

ACU WELLNESS

The Quarterly publication of

ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

2596, 11th Main, "E" Block, 2nd Stage, Rajajinagar, Bangalore – 560 010

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No. 2



From the Course Directors Desk



Completing 5 years

I am very happy to announce that our Academy celebrated its 5th Anniversary on 7th Feb 2017 and we are almost established in our research activities. Many people from different parts of INDIA are keenly observing our website and raising queries regarding the One day Acupressure Course and the One year Acupuncture course. I utilize this forum to thank all our Trustees, Advance Acupuncture practitioners and patients for their kind co-operation and support towards the noble cause of popularizing effective healing systems among the common man.

Obesity control programme

With the induction of Physiotherapist, Ms. Deeksha into our Academy, the obesity control programme has taken off. People with a BMI above 30 are taken for a period of 3 months and treated with both Acupuncture and Auricular points continuously for 5 days, followed by weekly sittings for 3 months. This research will be continued for at least one year to collect data of about 30 people and presented as a paper in an appropriate forum.

Acupuncture Council formation

The II ASA seminar cum executive committee meeting conducted in Gandhi Bhavan on 05/02/2017 was well appreciated by all the participants. The committee has decided to form an Acupuncture Council for Karnataka State and implement the protocol for all Acupuncturists in Karnataka. The registration certificate will be issued by the Adhoc

Acupuncture Council and will monitor all the Acupuncturists in Karnataka. As per WHO standards knowledge of TCM is a must and the Acupuncturists have to pass the exam to get the registration. Giving quality therapy to the needy in Karnataka will pave the way for getting recognition and funding from the Karnataka Government. Those interested may contact our Academy for ASA membership and take up the examination after the training for one year.

Diabetes control programme

We are also concentrating on preventive therapy for pre diabetes. It has been observed that activating palm reflex points and figure of eight walking for 30 minutes daily has really worked for many diabetic people to keep the glucose under control. We need about one hundred diabetic patients for our data collection to prove the efficacy of Acupuncture and figure of 8 walking for diabetes. Those interested in joining this programme may contact our Academy..

Preventive Therapy

As a system, we must concentrate not only on cure, but also on prevention of the disease. Daily exercise, deep breathing (clean air), proper food (naturally grown), relaxation and positive thoughts play an important role in preventive technology. Acupuncture treatment helps to prevent disease by enhancing our immune system and detoxifying the digestive system. It aims not only at absence of disease, but also to bring a feeling of wellbeing with an abundance of physical and mental energy.

Health of our Nation

Children below 10 years especially should be treated by their parents to develop a very good immune system to stay healthy for a long time. Parents should avoid heavy dose of antibiotics to overcome common cold and cough which is a natural process to cleanse the lungs and large intestine.

Once again, I would like to state that every individual is responsible for their own health and must always adopt preventive therapies to avoid major problems in future.

Wish you all a healthy, happy and prosperous life. Stay healthy and make India healthy.

Dr. H Bhojraj

VISIT TO ISRO



Standing from left to right..

- 1) Raghul "Kenthorai" 2) Kavitha Sreedaran "Kunda Chappe" 3) Inthira Raj "Mulligoor"
- 4) Sudhakar Rajan "Thangadu" 5) Bhojraj Hala Gowder "Kokalada" 6) Neeraj Bheeman "Kanneri" 7) Murthy Raju, "Mulligoor" 8) Yogesh Raj "Kadasolai" 9) Dinesh "Jegathala" 10) Easwar Kumar "Achanakkal" 11) Gautam Chandran "Melur Hosatty" 12) Vihaan Gautam "Melur Hosatty"
- 13) Mary Metilda Raj "Mulligoor" 14) Jayanthi Sudhakar "Thangadu" 15) Sai Karthik "Koderi"
- 16) Aruna Srila Kallan "Thangadu" 17) Raunak Sudhakar "Thangadu"
- Sitting left to right.
- 18) L.Sambhavi, "Kundachappe" 19) Divya Bharathi, "Kundachappe" 20) Sharmila "Adhigaratty" 21) Amritha Natarajan, "Kanneri" 22) Rishita, "Betalada" 23) Disha "Adhigaratty"
- 24) Ganesh Viswan "Kappachi" 25) Anneetha Raj. "Mulligoor" 26) Dinesh "Adhigaratty"
- 27) Aswini Gautam, "Melur Hosatty" 28) Poonam Rajam "Koderi"

Dr. H. Bhojraj, Chairman, Academy for Acupressure and Acupuncture was recognized by ISRO scientists for his innovative methods when he was working as scientist in ISRO till 2011. He joined ISRO in the formative year 1972 & has contributed to satellite technology from "Aryabhata" (India's 1st satellite) to "Chandrayan". Dr. Bhojraj was rewarded twice in 1990 & in 1999 by National Research & Development Corporation (NRDC) for his research on Space Technology apart from an award from Prof. Dhawan, for his contribution towards India's 1st satellite, Aryabhata. He got his doctorate in Acupuncture in the year 2000 and was appreciated by the Space Officers Association for his extra contributions to the organization.

When India made a world record of launching 104 satellites in one go by PSLV, all the top executives working in Bangalore and hailing from Nilgiris requested a visit to ISRO to see the laboratories where the satellites are designed, fabricated and tested.

Dr. Bhojraj who is also from a village in Nilgiris organized the visit on 14/3/17. All 28 participants were thrilled by the standards maintained at ISRO. The video clippings about ISRO, Chandrayan, visit to Space Exhibition and the clean room where the satellites are assembled were well appreciated by the visitors.

Let us support and wish ISRO greater achievements in future.

Reported by Mr. Sudhakar Rajan, Organizer of the event

ARTHRITIS

Article compiled by Mrs. Jija Subramanian

“Arthro” means joint and “itis” means inflammation. Arthritis is a condition wherein a person suffers from pain and stiffness as a result of degeneration of the joint surfaces.

What Causes Arthritis?

Cartilage is a firm but flexible connective tissue in our joints. It protects the joints by absorbing the pressure and shock created when we move and put stress on them. A reduction in the normal amount of this cartilage tissue causes some forms of arthritis.

Symptoms associated with Arthritis are as follows:

- Joint pain
- Stiffness of joint, in rheumatoid arthritis early morning stiffness is common.
- Swelling around the joint.
- Redness around the joint.
- Irregular and enlarged looking joint.
- Restricted movement of the Joints

Types of Arthritis-

There are more than 100 forms of arthritis. The common types of arthritis which many of us are likely to come across are:

1. Osteoarthritis (OA)
2. Rheumatoid Arthritis (RA)
3. Septic Arthritis
4. Psoriatic Arthritis
5. Reactive Arthritis
6. Traumatic Arthritis

The most common form of arthritis is osteoarthritis and rheumatoid arthritis. In these both form degeneration of joint occurs in different ways which is explained below:

Osteoarthritis: In Osteoarthritis there is a loss in function of the articulating cartilage (cartilage is a firm, slippery tissue that permits nearly frictionless motion between the two joint surfaces) which aids in the movement and protection of joint during movement. The damage results into grinding of the joint surfaces every time the joint

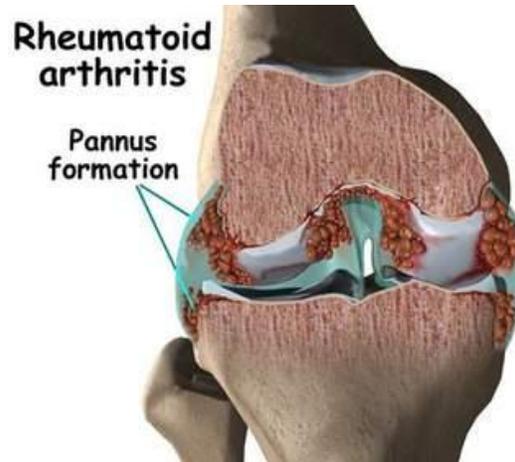
moves ending up in all the symptoms mentioned above.

Osteoarthritic Knee



This form is particularly seen in older individuals. The most common joints involved are hip, knee, lower back, a small joint of the finger, big toe.

Rheumatoid Arthritis: In rheumatoid arthritis, the body forms antibodies against normally present surfaces of synovial capsule of the joint (joint with fibrous joint capsule) present in the body. This results in long-term chronic inflammation of the synovial joint. This gradually increases and ends up spreading to the joint surfaces and inflammation destroys the capsule and bone inside the joint. This is believed to be genetic. It occurs between ages of 20-50 years.



The joints commonly involved are the small joint of the hand, wrist, elbow, knee, ankle and less common are hip joint and the jaw.

Managing Arthritis

The aim for a patient with arthritis is to gain proper joint movement and reduce the pain experienced by an individual, thus improving the quality of life of an individual with arthritis.

Medication

A number of different types of medication treat arthritis. They include:

analgesics, e.g., hydrocodone (Vicodin) or acetaminophen (Tylenol): effective for pain management, but don't help decrease inflammation **nonsteroidal anti-inflammatory drugs (NSAIDs)**, e.g., **ibuprofen**: help control pain and inflammation **menthol or capsaicin creams**: block the transmission of pain signals from our joints

For RA, **corticosteroids or disease-modifying anti rheumatic drugs** which suppress our immune system are given.

Therapy: Physiotherapy is helpful in improving joint movements (range of motion), strengthening the muscle around the joint, reducing pain and improving ability to do the activities of daily living like walking. Hence the quality of life of an individual with osteoarthritis improves with physiotherapy.

ACUPUNCTURE FOR ARTHRITIS

Osteoarthritis : can be treated using the Spleen Humidity sedation formula (**Sp-6↓ Liv-1↑ Lu-7↓ P-7↓**). This will allow regeneration of the synovial fluid and cut down the friction. It will also remove the stiffness and allow free movement of joints. Liver 1 tonification will strengthen the cartilage.

Rheumatoid Arthritis: is treated using the liver wind tonification formula (**Liv-1↑ Lu-7↓ H-7↑ P-9↑**) to tackle the anti -body that attacks the synovial fluid.

ASA KARNATAKA

III EC Meeting/ Seminar (Tentative)

Date : 09/04/2017

Time : 2:30pm to 5:00pm

Venue : Gandhi Bhavan

Seminar Details

3:00pm – Pulse Analyser - Mr. Basavaraj

3:30pm– Thyroid Problems - cure with Acupuncture by Mr. Girish

4:00pm– Arthritis- cure with Acupuncture by Dr. Samiullah

4:30pm – Discussions

For Registrations contact

Mr. Girish. S - 7899326578

Register before 06/04/2017

Fees : ASA Members – Rs.250/-

Non Members – Rs. 500/-

Advance Acupuncture Course

Theory Classes followed by One year practical training

At the Academy premises

Every Saturday

10:30am to 12:30pm

For registration contact:

(080)-2313-2103

Between 10 AM to 5 PM

Course fee : Rs. 50000/-

Requirements :

Must be a graduate

Must submit a research report on a selected disease within a year

ACUPUNCTURE

The drugless path to Good Health

Will go for print within 3 months

Distributors needed all over India

Contact Dr. H Bhojraj

98456 49914

email: acu_bgl@yahoo.co.in

ASA KARNATAKA CHAPTER

II Executive Committee cum Seminar on 5th Feb 2017

The 2nd committee meeting of ASA Karnataka Chapter was conducted on 5th Feb 2017 in the conference Hall at Gandhi Bhavan. The meeting was attended by 20 ASA members. Dr. Ravishankar, President, welcomed the members. He also extended a special welcome to Dr. C.K. Raju who had come from Chennai to attend this meeting.

Dr. C. K. Raju gave a briefing on the efforts of ASA India and its activities at the National level to get recognition for acupuncture. He felt that the coming seminar on integrated medicine in Kolkotta from February 24-25, 2017 will widen the opportunity to put across the efficacy of Acupuncture by renowned doctors in the field. Dr. C.K. Raju represented all the south Indian States at this National Seminar.

Dr. Ravi Shankar briefed the gathering on the efforts by Dr. Samiulla to get Acupuncture recognized in Karnataka. He informed the members that the Govt is planning to recognize Acupuncturists with a medical degree or those working under Doctors with medical degree.

Dr. Bhojraj Advisor, ASA Karnataka suggested that a State Acupuncture council (Adhoc) should be formed under the ASA banner and take actions for recognizing genuine, qualified acupuncturists in Karnataka by issuing a registration card for practicing under any medical hospital or medical doctors. A nominal fee can be fixed for issuing a certificate to those who pass the WHO TCM Standards. The council has taken note of it and will evolve a suitable system for recognition.

Mr. Girish, Secretary, presented the financial position of ASA Karnataka which had a regative balance of Rs 8800/- Since ASA refused to foot the deficit of the inaugural expenses, a few members volunteered to donate to set off the deficit. Donations totaling to Rs 2250 were received from:

Dr. C.K. Raju Rs 500; Dr. H. Bhojraj Rs 500, Dr. Ravi Shankar Rs 500, Mr. Basavaraj Rs 500; Dr. Santhosh Kumar Rs 250.

The Scientific Presentation on Pulse Analyser developed by Mr. Basavaraju and his team was conducted from 3.15 PM and it was decided to continue the presentation cum demonstration in the next meeting also since it gives scientific proof of energy changes after acupuncture treatment.

The 2nd presentation was on Acupuncture cure for Migraine by Mrs. Jija. She presented cure for migraine adopted by modern medicine and that by Acupuncture using Dr. Bhojraj's method. Two cases of migraine monitored over a period of two years were discussed in depth with pulse analysis graphs.

The 3rd presentation was on cure for diabetes with an Integrated approach called EBBE Therapy by Dr. Jose. He emphasized the importance of food and exercise in cure for diabetes. He insisted that people should learn these techniques to treat diabetes since India is the capital of diabetes and Bangalore has more than 17 lakh people with diabetes.

The fourth presentation was on diet Therapy by Acupuncturist & dietician Dr. P.R. Deepika. In her presentation, she stressed on the necessity to consume more of natural food and less of cooked food.



It was also decided to meet at the same venue on 2nd Sunday of April (9-4-2017) with four more presentations.

Tentatively Mr. Girish, Mr. Janarthanan, and Mr. Prakash were identified for presentations, with one more slot kept open of any other ASA member.

The vote of thanks was proposed by Mr. Girish thanking all the participants including the special invitee Dr. C.K.Raju.

Prepared by Mr. Girish

Activities during the quarter January to March 2017

TCM Course

With a view to comply with WHO's directive that Knowledge of TCM is a must for recognition in Acupuncture, our Academy has invited Dr. C. K. Raju to conduct these classes for a period of one year. Classes commenced from January, 2017 on the 2Nd Saturday and following Sunday of every month. Revision classes are held every Wednesday by Dr. Bhojraj. 10 Students have enrolled for the course.

One day Basic Course

The One day Basic Course held every month at the Academy is evoking a good response. We even have a couple of students coming in from other States on a regular basis. Students who practice these simple techniques regularly, have seen a vast improvement in their health and have also been able to help family and friends.

5Th Anniversary and Graduation

To commemorate the successful completion of 5th year of our Academy of Acupressure and Acupuncture, a simple function was organized on 7th Feb 2017. Shri. Abhijit Sengupta, Rtd Secretary, Department of Culture, Govt. of India was the Chief Guest who spoke highly of this simple, yet effective treatment for various ailments. Mrs. Ambika Sengupta, writer and Wg Cdr (Dr). Romesh Bhat, Rtd IAF officer were our guests of honor.



Dr. H. Bhojraj, Chairman, AAA welcomed the gathering and emphasized the need for motivating young parents to adopt these simple techniques to prevent the disease for their children in future.

Mrs. Jija Subramanian Trustee presented the Annual Report. Mr. Kannan, Founder Trustee also addressed the gathering. He related one of his personal experiences with Acupuncture, of how his sister, suffering from sciatica pain could get miraculously cured with just one sitting. It gave him the confidence and motivation to learn some simple techniques taught in our Academy.

Mr. Romesh Bhat explained how he took up Yoga Therapy research. He was motivated to join Acupuncture and Astrology mainly as a holistic approach for diseases.

All the graduating students shared their personal experience of the past one year and emphatically stated that they have been able improve their health and that of their family members in general with acupressure and acupuncture

The course certificates were distributed to all the Graduating Students by the Chief Guest, Shri. Abhijit Sengupta.

Mrs. Jija proposed the vote of thanks and thanked the Guests, Trustees, Students and Donors for their unconditional support in propagating these simple therapies and for their efforts to get recognition for Acupuncture and Acupressure from the State Government.

ONE DAY BASIC COURSE IN ACUPRESSURE

**Every Third Sunday of the Month
at**

**Academy for Acupressure &
Acupuncture**

Contact :

Mr. GIRISH

M: 7899326578

WEIGHT REDUCTION WITH ACUPUNCTURE!!!!

By Dr. Deeksha Agarwal

Obesity/Overweight is defined as abnormal/excessive fat accumulation that presents a risk to health and is measured by BMI.

BMI= PERSONS' WEIGHT (IN KGS)/HEIGHT (IN METER²)

OBESE - BMI equal to or more than 30

OVERWEIGHT - BMI more than 25

CRITERIA

For all those who are conscious of staying in good shape and health **we are starting a Weight Reduction Programme.**

It will be a three month Programme. Treatment will be given for 5 days continuously to begin with. This will be followed by one sitting per week till the end of the 3rd month.

Treatment will include Acupuncture and Auricular therapy lasting 20 minutes each followed by a 30 minute activity session.

Session starts only on Mondays.



HOW TO REGISTER

Contact nos : (080) 23132103/ 8050901238,
10 am to 4.30 pm; Monday to Saturday.

Registration fee Rs. 7000/- per person.

Rs. 5000/- for 2nd & 3rd month

EVIDENCE

An experiment conducted at our academy following acupuncture treatment for 5 continuous days, has shown not only weight reduction but also reduction in hip and thigh measurements.

Name	Date	Waist	Hip	Calf	Thigh	Arm	Weight in Kgs	Height in cm	BMI	Fat	Waist to Hip
Ananth	13/3/17	39	41	15.5	19	12	85.1	174	28.1	27.5	0.95
	17/3/17	38	40	15.0	17.5	11.5	81.0	174	26.75	26.5	0.95
Roopa	13/3/17	35	45	15.5	25	11.5	80	160	31.3	20	0.78
	17/3/17	34.5	44	15.0	22.5	11.0	78.5	160	30.66	18	0.78

Case Histories:

1. Shoulder pain and other problems cured with acupuncture Says Mrs. Lalitha:
Ph. No: 9620419573

I am diabetic, had hand pain, back pain and was going through lot of mental stress. Being a professional veena player, I couldn't play the veena suddenly due to all the pain. But after the treatment, I have started teaching and performing onstage like I used to earlier. My hand movement has improved tremendously. It has also helped in menopausal issues that I was facing.

Mrs. Lalitha was administered Liv-1↑, Lu-7↓, H-7↑, P-9↑, with additional points of Lu10↑ for shoulder pain & ↑B-65 & B-67↓ for frequent urination. Within 4 months she reported that her shoulder pain was better & that she could lift her hand right up.

2. Back pain cured in one sitting with acupuncture.. ..Says Mr. Ashok Kumar:
Ph. No: 9844243167

I came to doctor on 12/10/16 with severe back pain especially in the lower disc. After the treatment, I was asked to take 3 more

sittings. I followed all the instructions of doctor and was completely cured in only one sitting. There was no need for further sittings. I am very much thankful to the doctor for curing me of back pain. I am continuing with figure of 8 walking.

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

3. Various pains cured with acupuncture Says.... C.R. Shyam Sundar: Ph. No: 9986085618

Mr Shyam Sundar came for treatment on 2/5/2014 complaining of fibromyalgia, back pain, elbow pain, headache, calf muscle pain, ankle pain, shoulder pain & pain in fingers & toes. B coldness, K heat & dryness were sedated as per PAS. In the following 2 weeks he was treated with ↑Liv-1 ↓Lu-7 ↑H-7 ↑P-9 formula.

Within 3 weeks back pain had reduced by 80% and elbow pain by 50%. All the other pains had also reduced. He came back after

3 years with elbow, shoulder & wrist pain. He told us that after the 3rd sitting in 2014, the back pain & elbow pain had completely cured. He met with an accident and couldn't continue with the treatment. He is happy that he is completely relieved of his back pain & is confident that his present problems will also be completely cured.

4. Acupuncture for plantar fasciitis Says Mrs. Lakshmi Ph. No: 9686933243

I came with plantar fasciitis problem on right foot accompanied by shooting pain in the morning or when I slept for long time. Post 3 sittings the pain vanished and has not relapsed till now (since 2 years).

The 1st sitting was administered as per PAS. On 25/6/15, she given was ↑Liv-1 ↓Lu-7 ↑H-7 ↑P-9. In the following sittings she was administered, Sp-6↓ Liv-1↑, Lu-7↓ P-7↑, along with B-60↑ by the 3rd week (1/8/15) the pain had reduced by 80%

Keep your hair in good condition by improving your general health Avoid Hair loss by activating K3

As we all know, when general health is good almost all the sense organs and other secondary elements in our body are also in good condition. **Hair on the head plays an important role is projecting our personality and the general appearance of the hair indicates the condition of our internal organs, especially that of the kidney as per acupuncture science.**

Many people have come to us complaining of hair loss at an early age. **Activation of the acu point K – 3, every day for a minute saved them from further loss of hair.**

Strong emotional state of mind even for a short span of time can cause hair fall and baldness.

The Thyroid hormone plays an important role in the maintenance of hair. Less secretion results in tiredness, weight loss or gain, and also, lusterless hair and hair fall. Therefore, take care of your hormonal glands particularly the thyroid for abnormal hair fall. Soft hair indicates excellent health.

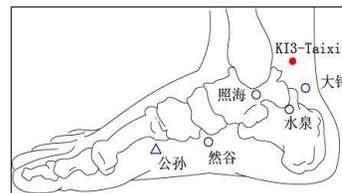
Hair color is decided by a pigment called melanin. If melanin is more, the color of the hair is darker. As we grow older, the melanin production decreases and the hair turns gray.

In Acupuncture Science, hair on the head is controlled by the Coldness energy or Water element. **By activating the kidney-3 point,**

you can keep your hair healthy and for long time too. Kindly activate this point for

your children from a young age (just touching K-3 for few seconds everyday) for healthy teeth and lustrous hair.

Remember to activate the palm reflex points for 5 minutes every day to improve their general health and train them from a young age to opt for preventive health care.



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