



# ACU WELLNESS

Special Issue

**ACADEMY for ACUPRESSURE and ACUPUNCTURE** ®

# 2596, 11<sup>th</sup> Main, "E" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore – 560 010

16<sup>th</sup> November 2014

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[for internal circulation only]

## INTERNATIONAL WORKSHOP ON PULSE METABOLIC ANALYSER

By **Dr. Sergey Fedotov**, Principal, Pulse Academy, Russia



In the year 1998, Dr. Fedotov started his own Pulse Academy in Vladivostok and also in Saint Petersburg for scientific research on pulse analysis for preventive health care. It is a non-official scientific organization which has done wonderful work over the past 16 years. He established Pulse Academy after many years of research on the **computerised pulse diagnosis system** at the Moscow Centre of Surgery of Russian (USSR) Academy of Medical Science.

From 1991 to 1998, he worked as Director in the company called TRIGON in Vladivostok which he founded as an innovative communication company. Earlier, he worked in a shipping company (FESCO) for 3 years after doing his studies in Far East Marine University with Navigation as specialization.

Graduating in computer science in 1978 prompted him to take up Pulse Analysis and achieve the results in the interpretation of Chinese pulse analysis, Ayurveda pulse analysis and Homoeopathy.

The Pulse Analysis System was developed based on principles of hydrodynamics and spatial analysis of signals.

**The Academy was able to achieve tremendous success in quantifying the energies as per the Traditional Chinese Medicine (TCM) and Ayurveda.** He has combined modern medical knowledge with the theories of TCM and **Ayurveda** and presented the software along with a pulse sensor for evaluation. The data is also useful for **Homeopathy practitioners**.

The system has been well received all over the world and the practitioners are happy with the outcome using the Pulse Analysis System



Dr. Sergey Fedotov being received by Dr. H. Bhojraj .at Bengaluru



## Participants at the International Workshop on PMA

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**Present building of the Academy**



**Future Academy Premises (as conceived)**

## About Academy

This is an institution created to propagate the scientific learning and practice of Drugless Therapies for better health and living.

Among others, one of the objectives is to minimise the use of drugs and adopt self-practice of simple techniques of Acupressure and Acupuncture for improving the wellness of the body.

### About the Academy

Our vision is to build the Academy for Acupressure and Acupuncture (AAA) as an exclusive institution of International standards to give training in Acupuncture and Acupressure with long time research projects for all ailments.

The AAA was registered on 2<sup>nd</sup> February, 2012 under the Indian Trusts Act 1882. The aim is to train as many people as possible on the self-help techniques and make them responsible for their own health. It is also planned to propose serious research projects in collaboration with reputed institutions/universities and get the recognition for this scientific system.

We also to provide a common forum for practitioners of drugless therapies to carry out research, share ideas, publish research findings in scientific journals of repute etc.

Since the health of individuals decides the health of the country, it is planned to organise training programmes, seminars, workshops, panel discussions, conferences and surveys for the public outreach.

Keeping with the philosophy of “**Prevention is better than Cure**”, our Academy has been encouraging young parents to take care of their **children’s immunity development by adopting simple 5 minutes reflex points activation everyday**.

The Academy has already trained about 150 Acupuncture practitioners who are practicing under the guidance of Dr. H. Bhojraj. We also have 18 practitioners trained under our academy who have been given Accreditation. These accredited healers are located in different parts of Bengaluru City and other places and some are located outside Karnataka also.

## Research Collaborations



**Signing of MoU for a collaborative Research**



The AAA, on 27<sup>th</sup> October, 2014, entered into a Memorandum of Understanding with Swami Vivekananda Yoga Anusnadhan Sansthan, a Deemed University (S-VYASA) to collaborate in translational research, training, personnel exchanges or other projects. The MoU was signed by Dr. Sudhir Deshpandey, Registrar, S-VYASA and by Dr. H. Bhojraj, Chairman AAA.

Dr. Bhojraj was accompanied by Mrs. Meera Bhojraj and Trustees Mr. KNS Rao and P. Suresh along with Accredited healer Mrs. Jija Subramanian.

# Pulse Analysis System

Acupuncture diagnosis or analysis traditionally was performed through the five senses. A traditional acupuncturist would look at a patient's skin and eye colour, and the colour and texture of the tongue. They would feel the texture of the skin, and the intensity of pulses at the wrists. They would pay attention to smells and odours emitted by the patient. The doctors would listen to complaints and the breathing of their patients. They would have the patient describe prominent tastes and odours. Many acupuncture doctors today rely heavily upon what is known as **pulse diagnosis**. Through artful palpation at the wrists, **6 distinct** pulses are analysed on each side, corresponding to the 12 paired meridians.

## Excess or Deficiency of 'Qi' (chee) causes illness

The theoretical basis of Acupuncture is that there is a life-force, called *Qi* that resides and circulates within one's body. The illnesses are due to the deficiency, excess, stagnation, imbalance, blockage of *Qi*. The *Qi* flows in various **meridians** (or channels) inside the body. Each meridian is associated with one or more organs. The status of *Qi* in various parts or organs of one's body manifests in the **person's pulse**, and a skilled doctor can detect and differentiate the subtle differences of the *Qi* status by feeling the patient's pulse.

These diagrams show that an Acupuncturist puts three fingers on three adjacent spots on the radial artery of the patient's wrist, called **cun**, **guan**, and **chi**. Width of each spot is about half an inch. There are three different points on the wrist to get pulse information. The pressure applied at each point can be light or heavy. Therefore, each hand can give six different pulse information or 12 different pulse information from both hands combined. For example, if pressed down strongly, these three spots on the right hand can provide information about the lung, spleen, and pericardium respectively, and the three spots on the left hand can provide information about the heart, liver and kidney respectively.

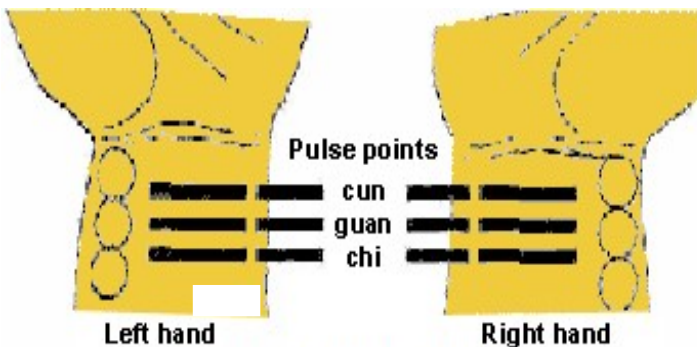


Fig.1. Pulse reading points

This table (called **Health Matrix**) displays the state of channels (meridians). Here we can pinpoint the **excess energy** in any organ.



Record N2 - Brown L.R. - Pulse N1 from 27-08-2002 17:33:28

View Yin Stability (%) 100 Zero level compensation - Yin 97.0 - Yang 80.7

| Object / Qi | Wind  | Heat  | Moisture | Aridity | Cold  | Fire  | Balance |
|-------------|-------|-------|----------|---------|-------|-------|---------|
| Liver       | 0     | -0.08 | 0.04     | 0.04    | 0.03  | -0.04 | 0.23    |
| Heart       | -0.04 | 0.01  | 0        | 0.07    | -0.01 | -0.03 | 0.16    |
| Spleen      | 0     | -0.04 | 0.05     | -0.01   | 0.04  | -0.05 | 0.18    |
| Lungs       | 0.2   | 0.11  | -0.11    | 0.01    | -0.06 | -0.15 | 0.65    |
| Kidneys     | -0.13 | 0.12  | -0.05    | -0.09   | 0.18  | -0.03 | 0.59    |
| Pericardium | -0.18 | 0.16  | -0.03    | 0.25    | 0.02  | -0.23 | 0.87    |
| Yin balance | 0.55  | 0.52  | 0.28     | 0.46    | 0.35  | 0.52  | 2.64    |

## Health Matrix of Yang channels.

Record N2 - Brown L.R. - Pulse N1 from 27-08-2002 17:33:28

View Yang Stability (%) 100 Zero level compensation - Yin 97.0 - Yang 80.7

| Object / Qi     | Wind  | Heat  | Moisture | Aridity | Cold  | Fire  | Balance |
|-----------------|-------|-------|----------|---------|-------|-------|---------|
| Gall bladder    | 0.96  | -0.79 | 1.61     | 0.2     | -0.93 | -1.05 | 5.54    |
| Small Intestine | -0.19 | 0.1   | -0.19    | 0.29    | 0.16  | -0.17 | 1.09    |
| Stomach         | 0.1   | -0.17 | 0.24     | -0.14   | 0.11  | -0.14 | 0.91    |
| Large Intestine | 0.6   | 0.19  | -0.23    | -0.04   | -0.14 | -0.38 | 1.57    |
| Urinary bladder | -0.11 | 0.01  | 0        | -0.05   | 0.16  | -0.01 | 0.35    |
| 3 Cavities      | -0.08 | 0.04  | 0        | 0.07    | 0.05  | -0.08 | 0.32    |
| Yang balance    | 2.04  | 1.3   | 2.27     | 0.79    | 1.56  | 1.83  | 9.78    |

Health Matrix displays the *Qi* energy distortions in percentage terms.



Pulse analysis in progress



**Dr. H. BHOJRAJ,Chairman**  
***A Profile***



Dr. H. Bhojraj joined ISRO Satellite Centre (ISAC) in its formative year 1972 and participated in the launch campaign of India's first Satellite launch from then USSR in 1975. He received the distinguished award for the launch of 1<sup>st</sup> Satellite from Prof. Satish Dhavan. He contributed to satellite technology in Thermal Control System for satellites for many years and was elevated as Group Director for Programme Planning & Evaluation Group under the Director, ISAC. He has contributed towards the indigenization of many thermal control elements particularly **Optical Solar Reflector** (OSR) and **Flexible Heaters** for which his team was given the National Research Development Council (NRDC) award in 1990 and again in 1999.

He took up *Yoga* Therapy in the year 1983 and served as *Yoga* Therapist for 8 years with the Vivekananda Yoga Kendra. After organizing a seminar by **Dr. Jiten Bhatt** in the year 1990, Dr.

Bhojraj took up **Acupressure Therapy** seriously and got his degree from the Srilankan Open University (Medicina Alternativa) in the year 2000. He was also **awarded a gold Medal** in the year 2003 for popularizing simple healing systems among public.

He wrote his first book "**Acupressure and Fitness**" in the year 1994 and the Second edition in 1996 which has gone in for many reprints. The next book "**Acupressure – The Drugless Path to Good Health**" was released in the year 2001 and the International edition "**Acupuncture – The Drugless Path to Good Health**" with Dr. Bhojraj's method of acupuncture was released in the year 2006.

He has also written a book titled "**Walking for good health –Simply walk Maadi**" and a technical book on fundamentals of satellite technology titled "**Basics of Spacecraft Systems**" for Higher Secondary school students. He founded the **Academy for Acupressure & Acupuncture** in the year 2012 for spreading the simple healing techniques to common people and also to get data for Acupuncture research.



**Dr. H. Bhojraj (9<sup>th</sup> from left) -- Aryabhata / Bhaskara Launch team - (April 1975 / October 1981) at Volggrade**

## Activities of the Academy since 2012

### Acupressure Training Course

A basic course for common people is being conducted every month (3<sup>rd</sup> Saturday) at the Lecture hall of Institution of Engineers for the past 3 years. This training involves more practicals like body balancing, identifying single acupressure points for various ailments and other drugless therapies. About 150 people have undergone this course and have given a very positive feed-back on their health

A **special Basic Course for practising Ayurvedic Doctors** was conducted every week for 8 weeks and all the participants not only appreciated the course but

also started implementing these techniques on their patients along with Ayurveda



### Obesity & Fat Reduction Programme

Nine people registered and are undergoing treatment for the **Obesity & Fat reduction** programme with **Auricular Acupuncture** has started from 9<sup>th</sup> of June 2014. The fortnightly treatments given have shown encouraging results. All of them have been reporting a feeling of lightness in their body and are feeling more energetic. The duration of the treatment is for **6 months** period from the date of enrolment.

### Special Condensed Advanced Course



A special course in acupuncture was conducted for those qualified doctors of various streams who are practicing the Nambudri's Allergy Elimination Technique (NAET) has been conducted during 2013. This special advanced course was highly appreciated by all the participants which included those who are practicing the NAET in Gulf countries also. Most of these doctors are rural based and the feedback received from them after adopting Dr. Bhojraj's technique is highly encouraging.

### Advance Acupuncture Course

Since the past 3 years, Advanced acupuncture Course is being conducted every alternate month in our Academy. Nearly 40 people from different cities and states attended this course. Healer from South Africa, France and Dubai have also completed the course.

Eighteen healers have taken **Accreditation from the Academy** for practicing Dr. Bhojraj's Method. This will help patients from different parts of Bangalore to save travel on. The Academy has also accredited healers from Delhi, Hyderabad, Daman, Coimbatore and Kotagiri.

### Seminar on Touch Heal Therapy

The Cumbam Academy of Acupuncture conducted a Seminar on **Touch Heal Therapy** in Bangalore in December, 2013. Twenty six participants attended the Seminar. Dr. Bhojraj was very keen that the therapists learn this simple technique of touching just a **single point** to cure diseases.

The participants were taught to read the pulse at a **single point** and diagonalise the problem. The treatment involves only touching the acu-point for a few seconds. But above all this, they insisted on "**Assimilation**" and "**Elimination**".





## Workshop on Kaya Kalpa Yoga



The basic training programme on **Kaya Kalpa Yoga** was organised on 28<sup>th</sup> June 2014. This was conducted by **Dr. S. Palanisami**, an ardent practitioner and teacher of this technique. He has taken up to *yoga* since 2009 and has been very successful in spreading the message of **advantages of Kaya Kalpa Yoga**. He is 80 years young and is learning to practice Chinese Acupressure and Ayurvedic Acupressure. Seven participants who took part in this training expressed their appreciation of the technique.

## Workshop on Static and Dynamic Body Balancing for Back Pain

A special one day **Workshop** was conducted on 30<sup>th</sup> August 2014 by Dr. H. Bhojraj, mainly to train practitioners of Acupuncture about, the usefulness of **Static and Dynamic Body Balancing**. This workshop was open to all those who have been suffering from back pain as it was aimed to acquaint them on **how to cure themselves**. There were 18 participants, This workshop was more of practicals than theory.



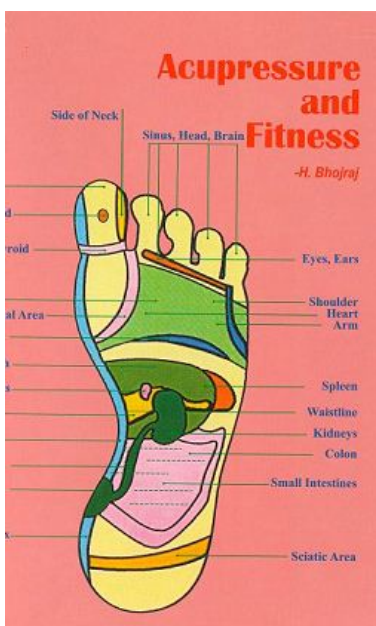
## Annual Celebrations with Graduation Ceremony

Every year during early February (the month when AAA officially came into being), Annual day celebrations are conducted. Coupled with the celebrations is the annual Graduation Ceremony. Those who have completed their Advance Course are presented with the certificates. During 2013, a panel discussion of specialists in various fields was also arranged. The deliberation of the discussions was appreciated by all.

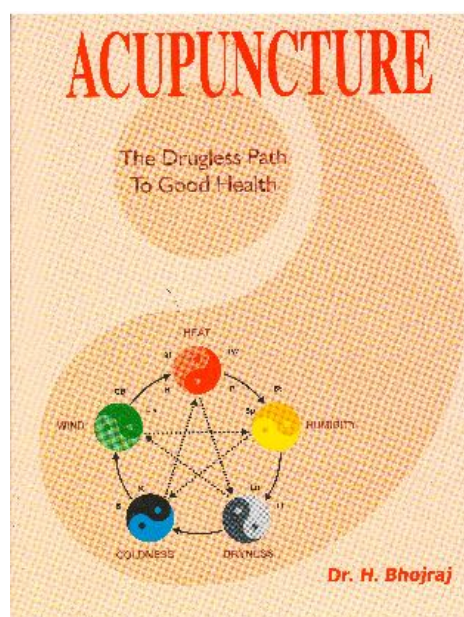
## Auricular Therapy Training

For the past one year we have been conducting regularly Auricular Therapy courses for 3 days starting from first Monday of every month. Twenty people have completed this course and find it very useful when practiced along with Acupuncture

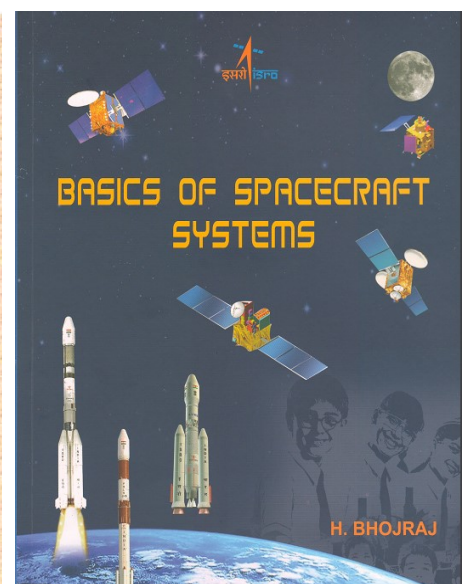
## Books authored by Dr. H. Bhojraj are available for sale



Price : Rs. 250/-



Price : Rs. 1200/-



Price : Rs. 300/-

# ACADEMY for ACUPRESSURE and ACUPUNCTURE



## Mission Statement

# Stay Healthy # Treat Yourself # Avoid Drugs

## Vision

To build AAA as an exclusive institution of International standards in Acupressure and Acupuncture as also of other drugless therapies.

## Motto

To promote healthy living by adopting the principle of "A healthy Mind needs a Healthy Body". To develop younger generation with higher immunity and adopt widely the Children Immunity Development Campaign.

## Our Broad Future Plans

- Buy a land around Bengaluru and build our own infrastructure at an estimated cost of Rs. 335 Lakhs.

**Aim :** To train and carryout research with reputed institutions for various incurable diseases.

**How you can contribute ?**

⇒ By donating to the Building Fund. ⇒ Learn thoroughly and join the research activities.

⇒ Learn Acupressure and practice with your family members.

**Doners will be on the mailing list of the Academy and free ONLINE consultation from the Academy will be provided.**

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To transfer amount through Online Transfer :Academy for Acupressure and Acupuncture Indian Bank, Rajajinagar, Bangalore. A/c No. **6012588256**  
IFS Code : **IDIB000R005** SWIFT Code : **IDIBINBBBLR**

## Donation Form

I hereby enclose a cheque for Rs. .... (Rupees \_\_\_\_\_  
\_\_\_\_\_ ) drawn on \_\_\_\_\_

Bank as **Donation**, favouring **Academy for Acupressure and Acupuncture**.

Full Name :

Complete Address

Phone No.

e-Mail I.D. :

Signature.

P.S. Please send the filled in form to Academy for Acupressure and Acupuncture  
2596, 11<sup>th</sup> Main "E" block, Rajajinagar 2<sup>nd</sup> Stage, Bengaluru - 560 010