bhavan for 2 days by Mr.Vamsi Krishna and his team. The workshop was inaugurated by Dr.H.Bhojraj Chairman AAA on 20th July 2019. **Dr.Samiullah, Dr. V.S. Giridhar Gopal, Dr.Basavaraju, Dr.Deepak Rout, Dr.Rashmi Krishnamoorthy and Dr.Akshatha Shetty** also lit the lamp and spoke as guests of honor.

The first meeting of the World Congress 2 to be conducted in Bangalore on 5th April, 2020 was also held on that day and the core committee members were finalized. It was decided to meet again in Bangalore during August to finalize the exact programme.

Dr. Samiullah and Dr. Sandeep Chopra have been selected by the Government of India for one-month advance training at the Beijing Acupuncture Institute. The study tour is being sponsored by the Chinese Government. We wish them a very productive stay in China.

20th July and 27th July 2019



Basic acupressure course for common man was conducted at our academy on 20th and 27th July from 2 30pm to 5pm. The one day course was taught on 2 Saturdays mainly to give time for the participants to try the techniques on their family members and clarify their doubts in the next class. This 2 Saturdays course has given tremendous confidence to the participants and us a very good feed-back for this course. **The basic course will be conducted every third and fourth Saturdays of the month and those interested can call 8050901238 and register your name.**

21st Aug 2019

FREE NADISWARA HEALTH CHECKUP FOR ACADEMY SUPPORTERS

A free health check up camp was organized as part of the 70th year of our Chairman, Dr.H.Bhojraj in hotel Chalukya. Nearly 60 people participated with family and 30 of them availed the free Nadiswara checkup and were given acupuncture treatment to correct their imbalance. Dr Basavaraj and his team explained to the audience how this instrument works and how we can assess the present health with this instrument.



Dr. Peter Lee explained his expertise to cure any spinal related problems and explained a 5 minutes exercise after 40 minutes of taking food that helps to control sugar levels.



Mr. Sundramurthy, Ex ISRO scientist gave a talk on Chandrayaan 2 which was well received by the audience. The great achievement of landing on the Moon was just missed by INDIA on 7th Sep 2019.



Dr. H. Bhojraj made a power point presentation on the status of Acupuncture recognition with the Centre and State Governments and **the proposal to start an Integrated Acupuncture Medical College and Hospital after proper recognition of the system.** He also proposed to train a few senior Acupuncture practitioners in China with a training cost of Rs 10 lakhs and appealed for liberal donations to our academy.

Those interested in donating for this specific cause may send the amount to our Academy Bank Account in Indian Bank, Rajajinagar, Bangalore-560010. Bank A/C Number 6012588256 IFS Code IDIB000R005 and CBS Code 00064. Send your name and address by WhatsApp to 9845649914 to enable us send the receipt.

(Donations received: Mr.M.V.Kannan Rs1500, Mrs.Jija Subramanian Rs 2000, Mr.Arunachalam, Rs 2000, K.N.Surianarayana Rao Rs 2000, Dr.Kanaka Rao Rs 1000, Mr.Sundaramurthy Rs 5000, Mr.Suresh Palyam Rs

1000, Mr.G.Raman Rs 1000, Mrs.Sumathi Rs 2000, Mr.Kaunanidhi Rs 2000, Mr.Saravanan Rs 2000, Mr.Ganeshan Rs 1000, Dr.Pal Rs 1000, Mr.Dinesh Rs 500, Mr.Padmanabha Rs 500.)



Group Photo with the Chairman on 21st Aug 2019 function 3rd Aug 2019

International Cupping Association(ICA) Annul Celebrations

The ICA lead by **Dr. Nadeem** conducted the annual graduation ceremony on 3rd Aug. 2019 at Hotel Canopy, MG Road. The gala evening with a dance performance by professional artists set the stage for a grand function. **Dr. Abdul Rehman, Chairman, New Little Flower** who has been practicing cupping therapy for 50 years presided over the function and released the book on Cupping Therapy written by Dr. Nadeem. The guests of honor were **Dr. Ashok Kothari, Vice President, International Sujok Association, Corporator Mr.M. Shivaraju, Dr. Mohammed Ali Khan, CEO of Al Ameen College and Dr.H.Bhojraj, Chairman,AAA.**



The book “ **A practical guide to cupping therapy-A forgotten tradition**” by Dr. B.Nadeem is available in our Academy for your reference. Those interested can order for the book which is priced Rs 699.

**ONE DAY ACUPRESSURE COURSE
ON 23rd OCTOBER, 2019
10am to 5pm
REGISTER WITH Mr. NAGESH
on 08050901238**

27th Aug 2019

A team consisting of Dr.Bhojraj, Dr.Romesh Bhat and Dr. Jose visited Hyderabad to have a discussion with Dr.Sagar. who has been appointed as the coordinator for Changchun University, Chang Chun, China.



After the discussion, it was decided to enter into a Memorandum Of Understanding, with the Indian Institute of Traditional Medicine led by Dr.Sagar and the Academy for Acupressure and Acupuncture led by Dr.Bhojraj. A draft MOU finalized by Dr.Romesh Bhatt had been sent to Dr.Sagar and will be signed within a fortnight. It paves the way for starting our training for sending a team to China for learning new techniques from them.

ANNOUNCEMENTS

International Acupuncture Symposium (7th NSAAI-2019) will be held in **Lucknow, Hotel Hyatt Regency on 30th Nov and 1st Dec 2019**. The symposium is organized by Dr. Nilesh Patel and Dr. M.K.Verma.

Registration fee for ASA members is Rs 4500 till 30th Sep. Fees for Spouse also will be Rs 4500. After 30th Sep, 2019, the delegation fee will be 5500. Those interested in attending may give the names to Dr.Bhojraj who will consolidate and register for all members from Bangalore. Your travel booking also can be organized together.

CASE HISTORIES

1.Memory and concentration improved with Acupuncture for Mr.Shiv 17 yr old says Ms.Deepa, Acupuncture Practitioner Ph 9448049060

Mr.Shiv, a 17 year old studying in 12th Standard came to me with skin problems and I treated him with Liv 1 increase formula. Within 4 sittings his skin condition became normal.

He also said that this year is very important he wanted to improve his memory and concentration.

As per the book I treated him with Acupuncture points to improve the concentration (Sp-6 inc) and gave him advice to face any difficulty and discuss with his parents. After 4 months of treatment he faced the class exams and answered a question which he casually listened to his teacher while explaining.

His parents have reported wonderful improvement in his activities and found him talking in an organized way about his studies.

Those interested in improving the memory can contact Deepa in the above phone number.

2.Burning pain in the left leg cured with acupuncture Says Ms Bhighee 31years

I had severe burning pain in my left leg last year after a hectic trip. My father asked me to go to our family doctor and he prescribed 2 tablets (Pregator) per day for 20 days. After taking the tablets my pain vanished but I observed a weight gain of 6 Kgs.

This year in May the same pain resurfaced and my friend suggested to try acupuncture treatment in the Academy with Dr.Bhojraj since she had very good relief for her back pain. I had only two sessions and I took another adventurous trip to the Himalayan mountains. The pain not only vanished and it did not come back after the trip. I would like to thank the academy for curing me and I am continuing the preventive points taught to me. I have referred many people to acupuncture treatment based on my experience.

3.Fibromyalgia cured by Acupuncture says Mrs.Sharmila Bhatia 51 years Ph 9886125357

For the past two years I used to get cramps and sudden radiating pain from my thigh to the feet. I struggled to walk or sit. The pain was bothering me even in my sleep and the quality of sleep also affected. I consulted almost all specialists in the field and I was given a lot of tablets for pain relief and also some supplements.

My friend, Mrs Latha Murali, who has undergone an advanced acupuncture course recommended me to meet Dr.Peter Lee in the Academy. I was diagnosed as Fibromyalgia, Osteo Arthritis and ANA Arthrities by Modern medicine and I showed all the records to Dr.Lee. After examining the reports Dr.Lee gave me the confidence that I will be all right after two months.

I started the treatment with Dr.Lee alternate days for 18 sittings. Each session used to be about 45 minutes with acupuncture, reflex points activation and alignment of spine. As on June 2019, after two months of treatment I am free from all pains and I am able to walk freely. I have no words to express my relief.

I thank Dr.Peter Lee, Dr.Bhojraj and Mrs.Latha Murali for curing me with acupuncture.

4. **Tennis elbow cured with Acupuncture says Mr.Vishnu from USA**

I have done my avance acupuncture course in the year 2016 and used it for curing my father's kidney related problem very successfully which was explined by my father to the audience in the 7th Annual graduation ceremony and also reported in the News Letter. I was transferred to USA and I used to treat my friends in our get togethers.

One of my office colleagues was suffering from tennis elbow for about a year and tried various treatment in best hospitals but none of them gave him full recovery.He used to get relief and the problem persisted. In one of our meetings he mentioned about it and treated him with our universal formula Sp 6 reduction and auricular elbow point activation once in a week for 5 weeks. His condition improved tremendously and he had no pain at all that too without any medicine. I monitored him for 3 months and he did not have any pain. He says it is a miracle cure for him . I thank the Academy for giving me this knowlegde which I use for keeping myself healthy. I and my family very rarely go to the doctor except for regular check up.

ADVANCE COURSE IN DELHI 3-11-2019

One day Basic Acupressure Course is being organised in Delhi on 3rd November for the first time. **Mrs Namitha Balaji** who has been practicing acupuncture for the past 5 years has taken the initiative for the programme in Delhi.

All alternate health practitioners, physiotherapists, yoga teachers, energy healers and paramedics can get the benifit of this course.

Those interested may contact Mrs. Namita Balaji on 9810710036 for details of the venue and fees.

21st SEP 2019

NADISWARA IMPULSIONSCOPE FOR ELCTRO HOMEOPATHY LAUCHED

A function to launch the latest innovation of Nadiswara to help Electro Homeopathy practitioners in INDIA was organized by Basava Academy on 21 Aug 2019. **Dr. Rehenul Huda, Chairman. Electrohomeopathic Research Foundation** released the Impulsiroscope developed by Dr. Basavaraj and his research team on the occasion. **Dr. Giridhar Gopal** who organized the Electrohomeopathic course in Bangalore for the first time welcomed the gathering.

Dr.Bhojraj, Chairman, Academy for Acupressure and Acupuncture in his opening remarks commended the efforts of **Dr.Basavraj** and his team for the achievement and expressed his full support for the Nadiswara system which gives the scientific proof for the research



Dr.Huda explained the concept of this system and appreciated the efforts of **Dr.Basavaraju** to give a scientific proof for the system with this impulsiroscope. He has agreed in principle to popularize this system with proof for scientific study and agreed to conduct a special course for Nadiswara users in November.

Dr.Sartaz Hussain explained the softwere developed for the system and Dr.Basavaraju delivered the first instrument to Dr.Huda.

Dr.Rashmi Krishnamurthy, Vice President, Vedic Wellness University, USA spoke on that occasion appreciating the preventive health care techniques and the integrated approach adopted by the University to popularize in INDIA particularly in Bangalore.

Dr.Samiulla, Chairman, Federation of Acupuncture Systems Therapy Board lauded the efforts of Dr.Huda and of Dr.Basavarju to give a scientific proof for any system including Acupuncture, Ayurveda, Yoga and Electrohomeopathy.

Those interested in joining the Electrohomeopathic course in November may contact Dr.Giridhar Gopal (Phone 8088033337)

Get maximum from what you have

Don't compare

Feed your mind

Believe in yourself

Create a powerful atmosphere

Fix your goals

Talk to self

YOU WILL BE SUCCESSFUL

23rd Sep 2019

WORLD REFLEXOLOGY WEEK CELEBRATED

From 23rd to 29th, World reflexology week was celebrated mainly to popularize alternate therapies all over India. The move was conceived by **Dr. Anil Jain**, President, Acupressure Training and Research Centre, Aurangabad and an advisory committee consisting of *Dr. P. B. Lohia, Dr. S. P. Gupta, Dr. Anant Biradar, Dr. Ashok Kothari and Dr. H. Bhojraj.*



WORLD REFLEXOLOGY WEEK

FREE TREATMENT CENTER

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

23RD TO 28TH SEPT. 2019
FROM 4-00 PM TO 6-00 PM

Based on this theme, our Academy conducted free acupuncture treatment from 23rd to 28th for 2 hours in the evening. More than 100 people utilized this golden opportunity and got benefited by the treatment. Dr. Girish, Dr. Giridhar Gopal and Mr. Devesh Sharma treated the patients for various ailments under the leadership of Dr. Bhojraj.

29th Sep 2019

5th NATIONAL CONFERENCE CUM AWARD PRESENTATION CEREMONY IN BENGALURE

Dr. Anil Jain organized one day National Conference on Reflexology in Mempho Bell Hotel, Bangalore for the first time, which was presided over by **Dr. Cyril Antony** from Sri Lanka who is the President of International Reflexology Association.

The conference was attended by about 70 therapists from various parts of India. Our Academy was represented by **Dr. H. Bhojraj, Mr. Devesh Sharma and Mrs. Jagadamba Kumar.** Dr. Bhojraj presented a paper on Splenomegaly with a successful case history treated and monitored for 4 years. The patient could avoid splenectomy with acupuncture treatment and self activation of hand reflex points.

The organizing committee not only awarded

our Chairman Outstanding Contribution award for Acupuncture but also best paper presentation award in the conference.



Dr. Bhojraj presented the book to Dr. Cyril Antony

Dr. Anil Jain launched the reflexology monitoring device which can give you the scientific evidence for the imbalance in the system and also the therapists can monitor their progress with this application over a period of time. He also presented the application of Megneto Therapy vividly to the participants. **Dr. Reshma Suryavanshi** from Vadodara exposed the nail diagnosis and the activation nail with colour or magnet to cure the problem. **Dr. Mona Contractor** from Ahemedabad gave a general talk on the treatment protocols and the ethics involved in dealing with patients. **Dr. Dilip Kumar** from Pune gave a talk on reflexology. **Mrs J R. Shilpa Jain** showed the practical demonstration of the application and conducted conference very efficiently from the beginning to the end.



ONE YEAR ADVANCE ACUPUNCTURE COURSE

CONTACT Dr. H. BHOJRAJ
On 9845649914 for details

Mr Ragu from Nadiswara Group demonstrated the pulse diagnosis instrument for few volunteers and the participants were given the web site (www.nadiswara.com) for further details.



BEST PRESENTATION AWARD TO Dr.BHOJRAJ

The meeting ended with National Anthem and a big boost to Complementary Therapies.

Preparations are on for the 5th World Congress



Dr.Akshatha Shetty, Dr.Deepak Rout, Dr.Giridhar Gopal, Dr.Bhojraj and Dr.Samiullah

The steering committee headed by Dr.Samiullah met in his Institute and decided to have the 5th World congress in Bangalore in a grand way. The congress is expected to be attended by about 1000 specialists not only from India but also from many Countries in the world. As we are getting the support from World Health Organization, it was decided in principle to book a big hall like Ambedkar Bhavan.

Dr.Deepak Rout had come all the way from Hyderabad and launched a preliminary brochure which will be reviewed by all committee members and the contents will be released shortly.

Top spiritual leaders are also likely to attend. Kindly book your dates APRIL 2020 4th, 5th and 6th in Bangalore.



Free Health Checkup with Nadiswara



OUR WEBSITE WILL BE DEACTIVATED BY the end of DEC 2019

Our official website www.acupressureclub.org will be deactivated due to technical reasons. Those interested in downloading any content can do so before the end December, 2019. We express our thanks to Mr.M.V.Kannan, Web Administrator for maintaining the web site all these years.

*Editorial team: Mrs. Jija Subramanian, Dr. Romesh Bhat
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