



**TOWARDS**  
**A**  
***Better Vision***

***With Accupressure***

**BY**

**Dr. H.BHOJRAJ**

**B E (Hons) M D(Acu)**

**Rtd ISRO SCIENTIST AND  
ACUPUNCTURE SPECIALIST**

## About the author

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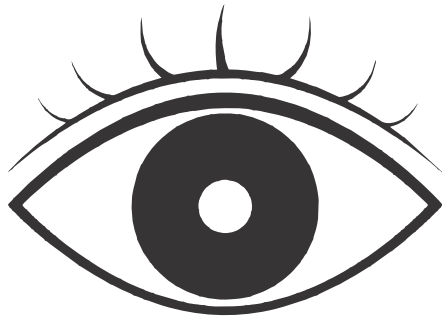
**Mr. H. BHOJRAJ**, a native of Nilgiris, joined ISRO in Bangalore in the year 1972 after his graduation with Honours in Mechanical engineering from Maduari University in the year 1971. He was one among the 150 engineers who have designed, fabricated and launched India's first satellite “ARYABHATA” and was awarded “Distinguished Award” in the year 1975 by Prof Sathish Dhawan, Chairman, ISRO. Mr.Bhojraj contributed to ISRO on various capacities and retired in the year 2011. During his service he was honoured with NRDC award twice in 1990 and 1999 for the indigenous development of critical thermal control elements like Optical Solar Reflectors and Flexible Heaters for satellite thermal control.

Mr. H.Bhojraj was introduced to Acupressure therapy by Dr. Jiten Bhatt in the year 1992 and continued his studies on alternate therapies from various masters and written a research book on Acupuncture with his own method in the year 2000 and got his degree of Doctor of Medicine(Acupuncture) from Medicina Alternativa Institute in Sri Lanka.

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*continued*

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**DEDICATED TO  
ALL MY MASTERS  
AND  
ACUPUNCTURE PRACTITIONERS**

**FOREWORD BY**  
**Dr.Bhaskarnarayana,**  
**Ex Scientific Secretary, DOS,ISRO**  
**Ex. Pro Chancellor,**  
**KL University, Vijayawada**

## FOREWORD

It is my privilege to write this foreword for the book **Towards a better vision with Acupressure** by Dr.H.Bhojraj.

Everyone is aware of the importance of vision in our daily life. Many advances have taken place in the last thirty years in the field of Ophthalmology. But even with all these advances we still see a lot of people using spectacles to correct the vision, starting at very early age. Dr.Bhojraj, in this book gives preventive as well as curative exercises which will benefit the people having no eye issues as well as those who are using vision correction devices.

Dr.Bhojraj is an engineer by profession who worked and retired from a very senior position in Indian Space Research Organization (ISRO). I also worked in ISRO and he has been a close friend of mine. About thirty years back he picked up interest in Acupressure and Acupuncture and his passion led him to study the subject extensively and as a result obtained Doctor in Acupuncture degree from Open International University, Sri Lanka. After retiring from ISRO, he took up acupuncture as full time profession and treated several people for various illnesses. He has conducted several short term and long term courses on the subject and trained many men and women on this subject. He has a dream of establishing a research institute for further advancement in the treatment of Acupuncture. He had already published three books on the basic and

advance acupressure treatment to identify and treat various illnesses.

Instead of going to the various aspects given in this book, I would like to share my own experience with these techniques. I am 75 years old now and as I am diabetic for last 20 years I go for eye testing every year. About six years back I went for the annual eye check up and the doctor told me that I may have to go for a cataract surgery in about six months time. At that time I had frozen shoulder problem and consulted Dr.Bhojraj for this. I also mentioned to him about my eye issue and he asked me to do the eye exercises as described in this book. **As I started practicing daily I myself could see the improvement and deferred the visit to the eye clinic. After one year I went for my eye examination and everything was normal. From then on I go for my checkups regularly and there was no need for cataract operation so far.** By spending six to seven minutes per day on these simple exercises, I could avoid eye surgery. Dr.Bhojraj has written this book after some of us who benefitted from his treatment requested him to put his experiences in writing to give the benefit to all the people especially to the youngsters.

Read and practice to take advantage of this alternate treatment for correcting your eye sight & share your experience with all so that the technique can be further improved & perfected.

***Dr. A. BHASKARNARAYANA***



## **PURPOSE OF WRITING THIS BOOK**

Normally the question arises in our mind whether it is really possible to reverse the eye sight with any technique available in this world. As a yoga practitioner in 1985, I was very keen to learn all the techniques available under Yoga and tried for a few years without much improvement. I was using spectacles since 1969 with nearly -2 focusing power at that time. In 2009, the eye power increased to -2.7 diopters and reading power also increased. I was prescribed to wear spectacles with progressive lens to take care of the condition.

In year 2014 Prof.Palaniswamy, Rtd Professor from Coimbatore Agriculture University visited Bangalore to train a batch of students from our Academy for Acupressure and Acupuncture on Kaya Kalpa Yoga. In that class he explained how to improve the eye sight by activating the

acupressure points in the eye region for just 5 minutes. This time I took it up seriously and started activating the points in the eye everyday in the night time while watching news in the TV. The advertisement break was effectively utilised for this. After 6 months I noticed that I could see TV more clearly. From that day I stopped using the spectacles. Day by day it improved and after a year from the start, I could see much better. When I checked my eye power it has come down to -1.1 though I need the spectacle for night driving.

I have been training all my students learning acupressure to try this simple technique and many of them have given me positive feedback. I wanted to write this book mainly for our research on eye sight improvement for students below 16 years to try and give us the feedback after 6 months. Also this can be tried by elders to postpone their cataract surgery and avoid operation if possible.

Some people feel it is better to wear spectacles rather than trying all these unproven exercises. Certainly this book is not meant for them.

This book is for those people in the young age ready to take control of their own body and keep themselves fit for ever.

The chapter on Zen Meditation and Basic Acupressure will be very useful for all those people who want to try drugless cure for their physical and mental problems. I specially dedicate this book to Prof.Palanisamy.

**H. BHOJRAJ**



## **AN APPRECIATION**

The book “ Better sight without glasses” written by Mr.Hary Benjamin was published in the year 1929 and the 32nd edition was published in the year 1967 with more than 200,000 copies sold all over the world. He became a naturopathy doctor after solving his eye problem with Dr.Bates method. He was about to lose his eyesight at that stage when he started Dr.Bates method for eye sight improvement.

Dr.Benjamin was diagnosed with short sight at the age of four with an eye power of -10 diopters and over a period of 22 years, his eye power increased to -20 Sph on the right eye and -20.5 Sph on the left eye along with -3 Cyl on both eyes. Doctors told him nothing more could be done to him in future and he may lose his vision.

In March 1926, he started practicing Dr.Bates method for eye sight improvement and he records that within a short time he started seeing the improvement. Then he took up nature cure with proper natural diet which helped him to a great extend. Within a few weeks he was able to read the book without glasses. He never used glasses afterwards though his eyesight was not perfect.

In his 32nd edition in 1967, he concludes that though his eyesight never became normal, he could save himself from losing his eyesight and lead a normal life.

It is a great inspiration for every human being in the Earth. My deep appreciation for putting everything in writing and publishing the book “Better sight without glasses”

**H. BHOJRAJ**

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I thank **Prof. Palanisamy**, Retired Professor of Coimbatore Agriculture University for coming all the way from Coimbatore in the year 2014 for initiating the Academy participants including me for Kaya Kalpa Yoga and giving us the technique to improve the eye sight. I also thank him for his selfless service with Acupressure and Yoga to thousands of people in Coimbatore.

I thank **Shri.Bhaskarnarayana**, Retired Scientific Secretary, Department Of Space, ISRO for taking up this simple exercise seriously and announcing the positive effects to our advance acupuncture trainees and practitioners. I thank him and **Mrs.Saroja Bhaskar narayna** for motivating me to put the procedure in a book form for the benefit of young and old. I also thank them for going through the first draft and correcting the contents so that even students can understand.

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I thank **Dr. Bates** and **Dr. Harry Benjamin** for their creative work to improve the eyesight by different methods and putting it on record in a book form.

I also thank all my advance acupuncture practitioners who have done their course in our Academy and appreciating the scientific approach of our course for preventive health care.

I thank **Mr.Nagesh** and **Mr.Chandran**, Academy office assistants for their help in bringing out this book.

I thank **Mr.Manjunath** of Chitkala Printers and his excellent staff especially to **Mrs. Malini** for designing the cover page and printing the book in a short period for distribution among the school children.

# **CHAPTER 1 :**

## **INTRODUCTION TO ACUPRESSURE**

Acupressure is a holistic, drugless, simple and cost effective technique for prevention and cure of physical and mental diseases. Health is not mere absence of diseases but it is the well being of a person at the physical, mental, emotional, social and spiritual levels. The concept of treating the body as an assembly of separate, independent parts has been proved wrong and the new concept of treating the body as a whole has gained momentum.

Acupressure is an ancient healing art, using the fingers to gradually press and release the key healing points, which stimulates the body's natural self curative abilities. Acupressure is very effective in the relief of stress related ailments and is ideal for self treatment. Acupressure can be used as preventive health care by boosting the immune system. Acupressure releases tension, increases circulation, reduces pain, and develops spirituality and vibrant health.

The root cause of all diseases is the disorder of energy vibration which is directly connected with



mind. Every cell vibrates at a specific rate and any deviation from the normal rate will produce symptoms in the body which is called disease. Acupressure or Reflexology restores correct and harmonious vibration, thereby restoring health. Reflexology is the practice of pressing the body reflex points in the palms, feet and ears to treat corresponding parts of the body. It activates the healing powers of the body. Acupressure or Reflexology can be self practiced by adults and only feather touch is recommended for children below 5 years. For older people the pressure should be soothing.

Acupressure is applied using either the thumb or index finger at the point with on and off pressure coordinating with breathing for approximately two minutes about 14 times. Acu touch is touching the point lightly and keeping it for 30 seconds at that point, especially for children.

Acupressure can be done anytime, but should be avoided for 2 hours after heavy meal and one hour after light meal. As a curative measure, you can apply acupressure on the onset of symptoms. It is more beneficial when applied in the morning or

evening between 6 to 8 AM or PM when the yin and yang energies are equal.

Acupressure is very effective for relieving any pain especially head ache, back ache , knee pain, stomach pain etc. Any problem without any pathology change can be effectively treated with acupressure. One can expect relief almost immediately for pain relief but for removing the root cause it may take few weeks. One has to practice just for a few minutes in the morning and evening and not throughout the day. **Acupressure is not recommended for pregnant women.** Normal people will not have any side effects. Initially body will try to reject the toxins through urine, sweat or stools. One should understand this and accept it especially cold will increase after the treatment. One should never suppress the reaction of our body which is trying to correct its imbalance in the system.

## **MERIDIANS**

Meridians are energy-carrying channels in our body equivalent to the nadis in Yoga which are connected to our main organs. The Yin Organs are Liver (Liv), Heart (H), Pericardium (P), Spleen

(Sp), Lungs (Lu) and Kidneys (K). The paired Yang organs are Gall Bladder (GB), Small Intestine (SI), Triple Warmer (TW), Stomach (ST), Large Intestine (LI) and Urinary Bladder (UB). Each organ has two pathways, one on each side of the body. Apart from these 12 meridians, two more extraordinary meridians called Governing Vessel (GV) and Conception vessel (CV) are also referred to balance the energy in our system. Acupuncture points lie along the meridians in various carefully defined points which are activated by acupressure called needleless acupuncture. The function of acupoints is to receive the electromagnetic energy from the cosmos, transmute and transmit around the body. It also expels the excess energy and balances the energy to keep the body in good health. This energy is like electricity which we can't see but one can feel it by its functioning.

## **CHAPTER 2 :** **INTRODUCTION TO EYE PROBLEMS**

Eye is one of the five “entrance sense organs” in our body. There are Five organs of perception known as “**Jnanendriyas**”. The Jnanendriyas are the **eyes** (chaksu), the **ears** (srotra), the **nose** (ghrana), the **tongue** (rasana) and the **skin** (tvacha). The senses extend our body beyond its normal reach. The senses are our primary teachers. Without them we cannot learn about the world around us or know how to deal with it. One of the most significant developments in the evolution of life on earth was the manifestation of the senses, especially the eye.

Our eyes reflect our overall health. Eyes make one recognize the present situation and record the information and store the same in the brain for future recall. Most of our knowledge is absorbed through the eyes by reading, seeing/observing. The ear records sound simultaneously while the eyes are watching during wake up state. How many of us realize

that the maintenance of our body is our own responsibility? Most people tend to live in ignorance or keep looking for solutions and support externally rather than realizing that the solution lies with oneself. Maintenance of all five sense organs is an individual's prerogative. As far as the eye is concerned, it is disheartening to note that even children below the age of ten years have started wearing glasses for myopia and other eye related problems.

Vision related problems are much more prevalent in the 21st century mainly due to extended use of computers, tablets, e-readers, cell phones and TV. It is disheartening to say that even tiny tots are introduced to mobile phones while feeding. Yes, it is true they pick up the technology very fast, but their sight will get affected if they continue this habit for a long time. Blurred vision, light sensitivity, difficulty in focusing, headaches including migraine, burning/stinging eyes, etc lead to chronic eye conditions aggravated by blue light affecting the production of tears for lubrication and nourishment. Therefore

prolonged exposure to these gadgets eventually can lead to retinal damage and vision loss including age related muscular degeneration.

This book suggests simple exercises for improving the eyesight. Especially beneficial for children wearing spectacles from an early age. For Children, below 10 years, the mothers could spend five minutes for doing these simple exercises for preventing defective vision in future. Children above ten years, can be taught to maintain their eyesight for life. Adults and old people can practice these exercises for regular maintenance of their eyesight which are also the preventive measures for problems such as cataract, glaucoma, presbyopia etc.

Eye defects like myopia (short sightedness), Hyperopia or hypermetropia (long sightedness), Astigmatism (squint) are corrected by spectacles which enable them in their day-to-day activities.

If one knows the cause of these diseases it can be prevented and the next generation can lead a natural life without any aids like spectacles. The

spectacle users have some disadvantages in sports and other types of physical activities. Yet, we must give great credit to the ophthalmologists for enabling vision correction with spectacles which is considered as a boon in the modern world. The light weight lenses and the frames, though costly, enhance their look and gives them perfect vision.

This book is written for people who are seeking to restore natural eye sight and transfer this technology to their future generations by learning and practicing the given simple techniques for Five to Ten minutes every day.

By making your children wearing glasses, you are permanently preventing them from removing their eye defects and as matter of fact you are making their disability worse in the long run. Though it is difficult to change the mind of the public, the simple five minute exercises given in this book can restore their natural vision. I emphasize that parents should try these exercises first on themselves for a minimum of six months and then implement the same for their family

members, especially for young children with or without specs. It is a preventive therapy and one should practice these exercises along with yoga throughout their life.

American researcher Dr.W.H.Bates of New York, over a period 30 years, proved the efficacy of simple methods to improve the eyesight. Harry Benjamin, author of “Better sight without glasses”, published first in 1929 and in the 32nd edition in 1967, proved conclusively that defective vision is not generally due to permanent changes in the shape of the eyes, but only due to functional derangements in the system. The functional derangements which are discussed in this book can be corrected by simple natural methods and simple exercises practiced by ourselves. In this book, the third chapter, will cover the simple exercises to be done every day for five minutes and later the cause will be covered in depth. Further the anatomy of the eyes, the muscles connecting the eyes, the arteries supplying blood and the nerves which connect the eyes to the brain will be dealt, in detail, for your



understanding. The Bates method, Harry Benjamin's additional exercise, also will be covered in the later chapters.

The defects of the eyes like myopia, hypermetropia, astigmatism and diseases like glaucoma, iritis, keratitis and ulcer in the cornea also have been discussed in one of the chapters.

### **ACUPRESSURE THERAPY**

The present method which needs only Five minutes to prevent the eye problems is based on acupressure therapy. There are 12 main meridians (energy channels) which carry the energy to all the internal organs. Every sense organ is connected by one vital organ and is associated with one less vital organ. The eye is supplied with vital energy by the vital organ Liver and less vital organ Gall Bladder. The Gall Bladder meridian originates very close to the eye brow which is connected by a connecting meridian which starts near the Liver (Liv-14). Apart from the Gall Bladder meridian the stomach meridian originates in the eye socket &

the Urinary Bladder meridian also originates at the upper region of the eye socket. This method suggests that you to activate all these acupressure points daily for first five minutes and get the benefit of the total relaxation of the eye muscles.

Overall health is of utmost importance to keep the sense organs in good condition since digestion of the food plays an important role in the formation of the blood which carries all the building blocks for repair and rebuilding, and even the unwanted material from any organ has to be carried away by the veins for elimination.

For those readers who have been wearing glasses for more than 5 years, few more exercises like palming, swinging, concentration exercise will be prescribed which have to be done regularly for 30 minutes daily. Food also plays an important role in reversing eye defects along with initial detoxification of the whole body by nature cure or Ayurveda methods.

Neck stiffness can be a significant concern for the problems of the eyes. A special technique to

relieve the neck stiffness also will be discussed in this book. The relaxed neck muscles will enhance the eyesight which can be demonstrated in our practical classes.

This book is the outcome of a few of my close friends and my advance acupuncture course students who have motivated me to put on record for the benefit of the humanity, since activation of these simple acupressure points has shown tremendous improvement in their eyesight.

I myself was wearing spectacles for almost 40 years since my 3rd year of engineering in 1969. And with the practice of simple eye stimulation exercises in 2014, I could reduce my power from -2.7 to -1.1 within 6 months. I have stopped wearing glasses since 2015 and day by day I am observing a steady improvement in my eyesight though I need the corrected glasses for night driving at my age of 71.

At this juncture I would like to tell you that one of my colleagues who was asked to undergo cataract surgery when he was 73 years could postpone the

surgery for the past 3 years, because of the exercises suggested by me, again based on the advice of the Ophthalmologist.

One of my patients who was treated for diabetes, has also seen considerable improvement in his cataract condition which has shown reversal to some extent.

It is science and the changes in the body are measurable. Only you have to keep practicing these techniques for 5 minutes every day. Particularly motivate your children to practice this for their own sake.

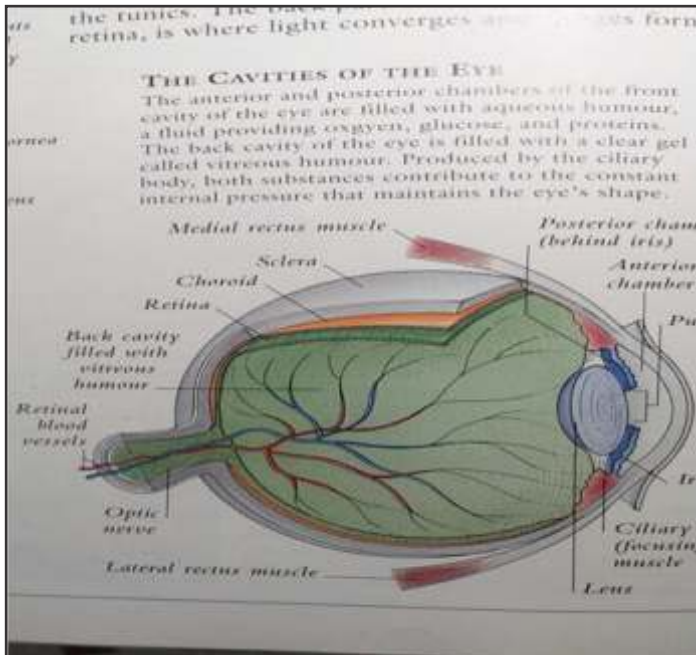
This book in your hand is the first sign of your willingness to self-experiment. Whether you are successful or not we request you to give your feedback, to the following address, after one year of practice.

So friends, get ready to start the simple exercises for improving and maintaining your eyesight and also understand the theoretical aspects. And give more time for your practice if you do not get good

results with 5 minute therapy every day. A work book of six pages for six months is introduced in the end for recording your daily practice. Kindly measure your eye power before and after 6 months of practice and send the feed back for our research to my address.

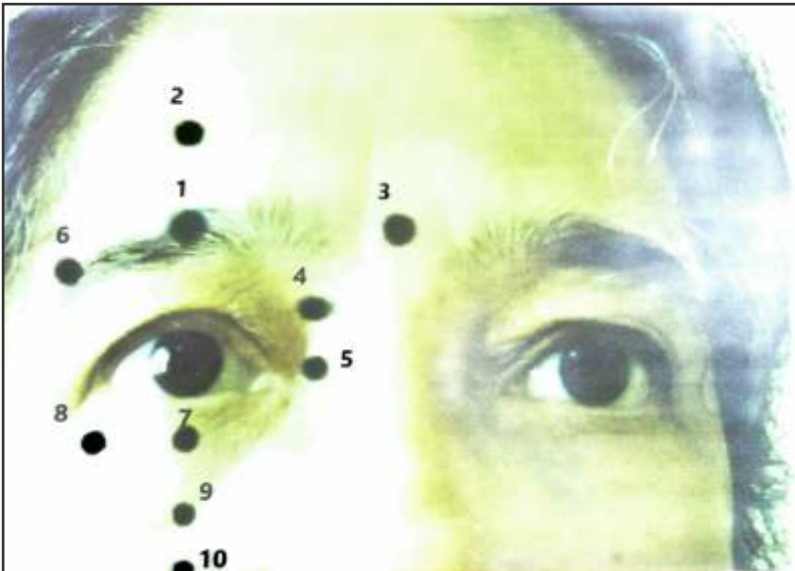
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***Wishing you all the best for a Perfect Vision.***



**CHAPTER 3 :**  
**EXERCISE FOR THE EYES (5 MINUTES)**

Any blockage in the energy flow creates pain in the area or in the organ. The main principle is by pressing and releasing rhythmically, the blockage is removed and the organ gets the energy for its work. The pressure can be applied by index finger or middle finger or both especially for the eye points. The pressure should be gentle, pleasurable and rhythmic. As a precaution never touch the eye ball and trim your nails before starting acupressure for improving your eyesight.



**THE EYE EXERCISE ROUTINE**

**PRECAUTION : TRIM YOUR NAILS REGULARLY**  
**WASH YOUR HANDS THOROUGHLY WITH SOAP BEFORE STARTING**  
**ONLY LIGHT PRESSURE RECOMMENDED**

POINT 1 : YUVAO-ASH WASIT (M-HN-6)  
POINT 2 : YANGBAI-YANG WHITE-GB-14  
POINT 3 : YINTANG-HALL OF IMPRESSION-HN-3  
POINT 4 : ZANZHU-GATHERED BAMBOO-BL-2  
POINT 5 : JINGMING-BRIGHT EYES-BL-1  
POINT 6 : SIZHUKONG-SILKEN BAMBOO HOLLOW-TW-23  
POINT 7 : CHENGQI-CONTAINER OF TEARS-ST-1  
POINT 8 : QIUHOU-BEHIND THE BALL-HN-7  
POINT 9 : SIBAI-FOUR WHITES-ST-2  
POINT 10 : JULIAO-GREAT CREVICE-ST-3

We know that yang meridians either start in the face region or end in the face region. The relevant acupressure points which supply energy to the eye are very close to the eyes. The figure of the eye identifies all those relevant points for your reference.

### **Exercise 1**

#### **OPTION 1 : ACUPRESSURE**

**Use your middle finger to press and release all the points for 14 times. As you press, you breathe in and as you release you breathe out.**

#### **OPTION 2 : ACUROTATION**

**With your index finger and middle finger give a circular motion with constant pressure on the eye socket without touching the eyeball 10 times clock wise or 10 times anticlockwise to activate all these acupressure points.**

Most important thing is, after the 10 rounds of activation, you have to do palming. Rub both your palms together and create heat in the palm. Then you cover your eyes with your palms keeping your eyes open, for a minute before going to the next circle.

There are three circles around the eye which cover all the points. First one is in the eye socket, second circle in the eye brow and third is just above the eye brow. Same procedure to be done on the circle involving eyebrows and above the eyebrow to activate all the points. Palming has to be done all the three times of activation. This process hardly takes 3 minutes.

### **Exercise 2 (Blinking)**

Look at a distance and keep on blinking for 30-40 seconds and relax with palming.

### **Exercise 3 (Squeezing)**

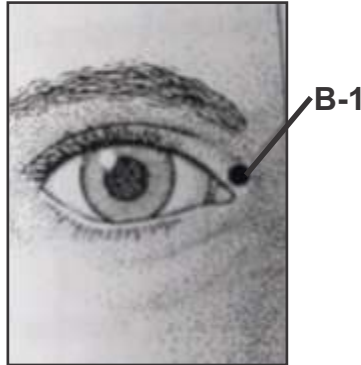
In the final exercise, close your eyes and squeeze the eyes for a second. Then relax the eyes. Similarly do it for 30-40 seconds and relax with palming.

**Caution: If you feel any pain in the eye, then stop the exercise there itself. Never strain your eyes.**



## DESCRIPTION OF ACUPRESSURE POINTS

### B-1 Jindging- Bright Eyes



This is the meeting point of the Bladder, Small Intestine, Stomach, Gall Bladder and Triple Warmer meridians with extra meridians with governing, yin motility and yang motility vessels.

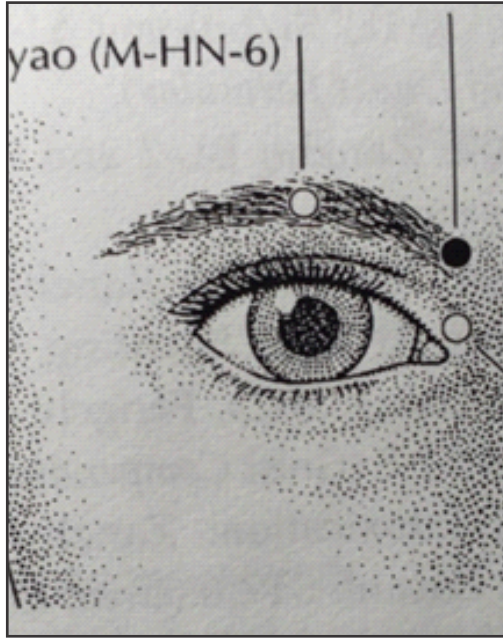
**Location :** Close to medial and superior to the inner cants of the eye, near to medial border of the orbit.

#### **Benefits :**

- Reduces redness of the eyes
- Reduces swelling and pain of the eyes
- Reduces itching of the inner cants
- Improves vision and night blindness
- Improves near sightedness
- Clears superficial visual obstructions

## B-2 Zanzhu-Gathered Bamboo

Zanzhu B-2



**Location:** Superior to the inner canthus, in a depression on the eyebrow, close to the medial end

### **Benefits :**

Clear pain in the eyebrow region

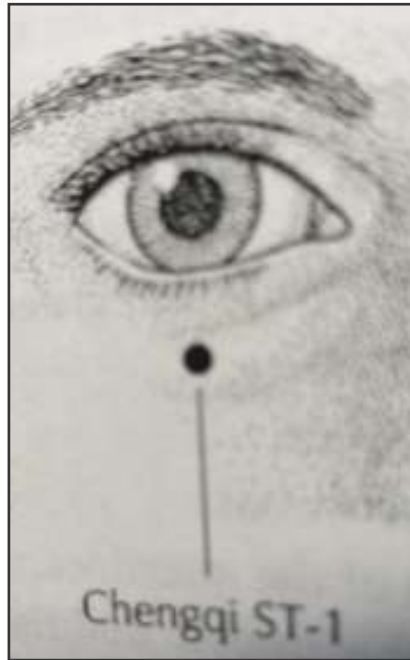
Improves blurred vision & night blindness

Reduces swelling and pain in the eye

Reduces itching of the eyes

Reduces twitching of the eyelids

## ST-1- Chengqi- Container of tears



It is the meeting point of the stomach meridian with the yang motility and conception vessels

**Location** : With the eyes looking directly forward, this point is located directly below the pupil between the eyeball and the infra orbital ridge.

### **Benefits**

It stops lacrimation(overflow of tears)

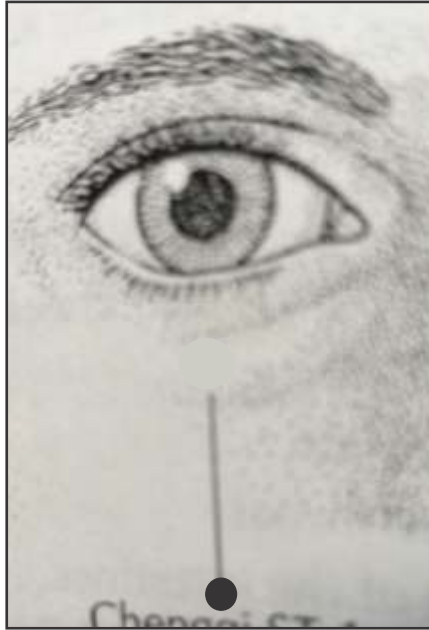
Reduces redness, swelling and pain the eye region

Improves vision, night blindness

Reduces itching of the eyes

Reduces twitching of the eyelid

## **ST-2- Sibai - Four White Location**



### **Saibai ST-2**

**Location :** With the eyes looking directly upwards, this point is located one inch directly below the pupil, in the depression at the infra orbital foramen

**Benefits:**

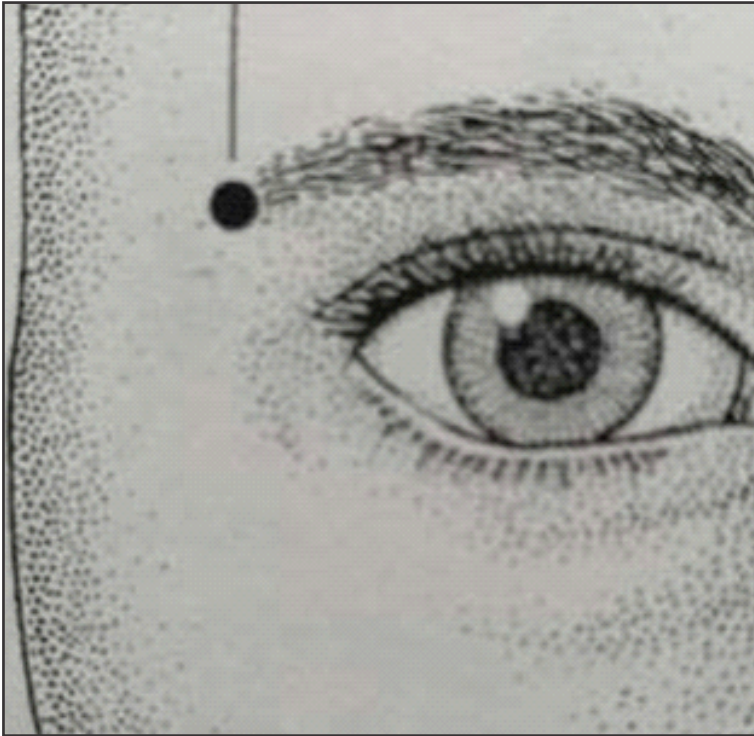
Reduces redness and pain in the eyes

Improves vision

Reduces excessive tears

Reduces twitching of the eyelids

## **TW- 23 Sizhukong – Silken Bamboo Hollow**



**Location:** In the depression on the supraorbital margin, at the lateral end of the eyebrow.

### **Benefits:**

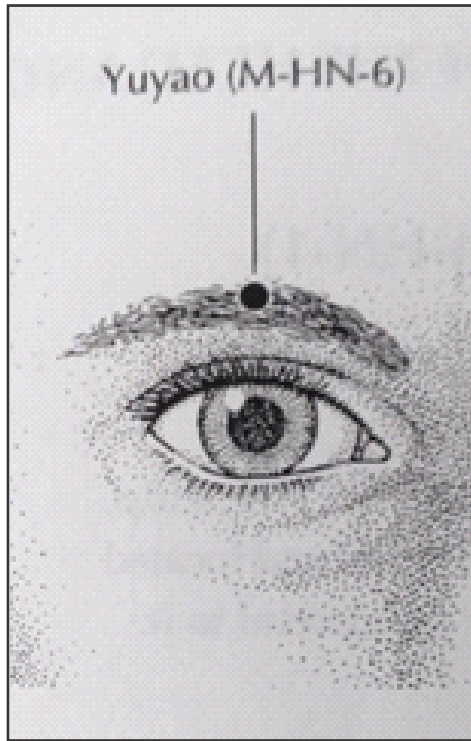
Improves blurred vision

Reduces redness & pain in the eye

Reduces twitching of the eyelids and eyebrows

Relieves upward staring of eyes

## **YUYAO(M-HN-6) Ash Waist**



**Location:** In the centre of the eyebrow, in the depression directly above the pupil when the eyes are looking straight forward

### **Benefits:**

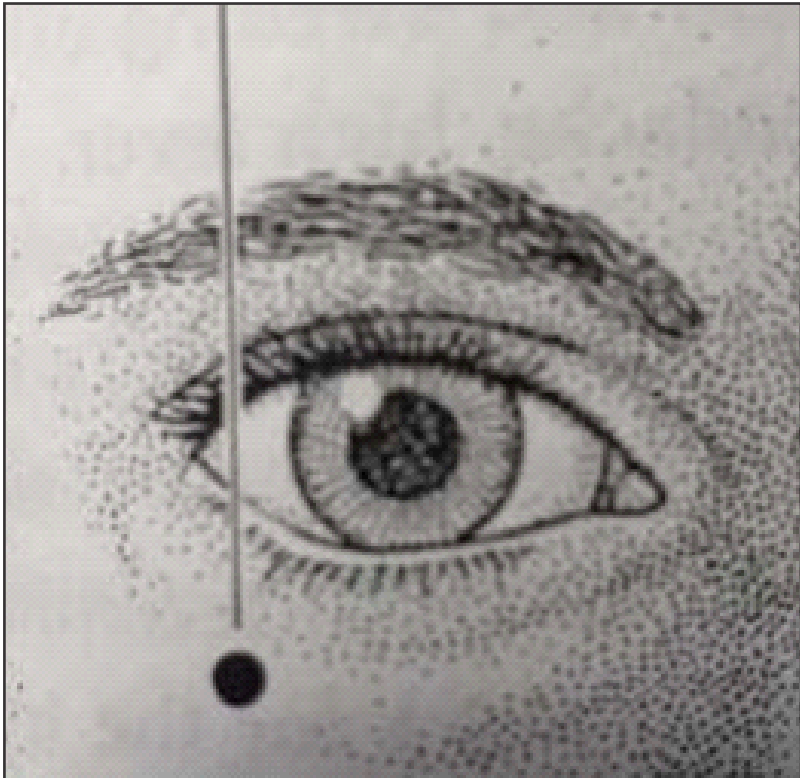
Reduces redness and swelling of the eyes

Reduces pain in the eye

Cures drooping of the eyelid

Clears superficial visual obstruction

## **Qiuhou (M.H.N.8)- Behind the Ball**

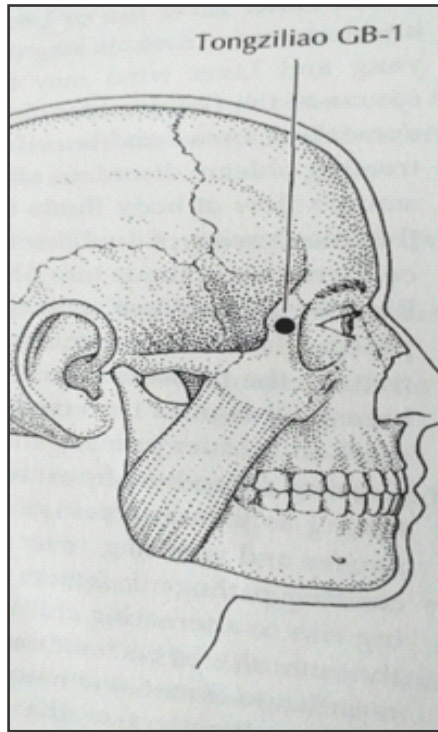


**Location:** Along the inferior border of the orbit, at the junction of the lateral one quarter and medial three quarters of the infra orbital margin.

**Benefits:**

Cures all eye related problems, improving the vision

## GB-1 Tong Ziliao Pupil Crevice



Meeting point of the gall bladder, small intestine and triple warmer meridians.

**Location :** In the hollow on the lateral side of the orbital margin, approximately 0.5 inch (cun) lateral to outer canthus.

### **Benefits:**

Reduces swelling and pain in the eyes

Reduces lacrimation on exposure to the wind

Reduces itching of the eyes

Improves short sightedness, night blindness and superficial visual obstruction



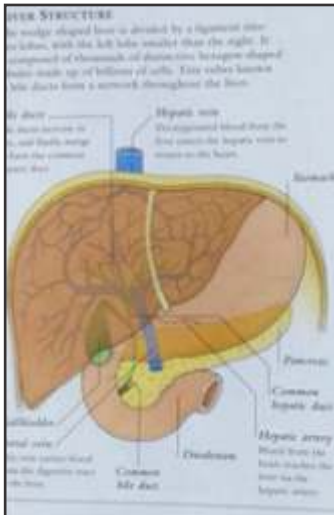
## **CHAPTER 4: IMPORTANCE OF LIVER AND GALL BLADDER IN EYE PROBLEMS**

Liver is the largest organ of our body weighing about 1 to 1.5 kg located at the upper right part of the abdomen protected by the ribs. Liver produces about 1000 different enzymes and antibodies. It is considered as the most sophisticated chemical factory and performs nearly 500 functions.

The liver produces mainly the bile, a bitter, greenish-yellow digestive juice for digesting the fat. The extra bile is stored in the Gall Bladder for digesting any excess fat taken in the food. The liver converts the excess protein taken into our system by a process called deamination and converts the excess amino-acids into fat. Deamination process is stressful for the liver which is exothermic reaction and produces excess heat. Liver acts as a storage organ for many essential nutrients, vitamins and minerals. Liver conserves dead cells for reuse in building red blood cells.

Liver has enormous reserves and has a wonderful regeneration capability. **Liver, as per acupuncture system, is responsible for healthy**

**eyes and produces the tears for their protection.** If tears are not secreted, eye will become dry and burning of the eyes will start. As per their theory also any problem in the eyes can be treated in the liver meridian or Gall bladder meridian.



There are six 'ki's in every organ of our body as per Su-Jok theory i.e., wind, heat, hotness, humidity, dryness and coldness. If one of the five energies (Heat & Hotness as one) are excess or deficient in the liver, it produces the symptom in the eye.

When 'wind' energy which controls the muscles is excess or deficient, the eyes will have myopia (short sight), squint eyes, astigmatism or flicker in the eye. (Acupressure point Liv-1).

When “dryness” energy is excess or deficient, one may get hypermetropia (long sight), retinopathy, sharp pain in the eyes or maturing cataract. (Acupressure point Liv-4).

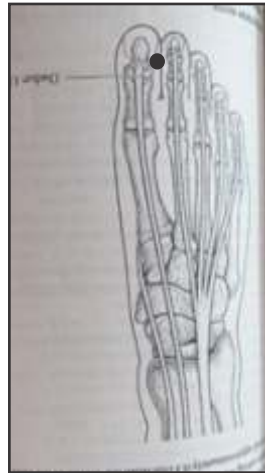
When “coldness” energy is in excess or deficient in liver, one can get intense pain, retina detachment, cataract or even blindness in the eye. (Acupressure point Liv-8).

So, what to do for keeping your eyes in good condition is to detoxify the liver with Ayurveda or nature cure methods. One can even use enema to remove the toxins from the large intestine which in turn detoxifies the whole system including liver. Never take fatty food especially fast food items for one month to see good results. Take more fruits and raw or boiled vegetables in your diet. The liver will slowly get rid of the toxins stored in the form of fats in the liver cells. Sometimes Liv-1 activation with acupressure or needle acts as detoxifier and it helps to improve the eyesight.

Similarly, Gall bladder plays an important role in eye sight by supplying energy to the eyes. The physical function of the Gall Bladder is to store 40ml of excess bile secreted by liver which helps in the digestion of excess fat taken during any meal. Its meridian starts at the eye region (GB-1) and it is a very important acupressure point to improve the eyesight.

It is very important to keep in mind that all the muscular functions in our body are controlled by these two organs viz Liver and Gall bladder.

### **Liv – 1 DADUN- Big Mound**



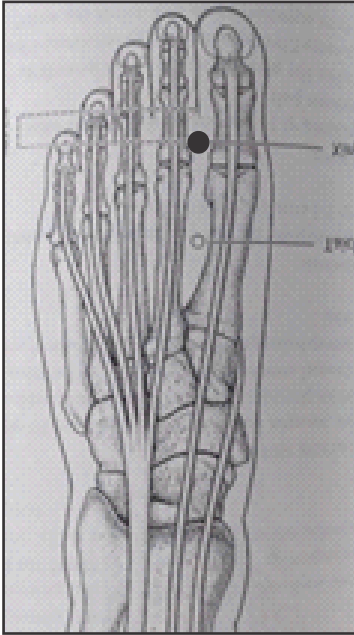
**Jing well, wood point & wind point on liver meridian.**

**Location:** Located on the dorsal side of the big toe, at the junction of lines drawn along the lateral border of the nail and base of the nail, 0.1 cm from the corner of the nail.

**Useful for curing**

**1) Myopia 2) Squint eye 3) Astigmatism 4) Flicker of the eye 5) General detoxification.**

## **Liv – 2 Xingjian- Moving Between**



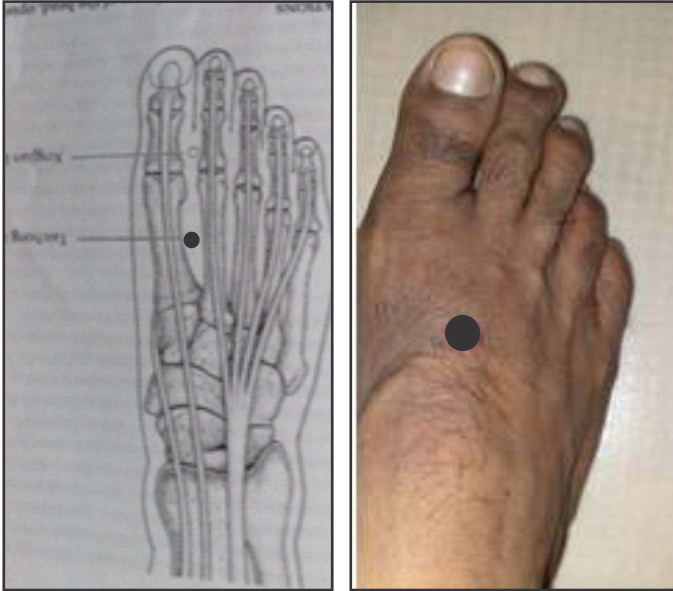
**Ying – spring, fire point and heat point of the liver meridian**

**Location:** Located on the dorsum(dorsal side) of the foot, between the first and second toes, 0.5 cm proximal to the margin of the web.

**Helps in curing**

- 1) Conjunctivitis**
- 2) Glaucoma**
- 3) Double vision**
- 4) Hemorrhage in the eye**

## **Liv -3 Taichong – Great Rushing**

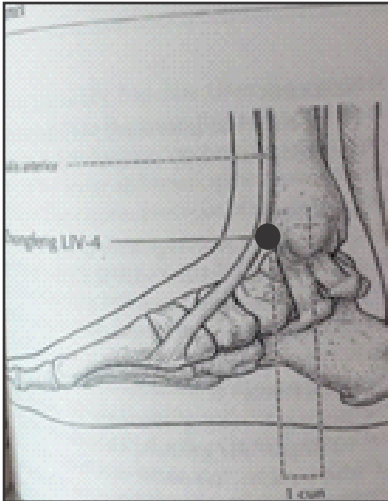


**Shu-stream, yuan source, earth and humidity point of the Liver meridian**

**Location:** Located on the dorsum of the foot, in the hollow distal to the junction of the first and second metatarsal bones.

**Useful for curing :** 1) continuous dull pain in the eye 2) blurred vision 3) cloudy vision 4) redness of eyes 5) swelling of eyes.

## **Liv -4 Zhaongfeng- Middle Seal**



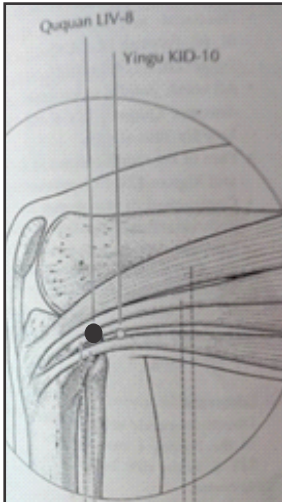
### **Jing liver, metal and dryness point of the liver meridian**

**Location:** Located on the ankle anterior to the prominence of the medial malleus, is in the significant depression just medial to the tendon on tibialis anterior when the ankle is extended(dorsiflexed)

#### **Useful for curing**

- 1) Hyper metropia (long sightedness)**
- 2) Retinopathy**
- 3) Cataract**
- 4) Sharp pain in the eye.**

## **Liv – 8 Ququan – Spring of the Crook**



**He-sea, water and coldness point.**

**Location:** Located just superior to the medial end of the popliteal crease, in the depression anterior to the tendons of semitendinosus and m.semi membranous. Near the crease on the medial side of the knee when you fold the leg

**Useful for curing**

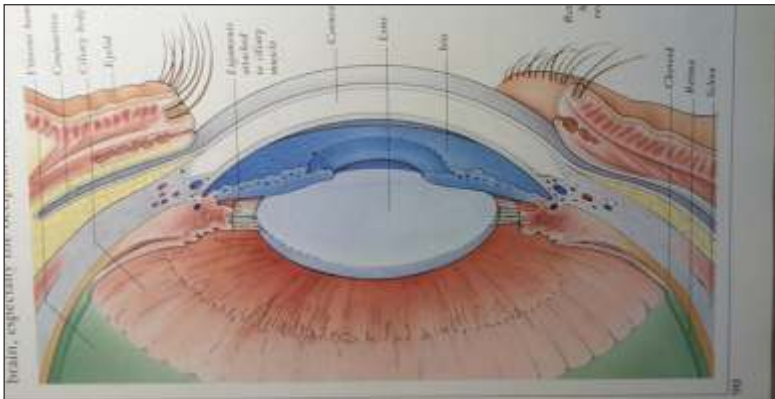
- 1) Intense eye pain**
- 2) Retinal detachment**
- 3) cataract**

Note: it is advisable to use fingers for pressing and releasing for 14 times if you are not sure of excess or deficiency of the energy in the system.



## **CHAPTER 5 : THE ANATOMY OF THE EYE**

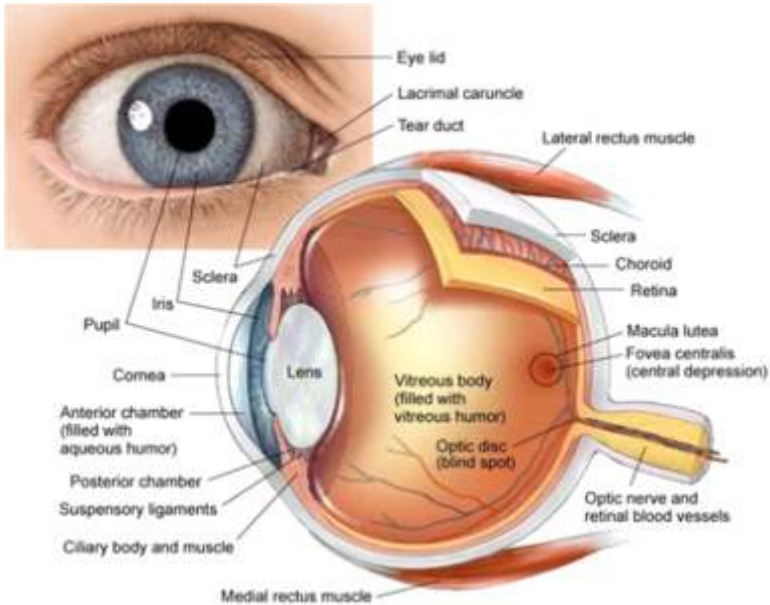
It is very important to learn the anatomy and physiology of the eye for people who are really interested in maintaining their eyesight throughout their life. Once we understand the muscular system which controls the eye, one can easily understand how the phenomenon of accommodation takes place. Accommodation is the adjustment of the eye to see from a near object to a distant object and vice versa. The eye or eyeball is near spherical in shape and is about 25mm in diameter for most of the people. It consists of three layers called sclera (outer layer), the choroid (middle layer) and the retina (inner layer)



The sclerotic layer is white and opalescent, except the central portion which is transparent and called cornea. This is the portion which can be donated after death and can be transplanted for

the blind. Just behind the cornea, the choroid becomes visible and is called iris with the pupil in the center. Directly behind the iris is the crystalline lens, which allows the light to pass through the pupil and focuses it upon the retina.

**Around the crystalline lens the choroid forms folds known as ciliary processes. The ciliary processes are made up of ciliary muscles. The ciliary muscles are connected to the crystalline lens by means of a small ligament and the action of the ciliary muscles controls the contraction and expansion of the crystalline lens with the help of the ligament.**



The retina or inner layer is really a continuation of the optic nerve and it is extremely thin and delicate. The vision is clear, once the image falls on this retina which contains the cone cells and rod cells to distinguish the colors. The lens is convex in shape and reflected light rays pass through the pupil and the lens to fall on the retina as an inverted image. The cells are electrically activated by the photons (light rays) falling on the retina and transmitted almost instantly for interpretation by the brain. The vision is the result of this phenomenon. The brain almost stores all the visual information, processing continuously in the brain cells, as motion picture, for recall in future. With better concentration, the recalling ability also will be better. This is also known as photographic memory.

### **Defective vision and accommodation:**

As per the medical terms, owing to the action of ciliary muscles, the contraction and expansion of the lens is brought about to accommodate the near and far visions. The most important conclusion in medical field is that the eye, as a whole, does not change its shape but only the crystalline lens changes.

**Dr. Bates, in his eye experiments, clearly proved that the shape of the eye, as a whole, changes during accommodation. It is due to the action of the external muscles of the eyeball that the eye as a whole can move up, down, sideways etc.**

### **The Muscles and arteries of the eye**

Optic nerve is connected to the eye ball with muscles called superior rectus muscles, inferior rectus muscles, external rectus muscle and internal rectus muscles. Apart from these 4 muscles two more muscles called superior oblique muscles and inferior oblique muscles are also connected to both eye balls. Lachrymal glands which secrete tears are situated close to external rectus muscles. The eye lids are also operated by special muscles.

The arteries are mainly intra-orbital artery which branches to the tear gland. One branch goes to retina and another branch to iris. One more branch supplies blood to eyelid, eyebrow and to the cavity of the nose.

Myopia (short sight) is a condition in which the eyeball is lengthened, and hypermetropia (long

sight) and presbyopia (old age sight) are conditions in which the eyeball is contracted along the longitudinal axis. From this one can clearly understand that these conditions are only due to imperfect accommodation, owing to the faulty action of the external muscles of the eye.

That is the reason for the activation of Liver acupuncture points which relaxes the muscles and rejuvenates the tensed muscles. In case of myopia the eye is kept definitely in a position which renders the seeing of distant objects difficult and in the case of hypermetropia and presbyopia the eye is kept in a position which renders the seeing of near objects difficult.

**Dr. Bates concluded that all the cases of defective vision are the result of strain upon the external muscles of the eyes, which help in changing the shape of the eyeball. This is the fundamental principle of Bates system. By employing the technique to relieve stress and strain on these muscles, all conditions of defective vision can be cured.**

### **The eye - Extra details:**

To nourish the lens and cornea, the ciliary body

secretes a fluid called aqueous humor into the posterior chamber. This fluid then passes through the pupil into anterior chamber.

The cavity behind the lens is filled with a gel, known as the vitreous body, which helps to maintain the shape of the eyeball. The retina is the inner layer of the eye, made-up of light sensitive cells (photoreceptors) called rods and cones, with more than 100 million rods and over 5 million cones.

The undersurface of the eyelid is lined by the continuation of conjunctiva, a mucus membrane covering the surface of the eyeball. The edges of the eyelids contain oil-secreting glands (Meibomian glands) that lubricate the eyelids. Eyelashes extend out from the eyelids mainly to protect from dust particles.

Lachrymal gland produces tears which form a protective film and lubricate the eye. The blinking movement of the eyelid moves the fluid towards the drainage point, nasolacrimal duct which opens to the nose.

Our left and right eyes have slightly different fields of vision, which overlap and merge together to focus on a seen object allowing us to discern the

distance and 3-D structure. This is known as binocular vision.

The photoreceptors of the retina, called rods and cones are activated by the light rays and send nerve impulses along the cells of the optic nerve.

The optic nerve (cranial nerve II) transmits the impulses to the thalamus, where the processing of the visual information is conducted by the lateral geniculate nuclei of the thalamus. The visual information is then relayed to the visual cortex in the occipital lobe of the brain for interpretation.

The visual cortex interprets and makes sense of the nerve impulses received from the eyes via the optic nerve and thalamus. This is where the messages from the right and left eyes are merged to form one image, and the seen object is recognized.

The visual association center processes more complex features of the visual stimulus, such as color and movement. Though the images received on the retina are upside down, the brain automatically corrects these images and this results in our vision.

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## **CHAPTER 6 : EYE SIGHT AND SPECTACLES**

### **SHAPE OF THE EYE CHANGES CONTINUOUSLY**

In conclusion of the Bate's theory, one needs to take care of the external muscles of the eye for the vision correction. The muscles have been understood only for helping the eye to turn from side to side and up and down etc. though they actually cause the continuous change in its shape during the processes of vision, which was generally not appreciated by medical world. So, the cause for myopia, hypermetropia etc. is known to be due to the changes in the shape of the eyeball which is permanent in character. This condition is caused by bad light, artificial light, television, use of mobile phones and excessive reading and has to be corrected by power glasses. According to modern system the cornea can be adjusted to suit the vision by laser surgery which can avoid power lenses. Of course it was a boon for those people with high power glasses and the immediate solution with spectacles should be well appreciated.

### **ROOT CAUSE OF THE PROBLEM**

The modern world is moving towards instant solution without understanding the root cause of



the problem. Any amount of reading should never produce defective vision. All that these conditions can do is to aggravate an already existing tendency to defective vision due to a strained and contracted condition of the external muscles of the eye. So, it is now understood that what is generally regarded as the cause of eye trouble is merely a secondary factor.

### **EYE PROBLEM REMAINS WITH SPECTACLES**

The optical profession has flourished by introducing spectacles since it helps the sufferer to overcome his disability. The eye specialist considers that he has done everything within his power to cope with the defective eye condition. Here we know very well that the eye problem remains the same but a state of false satisfaction sets in our mind that eye defect is corrected.

### **GET RID OF THE SPECTACLES**

Yes, it is very much needed for the people especially while driving and watching movies etc. But after wearing spectacles for years, the number keeps on changing and glass power will keep on increasing. So, the truth is instead of improving the eyes, the constant wearing of

spectacles will in fact make it worse and will continue to do so. As explained, prevention is better than cure. The eye exercises prescribed in this book should be practised by all those who have perfect vision to avoid wearing spectacles in future. And those who are wearing glasses up to -3 can correct themselves and get rid of their spectacles.

### **MUSCLES PREVENT ACCOMMODATION WITH SPECTACLES**

Once spectacles are worn, the whole natural process of seeing is thrown out of gear. The eye, instead of being allowed to accommodate for near and distant objects, the accommodation is done for it in a fixed and inter changeable way by the spectacles. So the strained condition of the muscles which prevented accommodation in the first place is intensified and the muscles become rigid in their position by the action of the glasses.

### **EDUCATE THE MASS**

This explains why the continuous use of spectacles always tends to make the eyes worse by introducing the so called "aids of vision". While prescribing glasses for defective vision the eye

doctors should educate the masses about the root cause and give them long term solutions like yoga and proper eye exercises. Those people who follow such natural methods to reduce the strain on the muscles, particularly eye muscles, will see the improvement within a year of practice.

### **USE SPECTACLES FOR ESSENTIAL WORK**

Finally, I would like to say that quick results are obtained for those people who stop wearing glasses once they start this natural treatment and do the exercises with commitment in the morning and also in the evening. One can use the glasses for essential work and remove the glasses when not required.

Even if the glasses are only left off for a few hours each day, this will enable the eye to begin to act naturally. After a couple of weeks of this treatment the patient will be surprised to see the improvement of the vision. It is better to check the eye power with an optometrist every month after starting the treatment and change the glasses as the eyesight improves.

### **CHECK THE EYE POWER**

Once one knows the basis of this method, and the

instructions given to meet the defective vision, their own efforts can bring gradual and continuous progress of the eye condition. Keep the eye chart on the wall and sit at a distance of 10 feet ( 3M) from the wall. Record the line which you can see clearly.

### **HIGHER POWER NEEDS MORE TIME**

For those people with high power, the time taken will be longer. For those people who have less power regular practice will give quick results. People wearing high power glasses should practice for 30 minutes every morning and evening. The palming exercise, swinging exercise and muscle strengthening exercise should be done with dedication and determination to get the normal eye sight with their own efforts.

### **PREVENT VISION DEFECT**

Those who don't have any vision defect can do these exercises of acupressure activation for 5 minutes every day as explained in the 2nd chapter and keep your eyesight normal throughout your life.

## **CHAPTER 7 : THE CAUSES OF DEFECTIVE VISION**

The three main causes for defective vision are Stress and Strain, Food and Improper Blood Supply . All these three causes are discussed in this chapter.

### **1. STRESS AND STRAIN**

#### **STRAINED EYE MUSCLES**

The visual defect in the eye is mainly due to the strained condition of the muscles surrounding the eyes. Generally the mental strain sets up the corresponding physical strain in the muscular system and particularly in the eye muscles. The general tension and stress in normal life is one of the main reasons for the eye muscles to get strained. But these muscles take a long time to come back to the original position whereas all other muscles recover very fast. If the stress and strain continue for a few months, there can be a tendency to hold it in that position.

#### **NEGATIVE EMOTIONS**

According to Dr.Bates, highly nervous temperament with rigidity of thought is the main reason for eye defect in most of the cases with

visual deficiency. Due to stress, the brain and nervous system are also affected. Overwork, fear, anxiety and anger can certainly affect the eyes and one can easily find out from the eyes what sort of emotions are running through their mind. The positive emotions like love, affection, compassion, and happiness relax the muscles. Anyone can easily find out the emotion from their eyes.

### **LACK OF BODY - MIND RELAXATION**

The main emphasis by Dr.Bates to solve the eye problem is to concentrate upon the methods of treatment to remove the mental strain by relaxation. If the mind of the patient is relaxed, then the eyes, especially the muscles and the nerves connected with them, will be relaxed. One should adopt mental and physical relaxation according to him. Dr.Bates says, “ When body and mind are relaxed, perfect vision is possible”. This is the principle of yogic practice also.

### **CLOSE READING**

But, Dr.Benjamin has observed that many cases have not recovered or improvement was very slow. He observed that it is mainly due to physical

factors like straining the eyes. If the eyes are not used as they are intended to see long distances but using computer and mobile phones will certainly produce a physical strain on the eyes.

This book is intended to cover all aspects of eye defects and give a comprehensive solution to solve the root cause of the problem.

## **2. FOOD**

### **INTEGRATED SYSTEM**

The second cause of eye problem is food. According to Dr. Benjamin, eye should never be seen in isolation since all the five senses are integral part of the body. Since food plays an important role in maintaining the health of the body.

### **DIABETES AND EYES**

It is well known that the metabolic disorder called Diabetes is the main cause for sense organ disorders especially the eyes. Diabetes can cause kidney related disorders and in some cases cataract in the eyes. It is known that any spot in the eyes is the indication of liver disorders and digestive problems. The redness of the eyes is the indication of liver distress especially for

alcoholics. When both the liver and spleen are distressed one can observe yellow colour in the eye which is the indication of jaundice disease.

## **IRIS AND IRIDIOLOGY**

Those who have studied Iridology, the science of reading the eyes, know that a remarkable intimate relationship exists between the eyes and every part of the body. Any change, whether functional or organic in any organ or part of the body is reflected in the eyes by a change of colour or spots in the portion of the iris which is directly connected with that organ or parts. This wonderful affinity between the iris of the eyes and the rest of the body is the result of a marvellous network of intercommunication between the nerves of the eye and the autonomic cerebrospinal nervous system. It is well understood that eyes can be affected by almost all main organs of the body and the importance of keeping overall health in good condition for curing the eye defects.

## **TOXIC CONDITION OF THE BODY**

Many naturopathy practitioners found out that the inflammatory condition of the eyes such as conjunctivitis, iritis and keratitis are not to be



considered as eye diseases but due to general high toxic condition of the body. The toxic condition is mainly due to excessive starch intake or direct sugar and excess protein intake only. At the same time cataract is only a sign of a more deep seated and chronic manifestation of the toxic condition of the body for a long period.

### **PRESBYOPIA DUE TO WRONG FOOD HABITS**

Imperfect metabolism due to an unbalanced and too concentrated diet produces the toxic components. These micro components clog the blood vessels especially the capillaries of the eyes. Once the muscles and blood vessels are clogged, proper drainage is impossible and the muscles become hard and contracted. This eventually has the effect of preventing the perfect shape of the eyes. The ultimate result will be defective vision. Many cases of simple Myopia, Hypermetropia and Astigmatism are mainly due to the above causes while Presbyopia ( Old age sight) is entirely due to toxic material in the system especially in the eye.

When a person reaches the middle age, the eyes naturally change their shape (slightly contracted), thus seeing the near objects difficult and causing presbyopia. This is considered almost normal at

that age group and this difficulty is overcome by wearing the convex lenses. But very few of these millions suffering from presbyopia realize that the wrong feeding habits for 45 to 50 years of living are responsible for this change in their visual powers. By the introduction of sensible diet and carrying out a few simple eye exercises, one can easily restore the normal eye sight. Sometimes the vision can be restored by regular fasting which removes all the toxins from the body.

### **3. IMPROPER BLOOD SUPPLY**

#### **BLOOD VESSELS AND NERVES**

The third main cause for eye defect is improper blood supply to the eyes. Every organ rather every cell in our body gets its supply for survival from the blood which contains the nutrition requirement of every cell. Similarly, the nerve cells are also getting their supply from the blood and form their own renewal with the nutrition supplied. So any factor capable of interfering with either blood vessels or the nerves of the eyes is a possible cause of defective vision.

## **TIGHTNESS IN CERVICAL VERTEBRAE**

Though mental stress and wrong food habits play an important role in creating eye defects, there are some purely mechanical ways in which the eye defect may be brought about. The mechanical interference with blood and nerve supply to the eyes lie in the muscles covering upper portion of the spine in cervical vertebrae especially C- 2 and C- 3. If these muscles become contracted or infiltrated they have the effect of pulling the vertebrae attached to them slightly out of place producing what is known as subluxations and this condition impacts the direct flow of nerve force from the sympathetic nervous system to the eyes. In addition the vasomotor nerve which controls the size of the small arteries is affected and so the blood supply from the heart is restricted.

## **NECK CORRECTION**

So, it is necessary to make sure that the muscles at the back of the neck are perfectly relaxed and loose. The experiments conducted by Chiropractic, Osteopathic and Dorn Therapy methods have shown wonderful results for improvement of the eye sight. Also we have

observed the Body (Energy) balancing techniques taught in our One Day Acupressure course conducted by our Academy for Acupressure and Acupuncture have shown good results for the improvement of eyesight. This shows the great effect of these contracted back muscles have upon the blood and nerve supply to the eyes.

Also in all cases of defective vision, the strain on the eyes and their muscles, blood vessels and nerves is transmitted to the muscles at the back of the neck and these in turn become contracted. It may be due to constant use of spectacles and also from tension and stress. It is generally felt that all sufferers from defective vision have stiff and contracted neck muscles. Relaxation of neck muscles with proper exercise is very much essential to improve the eye sight.

## **CHAPTER 8 : THE COMPREHENSIVE TREATMENT FOR BETTER VISION**

### **FEED BACK AFTER SIX MONTHS**

The experiments done for the past few years with acupuncture practitioners and other eye problem patients have proved that activating acupressure points daily for five minutes, as given in Chapter 3 has given very significant improvement in their eye sight. When people did activation twice a day for five minutes it has given very good improvement though we could not monitor all the cases. This book is attached with self monitoring log sheets for 6 months and the people who practice these simple techniques are requested to record their daily log and measure the power of their eyes in the beginning and six months after starting the exercise. Kindly be motivated to give the feedback for our research so that we can clearly conclude the efficacy of this technique.

### **TREAT ALL CAUSES**

Having understood that we have three main causes for defective vision viz mental strain, diet and physical strain there are three definite and distinct lines of treatment to all those undergoing

natural but self treatment. Certainly you do not have to look for someone's help. It is always better to treat all these three causes which will be most successful. Dr.Bates method concentrates mainly on first factor which is the mental strain. According to Dr.Benjamin diet therapy and fasting procedures are very important for the success of the treatment. He also insisted on chiropractic and osteopathy therapy to correct the cervical vertebrae for eyesight improvement. In India it is very difficult to get the service of these therapists; readers can adopt self acupressure to release the tension from the neck. Acupressure at the root of the thumb (Pressing with your fingers while breathing in and releasing while breathing out for two minutes) and rotating the thumb clockwise and anticlockwise for 10 times will relieve the neck stiffness. . In this book, not only well proven Bates and Benjamin methods are explained but mainly acupressure points are explained to solve almost all the problems connected with the eye. By incorporating almost all methods available for eye correction under one book, a really comprehensive and an all embracing system of treatment has been given

which is capable of dealing with any type of visual defect in a practical manner.

## **EXERCISE PROTOCOL**

In the following chapters, not only the important exercises are covered but also the eye problems and the protocol needed to cure the problem is also given. This book enables everyone to practice all these exercises at home or office at the most convenient time suitable for them. In fact I made it a habit to practice during advertisement time while watching TV news everyday in the night which has helped me a lot.

## **SELECT THE BEST FOOD**

Regarding diet, it is difficult to recommend diet for everyone uniformly. Our food habits vary from Australia to America and in India from Kashmir to Kanyakumari. It is most advisable to take the seasonal food grown organically and close to your living place. Avoid unseasonal fruits and vegetables imported from other countries. One should avoid deep fried items as far as possible. Eating while hungry and chewing the food for sufficient time in the mouth mixing with saliva will improve the digestion and blood formation.

Another way to select your food is to observe your solid elimination process especially the function of Large Intestine in the morning. If you have proper elimination, the food taken on the previous is suitable for you. If you are constipated or require force to evacuate or you get gas formation, it indicates the food taken on the previous day is not suitable for your system. Just vary your food habits and conclude which food gives you energy and easy elimination. Take only boiled vegetables and fruits one day and check your elimination on the next day. Another day try maida products especially bakery items, fast food items and check your elimination next day. On both days if your elimination is normal you need not worry about your food. If you find any problem in elimination avoid those items in your menu. Avoid drinks like cola, pepsi till your eyesight improves. Even reducing coffee and tea plays an important role in your eye power improvement. For mind control, Zen meditation is recommended which is given in the chapter 14.

## **MEDITATION AND YOGASANAS**

Those people who regularly meditate or practice Yoga can get results much faster. All the three



remedies along with Acupressure has a wonderful potential to cure any eye defect and can easily maintain your normal eyesight throughout your life. The first sign of defective vision is staring. This action is the result of strained muscles which keeps the eyes rigid and fixed. The normal eye is always moving and is never still. Continuous movement of the eye is absolutely essential for its healthy action and this is attained by complete relaxation of all its parts.

## **CHAPTER-9 : ADDITIONAL EYE EXERCISES**

As we understand the theory for the defective vision, it is crystal clear that eyes are to be relaxed first by simple methods and then one can look for overall relaxation of the body in the long run. Dr. Bates introduced two most important methods with palming and swinging for relaxing the eyes.

### **Palming - the most important exercise**

As we all know when our whole body is weak and unable to perform at peak efficiency, we deliberately give rest to the body for a few days. Though the body has to be rejuvenated every night for the next day sometimes we may have to give physical rest to the body for longer time. Similarly, the weak eyes are to be rested completely for half an hour to one hour during waking hours to rejuvenate the eyes. It is essential to induce a fuller and more conscious relaxation of the eyes and their surrounding tissues, than that is brought about by sleep. Especially when we are tired we close the eyes for a moment without our consciousness. The natural and unconscious process is used deliberately by closing the eyes with the palms which is known as palming.

## **Procedure for palming**

It is necessary to sit in a comfortable position, in an armchair or in front of a table and relax yourself as much as possible. Feel as relaxed and comfortable as you can and then close your eyes and cover them with your hands. Keep the left palm over the left eye and right palm over the right eye, both slightly cupped and leaving sufficient space for the nose to be free. One should never touch the eyeballs. Rubbing your palms and generating heat in the palm before this exercise gives better results.

Then allow your elbows to drop on to your knees, keeping the knees fairly close. Once you try this posture, one will be able to assume this posture automatically. If you feel it is not comfortable you can change your hands to a position on the arms of the chair or the table. The point here is very clear that the eyes are to be covered so that light doesn't enter even if you keep the eyes open. This has to be done 30 minutes every day to get good results. In this way eyes are rested much more effectively than any other methods and the blacker the color that is seen while palming, the more relaxed is the state of the eyes.

The mind should be rested during this period and should watch the breathing. But should never deliberately breathe in or breathe out with efforts but simply watch the breathing which carries the life energy every moment to every cell of the body. As you frequently open your eyes, the space will grow blacker. If the mind wanders in spite of your efforts allow it to do so on positive, pleasant incidents. When you remove the palms, look at the tip of your palms so that the accumulated energy in your eyes will be recirculated to your body otherwise it goes out.

Initially this palming can be done for 10 minutes and as you gain confidence increase 5 minutes' per week to 30 minutes. Within a month, the improvement in vision will be noticeable. This method though simple is one of the greatest assets to the natural treatment of defective vision.

### **The second exercise is swinging of your body**

This method was tried by Dr. Bates for his patients very effectively for inducing relaxation of the eyes and muscles by producing soothing effect on the whole nervous system. The swinging action if done properly has a relaxing effect on both body

and mind and is very helpful in relieving every strain.

### **Swinging of body procedure**

Stand straight with your feet kept a foot apart or shoulder width and hands relaxed by the sides. Then, keeping yourself as relaxed as possible, gently sway the whole body from side to side like a pendulum as slowly as possible. Raise each heel alternately from ground but not the whole foot. There should be no bending at the waist or hip and whole body should sway gently to and fro. Not just the head and trunk.

This gentle swaying or swinging has the effect of relaxing the whole nervous system, and should be practiced two or three times a day for five to ten minutes each time or whenever the eyes feel tired and aching.

It is better to do this exercise before a window and one can feel the window appear to move in the opposite direction. The opposite movement of objects directly in the foreground should be noted and encouraged to keep the mind in balanced condition.

After swinging for a minute or two with eyes open, slowly close the eyes and continue swinging. The opposite movement of window has to be imagined at this time as clearly as possible. Then reopen the eyes and continue swinging with the eyes open for a minute. One can alternate between eyes open and close for a minute or two. One should keep the eyes relaxed all the time and blink every now and then deliberately while keeping the eyes open during exercise.

If performed perfectly , this swinging exercise has a very beneficial effect upon the eyes and the nervous system. Next to palming which can be done at home or work space this is the best for relieving eye strain according to Dr.Bates. Glasses should be removed during all these exercises.

**Caution:** Those who are suffering from lumbar spondylosis should not do this swinging exercise Initially one has to do it very slowly so that vertebrae are not strained. Since the whole nervous system goes through the vertebrae, if done properly it can even cure low back pain also.

### **Third exercise is blinking**

Blinking is very easy and effective exercise to produce relaxation to the eyes. The normal eye

blinks at regular intervals to moisten the eyes and push what is not required to one corner of the eye for draining through nose.

Those who are suffering from defective vision, the eyes become fixed and strained, and blinking, instead of being an unconscious and effortless process, is done consciously and spasmodically. So all those who are wearing glasses should cultivate the habit of blinking frequently and regularly, thus preventing straining.

Learn to blink once or twice every ten seconds but without effort, especially while reading. All other times, it is mandatory. Those who want to improve their eyesight should develop this habit of blinking till it becomes an automatic process. This is a very simple and effective way of breaking up strain. It helps the eyes to read without getting tired.

One can deliberately blink the eyes for 20 to 30 seconds and do palming for a minute to enhance the relaxation. Ultimately the strained eyes should be relaxed with these simple techniques.

## **The fourth exercise is squeezing the eyes.**

We know very well whenever a part of the body is strained, blood rushes to that portion and that capillaries will be in action. Similar principle is used in squeezing of the eyes to improve the blood supply to the eyes and also activate all the capillaries to give more blood to the eye cells.

### **The procedure**

Sit in a comfortable posture and close your eyelids. In that posture slightly squeeze the eyes with their own pressure till you feel slight pressure in the eyeballs and then slowly release the pressure. Never touch the eyes with hands in this squeezing procedure. Try to do 5 to 10 squeezes and observe for any pain. If you do not experience any pain gradually increase the squeezes to 20 over a period of 1 month. After squeezing for few times, do palming of eyes and slowly open the eyes looking at the top of the fingers. Immediately one will feel some brightness in the vision.



## **Extra efforts.**

If you really want to get a cure for your eye defect, you must put in some extra efforts like exposing the closed eye to the sunshine early in the morning or late in the evening for few a minutes. One should never look at the sun.

## **Procedure**

Close your eyes facing the sun and gently move the head from side to side to ensure sunrays falls on all parts of the eyes with equal intensity. It can be done for about 5 minutes and 2 to 3 time a day depending on your work schedule and availability of sun in your workplace.

Please do remember that sun's energy is the one which operates everything in the earth. In this process, the heating of the eyeballs with sun rays expands the muscles and nerves and also improves blood circulation.

Similarly, cold water splashing on the eyes and surrounding tissues is also very effective by cooling the arteries.

Whenever you wash yourself, just gently splash cold water on your closed eyes for a minute or so. If you have an eyecup, you can keep your closed eyes on the water with eye cups (both eyes simultaneously). Then dry yourself and rub the closed eyes gently for a minute with the towel.

This will make the eyes glow and it will freshen and tone them up considerably. It is a very good exercise to do whenever the eyes feel tired. It can be performed 2 to 3 times a day. Water should be cold and not warm.

## **CHAPTER 10 :** **VISION AIDS FOR FAST IMPROVEMENT**

Dr. Benjamin's experiments with vision improvement has proved that vision improves faster when memory and imagination processes are enhanced along with a technique called central fixation. Keeping the vision improvement in mind, he has given some brilliant ideas to follow while reading.

### **MEMORY AND IMAGINATION**

Both memory and imagination play a larger role in the actual process of seeing than it is generally understood and both are intimately connected with vision according to Dr. Benjamin. A familiar object is more readily distinguished than an unfamiliar one, and this is simply because memory and imagination have come to our aid. The image of the object has been impressed on our mind through previous associations. The memory of these associations plus the image help us to pick it out more easily than an object seen for the first time. When we look at the group photograph, we start recognizing familiar faces

very easily especially our own photograph first and then the others. Those who have defective vision, it is of great help to enhance the powers of memory and imagination.

### **PROCEDURE TO IMPROVE THE MEMORY**

Look at a small object, observe the shape and size, run your eyes around the edge of it and after getting as clear a mental picture as possible, close your eyes, and try to remember it as perfectly as possible. Then open your eyes, look at the object again and repeat as before. This should be done for about five minutes daily, without wearing glasses. This improves your photographic memory and one will be able to recall very easily.

Instead of an object or scene, a word in the book or a letter in the word also can be used to improve the vision. Look at the word as clearly as possible without glasses and as black as possible and close the eyes, keeping the word image inside the mind before you and then open the eyes again. When you practice this for two to three minutes, the word will appear blacker than before- a sign of improved vision. This can be done while reading

any paper and can be practiced frequently till the vision problem is solved. The regular practice of this exercise is bound to lead to a noticeable improvement in vision within a short period. This exercise will lead to central fixation.

## **CENTRAL FIXATION EXERCISE CONCEPT**

The central portion of the retina has the main sensor which has better resolution to receive the images than the surrounding areas. Due to constant strain of glasses the central portion of the retina has become less capable of receiving images. When trying to see without glasses those with defective vision will find that they can see better with the sides of the eyes than the centre. Normal eye sight is possible only when the visual power of the central portion of the retina has been restored to normal. The central fixation technique will certainly help to restore the power of the central retina.

As explained earlier the central fixation exercise can be done and visually one can see the word becomes clearer and darker. As your vision improves select a part of the word instead of a

word or a line and start the central fixation for few minutes. Please keep on selecting smaller and smaller fonts until you get clarity of vision. When you imagine perfectly and clearly one letter of the two letter word, and the remaining letter is quite blurred, then achieving the central fixation is not far off.

## **READING WITH RELAXED EYES**

Reading is one of the best ways to keep the eyes active and healthy provided the eyes are relaxed the whole time. The practice of reading is supposed to be responsible for eye strain only when you read in bad light or insufficient light. People with normal sight can read in any light without any problem but those whose vision is defective, especially those who wear glasses, are subjecting their eyes to an additional strain every time they read in bad light. In spite of this, one of the best ways to restore eyesight is by reading without glasses for a fair amount of time every day. The secret of successful reading is to read without strain.

## **EXERCISE FOR READING**

Palm the eyes for few minutes and take a book or newspaper and begin to read without glasses at the distance where you can see the print best. The distance can be 15cm to 30 cm for people having myopia, and for presbiopia it can be about 45cm. In extreme myopia (-5 and above), people can use one eye at a time to get the print very close to the eye. In this case it is better to cover one eye with an eye shade. The shade can be transferred to the other eye when the first one is tried. Read a page or half page or a few lines or a line or a few words as the case may be until you feel the eyes beginning to tire. Then stop and close the eyes completely for few seconds and begin again. Keep blinking the eyelids regularly all the time while reading and this way you will be able to read with ease and without strain.

Along with other exercises, reading for few minutes every day improves the vision and gives the eyes the work which they want to do naturally. Eyes must never be strained. Water splashing as explained earlier in the book can reduce the strain and make your eyes read effortlessly.

Though this book is meant for people having normal eyesight to prevent the problem with only five minutes exercise, those who have minor defect can practice for longer time like 15 minutes and major defect in eye requires atleast 30 minutes of your daily effort to correct the defect. Within 3 months to 6 months one can really feel the change in the eye vision if you practice regularly.



## **CHAPTER 11 :** **GENERAL EYE MUSCLE EXERCISES**

Many literatures on eye sight improvement practices and the books available on the subject recommend general eye muscle exercises which will help to overcome the defect faster. But your personal time of about 15 minutes for muscle exercises is to be allotted by you and you only. All the earlier exercises are mandatory, and the following exercises are preferable which are meant to loosen the strained and the contracted muscles surrounding the eyes. Due to defective vision the eye muscles are rigid and stiff or vice versa. By making them supple and relaxed, the eyes will move and accommodate more freely. With this extra effort, your eyes will get back their normal vision within a few months.

I repeat again, that your own efforts only can bring back your eye sight to it's normal state. Never look for an outside solution. If the root cause is understood, we must put our best efforts to rectify the same.

The exercises mentioned here are very simple and can be practiced anywhere, sitting comfortably in a chair. Always keep the spine erect as far as

possible. Just watch your breathing during the exercise.

### **Exercise 1**

#### **UP AND DOWN MOVEMENT :**

Keeping the body especially the head portion relaxed, gently move the eyes up and down 5 – 10 times. Using a minimum effort move the eyes as far up as possible and as far down as possible. As muscles become more relaxed, as a consequence, one will be able to look lower down and higher up. After completing 5- 10 times do palming, for minimum 30 seconds, to get the maximum benefit of this exercise.

Same exercise can be practiced by fixing the eye sight at the center point on the wall at eye level and moving neck up and down. This is much more effective not only to the eye muscles but also to the neck muscles.

### **Exercise 2**

#### **SIDE TO SIDE MOVEMENT**

In this exercise move the eyes from side to side as far as possible without any force for 5-10 times. One can move the neck side wards keeping the eye

sight fixed. You can decide which method gives you maximum relaxation; and continue to do it every day.

As the muscles begin to relax you will be able to move them faster and more easily or your neck also moves a little faster than in the initial stage.

### **Exercise 3**

#### **TOP CORNER TO BOTTOM CORNER**

In this exercise move your eyes to top corner of one side of a wall and bottom corner on the other side of the wall. Same thing should be repeated on the opposite diagonal. The neck movement is also very beneficial to do this exercise with fixed eye. Without eye movement also neck will move slowly in both the diagonal directions. You only need a little practice. Palming after every exercise is essential.

### **Exercise 4**

#### **ROTATION:**

In this exercise rotate your eyes in a circular manner, upward, sideways, downward and upward for 5 – 10 times. Anticlockwise rotation, also should be done for 5- 10 times. This exercise

will be easy after you perform 1st to 3rd exercises. The neck movement also should be done in rotational way with fixed eyes which can relax all the neck muscles also.

### **Exercise 5**

#### **FOCUSING:**

Keep the thumb finger straight after stretching the arm at eye level. Then look at the thumb for a second and then to a far-off object (farther the better for accommodation). One should do this exercise fairly rapidly which improves the accommodation of the eyes. This exercise can be practiced anywhere while sitting or standing and as often as you can in a day.

### **Exercise 6**

#### **EYE BROWS CONCENTRATION :**

In this exercise move the thumb close to your eyebrows look at the thumb and slowly take the thumb to original position. The eyes will slightly squeeze to look at the center of the eyebrows which is not natural. This exercise improves the condition of squint.

Similar exercise can be repeated by bringing the

thumb to the top of the nose. All these exercises can be done for 5-10 times depending on the time available to you. This squeezing exercise has to be done carefully and if there is any pain, one should discontinue the exercise and restart after a few days. Never ever do the exercises, when there is pain, in your enthusiasm to achieve faster results.

General neck exercises taught in any basic yoga class will help you to improve the energy circulation to the head region especially to the eye muscles.

**CHAPTER 12**  
**TRIPLE WARMER MECHANISM - ENERGY**  
**PRODUCING MECHANISM -FOOD AS FUEL**

First and foremost, we must understand how the mechanism of a human body works from a layman's point of view and how this so called “energy” is produced in our body. “Energy” is the capacity to do work which is measured by work done per sec. Suppose in 10 seconds' if one can run 50m and another can run 100m, the later has got more energy. His capacity to do work is more.

How is this energy produced in our body? What is required for producing this energy? We know we eat carbohydrates, proteins and fat. Carbon and hydrogen in the food which have been converted into glucose, burn continuously in the “mitochondrion” of the cells and is converted into adenosine triphosphate (ATP). Whenever muscles have to work this ATP is released and the muscles work resulting in movement and producing heat. This heat is being produced continuously because of muscle movement in the whole body. The temperature of the whole body is maintained, by the hypothalamus of the brain, at 37.1 degree Celsius plus or minus 0.1degree Celsius for the body to work efficiently. The

system adopts many techniques by shrinking or expanding the arteries or by activating the sweat glands to reduce the excess heat. One should understand that by maintaining the body temperature at 37.1 degree Celsius we derive maximum energy from the system for our work.

**Now the question is what should we eat to increase our energy?**

First of all, all most all food items taken into our body have to come from the earth including the animals we eat. The moment the food is approved by your five senses, the tongue is the one which extracts the finest energy from the food which has come from the earth. The five tastes of food give more satisfaction when it is chewed for a long time and tastes are experienced by the tongue.

Once the food enters our stomach, after proper chewing, one can feel the energy of the body increasing within a few minutes. The reason for this is that the tongue is connected with all the organs especially heart, spleen and liver. The spleen and stomach are considered as earth organs because anything produced by earth goes to our body through the stomach only to be converted into energy.

If the stomach is half full, the mechanical movement initiated by our digestive system will be perfect and in this process the spleen absorbs the finest energy and sends it to lungs for mixing it with oxygen and 'prana' which comes with our breathing. When the food processed by the stomach reaches the small intestine, it absorbs all the nutrition into the blood and sends it to Kidney via Liver.

The kidneys separate this fluid into pure fluid and impure fluid according to acupuncture therapy. The pure fluid is sent to the Lungs for mixing with the finest energy sent by spleen and the "Prana" absorbed by the Lungs. This mixing happens every second in our human body and this is known as "True Qi". If one has more "True Qi", he will be able to get more energy. This 'True Qi' is sent to the heart and when it is compressed partially it is converted into blood. That is why we need blood from live persons for transfusion. The "True Qi" gives energy to the heart first for its work and then circulated to all other organs for their working.

According to acupuncture texts, the impure fluid segregated by kidney is used by kidney to form synovial fluid for the joints. Liver uses the same

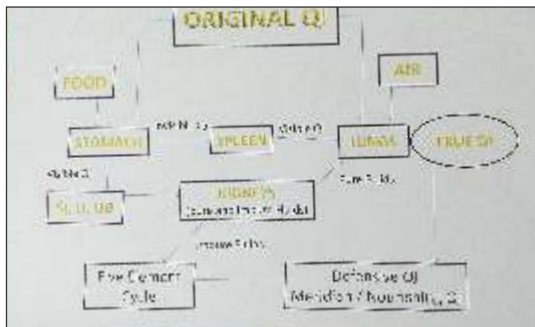


fluid to make tears for the eyes. Heart to make sweat, Spleen to make saliva and Lungs to make mucosa.

This theory is very convincing, since the synovial fluid gets dried up due to Kidney's inefficiency. Similarly, Liver takes care of our eyes and the tears are produced by the Liver. So, detoxify the Liver and activate Liver acupuncture points for eye problem. The Spleen takes care of the saliva secretion and in turn digestion. So, if you have any digestive problem activate the Spleen acupuncture points. The Lungs take care of the mucus and any nose problem. So instead of suppressing the nose problem with medicines, go to Lung points and activate the Lungs. Ear problems or joints' problems can be solved at the root by giving energy to the Kidney by activating the Kidney points. Though it is difficult to believe, one should look at the root cause of the problem and solve rather than suppressing the pain with tablets for a long time.

So, the whole human energy system works on fuel which you take in the form of food. Second point is your oxygen along with invisible "Prana" to the lungs should be enhanced by deep breathing exercises. As the body, mind and prana

(breathing) are interconnected, one should eat food with peace of mind. Now one can understand the importance of good eating habits and deep breathing. Take natural foods, such as fresh fruits, salads, green vegetable and nuts. Eat whatever you like but not processed food. Eat a sensible, healthy diet as per your requirement. Seasonal foods available should be given more importance. Vitamin A present in orange and yellow colored fruits like mango, oranges and carrots is very important for good eye sight. If the food stays inside the system without getting converted into energy it becomes toxic to the body. It leads to clogging of the skin, muscles, and blood vessels in the vital organs. It has been observed that the eye defects are mainly due to a diet too rich in starch, sugar and protein. Easily digestible food for three months along with exercises mentioned in the earlier chapter will ensure that your defective vision will surely be corrected.



## **CHAPTER 13 : MYOPIA (SHORT SIGHT)**

Nearsightedness (myopia) is a common vision condition in which one sees the objects clearly if they are near and blurred if they are far. In this case, the image is focused in front of the retina instead of on the retina. It can develop gradually or rapidly often worsening during children's adolescence. Near sightedness tends to run in families. A basic eye exam can confirm near sightedness. Normally compensated for the blur with eyeglasses, contact lenses or refractive surgery.

Symptoms:

- 1) Blurry vision when looking at distant objects
- 2) The need to squint or partially close the eyelids to see clearly.
- 3) Headache caused by eyestrain.
- 4) Difficulty in night driving (night myopia)

Nearsightedness is often detected during childhood and is commonly diagnosed between early school years through the teens. The following habits are also due to myopia.

- 1) Persistently squinting
- 2) Need to sit close to television, Movie screen or in the front seats of a classroom.
- 3) Seem to be unaware of distance objects and blink excessively
- 4) Rubbing the eyes frequently.

If the quality of your vision detracts from your enjoyment of activities, check with an Eye Specialist and correct with spectacles which is very important. But if you are doing the mandatory exercises regularly, eyesight will never worsen further but will improve if you check every 6 months.

Factors responsible for Myopia:

- 1) Heredity
- 2) Reading and close up work
- 3) Environmental conditions

Complications:

- 1) Reduced quality of life
- 2) Eyestrain
- 3) Impaired safety
- 4) Financial burden
- 5) May lead to complicated eye problems

## **HYPERMETROPIA (LONG SIGHT)**

It is a vision condition in which near objects look blurry. It is a common vision condition seen mostly in adults. Such people may get eyestrain and headache if they read for long periods, writing or drawing and doing computer work. Treatment options include wearing glasses, contact lenses or surgery such as LASER

### **Symptoms :**

1. Blurred vision
2. Distorted vision
3. Eye strain
4. Squinting
5. Headache

### **Causes :**

Our eye is like a camera. It focuses light on the back of our eye i.e. on retina, which provides clear vision. Long sight is caused by light not being correctly focused on retina but it focuses behind the retina. It can be concluded that eye ball is shorter than usual. A normal eye is about 23mm in length and the eye with Hypermetropia is shorter in length.

There are three categories of severity

Low severity : The refractive error is less than or equal to +2.00 diopter.

Moderate severity: The refractive error is more than + 2D and less than +5D.

High severity: The refractive error greater than 5D.

## **ASTIGMATISM**

It is a type of refractive error in which the eye does not focus light evenly on the retina. This results in distorted or blurred vision at any distance (near or far). Other symptoms include eyestrain, headache and trouble in driving at night. If it occurs in early life, it can later result in amblyopia. The cause is not very clear but it is partly related to genetic factors. It can be due to irregular curvature of the cornea or abnormalities in the lens of the eye. Treatment options available are glasses or contact lenses or surgery.

### **Signs and symptoms:**

Although astigmatism may be asymptomatic, higher degrees of astigmatism may cause symptoms such as blurred vision, double vision,

squinting, eyestrain, fatigue or headache. There is a link between astigmatism and migraine headache.

## **PRESBYOPIA**

It happens when the natural lens in the eye gets less flexible. Farsightedness is from a misshaped eyeball that causes light rays to focus incorrectly once they have entered the eye. After 40 years, it gets harder to see close up, but one can see far objects. This is called presbyopia. It isn't a distance vision but natural part of aging process. Presbyopia is often confused with farsightedness, but the two are different. Presbyopia happens when the natural lens in the eye gets less flexible but farsightedness is from a mis-shaped eyeball that causes light rays to focus incorrectly once they have entered the eye.

### **Symptoms:**

- 1) You need to hold the reading material at arm's length
- 2) Blurred vision at a normal reading distance
- 3) Headache or fatigue from doing close work

According to medical science, there is no cure for

presbyopia. Bifocals work for many people. The top part corrects the vision and lower section helps you see objects up close. Progressive lenses are similar to bifocals, but there's a gradual or blurred transition between the two prescriptions instead of separate sections.

## **SQUINT EYE**

Squinting is the action of looking at something with partially closed eyes. It is the result of refractive errors of the eyes of a person who does not use glasses for eyesight. Squinting helps momentarily to improve their eyesight by slightly changing the shape of the eye to make it rounder, which helps light to reach the fovea properly. Squinting also decreases the amount of light entering the eye, making it easier to focus on what the observer is looking at. It cuts off the rays of light which enter the eyes at an angle and would need to be otherwise focused by the observer's faulty lens and cornea. The only damage that can be caused by squinting for long periods is a temporary headache due to prolonged contraction of facial muscles.



## **CATARACT**

Cataract is clouding of the lens of the eye which leads to a decrease in the vision. Cataract often develops slowly and can affect one or two eyes. Symptoms may include faded colors, blurry or double vision, halos around light, trouble with bright lights, and trouble seeing at night.

Cataracts are most commonly due to aging but may also occur due to trauma or radiation exposure. Diabetes, smoking, prolonged exposure of eyes to the sunlight and alcohol are the main risk factors for cataract. The underlying cause is the accumulation of clumps of protein or yellow-brown pigment in the lens that reduces transmission of light to the retina at the back of the eye. It is diagnosed by eye examination. Normally, the cloudy lens is surgically removed and replaced with an artificial lens as an effective treatment.

### **Causes:**

Age is the most common cause. The lens proteins denature and degrade over time, and this process is accelerated by diseases such as diabetes and hypertension.

The other causes are environmental factors, including toxins and radiation, ultraviolet rays, which have cumulative effects. It is often worsened by the loss of protective and restorative mechanism due to changes in gene expression and chemical processes within the eyes.

## **GLAUCOMA**

Glaucoma is an eye disease where the pressure inside the eye increases due to improper drainage of the eye fluid. It can damage the optic nerve and could cause vision loss. In open-angle glaucoma, the drainage angle for fluid within the eye remains' open. Open angle glaucoma develops slowly over time and there is no pain. Peripheral vision may begin to decrease, followed by central vision, resulting in blindness if not treated on time.

Closed angle glaucoma may develop gradually or suddenly. The sudden development may cause severe eye pain, blurred vision mid-dilated pupil, redness in the eye and nausea. Vision loss from glaucoma, once it has occurred, is non-reversible.

**Causes:**

1. Increased pressure in the eye
2. Heredity
3. High blood pressure

Pressure in the eye when checked with a tensometer should be less than 14(1.8K pa). Pressure above 21mm of Hg or 2.8 K pa is considered high. In open angle glaucoma, the aqueous humor exits through the trabecular mesh work. In closed-angle glaucoma the iris blocks the trabecular meshwork. Dilated eye examination can confirm the type of glaucoma. If treated early, it is possible to slow down the progression of disease with medication. Laser treatment is to decrease the eye pressure. Closed angle glaucoma is medical emergency. It occurs more commonly in older people.

**Signs and symptoms:**

Open-angle glaucoma is painless and does not have acute attacks, thus no clear symptoms. Screening via regular eye check-ups is important. The signs are progressive visual field loss, and optic nerve changes. Of the several causes for glaucoma, ocular hypertension (increased

pressure within the eye) is the most important risk factor. The basic cause of glaucoma is highly toxic condition of the system due to wrong diet and improper living. The real treatment for glaucoma should be constitutional in character, not merely local and palliative. Excessive fluid in the body is a sign of highly toxic condition and imperfect local drainage. Cataract and glaucoma can be easily prevented from developing further by carrying out natural treatment. People with advanced symptoms can better depend upon the proven methods.

## **IRITIS**

The iris or the coloured portion of eye may sometimes gets inflamed possibly due to infection which is known as iritis. It is very painful condition which may continue for many months, leaving behind a permanent damage to the sufferer. The steroids used are suppressive treatment instead of eliminative measures,

Iritis is mainly due to high toxic condition of the whole body. Unless the whole system is treated, there is little hope for recovery as far as the restoration of vision and the general health of the

eye are concerned. A person, suffering from iritis must be having past medical history of disease of one kind or other and long standing constipation. The toxic condition should be treated first and treating only with steroids will never work.

Fasting and strict dieting are the two measures most needed to treat iritis. It is only through internal cleansing of the system that the toxicity responsible for the condition can be cleared and normal condition of the eyes can be restored.

Along with dieting, cleansing the large intestine with lukewarm water enema everyday morning and evening will help to recover from the condition. It is better to consult a naturopathy doctor for detoxification and diet.

## **KERATITIS**

The inflammation of the cornea of the eye is known as keratitis and is very much similar to iritis. This condition is also indicative of highly toxic general condition of the body. Sometimes eye strain, injury to the eye are the superficial predisposing factors to its occurrence. This condition also requires strict diet and fasting to remove the toxins from the whole body. Such

natural treatment not only cures the eye trouble but also improves the general health.

### **ULCERS IN THE CORNEA**

The cornea is the transparent dome at the front of the eyeball which acts as the main focusing lens. The cornea is covered by about five layers of stratified squamous epithelial cells, which form a transparent coating that permits light rays to enter the eye. Tiny ridges, called microplicae, hold fluid, which helps to refract the incoming ray of light.

Very rarely small ulcers appear upon the cornea, and give a considerable amount of trouble. As with all other eye diseases, the cause for corneal ulcers is also systemic in origin, and can be traced to wrong diet and wrong way of living in general. The solution is also same as detoxification and proper diet. It shows how important is general health. Instead of treating the sensor one should try to treat the root cause of the problem.

### **CONJUNCTIVITIS**

Conjunctivitis is a very common form of eye trouble. It is caused by inflammation of the inner

lining of the eyelids called conjunctivae. It is also known as pink eye or Madras eye which is the inflammation of the outermost layer of the white part of the eye. It makes the eye appear red or pinkish. The main feature of the condition is redness and swelling of the lids, accompanied sometimes by a feeling as though there is something gritty in the eye. There is often copious discharge of tears ( or watering) and sometimes in more serious cases, there may be pus formation.

The medical belief is that conjunctivitis is due to “germ” infection or eye strain. Prolonged work under artificial light or excessive use of eyes in one way or other, predisposes towards appearance of this trouble. But the root cause is systemic in origin. Again it can be due to general catarrhal condition of the system due to general toxic condition. Catarrh is a pathological condition essentially connected with the mucous membrane or the inner lining of the nose and throat. The infection can spread to the mucous lining of the eyelids and affect them also. This is the main reason for conjunctivitis. So one has to detoxify the system once they get some relief with eye drops prescribed for immediate relief. The

trouble is also due to weak eye structures and weakening of eye muscles. The treatment must be constitutional. Such people should correct their food habits and detoxify the whole body by fasting. Only internal cleansing of the system and proper food habits can prevent conjunctivitis. A clean colon has more to do with the clearing up of eye diseases than most people imagine. In all cases, it is necessary to use lukewarm water enema (called gravity douche) every day for few days to remove the toxins from the colon. Exposure of closed eyes to early morning sun rays is most helpful measure for conjunctivitis. Palming exercise should be repeated often in a day.



## **CHAPTER 14 : ZEN MEDITATION**

Zen Meditation is a simple technique developed and taught by me in our Academy for Acupressure and acupuncture for the past 20 years and practiced effectively by all advance acupuncture trainees and practitioners. In this meditation technique, people are taught to live in the present. The technique for watching the breathing and “Ujjai Pranayama” are the main exercises taught in the class which are discussed in this chapter. Anyone above 10 years can practice this simple technique and it has to be practiced on empty stomach. It is advised to practice it after 4 hours of taking food. It has to be practiced in sitting posture like Sukhaasana or Ardha Padmasana. Those who are unable to sit in these Asanas can sit on a flat chair with their spine in erect posture.

### **Process/ Procedure**

Sit in a comfortable posture as explained and chant the Universal Prayer.

**Sarve Bhavanthu Sukhinah!**

**Sarve Santu Niramayah!**

**Sarve Bhadrani Pasyanthu!**

**Ma kashchitdukkha bhag Bhavet!**

**It is advisable to measure your breathing rate and pulse rate before and after the meditation daily.**

Now closing the eyes, just start watching your breathing without interfering in the breathing. After a few breaths it is very important to take a resolution. For example, I want to bring my eye sight to normal. One can have their own resolution and hold on to it every day for six months.

Next step is to do **“Ujjai Pranayama”**. Your tongue should fold backwards so that the bottom of the tongue touches the back of the upper palate which known as **“Khechari mudra”**. Then contract the glottis in the throat and while breathing out make the sound “Haa” like gentle snoring. This breathing can be practiced in any posture. This breathing exercise improves the awareness of the mind and keeps the mind in excellent control.

Continue this breathing for 10 to 15 minutes and repeat your resolution in the end. Then rub your palms and do palming before opening your eyes. Always look at the tip of your fingers after opening the eyes so that the excess energy is circulated to

your own system. Otherwise it will get out and enters the universal system. Every human being is an independent energy system capable of producing its own energy for its survival. The universal energy called **“PRANA” or “Qi”** contained in the breath without being the breath, is the instrument of “Consciousness”. The oxygen in the breath goes to the lungs, while the Prana or Qi goes directly to the nadis or meridians.

Prana is invisible like electricity but where there is prana, there is life. This includes physical life, intellectual life, mental life, psychic life and spiritual life. The disturbance of the prana is the primary cause for disease, either physical or mental.

## **PRANA AND CONSCIOUSNESS**

We must understand what is consciousness and what is its connection with prana. Consciousness is the faculty of awareness of the human mind. Consciousness is passive and prana is active. Neither prana nor consciousness can exist or function without the other. Prana is an active force without the knowledge to direct and consciousness is knowledge without motion to

give realization. Yin and Yang have to work together. Consciousness and prana are the positive and negative elements of the one inconceivable force which is responsible for everything that takes place in the individual and cosmic life. They are conceived as independent but interdependent entities. When prana and consciousness are together creation occurs and when they are separated dissolution occurs.

The physical and the pranic body constitute the basic structure of the humans. The pranic body provides energy and infuses life into physical body. The prana exists as light and energy in the pranic field and depending on the thoughts the colour and shape of this field will vary. Scientifically, Kirlian Photography developed in Russia proved this field. The pranic field becomes bright as the mind and body get purified with meditation.

The physical body and the prana are held together by mind. Mind performs many functions simultaneously. It conveys the experiences and sensations of the external world to the intuitive body. Mind is capable of travelling faster than

light and it can move forward or backward in time. In meditation the time flies and sometimes the entire 20 minutes look like 5 minutes.

Knowledge absorption takes place in the intellect and it stores the information absorbed for logical analysis. As one is meditating the breathing rate goes down and one can get the connection to the “innernet” where the knowledge is available for you to access. Whatever information or thought processes are generated by all human beings is available in the waveform in the cosmos. Through your own innernet one can tune to any wavelength and get the required knowledge. One becomes intuitive and understands deeper reasons behind all manifestations. Who am I? Why am I here? One will understand life with this simple meditation which will lead to wisdom.

All human beings are connected by the spiritual connection and the souls in all beings are immortal. The mortal body is occupied by the immortal soul. Our main goal of meditation is to touch the soul and take your life as per the soul's requirement not as per our mind's requirement.

## **Gains from Meditation**

1. Pain in the muscles will come down
2. Body temperature will be normal
3. Pulse rate also will come down
4. Tongue will be pink
5. Fresh feeling in the morning
6. Good stamina
7. Productive and creative
8. Energetic and humorous
9. Happy and peaceful
10. Curious and imaginative.

**Zen meditation for 10 to 20 minutes every day can give you better health, more energy, better wisdom and more peace of mind.**

## **CHAPTER 15 : ACUPRESSURE POINTS** **FOR COMMON PROBLEMS**

In this Chapter a few common problems are discussed and the solutions are given with one or two acupressure points.

### **1. ACIDITY (HYPER)**

#### **SYMPTOMS**

- Heat in the stomach region
- Gas in the stomach
- Burning sensation in the stomach
- Belching

#### **TREATMENT WITH ACUPRESSURE**

***LI 4-Located on the web of the thumb and index finger.***



LI 4 can be used also for constipation, abdominal pain, vomiting and catch at the back also. It is general pain relieving point.

Hyper acidity is mainly because of wrong food intake and not chewing the food in the mouth for sufficient time. The second reason is mental worry. Final reason is excess masala in the food. One can easily avoid the antacids by correcting the root cause of the problem.

## **2. COLD (Chronic Obstructive Lung Disease) AND SINUSITIS**

### **SYMPTOMS**

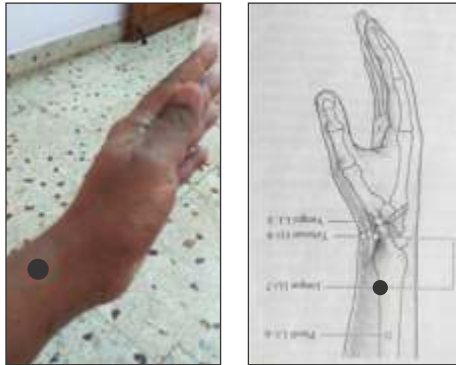
1. Head and chest congestion
2. Running nose and difficulty in breathing
3. Sore throat
4. Sneezing
5. Dry cough at night
6. Burning and watery eyes
7. Headache
8. Constant fatigue

### **TREATMENT WITH ACUPRESSURE**

**Lu-7 Located on the wrist two fingers from the base of the thumb.**



Lu 7 is also useful for Allergies, Breathing problem, Wrist and Elbow pain.



The cold problem is mainly due to improper elimination. Especially if children have difficulty to evacuate in the morning, over a period of few days cold will appear with above symptoms. One should try to solve the root cause of the problem by solving the constipation. The reaction from our higher intelligence is to create condition to remove all the toxins from the blood. Suppressing the symptoms with medicine will create other reactions in the long run. Avoid antibiotics for children below 10 years. Give more warm water in the morning and easily digestible food for the children.

When you activate Lu 7, the cold will increase and toxins will be removed faster. It is a good sign and parents need not worry about it.

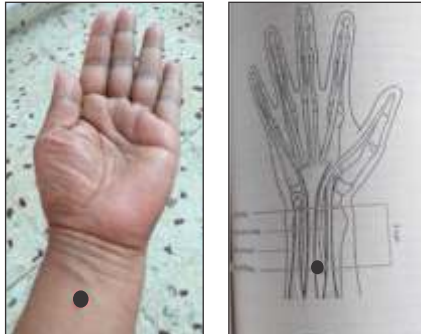
### **3. DEPRESSION**

#### **SYMPTOMS**

1. Persistent sadness and pessimistic
2. Feeling of guilt, worthlessness, helplessness, or hopelessness
3. Loss of interest or pleasure in usual activities
4. Difficulty in concentrating
5. Insomnia or oversleeping
6. Weight gain or loss
7. Fatigue and lack of energy
8. Anxiety, agitation, irritability
9. Slow speech, slow movements
10. Thoughts of suicide or death

#### **TREATMENT WITH ACUPRESSURE**

**P 6-Located on the inner side of the forearm three fingers from the wrist joint.**



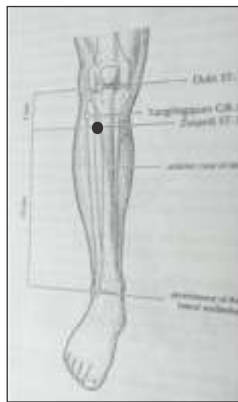
Depression is mainly due to less energy production in the system. P 6 will give immediate relief.

## 4. LEG PAIN

### SYMPTOMS DUE TO

1. Soft tissue injury
2. Fracture or dislocation
3. Overuse injury
4. Varicose veins
5. Peripheral vascular disease
6. Sciatica
7. Superficial or deep phlebitis
8. Bone infection

**St-36 Located on the leg, four fingers from the knee cap.**



St 36 can be used for tiredness of the legs after walking long distances and also for improving digestion of food in the stomach which can control acid secretion. Same point helps to improve the memory of the children.

## 5. VARICOSE VEINS

### SYMPTOMS

1. Prominent dark blue blood vessels in the legs
2. Aching legs
3. Swelling in the ankles or feet after standing for long time
4. Superficial varicose veins have bulging, rope like, bluish veins
5. Deep varicose veins with aching & heaviness in the limbs without visible blue veins
6. Discoloured peeling skin with ulcers with constant severe pain

### TREATMENT WITH ACUPRESSURE

**Sp-6 Located four fingers from the protruding ankle bone (medial malleoles) towards the calf muscle.**



Varicose vein is mainly due to weakness of muscles. General muscle strengthening exercise will help particularly camel walking exercise. In static position lift one leg applying pressure on the toes and then move the other foot applying pressure on the toes keeping the legs one foot apart. Daily exercise for a few minutes will give very good relief.

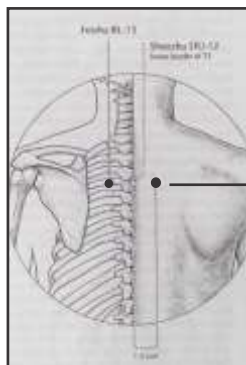
## **6. ASTHMA**

### SYMPTOMS

1. Mild to moderate shortness of breath
2. Wheezing or whistling while breathing out
3. Tightness of chest
4. Restlessness
5. Insomnia
6. Coughing sometimes accompanied by phlegm

### TREATMENT WITH ACUPRESSURE FOR RELIEF

#### **B-13 Located two fingers away from the centre**



**B-13**

B-13 point has the potential to give immediate relief during Asthma attack. It is mainly due to allergic reactions in the lungs. The allergic reaction is due to improper elimination in the large intestine. Strengthening the lungs with Yoga especially pranayama will give them wonderful results. Remove all the emotions connected with grief in the past and the recovery will be fast.

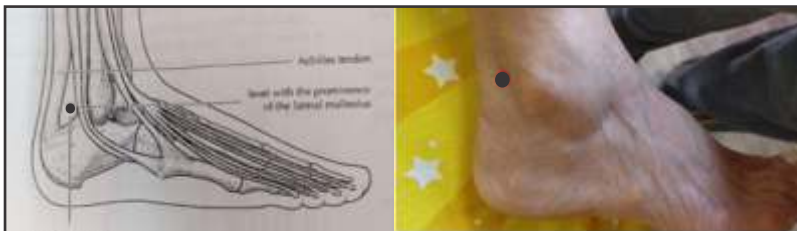
## **7. HEEL PAIN**

### **SYMPTOMS**

1. Pain in the heel region
2. Unable to walk in the morning after getting up from sleep
3. Calcaneous spur at the base of the heel which can irritate and cause pain with every step.

### **TREATMENT WITH ACUPRESSURE**

**B-60 Located in the depression between the lateral malleolus & the Achilles tendon.**



Heel pain is mainly due to calcium segregation and due to gravity calcium ions get settle down in the calcaneus bone in the night as spur. If they are taking calcium tablets stop the tablets for a few weeks and observe. Improve your blood circulation with exercise. Avoid walking on vitrified floors barefoot.

## **8. DISCOMFORT IN THE CHEST-INDICATION OF HEART ATTACK**

### **SYMPTOMS**

1. A prolonged squeezing, crushing or burning pain in the centre of the chest.
2. Radiating pain to the neck, arms and jaw.
3. Shortness of breath, dizziness, nausea, chills , sweating and weak pulse
4. Fainting

### **SEEK EMERGENCY HELP WITHOUT DELAY TREATMENT WITH ACUPRESSURE**

#### **H-9 Root of the nail on the little finger**



H 9 can be used by anyone as a preventive therapy for heart related problem. It is an emergency point during heart attack and close people should keep on activating this point till they reach the hospitals.

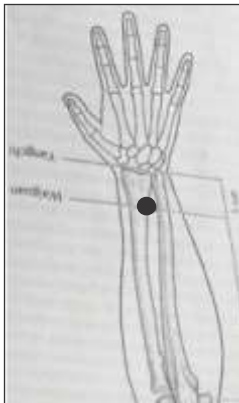
## **9.FEVER or HIGH TEMPERATURE**

### **SYMPTOMS**

1. Body temperature raises to 101 degree F or 102.
2. Occasionally go as high as 106 degree F
3. Sometimes alternating with chills
4. Head ache
5. Aching muscles
6. General fatigue and weakness

### **TREATMENT WITH ACUPRESSURE**

**TW-5 Located at two fingers from the protruding bone in the wrist joint.**





Fever is the action by the inner intelligence to solve the problem but it should not cross 102 degree F. One should try to remove the heat by applying cold packs. TW 5 has the potential to reduce the fever by 2degrees within few minutes.

## **10. SWELLING IN THE LEGS**

### **SYMPTOMS**

1. Swelling in the foot after long journey
2. Water retention in the leg

### **TREATMENT WITH ACUPRESSURE**

**Liv 3- Located at the hollow distal to the 1st and 2nd metatarsal bones.**



Liv 3 can be very effectively used for Travel Sickness, Vomiting, Poor appetite and Diarrhoea. Most of the above symptoms are due to improper Liver function which controls the muscular system.

## **11. HYPER TENSION (HIGH BLOOD PRESSURE)**

### **SYMPTOMS**

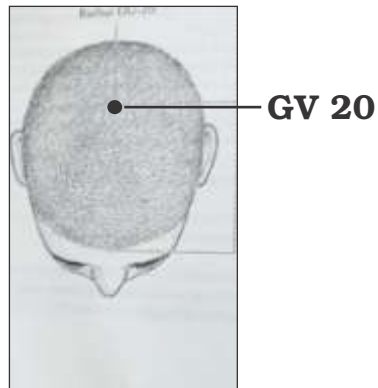
1. No clear warning signs for hypertension
2. Frequent headaches, chest tightness
3. Nose bleeds
4. Numbness and tingling
5. Excessive perspiration
6. Muscle cramps
7. Weakness
8. Palpitation
9. Frequent urination

Some of the symptoms can be due to secondary hypertension caused by some other disorder.

### **TREATMENT WITH ACUPRESSURE**

**H-9 Located at the root of the nail in the little finger**

**GV-20 Located at the crossing point on the line drawn from the centre of the ears and the midline of the skull.**



The heart responds to your body and mind requirements depending on your physical and mental activities. It is better to check the root cause of the problem and clear it for hypertension. One should take the required medication to control high BP and gradually reduce the dose depending on the results after consulting the Physician.

## **12.LOW BLOOD PRESSURE (HYPO TENSION)**

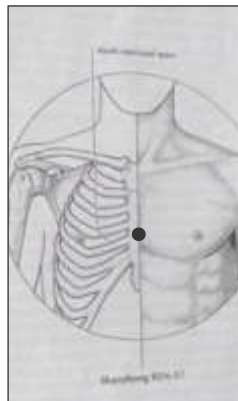
### **SYMPTOMS**

1. Low energy for work
2. Fainting sensation

### **TREATMENT WITH ACUPRESSURE**

**H-9 Located at the root of the little finger**

**CV-17 Located at the sternum on the line joining the nipples for men.**



Low blood pressure is due to expansion of the blood vessels and high blood pressure is due to contraction of blood vessels. The blood vessels are controlled by Liver and by solving the root cause of the problem low blood pressure also will become normal.

### **13. CONSTIPATION**

#### **SYMPTOMS**

1. Hard compacted stool
2. Difficult or painful to pass
3. No bowel movement for 3 days for adults
4. No bowel movement for 4 days for children

#### **ACUPRESSURE TREATMENT POINT**

**CV-24 Located on the chin below the lower lip.**



Constipation is the root cause for almost all the problems in the body. The Large intestine is active early in the morning between 5AM to 7AM. People, who are constipated should get up early in the morning and after having sufficient warm water should try to clear their bowl before 7 AM. The food with fibre will help easy movement. One

should never strain the Large Intestine while evacuating. The blood which rushes to the extreme helps to expand the anus but it takes a lot of time to come back to the system for purification. If the straining continues for long time one can develop piles in the long run. “Ashwini “ mudhra is the best mudhra to avoid piles. Squeeze your anus while breathing in and release while breathing out for 5 to 10 times every day.

#### **14. EAR PAIN OR TOOTH ACHE**

##### **SYMPTOMS AND CAUSES**

1. Excess ear wax hardened in the canal
2. Damaged ear drum
3. Excess use of ear plug/phone
4. Nasal congestion
5. Tooth or gum trouble
6. Tooth decay or abscess
7. Infection in the mastoid process

##### **TREATMENT WITH ACUPRESSURE FOR RELIEF**

**K 3- Located in the depression between the medial malleolus and the achillies tendon.**



As per Acupuncture theory ear is controlled by Kidney meridian and the shape is also like ear. Since coldness energy represents the hardness, the tooth also comes under Kidney meridian. Activating the K 3 point daily twice can give you wonderful results within few weeks. The relief also can be observed from ear pain or tooth pain. K 3 can also be used for heel pain, hair fall and bones related problem.

## **15. HICCUPS**

### **SYMPTOMS**

1. Repeated, involuntary contraction of the diaphragm
2. Creates the “hic” sound repeatedly
3. Generally for short duration after a big meal or too much alcohol
4. Occasionally, it can last for days or weeks

### **TREATMENT WITH ACUPRESSURE**

**St-43 Located in the hollow distal to the junction of the 2nd and 3rd metatarsal bones**



St-43 has been very effective for hiccups.

## **16. URINARY BLADDER PROBLEM**

### **SYMPTOMS**

1. Painful urination
2. Bloody urine
3. Unable to hold urine
4. Less urination
5. Excessive urination
6. Cloudy urine with foul smell
7. Urine leakage or dripping
8. Inability to fully empty the bladder

### **TREATMENT WITH ACUPRESSURE**

**B-66 Located on the lateral side of the foot, in the depression anterior and inferior to the 5th metatarsophalangeal joint.**



With B-66 activation one can get relief for urinary problems. Strengthening Kidneys and Liver with acupressure points will give cure for many urinary problems.

## **17.LEG CRAMPS**

### **SYMPTOMS**

1. Sharp, sudden, painful spasm or tightening of a muscle especially in the legs
2. The affected muscle hardens to the touch
3. Visible distortion or twitching of the muscle beneath the skin

### **TREATMENT WITH ACUPRESSURE**

**B-57 Located at the centre of the base of calf muscle a little less than half way down from the knee crease to the ankle crease.**



B-57 can reduce the pain and releases the muscles immediately. At this point just hold your fingers with pressure for two minutes. Early morning cramps especially for ladies this point is very useful. Leg cramps are mainly due to coldness energy in the system especially in the spleen meridian.



## **SLEEPLESSNESS (INSOMNIA)**

### **SYMPTOMS**

1. Persistent trouble falling asleep
2. Failure to sleep through the night
3. Waking up earlier than usual
4. Disturbed sleep for more than a month needs medical help

### **TREATMENT WITH ACUPRESSURE**

**H-7- Located at the wrist crease, on the radial side of the tendon in the depression at the proximal border of the pisiform bone.**



Sleeplessness is normally caused by anxiety and restlessness. H-7 point will give immediate relief if you hold that point for 10 to 30 seconds. Repeat this procedure 3 times before going to the bed to get good sleep. The root cause of the problem lies in the mind.

## **19. VERTIGO/DIZZINESS/GIDDINESS**

### **SYMPTOMS**

1. Your head or everything around you seems to spin
2. Dizziness with weakness
3. Dizziness with persistent or recurrent headache
4. Dizziness while turning the head
5. Continuous dizziness worsens with movement
6. Attacks of intermittent dizziness and loss of hearing
7. Dizziness when changing the position of the head

### **ACUPRESSURE TREATMENT POINT**



**TW-17 Located behind the ear lobe. It can act as a preventive point also.**

Proper medical assessment of the problem is essential for vertigo.

## **20. CONVULSIONS / EPILIPTIC ATTACK**

### **SYMPTOMS**

1. Sizures-episodes of abnormal mental or muscular activity

2. Staring straight ahead
3. Loss of consciousness
4. Rhythmic jerking motions
5. Incontinence



## **ACUPRESSURE TREATMENT POINT**

**GV-26 Located above the upper lip on the midpoint.**

GV-26 is very effective for epilepsy. Daily activation at this point has the potential to give wonderful relief for children and reduces their medication in the long run. This point can act immediately for reviving consciousness. This point has the potential to bring back the patients in coma.

## **21 CONCENTRATION IMPROVEMENT**

### **SYMPTOMS**

1. Unable to remember the lessons
2. Reading again and again the same lessons
3. Scores less marks in the exam
4. No interest in studying

Long term concentration

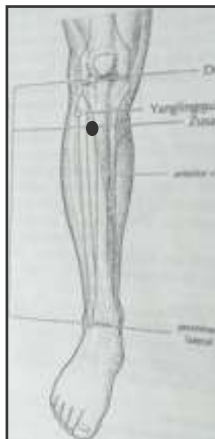
**Sp-6 Located four fingers from the protruding ankle bone towards the calf muscle.**



While activating this point intention is very important since it works in the intellectual level. One should give clockwise massage seven times with the intention to improve the long term memory.

### **SHORT TIME MEMORY IMPROVEMENT**

**St -36 Located at four fingers below the knee cap**



Here also one has to give seven times clockwise massage with the intention to improve short term memory. It is very useful for college and school students to retain what they have read for the examination.

Here the theory is very simple. If the stomach is working efficiently it will absorb not only the food for the physical body but also for the mind. If they have stomach problem children's absorption comes down. Don't scold your children, improve their digestion. Automatically they will study. Long time digestive problem will affect the spleen. Since spleen controls pancreas, diabetes people lose their concentration and memory. Same point will work for them also but over a period of time.

## **22. CERVICAL SPONDOLYSIS (NECK PAIN)**

### **SYMPTOMS**

1. Stiff neck or pain upon awakening
2. Swelling in the neck
3. Intense neck pain radiating to the arms and shoulder
4. Difficulty controlling arms and legs
5. Dull, throbbing pain on one side of the neck
6. Pain in the front of neck while swallowing
7. Severe headache followed by neck pain

## **ACUPRESSURE TREATMENT POINT**

### **EXTRA POINT – Located between LI 4 and LI 5**



Root of the thumb. Third phalangeal joint.

Neck pain is mainly due to tension and stress. Relaxation exercise will help and one should not do dynamic exercise when they have pain. Pain killers should be avoided as far as possible. Rotation of the thumb holding with other hand will relax the neck muscles. Rotate clockwise and anticlockwise for 10 times after pressing and releasing for 14 times.

## **23. HEAD ACHE**

### **SYMPTOMS**

1. Throbbing pain around the eyes & head region
2. Dull and steady pain and feel like tightening a band around the head
3. Nausea feeling
4. Visual disturbance
5. A steady pain in the area behind your face due to sinus

## ACUPRESSURE TREATMENT POINT



### **Lu 11- Located at the root of the thumb nail**

Headaches can be classified as tension headache, migraine, cluster headache or sinus headache. The root cause of the problem lies in Liver which is responsible for anger accumulation. Expressed anger is better than suppressed anger. Root of the thumb nail can relieve tension headache in few minutes and root of the toe nail (Liv 1) can cure migraine within few weeks. But suppressed anger should be released. Forgiving and forgetting is the best option.

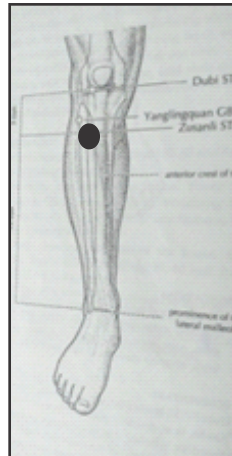
## **24. KNEE PAIN**

### SYMPTOMS

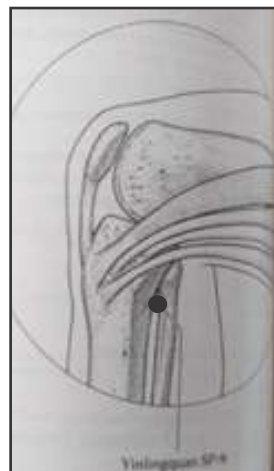
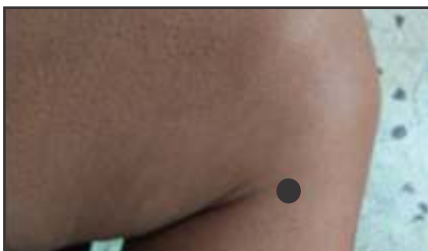
1. Knee pain following an injury
2. Pain and swelling in the knee
3. Redness, warmth, & stiffness in the knee joint
4. Limited movement
5. Wear and tear on joint tissue due to aging or overweight

## ACUPRESSURE TREATMENT POINTS

**St-36- Located 4 fingers from the knee cap**

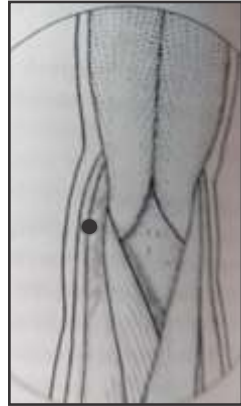
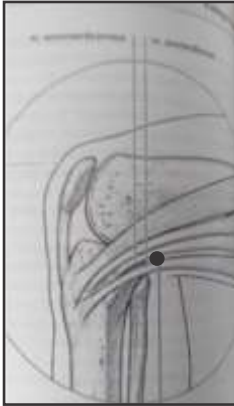


**Sp-9 – Located on the medial side of the leg, in the depression in the angle formed by the medial condyle of the tibia and the posterior border of the tibia. Medial side of the leg**





**K 10- Located at the medial end of the popliteal crease, between the semimembranosus and simitendinous tendons.**



EXTRA POINT HEADING -Located in the depression at the midpoint of the superior border of the patella.

## **25.BACK PAIN**

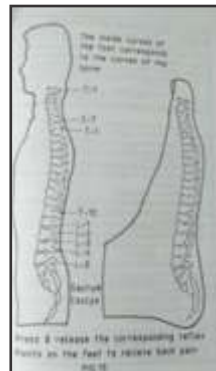
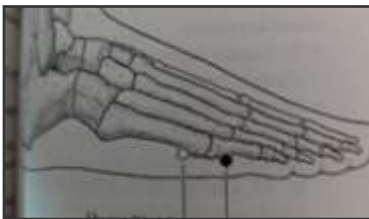
### **SYMPTOMS**

1. Persistent aching or stiffness anywhere along the spine, from the base of the neck to the hips
2. Sharp localized pain in the neck, upper back, lower back, especially lifting heavy objects or engaging in strenuous activity.
3. Chronic ache in the middle or lower back especially after sitting or standing for extended period.

4. Sudden onset of pain due slip disc
5. Misalignment of spine also causes pain
6. Pregnancy can cause back pain after 4 months
7. Kindney problem also can cause back pain
8. Ankolysing spondylitis and spinal stenosis also reasons for back pain

## **ACUPRESSURE TREATMENT POINTS**

**B-66 Located on the lateral side of the foot on the fifth toe base of the third phalange.**



Note : Spine reflex points on the foot can relieve pain in the back

## **CHAPTER 16**

### **CONCLUSION**

Health is not mere absence of disease but it is the well being of a person at physical, mental, emotional, social and spiritual levels. For staying healthy everyone has to put their own efforts every day. One should be physically active and the leg muscles and the hand muscles must be used for activating the main inner muscles especially heart muscles and improve the circulation. The sense organs are very important not only for our survival but also for improving our creativity. The whole humanity is surviving by giving something new to the society through these five sense organs only. As we are aging the sense organs also lose their sharpness. By practicing these simple techniques everyday if a person can keep all the five senses in good condition, he can enjoy the life to the fullest.

When I observe young children having eye problems, I always felt this acupressure technique should be passed on to them, especially to their parents, to try these techniques seriously to remove the root cause of the problem. We in INDIA are depending on the youngsters to take us

to the top position in the world not only in economics but also in health especially in preventive health care. My ISRO colleague Mr. Bhaskaranarayana announced in one of our ACADEMY graduation functions, when he came as a Chief Guest, that he could postpone his cataract surgery by practicing these techniques. His experiment motivated me to write this book for the benefit of the humanity. I thought that if it is useful for people above 60 years it should be very useful for youngsters.

Those who have perfect eyesight should practice this every day along with Yoga to maintain perfect health. Kindly motivate the children below 10 years to start practicing alternate therapies to stay healthy. One should avoid giving strong antibiotics to children, especially to control cold and cough. I recommend you to join a course in Yoga, Acupressure or Reflexology and understand the root cause of any disease.

In this book, we have added practice work sheets for six months for getting your feedback for our authentic research. I request all of you to record your every day efforts and check your eye sight before starting the practice and after regular

practice for 6 months. The book which will be printed later on in a big scale has the potential to create a revolution in preventive health care. It is our moral responsibility to leave something very useful for our future generations. This book is the outcome of our efforts in this direction.

I would like to conclude with a remark that people will come and people will go but our humble efforts to uplift the humanity will stay forever in this world.

\*\*\*\*\*

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Thanks to the following Trustees, Donors and Supporters of our Academy who are directly or indirectly contributed for bringing out this book. Mr.H.Bhojraj

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ASA - Acupuncture Science Association  
AAA - Academy for Acupressure & Acupuncture

## ANNEXURE I

The exercise protocol is defined for 3 categories of people.

- A. The first set of exercises is for people having normal eye sight and also for people **having power less than -2**. This set is called **A category** and the daily exercise duration is only 5 to 10 minutes.
- B. The second set of exercises is for people having eye **power above -2 and below -4**. This set is called **B category** and the daily exercise duration is about 10 to 20 minutes.
- C. The third set of exercises is for people having eye **power greater than -4**. This set is called **C category** and the daily exercise duration is about 20 to 30 minutes.

The exercise protocols are well defined for each category. Only regular exercise for a minimum of three months can show reversal and by six months some reduction. We have planned to give this book to children below 15 years and ask their parents to motivate them to not only practice but



also record in the work out pages everyday for six months for our research records.

Kindly check your eyesight before starting the exercise and check again after 3 months and final check after 6 months.

I request all those who are seriously practicing to send their input, to the address given below, by post or email or Whatsapp for our conclusion about the efficacy of this technique which is developed by our Academy for Acupressure and Acupuncture, Bangalore.

**Postal Address: H.BHOJRAJ,  
ACUPRESSURE RESEARCH CENTRE  
1963, 8th Main Road, E Block, II Stage,  
Rajajinagar, Bangalore-560010  
Mobile Number: 9845649914  
WhatsApp Number: 9845649914**

## **ANNEXURE II**

- 1. Acupressure or Acu Rotation - 3minutes**
  - 2. Blinking the eyes- 1 minute**
  - 3. Squeezing the eyes - 1 minute**
- Total: 5 minutes minimum and  
10 minutes maximum.**

### **B CATEGORY EXERCISE**

- 1. Acupressure or Acu Rotation - 3 minutes**
  - 2. Blinking the eyes - 1 minute**
  - 3. Squeezing the eyes - 1 minute**
  - 4. Eye muscle exercise - 5 minutes**
- Total 10 minutes minimum and  
20 minutes maximum.**

### **C CATEGORY EXERCISE**

- 1. Acupressure or Acu Rotation - 3 minutes**
  - 2. Blinking the eyes - 1 minute**
  - 3. Squeezing the eyes - 1 minute**
  - 4. Eye muscle exercise - 5 minutes**
  - 5. Memory and Imagination - 5 minutes**
  - 6. Zen Meditation - 5 minutes**
- Total 20 minutes minimum and  
30 minutes maximum.**

This book is mainly written for our research in eye sight improvement and is given to students for their feed back before we publish it on a bigger scale for public.















## ANNEXURE IV REGISTRATION FORM

Date :

Name : \_\_\_\_\_

Date of Birth : \_\_\_\_\_

Address : \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Ph : \_\_\_\_\_

Qualification : \_\_\_\_\_

General Health : OK / GOOD / VERY GOOD / EXCELLENT

ARE YOU ON ANY MEDICATIONS? YES / NO

IF YES GIVE DETAILS : \_\_\_\_\_

\_\_\_\_\_

WHAT IS YOUR EYE POWER BEFORE STARTING EXERCISE? DATE

**PLEASE ENTER THE DETAILS OF YOUR EYE HEALTH IN THE TABULATED FORM BELOW**

BEFORE STARTING THE PROGRAM											
Date	Eye Power				Redness/ Swelling (on scale of 10)		Tears (on scale of 10)		Focussing (on scale of 10)		Remarks
	Left Eye		Right Eye		Left	Right	Left	Right	Left	Right	
	CLY	SPE	CLY	SPE	Eye	Eye	Eye	Eye	Eye	Eye	
<b>AFTER STARTING THE PROGRAM (30 days, 60 days, 90 days, 120 days, 150 days, 180 days)</b>											

EYE CHECK : READ THE EYE CHART FROM A FIXED DISTANCE OF  
10 FEET AND WRITE WHICH LINE YOU COULD SEE CLEARLY

**SPECIFIC HEALTH PARAMETERS**

BEFORE STARTING THE PROGRAM					AFTER STARTING THE PROGRAM (30, 60, 90, 120, 150, 180 days)				Remarks
Date	BP		Diabetes (DM2)		BP		Diabetes (DM2)		
	Distolic	Systolic	FBS	PPBS	Distolic	Systolic	FBS	PPBS	

CO-ORDINATOR'S NAME AND PHONE NO. :

I HAVE AGREED TO PRACTICE SIMPLE EYE EXERCISES REGULARLY AND GIVE FEED BACK TO THE CO-ORDINATOR EVERY MONTH. I ALSO AGREE TO MEASURE MY EYE POWER EVERY 3 MONTHS.

SIGNATURE

Since 1982, Mr.H.Bhojraj has been contributing to Yoga Therapy research as Instructor at Vivekananda Kendra, Bangalore for eight years. Since 1990, he joined various alternate therapy courses like Rekei, Pranic Healing, SU-JOK acupuncture, Radionics, Dorn Therapy and Flower remedies mainly to get the feel of alternate systems.

Mr.H.Bhojraj has written five books, four on therapies and one book on spacecraft systems for students. The book “Acupressure and Fitness” was first published in 1995. The second book “Acupressure-The drugless path to good health” published in 2001. The third book “Walking for Health and Fitness “ was published in 2004. The fourth book “Acupuncture- The drugless path to good health “ was published in 2009 with little modification of Acupressure book. The fifth book “ Basics of Spacecraft Systems” was published in 2011 for budding space scientists from students community.

Mr.H.Bhojraj founded the “Academy for Acupressure and Acupuncture “ in Bangalore in the year 2012 and successfully carried out the research activities till June 2020.



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

## ABOUT THE BOOK

This book “ How to better your eyesight with simple exercises” has the potential not only to restore your perfect eyesight but also to change your lifestyle for better health and better performance in life.

The acupressure points for eye sight improvement takes only five minutes to activate anytime in a day which gives you the flexibility of time. The Author's personal experience has been recorded after learning in 2014 from Prof.Palanisamy, Retired Professor from Coimbatore Agriculture University and discarded his spectacle from 2015.

This book gives you a vivid idea about the root cause of the problem and gives you the solutions. The Energy conversion mechanism, Zen Meditation and Acupressure points for common ailments are added attraction for common man especially to the students.

This book is printed in small quantity (200) mainly to distribute to students wearing spectacles and get their feedback after six months of regular practice for our research on Acupressure for improving eye sight by,Dr.Romesh Bhatt.

E BOOK WILL BE AVAILABLE FREE FOR ANYONE WHO IS READY TO REGISTER AND EXPERIMENT

WHATSAPP 9845649914 WITH YOUR MAIL ADDRESS FOR E BOOK

IF YOU ARE CURED SEND YOUR CONTRIBUTION TO PM CARES FUND AND INFORM US

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START FUNCTIONING SHORTLY. THOSE INTERESTED IN  
SUPPORTING OUR RESEARCH PROJECT MAY CALL

Dr. H. Bhojraj Ph. : 9845649914