

ACUPRESSURE NEWSLETTER

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From the Course Director's Desk Nature cure

I came across an article on natural cure and it mentions that the maximum number of copies sold in USA is "*Natural cures they don't want you to know about*" by KIVEN TRUDEAU. I have been trying to get this book but in vain for the past two years. Harry Potter might have beaten this record but one should understand that natural cures are the most sought after in the present scenario and our future generation should give importance to natural cure rather than suppressing the symptoms with synthetic medication. In 1840's the popular health movement in USA made many alternate therapies to become popular, which emphasized self-responsibility for health. The movement started the preventive health care with regular exercise and diet control. Similar movement has already started now in the world and it is catching up with youngsters. Let us make some of these preventive measures like **Yoga, Acupressure, Reflexology, Reiki** and energy healing popular among the youngsters. Our scientific advancement particularly the nuclear explosions by Nuclear States has already dented the earth and the climatical changes are unexplainable by any meteorology principles. Let us not release the gases, which affects our ozone layer, which prevents the UV radiation to pass through. At least let us start the awareness among the future generations. Whatever mistakes we have done, let us correct it.

Nature ! You are powerful ! Use the natural principles to live healthy.

With Best Wishes,

Tel. : 2332 6552 / 2332 4653

Consultation by appointment

Saturdays & Sundays 9 to 11 am

Week Days 6 to 8 pm

e-Mail : acu_bgl@yahoo.co.in Website : <http://bhojraj.tripod.com>

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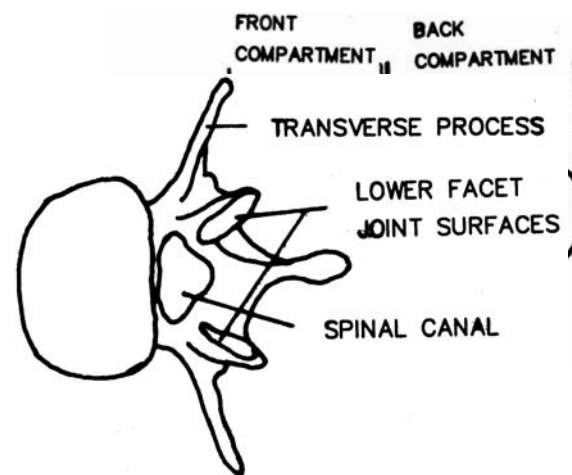
Bangalore - 560 010

ACUPUNCTURE CURE FOR BACK PAIN

Dr. H. Bhojraj

Due to our faulty postures and also due to lack of regular stretching exercise for the spine, the back pain is experienced by almost 90% of the people above 40 years. Most of the people complain about low back pain, which refers to problem in the lumbar vertebrae L-1 to L-5. Before we discuss acupuncture/acupressure solution for back pain let us understand the lumbar vertebrae construction.

Five lumbar vertebrae make up the low back. At the base of the spine the bottom vertebra (L5) sits on the sacrum and the junction between the two is called the lumbo-sacral or L5-S1 joint. As it is, this joint is at the most compressed level in the spine through which the load is transferred to the leg bones. It is most problematic and back pain occurs due to the dysfunction of the front and back compartment at this level.



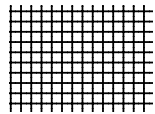
The back compartment is a ring of bone extending backwards from the vertebral body, which barely takes weight. The spinous process and transverse processes serve as levers for the attachment of muscles, which make the vertebrae move.

The vertebrae are separated by intervertebral discs, high-pressure fibrous sacks containing the mucoid fluids called the nucleus.

These intervertebral discs are the shock absorbers and are vital for the spine. The fibers in this disc are made in diagonally opposing directions, like the radial car tyre. The disc wall not only holds the vertebrae firmly together, it also helps the fluid inside under pressure.

In technical terms, the disc can be called an “hydraulic sack”, compression of a contained fluid results in forces being distributed outwards and evenly in all directions through that fluid. The fluid content of any disc is very critical to its good performance.

Each vertebra is made of a layer of hard cortical bone on the outside and honeycomb bone (called cancellous bone) on the inside designed to increase the stiffness and to reduce the mass. (Honeycomb panels are now used on spacecrafts & aircrafts to reduce weight and



increase the stiffness). This is also called ‘spongiosa’ because it resembles a sponge and stores a rich supply of blood. The presence of the blood inside the bones is ingenious and it dispenses the force through the bone. It also helps to absorb the impact of shock passing through the vertebrae. These box-like bodies, transmit the forces of compression in all directions throughout the fluid, thereby dissipating the direct downward pressure. It reduces the strain and also for shunting nutrients into the intervertebrae disc, **which does not have its own blood supply.**

The line of demarcation between the vertebra and the upper and lower surfaces of the disc is called vertebral

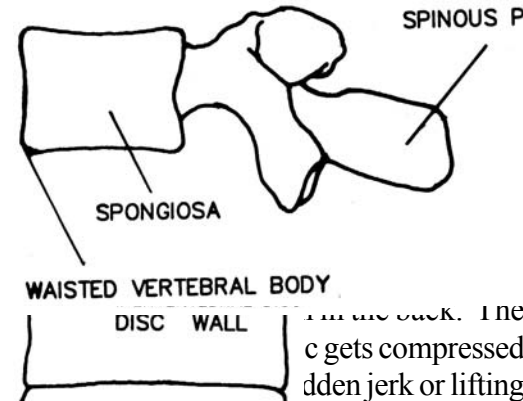
end plate. It is a thin cartilaginous interface about 1 mm thick and although each one is cushioned by the disc in between, it is still the weakest part of the spine.

When the vertebrae are superimposed on one another, the consecutive bony rings at the back make a hollow tube inside the spine called the spinal canal. The canal houses the fragile spinal cord of the central nervous system which hangs down from the base of the brain like a long plait of hair. Filaments of nervous tissue branch off either side till the way down and become the spinal nerve roots. The cord itself actually ends at the level of the second lumbar vertebra. The roots then continue on inside the spine, hanging down like strands of horses tail until they make their exit either side through their designated inter segmental level.

The spinal ligaments are very important back-up system in keeping the spinal segments together. Between the bony locking mechanisms and the muscular system they guide and restrain the movements of the vertebrae.

Back problem : The way it goes wrong.

Pain is the indication of a muscle, which indicates something is going wrong or conscious attention. But



of a heavy object etc. As it retires from activity the disc shrinks because it cannot generate sufficient suction to feed itself. Doctor will advise rest for a day or two and X-ray at that time can show the flattening of the disc. Within few days it recovers and pain reduces.

In the **second stage**, chronic misuse of spine can flatten the disc further and causes the bones to rub heavily on the parts of the spine. This can cause the soft tissues around the facet joints inflame and slowly causes

arthritic change as it erodes the cartilage covering the bone. With proper rest and simple exercise this problem can be corrected.

In the **third stage**, the back becomes suddenly stiff with electric shock type of pain. It makes moving in any direction excruciating and body locks itself rigid. This is due to the spasm created by the muscles of the joints and there is a misalignment caused during a bending process. Again resting the back for few days and proper exercise can restore your back to normal.

In the **fourth stage**, the disc progressively loses its stuffing, it bulges while taking the weight. Any excessive twisting and lifting activity can make it extrude through a fissure in the wall where it is weak. The displaced nucleus lodges on a nearby spinal nerve and pinches the spinal nerve, which causes pain. This is called slipped disc.

Again full rest in horizontal posture for recovery with mild exercise after recovery can put you back on action.

In the **final and fifth stage**, the ligaments stretch too much and vertebrae becomes unstable. With progressive loss of internal pressure, the disc cannot spring load its vertebra when the spine bends. At this stage solution suggested is surgery.

CONCLUSION

The good news is that with right therapy almost anywhere along the route of spinal breakdown can be reversed and brought back to normal vertebrae. The reversal can be done with your own efforts is another good news. But the recovery will be little slower but sure. Understanding the problem is half the solution. Initial treatment with acupuncture and acupressure can give you immediate relief but in the long run you have to practice the physical exercise and acupressure points to make your spine strong to perform its functions.

ACUPUNCTURE TREATMENT (To be treated by an expert)

For back pain – chronic – but tolerable

↑B-66 ↓St-36 ↑GB-41 ↑TW-2

For acute pain

↓Sp-6 ↑Liv-1 ↓Lu-7 ↓P-7 ↑B-66

For muscle strengthening

↑Liv-1 ↓Lu-7 ↑H-8 ↑P-9

For strengthening the bones

↑K-10 ↓Sp-6 ↑Liv-1 ↑P-5

ACUPRESSURE (Self treatment)

K-3, K-6, B-60, B-66 (Press and release 14 times)

Spinal reflexes on the foot also can be activated with fingers (refer page 35 of book “Acupressure and Fitness”).

Spinal exercise (when pain is not there)

Learn the specific spinal exercise from a yoga expert. Contact Vivekananda Kendra, Bangalore for yoga expert.

My final advice : Start spinal exercise even if you don't have any pain. It will keep your spine healthy. Prevent back problems rather than curing it.

Case Histories

1. Acupuncture treatment helped me to recover from liver infection

Says a young, bright person. [#]

I had suffered from a viral infection in April of 2005 and was mistreated by my family physician, putting me on steroids, and cortisone without alerting me. For the duration of my medication, I was fine. But once the medicines stopped, I took violently ill and lost 10 kgs. My liver was infected to the point where the very sight or smell of food would make me nauseous. My white blood cells count dropped dangerously low and I was soon hospitalized.

After my release from hospital, I began taking treatment from Dr. Bhojraj. I listed out my ailments and through the simple science and understanding of acupressure and acupuncture, he cured me. My appetite was restored, my liver corrected and my blood count began to rise, all without the need for medicine. He also taught me certain points to be activated in the palms daily for few minutes.

This incident has left me weary of doctors and hospitals, but Dr. Bhojraj has earned the trust and respect of not just me, but my family as well.

(Name withheld due to personal reasons.)

2. Sciatica pain vanished with Acupuncture treatment

Says Mrs. F.S.R.,

Bangalore.

About two years ago, when I had joined yoga classes, I realized I could not bend down to touch my toes. I felt like there was something in the left side of my hip that was hindering me from bending all the way down. Even in the mornings when I got out of bed I walked in a bent position for sometime till I gradually straightened out. Brushing my teeth and washing my face in the washbasin was an ordeal. I thought I had sciatica but then sciatica doesn't go away on movement. This is when I decided to go to Dr. Bhojraj. I had about 3 or 4 sittings with him, and then, like magic, I became perfectly all right. Now I have absolutely no discomfort, I can touch my toes with ease and I don't walk like an 'old bent lady' any more. All this without any medication – wow ! Thanks to Dr. Bhojraj and Acupuncture / pressure. God bless you Dr. and may your tribe increase.

Course Director's comments

When the energy blockage is removed with acupuncture, the internal healing system is activated which cures the disease.

In this case **yin humidity** reduction (Sp3) was adopted in the first sitting. In the previous case [#], **yin wind** was activated (Liv.1).

3. Total relief from knee pain with Advance Acupuncture Techniques taught by Dr. H. Bhojraj.

Says Mrs. Akshaya,

Advance Course Trainee – Phone: 9448475542

Mr. Sadashivan, aged about 56 years, was suffering from knee pain for the past 7 years. He used to sit and climb the steps with pain. He tried pain relief ointments and oil but no relief.

After undergoing the Advance Acupuncture Course under Dr. Bhojraj, I got the confidence that knee pain can be easily cured.

During the first sitting in December 2005, Yin coldness reduction treatment was given. His knee pain reduced considerably in January 2006, the same

treatment was repeated. Within a few days, the pain completely vanished and he started walking normally. Then on, he could climb the steps easily with a smile. I thank the new Advanced Acupuncture Technique, which has helped my him to avoid painkillers and pain relief ointments.

4. Osteoporosis can be cured easily with Acupuncture treatment

Says Dr. Suchitra Ragunathan Bangalore, Tel : 2524 7006

My husband, Mr. Ragunathan, had a shocking fracture of T 12 vertebra for a simple fall on the floor. He was advised bed rest for months. The orthopedics informed us that he was suffering from Osteoporosis and that they could do very little. This is not common among men in their 40's. An endocrinologist took an enormous interest in his case and put him through several tests to find out the root cause but came back with an answer that it was idiopathic osteoporosis. They couldn't single out the endocrine that was causing it. Though he resumed normal duty after nearly a year, he used to get severe back pain on and off. Doctors could advise only calcium supplements and painkillers. With increase in potency and frequency of painkiller intake, he started suffering other side effects.

That was when we decided to look at alternate systems that could help. We heard of Dr. Bhojraj through some of our friends and visited him in February 2004. My husband could feel a sense of relief in the first sitting itself. Being a Homoeopath myself, I expressed my desire to Dr. Bhojraj to learn Acupuncture from him, which he immediately obliged.

Dr. Bhojraj treated him for 2-3 months, during which time he started feeling relieved to a great extent. Since my husband required a long-term sustained treatment, I started treating him- Bladder Meridian for immediate relief and Kidney Meridian for strengthening of bones (both reduction of coldness energy). This has helped in getting rid of painkillers as an option, while at the same time strengthening his bones in the long run. We are grateful to Dr. Bhojraj for his guidance in the right direction.

Course Director's comments

For relieving back pain, Yang coldness was increased. ↑B 66 ↓St 36
↑GB 41 ↑Tw 2. For strengthening the bone, Yin coldness was increased ↑K 10 ↓Sp 6 ↑Liv 1 ↑P 5.

5. Miraculous Treatment for a Chronic Back Problem

Says Pratap Subramanyam, Chartered Account, Bangalore

e-mail : pratapgiri@yahoo.com. Tel :

I have been suffering from sciatic pain for the past 7 years without much relief. I tried homoeopathy, ayurveda and allopathic medicines, which only gave me momentary relief or sometimes even aggravated the problem. I was advised spine surgery two years ago to rectify a herniated disc but I was not inclined towards it. Towards the end of February 2006 my problem became very severe and on 27th February 2006, I was flat on my bed. I could not move my left leg even an inch and I was in acute pain from my lower back right upto my left foot. The allopathic doctor who came to see me gave me several doses of pain killers and a strong dose of a steroid injection. I did not get even 1% relief and by the second day I was in very bad shape. It was then that my wife located Dr Sujatha on the internet and requested her to treat me with acupuncture. She obliged and started the treatment. In the first week, I had five sittings. By the beginning of the second week, I was feeling the improvement in my condition. I was still on bed rest and followed all the instructions given to me. The second week brought me up from my bed and I was able to walk slowly inside the house and sit for about ten minutes at a time. By the end of the third week, I was able to do my normal activity at home. In the beginning of the fourth week, I travelled from Bangalore to another city on a week long official trip. I came back and underwent three sittings before I went on another official trip for ten days. Now I am in my sixth week and I am almost normal. I have even resumed swimming thanks to Dr Sujatha and her miraculous acupuncture treatment.

Treatments Given : ↑ B 66 ↓ St 36 ↑ Gb 41 ↑ Tw 2
↑ Liv 1 ↓ Lu 7 ↑ H 8 ↑ P 9

6. Great relief from the sickening migraine headache

Says Dr. Suchitra Ragunathan Bangalore, Tel : 2524 7006

When I visited my son in California about a year ago, he said he was suffering from severe migraine headache as soon as he gets up from the bed every morning. He also had the tired eyes, as he sits in front of the computer for long hours. As I am a Homoeopath, he was expecting some

homoeo medicines from me. Having just completed the Acupuncture Course from Dr. Bhojraj, I was too eager to try acupuncture and he immediately agreed. I gave him treatment (reduction of Yin Wind). Within a week he could see the decrease in severity as well as frequency. I gave him weekly treatment. Within a month he was totally rid of migraine as well as the tiredness in the eyes. Till date there has been no recurrence. Having totally convinced he started asking for the acupressure points for various ailments, so that he could heal himself in my absence. The success of this treatment gave me immense confidence as a newcomer to this field.

Course Director's comments : Migraine head ache can be easily cured with Acupuncture treatment and self activation of Acupressure points. We are planning to conduct Migraine Camp shortly. Please contact our Research Coordinator for details

7. I haven't got pain after Acupuncture Treatment.

Says Mr. Shree R. Karanth, Bangalore.

Phone: 5761 7629.

I am a student of the Yoga Class being conducted by Dr. Vijaya Seshadri. I have a small bony growth on my right wrist and a lump under my arm pit. During the class, I felt pain and could not continue with yoga class. The pain became severe and I could not do yoga. I wanted to go home but Dr. Vijaya offered to relieve me of my pain. She inserted a needle at certain points and in a few minutes my pain left me. Within a few days, to my astonishment, I noticed there was no lump under my arm pit. This was my first experience of acupuncture and I wonder at its 'magic'. This happened one month ago and I haven't got the pain back again to this date.

Course Director's comments

Dr. Vijaya Seshadri gave the following treatment :

↓Liv-3 ↑Liv-1 Plus activation of Sp-6, St-36, Lu-7 and LI-4.

8. My back ache greatly reduced after Acupuncture Treatment.

Says Dr. Rajani, Bangalore.

Phone: 98800 94286

Life as a Post Graduate student involves not only the ability to excel in a speciality but also learn a lot of stress management. Time is too short to learn the subject, handle patients and balance the personal life.

I had developed a low back ache about 2 years ago for which I was taught a few exercises to strengthen my back, as sitting straight continuously as a dentist, can sometimes be stressful.

A month ago my back pain increased suddenly and I was unable to get up and move properly from my chair by the evening. I couldn't walk properly and put weight on my left foot. Somehow I managed to come home. The pain was severe and my back hurt a lot. I couldn't sleep or sit. I visited my neighbour, Dr. Vijaya Seshadri, she, amidst her chores, made time to treat me immediately with acupuncture.

I came home and rested. The pain reduced gradually. For this whole month I haven't experienced that severe pain, though a slight lingering sensitivity persists. I need to undergo another session for treatment. Hopefully that cures this pain forever. Thanks to Dr. Vijaya.

With an interest in alternative therapy, I did the basic course of acupressure 5 months back under Dr. Vijaya Seshadri. Thereafter I have been treating certain ailments with acupressure and reflexology therapy for myself, my family members and a few friends. This therapy has been successful till now.

Treatment given : ↓ Sp6 ↑ Liv1 ↓ Lu8 ↓ P7

9. Severe Knee pain cured with Acupuncture

Says Mr. Mahadev Prasad, A businessman, Bangalore.

I was suffering from severe knee pain in the left leg and it was radiating to right leg also. I had been suffering from this for more than six years. Either I had to undergo oil massage or resort to pain killer tablets, but the relief was not to my satisfaction. Allopathy treatment did not give me relief for a long time.

One fine day my wife took me to her 'Acupressure Course' Teacher, Dr. Vijaya Seshadri. I was treated on five points by Dr. Vijaya Seshadri on the leg. It was a miracle with which I got 80% relief from the first treatment itself. Right from that moment I decided to continue Acu-treatment for all my ailments. I am thankful to Dr. Vijaya for relieving me from the prolonged knee pain.

Treatment given : First sitting, ↑ B66 Second, ↓ Sp6

ANNOUNCEMENT – Acupressure Classes

FOUR day Workshop on Acupressure and Fitness

Coverage : Principles of Acupressure, Reflexology, Energy Balancing, Single Point Solutions, Pranayama, etc.

Date : **May 6 to 9 2006**

Time : **10-45 am to 12-30 pm**

Venue : **Indian Institute of World Culture**
No. 6, B.P. Wadia Road, Basavanagudi
Bangalore - 560 004.

Fee : Rs. 130/- per person.

Contact : Secretary, IIWC. Tel : **267 8581**

A very useful course for Students, Housewives, Professionals and all those who are interested in keeping good health and get relief from various ailments.

ADVANCED ACUPUNCTURE COURSE GRADUATION CEREMONY

Date : **May 7, 2006**

Time : **12-05 to 01-30 pm**

Venue : **Indian Institute of World Culture**
No. 6, B.P. Wadia Road, Basavanagudi
Bangalore - 560 004.

All are welcome to participate and encourage the new batch of trained healers.

Next Batch of Advanced Course starts from **June 2006**. For details contact the **Course Director** on **Tel : 2332 6552**