



The Drugless Path
Acupressure
To Good Health

ACUPRESSURE
Newsletter

Volume 18

No.1

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From the Course Director Desk....

Dr.H.Bhojraj :Mobile :098456 49914

It has taken quite sometime to bring out this newsletter in 2009. Due to my preoccupation with and I was not able to allot time for self-healing therapies. As you are aware, we are responsible for our own health. The holistic approach is based on the foundation of health on nature and the unity of body, mind and spirit.

Present day medicine relies heavily on technology for both diagnosis and treatment of the patient. Although unavoidable at times, this approach takes the responsibility of healing away from the individual and is expensive also.

The highest goal of living is to become good persons who are happy with themselves and contribute their best for others. If one desires to help and serve others, then one can lead a useful life. All that is required to make it happen is ones own sincere wish to be happy and useful.

As we know, the treatment given in any system balances

the internal energy and the patient's cure comes from his own system. The emphasis is on balancing the mind, balancing the emotions and balancing the body. The power of self healing is understood by many of our advanced course students who have seen visible changes in their health parameters.

The advance course classes are continuing every Sunday from 9.30 a.m. to 11.00 a.m. and one can join any Sunday with prior intimation to the Course Director. The duration is kept for one year to enable participants to understand the changes taking place and develop their abilities to treat themselves and their relatives.

A one day Introductory Course on Acupressure is being organized on 12th September 2009 (Saturday) at The Indian Institute of World Culture, B.P. Wadia Road, Basavanagudi, from 10-00 am. to 5.00 pm. Those

interested in joining this formal course can register with Mr. Palyam Suresh [Tel. 93412 61251].

I request all of you to give your feedback in writing for developing records for our Acupressure /Acupuncture Research so that the Newsletter frequency can be increased in coming months.

Dr. H. Bhojraj

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Consultation by appointment only

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Special points of interest:

Case Histories

- **Knee pain cured**
- **Lower back pain relieved**
- **Skin allergy/Headache/ Cysts/Varicose veins**
- **Jaw lock cure**
- **Leg pain**
- **Arthritis cured**
- **Frozen shoulder**

NOTICE

Announcements

Courses

Report on Acupressure Club

We are organising the "**Basic Course in Acupressure**" on September 12, 2009 at the "**The Indian Institute of World Culture**" since there have been requests from many quarters for this Course. This is a One Day Course (10 AM to 5 PM) and those who are interested can contact Palyam Suresh

(Tel : 93412 61251) for registration. The Course fee is Rs. 500/- per person.

During the period of reporting, one of our Life Members, who is also a practitioner of "**Dr. Bhojraj Method**" was interviewed by the popular Kannada TV Channel "**Udaya TV**" and this was beamed on 4th May, 2009 in the regular

Programme "**Samvedane**". This telecast seems to have attracted a lot of interest in Dr. Bhojraj's Method. Dr. Sujata was also interviewed by the popular Kannada Magazine "**Priyanka**" and the Times of India (Kannada edition) and the interviews were published.

--Palyam Suresh, Programme



Case Histories

1. Lower Back Pain Relieved in just five sittings : says Mrs.Parimala Rajagopal (68 Years) from Bangalore:080 26390962

I was suffering from low back pain, problem of L4, L5, and also osteoporosis. If I had to stand for few hours in the kitchen, the pain would aggravate and daily chores would become difficult. I was sick of painkillers, and wanted to try some natural means. I went to Dr. Vijaya Seshadri for acupuncture treatment.. I was advised five days of treatment. On the very first day, I had considerable relief and developed faith and confidence in the technique of acupuncture. To my

2. Knee pain cured and participated in Walk Marathon : Says Mr.M.M.Shankar Rao,J.P.Nagar I phase :09945712980

I am one among those who do not readily accept any type of alternate medicines and cures though I know many such are culmination of millenniums of ancient wisdom. The number of fakes far exceed genuine ones .When my nephew insisted that I should take a course of acupuncture treatment for my persisting Knee pain. I did so hesitatingly. Thanks to Dr.Sujatha ,after a short course with follow ups together with being educated

3. Reflex points work well for Skin allergy/Headache/Cyst : Says s.Anusooya pati,anusoooya@sscu.iisc.ernet.in

I am Anusooya. I have done the Basic Course in Acupressure under Dr. Sujatha Palyam and am now doing the Advanced course (Acupuncture) under Dr. Bhojraj. During the course, I have treated my family members and friends.

a) Once my son was having skin allergy and had severe itching sensation. I used Dr. Bhojraj's 4-point formula and activated the Lung dryness point (and corresponding three more points). My son became alright within 5 minutes.

b) One of my friends had cold and severe headache. She had taken the pills, but in vain. I activated her Lung wind point and

surprise, it was not painful, and no needles were put in my back too. Treatment was given only in the legs and hands. I could not believe the magic but my back made me believe it. After five days of treatment, I have not had back pain to this day, even if I stand and work for some hours. Dr. Vijaya also taught me some very easy exercises to be done for just five minutes every day, and this I follow easily on most of the days. I am very satisfied with this drugless therapy and suggest it to all my friends and relatives for all their problems.

Treatment given :

about self pressing on pressure points, the pain gradually subsided and I am now free of this ailment. Within 4 months of the treatment, I had participated in the Sunfeast Marathon in June 2008 (5 Km run for senior citizens) finishing 14th among 1200 participants. This year also I finished 12th in similar race. For me, being cured of the pain was not an end in itself. What is more is that it enabled me to resort to my walking habit (up to 90 minutes every day) which got curtailed due to knee problem so far. For senior citizens like me (75 years age and diabetic and on insulin) this ritual together with regular mental activity of

next day she told me that her headache vanished after the treatment.

c) My aunt was suffering from ear pain in spite of taking the tablets. I pressed the reflex points of ear on the palm and fingers and she had good relief from pain within 2 minutes.

d) A Professor from West Bengal (my husband's M.Sc. teacher) had developed cysts. I took Dr. Bhojraj's advice and informed the professor to activate B 66 point and Liv-1 point. He has got cured without taking any medicine. (Prof. has informed me that he has got cured 80% and then he became lazy to continue the treatment. But he said it worked very well.)

e) Currently I am treating my neighbour for varicose veins. After one treatment

1st day : K 10 increase Sp 6 decrease Liv 1 increase P 3 increase

2nd day : Sp 6 decrease Liv1 increase Lu 7 decrease P 7 decrease

3rd day : B 66 increase St 36 decrease GB 41 increase TW 2 increase

4th day : Liv1 increase Lu7 decrease H 7 increase P 9 increase

5th day : Sp6 decrease Liv1 increase Lu7 decrease P7 decrease

any kind keeps us fit affording enjoyment of life. I happily keep myself engaged in my activities relating to Rain Water Harvesting and Grey Water Recycling which are important eco-friendly initiatives. I recommend Accupuncture and Acupressure as a cure for different ailments. The most important aspect to be remembered is, like many institutions, one should have positive attitude that the treatment will definitely work, It will work.

Treatment Given : Sp6-decrease (↓); Liv1-increase (↑); Lu7-decrease(↓) ; P7 decrease(↓)

itself, she has improved. Earlier she could not sit on the floor. Now she is able to do that. Also the swelling on her leg near the ankle has reduced.

Here I would like to share something which others also might have experienced. I always feel energetic after attending the acu classes by Bhojraj. Sometimes before going to the class I used to feel 'let me stay peacefully one day at home and not go to the class'!!!. But after attending the classes, I always felt that I have lot of energy and I can even climb Everest !!!

Course Director's Comments

Simple solutions work very well for solving your problem. No harm in trying but consult your Doctor to have a thorough check up.



Case Histories

4. Simple solutions and great results— Miracle cure for JAW lock : Says Mr.Narendra Bornwankar ; Narendra.borwankar@logica.com

I have joined advance Acupuncture course conducted by Dr. H. Bhojraj in the year 2007 and I have been helping my colleagues and my relatives with acupuncture treatment. I also tried Auricular Therapy taught by him for quick solutions since it is very easy to locate the relevant painful point in the ear and activate it with a seed plaster.

One of my colleagues had the problem of lock jaw and had consulted many

5. Leg pain cured in just 5 days : Says Mallika Begum : 080 22246489

I am writing about my grandmother. She is 75 years old but a very active personality. Though a widow, she lives all by herself, earns her own living by teaching Arabic. She is a very independent personality and manages household chores by herself.

About 30 months ago, she met with an accident and injured her leg. Though she underwent various kinds of allopathic treatments, there was no end to the pain she suffered. She had great difficulty in

6. Arthritis—Wonderful relief with Acupuncture : says Mrs.Renu Jain (49 years) ,Allahabad (U.P)

She was suffering for 12 years with general pain in body and especially in her feet and soles. There was little or no relief from numerous treatments. She learnt about acupuncture at Bangalore through internet and met Dr. Bhojraj in 2008 while visiting her son employed in IT at Bangalore.

After 1st sitting she reported aggravated pain, indicating her body accepting the treatment. After the 2nd sitting a few days later, pain had disappeared. Dr. Bhojraj taught the connected pressure points to Mrs. Renu Jain for self help.

She again met Dr. Bhojraj on 12th June 2009, with consistent pressure practice on her connected pressure points since

specialists abroad during his tour and also in Bangalore. After listening to his history, I wanted to try acupuncture along with Auricular therapy. As per the theory I learnt, at lockjaw is due to liver and kidney function. Accordingly I activated K-10 reduction, Sp.6 increase and Liv. 1 reduction for the first time.

I also fixed seed plaster on the lower jaw, upper jaw and kidney reflex points in the ear. To my surprise, he got immediate relief and was appreciating me for the instant cure. But I asked him to observe for a month and in the meantime I changed the seed every week. When I gave

walking. She had to take support and walk slowly. Her walking also got reduced due to swelling of the leg. It became so bad that she could not sit or stand for long.

Squatting was very difficult as she could not pull herself up without a strong support. One of my friends suggest that I take her to Dr. Sujata for the Acupuncture treatment. After a couple of sessions of acupuncture treatment, there was visible improvement. Within 5 days my grandmother could see the changes.

Now she can manage all her work by herself. She is very happy with this

her first meeting a year ago, reported complete relief from the pain in her feet.

Thanks to acupuncture and Dr. Bhojraj.

7. Frozen Shoulder—Cured with Acupuncture : Says Mrs.Kulu Phokela (Aged 60 years) ; Beautician from Bangalore

I was suffering from frozen (right) shoulder for nearly half a year. I spent many sleepless nights because I could not turn in bed and sleep on the right side. Numerous treatments, therapies (physio, grains, etc) provided only a temporary relief.

I learnt about Dr. Bhojraj through a family friend and that proved a blissful turning point in my life. The very first acupuncture sitting was full of relief and next 4-5 weekly sittings cured 98% of my

this feedback to our acupuncture club, 8 months had passed. The problem has not recurred.

Hats off to Auricular Therapy. Simple solutions and great results. I would like to express my hearty thanks to Dr. Bhojraj for giving me this technology which is scientific. Thank you once again.

Course Director's Comments

Sometimes Auricular Therapy works like a miracle. Practitioners are encouraged to use this therapy also along with Acupuncture.

treatment. She is of the opinion that many people like her suffering from pains, would not even know of this simple and effective acupuncture treatment. She would like to put the advantages of this method of treatment in websites, publications etc., for the benefit of other patients.

problem. I could by then do my facials/treatments properly with my clients in the parlours.

I feel indebted to Dr. Bhojraj for my health today and the success in my profession. "The needless have done wonders to me". I meditate and practice yoga regularly. I have joined his acupuncture course, and I am Dr. Bhojraj's student with a view to render my services to my clients, staff and family / friends.



Announcements

Introductory Acupressure Course

12th September 2009

at The Indian Institute of World Culture
B.P. Wadia Rad, Basavanagudi
Bangalore - 560 004

Time : 10 AM to 5 PM
Course Fee : Rs. 500/
[Includes Working Lunch]

For Registration Contact : Mr. Palyam Suresh
Tel : 093412 61251

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