



ACU WELLNESS

The Quarterly publication of
Academy for Acupressure and Acupuncture (R)

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Vol. 1

No. 1

Chairman's Remarks

It is heartening to note that our dream of setting up an Academy exclusively for Training and Research in Acupressure and Acupuncture took shape on 2nd February, 2012. **The Academy was formally inaugurated** by Shri N. Achutha Rao, Ex DGP, Karnataka on 11th March 2011 at Hotel Chalukya, Bangalore. This function was well attended by Acupuncture Therapists and others who support this drugless system.

The 2 day Conference on Holistic Medicine organized by the Indian Holistic Medical Academy, Thanjavur (IHMA) at the Bharatiya Vidya Bhavan (2nd week of September, 2012) was well attended from all over India and some other countries like Sri Lanka, USA, Greece, Kazakistan etc. My presentation on "**Pulse Analysis – Selection of points in a scientific way**" was well received by all the participants. The conclusion of this presentation/paper was "**High Blood Pressure is not a disease but a symptom and by curing the root cause with acupuncture, the BP would come back to normal**". The entire paper has been published in this issue for your study. Our Academy will be giving treatment for those who have elevated BP and monitoring their progress for a period of one year to record the data.

Similarly, the Academy has started **maintaining data of all the patients** who register for treatment of any ailment/disease. They will be monitored for one year even if they are cured within a few sittings. This will enable us to build a Data Bank for various diseases and analyse the results for presentation in various forums.

Our **training courses are likely to be streamlined** within the next few months. The "One Day Basic Acupressure Course" is being conducted on the 4th Saturday of every month at the Institution of Engineers, Bangalore, and is being well appreciated by the participants. Many of these participants have started joining the "Advanced Acupuncture Course" being conducted every Saturday/ Sunday for one year. Basic Course will also be conducted in our Academy premises every 2nd and 4th week of the month for 4 days.

India needs an affordable healing system like Acupressure and Acupuncture for the large masses especially in the rural areas. I request you all to join hands with us to promote this affordable and effective alternative system to every nook and corner of India.

Dr. H. Bhojraj

QUOTE

The illiterate of the 21st Century will NOT be those who cannot read and write but those who CANNOT learn, unlearn and relearn.

Objectives of the ACADEMY

To build an institution dedicated to the cause of **disseminating and spreading knowledge** and information about Acupressure and Acupuncture and other drugless therapies.

To develop new and **simple methods** to manage various health problems.

To **conduct systematic studies** and collect data for research and analysis.

To **net-work and co-operate with other organizations** of similar nature to undertake joint campaigns, actions and programmes etc.

To **interact with the State, Universities, Scientific bodies** and other institutions/organizations involved in spreading the knowledge of these therapies.

To design, and **publicise** different programmes and activities of the ACADEMY in the public domain through **website**.

To **provide guidance and support to other organizations** who may wish to carry out similar activities.

FUTURE PLANS

Get recognition from the Central and State Governments for this Scientific treatment of Acupressure and Acupuncture.

Have our own campus to accommodate outpatient treatment facility, **Facilities to impart training / Technology** for 100 students.

An auditorium with a seating capacity of 200 people to hold seminars, Workshops etc.

Staff quarters

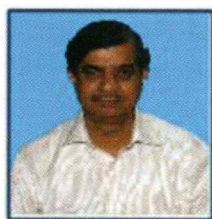
The search for a location will start shortly. This **ambitious project** will require funds to the tune of Rs. **355 lakhs**, a major portion of which we hope to generate through generous donations from philanthropists, NGOs, business houses etc. **The seed money required is Rs. 35 lakhs.**

Those who are interested to contribute may kindly contact Mr. Suresh (Tel : 9341261251)

Trustees of the Academy



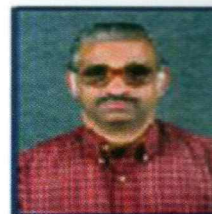
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Inauguration of the Academy



The formal inauguration of the **Academy for Acupressure and Acupuncture, Bangalore (AAA)** was held on **11th March 2012** in the Cauvery Banquet Hall at Hotel Chalukya, Bangalore. Shri Neelam Achuta Rao, Director General and IGP, Karnataka (Retd.) graced the occasion as the chief guest. Dr. S. Pal, Distinguished Scientist and Associate Director, ISRO (Retd.) was the Guest of Honor.

In his opening remarks, **Dr. H. Bhojraj**, the Chairman of the newly formed Academy for Acupressure and Acupuncture (AAA), who is a qualified and accredited Acupuncture Specialist (served in ISRO as Engineer / Scientist for over 39 years), brought out the inherent curing mechanism that exists in the human body which can cure many ailments without the use of drugs.

Further, he mentioned that he has been effectively treating hundreds of persons for over **two decades** with acupressure and acupuncture and also advocating these techniques among public. He pointed out that these simple and easy to practice techniques are still less known among the general public despite all efforts.

The **prime focus** of AAA is to get the due recognition/certification from the Governments for Acupressure, Acupuncture and other Drugless Therapies (Magneto Therapy, Auricular Therapy, Oil pulling Therapy etc.) as a **means to getting relief** and cure for various diseases and ailments. The AAA will put forth its efforts to popularize these methods which are easy to follow and needs only guidance from the specialists/practitioners. These methods are very cost effective and have little or no side effects. Dr. Bhojraj has **developed very simple and easy to practice techniques and has trained hundreds of people in different parts of the country and overseas.**

Shri Achuta Rao, appreciated the formation of the Academy and its focused approach towards spreading the drugless therapy. He also commended the efforts taken by AAA in the launch of "**Children's Immunity Development Campaign**" as a first step. He also endorsed the view that keeping good health from an very early age is most important to make effective use of the human potential in one's professional career/personal life.

Dr. S. Pal, a staunch supporter of drugless therapies, highlighted that, the efforts of AAA are highly appreciable

since **young mothers** are being inducted to the Campaign who will be trained to **ensure good health** of their children. This will certainly go a long way in improving their **performance in academic examinations** and guide their intelligence in the desired and right direction **besides having a healthy adult life.**

The inaugural function concluded with a vote of thanks by Mr. P. Suresh.

Children's Immunity Development Campaign



The afternoon session was entirely dedicated to Children's Immunity Development Campaign and the parents and children present in the hall were enthused by the simple and enlightening approach of Dr. H. Bhojraj in explaining the root cause of ailments (especially among children) and self-help solutions for mothers to adopt in treating their children and memory improvement/development.

The Children's Immunity Development Campaign (for children below 10 years of age) has been attracting many young parents for the upkeep of the health of their children.

Acupuncture Course by Prof. K.K. Mishra



An Acupuncture Course for those who have completed the Advanced Acupuncture Graduation under Dr. H. Bhojraj was organized and was conducted by well-known Acupuncture Specialist Prof. K.K. Mishra from 27th to 29th May 2012 at Hotel Atria in Bangalore. This course was fully appreciated by a group of 20 persons. It facilitated better understanding and useful interaction of the latest

research and techniques that are being developed in the field of Acupuncture.

Monthly Basic Acupressure Course



On June 23, a **One Day Basic Acupressure Course** for working youngsters and others for common ailments was held at the Indian Institute of World Culture, Bangalore in which people of different age groups and professions participated. The feed back received from them is very encouraging.

Advanced Refresher Course

The **second Advanced Refresher Course** was conducted by Dr. K.K. Mishra for 3 days in August 2012. This Course saw participation of persons from other places. This course was held at the premises of Dr. H. Bhojraj and had a participation of 15 people.

Prof. K.K. Mishra is now the Chief Technical Advisor of our Academy. A team has been formed to finalise the syllabus for one year Acupuncture Course which includes Anatomy and Physiology.

Office premises Opening Ceremony



The opening ceremony of the Office premises of the Academy held on **3rd September 2012** was attended by many well-wishers, Practitioners, advance course students and others.

20th World Congress

Three members of the Governing Council of our Academy participated in the **20th World Congress on Holistic Medicine** which was held in Bangalore. In this Congress,

Dr. Bhojraj, our Chairman presented a paper on Pulse Analysis which attracted wide-spread responses and interesting interactions. Participation of our Academy in this Congress has helped in widening our contacts. Shri Sudhir Nadig also made a presentation on Magneto Therapy which was also well received. Dr. S. Ramaswamy also presented his views.

Advance Acupuncture Course

Our Academy has been regularly conducting the One Day Basic Acupressure Course since June 2012 at different places in Bangalore. The feed-back from these participants has been very satisfying and many of those who have completed the Basic Course have joined the Advance Acupuncture Course. The Academy has been conducting the advance course regularly and more and more people are being trained in Bhojraj's Acupuncture technique. The **next Advanced Acupuncture Course for 10 days starts on 19th November 2012 and from 10th December 2012.**

Basic Acupressure Course

The Academy has been conducting **5 days Basic Course** during **2nd** and **4th** week of every month (Monday to Friday from) **10-30 AM to 12 Noon**. Those interested in learning may **SMS their registration to Mr. Suresh at 93412 61251.**

FREE Treatment Camps

These camps will be organized on **Second Sunday of every month for the Economically Weaker Section** of the society. The registration can be done in our Academy **before the 2nd Saturday** of every month. Free treatment will be given for next **3 Sundays** for the registered patients.

Nov. / Dec. One Day Acupressure Course

Venue : Institution of Engineers

The **One Day Basic Acupressure Course** being conducted regularly on **4th Saturday of every month** at the Institution of Engineers, Bangalore, has received favorable response. Based on this response, the Course will be conducted on **24th November** and **22nd December 2012**. Those interested in participating, may **SMS their registration to Mr. P. Suresh at 93412 61251.**

Pulse Analysis and Selection of Acupuncture points to cure the root cause of diseases.

Dr. H. Bhojraj, B.E. (Hons)., M.D. (Acu)

Founder Chairman

ACADEMY for ACUPRESSURE and ACUPUNCTURE, Bangalore.

(Paper presented at the 20th World Congress on Holistic Medicine held at Bangalore on 14th September 2012.)

INTRODUCTION

'Pulse Diagnosis' is the main pillar of Acupuncture therapy since it reveals the condition of all the *Yin* and *Yang* organs. With this observation, one will be able to find out the condition in which the system is held at that point of time which may cause symptoms in the person. By mastering this simple observation with the fingers,

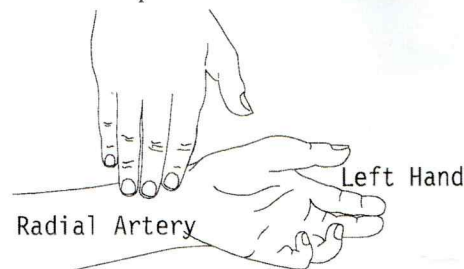
one must be able to give excellent cure for many ailments. Based on this observation, one single point can be selected to cure any ailment. Also, 3 supplementary points can be activated to assist the first point.

PULSE ANALYSIS :

It is a technique in which by just measuring the strength of the pulse in 6 positions in the radial artery near the wrist, one can analyse the system which is responsible for the disease/ailment at that point of time. Also, by comparing the strength of the pulse in the superficial and deep positions, one can obtain the clues about the organ which is to be balanced by acupuncture.

RADIAL PULSE EXAMINATION

The most favored pulse for diagnosis is the radial pulse at the wrist. The first position is near the wrist crease and the index finger (*10 mm width*) can be used to check the pulse with its centre lying 5 mm from the wrist crease. Similarly, the second position is approximately 2 fingers and its centre lies at 15 mm from the wrist crease. The centre of the third position is about 25 mm



Pulse Position Diagnosis

from the wrist crease. Pulse examination can be done by placing all the three fingers (index, middle and ring finger) side by side. The right hand fingers are used to examine the left radial artery and left hand fingers are used to examine the right radial artery. Ideally, the arm should be folded at the elbow and the wrist should be approximately level with the heart while examining the pulse in the sitting position. While diagnosing a patient who is lying down, the pulse can be examined without lifting the wrist from the bed. If one has a sensitive index finger, one may use only this finger to feel the pulse quality in all the positions.

How to improve the sensitivity of the index finger ?

Take a two or one rupee coin and deliberately touch the head and tail sides very carefully while recording the feeling of the touch in your mind. After doing this for a few minutes, just toss the coin and with your closed eyes, feel the side to identify head or tail. If you are successful 9 out of 10 times, one can start pulse diagnosis with accuracy.

Superficial and Deep pulse

Allopathic doctors check the pulse rate which has to be 72 +/- 12 beats per minute for a healthy person. When this goes beyond 84 or less than 60, the doctor may suspect anxiety or that the heart is unable to pump. Also there is only one pulse which can be examined either on the right or the left wrist. In acupuncture, the pulse strength and not the number of beats are examined. According to

Chinese theory, the heart sends specific messages to all 12 *Yin* and *Yang* organs so that all of them work together for good health.

Yin and Yang Organs

Yin organs are those vital organs which are well protected by the rib cage and the skull. *Yang* organs are those which depend on the main vital organs for their subtle energy for their functioning. *Yang* organs work as and when required during the day but *Yin* organs work all the time. The *Yin* organs are Liver, Brain, Heart, Spleen, Lungs and Kidneys and their paired *Yang* organs are Gall Bladder, Triple Warmer, Small Intestine, Stomach, Large Intestine and Urinary Bladder.

How the strength is assessed ?

The pulse of *Yang* organs can be felt in the superficial level i.e., when the blood pressure is 120 mm of Hg column and pulse of the *Yin* organs can be felt in the deep level i.e., when the blood pressure is 80 mm of Hg. Light pressure felt at the position indicates the *yang* organ strength which can be quantified with one's own scale (it is also possible to measure with a microphone). Similarly, apply pressure to stop the pulse and then release the pressure slightly. This indicates the deep pulse strength. For the pulse analysis it is essential to compare the relative strength of the organs in the same position. The six positions are identified as L1, L2, L3, R1, R2, and R3 as given in the figure.

Position	Superficial	Deep
L1 (Fire)	Small Intestine	Heart
L2 (Wood)	Gall Bladder	Liver
L3 (Water)	Urinary Bladder	Kidneys
R1 (Metal)	Large Intestine	Lungs
R2 (Earth)	Stomach	Spleen
R3 (Fire)	Spinal Cord (Triple Warmer)	Brain (Pericardium)

What is energy constitution of the body ?

The Constitution of the body can be defined as the predominant 3 organs having high energy at a given point of time. Each individual has a basic energy constitution by birth and a predominant energy constitution depending on the age and life style. This energy constitution with excess or deficiency of twelve internal organs can be assessed by pulse analysis.

This dynamic energy balance is a continuous process and can change form one constitution to another depending on external and internal factors. However, an individual can have one or two predominant constitutions during one's life time, including the inborn constitution. The inborn constitution is influenced by parents' traits, family background and factors playing a role during pregnancy, the seasons and the movements of heavenly bodies at the time of birth.

Energy Constitution changes and disease process.

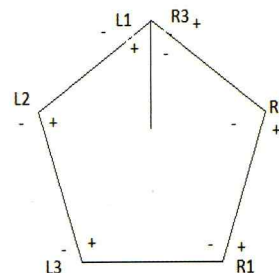
The constitution has the tendency to change according to the creative cycle of five elements. Usually, in a healthy person, constitution change occurs slowly and is not noticeable. In the case of acute diseases, the energy constitution changes very fast and in case of chronic diseases the constitution has a tendency to remain in a fixed state with either deficiency or excess of different elements. When one of the organs has excess energy, the mother and son elements usually show an excess tendency for that constitution. Once the excess energy of parched organs is determined through pulse analysis, it is very easy to diagnose the constitution and take corrective measures with acupuncture.

If three consecutive *Yang* organs have excess energy, there is *Yang* constitution of the middle organ and similarly, if three consecutive *Yin* organs have excess energy, then it is termed as *Yin* constitution of the middle organ.

Examining the typical Constitution.

A typical example is given here to find out the constitution. For example, the pulse observation shows the following strengths in Right and Left positions, it can be incorporated in a pentagon diagram as given below.

	Superficial	Deep	
L1	-	+	[Indicates deep pulse Strength is more than superficial]
L2	-	+	
L3	-	+	
R1	+	-	[Indicates Superficial pulse strength is more than deep pulse]
R2	+	-	
R3	+	-	



For finding out the constitution, only the five elements are to be taken into account since Pericardium (Brain) and Triple warmer (Spinal Cord) controls all the *Yin* and *Yang* organs respectively.

Here one can observe L1, L2, L3 are having excess energy and the constitution is the *Yin* wind constitution. From this analysis we can conclude the person has long time muscular related problems.

Since the energy is excess, it is easy to balance the system by reducing Liver wind i.e., Liv-1. A single point can solve almost all the problems. The symptoms will start vanishing in reverse order. As supplementary points, the controller for Liver i.e., Lung Dryness (Lu-8) can be increased and son *Yin* Heat (H8) can also be reduced. The fourth point is to inform

the overall manager of all five elements i.e., Pericardium (brain) to reduce wind i.e., P-9 sedation.

THEORY OF PULSE ANALYSIS.

It is now important to know the theory behind why the 12 position displays different strengths. The origin of a disease process can be understood through this diagnosis.

Instead of suppressing the symptoms, it is very important to identify and remove the root cause of the problem through pulse diagnosis.

Active expansion and contraction of the blood vessels cause PULSATION. The intensity of expansion and contraction depends on the nutritional requirements of the vital organs. Blood supplies nutrition to the tissues and the work done during contraction and expansion produces heat energy which gives necessary warmth to the organ.

As the blood passes through a constricted or expanded segment of blood vessels, a wave of friction and turbulence sets in, generating energy similar to electrical current and voltage. The tissues of vital organs require this energy to make use of the nutrition supplied to them. In other words, if that energy is not created in an organ, the nutritional supply would be wasted.

In fact, energy is spent to receive the nutrition brought by the blood circulation to a particular part of the body. This energy is the organ's own energy as well as energy supplied by the frictional force when blood passes through the contracted blood vessel. The ability of the vessel wall to contract and expand depends on the prevailing energy in that part of the body to which the nutrition circulation is directed.

It is very important to note that if the cells of a particular organ have sufficient energy to actively draw the nutrition being circulated through the blood vessels, there is no need to contract and expand and release additional energy to facilitate further nutritional flow across the cell walls.

On the contrary, if the energy is insufficient in any of the twelve organs including the heart itself, the signals from these organs reach the heart through the brain. The heart responds with an electrical impulse according to the needs of these 12 organs and it is incorporated in every beat. These pulse waves make the arteries expand and contract in varying degrees into those energy deficient parts of the body from where the signals were originally transmitted to the heart.

The original message of the heart can be read at 12 positions in the radial artery as explained earlier. **It is a natural phenomenon for the heart to increase the blood pressure whenever there is a major requirement of energy due to local problems.** For example, when hyper acidity is felt in the stomach or constipation occurs, the BP will increase to increase the energy to stomach or large intestine. Similarly, when kidney problems are felt, first thing, the blood pressure can be observed to be very high. It is a curative

mechanism and high BP is **nothing but an indication** that there is a major requirement in one of the 12 vital organs.

The BP will come back to normal once the energy requirement of the organ is corrected with Acupressure points to solve the root cause of the problem. Though the BP control tablets help to reduce the BP, it will not help to solve the root cause of the problem. That is why, in spite of taking tablets, sometimes the BP rises to very high levels and it is a mystery for the Allopathic System.

Wherever energy deficiency is observed, the blood vessels shrink and increase resistance to the blood flow, causing more heat and energy which is a natural phenomenon.

If there is excess energy in the tissue, the blood vessels dilate and cause less resistance, generating little heat. In such situations, the blood pressure can be observed to be lower compared to the normal standards.

CONCLUSION.

The pulse analysis has been simplified and any acupuncturist can easily learn and find out the root cause of the problems. The pulse indicates the energy requirement of all organs. Using the sensitive fingers, one can easily diagnose the root cause of the problem and with the wisdom gained through experience one can cure any problem in the system.

Monthly Review Meetings

The monthly review meeting of Practitioners and Advance Course students on the **4th Sunday** is continuing and has been very beneficial since different cases are discussed and exchange of ideas/methods take place. All practitioners are welcome to this meeting (**2 to 4 PM**).

Training of NAET Practitioners in Acupuncture



Our Chairman, Dr. H. Bhojraj was invited to train 17 practitioners of Nambudri Allergy Elimination Technique (NAET - a drugless therapy) in Bangalore on the 27th and 28th October 2012. All the members of this group had a medical background and some of them were Post Graduates in Homoeopathy, Ayurveda and Nursing. The group appreciated the course and all of them have expressed their heartfelt thanks for having received guidance in these effective techniques to overcome problems of various ailments and even serious diseases

using the advanced Acupuncture technique developed by Dr. Bhojraj. The group has expressed its gratitude to Dr. Bhojraj and our Academy for the efforts being put to spread the knowledge and usefulness of Acupuncture.

CASE HISTORIES.

1. Jaundice cured faster with Acupuncture treatment.

Says Mrs. Jija Subramanian.

In the beginning of March 2012, my husband started complaining of extreme tiredness and loss of hunger, I noticed his skin was slightly yellowish in colour. The Doctor felt he only needed rest and that there was no sign of jaundice. We decided to have a thorough check up. Tests revealed his Bilirubin levels and Cholesterol levels were very high. Under Dr. Bhojraj's guidance, I started acupuncture treatment for my husband. He was given acupuncture everyday alternating Spleen 6 reduction formula and Liver 1 increase formula. Within 3 days his skin colour was back to normal and he started working on the fourth day. Tests done after 10 days showed great improvement. I started needling him only twice a week again Sp 6 decrease formula and Liv 1 increase formula. Tests taken 15 days later showed that most of the parameters were back to normal. For another month I gave him Sp6 reduction once a week and every parameter came back to normal.

Date		6/3	17/3	1/4	7/5
	Normal range				
ESR	0-10	30		9	8
Bilirubin Total					
	1.2	3.87	2.34	0.74	1.44
Bilirubin Direct					
	0.3	1.34	1.12	0.11	0.12
B. Indirect	1.0	2.53	1.22	0.63	1.32
SGDT/AST	<40	540	48	31	
SGDT/ALT	<41	1140	112	39	
GGT	10-45	640		57	
Triglycerides					
	<150	419	371	287	118
Cholestrol	<200	341	172	187	162
LDL	<130	237	69	89	72
VLDL	< 40	84	74	57	24
Total Cholestrol / HDL Ratio					
	3.3- 4.4	17	5.9	4.9	2.4

All thanks to Acupuncture and Dr. Bhojraj, my husband was cured without any medication. Even the doctor was amazed at the speed of his recovery.

[P.S. : Mrs. Jija Subramanian has completed the Advance Acupuncture Course conducted by Dr. H. Bhojraj and now assisting Dr. Bhojraj in our Academy.]

2. Low Back-pain cured with Acupuncture treatment.

Says Mrs. Sharadamma, a 70 years old lady of Peenya.

I was suffering from low back pain since December 2011 and could not walk and sit properly even for a few minutes. The X-ray and MRI Scan revealed an extra bone growth on the edge of the vertebral column. I was asked to prepare for surgery but I was not willing to go for it. I was looking for an alternative therapy. I took physiotherapy treatment for a month but could not get any relief. A friend of mine suggested to take acupuncture treatment from Dr. Bhojraj and Acupuncture treatment started in January 2012. The very first sitting gave me immediate relief. The second treatment was given after a gap of 7 days. At the end of 5th sitting (5th week), I never experienced any back pain. Till today, I never got any back pain and I referred my daughters to acupuncture treatment for back pain and shoulder pain. After four weeks they also felt much better without any pain killers.

3. Diagnosed as both kidneys not working - Revived within a week with Acupuncture.

Says Mrs. Ragini (65 years), orally to Mrs. Jija Subramanian.

Mrs. Ragini is an ardent supporter of Acupressure and Acupuncture ever since she was completely cured of a problem around 10 years ago. I met her at the Academy and she shared her experience with me.

One morning in 2002, her abdomen started bloating and she could not pass urine. This discomfort further aggravated and she was admitted to a reputed hospital. All investigations and tests were conducted. The hospital declared that both her kidneys had failed and dialysis was the only solution. Her son disagreed. He requested the hospital to discharge her to enable him to try an alternative therapy. She had walked into the hospital to get herself admitted and she was being carried out on a stretcher. Her son brought her straight to Dr. Bhojraj from the hospital. She was given Acupuncture treatment (Sp 6 reduction, Liv 1 increase). Within a week she recovered enough to be able to walk upstairs for the next sitting. All her parameters came back to normal within 2 months and it has been maintained since 12 years. Eversince she has not taken any allopathy medicine for any problems except for a minimum dosage of BP tablet.

She keeps herself fit by practicing self-acupressure and meditation. For any problem, she takes treatment from Dr. Bhojraj and she is always cured within a few days.

4. Neck pain and Lower back pain Cured by Acupuncture.

Says Mr. Ramesh N.S., Officer, ING Vysya Bank.

I had severe pain in the neck region which persisted even after taking injection & tablets. I came to know about the Academy while browsing the web for remedies for this problem. I contacted Dr. Bhojraj, and took acupuncture treatment. In the first sitting itself I had great relief and my pain reduced by 80%. Subsequently after three more sittings, my neck has become completely normal and there is no pain at all.

Now I am undergoing the one year Advanced Acupuncture course at the Academy. Recently I had a

lower back catch, which would usually takes 4-7 days to become normal. I treated myself on the points which Dr. Bhojraj had taught me (i.e., B 66 increase formula) and I got relief within minutes and could ride my two wheeler without any discomfort.

5. Knee pain cured with Acupuncture.

Says Mrs. Vimala M.

In the beginning of June 2011, my mother started complaining of severe knee pain and swollen legs. The doctor took an X-ray and suggested that she had to undergo knee replacement on both the legs. My mother was not ready for this surgery. She took Ayurvedic treatment and physiotherapy also, but did not get any relief. When we tried Pranic healing, she got about 10% relief. Then under Dr. Bhojraj's guidance, I started Acupuncture treatment. The treatment was given once a week, Sp 6 reduction and Liv 1 increase formula. **Within one month she was able to recover and started walking.** She started her normal household work and continuous without any pain till this day.

6. Avoided back surgery by opting for Acupuncture.

Says Mr. Sai Subramanian.

I was having back pain since 5 years. I consulted an Ortho at Sévaskshetra Hospital, Bangalore. The X-ray showed that the disc **between 4 and 5** lumbers has bulged, for which the doctors prescribed some medicine, pain killer etc. This had no effect and the pain did not subside. After a period of **4 consecutive months**, I consulted another doctor. He recommended for MRI scan. At that time damage was not so serious as diagnosed by the doctor. He too prescribed some anti-inflammatory and pain killer pills without any effect on my pain. Suddenly one year back, the pain was so much that I could not even walk more than 100 meters at a stretch. Further, the pain in the back side of the legs were unbearable and sometimes leading to numbness. So we consulted a Neuro Surgeon at a famous hospital in Bangalore. The surgeon, after two consultations, came to the final conclusion that surgery was the only solution and he gave the date for operation in the month of August'12. Sometimes god blesses us in disguise. This was in the form of Nikhil, my son's friend, who had also got benefitted from Dr. Bhojraj's treatment involving a combination of acupressure and acupuncture. He directed us to the first sitting with Dr. Bhojraj at his residence. After studying the case history, the doctor gave me **acupuncture treatment**, some points for pressurising daily and **no medication**. After only one sitting and self-healing for a week, I was shocked that the pain reduced by 25% and I was happy. We were asked to continue weekly visits for a month. Later the frequency of the visits was reduced, since Dr. Bhojraj strongly believed in self-healing. This happened with improvement in my condition every week. I was feeling better and better by the day. The total treatment lasted for 4 weekly visits and 3 fortnightly visits since then. Today I am able to do my daily work without any problem and feeling normal. But I also believed in him and myself and regularly practice whatever was told to me, though I was a bit skeptical in the beginning. Not only my back pain, but also my overall health has improved with his suggestions. I have stopped taking any sort of pills for my back pain.

I would like to put across my whole hearted thanks to Dr. Bhojraj who made me lead a normal life at 70 years. I once again thank all those who have helped me for this kind of improvement in my life.

Children's Immunity Development Campaign

Today more and more parents are realizing that the key to a healthy child is a strong immune system. All children are constantly exposed to disease producing organisms such as bacteria, viruses, fungi and other parasites. This does not mean they will get sick. A strong immune system provides the child with the natural defenses to fight diseases/ailments.

If children have a weak immune system, they are more susceptible to cold, cough, fever, flu and other ailments. Exposure to different viruses and bacteria can actually strengthen the immune system of children. Some childhood diseases such as mumps, measles, chickenpox and rubella can help to build immunity and protect against these diseases.

Acupressure points to overcome cold, allergy, digestive problem and eye problem will be taught to those mothers who join the Campaign. Mothers will be motivated to follow this preventive therapy for one year and record their observations for our records.

For more/further details of the Campaign, **please contact Dr. H. Bhojraj, Chairman (Tel : 98456 49914) or Mr. P. Suresh (Tel : 93412 61251).**

Young parents and/or grand parents are welcome to join our course being conducted **every Saturday between 2 and 4 PM**. One year subscription is Rs. 1,000/- per child.

Acknowledging Donors

We would like to express our special thanks to all the donors listed below for their excellent support and encouragement towards achieving our goal.

Dr. Surendra Pal	Bangalore
Shri N.K. Malik	Bangalore
Shri R.N. Tyagi,	Bangalore
Shri Tarsem Singh	Bangalore
Dr. Ashok Popli	New Delhi
Shri Narayana Bhat	Chennai
Shri S. Nargunam	Chennai
Shri H. Narayana Murthy	Bangalore
Mrs. H.N. Anupama	Bangalore

Please note

No one is allowed to teach Bhojraj's Technique without the written permission from the Academy for Acupressure and Acupuncture, Bangalore. Anyone defying this is liable for Legal proceedings.

First Anniversary Celebration scheduled on 2nd February 2013. Please keep the date reserved.

Editorial Committee of ACU WELLNESS :

Mr. P. Suresh (Editor), Mrs. Jija Subramanian, Mrs. Vimala. M.