



ACU WELLNESS

The Bi monthly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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No 4

From the Course Director's Desk



My entry into the field of acupressure happened in the year 1991. Dr. Jiten Bhatt, a Gold Medallist in Electronics Engineering from University of Baroda and a renowned name in alternative therapies (Acupressure and Pyromidology) introduced me to this system of medicine. Though I underwent this course in Bangalore it took me more than a year to believe in acupressure therapies. It was only after experimenting with his simple solutions on myself and my colleagues at ISRO Satellite Centre that I found this system would work like a miracle. Steadily my confidence in this system grew and was motivated by the officers of ISRO centre to pen down the simple solutions in the form of a book- "Acupressure and Fitness".

As an ardent believer of alternate systems of healing I learnt Reiki, Pranic Healing, Su Jok Acupuncture, TCM, Magneto Therapy, Radionics and Dorn Therapy from different experts. However, I concentrated on TCM for nearly 10 years and developed my own method and formula of Acupressure and Acupuncture based on scientific reasoning. This was published in my book, "Acupressure-The drugless path to good health" in the year 2000. This book was released by Swami Swaroopananda. The same content with some modification, was renamed "Acupuncture-The drugless path to good health" and has now become a bible for Acupuncture practitioners not only in India, but also in other countries. This is the observation of many practitioners who are

using it for daily references. The method to select the Acupoints with Pulse Analysis is clearly explained and nearly 250 practitioners from our Academy have validated the scientific nature of this Acupuncture system.

The Academy is encouraging all Acupuncture Practitioners in Karnataka to maintain a record of their treatments and the progress for various diseases, particularly for Migraine, Diabetes and Obesity. It has been proposed to streamline the data collection and the Acupuncture protocols to be followed for our research in Acupuncture. I request all our Practitioners to register with our Academy as we have taken steps for recognition of this Indian System from the Karnataka State Government. Karnataka leads India in the practice of Alternate Therapies particularly in rural areas.

Rather than getting carried away by the old ideas only, let us use our right brain to get new ideas and initiatives. The development of my method is a humble effort in this direction. Though accumulation of wealth and power is the order of the day, real happiness lies within. This comes through creativity of the mind which is controlled by the right brain. Meditation is an established process to shift the activity from the left brain to the right brain. Love every moment of your life without any reference to the past and without any reference to the future.

Drop the baggage of your mind i.e. the psychological memory, which creates reaction in your body while retaining your factual memory for your healthy life.

We will be submitting our Memorandum for recognition of Acupuncture in Karnataka in September 2017. Join our movement at the earliest.

We are happy to announce that our newsletter will be published every two months carrying important acupuncture research abstracts so that an Indian acupuncture journal can be started by our academy

Dr.H.Bhojraj

Tributes to Prof U.R.Rao and Dr.K.N.Shankara

Prof. U.R.Rao, the legendary Space Scientist left his mortal body on 24th July 2017. A week earlier we also lost our Ex Director **Dr. K. N. Shankara** of ISRO Satellite centre. It is a great loss for the Space community in INDIA particularly to our Aryabhata Engineers.

All of us were recruited by Prof U.R.Rao in the year 1972 and we made India's first Satellite Aryabhata within 3 years with technical help from the then USSR. It was a great learning experience for all the new engineers who joined ISRO from different Universities. All the 150 Aryabhata engineers received advance management training equivalent to an MBA from Prof U.R.Rao.

We organized a meet on 19th April (Launch date of Aryabhata) in 2013 to express our gratitude for our development. It was a touching moment for all those attended the function.

Dr.K.N.Shankara, the master mind in Satellite Communication technology contributed to the Space Technology in various capacities. He was instrumental in identifying my talent in management and elevated me as the Group Director of Programme Planning Group which is responsible for the Projects and Research Programmes of the Centre.

I, on behalf of all the technical staff convey our heartfelt condolences to both the families and pray to the Almighty to give them the strength to bear this great loss.

Our sympathies to ISRO for the unsuccessful PSLVC 39 Flight.

It is really sad to observe the unsuccessful flight of PSLVC 39 mission after 39 successful flights. It was carrying the replacement satellite for Indian Regional Navigation Satellite system. The heat shield failed to separate. In its first flight, PSLV-DI failed. It was carrying the IRSIE Satellite with Indian made optical solar Reflectors fabricated by my team.

Though this failure is a setback for the Indian Space Research Organization, particularly to the VSSC heat Shield team, it shows that space technology cannot be taken for granted. The ISRO team will come back with flying colours in forth coming launches. We are with you in this hour of need.

Dr. H. Bhojraj



The Organising Committee receiving Dr. Rao



Aryabhata Engineers recruited by Dr. Rao



Dr. Bhojraj and Mr. Kannan with Prof. U. R. Rao and Dr. K. N. Shankara

GSLV MARK III SUCCESS CELEBRATIONS



GSLV MARK III

The successful launch of **GSLV MARK III** rocket from **Sriharikota** on **5TH June, 2017**, was celebrated on **18th January, 2017**. **Mr. R.Murthy** made excellent arrangements on my behalf and **Mr. Nagulan** conducted the function in a professional way.



Mr.Nagulan conducting the proceedings



Mr.G.Raman and Mr.R.Murthy

June 2017 is a great month in the history of Space Technology since we have achieved 3 major launches in one month. **GSAT-19** launched by **GSLV Mark III D1** on **5th June**. **PSLV** launched on **23rd June** with **31 Satellites** and **GSAT-17** launched by **Ariane** on **June 29th** from **French Guyana**.

I worked in ISRO for nearly 4 decades and was responsible for contributing to the thermal control system of the satellite with Multilayer Insulation (MLI), Optical Solar Reflectors, Thermal control coating, Flexible heaters etc. During GSLV Mark II

developmental phase, Thermal Team under my leadership was identified to develop a new high temperature multi-layer insulation to protect Liquid Oxygen tank from the flame after it starts burning. Our 8 years of research resulted in making a suitable Multilayer Insulation (MLI) and was implemented in GSLV Mark II cryoengine developmental flight D3 with GSAT-4 and the launch was on 15 th April 2010. I was present at the launch pad as Group Director of Programme Planning and Evaluation Group and to our dismay the cryoengine failed after igniting for 0.6 sec. I was really disappointed that our MLI performance could not be evaluated during my stay in ISRO because I retired in August 2011.

The second GSLV Mark II D5 with GSAT 14 launched in January 2014 was very successful and the MLI performance was evaluated to be excellent. The Multilayer Insulation technology was transferred to LPSC and used for 25T cryoengine in MARK III GSLV and the 1st flight was a grand success.



The reason for my celebration of **GSLV MARK III** success is a tiny R & D contribution made by my dedicated team from ISRO Satellite Centre for cryoengine development. It is a great success by any world standard and we are on par with any developed nation in the world. We are capable of launching Satellites up to 4000 kg.

Once again, I congratulate Team ISRO for this great achievement and thank all space enthusiasts from Nilgiris for attending this celebration.



Mr.Arunachalam and Mr.Sundaramurthy

I would like to thank **Mr.Sundarmurthy** and **Mr.Arunachalam** for giving an excellent lecture on **GSLV MARK –III**.

*Dr.H.Bhojraj,
Ex ISRO Scientist, Bangalore*

Quarterly activities



One day Basic Course on 16/7/2017

Rupal Rathore, H Suresha, Shailesh. Nikam, Sonali. Nikam, Geetha. P



Chitresh T and Jayaramu M, receiving their certificates in the 5 Days Basic Course On 31/7/2017 to 5/8/2017



*5 Days Basic Course on 28/7/2017 to 1/9/2017
Kalyani B, Jyothi S, Maryam E, Saeid F with
Dr. Bhojraj, Mrs. Jija S, Dr. Deeksha A and
Ms. Shruthi U*

Students have found the simple techniques taught in the Basic Course to be very useful and effective.

Kalyani, who is practising the single point solutions and hand reflex points regularly, says that she has stopped burping and that there was great relief in acidity.

Maria reported that she was relieved of menstrual cramps and her energy levels were better.

Saeid found a lot of relief from headache and body pain and digestion issues. He is confident he will also gain weight.

Jyothi's wrist pain reduced by 90% and she is trying to treat her husband for acidity.

ASA KARNATAKA



ASA Meeting On 10/07/2017

A meeting was called to discuss the possibility of holding an Acupuncture Seminar in September wherein practitioners from all over Karnataka would be given an opportunity to present their papers on different diseases. Dr. Samiullah opined that our priority now should be to get recognition for acupuncture. The seminar has been postponed. The dates will be announced later.



*Dr. H. Bhojraj presents the book to
Shri. S.V. Ranganath*

A delegation of the Acupuncture Coordination Council comprising of the Chairman, Dr.Samiullah; Secretary, Dr.H.Bhojraj; Dr.Girish; Dr Ravishankar and Mr..Suryanarayana Rao met Mr. Ranganath, .ex-Chief Secretary, Karnataka, on 6th July, 2017 at 2.30 p.m.

The committee made a power point presentation on the Science of Acupuncture. They explained about the efficacy of Acupuncture and the need for its recognition in Karnataka in line with the Maharashtra Acupuncture bill. He observed that certain ailments and disorders that cannot be treated satisfactorily by the existing medical systems can be addressed very effectively in Acupuncture .He was convinced that Acupuncture treatment has no side effects, being a drugless therapy and promotes the self-healing system of the body.

He assured the delegation of all his cooperation in convincing the Government for Acupuncture recognition.

SINGLE POINT ACTIVATION FOR CURE -BY. DR. H. BHOJRAJ

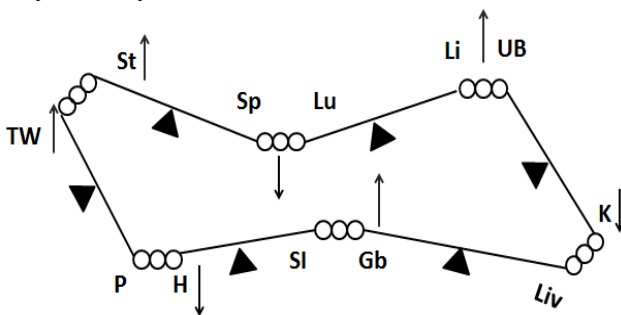
The Balancing Mechanism

In Acupuncture therapy, correct selection of a single point can cure almost all the energy blockages in the body and most of the symptoms within a reasonable period of time. Our energy system consists of the Yin and Yang organs which not only oppose each other but also support each other. When Yin organ gains energy, Yang goes down and when Yang organs gain energy, the Yin organ loses energy. This cycle is continuously happening inside our system and all the 12 organs are interconnected. A delicate balance is maintained in our system and as long as the swing of energy is around 20% one will never see any symptoms in the body. Due to some internal or external disturbance, if one organ is affected and if the swing goes beyond 20% symptoms will appear. For example in the stomach it starts with a sound (borborygmas) and then progresses to a burning sensation, hyper acidity. If the energies are not corrected, it will result in ulcers and tissue growth. Most of our problems will vanish if the transformation of food in the stomach is perfect. So keep your stomach in good condition to improve your immunity. **The preventive acupuncture point is St-36.** Activate this point once a week or once a fortnight to stay healthy.

What happens when we activate St- 36

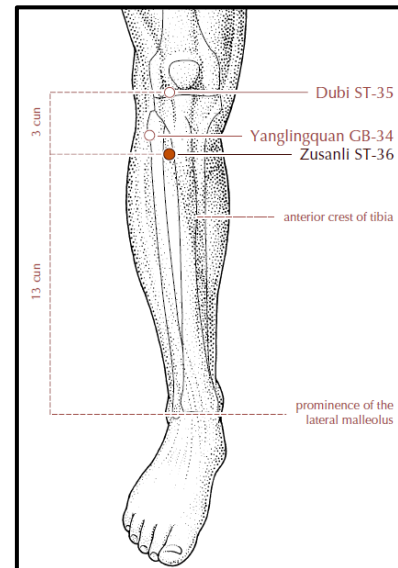
When Stomach energy goes up, Spleen and Lung goes down which makes the Large Intestine and Bladder go up. In turn Kidney & Liver energy goes down. Gall Bladder & Small Intestine increase. This action brings down Heart and Pericardium which increases Triple Warmer energy.

So just by touching one point all the 12 yang organs are activated and energized. Healthy people should activate St-36 once a fortnight to stay healthy.



ACU POINT STOMACH 36 (ST-36)

Chinese Name: **ZUSANLI** (Leg Three Miles)



It is used in TCM for a wide variety of symptoms:

- Nausea**
- Vomiting**
- Belching**
- Poor appetite**
- Flatulence**
- Diarrhea**
- Heaviness in legs**
- Dizziness**
- Tinnitus**
- Lock jaw**
- Pain in the knee or hip**
- Epigastric Pain**

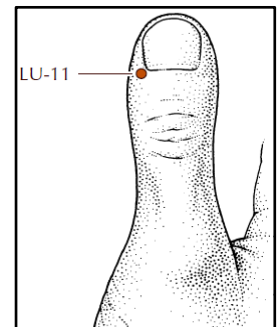
SINGLE POINT SOLUTION CORNER

HEADACHE

Lu 11 – At the root of the thumb nail

Press and release 14 times.
Press while breathing in
and release while
breathing out.

If you get immediate relief, tell others and please send your experiences to :
acuacademybgl@gmail.com



Case Histories

R. C. Mishra has undergone the Advance Acupuncture Course in our Academy. He has reported the following case histories using Dr. Bhojraj's technique ... **Ph. No- 9664590329**

Jaundice Cured with Acupuncture

A male, aged about 55 years, with high temperature and nausea for 15 days was diagnosed as having jaundice. He was unable to eat properly. On the first day, he was treated with Yin humidity sedation (↓Sp 6, ↑Liv 1, ↓Lu 7, ↓P7) as was taught in the class. The very next day he was able to go for a walk. The treatment was repeated on the second day and he was completely cured. He called and thanked me for the amazingly quick recovery.

Blocked nose and breathing difficulty cured

A male aged 35 years had nose block every day. He struggled to breathe in and breathe out in the early mornings He had been suffering this way for more than 5 years. Only nasal drops relieved him of the blockage.

The first day, I treated him with the lung humidity sedation formula (↓Lu 9, ↑Lu 11, ↓Lu 7, ↓P7). After two days he called me to say that he coughed up a small ball of phlegm which relieved him of the block. He now has no difficulty breathing in and breathing out. He has also stopped using nasal drops. He now firmly believes that acupuncture can cure any disease.

Joint pains cured

His wife, aged 30, was suffering from joint pain and swelling all over the body. She was given Yin humidity sedation (↓Sp-6, ↑Liv-1, ↓Lu 7, ↓P7). After one month the same treatment was repeated and she was completely cured.

I am convinced that Dr. Bhojraj's method of Acupuncture has worked like miracle not only in these cases but also with my family members.

Bad breath cured

Since 5 years, my son has had very bad breath, so much so that nobody could sit next to him. In spite of being trained by Dr. Bhojraj, I neglected the problem till the morning of 02 Jul 2017. I used the Lung heat tonification formula (↑Lu 10, ↑Lu-5, ↑Lu 11, ↑P8). Surprisingly, the same evening he started coughing up phlegm. His bad breath also vanished. He was cured of bad breath in only one sitting.

Severe Acidity & Hypothyroidism cured with acupuncture .says Swapna Sree...9986733301

"I came to Dr. Bhojraj for severe abdominal pain and acidity issues. I was not able to have food and used to throw up the food immediately after eating. Even liquid form of food was not staying in my stomach. I had severe abdominal pain and was continuously vomiting bile juice the whole night. After 1 session I was able to have a liquid diet without abdominal pain. The Doctor asked me to press Liv-3, St-36 and spleen points which reduced my pain and increased the appetite. After the second session, I was able to have semi solid. I was asked to increase the quantity of food intake.

Before coming here, I had been to a number of hospitals and spent Rs. 80,000 for treatment but I didn't find a cure. I was suffering for almost 3 months with that pain. After only 2 sessions, I completely recovered from the issue by maintaining a proper diet and pressing the points suggested by Doctor. All thanks to Dr. Bhojraj for correcting my issue."

Mrs. Swapna Sree approached us on 24/01/13.

**Treatment given: ↓Sp-6, ↑Liv-1, ↓Lu 7, ↓P7
On 31/03/13 as per PAS :
↑Liv1, ↓Lu 7, ↓P8, ↓LI 1**

Wrist pain cured with Acupressure ... says Basic Course student Jyothi Srikant

I started my basic course on 28/8/2017. I got some idea about acupressure and solution to my wrist pain. Mrs Jija helped me by marking the points which has to be pressed. To my surprise, I got a lot of relief with just acupressure itself I am continuing to activate those points though my pain reduced by almost 90% in only 2 days.

Treatment given: Acupressure on wrist points - H 7, P 7, Lu 9, LI 5 and SI 5

Mrs. Jyothi has now taken up the Advance Acupuncture Course

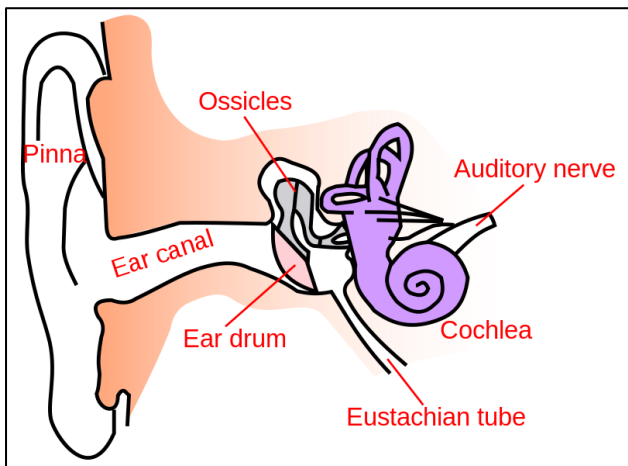
Surgery avoided with Acupuncture

Says Mr.D. Ragkhu Ph.No-9035009011

Mr. Ragkhu approached us on 05/07/16 with a bulge at the elbow since one and a half months. The Doctors had suggested surgery. Dr. Bhojraj asked him massage the same area on the other hand. The bulge disappeared within 15 days.

**Treatment given: ↓Tw10, ↓SI8, ↑Tw3, ↑SI3
↓ Sp-6 ↑ Liv-1**

TINNITUS



What is tinnitus?

Tinnitus is Latin for “to tinkle” or “to ring like a bell”. It is the medical term that refers to the perception of sound in one or both ears when no sound is actually present in the environment.

While there is no proven cure for tinnitus, understanding the symptoms, causes and related illnesses, can help ease, manage or block out the ringing-in-the-ears sensation.

Symptoms

- Ringing, buzzing, roaring, clicking, hissing
- Fullness-of-the-head

Causes

- ❖ Age-related hearing loss
- ❖ Exposure to loud noise.
- ❖ Earwax blockage
- ❖ Ear bone changes-Stiffening of the bones in your middle ear may affect your hearing and cause tinnitus.
- ❖ Meniere's disease-an inner ear disorder that may be caused by abnormal inner ear fluid pressure.
- ❖ TMJ disorders. Problems with the temporomandibular joint on each side of your head in front of your ears
- ❖ Head injuries or neck injuries. .
- ❖ Acoustic neuroma. This benign tumour develops on the cranial nerve that runs from your brain to your inner ears
- ❖ Atherosclerosis- cholesterol and other deposits blocking major blood vessels close to your middle and inner ear lose their elasticity, making it easier for the ear to detect the heartbeats
- ❖ High blood pressure

- ❖ Medications that cause tinnitus
Antibiotics, Cancer medications, Water pills (diuretics), Quinine medications
Certain antidepressants, Aspirin taken in uncommonly high doses

Treatment

Treating an underlying condition: Eg. :

- Earwax removal.
- Treating a blood vessel condition-
underlying vascular conditions may require medication, surgery or other treatment to address the problem.
- Changing your medication

Noise suppression-

- Hearing aids. These can be especially helpful if you have hearing problems as well as tinnitus.
- Masking devices. Worn in the ear and similar to hearing aids, these devices produce a continuous low level white noise that suppresses tinnitus symptoms.

Medication

Drugs can't cure tinnitus, but in some cases they may help reduce the severity of symptoms or complications.

Possible medications include: Alprazolam and Tricyclic antidepressants

ACUPUNCTURE FOR TINNITUS:

In Acupuncture treatment, **the Kidney-Bladder network governs hearing and the ears.** Tinnitus is associated with **progressive kidney weakness** brought on by overstrain, lack of sleep, etc.

Negative emotions are also often associated with tinnitus. Anger, frustration, resentment and hatred block the liver energy which over time produces fire rising up to the head, which disrupts hearing.

Excessive greasy foods or irregular eating can lead to phlegm (retention in body fluid), which prevents the rising of clear Qi to the head resulting in the “phantom noise” associated with tinnitus.

Acupuncture treatment:

K-1 ↓ K-3 ↑ K-2 ↓ P-9 ↓

Acupressure points-

LIV-2, K-3, TW-3, TW-17, GB-21



The future Academy as perceived by Mr. Kannan in 2012



The Commercial building identified by Dr. H. Bhojraj in 2017

Most people have observed a striking resemblance between the two!!!

We would like to whole heartedly thank all our donors who have contributed to the success of this Academy since 2012. We look forward to your continued patronage. Hard copy of the newsletter will be sent to all Donors.

LIST OF DONORS

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ANNOUNCEMENT

All those who would like to receive a hard copy of the Newsletter for one year are requested to remit a sum of Rs. 1000/- in favour of :

Academy for Acupressure Acupuncture,
Indian Bank, Rajajinagar, Bangalore- 560010
Bank A/c No. 6012588256, IFS
Code IDIB000R005 & CBS Code 00064

All those who would like to receive a copy of the **eNewsletter** for one year are requested to remit a sum of **Rs.500/-** to the above SB a/c.
Next Newsletter will be sent to those subscribers only
Newsletter is only for private circulation

TREATMENT CAMPS

ON MIGRAINE

Eligibility: Those suffering from Migraine /Headache for more than 1 Year

Fee: Rs 2000/- For 3 months

Research project in charge: Mrs. Jija S # 9986168181

ON DIABETES

Eligibility: Declared diabetic or Pre- Diabetic for prevention

Fees: Rs. 1000/- per month for 3 months

Research project in charge: Hlr. Girish. S # 899326578

ON OBESITY

Fees: Rs. 2000/- per month for 3 months

AAA: 8050901238

Date: Every Saturday

Timings: 2:30 PM to 5:00 PM

Venue: Academy for Acupressure and Acupuncture
2013, 7th main, II stage, D block, Bangalore-10

Registration: online www.acuacademy.org or call **8050901238**

Kindly confirm participation at least one day in advance.

If 10 patients or more can gather at a common place, the Academy will send a Healer across for treatment.

*Terms and conditions apply

COURSES

Next 1 Day Course: 17th Sept & 15th Oct, 2017
For Advance Acupuncture Course details,
contact Mrs. Jija Subramanian 8050901238

*Editorial team: Mrs. Jija Subramanian, Ms. Shruthi
(Mon-Sat 10 am to 5pm) Phone No. 8050901238*

