



# ACU WELLNESS

The Bi monthly publication of  
**ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)**

# 2013, 7th Main, "D" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore – 560 010

**Nov-Dec 2017**

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**Vol. 6**

[For Private Circulation only]

**No 5**

## *From the Course Director's Desk*



*The Chairman & Dr. Archana Thangamani*

The year 2017 is coming to an end in two months, which seems pretty fast, probably because it has been an eventful 10 months. Acupuncture has been recognized by Maharashtra and this has come as a big boost for all Acupuncturists who are striving to get this System recognized in Karnataka. **Our State is leading the country in almost all fields of technology and health care systems, mainly because the climate and cosmopolitan nature of Bangalore attracts well-educated and talented individuals from all over the world. The State Government has taken some proactive action to solve many of the health related problems and has in particular supported Alternative systems of medicine.**

**The Acupuncture Coordination Council submitted a memorandum to the Ministry of Health through the Principal Secretary to recognize Acupuncture as one of the main systems in Karnataka along with recognized AYUSH Systems and to register all the Acupuncture practitioners in Karnataka in a separate Council.** This will help the Government in legally approving the system and in regularizing the practitioners. Once approved in the legislature as per the

Maharashtra Bill, a separate Acupuncture College with a 4 ½ year course can be started by the Government or with private partnership. **Our ultimate aim of getting Acupuncture recognized by the Karnataka Government will be possible only when all its' practitioners come together and show their strength. Hence, I request all the qualified practitioners to send your clinic's address through SMS to our Academy (8050901238) before Dec 21<sup>st</sup> so that further updates can be posted to you.**

Acupuncture can also be used as a preventive therapy since disturbance in energy can be corrected well in advance, before any pathological changes occur. As far as health is concerned, all human beings should make themselves responsible for their own health. The yoga programme which started as a National Movement will show results within a few years. **Every individual should practice yogasanas and pranayama for at least half an hour every day since it aligns your body, mind and energy.** There is a healing mechanism within every individual. Every one of us has been created with a specific task. The inner awareness with yoga will automatically give importance to nature so that most of the external problems will vanish. Socrates' simple solution, "Know Thyself" is applicable to all human beings and we stress on "Heal Thyself" with yoga and Acupressure. I once again appeal to all practitioners of Acupuncture to come together to put in all our efforts to get proper recognition for this cost effective drugless therapy

Wish you all a Happy Christmas & a Happy New Year 2018

*Dr. H. Bhojraj*

# HC permits acupuncture by authorized practitioners

TNN | Nov 18, 2017, 00:26 IST

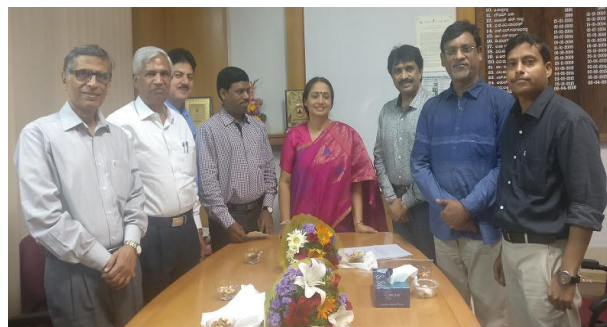
Madurai: **The Madurai bench of the Madras high court permitted acupuncture practice with a condition that the practitioners should produce certificate confirming that they are authorized to practice it.** Justice S S Sundar gave this relief on a petition filed by president of All Tamil Nadu Acupuncture and Alternative Medical Association, S Mohamed Sabir. "It is stated that members of the association are qualified as practitioners of acupuncture treatment. They are not practicing allopathy or any other system of medicine involving administration of drugs or adopting methods of treatment which are similar to allopathy. They have obtained valid degrees from recognized universities and their certificates are accepted for practicing acupuncture. Thus, the court is inclined to permit the members of the petitioner association to practice acupuncture and other systems of medicine," the judge said. The judge also said, "The members should produce the degree or certificate authorizing them to practice acupuncture, whenever the police and the Tamil Nadu Siddha Medical Council (TNSMC) officials require to confirm that they are authorized to practice acupuncture." Before that, **the petitioner's side said that Union health ministry has recognized acupuncture as drugless therapy. The members are practicing acupuncture without getting any complaint from public. But,** the registrar of the TNSMC wants to prevent acupuncture system by engaging police. Police enter the clinics and close them besides threatening practitioners not to provide acupuncture treatment to people. Actually, the TNSMC has not empowered

the registrar to conduct any enquiry or search. Besides, the alternate system of medicines and courses to be conducted do not come under the purview of the Medical Council of India. **In order to develop and propagate any alternative medicine or drugless therapy, no permission or recognition has been contemplated in any of the statues. The Calcutta and Delhi high courts have passed orders in favour of alternative medicine.** Acupuncture is an alternative medicine. Hence, it was necessary to direct the police and the registrar of TNSMC not to interfere with the practice of the acupuncture treatment of the members of the association, the petitioner side prayed

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**All practioners should have a valid authorization certificate for practice Kindly approach Academy (AAA) or Karnataka Acupuncture Association for the certificate.**

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The Acupuncture Coordination Council met the Principal Secretary, Health, Govt. of Karnataka on 29<sup>th</sup> October, 2017 and submitted a memorandum for recognition of Acupuncture in Karnataka.


## Copy of the letter submitted to the Hon'ble Minister for Health and Family Welfare

**ACUPUNCTURE CO-ORDINATION COUNCIL  
OF KARNATAKA**

# 2013 7<sup>th</sup> Main, "D" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore-560 010  
E- mail: acuacademybg@gmail.com




Chairman:  
Dr. A. R. Samiullah  
Ph. 9019848494



Secretary:  
Dr. H. Bhojraj  
Ph. 9845649914

Member:  
Dr. R. R. Ravi Shankar  
Ph. 9844136070



Member:  
Dr. C. K. Raju  
Ph. 9444279903

Place: Bangalore  
Date: 28/9/2017

To,

- The Hon'ble Health Minister  
Government of Karnataka
- The Principal Secretary, Ministry of Health,  
Government of Karnataka

Respected Sir/Madam

**Sub: Recognition for Acupuncture and Acupressure as a separate, independent system in Karnataka State**

We, on behalf of the Karnataka Acupuncture Association (KAA), Academy for Acupressure and Acupuncture (AAA) and Acupuncture Science Association (ASA), would like to bring to your kind attention that Traditional Acupuncture has been recognized as one of the main curative, as well as preventive health care system all over the world particularly in USA, UK, Australia and Singapore. In India, West Bengal recognized Acupuncture as an independent system in 1996 and the Maharashtra Government passed the Acupuncture system Bill in Feb 2017, which is enclosed.

Karnataka is leading India not only in Information Technology, Space Technology, Aerospace Technology and Bio Sciences but also in Alternate therapies particularly Yoga, Naturopathy and Acupuncture.

**Traditional Acupuncture System** fulfills the criteria for recognition as a system of therapy in Karnataka since pioneering work on Acupuncture has been carried out in Karnataka for the past 20 years. Nearly 1000 learned Acupuncture Practitioners are practicing in Karnataka but without any legal backing since the Government has not recognized it as an independent system in Karnataka. This system has the potential to be used as a preventive therapy which can bring down the cost of mass health care.

We, the practitioners of Acupuncture in Karnataka, request you to include Acupuncture as a separate system of preventive as well as curative health care and accord the necessary recognition by passing

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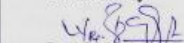
an Acupuncture Bill similar to the Maharashtra Acupuncture Bill No. MAH.ACT No. XXV of 2017 passed in the Legislative Assembly and approved by the President of India.

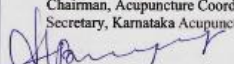
We have formed an Acupuncture Coordination Council of Karnataka so that all practicing Acupuncturists in Karnataka will register with us within the next 6 months. This process will help us regularize all genuine Acupuncture practitioners in Karnataka before and after recognition of the system by the Government.


**If considered for recognition in Karnataka, we will submit the required documents and presentations to the concerned authorities.**


Thanking you in anticipation of a favorable reply,

Yours faithfully

  
Dr. A. R. Samiullah  
Chairman, Acupuncture Coordination Council  
Secretary, Karnataka Acupuncture Assn.

  
Dr. H. Bhojraj  
Secretary, Acupuncture Coordination Council  
Chairman, Academy for Acupressure and Acupuncture, Bangalore.

  
Dr. R. R. Ravishankar  
Member, Acupuncture Coordination Council,  
President, Acupuncture Science Association (Karnataka)

  
Dr. C. K. Raju  
Member, Acupuncture Coordination Council,  
Founder Patron, Acupuncture Science Association



A meeting was called on 19<sup>th</sup> November, 2017, at 2pm in the Institution of Agricultural Technologies, Queens Road (near Indian Express) to discuss the implications on the existing Acupuncturists in Karnataka. Members who attended the meeting unanimously endorsed the Acupuncture Coordination Council of Karnataka and authorized Dr. A. R. Samiullah to provide necessary documents in English as well as in Kannada to interact with the Government for formulating the Acupuncture Bill for consideration in the Karnataka Assembly.

**It was agreed at the Coordination Council meeting of ASA to conduct an exam, based on the W.H.O syllabus and recommend them for registering as practitioners.**

### **W.H.O Syllabus for Acupuncture**

01. History of Chinese Acupuncture and Moxibustion
02. Yin- Yang & Five Elements Theory
03. Zang- Fu Organs
04. Qi, Blood & Body fluids
05. The Meridians & collaterals
06. The 8 extra meridians
07. Acupoints classification, location, specific points on the limbs, Therapeutic properties of the points.
08. Tai Yin & Yang Ming Meridians, Shaoyin & Tai yang Meridians, the Jue yin & Shao yang meridians, Du & REN Meridians
09. Aetiology and Pathogenesis
10. Diagnostic methods
11. Differentiation of Syndromes, Exterior or Interior, Cold or Heat, Deficiency or Excess, Yin or Yang.
12. Acupuncture techniques, needling methods
13. Moxibustion & Cupping
14. General principles of treatment and Therapeutic methods
15. Prescription and selection of points
16. Internal & external diseases
17. Auricular Therapy
18. Acupuncture Anesthesia

Dr. DEBASIS BAKSHI, GEN. SECY. ASA INDIA reported on the latest developments at the national level with regard to recognition for Acupuncture

Four organizations, namely

1. National Coordination Committee (NCC),
2. Indian Academy of Acupuncture Science (IAAS),
3. Acupuncture Science Association (ASA)

4. Acupuncturists' Forum of India (AFOI) were invited by the Govt. of India, Ministry of Health & Family Welfare to participate in the follow up meeting on NOV 22, 2017 as continuation of the Oct 4<sup>th</sup> meet which was held at the Office of The Dept. of Health Research (DHR), New Delhi to opine on the following 2 points sent by the GOI:

1. Whether Acupuncture will come under the umbrella of any existing system or not.
2. Whether there is sufficient documentation regarding 'Frame work about qualifications of eligible practitioners, uniform curriculum of different courses, regulatory structure for teaching and training as well as Practitioners'.

All 4 organizations were united in their demand that ACUPUNCTURE be considered as a system of medicine first and then be given the same status in AYUSH ministry like all other existing systems.

### **NATIONAL CONVENTION At DELHI**

#### **For Acupuncture Recognition**

**Date : December 16<sup>th</sup> & 17<sup>th</sup>, 2017**

**Time : 5 pm to 7pm**

**(ASA MEETING) on 16<sup>th</sup>**

**Venue : DMA Hall, Dariya Ganj**

**All ASA members CAN ATTEND**

### **Free Acupressure Training for Patients**

**Every Friday 11.30 am to 1.00 pm**

The Academy conducts free acupressure training courses every Friday between 11.30am and 1 pm mainly for the patients who have undergone Acupuncture treatment at our Academy. Health is considered the well being, not only at the physical level but also at the mental and emotional levels. Though acupuncture balances the patients' emotions by balancing the energies, recovery will be more effective if they learn to balance their emotions on their own with

acupressure. Training will be given to locate the acupressure points for them to stay healthy. The weekly free training programme will give patients the confidence to cure themselves without much medication.



The first such course was conducted on 27<sup>th</sup> October 2017. A few patients attended with enthusiasm.

**All patients who have taken treatment at our Academy can attend this course by registering on or before every Thursday.**

***Feedback from Mr. B.S. Vishwanatha who attended the training:***

The training session gave a quick overview of Acupressure and the need for a healthy body.

The reasons and method of doing acupressure was explained in a simple way. It was easy to understand and practice. Even though there is lots of literature available, it is difficult to practice without training. The free training by Dr. H. Bhojraj and his team is highly commendable. I feel more and more people should take up this practice and propagate it.

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### **PRESS RELEASE Dated 20-11-2017**

#### **Memorandum for the “Recognition for Acupuncture” as a separate, independent Health Care System in Karnataka State**

The Adhoc “Acupuncture Co-ordination Council” of Karnataka submitted a memorandum to the Health and Family Welfare Department of Karnataka for recognizing Acupuncture as an independent system of health care for both, education and treatment in the state of Karnataka. The council members met the Principal Secretary, Health and Family Welfare, Government of Karnataka, on 29<sup>th</sup> Oct, 2017 and insisted on having a Council for Acupuncture in our State. Since Maharashtra has already passed a bill vide Maharashtra Act no XXV of 2017 and published it in the “Maharashtra Government Gazette” on 3<sup>rd</sup> April 2017, the Adhoc Co-ordination council urged the Principal Secretary to establish a council with suitable modifications applicable to our state.

The Principal Secretary has agreed in principle to consider the proposal after consulting the Minister for Health and Family Welfare.

A meeting was called on 19<sup>th</sup> November, 2017, at 2pm in the Institution of Agricultural Technologies, Queens Road (near Indian Express) to discuss the implications on the existing Acupuncturists in Karnataka. Members who attended the meeting unanimously endorsed the Acupuncture Coordination Council of Karnataka and authorized Dr. A.R. Samiullah to provide necessary documents in English as well as in Kannada to interact with the Government for formulating the Acupuncture Bill for consideration in the Karnataka Assembly.

**Those interested in joining our movement are requested to contact Dr. A. R. Samiullah (Ph. 9019848494) or Dr. H. Bhojraj (Ph. 9845649914) on or before 31<sup>st</sup> December, 2017. The next Co-ordination Council meeting will be conducted on 21<sup>st</sup> January, 2018.**

## San Yin Jiao-Sp.6

### The wonder point for curing any problem

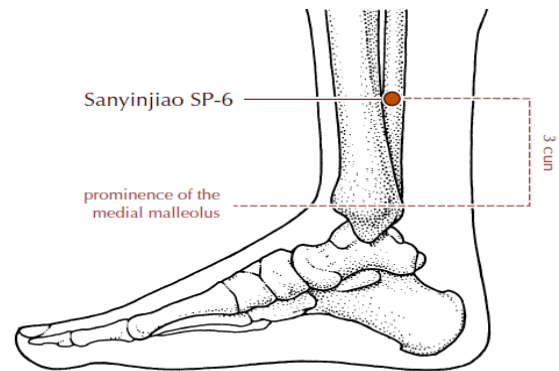
By Dr.H. Bhojraj

We all know the importance of spleen and liver in the formation of blood which provides raw materials to all the cells in our body for their own maintenance. If the blood formation and the quality of glucose are good, all cells will produce the required energy. A portion of the energy (33%) is used for its own work and another portion (33%) used for maintenance. The remaining energy is available for listening, learning, talking or any other extra activities in a day done by the brain.

When the blood is not produced properly, the quality of the glucose gets affected. The inner intelligence assesses the quality of glucose in spleen and pancreas and releases the saliva accordingly. Glucose which does not meet the quality standard is rejected through urine. This action of the kidneys to recognize substandard glucose and filter it into the urinary bladder for rejection should be appreciated rather than declare them as diabetics.

It is observed that at this stage, tiredness is the main indication. Most of the people will get tired after 8 hours of work. Digestion has to be corrected at this stage itself so that the glucose production standard is improved by providing proper raw materials. It is not only because of substandard raw materials (food) but also improper breakdown of the food especially in the mouth. Choose quality food; eat slowly so that the secretion of saliva increases. By this the energy production will improve within 10 days. Never ever go to a doctor and take medication.

The wonder point Sp-6 San Yin Jiao (Three Yin Meridians) has the potential to improve the quality of the glucose production. Press and release 14 times every day and observe your energy at the end of the day.



### **SP-6 SANYINJIAO**

**Three Yin Intersection -Meeting point of the Spleen, Liver and Kidney channels**

#### **LOCATION**

On the medial side of the lower leg, 3 cun superior to the prominence of the medial malleolus.

#### **LOCATION NOTE**

This point is most readily located one handbreadth superior to the prominence of the medial malleolus.

#### **NEEDLING**

Perpendicular or oblique proximal insertion, 1 to 1.5 cun.

#### **CAUTION:**

Contraindicated in pregnancy since it triggers the contraction of the uterus.  
(Not to be activated)

#### **ACTIONS**

1. Invigorates blood
2. Tonifies the Spleen and Stomach
3. Resolves dampness
4. Harmonises Liver and tonifies Kidneys
5. Regulates menstruation
6. Induces labour
7. Regulates urination
8. Calms the spirit
9. Improves concentration
10. Relieves pain

## ACTIVITIES DURING SEP – OCT 2017

### **5 Day Basic Course**



*Rupa. M. Cherian and her mother-  
14/09/2017 to 19/9/2017*



*Akansha Migam Anshuman.R. Yadav  
9/10/2017 to 13/10/2017*



*Smt. Archana R,,, 21/11/17 to 24/11/17*



*Participants at the free Acupressure training  
course on 27/10/17*

## World Acupuncture Day – 24/10/2017

A Free treatment Camp was held at our Academy on the occasion of World Acupuncture Day. Participants appreciated the idea and felt that a lot of people are not aware that Acupuncture can treat not only pain but all diseases.

### Dr. K. K. Mishra's Visit

Dr. K. K. Mishra from Allahabad, our Chief Technical Advisor, visited our Academy on 16/11/17. The highlight of the 2 hour address was his talk on the Triple Warmer Mechanism.



Dr. Bhojraj applauded the efforts of Dr. K. K. Mishra who was awarded a Silver needle for his innovative technique – The Biji Meridians



Dr. Bhojraj presented Dr. K. K. Mishra a book as a token of appreciation and looked forward to many more such interactions.

**All those interested in a “one week course” by Dr. Mishra may kindly register their names with our Academy.**

## Case Histories

### ***Migraine cured with Acupuncture...Mrs. Vaishnavi Charan.. 9008457143***

“My name is Mrs. Vaishnavi Charan aged 45 years. I was treated by Dr. Bhojraj in 2001 for migraine headache, which I had from the age of 11 years. I used to suffer a lot with one sided headache. During these attacks I used to get into a darkroom and preferred to be alone. Even the ticking sound of the clock would irritate me and make me angry. It made me cry all the time. The headache was intolerable inspite of taking tablets in consultation with a Neurosurgeon. No treatment gave me relief.

Finally I tried Acupressure treatment which gave me complete relief from migraine Headache within 4 to 5 sittings. Thanks to this amazing drugless treatment which has given complete relief from migraine. After getting complete relief, I also referred my friends and relatives who were suffering from migraine. They had lost all hope of getting rid of Migraine. They also got cured and are happy now.

I am very thankful to Dr. Bhojraj.”

**Treatment Given:** ↑Liv-1 ↓Lu-7 ↑H-7 ↑P-9

***Relief for various problems after attending the Basic Course...Rupa .M. Cherian9900807502***

I had a good learning experience from the 5 days class. I practiced sinus point, figure of eight walk and Sp6 for various problems. It was very effective. Due to dysmenorrhea, my flow was very scanty. But this time it was good. I thank Dr. Bhojraj for teaching me this wonderful therapy.

***Acupressure – a very useful tool... says Geeta Rao, Advance acupuncture student***

“I am learning Acupuncture from the Academy since January 2017 and I practiced the general health points on myself for the past 4 months apart from my regular yoga sessions. Earlier, during summer, I could not sleep if the air-conditioner was switched on at home. But this year I never had a problem throughout the season.

Also, I would like to share the immediate relief my husband got when I treated him. One night, he suddenly developed cough and could not sleep. I treated him with acupressure on Lu 7 and Lu 10. He recovered immediately and slept well. He appreciated my efforts for learning such a powerful technique from the Academy.

I also treated my relative with Liv-3 for swelling in the leg which vanished after treatment.

I really find the course very useful.

### **FREE ACUPRESSURE TRAINING for patients**

The Academy will be conducting a free acupressure training programme for all the patients. They will be taught a few acupoints and Hand Reflexology that will keep them healthy on a day to day basis.

**Timings: 11:00 am to 01:00 pm**

### **FREE ACUPUNCTURE TREATMENT**

**For : Back pain, Headache  
and Knee pain**

**When : Every Friday – 2:30 to 5pm**

**Contact : 8050901238**

**Venue: 2013, 7th Main, D Block, II Stage,  
Rajajinagar, Bangalore – 10**

### **SUBSCRIPTION TOWARDS NEWSLETTER :**

All those who would like to receive a copy of the Newsletter for one year are requested to remit a sum of Rs. 1000/- (for hard copy) or Rs. 500/- (for soft copy) in favor of :

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Dr. Romesh Bhat, Ms. Shruthi and  
Dr. Archana Thangamani***

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