



ACU WELLNESS

The Bi monthly publication of
ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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No 5

From the Course Director's Desk



The year 2017 is coming to an end in two months, which seems pretty fast, probably because it has been an eventful 10 months. Acupuncture has been recognized by Maharashtra and this has come as a big boost for all Acupuncturists who are striving to get this System recognized in Karnataka. **Our State is leading the country in almost all fields of technology and health care systems, mainly because the climate and cosmopolitan nature of Bangalore attracts well-educated and talented individuals from all over the world. The State Government has taken some proactive action to solve many of the health related problems and has in particular supported Alternative systems of medicine.**

The Acupuncture Coordination Council submitted a memorandum to the Ministry of Health through the Principal Secretary to recognize Acupuncture as one of the main systems in Karnataka along with recognized AYUSH Systems and to register all the Acupuncture practitioners in Karnataka in a separate Council. This will help the Government in legally approving the system and in regularizing the practitioners. Once approved in the legislature as per the Maharashtra Bill, a separate Acupuncture

College with a 4 ½ year course can be started by the Government or with private partnership. **Our ultimate aim of getting Acupuncture recognized by the Karnataka Government will be possible only when all its' practitioners come together and show their strength. Hence, I request all the qualified practitioners to send your clinic's address through SMS to our Academy (8050901238) before Dec 21st so that further updates can be posted to you.**

Acupuncture can also be used as a preventive therapy since disturbance in energy can be corrected well in advance, before any pathological changes occur. As far as health is concerned, all human beings should make themselves responsible for their own health. The yoga programme which started as a National Movement will show results within a few years. Every individual should practice yogasanas and pranayama for at least half an hour every day since it aligns your body, mind and energy. There is a healing mechanism within every individual. Every one of us has been created with a specific task. The inner awareness with yoga will automatically give importance to nature so that most of the external problems will vanish. Socrates' simple solution, "Know Thyself" is applicable to all human beings and we stress on "Heal Thyself" with yoga and Acupressure.

I once again appeal to all practitioners of Acupuncture to come together to put in all our efforts to get proper recognition for this cost effective drugless therapy

Dr. H. Bhojraj

KNOW YOUR KIDNEY

By Dr. H. Bhojraj

For Traditional Chinese Acupuncture (TCA) Practitioners

Congenital essence

In Traditional Chinese Acupuncture, the Kidney Meridian plays an important role right from conception to the end of life. The Kidneys **store the congenital essence that comes from parents** at the time of conception and is responsible for the growth of the fetus inside the womb and also after birth. **“Essence” forms the material base** of the human body, used for growth and functional activities after birth.

Acquired essence

Acquired essence is **generated on transformation of food by stomach and spleen and air by lungs**. When congenital essence is used in the system, acquired essence replenishes it in the kidneys. The congenital essence and acquired essence promote each other like a closed loop system. Before birth, congenital essence has prepared the material base for acquired essence. After birth, acquired essence constantly replenishes congenital essence. So, transformation of food and air is most important to replenish this kidney essence.

Functions of Kidney

The function of the kidney according to TCM Acupuncture is to work on **reproduction, growth and development**.

While essence is the subtle energy, ‘qi’ is its gross manifestation. Conversely, **essence is yin and qi is yang**.

The Yin and Yang stored in the kidney is also called **“the house of water & fire”**. Essence is yin and “qi” is yang. So kidney essence is called “Kidney Yin” and kidney qi is called “Kidney Yang”. Yin and yang promote each other and also control each other to maintain a dynamic physiological equilibrium.

In childhood, the essential qi of the kidney develops gradually and manifests in the form of skin and hair. At the age of 7/8

years, the milk teeth fall and permanent teeth are formed. At the age of 14, girls attain puberty and at 16 years males will attain reproductive ability. At the age of 49(7X7) years, the essential qi gets exhausted and menstruation stops. For males, their reproductive ability comes down at the age of 56(7X8) years. At around 64(8X8) years, the essential qi in the kidneys becomes weak and therefore the teeth and hair start falling. **The first cycle of productive life 8X8 - 64 years, depends on the congenital essence in the kidneys** which is why TCA gives great importance to kidneys.

Kidney Yin & Kidney Yang

The essential qi of the kidney requires kidney essence for its transformation. The kidney qi is transformed from kidney essence. The transformation relies on the converting function of kidney yang upon kidney yin. Both kidney yin and kidney yang take the essential qi stored in the kidney as their material base.

Kidney yin represents the fluids in the whole body **which moistens and nourishes the organs**. **Kidney yang represents the transformed qi which maintains the temperature of the organs and promotes the function** of organs.

Imbalance causes problem

Once this dynamic equilibrium is disrupted, pathological changes take place in the kidney due to imbalance of yin and yang. **If kidney yin is deficient** due to overwork, it will fail to control the yang and the symptoms will be **heat sensations** in the chest, palms and soles, afternoon fever, night sweats and seminal emission in males or sexual dreams in females.

If kidney yang is deficient, it will lead to **failure in warming** and create symptoms like lack of spirit, coldness and pain in the lumbar region, knees, aversion to cold, cold limbs and impotence in men and infertility in women.

Body Fluids

Kidneys play an extremely important role in **regulating the distribution of body fluids**.

The clear fluid separated by the Kidney is transported to the Lungs for making True Qi and blood. The unclear fluid is transported to all organs to form their own fluids like **tears (Liver)**, **sweat (Heart)** **saliva (Spleen)**, **phlegm (Lungs)** and **synovial fluids (Kidney)** in the joints. Any excess fluid is finally stored in the Urinary Bladder.

If the Kidneys fail to perform these functions, the fluid stays inside the body and **edema develops in the limbs or face**.

Kidney & Lungs

Kidneys assist the Lungs in its function of receiving and descending the qi. Though Kidney is the root of qi, the lung is considered as the governor of qi. In other words, respiration depends not only on the descending function of lung but also on the kidneys' function. Only when the kidney qi is strong, the passage of qi in the lung can be free and the respiration will be smooth and even. If the kidney qi is weak, the Lungs will fail to receive qi, giving rise to shortness of breath and difficulty in breathing. These symptoms worsen after physical movements.

Kidney & bone marrow

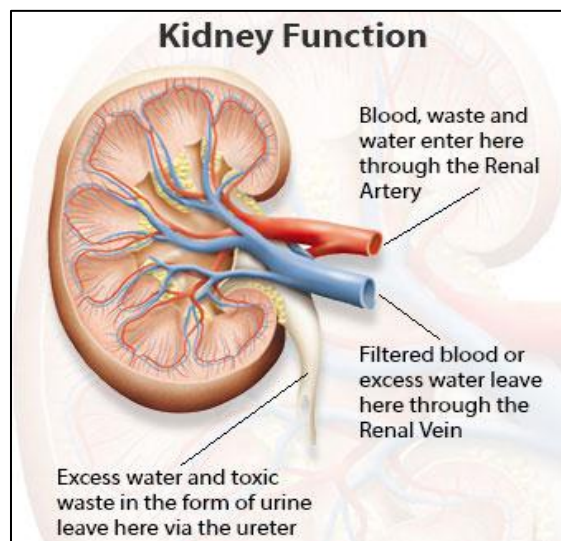
The Kidneys **store the essence which produce marrow**. The marrow is developed inside the bone and nourishes bone growth. If the kidney essence is sufficient, it will produce **strong bones and teeth**. The spinal marrow ascends to the brain and the brain is **known as a sea of marrow**. The hair depends on the vitality of the Kidneys and sufficient supply of blood. The state of hair represents the vitality of the Kidneys.

Kidney & Ear

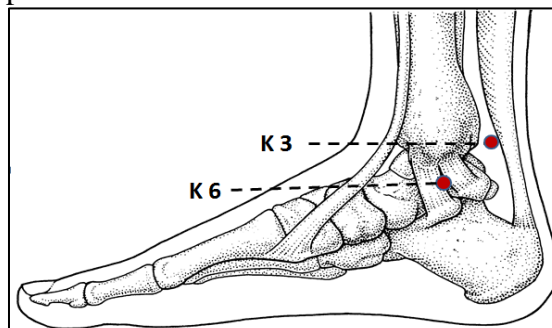
In TCA, the kidneys supply energy to the ear for hearing. When the essential qi of the kidneys is sufficient, the ear is well nourished and hearing is accurate. If the essential qi is deficient, it will fail to ascend to the ear leading to tinnitus and deafness.

The kidney also controls the “Anterior orifice” which refers to the urethra and genitalia and “Posterior orifice” which refers to the anus. Deficiency in Kidney may produce urination, reproduction and evacuation problems.

For Normal Readers



As you can see, the kidney function is very important right from birth to death. So keep activating the relevant kidney acupuncture points (K-3, K-6) especially in children so that they develop strong teeth and attain maturity at the right age without any problem.



Acu points K3 and K6

**FREE ACUPUNCTURE
TREATMENT EVERY FRIDAY**

2 PM to 5 PM

Register with

Mr. Nagesh: 8050901238

Know Your Liver

By Dr. H. Bhojraj

(For TCA Practitioners)

Liver stores blood

As per the Traditional Acupuncture, the main function of the liver is to store blood, maintain free flow of qi, control tendons and to take care of the eyes and nails.

The volume of blood circulating in various parts of the body changes according to different physiological needs. During vigorous activities, blood is released from the liver increasing the volume of blood in the circulation. When this requirement is less, particularly during rest or sleep, blood remains in the liver. The liver is closely related to all the activities of the Zang-Fu organs and tissues.

Dysfunction of Liver

Dysfunction of the liver will affect the normal activities of the body and lead to pathological changes in the blood itself. Deficiency may give rise to blurred vision, spasms of the muscles, numbness of the limbs, and menses related problems.

In addition to heart, the emotional activity is closely related to the liver. Only when the function of the liver in maintaining the free flow of qi is normal, qi and blood will be harmonious and the mind will be peaceful. Dysfunction of liver will lead to emotional changes like mental depression or excitement. When the liver is hyperactive, it can lead to insomnia, dream-disturbed sleep, dizziness and vertigo. Excessive mental irritation often leads to dysfunction of liver.

Liver has an important influence on digestion since it secretes bile for fat dissolution. Dysfunction of the liver will affect the secretion and excretion of bile which affects the digestive function. The free flow of qi is affected; the qi stagnation creates chest pain, mental depression and irritability. If the descending function of the stomach is affected, symptoms will be belching, nausea and vomiting. If the spleen function is affected, there may abdominal

distension and diarrhea. The former is called “attack of the stomach by liver qi” and the latter is called “disharmony of the liver and spleen” in Traditional Acupuncture.

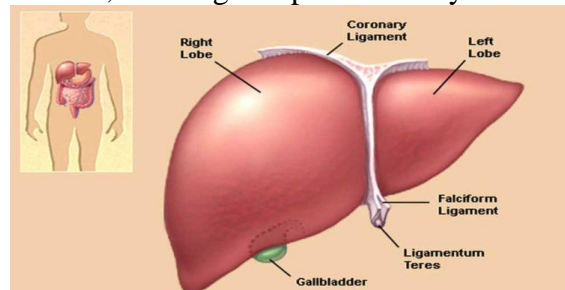
Heart & Lungs with Liver

The blood circulation relies upon the propelling function of qi. Although the heart and lung play the major role in circulation, the function of the liver in maintaining free flow of qi is needed to prevent stagnation. It can lead to heaviness and pressure in the chest, distending or pricking pain in the hypochondriac region, dysmenorrhea and even the formation of fibroids.

Joints function & Liver

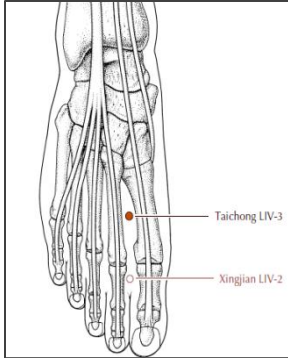
The tendons are the main tissues linking the joints and muscles and dominating the movement of the limbs. When the liver qi is affected it affects the nourishment of tendons and gives rise to weakness of joints and numbness of limbs. The pathogenic heat of the liver can cause convulsion of the limbs and also clenching of the teeth.

When the liver qi and blood are normal, tendons and nails are strong. If the liver blood is deficient the tendons will be weak and nails will become soft, withered or deformed. Any problem in the nail is an indication of deficiency of the qi in the liver. Out of all organs, liver is the main organ affecting the eyes and vision. The liver meridian ascends and connects the eyes. The eye reflects the function of liver. Deficiency may lead to dryness of the eyes, blurred vision or even night blindness. When there is heat in the liver meridian, it gives rise to redness, swelling and pain in the eyes.



For Common People

Liver plays an important role in digestion especially fat digestion and also responsible for the eyes. It is very important to take care of the children below 10 years by activating



the Liv-3 (shown in picture) point at least once a week to improve their digestion. The same point can be used for keeping their eyesight normal instead of giving them spectacles at a

tender age.



The Acupuncture Coordination Council met the Principal Secretary, Health, Govt. of Karnataka and submitted a memorandum for recognition of Acupuncture in Karnataka.

ACUPUNCTURISTS MEETING

A meeting of all Acupuncture practitioners in Karnataka will be held to discuss the progress made regarding the recognition of Acupuncture in Karnataka. The venue, date and time will be informed by SMS to all the members who have registered with the Academy, KAA or ASA

Free Acupressure Training for Patients

Every Friday 11.30 am to 1.00 pm



The Academy conducts free acupressure training courses every Friday between 11.30am and 1 pm mainly for the patients who have undergone Acupuncture treatment at our Academy. Health is considered the well being, not only at the physical level but also at the mental and emotional levels. Though acupuncture balances the patients' emotions by balancing the energies, recovery will be more effective if they learn to balance their emotions on their own with acupressure. Training will be given to locate the acupressure points for them to stay healthy. The weekly free training programme will give patients the confidence to cure themselves without much medication.

The first such course was conducted on 27th October 2017. A few patients attended with enthusiasm.

All patients who have taken treatment in our Academy can attend this course by registering on every Thursday.

Feedback from B.S. Vishwanatha who attended the training:

The training session gave a quick overview of Acupressure and the need for a healthy body.

The reasons and method of doing acupressure was explained in a simple way. It was easy to understand and practice. Even though there is lots of literature available, it is difficult to practice without training. The free training by Dr. H. Bhojraj and his team is high commendable. I feel more and more people should take up this practice and propagate it.

San Yin Jiao-Sp.6- The wonder point for curing any problem

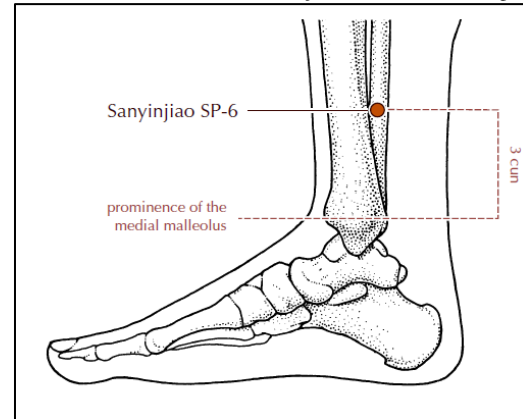
By Dr. H. Bhojraj

We all know the importance of spleen and liver in the formation of blood which provides raw materials to all the cells in our body for their own maintenance. If the blood formation and the quality of glucose are good, all cells will produce the required energy. A portion of the energy (33%) is used for its own work and another portion (33%) used for maintenance. The remaining energy is available for listening, learning, talking or any other extra activities in a day done by the brain.

When the blood is not produced properly, the quality of the glucose gets affected. The inner intelligence assesses the quality of glucose in spleen and pancreas and releases the saliva accordingly. Glucose which does not meet the quality standard is rejected through urine. This action of the kidneys to recognize substandard glucose and filter it into the urinary bladder for rejection should be appreciated rather than declare them as diabetics.

It is observed that at this stage, tiredness is the main indication. Most of the people will get tired after 8 hours of work. Digestion has to be corrected at this stage itself so that the glucose production standard is improved by providing proper raw materials. It is not only because of substandard raw materials (food) but also improper breakdown of the food especially in the mouth. Choose quality food; eat slowly so that the secretion of saliva increases. By this the energy production will improve within 10 days. Never ever go to a doctor and take medication.

The wonder point Sp-6 San Yin Jiao (Three Yin Meridians) has the potential to improve the quality of the glucose production. Press and release 14 times every day and observe your energy at the end of the day.



SP-6 SANYINJIAO

Three Yin Intersection

Meeting point of the Spleen, Liver and Kidney channels

LOCATION

On the medial side of the lower leg, 3 cun superior to the prominence of the medial malleolus.

LOCATION NOTE

This point is most readily located one hand breadth superior to the prominence of the medial malleolus.

NEEDLING

Perpendicular or oblique proximal insertion, 1 to 1.5 cun.

Caution: contraindicated in pregnancy since it triggers the contraction of the uterus.

(Not to be activated)

ACTIONS

1. Invigorates blood
2. Tonifies the Spleen and Stomach
3. Resolves dampness
4. Harmonises Liver and tonifies Kidneys
5. Regulates menstruation
6. Induces labour
7. Regulates urination
8. Calms the spirit
9. Improves concentration
10. Relieves pain

HOW BLOOD IS PRODUCED : AS PER TCA

Whenever we eat, our five senses will first do a quality inspection of the food. Only then it is swallowed. Be conscious of the food you eat and even if one of the senses rejects it, do not eat it. But if you don't concentrate on what you are eating, your conscious mind will fail to alert you.

Once quality of the food is assured, the spleen will start absorbing energy from the food right from the tongue itself. It sends this invisible energy to the lungs. At the same time, it assists the stomach in breaking the food properly. As the food pass through the small intestine, the glucose, amino acids and minerals required for different organs in the body are absorbed into blood and goes into circulation. Kidneys use this nourishment to prepare the clear fluid, which is sent to the lungs for making blood.

In the lungs, a miracle happens!! The prana energy absorbed by the lungs through breathing, converts this clear fluid into pure qi and blood. The pure qi is responsible for the distribution of blood and transports it to all the cells by the pumping action of the heart. The invisible qi is like electricity, invisible, but its effects can be felt. Water also has its own qi which is absorbed when you take bath. That is why we feel energetic after a bath.

Therefore, while eating, concentrate on this invisible qi that comes from the food. First absorb this energy through your senses and the remaining task will be done by your subconscious mind. This is the secret of good health which everyone should know.

The wonder point Sp-6 improves concentration and makes you conscious of the food you eat. It is the point where Kidney, Spleen and Liver meridians meet. Press and release with your fingers or get an acupuncturist to needle Sp-6. It improves digestion so that blood formation will be perfect and you will be free from disease.

According to the present scenario, treating the disease is the prime aim but according to

the alternative system, prevention is the prime aim.

Activities during Sep – Oct 2017

5 Day Basic Course



*Rupa. M. Cherian and her mother-
14/09/2017 to 19/9/2017*



*Akansha Migam Anshuman. R. Yadav
9/10/2017 to 13/10/2017*



*Participants at the free Acupressure training
course on 27/10/17*

World Acupuncture Day – 24/10/2017

A Free treatment Camp was held at our Academy on the occasion of World Acupuncture Day. Participants appreciated the idea and felt that a lot of people are not aware that Acupuncture can treat not only pain but all diseases.

Case Histories

Migraine cured with Acupuncture...Mrs. Vaishnavi Charan.. 9008457143

“My name is Mrs. Vaishnavi Charan aged 45 years. I was treated by Dr. Bhojraj in 2001 for migraine headache, which I had from the age of 11 years. I used to suffer a lot with one sided headache. During these attacks I used to get into a darkroom and preferred to be alone. Even the ticking sound of the clock would irritate me and make me angry. It made me cry all the time. The headache was intolerable inspite of taking tablets in consultation with a Neurosurgeon. No treatment gave me relief.

Finally I tried Acupressure treatment which gave me complete relief from migraine Headache within 4 to 5 sittings. Thanks to this amazing drugless treatment which has given complete relief from migraine. After getting complete relief, I also referred my friends and relatives who were suffering from migraine. They had lost all hope of getting rid of Migraine. They also got cured and are happy now.

I am very thankful to Dr. Bhojraj.”

Treatment Given: ↑Liv-1 ↓Lu-7 ↑H-7 ↑P-9

Relief for various problems after attending the Basic Course...Rupa .M. Cherian 9900807502

I had a good learning experience from the 5 days class. I practiced sinus point, figure of eight walk and Sp6 for various problems. It was very effective. Due to dysmenorrhea, my flow was very scanty. But this time it was good. I thank Dr. Bhojraj for teaching me this wonderful therapy.

Acupressure – a very useful tool... says Geeta Rao, Advance acupuncture student

“I am learning Acupuncture from the Academy since January 2017 and I practiced the general health points on myself for the past 4 months apart from my regular yoga sessions. Earlier, during summer, I could not

sleep if the air-conditioner was switched on at home. But this year I never had a problem throughout the season.

Also, I would like to share the immediate relief my husband got when I treated him. One night, he suddenly developed cough and could not sleep. I treated him with acupressure on Lu 7 and Lu 10. He recovered immediately and slept well. He appreciated my efforts for learning such a powerful technique from the Academy.

I also treated my relative with Liv-3 for swelling in the leg which vanished after treatment.

I really find the course very useful.

FREE ACUPRESSURE TRAINING for patients

The Academy will be conducting a free acupressure training programme for all the patients. They will be taught a few acupoints and hand Reflexology that will keep them healthy on a day to day basis.

Timings: 11:00 AM to 01:00 PM

Venue: 2013, 7th Main, “D” Block,
2nd Stage, Rajajinagar,
Bangalore – 10

Talk by Dr K. K. Mishra

Dr. K. K. Mishra from Allahabad will deliver a lecture on the “Biji Meridians” at our premises on 16/11/17 at 02:30 pm. Interested Acupuncturists may contact the Academy for registration.

Contact No. 8050901238

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Dr. Archana Thangamani***

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