



# ACU WELLNESS

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE

1963, 8<sup>TH</sup> MAIN ROAD, E BLOCK, II STAGE, RAJAJINAGAR, BANGALORE-560010

DIABETES RESEARCH SPECIAL (AUG-SEP 2024)

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VOL 13

No.8

DIABETES RESEARCH WITH  
ACUPUNCTURE  
PROPOSAL BY ACADEMY FOR  
ACUPRESSURE AND ACUPUNCTURE,  
BANGALORE(AAA)  
SUBMITTED TO FAST BOARD,  
BANGALORE  
PREPARED BY Dr.H.BHOJRAJ,  
CHAIRMAN, AAA AND REVIEWED BY  
Mrs.JIJA SUBRAMANIAN

## INTRODUCTION

The Academy started in the year 2012 mainly to propagate the simple healing systems to the common man and motivate them to learn the holistic healing system so that the chemical inputs from Allopathy medicines are reduced which has long time side effects. Allopathy system is a marvelous system not only in emergency but also maintains the health of the patient with medication for life long. Diabetes is one of the diseases which has no cure in any system but can be maintained with medication for long time. Initially it starts with simple medication but gradually over years it ends up in insulin. **But there are other systems like Ayurveda, Yoga and Naturopathy ,Siddha and Unani which has the potential to cure diabetes completely.** Those people who are cured with these systems are very

few and the number of patients declared Diabetes or pre-diabetes are increasing alarmingly in the world particularly in INDIA.

The root cause of this metabolic disorder is traced to their genes and it starts manifesting after certain age. Earlier days, it used to be in their 50s and now it manifests from 30s. **This transformation has taken place mainly due to the production of agricultural products with chemicals particularly use of fertilizers and pesticides.** That is the main reason for shifting to natural farming and though the yield is low, the health benefits make it mandatory for the shift. It will take decades to transform the entire agricultural system to adopt the natural farming for the good of the people's health.

**But in Acupuncture system, this metabolic disorder can be treated by improving the digestive efficiency and has the potential to maintain the system without going for higher doses of medicine or taking insulin.** Those people who have been taking insulin for long time have shown wonderful results and gradually reduced their insulin intake.

The Academy Research Committee felt that systematic research should be initiated to study the effect of Acupuncture on Diabetes by involving at least 100 patients initially and after studying the results, it can be extended for a sample size of 1000.

**Based on this, a proposal was explained to the Fast Board members and the team formed by FAST Board agreed in principle to initiate the research by calling all Acupuncture Practitioners in INDIA particularly in Bangalore for involving them in the research project.**

This document gives an idea about the proposed research and how to conduct the research involving all concerned in this mega project.

## ABOUT DIABETES

It is also Diabetes Mellitus which is a group of diseases that result in too much sugar in the blood ie. high blood glucose. It is divided into TYPE 1 Diabetes which is a chronic condition in which the pancreas produce no insulin or very little which is not sufficient for the system to function and TYPE 2 diabetes which is a chronic condition that affects the way the body processes blood sugar(glucose). Prediabetes is a condition in which blood sugar is high, but not high enough to be Type 2 diabetes.

In Type 1, insulin is not produced at all which requires insulin from outside. Whereas in Type 2, insulin is secreting but the system is not responding to this insulin. It is called insulin insensitivity.

Glucose mainly comes from carbohydrates in our food and drinks. The glucose molecule is the source of energy which is burnt in all the cells to convert into energy. **But this glucose molecule requires the insulin molecule to enter the cell.** The attached insulin molecules act as a key to open the lock of the cell for glucose's entry.

In most of the Type 2 cases the insulin is not attached to the glucose molecule and its quantity starts increasing in the blood and crosses 200mg/dl which is considered as higher limit. **If the glucose is not utilized for burning, the person will feel very tired and unable to do any physical work is the first symptom.** If the high glucose continues for longer period, it will block all finer capillaries especially in the eyes, heart, kidneys and brain.

Another condition shares the term "Diabetes Insipidus" but they're distinct. They share the name "diabetes" because they both cause increase

thirst and frequent urination. Diabetes insipidus is much rarer than diabetes mellitus.

**Type 1 diabetes** is an auto immune disease in which the immune system attacks and destroys insulin producing cells in the pancreas for unknown reasons. Usually diagnosed in Children and young adults.

**Gestational Diabetes:** This type develops in some ladies during pregnancy. Usually, it goes away after pregnancy but indicates the tendency to become Type 2 diabetes later in life.

**TYPE 3c Diabetes:** This form of diabetes happens when the pancreas experience damage (other than autoimmune), which affects its ability to produce insulin. Pancreatitis, Pancreatic cancer, Cystic fibrosis and Hemochromatosis can all lead to pancreas damage that causes diabetes.

About 537 million adults across the world have diabetes. It will rise to 643 million by 2030 by prediction. **India is emerging as the diabetic capital because of our agricultural products with more chemicals.**

## WHAT ARE THE SYMPTOMS OF DIABETES?

- **Increased Thirst (polydipsia) and dry mouth**
- **Frequent urination**
- **Fatigue**
- **Blurred vision**
- **Unexplained weight loss**
- **Numbness or tingling in hands and feet**
- **Slow-healing sores or cuts**
- **Frequent skin infections**

TYPE 2 diabetes and prediabetes may not have any symptoms at all or they may not notice them since they develop slowly. Routine blood check-up will show high blood sugar level before they recognize symptoms. Darkened skin in certain parts of the body also indicates prediabetic symptoms.

## CAUSES

**INSULIN RESISTANCE is the main cause for diabetes** which happens when the cells in the muscles, fat and Liver don't respond as they should to insulin. Obesity, lack of physical activity,

diet, hormonal imbalances, certain medications and Genetics play an important role in this disease.

## LONG TERM COMPLICATIONS

Damages body tissues and organs. This mainly damages the blood vessels and nerves, which support the body's tissues. Cardiovascular issues are the most common type of long-term complications. Nerve damage (neuropathy), which can cause numbness, tingling and pain. Nephropathy, Retinopathy and Diabetes related foot condition, sexual dysfunction, hearing loss and oral health issues etc.

## HOW IS DIABETES DIAGNOSED?

Checking glucose levels in a blood test.

### FASTING BLOOD GLUCOSE TEST

### RANDOM BLOOD GLUCOSE TEST

A1c: This test also called HbA1c or glycated hemoglobin test, provides average blood glucose level over past three months.

### ORAL GLUCOSE TOLERANCE TEST

### FASTING BLOOD GLUCOSE TEST(mg/dl)

**Less than 100**      **Non-Diabetic**

**100 to 125**      **Pre Diabetic**

**126 or higher**      **Diabetic**

### RANDOM BLOOD GLUCOSE TEST

**Above 200**      **Diabetic**

### A 1 c TEST

**Less than 5.7**      **Non-Diabetic**

**5.7 to 6.4**      **Pre-Diabetes**

**More than 6.5**      **Diabetic**

## DIABETES MANAGEMENT AND TREATMENT

### BLOOD SUGAR MONITORING

Monitoring the blood sugar is the key to determine how well the current treatment plan is working. It can be daily or sometimes even hourly-basis. One can use glucometer or continuous glucose

monitor(CGM). This will help you to monitor the food, situations and avoid surge of glucose in the system.

### ORAL DIABETICS MEDICATIONS

Metformin is the most common medicine prescribed for improving the sensitivity of the insulin produced by pancreas.

### INSULIN INJECTION

If it is uncontrolled, synthetic insulin is injected depending on the requirement. Insulin pens, Insulin pumps and rapid acting inhaled insulin are also available as on today to control the diabetes.

### DIET

Meal planning and choosing a healthy diet are the key aspects of diabetes management.

### EXERCISE

Physical activity increases insulin sensitivity and helps reduce insulin resistance. **So regular exercise is an important part of management for all people with Diabetes.**

### UNTREATED CHRONIC BLOOD SUGAR SHORTENS THE LIFESPAN AND WORSENS THE QUALITY OF LIFE.

Managing diabetes involves consistent care and diligence. Over a period of time, one will get a better grasp on managing the condition and being in tune with the body. **Managing diabetes involve team effort-medical professionals, family members and friends also.**

## ACUPUNCTURE AND DIABETES

As per the acupuncture therapy the Spleen and Pancreas are responsible for this metabolic disorder. The meridian identified as Sp represents Spleen and Pancreas. In Acupuncture system top most priority is given for the digestive system involving Stomach and Spleen which transforms food into the components required for forming the Energy called Qi (Pronounced as Chee) which is produced in the Lungs and sent to Heart along with the prana. In acupuncture theory, Energy and Blood can be interchanged depending on the requirement. Since this Qi formation is invisible

the so-called modern medicine has not recognized it. But almost all Eastern healing systems have recognized this as bio electricity and operating under different names such as Ki or Qi. **In our Indian system, we call it as PRANA which is invisible. It is continuously flowing with our breath and supplying the inputs to the soul.** As you know the difference between living person and dead person is the breath.

Now coming to diabetes, once the blood formation has been corrected at the root when the spleen and pancreas work in tandem to produce the insulin which is the quality controller and releases insulin for the good quality glucose produced during digestion. **This point is very important for you to understand the efficacy of Acupuncture in controlling diabetes.** When the glucose passes through pancreas it is supposed to assess the quality of the glucose and release insulin molecule so that the high-quality glucose can enter any cell depending on the requirement. In this situation the glucose produced will be consumed faster in the system and converted into energy. The person will certainly feel energetic after eating food.

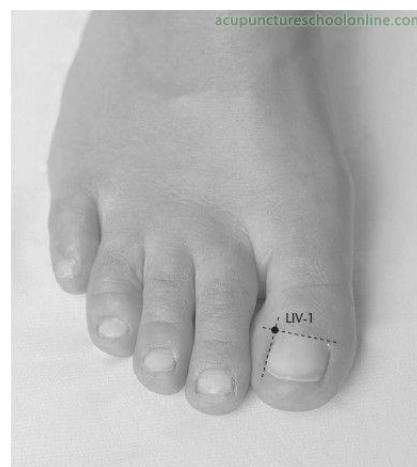
**Now let us come to the impaired digestion in the stomach which produces low quality glucose and when it passes through the pancreas, the pancreas rejects the glucose molecule without attaching the insulin with it because it has been rejected as per the quality control.** Few good quality glucoses only get the insulin and the rate of absorption will be very slow and the energy production will be less. This rejected glucose will start circulating all over the body and as pointed out, if it crosses 200mg/dl in the blood, it will not pass through capillaries and automatically the heart will increase the blood pressure to overcome the resistance. Now you know why BP increases in diabetes patients.

The root cause of the problem lies in digestive system particularly Stomach and Spleen which includes pancreas. **The universal formula suggested for the research is Sp-6 which activates not only the spleen to function properly but also activates Liver to function properly so that the stored high-quality glucose can be released for burning in the cells.** As a matter of fact, the low-

quality glucose in a natural way rejected through the urine after the Kidney rejects it for absorption. **Sp-6 activates Kidney also to function properly since the Kidney meridian joins at Sp-6.** The other points **Liv-1, Lu-7 and P-7** have the supporting action for improving the digestion which in turn improves the metabolism.

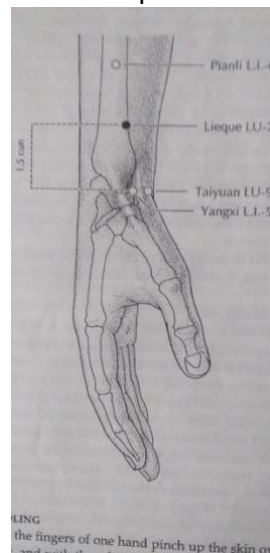


It is a boon for prediabetic persons to join this research and show that the HbA1c values come down to 5.7 to prove them as non-diabetic.



Even for diabetics, it was observed one can become prediabetic and avoid heavy medication. They can even come out of

insulin requirement over a period of 6 months.



### SPLEEN FUNCTION

Spleen is considered as an important organ in Acupuncture theory and it controls the not only the quality of the blood produced but also takes care our immune system. The spleen filters the blood to help destroy microorganisms and also to get rid of old and damaged



red blood cells. It also makes lymphocytes (WBC) that protects us from infection. It maintains the levels of fluid in our body. It also produces antibodies that protects us against infection. The lymphatic system is under the control of Spleen and Sp-6 improves the quality of the lymph fluid



produced in the system.

It emphasizes the importance of Spleen and by activating Sp-6 point most of the blood related problems will vanish and the pure blood circulation gives the required nutrition to all organs especially to the endometrium of the uterus in women. Any problem in the uterus also can be solved with this universal formula. (Sp 6 DEC, LIV-1 INC, LU-7 DEC AND P-7 DEC)



## WHAT ARE THE PARAMETERS TO BE RECORDED BEFORE STARTING THE TREATMENT?

### PERSONAL DATA

NAME, DATE OF BIRTH, PHONE NUMBER, PERMANENT ADDRESS, HOW LONG HAVING DIABETES, WHAT MEDICINES ARE TAKEN, WHAT IS THE VALUE OF FBS, PPBS/RBS AND MOST IMPORTANTLY RECENT HbA1C RESULTS, ANY OTHER PROBLEM AS ON NOW.

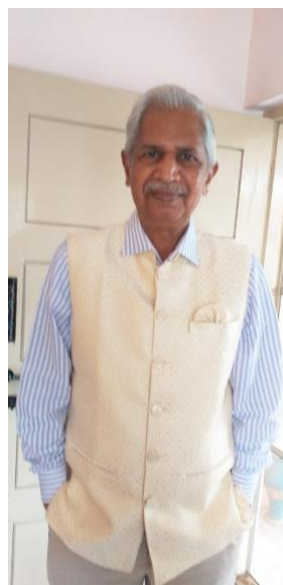
An undertaking has to be signed that he/she agreeing to undergo acupuncture treatment for diabetes control and follow the advice as told. Also agrees to take responsibility for its outcome.

## HOW TO OBSERVE THE CHANGES ?

GENERAL WELL BEING, ENERGY LEVELS, CHANGE IN THE COLOUR OF THE SKIN, SLEEP, FRESHNESS IN THE MORNING AFTER WAKING UP, APPETITE, TASTE IMPROVEMENT, ACIDITY/GAS FORMATION SYMPTOMS, POSITIVE THINKING, SELF CONFIDENCE, REDUCED WORRY AND NEW IDEAS FOR ACTION.

### HOW TO CONCLUDE AFTER 3 MONTHS?

JUST MEASURE HbA1C AND FBS. RECORD THE ABOVE CHANGES IF ANY.



## CONCLUSION

The above document gives an idea about the research proposed for the initial discussions and approval by the ETHICS COMMITTEE.

Dr.H.BHOJRAJ, EX ISRO SCIENTIST AND ACUPUNCTURE SPECIALIST

**RESEARCH CONDUCTED BY ACADEMY  
FOR ACUPRESSURE AND  
ACUPUNCTURE AND FAST BOARD  
THE APEX COMMITTEE**

Dr.Samiulla,Chairman,FAST BOARD

Dr.H.Bhojraj, Chairman, AAA

Dr.C.K.Raju, Chairman, ETHICS COMMITTEE

Dr.Ravishankar, Chairman, DIABETES RESEARCH  
COMMITTEE

Mrs.Jija Subramanian, Director, Research  
Committee and Secretary, Ethics Committee  
VOUNTEERED RESEARCH DIRECTORS

1.NASURATH SHABANA

2.SYED HANIFUDDIN

3.SHASATH BEGUM

4.MOHAN KUMAR

5.VANAJA

**RESEARCH ASSOCIATES**

ANY QUALIFIED PRACTICING ACUPUNTURIST CAN  
FILL UP THE FORM

AND REGISTER WITH AAA. THE ATTACHED  
APPLICATION FORM HAS TO BE SUBMITTED AND  
ONCE APPROVED BY THE COMMITTEE A  
REGITRATION FEE OF Rs.5000/(FIVE THOUSAND  
ONLY) TO BE PAID TO AAA. INDIAN  
BANK,RAJAJINAGAR, A/C No.6012588256 IFSC:  
IDIB000R005

AN AUTHORIZATION AND ACCREDITATION  
CERTIFICATE WILL BE ISSUED BY FAST BOARD AND  
AAA WITH THEIR PHOTO FOR DISPLAY IN THEIR  
CLINIC. The relevant protocols and guidance for  
the research will be provided to the Research  
Associates periodically for 6 months.

**LAST DATE FOR REGISTERING 25-08-2024**

**STARTING RSEARCH BY SEPTEMBER FIRST WEEK.**

**ANNUAL DAY FUNCTION OF ACADEMY**

**ON 25<sup>th</sup> AUG 2024**

**VENUE : HOTEL MONARCH LUXOR**

**67,INFANTRY ROAD,SHIVAJINAGAR**

**TIME : 10 AM TO 4 PM**

**TENTATIVE PROGRAMME**

**10 AM TO 10 30 AM REGISTRATION**

**10 30 TO 11 AM TEA/ COFFEE**

**11 AM PRAYER AND WELCOME ADDRESS BY  
Mr.NAGULAN JOGHEE, TRUSTEE**

**11:15 AM ANNUAL REPORT BY Mrs JIJA  
SUBRAMANIAN , TRUSTEE**

**11:25 AAA 12 YEARS REPORT-PPT PRESENTATION  
BY Mr.M.V.KANNAN, EX TRUSTEE**

**11:35 ADDRESS BY GUESTS OF HONOUR**

**1.Dr.SURENDRA PAL DISTINGUISHED SCIENTIST EX-  
ISRO**

**2.Shri.ACHUTHA RAO, EX DGP**

**3.Shri. BHASKARNARAYANA, EX ISRO SCIENTIST**

**4.Dr.KANAKARAO, EX C.M.O, ISRO MEDICAL UNIT**

**5.Shri.INFANT, EX DGP**

**6. Dr.SAMIULLAH, CHAIRMAN, FAST BOARD**

**12:05PM GRADUATION CEREMONY**

**12:15PM HONOURING THE ACHIEVERS  
1.Dr.BASAVARAJ, 2.Mr.NARENDRA BORWANKAR  
3. Mr.GIRISH SHANKAR**

**12:30PM ADDRESS BY CHIEF GUEST  
Shri.S.V.RANGANATH, EX CHIEF SECRETARY**

**12:45PM CONCLUDING REMARKS BY  
Dr.H.BHOJRAJ**

**12:55PM VOTE OF THANKS BY Mr.SURESH  
PALYAM. TRUSTEE**

**1PM TO 2 10 PM LUNCH**

**2 15 PM TALK ON DIABETES BY Dr.RAVI SHANKAR**

**2 45 PM ENTERTAINMENT PROGRAMME**

**3 45 PM COFFEE/TEA**

**4 00 PM CLOSE OF THE FUNCTION**

# APPLICATION FORM

NAME:

MOBILE NUMBER:

DATE OF BIRTH:

QUALIFICATION( ATTACH PHOTOCOPY):

POSTAL ADDRESS:

I am interested in joining research on Diabetes control with Acupuncture and I take full responsibility for my decision. I will cooperate with the Research Director and follow the protocol set by the committee.(Enclose your passport size photo).

Signature with date.

The committee has considered this application and decided to approve Mr./Ms.-----  
---- as Research Associate for Diabetes control research. The registration fee of Rs.5000/ may be collected and certificate may be issued within 15 days from the date of payment.

Dr.Samiullah      Dr.H.Bhojraj      Dr.C.K.Raju      Dr.Ravishankar

FOR OFFICE USE

REGISTRATION APPLICATION RECEIVED ON :

ACCREDITATION CERTIFICATE ISSUED ON:

RESEARCH ASSOCIATES BRIEFED ON:

Signature of

Authorized person

# CASE HISTORIES REPORTED FOR DIABETES EFFECTIVE CONTROL

By Dr.H.BHOJRAJ

1.Mrs.VIDYA VASEEKARAN from Chennai reported that her father's HbA1C level has come down from 7.6 to 6.7 which indicates the mean glucose level in the blood for three months has come down from 150mg/dl to 140 mg/dl within three months of Acupuncture treatment given weekly 5 times. It has been reported in July-August issue of our Acu Newsletter.

2.Mrs Mala Chowdry, Acupuncture Student, 58 yrs reported her HbA1C has come down from 7 to 5 which indicates non-diabetic. She is on the process to reduce her diabetic tablets

# TRUSTEES,MENTORS, SUPPORTERS, DONORS AND WELLWISHERS LIKELY TO ATTEND ANNUAL FUNCTION ON 25th AUGUST 2024.

Dr.H.Bhojraj, Mr. Suresh Palyam, Mr.Nagulan Joghee, Mrs.Jija Subramanian, Mr.Girish Shankar  
Dr Pal, Shri.S.V. Ranganath, Mr.Das Gupta, Mr.Narindra Malik, Mr. Ramanand Tyagi, Padmashree V.R.Katti, Dr.Kanaka Rao, Mr.Bhaskaranarayana, Mr.K.N.Suri, Mr.M.V.Kannan. Prof.Soma, Shri.Achuta Rao, Shri.A.R.Infant, Abhijit Sengupta, Ketan Shah, Dr.Basavaraju, Dr.Anil Kumar Dr.Samiullah, Mr.Leo Jackson,Mr. Veera Muthuvel.

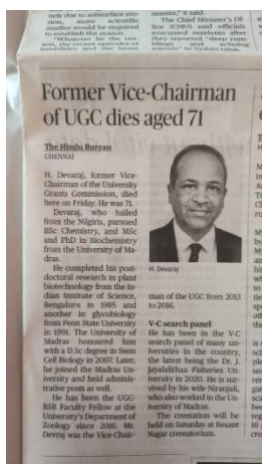
Mr.Sridhar,  
Mr.Nargunam,Mr.Danabalan,Mr.Gangarade, Mr. O.P.Sapra, Mr.V.K.Kaila, Mr.Govindaraghavan, Mr.Narayanamurthy, Mr.Dhamodharan.  
Sr.Sunitha, Mrs.Sujatha Shetty, Mrs. Vijaya Seshadri,Mrs. Yogini Mehtha, Mrs.Vennila Prabhu.  
Sr.Naina, Sr.Lavitha, Sr.Deepa, Mrs.Rekha, Mrs.Reshma,Mrs. Mala Chowdry.  
Mr.Saravanan, Mr.Murthy, Mr.Krishnan,Mr. Ravikumar , Mr.Naveen,Mr. Eashwar, Mr. Rajendran, Mr.Bojan, Mr. G,Raman, Mr.Ranganath, Mr.Murugan, Mr.Ganesan, Mr.Balaraman, Mr.Rajkamal,Mr.Madesh.

Dr.Ravishankar, Dr.C.K.Raju, Ms.Nasurath Shabana, Mr.Sayd Hanifuddin, Ms.Shasath Begum, Mr.Mohan Kumar,Ms. Vanaja.

Mr.Narayana Bhat, Mr.Giridhar Gopal, Dr.Jose, Mr.Shivakuar Bellan, Dr.Abhinetra, Dr.Beena, Mr.Manoj,Mr. Natesan Murthy, Mr.RamNarayan, Mr.Rao.S.S.,Mr. Nagesh,Mr. Chandrappa.

Mr.Murugesh, Mr. Sathya Narayana, Mr.Muthu Krishnan, Mr.Shanmugan, Mr.Ravikumar

**Mrs.Jija, Chairperson of the Organizing Committee will send the invitation to all shortly. Please confirm the number of persons attending to book the lunch by 20<sup>th</sup> August.**



## OBITUARY

It is really shocking to report that one our Mentors and staunch supporters of our Diabetes research, Dr.H.Devraj had attained Lotus Feet on 9<sup>th</sup> August 2024. He served as Vice Chairman, UGC and has been working with Madras University till his last breath. Hailing from

Badaga Community from Nilgiris attained such great heights. Not only our family but the whole community is proud of him. **We all pray for this noble soul to rest in peace.**

Dr.H.Bhojraj

**THE TONGUE SOMETIMES DOES MORE HARM THAN A BULLET. BE CAREFUL WITH YOUR TONGUE!**

**BE TRUE TO YOURSELF AND DON'T SPEAK UNPLEASANT TRUTH.**

**EXCELLENCE IN ACTION IS YOGA. DISCHARGE YOUR WORK WITH FULL CONCENTRATION.**

**KEEP YOUR BALANCE OF MIND AND BODY.**

**DONATIONS IN AUGUST 2024**

**Mr.NAGULAN JOGHEE Rs.5000**

**Mrs.JIJA SUBRAMANIAN Rs.5000**

## EDITORIAL TEAM

**Dr.H.BHOJRAJ 98456 49914**

**Mr.NAGULAN JOGHEE 98863 36409**

**Mr.SUNDRAMURTHY 9611196052**

**Mrs.JIJA SUBRAMANIAN 99861 68181**

**Prof. SOMA 97393 21056**



29-07-2024

## ACUPUNCTURE SYSTEM RECOGNITION IN INDIA

Honorable M P (Rajya Sabha)  
Shri.ABDUL WAHAB from Kerala  
raises the question in Parliament  
**QUESTION BY SHRI.ABDUL WAHAB**

Medical Council of India is the regulatory body for doctors. Similarly, do you have any proposal with the Government to frame a regulator for ACUPUNCTURE in India?

**ANSWER BY HON HEALTH MINISTER SHRI.  
J.P.NADDA**



It is about the recognition of Acupuncture System. It is under Government's active consideration. Government's standing committee for recognizing different new systems formed an Inter Departmental Committee (IDC) consisting of experts from Health Research, Health and Family Welfare and Ayush Ministries deliberated in 2018 and accepted as an independent system of health care, indication for this, there is evidence, expertise exists, its teaching, training and certification can be implemented.

An Apex Committee on Acupuncture was constituted for promotion and regulation and also to finalize diploma course, or degree course, template required for this along with rules and regulations.

Appropriate regulation mechanism has to be formed. IDC has completed its report and the Government is deliberating on it.

**QUESTION BY SHRI.ABDUL WAHAB**

There are needles in their hands. There are lot of fake Acupuncturists are there in the country. Any message to weed out such fake doctors.

**ANSWER BY HON.HEALTH MINISTER  
SHRI.J.P.NADDA**

We are working fast on it. Very soon we will come with a regulatory system and after that what are the degrees awarded and how they can practice will be decided.



**KARNATAKA  
ACUPUNCTURE FORUM**

On behalf of all Acupuncture practitioners in INDIA particularly from Karnataka, we would like to express our hearty thanks to Shri Abdul Wahab for raising a relevant question about the recognition of Acupuncture in India. The Karnataka Committee for the recognition in Karnataka was represented by Dr.Samiullah, Dr. H.Bhojraj, Dr.Ravishankar and Dr.C.K.Raju took initiative to present the relevant facts to Health Ministers and Health Secretaries for the past 10 years but in vain. We met the present Chief Secretary, Mrs.Shalini Rajneesh when she was Health Secretary and the proposal was almost approved for recognition by State Government. But the change of Governments, dragged it for nearly 10 years. We feel this is the right time to take it up with Health Minister and get the recognition of Acupuncture as a system of therapy like AYUSH following Central Government rules and regulations.

Once the Bill is passed in the Assembly, the acupuncture training and clinics can be regularized.

We request all Acupuncturists in Karnataka to register with FAST Board under the Chairmanship of Dr.Samiullah so that actions can be initiated to consolidate the list of genuine practitioners in Karnataka.

## INFORMAL MEETING IN JAYANAGAR TO DISCUSS DIABETES RESEARCH PROJECT



Dr.Bhojraj, Prof Soma, Mr.K.Suriyanarayana Rao, Dr.Surendra Pal met on 31-07-2024

An informal meeting was organized over lunch in Jayanagar mainly to discuss the effectiveness of Acupuncture for control of Diabetes and was attended by our mentor Dr.Pal, Prof Soma and Mr.K.N.Suri, Ex Trustee and Acupuncture Practitioner. Dr.Pal, who had just come back from his International Conference in Italy for 10 days expressed his admiration for IEEE conference which was attended by more than 2000 participants. He said, he had gone through the proposal and appreciated the results received so far. Having reversed his Diabetic condition to normal with 6 months online course, he was keen to practice on himself to keep it under control. Mr. Suri felt it worth pursuing this research in collaboration with FAST board since many practitioners will be able to join the research. Prof Soma also felt the need for elaborate research with this method and appreciated the efforts of the Academy for initiating such wonderful research programmes.

**CELL HYPOXIA is a condition that the oxygen in the cell is not sufficient for burning the glucose in the cell. So, not only less heat is produced in the body but the waste products are also increased in the cell. Optimal breathing rate is 6 to 8 breaths per minute. All negative emotions, increase your breathing rate but positive emotions reduce the breathing rate. Emotions play a huge role in breathing. Be conscious of your breathing and start PRANAYAMA after learning from a GURU. Bring down your breathing rate, you will become healthy.**

**CHECK WITH PULSE OXIMETER REGULARLY**

## KARNATKA BADAGA GOWDAS ASSOCIATION (KBGA) UPDATE FROM Mr.SARAVANAN, PRESIDENT



THE EXECUTIVE COMMITTEE OF KBGA RELEASED THE BI-ANNUAL NEWSLETTER ON 28-07-24 IN EC MEETING

The KBGA Newsletter Committee headed by Mr.Nagulan Joghee released the biannual newsletter highlighting the achievements of the Executive Committee . The first copy was released by Mr. R.Bojan ( Bose), Managing Trustee of KBGA Trust and was received by the President Mr.Saravanan. The patrons Mr.Murthy and Dr. Bhojraj were also present and appreciated the dedicated efforts of the Newsletter Committee.

In principle it was agreed by all members to contribute the articles relevant for the development of human beings for the next edition. It was decided to call for an International Badaga Meet in either December 2024 or July 2025 depending on the feedback survey from all Badaga professionals living abroad.

The meeting ended with total appreciation for the Annual Function conducted first time with live telecast by We Badaga TV which has reached almost all 400 villages in Nilgiris.

**MORALS are determined to the degree that one's feelings and desires are guided by the soundless voice of conscience in the heart concerning what not to do and by sound judgment of reason, as what to do.**

**NECESSITY is destiny, compelling action, usually immediate, from there is no escape for Gods and Humans.**

## SPECIAL GURU PURNIMA DAY FOR ME AND 100 GURUS OF Dr.ANIL KUMAR ON 21<sup>st</sup> JULY 2024, H.BHOJRAJ



Guru Purnima is a religious festival dedicated to offering respect to all the spiritual and academic gurus. It is celebrated only in India as the first GURU was born and the transmission of the timeless science of Yoga began. For the first time in human history, on this day, **Adi Yogi** opened up the possibility for the human race to transcend the limitations set by the nature.

I was pleasantly surprised when **Dr.Anil Kumar**, my ISRO colleague visited my house with his wife to invite me for the Guru Purnima Day function to be held on 21<sup>st</sup> July 2024. Very rarely such functions are conducted and I asked for the reason to make it a grand function like this. He very clearly explained that his growth in his life was mainly due to the teachers and mentors who have taught him from LKG to his PhD in IISc, Bangalore. Having attained top position in his profession, he and his family members decided to call all the teachers starting from LKG, Primary, Secondary School, Polytechnic, College Professors and his ISRO colleagues who helped him to reach this level. Dr.Anil Kumar, helped me immensely to bring out my book International Edition "ACUPRESSURE-THE DRUGLESSPATH TO GOOD HEALTH " in the year 2000. He also told the health point of view; he benefitted a lot with Acupuncture treatment in 2000 and helping me while writing the book made him a self Acu-therapist. So, he had included me in the Gurus list. The very thought process of inviting all the teachers who taught him 50 years back itself was out of box thinking and both Anil and his wife

Indu have put nearly six months of efforts mainly to meet all of them personally and invited them for the Guru Purnima celebrations.

The function was conducted in a grand way on 21<sup>st</sup> July 2024 in Baboorkamma Seva Samithi, Seshadri Road, Bangalore in the presence of Anil's mother Smt.R.Sashi and was presided by Shathavadhani Dr.R.Ganesh as Chief Guest and Smt.Chithra Rao and Dr.B.V.A,Rao, President, Hymamshu Jyothi kala Peetha as guests of honour. It was really heartening to see nearly 70+ teachers of Dr.Anil and Mrs Indu, were physically present and enjoyed the function. Most of them are past 70s and the Dr.Rao at the age of 92 spoke very elaborately on the importance of the gurus in everyone's life and remembering them like Anil Kumar would certainly motivate them. He praised the couple for inviting him and his wife to preside over this grand function .Dr.Ganesh spoke about the importance of GURU and the significance of Guru Purnima.



Dr.Anil Kumar spoke about every teacher and mentor with whom he studied and

very clearly pointed out how he gained from their teachings. It was different feeling for all the participants on that occasion and given a feeling of satisfaction in life that we were useful for someone in this world. Dr. Manjunath Nayak, Dr. Suresh and Dr. Chandramouli, all ISRO veterans were also honored on this occasion.

The meeting ended with nice lunch prepared with special attention by Isiri Cafe and the participants not only thanked but blessed the whole family for bringing all of us together from different fields.

**Dr.Anil Kumar is presently working as Fellow in TE Connectivity, focusing on Applied Research, Innovation and Talent development. He worked as Head of Research in DOVER, India for 5 years and also a Fellow and Director at Honeywell. He started his professional career as technical assistant in MST Radar project and was also as scientist in ISRO and did his MSc and PhD during that period ( 1989-2004) from IISc, Bangalore.**



05-08-2024

## MEETING WITH Dr.SAMIULLAH AT NATURE'S WELLNESS CENTER, SHIVAJINAGAR, BANGALORE

Dr.Samiullah, Chairman, Fast Board had done his special advanced Acupuncture course in Tianyang Medical University in the year 2000 and also done his Naturopathy Course. He has done his PhD from Srilankan Open University. His Natural Wellness Centre was established 15 years back in Shivajinagar and also R T Nagar. Many of the patients visit these centers regularly.

Dr.Samiullah established a system with Acupuncture Doctors for the research of various illnesses including Diabetes. During my visit, he introduced a female patient of about 45years who has not taken any medicines for controlling her sugar level but for regular acupuncture in the Wellness Centre for past 2 years. She told all her parameters have almost become normal including a remarkable improvement in the skin.



We had a discussion on our upcoming Diabetes Research with Apex Committee and also on the upcoming ASA meeting in Calcutta.

## ETHICS COMMITTEE MEETING ON 7-8-24

It was decided by the Ethics Committee to call for a meeting of all members and prospective Research Associates for a Zoom Meeting on 7<sup>th</sup> August, 2024 at 7 PM to discuss about the proposal submitted to Ethics Committee of FAST BOARD for approval. Dr.Samiullah welcomed the

members of the Committee. He explained the salient features of the proposal which has only 4 points for activation for 3 months as per the protocol. He also explained that diabetic patients got good results in his clinic with Acupuncture treatment and the medications reduced drastically. He asked for the logic behind the selection of Lu-7 which was explained by Dr.Bhojraj

Dr.Bhojraj, augmented Dr.Samiullah by explaining the idea for research said that after treating many patients whose insulin requirement has come down drastically after activating these points. He said that he tried on close circle by measuring the HbA1c values before and after three months of treatment. **He told that the research project will bring all genuine practitioners together under FAST BOARD since the Central Government is likely to issue guidelines for training and clinical practice after the formal approval shortly.**

Dr.Ravishankar shared the PPT on the causes for diabetes very elaborately which was appreciated by the committee. He insisted the specific food to be avoided for the people who join this course should be in the protocol.

The clarifications sought by the participants were answered by Dr.H.Bhojraj

Dr.C.K.Raju, Chairman, Ethics Committee concluded that initially the 4-point method can be tried for 3 months. If possible, another group can try conventional acupuncture with pulse diagnosis. He suggested that FBS itself sufficient to prove the efficacy rather than costly HbA1c test. We can review after 3 months and take up the main project with 1000 patients.

The Committee in principle cleared the proposal and requested all Practitioners in India particularly in Karnataka to join this research program by paying the initial fee of Rs.5000 to AAA after downloading the application form from the Special Newsletter.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE( AAA)

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