



ACU WELLNESS

The Quarterly publication of
ACADEMY for ACUPRESSURE and ACUPUNCTURE (R)

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

January- March 2017

Tel : (080) 2313 2103 e-Mail : acuacademybgl@gmail.com Website : www.acuprressureclub.org

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No. 1

From the Chairman's Desk



The year 2016 has been a very eventful year for INDIA and with the proactive measures taken by the present Government; INDIA will become a developed country and also super power in the world within 3 years, thus fulfilling the big dream of our beloved Ex-President Dr. Abdul Kalam. Some of us from ISRO had the privilege of working with him during Satellite Launch vehicle (SLV) project from 1976-1981. Dr. Abdul Kalam motivated every student to be honest and asked the youngsters to create a honest, corruption free INDIA. We have almost achieved the goal with the demonetization move by the Government. Let us all expect the year 2017 is going to be great year for INDIA and the policy makers can plan for preventive measure rather than for curative measures in any field.

Our Academy has done very well in the year 2016 and many of our trainers are giving very positive feedback about our techniques to cure many ailments for themselves and also for their kith and kin. **The Karnataka Chapter of Acupuncture Science Association was formed on 25th Sep 2016 to represent all Acupuncturists in Karnataka. This forum will strive to get the recognition from the State Government for the regulation of all practicing Acupuncturists in Karnataka.**

Those who have undergone Acupuncture Course in our Academy are requested to take up Traditional Chinese Acupuncture Course in order to pass the examination that will be conducted in future for recognition of therapists by the Acupuncture Board.

Our Academy has planned a special course for Doctors from modern medicine, Ayurveda, Homeopathy and Naturopathy at concessional fees for one year. Those qualified doctors interested in learning Acupuncture may kindly contact our Academy for details and timings.

We have the largest young population in the world. We have to provide them the skills required to face the technological challenges along with the skills and practices to stay healthy in the natural way. Let us train them, inspire them and make them understand that we are second to none in this world.

The achievement of Mangalyaan is recognized by the whole world. We, the space Scientists are proud to see the photo of Mangalyaan on the Rs 2000 note which has a high tech chip to trace the location.

Wish you all a very happy and healthy New Year 2017.

Dr. H. Bhojraj



Acupuncture for Ulcerative Colitis

Ulcerative colitis is a chronic disease of the large intestine, also known as the colon. Colitis refers to inflammatory ailments of the lower intestine. Ischemic Colitis is a disease that affects any age group.

In Ulcerative Colitis, the **colon develops tiny ulcers and other inflammation** that flare up periodically. The lining of the colon becomes inflamed and develops tiny open sores, or ulcers, that produce pus and mucus. **The combination of inflammation and ulceration can cause abdominal discomfort and frequent emptying of the colon.** It can also cause bleeding which can be detected in stool examination and can cause diarrhoea that may be painful.

Ulcerative colitis may be associated with various other disorders ranging from eye problems to arthritis. Attacks of ulcerative colitis tend to recur, and the risk of colorectal cancer also increases.

Colitis can be classified into three levels depending on the severity of the disease:

Mild – In this mild case, one may have upto four loose, possibly bloody, bowel movement in a day. There may be abdominal pain.

Moderate – In this moderate case, one may have upto 4 to 8 bloody stools daily with abdominal pain. These people will have low fever and weight loss.

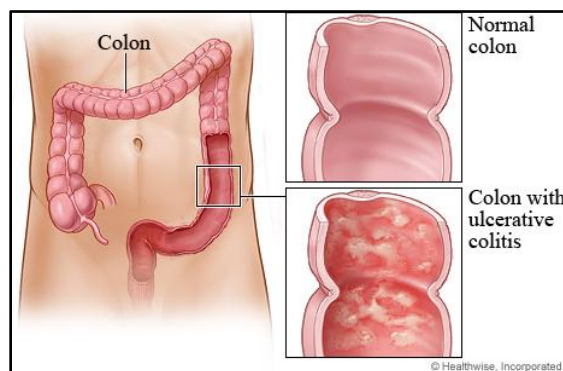
Severe – In this severe case, one may have 6 or more bloody stools or diarrhoea daily and during the night, with fever of 100 F or higher, as well as symptoms of anaemia.

Possible Causes

- Bacterial and parasitic **infections**
- **Drug reactions** especially to antibiotics

Diagnostic Procedure

-Sigmoidoscopy/ Colonoscopy - A flexible tube inserted through the rectum and photographed for diagnosis.



Treatment

Ulcerative colitis is the most serious systemic illness. Modern medicine will prescribe **steroids** in severe cases. Medicines may be prescribed for stopping diarrhea. When symptoms come under control, they recommend a **high fiber, lactose free diet and encourage patients to do regular exercise.**

Acupuncture Treatment

To overcome diarrhea, **LI-11 (Humidity) reduction and LI-3 (Wind) increase** can be given almost daily.

Once diarrhea stops, one should **increase the overall immunity of the system by using Sp-6↓ Liv-1↑ Lu-7↓ P-7↓** formula every week.

Within two months the ulcerative colitis will come **under control.**

Traditional Chinese Medicine (TCM)

As per the **World Health Organization, Traditional Chinese Medicine (TCM) includes Acupuncture, moxibustion, herbal medicine and Tai chi.** It has been recognized as one of the main therapies in many countries including USA. In China, it has been integrated with Allopathy in almost all modern hospitals. This has greatly improved the public health care system.

Though the Acupuncture system of treatment is **not fully recognized by the Central Government in India,** it has clarified that those who have studied Acupuncture can practice it as a therapy in INDIA. Since there is no official recognition, many experts who have undergone Acupuncture Courses abroad, have started their own schools for the propagation of this affordable and effective system.

Courses are conducted unofficially all over INDIA. People who have undergone these courses are practicing Acupuncture with excellent results. **But the efforts of these individuals have not been harnessed for the research in Acupuncture by any Central Body. To overcome this problem, the Acupuncture Science Association was formed in the year 2013, inducting acupuncturists from various schools of Acupuncture in INDIA. Based on this motivation, The Karnataka Chapter of ASA was formed mainly to promote research in Acupuncture and motivate the members to present authentic papers with research results using Acupuncture therapy.**

On the inaugural day (25th Sep 2016) three papers were presented and the participants encouraged the ASA

executive committee to organize many more such sessions in future. As a well-wisher of this wonderful system of Acupuncture, I appeal to all practitioners of Acupuncture to apply for the membership of ASA so that our efforts are harnessed in a proper way by the Central committee to get the due recognition for Acupuncture from the health department as one of the main systems of treatment.

Those interested in getting the accreditation from ASA must pass an examination conducted to check their knowledge in Traditional Chinese Medicine. For syllabus and model papers the members may kindly contact our Academy.

Dr. H. Bhojraj

(Advisor, ASA, Karnataka Chapter)

Advance Acupuncture Course

Theory Classes followed by One year practicals

January 2017

19-01-2017 to 27-01-2017

March 2017

20-03-2017 to 29-03-2017

At the Academy premises

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

Quarterly Activities of Academy

1) Dr. C. K. Raju's visit



Dr. C. K. Raju at our Academy on 30/11/16.

Keeping in mind that WHO guidelines make it mandatory for practitioners to be tested on TCM for getting recognition, our Chairman, Dr. Bhojraj invited Dr. C. K. Raju from Chennai, to conduct TCM classes at the Academy. Dr. C. K. Raju addressed the students at our Academy and explained the importance of learning TCM. He assured the students that he will make them confident and capable of facing any exam on TCM. **Classes will be held at the Academy on the 2nd Saturday and following Sunday of every month for a year starting January, 2017.**

For further details, contact the Academy at (2313 2103)



Students at Dr. C. K. Raju's visit

2) Lecture by our Chairman on Acupressure in the International Convention for Medical and Technological Advancements in Healthcare held from 23rd to 25th Nov, 2016 in JNU Auditorium. IISC, Bangalore.



Dr. H. Bhojraj Addressing the Convention

The 4th International Conference on the topic "Healthy ageing in the changing world 2016" was held from 23rd to 25th Nov 2016 with eminent speakers from all over the world. The conference addressed the health requirements of the aging population in the world since good health needs to lie at the core of society's response to population aging.

Dr. H. Bhojraj was invited to give a talk on "Acupressure", the self-help technique adopted by young and old to stay healthy. The talk covered single acupressure points various ailments and was well appreciated by the audience.

The booklet on Acupressure "Do it yourself therapy" was distributed to the organizers.

3)Basic Course



At Hotel Chalukya on 20/11/16



At AAA on 18/12/16

4) Practioners Monthly Meeting held on 22 Oct 2016

Regular monthly meeting of the practioners were held on the 4th Saturday of Oct, Nov, and Dec 2016. Most of the active practitioners have been attending these interactive meetings with the Academy.

After practicing Zen Meditation session, all the practioners expressed their

experience with Acupuncture techniques taught in our Academy. **Very positive results were observed for head ache, back ache, cold & cough as well as diabetes.**

All the members were requested to record the results and send it to the Academy for research records.

The cases which have not responded to Acupuncture treatment can also be reported to our Academy for sharing in our Newsletter. Infectious diseases are very difficult to treat since the invading pathogens have come from outside due to weak immune system in our body. Use medication to overcome the temporary crisis and then improve the immune system by activating the Spleen, Kidney, Intestine, Liver and Lymphatic system reflex points in the palm every day, especially for children prone to frequent infection.

The figure of eight walking has taken off in a big way and more positive results are pouring in to our Academy.

Those interested in preventing diabetes in the age group of 30 - 40 years may contact our Academy for monitoring their health parameters for a long time study with this figure of eight walking.



Case Histories:

1) Sciatica Pain cured in 3 sittings of Acupuncture treatment- says Mr. Kashif K. Aged 32 years. Ph.no:9379058007

In 2013 around August, I was having **back pain accompanied by sciatica pain** on the right leg. Sometimes I used to get knee pain and slight swelling in both the legs.

I consulted the **physician and orthopedic specialist** for this problem. I was **prescribed only pain killers** which gave me relief for that day. I was advised to try Acupuncture treatment by my friend. I visited the academy on 26th Sep 2013 and after pulse analysis Acupuncture treatment was given by Dr. H. Bhojraj (Sp-6↓ Liv-1↑ Lu-7↓ P-7↓). He also advised me to **activate certain reflex points**. To my surprise, the pain reduced drastically and I have not used any pain killers from the first day of treatment.

The second sitting was on 4th Oct 2013. The same formula was repeated and he me to start a few exercises taught by the orthopedic specialist.

On 17th Oct 2013, a pulse analysis was done and treatment was given as per the pulse readings.

Till Dec 2016, **I never had that problem of sciatica or back pain or knee pain**. I was driving my motor cycle, I skidded a little and my back was hurt. Since one week, the same sciatica pain has recurred, but, on the left side this time.

On 19th Dec 2016, Dr. Bhojraj has done pulse analysis and gave me Acupuncture treatment. With this treatment, my pain has come down and **I am sure within one or two more sitting I will be all right without any pain killers**.

Thanks to Dr. H. Bhojraj and Acupuncture for curing my problem and also motivating me to do my daily exercise to keep myself fit.

2) Relief for thyroid and related problems with Acupuncture... says Vidya Venkoban: Ph.no:9663859646

I came here after 6 months of acupressure treatment elsewhere. When I came in here I was very much **in pain I was not able to stand for even 5 minutes** I had cramps in the night my hands and legs were like wood with tightness. After treatment here, it has improved a lot. All my pains are better now. I still have pain sometimes but I am **85% percent normal**. I have complete faith and hope that I will be completely normal in a few days. **During the course of treatment, I had 2 falls and a rib fracture. I took only Acupuncture treatment for that also.** It is an extremely helpful treatment to be off medicines. An excellent treatment indeed!

I am also a thyroid patient and now I am off tablets with a normal reading. No painkillers, no tablets, no medicines. Full faith in Acupuncture has cured me.

Doctors Comments : She was treated with Liver wind tonification for Thyroid. Liv-1↑ Lu-7↓ H7↑ P9↑)

3) Gout cured with acupuncture...Mr. Vinay Kumar:

Mr. Vinay Kumar had the problem of **gout since 15 years**. The toe would become red and swell. It would become very painful if he avoided medicines. The swelling and pain would shift to his ankle. This made **walking very difficult and he had no option but to take bed rest.**

He didn't get a permanent cure so he decided to try Acupuncture. He came for treatment on 13.04.2014. As per the Pulse Analysis report the following treatment was given: ↓B40 ↓LI2 ↓Lu10 ↓Tw2 Dr. Bhojraj decided to do another pulse Analysis immediately after treatment. Almost all the energies had stabilized expect. SI 1 and GB 44, which were sedated Mr. Vinay was advised to do the hand exercises every day and we never saw him.

One 26/10/16, he came back, but this time it was for acidity and for problems in the leg. On enquiring about his previous problem of gout, **he said that he never every faced the problem after that one sitting.**

4) Headache cured in one sitting with acupuncture ... Sr. Sunitha (practitioner) Ph No.9449445823

A 50 year old man approached me for a headache he has been suffering from since 14 years. After checking his pulse, I sedated Liver 1(wind) and needled GV 20. On the 3rd day he came back saying that his **headache had vanished!!!** He was wondering if Acupuncture was magic or medicine!!!

5) Relief for various problems with Figure of 8 walking

i) Nandini R, our practitioner had severe back pain and **couldn't even sit due to the pain.** She did the walking for **15 minutes and the pain just vanished.**

ii) Another practitioner, Divya Rajani, had **knee and ankle pain** and used to avoid walking. After regular 'Figure of 8 walking', **she does not feel pain now.**

iii) Mrs. Sharadha Ganesh who is going through menopause, **had sleepless nights continuously for several days.** This made her very tired. Under Dr. Bhojraj's advice, she did the 'Figure of 8 walking' for **15 minutes before going to bed.** Gradually, **her sleep improved and is now normal.**

Course Directors comments:

It is observed that 'Figure of 8 walking' **improves the quality of sleep and reduces blood sugar.** Systematic study is planned with 100 people in the near future

ASA KARNATAKA

II EC Meeting/ Seminar (Tentative)

Date : 05/02/2017

Time: 2:00pm to 5:00pm

Venue : Gandhi Bhavan

Seminar Details

2:30pm - Pulse Analysis Instrument -
Mr. Basavaraj

3:00pm – Migraine –
Mrs. Jija Subramanian, AAA

3:30pm – Diabetes – Dr. Jose K

4:00pm – Diet Control –
Dietician. Deepika P R

4:30pm – Discussions

**For Registrations contact
Mr. Girish. S - 7899326578**

Register before 20/01/2017

**Fees : ASA Members – Rs.250/-
Non Members – Rs. 500/-**

PROJECT ASSISTANT REQUIRED

For Diabetes research

**Qualification: B. Sc or M. Sc
with Biology/ Biochemistry**

**Research Pay: Rs 10,000 per
month for one year**

Work place: AAA in Rajajinagar

Extendable to 2 years.

Local candidate preferable.

**Must be inclined for research-
Technical papers preparation,
seminar presentation and data
collection etc**

**Contact : Dr.H.Bhojraj
9845649914**

ACKNOWLEDGING DONOR

We would like to express our special thanks to **M. Pavananjaya Padival** for his excellent support and encouragement towards achieving our goals.

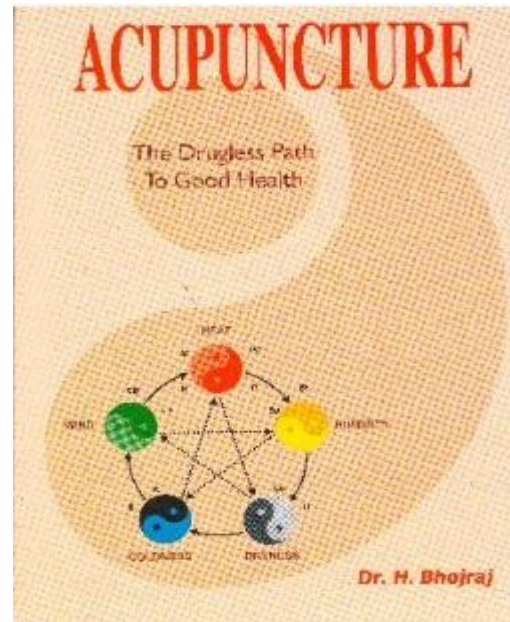
ONE DAY BASIC COURSE IN ACUPRESSURE

Every Third Sunday of the Month
(Except in January 2017 – to be conducted on 4th Sunday - **22/01/17**)

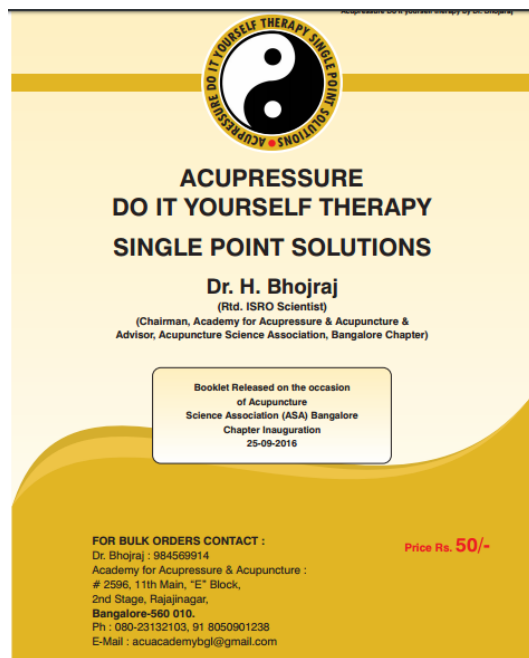
at

**Academy for Acupressure &
Acupuncture**

**Contact :
Mr. GIRISH
M: 7899326578**



Priced at Rs.1200/-
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**FOR BULK ORDERS CONTACT:
Dr. Bhojraj: 9845649914**

BULK DISCOUNT COST

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