



ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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

JULY-SEPTEMBER 2018

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Vol : 7

No : 3

From the Chairman's Desk



'Nadiswara' Pulse Analysis System under test

It has been a great pleasure to put it on record that some of our achievements in Acupuncture Therapy which deserve direct recognition from the Government authorities to make it more popular. The health care rendered by modern medical science with medicines, diagnostic tools and surgical intervention is highly commendable. The Government insurance schemes, will certainly ensure that the masses of India, especially, people who cannot afford treatment, will get the best medical attention in multi speciality hospitals.

But, other therapies like Nature cure, Acupressure and Acupuncture etc gives additional value to the preventive health care.

These systems can be easily adopted by the rural mass almost at zero cost to the state especially for pre diabetics, slightly hypertensive cases to keep themselves healthy without starting any medication for long time. It is the responsibility of health care officials to expose all these simple therapies and transferring the knowledge to the rural people.

We presented to the Ministry for Health and Family Welfare of Karnataka, a proposal to train all Health Care Workers in Bangalore and also in rural areas, so that they can use it during emergency to get some relief from pain. Though serious research has not been done in Karnataka, many Acupuncture practitioners have reported

very good recovery and cure for migraine headache patients. Migraine is normally declared as not curable and patients have been advised to live with the pain. **In my practice with acupuncture for the past 30 years, migraine can be cured by the patients themselves by activating the Liver-1 acupuncture point with on and off finger pressure for two minutes every day as curative as well as preventive method.** It is better to attend a formal course in acupressure for your confidence in the system.

Our main idea of establishing a research centre is to prove the efficacy of acupuncture therapy and get the recognition for this scientific system from the Government. **The memorandum submitted to the Health Secretary is under active consideration and we expect the Government to recognize Acupuncture as a separate system along with AYUSH.**

I request all the healers trained by our Academy and practicing in Karnataka to register with Karnataka Acupuncture Association (KAA) or with Acupuncture Science Association (ASA) so that members can be recommended to the Health department for the issue of licence to the practitioners after scrutiny. The Ethical Committee of ASA Delhi has prepared the guidelines to be followed by the recognized practitioners. Those who are members of ASA will get the guidelines in the upcoming ASA News Letter.

I congratulate Dr. Inderjeet Singh, Joint Secretary, ASA from Dr. Kotnis Acupuncture Hospital Ludhiana for exposing India's acupuncture capability to China during his visit to China recently. The delegation from India visited all important Acupuncture Hospitals and Institutions in China and had fruitful discussions to promote Acupuncture in INDIA.

Let us work together to get the Acupuncture system recognized in INDIA particularly in Karnataka which is leading in all fields including alternate therapy.

Dr.H.BHOJRAJ

Acupuncture Treatment in Bangalore by Dr.Lee

Dr. Peter Lee, Acupuncture specialist has started Acupuncture Treatment for Multiple Sclerosis (MS), Fibromyalgia and Migraine in our Academy. All these are not curable as per the modern medicine but acupuncture gives the hope to reverse the disease.

Dr. Peter Lee is also specialised in Spinal Problems and he says confidently that those patients recommended for spinal surgery, can be cured within two months.

Dr. Lee is also available in our Academy for consultations on Mondays, Wednesdays and Fridays between 10 AM to 5 PM. He is available till 17th November. Those interested in availing his services after December 2018 may kindly register in our Academy.

MULTIPLE SCLEROSIS

Acupuncture can reverse the disease

By. Dr. H. Bhojraj

Multiple sclerosis (MS) is the disease of the central nervous system. Anywhere any cell gets scarred due to lack of replacement, it is called sclerosis. If it happens in multiple places, it is called multiple sclerosis. The root cause of the problem is the insulation deterioration of the electricity conducting system in our body i.e. the nervous system. The myelin sheath (insulation) which is a fatty substance gets eroded which impairs the efficient transmission of electrical impulses called nerve signals. The protective sheath gets inflamed and ultimately gets destroyed in places, short circuiting electrical impulses. Due to this muscles get affected so that muscle strength and coordination become weak. Incontinence (unable to hold urine) and impaired vision are major problems of MS.

Symptoms vary considerably from person to person.

- Weakness, stiffness or numbness in one or more limbs
- Sensations of tingling, pins and needles, tightness around one or more limbs or the trunk of the body
- Tremors, instability or lack of balance or coordination
- Blurred vision or double vision or rapid involuntary eye movement
- Bladder or bowel incontinence
- Fatigue; either a feeling of general tiredness or extreme exhaustion

This problem is more common in the age group of 20 to 40 years and it should be taken care in the initial stage to reverse the symptoms. The repeated inflammation of the nerves produces scarring (sclerosis) and although myelin can normally repair itself, the scarring happens too rapidly for healing to take place.

CAUSES

- No one is sure what causes MS, but more researchers think that the immune system plays a major role.
- Inherited problem in the immune system.
- Profound emotional shock or physical trauma, which could affect the immune system.
- Environmental factors and possibly pesticides in vegetables, lead content, air pollution particularly carbon monoxide, fumes from domestic gas water heaters

DIAGNOSTIC TESTS

- Magnetic Resonance Imaging (MRI) and Lumber puncture

TREATMENT (Conventional)

As per modern medicine, MS is very difficult to treat. Its symptoms vary greatly. Tracking the course of the disease and determining the effectiveness of treatment given is very problematic. Medicines are effective only to a limited degree in treating the symptoms.

ACUPUNCTURE TREATMENT FOR MS

Acupuncture treatment aims at balancing the energy in the systems so that it stimulates the organs to work efficiently. Stimulating the Liver with acupuncture points strengthens the Liver and in turn the muscular system. The acupuncture points on Liver have the power to stimulate Liver which speeds up detoxification in the body. By stimulating the Spleen points, the digestive system is strengthened along with the fluid control system. Alternate day stimulation for a month can bring down the muscle stiffness and strengthen the Urinary Bladder. Acupuncture not only helps the system to repair the nerves but it helps the system to bypass the damaged nerve fibres.

Regular Yoga exercise and proper diet will help patients to reverse the disease and live happily.

CASE HISTORY

A lady aged around 42 years, came for acupuncture treatment for Multiple Sclerosis on 11th June 2016 with following symptoms:

- Weakness in the left hand
- Unable to hold anything with fingers
- Constipation for the past 10 years
- Belching problem for the past 10 years

- Blurring of vision for the past 4 years
- Imbalance while walking and unable to walk straight
- Incontinence of Bladder

She was declared as Multiple Sclerosis patient in the year 2006 and has been under steroid tablets till 2016. She was also taking thyroid tablets for her thyroid problem. She was also taking Ayurvedic and Homeopathy treatment for the MS.

Acupuncture treatment started in our Academy in June 2016 and treatment continued weekly once for 8 weeks and then fortnightly for 6 months. When the recovery was good the frequency of treatment was once a month for one year till Oct 2018.

Dr. Peter Lee treated her for 8 sittings on alternate days for 3 weeks.

Present Condition;

- Left hand weakness considerably reduced
- Can hold anything with her fingers
- Considerable improvement in constipation
- Belching almost gone
- No blurring of vision
- No imbalance. Able to walk straight
- No incontinence of Bladder
- All pains considerably reduced after Dr. Lee's treatment for 8 sessions.

Chronology of treatment and feed back

August 2016 -Imbalance improved by 80% and blurring of vision reduced.

October 2016 -All symptoms got worse before her periods. There was numbness all over the body. Jerks increased. TSH gone up to 10.4 while checking. (She reduced the thyroid tablet from 50mg to 25 mg on her own)

January 2017 -Jerks almost gone. Blurring improved a lot. Numbness also slightly improved. Imbalance reduces after the treatment for few days.

March 2017 - Left leg pain, unable to walk. Frequency of urine increased. Constipation improved. No blurring of vision. Able to stand with eyes closed. Falling down tendency reduced.

August 2017 - Belching reduced, constipation improved with ayurvedic medicine, jerks reduced, left leg weakness is there.

December 2017 - Felt little weakness for past one week only. Otherwise felt better.

June 2018 -Able to do cycling, able to squat better, left leg weakness is still there

August 2018-Able to do exercise for 15 minutes, Memory has become better, could walk straight for 10 minutes

September 2018

-Observed slight increase in weight, Normal bowel movement without medicine, able to do walking for 15 minutes, memory improved but not sharp, thyroid medicine stopped after tests.

October 2018

-Able to take left leg and put it across the right leg without lifting with my hand(Left leg strength improved), Right side stiffness is there, unable to walk fast, slightly constipated

She was referred to Dr. Peter Lee for special treatment for three weeks and she felt much better after 8 sitting over a period of three weeks.

DIABETES CONTROL

Just 5 minutes exercise after 40 minutes of food intake along with diet can keep your glucose levels under control-Says Dr. Peter Lee



Dr. Peter Lee conducted a practical course in Hotel Chalukya on 28th July 2018 from 2pm to 5 pm. About 10 participants took part in the practical course. He measured the sugar levels before food, 40 minutes after food and also after 5 minutes of simple exercise as taught by him. The results obtained were encouraging.

As we know that the glucose level should be kept below 200mg/dl all the time especially for declared diabetics to avoid any potential damage to the nerves and fine blood vessels. After food the glucose level gradually increases and reaches around 160mg/dl after 40 to 45 minutes. Dr. Lee's advice is to perform simple exercise for 5 minutes ie squatting straight for a minute, kicking the legs for two minutes, spot jogging

for two minutes so that the burning of glucose will start and peak glucose after 2hrs will never cross 200mg/dl. Only when the glucose level crosses 200mg/dl cell damage takes place. All those people who are declared diabetic can do this simple exercise regularly after food and give us the feed- back for our research.

Participant	Glucose level before food	40 min after food	Glucose level after 5 min exercise
A	116	136	134
B	-	246	136
C	112	172	170
D	216	212	210
E	-	125	100

Young Foot Ball Team From Nilgiris in Bangalore Tournament



Mr.Raghuraman from Meekeri village, Nilgiris Dt has been coaching youngsters (below 15 years) from Nilgiris for the past five years in foot ball. The children about 20 of them showed their skills in the all India below 15 tournaments and the team could reach the semi-finals. The well behaved and disciplined children are the back bone for the Badaga community in Nilgiris. Dr.H.Bhojraj, Chairman, AAA ,Mr.Rajendran, Managing Director, Miltech Engineering and Mr.Saravanan, CEO,4'S'TQM SOLUTIONS visited the team in the ground and encouraged them to continue their good work. An amount of Rs.5000/ was handed over to Mr.Raghuram to take care of the children.

We will be visiting Nilgiris shortly and planning to encourage the youngsters in coming years to reach the National level over a period of time.

Dr.H.Bhojraj
Kokkalada Village,Nilgiris

RESEARCH IN ACUPRESSURE AND ACUPUNCTURE

Prof (Mrs) Pritha Selvakumar, MSc (Nursing), has registered for a research project on pain relief after cardiac surgery with acupressure.

It is believed that complementary therapies can reduce post operative anxiety, pain, use of analgesic drug and hospital stay. It promotes relaxation, satisfaction and speedy recovery as per the research findings reported earlier.

Mrs. Pritha wants to evaluate the effect of acupressure in pain management and improving bio physiological parameters among medio-sternotomy patients. She has planned to assess the level of pain, compare it with control group after the operation for 4 days of their stay in the hospital. She has formulated the steady variables, inclusion criteria, sample size, data collection plan and data analysis plan in a systematic way.

Dr.Seema, MBBS and Dr. R. K .Bhat, PhD, members of the Academy's research committee, have gone through the proposal and cleared from our side for proceeding with the project.

Dr. Allen BDS has started an acupuncture research project for Trigeminal Neuralgia (TGN). Most of the patients were referred to the Dentists to rule out any problem from the dental side. One of his patients got considerable relief with acupuncture when he referred for acupuncture treatment. Dr. Allen took a special course on acupuncture in our academy and started a research project to prove the efficacy of acupuncture in giving relief and cure to TGN patients in KIMS Hospital, Bangalore. We wish him all the best in his research project.

Report by Dr. Seema

Basic Course conducted on 22nd July, 2018



Sitting : Shruthi, Hlr. Girish,Dr. Bhojraj,Deepa Bhat, Praneeth Kasam Standing : Ginni Singh, Meena Kaliappan

CASE HISTORIES

1. Right foot pain almost cured with Dr. Peter Lee's treatment ... *Says 83 year old Mrs. Vijaya Varma*

I had terrible pain in my right foot and I consulted all the best doctors in the field. The foot region becomes very cold and the sole sensation was not there while walking. I used to get severe cramps in the calf muscles after walking just half kilometre. I used to walk for more than half an hour in our apartment space without any problem.

I was referred to the vascular surgeon and the doppler test indicated a block in the femoral artery in the leg. I was admitted to the hospital in Nov 2017 and two stents of 15cm and 20 cm were inserted in the blocked area. I was feeling much better and there was no pain for two months. But after two months, the pain again started and I was back in the hospital for the solution. Cleaning of the stent was ruled out as the clots may travel and deposit on other parts of the leg which may create more pain. Bypass for the femoral artery was also ruled out as the veins were not long enough to do the bypass.

As there is no relief with Allopathy system I was taken to Ayurveda system and I stayed there two weeks in the centre. Though lot of relief was there initially with oil massage and medicines the pain in the leg returned with same intensity. The Ayurvedic doctor also told us nothing more could be done for restoring the blood flow. The foot discolouration was increasing along with pain and the second toe of the right foot almost became black. All our family members were worried and looking for a cure in any system. Mr .K. B. Rao close friend of my son suggested that acupressure or acupuncture can be tried.



Dr. Peter Lee, who was staying close to Koramangala was referred by the Academy. He started his treatment in the first week of

October. Within 6 sessions of acupressure and acupuncture treatment, my pain started reducing and discolouration gradually came down indicating normal blood flow. The pain due to cramps in the calf muscle reduced though occasionally shows up while walking.

I am able to walk better and the right foot warmth is maintained due to blood flow.

I am planning to get another Doppler test done after few months to confirm the effect of acupuncture for restoring the blood flow.

I thank Dr. Peter Lee for this wonderful treatment and all the family members are very happy to see the miracle cure with Acupuncture.

2. Nagging pain in the neck and shoulder – Very good relief with acupuncture - *says Ms. Neha M. K ...Ph 9550434443*

I was motivated by my mother-in-law who was cured of cervical spondylosis with Acupuncture treatment at the Academy. I had nagging pain in the neck and shoulder which was diagnosed as myofascia and was asked to take pain relief tablets.

I took 4 sessions of acupuncture and I felt much better. I could manage my daily routine without any tablets. Due to my tight schedule of work and travel I could not follow up the sessions regularly. Though I get pain every now and then, I can manage with acupressure taught to me by the Doctor.

3. Varicose vein vanished with acupuncture treatment- *says Lakshmi Anand Ph 8884769444*

I had varicose vein in my thighs and sometimes it used to pain. I was treated with acupuncture for 4 sessions and my varicose veins almost vanished. I joined the one day acupressure course and it was very beneficial to our whole family. I was able to give relief for cold, cough, fever and body pain with acupressure points to all our family members and also I tried on myself. It works like a miracle!

SCIATIC PAIN-Acupuncture Treatment

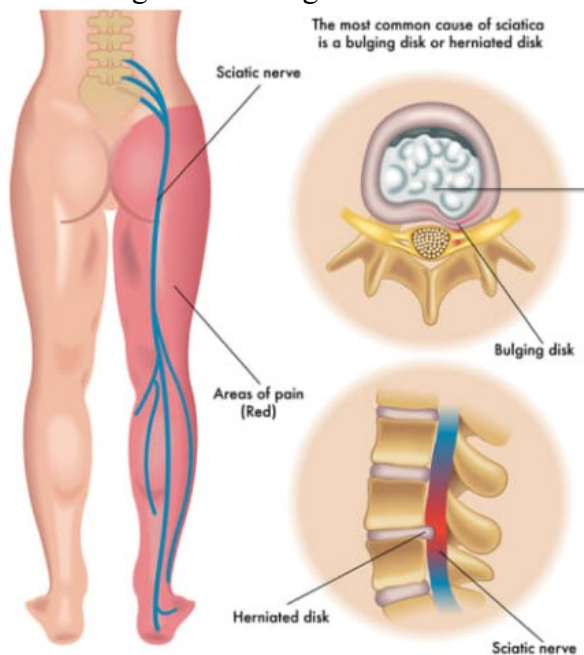
Sciatica refers to pain that radiates along the sciatic nerve and is typically felt in the buttocks, down to the back of the leg, and possibly on the foot .It is caused by a herniated disc degenerative disc disease and lumbar spinal stenosis.

It usually affects only one side of the lower body.

Symptoms

- Shooting pain anywhere along the sciatic nerve. Starts from lower back buttocks and down to the back of any leg.

- Numbness in the leg.
- Tingling along the nerve in the feet and toes.
- Pain may aggravated by sitting for long periods.
- Nausea, vomiting, general lethargy, strong food cravings or aversion.



Causes

Herniated disc-It occurs when a disc is pushed out of place, putting pressure on the sciatic nerve.

Lumbar Spinal Stenosis-It is the narrowing of the spinal cord in the lower back.

Tumours-Any growth in the spine may also compress the root of the sciatic nerve.

4. Mr.H.B.R.Shetty, aged 78years, had almost all the above mentioned symptoms and was under medical treatment. After the routine X-Ray and MRI tests, he was asked to take pain killers regularly. After a few months, the pain relieving tablets were not giving him relief. Then he was given steroid injections which again, worked only for a few months. Again he got the same symptoms and the Orthopaedic doctor recommended key hole surgery.

Mr. Shetty wanted to avoid surgery at his age and his friend Mr.Ganesh from Chennai recommended him for acupuncture treatment.

His sessions started on 17th Sep 2019 and continued weekly once for 4 weeks. He has got rid of the pain killers and pain reduced by 80%.He was able to walk for half an hour without any pain. He was taught few acupressure points to relieve his pain and also improve the general health.He is very happy with the treatment and decided not to go for surgery.

He will be monitored for next 6 months by our research team.

5. **Acupuncture helped cure my husband's IBS ...** says Mrs. Latha Murali, Advance Course Student

Mr. Murali T. S. aged 58,has been suffering from IBS(irritable bowel syndrome) since 3 years and was restricted to a specific diet. He had antacids now and then for his severe gastric and acidity problems due to IBS. He also had regular lower back pain.

First, I started with the general formula of SP6↓, Liv1↑, Lu7↓, P7↓ along with GB41, ST41. It reduced his acidity and gastric problems gradually.

He was also treated for lower back pain and numbness in his left leg with SP3, GB41, Liv1 and BL13, 14, 15 for 3 to 4 days. His pain reduced by almost 75%. I treated him with Li1, Li3, Li5 and TW3 for his sudden IBS attack which vanished within 30 minutes. The frequency of his tinnitus has reduced to 45%. My husband is very happy that I could learn the Advance Course and give relief at home

6.**Acupuncture cure for various problems**

..says *Dr Seema Murthy*

6.1 **Fibroid uterus and menorrhagia:**

I have been having excessive bleeding during menstruation and prolonged cycles due to a fibroid in the uterus. I have had this problem for about 2 years. I started treatment with acupuncture in June 2018, taking treatment twice in a week for 3 weeks. I noticed no difference in my cycles during this period. However, there was an interesting and welcome side effect - darkness of skin on my knuckles in the leg disappeared. I reduced the treatment to once a week and after 6 weeks noticed a considerable improvement in the bleeding during menstrual cycles and reduced length of cycles.

6.2 **Chest Pain with Hypertension & diabetes**

A 40 year old male patient, diabetic since 2009, hypertensive since 2010 came with history of intermittent chest pain lasting about 15 to 20 minutes, now occurring about 3- 5 days a week since 5 years. The frequency and the intensity has gradually increased to current levels. He additionally had issues with tension headaches and increased anger outbursts. He had leg cramps and back pain since 20 days. He came for 4 sessions of acupuncture, over a period on 2.5 months, during which there was significant improvement in his overall health. He said his headaches reduced by 90%, leg cramps

disappeared and backache reduced. His chest pain reduced in frequency to about once in 10 to 15 days and the intensity was less. I recorded his BP before and after treatment during each session. This did not fluctuate much and continued to remain high. He reported that his taste level had improved.

6.3 Migraine Headache

A female patient aged 34 years, came with complaints of diagnosed migraine headache since 20 years. She had allergic reaction to allopathic medicines given for migraine and was now given only pain killers by her physician. She used to take paracetamol for the headache. She had weekly once attacks of headache lasting nearly a day. She used to have vomiting during the attacks. I started acupuncture treatment once a week. After 2 sessions the frequency reduced to once in 2 weeks. After another 3 sessions she did not have any further attack. The treatment was stopped. She has been symptom free since last 2 months.

7 Deepa Bhat, Advance Course student reports-

7.1 Swelling in the legs

Mr. P. M. Rajan, aged 70, has high BP and sugar. He is a business man travelling frequently between Chennai and Bangalore. He has severe edema in legs, and extreme tiredness. I applied spleen 6 formula, with reduction in Liver 3. He was also taught management points, Liv 3, H9, and taught about eating slowly to aid digestion. After treatment, his breathing was better, and edema has not returned.

About a week after treatment, he was in Chennai, and had terrible dizziness and weakness. He was alone and could not get up from bed. He called me from there. I asked him to press H9 point continuously. He pressed for 20 minutes, and fell into natural sleep. After he woke up, he was better. He was able to sit up and eat and go on with his work. Unfortunately he never did check his BP or sugar level at that time and he has not checked it again. He has not had that kind of dizziness or edema again. After this, anytime he travels, he does not get edema. Few times when he has seen swelling in his feet, he has pressed Liv 3 point and treated himself. Now, he activates H9 everyday to normalize his BP. His allopath has taken him off diuretics that were given for edema.

7.2 Relief for Vertigo

Rakesh V. Shah, 43 years old, (9008217777) has severe positional vertigo after an accident. He came to visit me one evening. He was overcome with vertigo and could not stand. He

did not have his regular vertigo medicine. At one point, he was also treated for swelling in the legs, but he did not follow up and we do not know the result of that treatment. TW 12 point under the ears was activated immediately. I also applied the formula to decrease Yang wind on GB meridian. He fell asleep on the chair itself. Also, I have taught him a few points to activate in case he is out on the road and suffers vertigo.

7.3 Heel pain cured

Mrs Nalini, a 65 year old woman, came with severe heel pain on her right heel. She had met with a severe accident earlier, and the area around lateral side of leg, specifically near GB 41 point also hurt. She also had knee pain. Her chronic conditions are hypothyroidism, high BP and varicose veins. She asked me to treat her heel pain. She used to go for long walks for health, and even though she used shoes, she would step hard, and sometimes not use socks.

Mrs. Nalini has applied acupressure on K6, K4 and K3 and now says she has forgotten that she ever had the pain. She says, "Now if I get any pain, I see in the booklet given from Academy of Acupressure, and keep pressing my hand where it pains. Within no time, I feel better."

She has also learned the reflex point for thyroid and H9 point for BP and is activating them regularly. Follow up will be done after her next check-up for thyroid.

8. Frozen Shoulder cured with Acupuncture treatment ... says Mr. J. T. Nayaham, aged 70, Rtd. Air Force Officer.

I was suffering from shoulder pain for the past 4 years and have been treated by specialists without any relief. I could not do things like even lifting a small weight with my right hand.

I started acupuncture treatment at the academy in June 2018. After 4 sessions of treatment, I could not believe myself. The pain had totally gone and I was able to do everything with my right hand. But again after 3 months the pain came back. After 2 more sessions of acupuncture treatment it relieved the stiffness of the shoulder and the range of movement has increased.

I also had peripheral neuropathy of both feet and the colour had become dark. I had no sensation in that area. After 6 months of acupuncture treatment for frozen shoulder I am observing the black colour is clearing and the sensation has increased slightly. I would like to continue this treatment for few more sessions till I get the normal colour. It is a great experience for me.

ETHICAL GUIDELINES FOR ACUPUNCTURE PRACTITIONERS.

- 1. Should not harm the patient with the treatment.**
- 2. Take written consent with the patient before treatment.**
- 3. Display your charges.**
- 4. Display caution in body contacts for diagnosis and treatment.**
- 5 Maintain hygiene and cleanliness in your clinic.**
- 6. Regularly upgrade your standard by attending conferences or education programmes in your field.**
- 7. Renew your membership every 5 years.**
- 8. Promote acupuncture for the welfare of the people.**
- 9. Do not interfere with the choice of the patient's ongoing therapy.**

NADISWARA

*The Indian pulse analysis system – released on
25th May, 2018*



Indian Pulse Analysis System was developed by Mr. Basavaraju, Founder, Basava Academy for Healing, for the first time in India. The software and hardware for checking the health of a person was developed by him and his team members. This system "Nadiswara" was released by Dr. H. Nagarathna, Senior Vice President, S-VYASA University on 25th May, 2018.

Nearly 150 people attended the function and 50 of them bought the instrument. All of them have agreed to give the feedback within 6 months for further refinement.

I congratulate Mr. Basavaraj and his team for his great contribution to the Healing Science. Those interested in the instrument may contact the Academy for a demo.



Dr. H. Bhojraj



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 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 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 Health 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.

National Convention on Acupuncture

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

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 & 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 also should be taught in the yoga class mainly to overcome many ailments especially eye related problems.**

I have been monitoring a young boy of 8yrs 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 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



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. Deabsis Bakshi, General Secretary, ASA took part in the deliberations along with other member 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 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 the 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 Secretary for Health & Family Welfare and subsequent meeting with Minister of Health. He appealed to the ASA Executive Body to offer its experience with Maharashtra Bill to incorporate the necessary modifications in 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

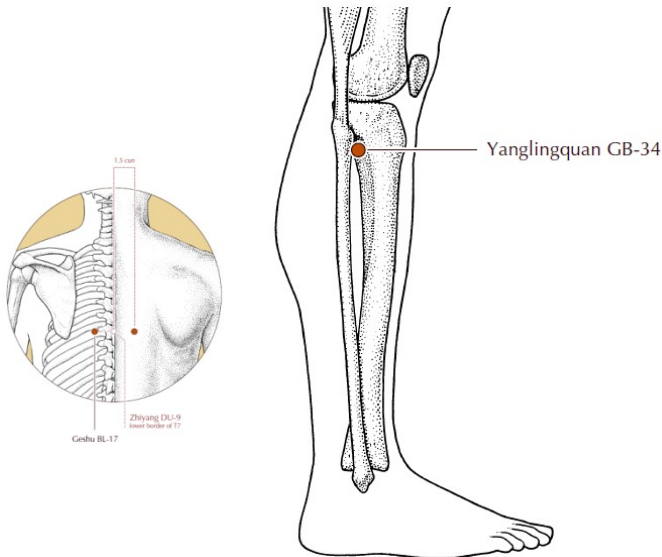
Tentatively, the ASA Karnataka meeting has been fixed for the second Sunday of June 2018, in Gandhi Bhavan. Dr, Bakshi’s Refresher course will be organised in July 2018 at Gandhi Bhavan.

Course Fee : Rs.5000

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)

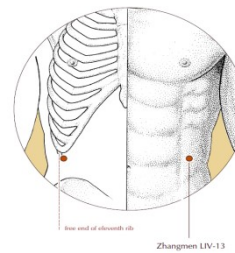
Lu-9 - Vessels

B-11 - Bone

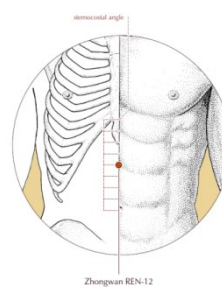
GB-39 - Marrow

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.

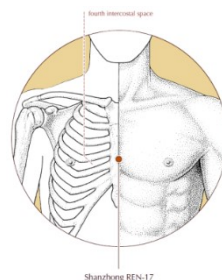
Zhangmen (Liv.13) is the influential point of zang organs and is also the front-mu point of the spleen. The functional activities of the five zang organs originate from spleen qi. This point can be used in the treatment of disorders of zang organs, such as splenomegaly, hepatomegaly, hypochondriac pain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

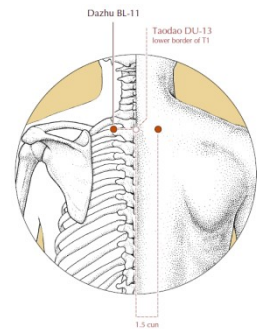
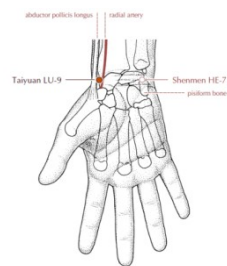
Ganshu (Liver point). The liver stores blood while the heart dominates blood. This point is situated between the two organs and has the function to promote the manufacture of blood. It is used for treating disorders of blood such as anemia, stasis of blood, bloody vomiting, bloody stool or cough with 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.



6TH ANNIVERSARY CUM GRADUATION CEREMONY



Academy for Acupressure and Acupuncture was registered as a trust on 7th Feb 2012 and has completed 6 years of service to the common man by spreading 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 will be taught to the young children to keep them healthy especially to avoid eye problems.

The 6th 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 B.G.Hala Gowder family in my native village Kokkalada and **was inaugurated by my mother H. Ruckkiammal on 10th 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 25th 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 yrs email: 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 on 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 2nd 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 Practioner. Ph: 9986651701

I joined the Advance Acupuncture Course in Aug 2017 and 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 this 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 month.

ONE MONTH ANATOMY CLASS COMPLETED

Dr. Deeksha Agarwal, Physio Therapist conducted 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 3rd 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 Funicion



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 10th standard and Pre.University students in Cathedral Composite P.U.College and High School, Bangalore On 3rd 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 5th and 6th May 2018

(Saturday and Sunday)

8 30AM to 6PM

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

Introductory talk on 1st May 2018 at 5:35pm

(Free entry for all)Contact Dr.Bhojraj

9845649914

DO NOT MISS THIS GOLDEN OPPORTUNITY

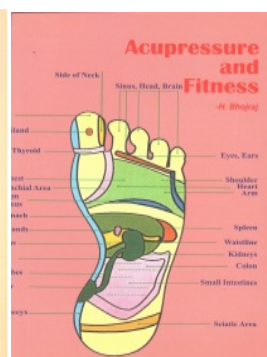
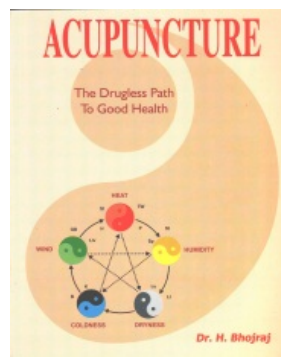
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Acupuncture-The drugless path to good health

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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