



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

2013, 7th Main, "D" Block, 2nd Stage, Rajajinagar, Bangalore – 560 010

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Mobile: 8050901238 e-Mail : acuacademybgl@gmail.com Website : www.acuprressureclub.org

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No. 3

From the Chairman's Desk



Health Science in India has taken off very well under the present government, giving more emphasis to preventive health care with yoga and curative health care with modern medicine and other alternate systems like Siddha, Unani, Ayurveda and Nature Cure. Almost all recognized systems have developed competent doctors after their recognition through dedicated medical colleges and most of the practitioners are sticking to the science which they have learnt for 5 years.

Now the awareness about Acupressure and Acupuncture as a preventive as well as curative system is spreading all over India, particularly in Karnataka due to the dedicated efforts of our Academy for Acupuncture and Acupressure (AAA), Karnataka Acupuncture Association (KAA) and Acupuncture Science Association (ASA). **There are hundreds of Acupuncturists actively involved in each Association trying to get Acupuncture recognized in Karnataka as an independent medical system so that the Government initiates action to regularize the practitioners and start an Acupuncture Medical College.** Karnataka will then lead the country in preventive health care. Very recently, an Acupuncture Co-ordination council was formed under the leadership of Dr. Samiullah who has done pioneering work in Karnataka by creating the Federation of Acupuncture System of Therapy Board to promote, develop and propagate Acupuncture in Karnataka.

Karnataka is leading in Space, Aerospace and Information Technology and Biosciences due to the present, able leadership of the Karnataka Government. We are also leading the whole country in Alternate Therapy promotion with Yoga, Nature Cure etc. We expect our Government will also promote Acupuncture as an independent therapy in Karnataka and give the lead to this scientific therapy to be followed by other States.

The Acupuncture Co-ordination Council has finalized an appeal to the Health Minister in their recent meeting and will submit a memorandum for recognition of acupuncture as an independent system in Karnataka. **I appeal to all practitioners of Acupuncture in Karnataka to mail a short bio-data to acuacademybgl@gmail.com and any significant contribution to propagate acupuncture in Karnataka so that we can add all the experts into this forum.**

I am happy to announce that our Academy got a commercial place in Rajajinagar IInd Stage itself, from where we have started functioning since June 2017. The 5 day basic acupressure course has taken off and good feedback was received from the participants.

The advance course syllabus has been also finalized for the next year (2018) which includes Anatomy & Physiology and Traditional Chinese Medicine covering all 361 points. Those interested in learning Acupuncture can contact our Academy for joining the course.

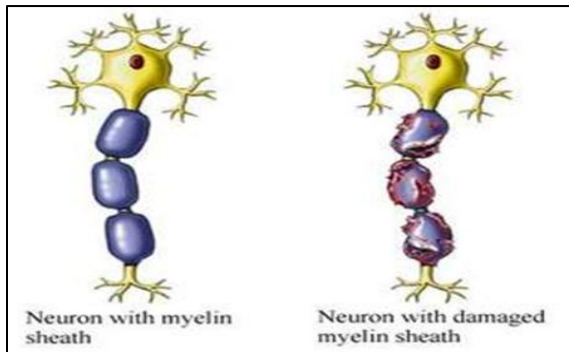
Finally every individual should feel that the healing system is within us and appropriate conditions are required inside to heal and repair the system. Take up preventive therapy like yoga and know thyself to heal yourself.

Dr. H. Bhojraj

Multiple Sclerosis (MS) and Acupuncture therapy by-Dr.H.Bhoiraj

Multiple Sclerosis, or MS, is a disease of the central nervous system, effects that can range from relatively minor physical annoyances to major disabilities. Normally most nerves in the body are insulated by a fatty substance called myelin, which permits efficient transmission of electrical impulses- the nerve signals.

MS occurs when this protective layer becomes inflamed and ultimately gets destroyed in places, short circuiting the electrical flow. The possible and noticeable consequences of the disruption are loss of muscle coordination, impaired vision and incontinence.



The initial attack, occurring as early as the teenage years, may be brief and mild and may not even be recognized. The symptoms temporarily disappear but recurrence is highly likely after a long latency period.

Generally, the first full-fledged bout, lasting weeks or months takes place between the ages of 20 and 40 and further attacks follow at erratic intervals. The repeated inflammation of the nerves produces scarring (sclerosis). Although myelin can normally repair itself, the scarring happens too rapidly for healing to take place. The effects of the lesions become permanent.

Four basic categories of MS:

1. **Benign:** Cases of this kind are typically limited to one attack and there is no permanent disability. The most common symptoms are limb numbness and temporary

vision problem caused by inflammation of this optic nerve.

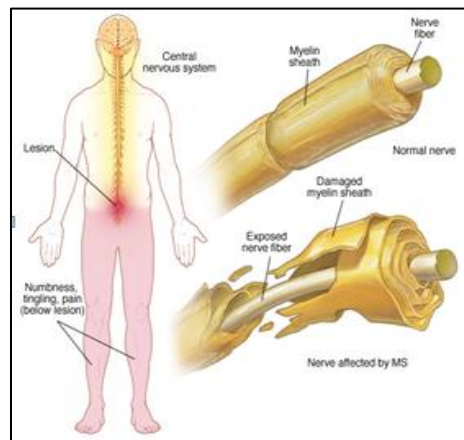
2. **Relapse - Remitting:** This refers to cycles of attacks and remission. It involves sudden and strong debilitating attacks followed by periods of almost total remission.

3. **Relapse – Progressive:** In this type, attacks are less severe, but the recovery is less complete. The cumulative effect of many cycles of attacks slowly leads to some degree of disability. This is the most common form of MS, accounting for about 40 per cent of all the cases.

4. **Chronic- Progressive:** This form of MS quickly becomes disabling and has no periods of remission.

General Symptoms

- Weakness, stiffness (spasticity) or numbness in one or more limbs.
- Sensations of tingling, pins and needles, heaviness, a band like tightness around one or more limbs or the trunk of the body.
- Tremors, instability or a lack of balance or co- ordination.
- Blurred or double vision or rapid involuntary eye movement.
- Bladder or bowel incontinence.
- Fatigue: either a feeling of general tiredness or extreme exhaustion.



CAUSES

1. **Autoimmune System** -MS is considered an autoimmune disease in which the body's immune system attacks its own tissues. Perhaps the disease arises from an inherited problem in the immune system.

2. **Virus**-Possibly a virus can provoke all auto immune system attacks the body's own tissue, mistaking it for a foreign invader followed by profound emotional shock or physical trauma, which could affect the immune system.

3. **Dietary factors** – Dietary factors have also been cited as possible causes. Generally MS patients have a lower than normal ability to absorb polyunsaturated fatty acids, which are essential for processing foods.

All the above causes are responsible for disintegration of the myelin sheath, obstructing signal flow and potentially leading to progressive loss of motor coordination and other functions.

ACUPUNCTURE TREATMENT

The main aim of acupuncture treatment is to improve the immune system by activating the **spleen, liver, lung points**. The nervous systems also can be activated by treating only in the pericardium meridian which represents the nervous system. Also Acupuncture points are activated to improve the overall digestion and elimination of the system. Although recovery takes time – maybe, over a year, the results are slow and sure.

CASE HISTORY

Mrs. Shri Prabha, (Ph No- 9986465690)
43 years old female came on 11-6-16 with following symptoms-

- ▶ Weakness in left hand
- ▶ Could not hold with fingers for past 5 days
- ▶ Thyroid Problem - on medication for past 10 yrs. (Thyronorm 100mg)
- ▶ Constipation (Bowel clearance once in 2 days)
- ▶ Jerks for past 10 yrs.

- ▶ Blurring of vision- 3 to 4 yrs.
- ▶ Imbalance while walking
- ▶ Bladder Incontinence

Treatment was given according to PAS -
↓K-2 ↓LU-10 ↓TW-3 ↓P-5 ↓LI-1.

This was followed up with the formulae:

↑Liv 1 ↓Lu 7 ↑H7↑P9

or

↓Sp6 ↑Liv 1 ↓Lu 7 ↓P7 as per the pulse and symptoms

As on 11-6-2017 the following improvements were observed

IMPROVEMENTS

- ▶ Belching reduced
- ▶ Blurring of vision improved
- ▶ Able to walk for longer time
- ▶ Improvement in constipation
- ▶ Reduction in numbness
- ▶ Falling down tendency reduced
- ▶ Jerks almost nil
- ▶ Thyroid normal with medication
- ▶ Sleep cycle improved
- ▶ Overall general health improved

CONCLUSION

Though Multiple Sclerosis is said to be a progressive disease and not reversible, acupuncture treatment is showing positive results with improvements in their earlier symptoms. At least 10 patients should be treated with acupuncture for one year to conclude the effectiveness of Acupuncture for Multiple Sclerosis.

10 DAYS THEORY

ONE YEAR

ADVANCE ACUPUNCTURE
COURSE

At the Academy premises

For registration contact:

8050901238

Between 10 AM to 5 PM

Course fee: Rs. 50000/-

Quarterly activities

Inauguration of Acu Wellness Centre



The Academy inaugurated its' new center- **The Acu Wellness Centre**, on 12/4/17. The function was attended by all the Trustees, Mr. Tyagi, our donor, well-wishers like Mr. Sundarmurthy and a number of students.



The Trustees expressed their happiness about the Academy being able to find a commercial premise for its operations and wished the Chairman all success.

In May, all the activities of the Academy were shifted to the new Centre.



ONE DAY BASIC COURSE IN ACUPRESSURE
Every Third Sunday of the Month
at
ACADEMY FOR ACUPRESSURE & ACUPUNCTURE
Contact : 8050901238

One day Basic Course :

There is a good response to the Basic Course being conducted by the Academy on the 3rd Sunday of every month

Basic Course on 16/4/2017



*Standing Left to right : Mukesh Kumar, Rakshith, Manjula, Kollolini Patro, Shivaraman
Sitting: Girish.S, Dr..Bhojraj, Ramamurthy(Chennai)*

Basic Course on 21/5/2017



*Back row: Sejal, Varaha Swamy, Rajendra Prasad, Soujanya M
Front row: Ramesh Babu, Kuldeep B, Dr. Bhojraj, Pankaj Kumar, Girish. S*

Basic Course on 18/6/2017



*Back row: Chandini S, Dr. Bhojraj
Middle row: Vasanthalakshmi H S, Vishwanath A, Girish. S
Front row: Sindhu R, Sumana A J, Madhushree P*

5 days Basic acupressure course

In order to reach out to a wider spectrum of people, the Academy decided to conduct the Basic course over a period of 5 days from 11am to 1pm.

5 days acupressure basic course

Starts Next on
10/7/2017 & 24/7/2017
Course Fee: Rs. 2000

The first batch, conducted from 15/5/17 to 19/5/17 had 2 participants – Mrs. Kuldeep and Mr. Suhas.

It was very encouraging to see that the 2nd batch of participants got good results with acupressure taught in the class. Given below are some case histories from their own experience.



1. Mr. Keshav Murthy (Ph-934370200)

My wife's cold and headache cured with acupressure. I am using acupressure as a preventive therapy for my whole family.

2. Usha Kumari (Ph-9964666256)

I have started doing figure of 8 walking which has made my body very light.

3. Hymavathi B (Ph-9341455916)

The acupressure point for constipation has really helped me a lot. Auricular therapy for low back ache reduced my pain by 80%.

4. R. Nagalakshmi (Ph-9341403467)

I have got energy and peace of mind, my attitude towards life has changed and I am able to analyze situations in a positive way. Cold and headache vanished after activating Lu-7 and root of thumb respectively.

5. Divya Rajani (Ph- 9845504395)

Divine gate point stimulation with seed given on first day of the class kept me active throughout the week. Body balancing made me more flexible.

GOVERNING COUNCIL MEETING

The 19th meeting of the Governing Council was held on 4/6/17 at the Academy's premises. The highlight of the meeting was the Chairman's briefing to the Trustees on the efforts being taken by the Academy to get recognition for Acupuncture.

Also the governing council inducted Mrs. Meera Bhojraj, Yoga Trainer as a Trustee in the place of Miss Arathi Bhojraj

Acupuncture Science Association, Karnataka.

Our Academy is continuing with its efforts to get recognition for Acupuncture in Karnataka. In this regard, our chairman Dr. H. Bhojraj along with our trustee Mr. Suryanarayan Rao and Dr. Samiullah met Sri S.V. Ranghanath, Ex Chief Secretary Karnataka.

He advised the team to make a presentation highlighting the science of Acupuncture and its advantages to present it to the Health Minister. This presentation is under preparation and will be presented to the Health Minister,



The 4th meeting of ASA, Karnataka was held on 11/6/17, mainly to discuss the future course of action to be taken to get recognition for Acupuncture. The Acupuncture Co-ordination Council finalized and signed an appeal to the Health Minister of Karnataka.

ACUPUNCTURE COORDINATION COUNCIL

PRESIDENT- Dr. A.R. SAMIULLAH was born on 21/07/1977 and completed acupuncture studies from Sri Lanka and China. He started acupuncture training in 2002 and offers healing services to the sick and needy in Karnataka.

He is the founder President of Karnataka Acupuncture Assn. and has conducted various free treatment camps in urban and rural areas to heal and create awareness through acupuncture.

He has formed "National institute of alternate medicine system (NIAMS), in 2010 to run collaborative study programs in acupuncture and yoga, through Karnataka State Open University (KSOU) Mysore. Standards of acupuncture in



the state and the nationwide were elevated through these master programs.

He is the chairperson of the 'Federation of Acupuncture System of Therapy Board' (F.A.S.T. Board) for continuing the academic programs to train appropriate skilled workers for Acupuncture system of treatment

Acupuncture Coordination Council Secretary-

Dr. H. BHOJRAJ born on August 21 1949, passed out with Honors in Mechanical Engineering from Madurai University in 1971 and joined ISRO (Indian Space Research Organization) as an engineer in 1972 and served ISRO till 2011.

He took up Acupuncture and Acupressure seriously and received the degree of Doctor of Medicine (Acupuncture) by the Open International University of Complementary



Medicines through its Medicine Alternative Institute, Sri Lanka in the year 2000. In 1982, he started conducting courses on Pranayama and Meditation techniques for the general Public and significantly contributed in the area of Yoga Therapy till 1992.

Dr. Bhojraj has authored several books - "Acupressure and Fitness" in 1995, "Acupressure- a Drugless path to good Health" in 2001, "Walking for Health and Fitness" in 2004 and "ACUPUNCTURE-The Drugless Path to Good Health" in February 2009.

Dr. H. Bhojraj, along with 6 other eminent member Trustees founded **The Academy for Acupressure and Acupuncture (AAA) in 2012 with the SOLE aim of getting the required recognition from the Government for this Scientific Acupuncture Treatment.** This Academy is a dedicated organization, to the cause of disseminating and spreading knowledge, information about Acupressure, Acupuncture and other drugless therapies among public and its effectiveness for many common ailments.

The Academy currently has over 250 active members who practice the amazing art of healing under the guidance of Dr. Bhojraj. The

techniques imparted by him have shown tremendous results and have successfully cured innumerable ailments. Most importantly, he has taught them to heal themselves and stay healthy the natural way.

Acupuncture Coordination Council Member- Dr. R. RAVISHANKAR was born on 20/05/1967 and has got his degree in acupuncture in the year 2000 and started his clinical practice in Mysore.



He has not only treated thousands of patients for various ailments but also trained them to follow certain methods to prevent the disease. Presently, he is the President of Acupuncture Science Association and taken up the cause of getting recognition from the government for this wonderful science of acupuncture.

Acupuncture Coordination Council Member- Dr. C. K. RAJU was born 06-06-1960 and completed acupuncture studies from Sri Lanka and China. He is the founder Vice President of Karnataka Acupuncture Association. The

Karnataka State Open University (KSOU), Mysore appointed him as the Acupuncture Course Writer in 2010 to compile study programs in acupuncture. Presently he is the academic Dean of 'Federation of



Acupuncture System of Therapy Board' (F.A.S.T. Board) for continuing the academic programs to train skilled workers appropriately for Acupuncture system of treatment.

He is one of the Founder life Patrons of Acupuncture Science Association (ASA) of India, which is an umbrella association with branches in more than 21 states. Recently, ASA succeeded in getting acupuncture recognized in Maharashtra.

He has authored books on acupuncture, and is currently the course writer for acupuncture programs at the Tamil Nadu Physical Education and Sports University (TNPESU)

Case histories

1. Sinusitis cured with acupuncture in one sitting says *Latha Suresh Ph no-9884691698*

My son, Suresh Ramakrishnan had been suffering from sinusitis since 2 years. He was on allopathic medication. With only one session of acupuncture treatment his symptoms vanished and didn't recur.

**Treatment administered as per PAS:
GB-38↑ St-41↑ B-60↑ SI-5↑ LI-5↑ TW-5↑**

2. Allergic rhinitis improved with acupuncture says *Divya Rajani Ph no-9845504395*

My husband Nirmal Rajani was suffered from long bouts of early morning sneeze. He was diagnosed with hay fever. Allopathic medication only reduced his symptoms temporarily. I started acupuncture treatment for him after which his symptoms improved by 90%.

In first sitting I administered **Lu-7↓ Lu-5↓ and Lu-10↑**. In the subsequent sittings, I worked on his immunity by giving **Sp-6** reduction formula.

3. Cataract cured with eye exercises says *Mr. Bhaskar Narayana, Ex Space Scientist. Phone Number*

A year back, I went for an eye checkup. I was told that a cataract was developing in the eye which will require a surgery within 6 months after the checkup.

Around this time my grand-daughter came down from the US. She had myopia. I remembered that my friend Dr. Bhojraj had been teaching very simple eye exercises to the children. I brought her to the Academy for treatment to improve her eyesight. Dr. Bhojraj taught her the eye exercises and also showed her the liver points to be activated every day. I also did the exercises on regular basis. After 5 months I visited the ophthalmologist for a check-up prior the cataract operation.

After observing and analyzing my eyes, the doctor concluded that the eyes were now clear and there was no need of surgery at present.

4. Subsequent neck spasm vanished says *Dr. Deeksha Agarwal Ph no-9620047987*

I was suffering from neck pain since 5 years. Every month I use to get painful spasms in the neck which made neck movements difficult. I was **given auricular therapy** on the neck reflex point. One year has passed and I haven't got any spasm after treatment. I am very thankful to Dr. H. Bhojraj. Now I am working as physiotherapist in the Academy with Dr. H. Bhojraj.

5. Back, Knee and Neck pain vanished in one sitting says *Palaniappan... Ph no-9036024680*

I was suffering from back, knee and neck pain. On my first visit, treatment was given according to pulse analysis. In just one sitting, my symptoms vanished and it hasn't recurred since two years.

**Treatment given according to PAS was -
Liv-5↓ B-60↓ K-3↓ LI-3↓ H-8↓ TW-10↓**

6. Joint pain and Stiffness improved with Acupuncture says *Smt. Sushma Ph no-9880105144*

I was suffering from low back pain predominantly on the right side. With time, shoulder pain also started which radiated to the fingers. Going about day to day activities was becoming difficult. I was even unable to hold objects or sit for a long time.

After the treatment, my walking has improved, shoulder pain is very minimal and stiffness is negligible.

**First session was given according to PAS-
↑GB-38 ↑GB-44 ↑K-3 ↓LI-2
Next 2 sittings: ↑B66 ↓St-36 ↑GB41 ↑TW-2
Remaining 3 sitting, the following treatment was given -
↓Sp-6 ↑Liv-1↓ Lu-7 ↓P-7↑ B-66**

3RD INTERNATIONAL YOGA DAY

The 3rd international yoga day was celebrated at our Academy under the guidance of Dr. Romesh Bhatt, PhD in Yoga Sciences from SVYSA University. In his opening remarks, he stressed the need to practice yoga every day to keep the mind calm and get maximum benefit in our life. Seven people participated in yoga asana, pranayama and meditation as per the protocol for 45 minutes. Every one of them enjoyed the session.

Dr. H. Bhojraj in his concluding speech thanked Dr. Bhatt for his excellent teaching and requested him to conduct pranayama and mediation session in our academy every week o Wednesdays between 12 to 1 pm.

The Chairman also announced that the Academy will be conducting a 2 day seminar on Acupuncture on 9th and 10th September 2017. All acupuncture practioners and those who have contributed years to propagate acupuncture in Karnataka will be joining this seminar.



PRANAYAMA CLASSES

At the Academy premises
Wednesdays - 12 TO 1 pm
By - Dr. ROMESH BHATT
Monday to Friday - 5pm-6pm
By-Mrs. MEERA BHOJRAJ
Yoga trainer

*Editorial team: Mrs. Jija Subramanian,
Dr. Deeksha & Ms. Shruthi
(Mon-Sat 10 am to 5pm) Phone No. 8050901238*

ACUPUNCTURE SEMINAR

Sep 09th & 10th, 2017

Time: 9:30 am to 5pm

**Tentative Venue: Gandhi Bhavan
Shivananda Circle**

Registration Fees: Rs. 5000

For all AAA, KAA & ASA members

Non Members: Rs. 6000

Register on or before 31st July 2017

Organizing Committee (Tentative)

1. Dr. H. Bhojraj Chairman
2. Dr. Suryanarayana Rao Vice Chairman
3. Hlr. Girish. Secretary
4. Dr. Romesh Bhatt
5. Mrs. Jija Subramanian
6. Dr. Samiullah
7. Dr. C.K. Raju
8. Dr. Ravishankar
9. Dr. Manjula
10. Mr. Nagaraj
11. Dr. Santosh
12. Dr. Deeksha
13. Dr. Ketan V Shah
14. Dr. B.N. Jha
15. Dr. Vinay Varma
16. Dr. Basavaraj K
17. Mrs. Divya Rajani
18. Dr. Sharadha P
19. Mr. Srikant C R
20. Dr. Ramesh N S
21. Mrs.Sujatha Palayam
22. Mrs.Vijaya Sheshadari
23. Mr. Avinash Ramdurg
24. Dr. Vinay Sarvottam
25. Mr. Ravi Konda
26. Dr. Mundra PAS Sponsor

The 1st Organizing Committee Meeting will be held on 9th July 2017, 2pm to 4pm at Gandhi Bhavan. Kindly attend.

Log on to our website acupressureclub.org for online registration and fee transfer. Acupuncturists from Karnataka will be given preference for presentation of papers

Dharam Veer Choudhary Mob : 09342449555
Ph : 080-32915306

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