

# ACU WELLNESS

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

# 2596, 11<sup>th</sup> Main, "E" Block, 2<sup>nd</sup> Stage, Rajajinagar, Bangalore – 560 010

**JULY-SEP 2016**

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**Vol. 5**

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**No.3**

## From the Chairman's Desk



Thought process is very important to achieve any goal in our life. The thought process originates from our needs like hunger, thirst, sex urge which are considered as essentials in life. Similar thoughts can even arise due to the force of habits or force of circumstances. Even though the genuine requirement is not there, people get these thoughts due to the environmental conditions. Certain thoughts generated by outsiders for business purposes enter the mind without our consent (like TV/Radio advertisements) even though you are not interested in listening. Then there are certain thoughts that are inherited and their life time ambition would be to achieve those goals. The force of Nature or Divinity's collective desire enters the mind of an individual in the form of a thought process. Such people may lead a grand project for the benefit of humanity.

The thought process starts with a sensation which conveys the need to the brain. The brain commands the action to be taken which gives us the necessary results. Then one enjoys the action which becomes an experience. The experience is analysed and the brain records the conclusion and stores for future reference. Lord Buddha says - desire is the root cause of misery. But without desire one cannot live. Desire, Wanting, Longing, Aspiration, Craving and Yearning are the same expression of doing

something originated in the mind as explained earlier.

If the thought process is positive, the outcome will be positive and if the thought process is negative, the outcome also will be negative. Always watch your thoughts as your thoughts are privy to yourself. Nobody else can find out the flow of thoughts. So, self introspection is the best method to overcome negative thoughts.

If one follows the path of Yoga, one can change from greed to contentment, anger to tolerance, miserliness to philanthropy, sensual passion to chastity, vanity to parity and from vengeance to forgiveness. Join a class of Yoga and reap the benefits of not only good health but also excellent mental and spiritual wellbeing.

I am very happy to state that our one day course in Hotel Chalukya has taken off well and we have trained many people in the past three months. The acupressure course is being considered seriously by the Corporate World as a preventive therapy and it can contribute towards the greater wellness of our IT community.

**Dr. H. BHOJRAJ**

**ACUPUNCTURE SPECIAL CLASS**  
**FOR DOCTORS WITH MBBS DEGREE**

**On 1<sup>ST</sup> SUNDAY only for 10 months**  
**11AM to 1.00PM**

**Interested Doctors may contact**  
**Chairman, AAA Ph: 98456 49914**

# Diabetes can be cured-Pre Diabetics must follow

by Dr. Bhojraj

The intelligence system in our body always maintains the glucose level at around 100 mg/dl, plus or minus 20 mg/dl. If it goes beyond 120 mg/dl it is known as hyperglycaemia and if it is below 80 mg/dl it is known as hypoglycaemia.

Whatever we eat, is broken down into glucose. The Pancreas controls blood sugar when you eat by producing insulin. But it is the Liver that controls blood sugar when you are not eating. When the sugar level goes down, the Liver will release sugar into the blood. The Liver does this through a hormone similar to insulin called IGF (Insulin like Growth Factor). When this IGH is secreted it gets the sugar from the muscles and the Liver. It is the pure glucose stored as glycogen.

Fat is also fuel stored in our muscles and the Liver converts fat into sugar and sends it to the blood when sugar level goes down due to sustained activity of the muscles. Normally sugar gets pulled out for using it as energy and also for storage in the muscles and the Liver. If it can be stored in the muscles and Liver it will not be converted back into fat. Our body should have sufficient Potassium which acts as a glue to hold the glucose together. Our body needs a fair amount of raw vegetables to get approximately 4700 mg of potassium daily. In the absence of potassium, it will be converted back to fat again. This is the reason for weight gain though they eat very less.

In Type II diabetes, Glucophage or Metformin tablets are given to make the Liver more receptive to receive more insulin. Each receptor in the Liver will get magnified to avoid insulin resistivity. Actually it is too much of insulin that creates insulin resistivity. How can one avoid this situation of excess insulin secretion? When we eat carbohydrates, insulin secretion starts. Therefore, one should avoid carbohydrates for a few weeks and take more vegetables or vegetable juice to increase the potassium content in the body, to hold the sugar.

The most important thing is to improve the IGF (Insulin like Growth Factor) which can take care of sugar needs when we do not take carbohydrates. The Liver plays an important role in maintaining blood sugar which is conveniently ignored in the treatment of Diabetes. The Liver can be rejuvenated by natural methods only. Fasting regularly improves Liver function, mainly by removing the fat from the Liver. If fatty Liver is diagnosed in the Ultrasound Scan, it is an indication that he/she will become diabetic within 2 years. One has to only fast every week and take vegetable juices regularly along with physical exercise. The fatty Liver will become normal and one can easily prevent Diabetes.

## PREVENTION IS BETTER THAN CURE

### Diabetes Research Results

Sl. No	Name of the patient	Nov 2015		Dec 2015		Jan 2016		Feb 2016		March 2016		May 2016	
		FBS	PPBS	FBS	PPBS	FBS	PPBS	FBS	PPBS	FBS	PPBS	FBS	PPBS
1	Nirmala Devi			170	240	180	230	180	256	165	234		
2	Mallika G	164	297	123	189	142	140	124	160	124	160		
3	Vanita G	245	290	310	368	160	143			153	228		
4	Rajan			305	489	121	219	165	367	170	328	170	325
5	Sanjay					200	300			180	250		
6	Rathnamma									110	130		

## MEDICINE – Facts and Myths

[Reproduced from Newsletter of ASA India, Vol. 2, December, 2015. “Public Health and Integrated Medicine (Facts & Myths)” by Prof. (Dr.) Ram Gopal, Chief Advisor, ASA India]

Genuine health is the perfect functioning of the tripod of body, mind and soul. Depending on the state of physical stress and type of ailments, the particular mode (s) of applying therapy has to be chosen. In case of chronic ailments pro-nature therapies require a well-planned treatment design. Generally following 4 steps are recommended:

- Step 1: Detoxify body organ function through lymphatic and excretory systems.
- Step 2: Release stress through adrenal glands and solar plexus.
- Step 3: Balance energy flow throughout the body by proper stimulation plan.
- Step 4: Re-establish the normal functional status of the organ(s), glands(s) and nerve(s) related to the ailment.

Healthy life style includes-healthy natural diet and eating habits, modest exercise program, positive attitude and mental poise through regularity and obeying the laws of health and following Yoga and meditation - the royal (noble) path to health and happiness.

Medical community, pharmaceutical companies, chemists, physicians and statisticians all form deadly partnership in propagation of drugs. Studies had shown researches in medicine are directed towards commercial returns rather than a therapeutic need. It is in the interest of pharmaceutical companies to develop treatment, which involve long term drug use rather than finding cures. Drug has become a big business only with profit orientation for medical community.

Every new drug (Temiflu) means a new disease like Swine Flu. Patients can also not play as innocent victims. They are themselves equally responsible for drug abuse.

At chemists shops over 60000 allopathic medicines are generally available. As per research most of them were found unnecessary. Only about 250 medicines were believed to be essential/ lifesaving/ life supporting, others are useless or harmful.

Drugs change so fast and so often that today's wonder drugs are proved as blunder drugs. Today's best medicine becomes worst tomorrow. They come like a lion and disappear like a lamb.

The doctor who prescribes drugs may know very little about it. Drugs are fast changing. More than half the drugs now in use were not in the market 5 years ago.

More than ten percent of hospitalized cases are drug induced. The third leading cause of deaths in US is reported due to adverse reactions to drugs.

**All drugs are absolutely poisonous under all circumstances, whether in small or large dose.** No drug is ever safe because no one can know all possible effects the drug may cause. **All drugs are physiologically incompatible with the functions and structures of the body.**

Drugs are synthetic and hence are not natural to the body. Therefore every drug affects natural enzyme system in the body to accomplish a therapeutic result. Most of the time, the body completes this process. Problems arise because the same drug affects other enzyme systems in a harmful way.

Drugs have multiple side effects. They weaken the defence mechanism of body and healing of the body is paralyzed. **Effects of drugs thus are not a remedy or cure but is disease producing.** They do not act on the body, rather the body acts on them. They are habit forming. **Drug after drug is employed resulting in addiction and they adversely affect the liver, kidney, heart, lungs, brain, all vital organs and lymph blood and protective fluids in the body. They produce imbalance on hormonal secretions.**

### Acupuncture Science Association [ASA]

The main aim of ASA is to protect the interest of Acupuncture Science and the interest of qualified Acupuncture practitioners in India.

**All practitioners of Acupuncture in Karnataka are requested to become a member of ASA, Karnataka and the Karnataka Acupuncture Association at the earliest.**

For details contact Hlr. S. Girish - 78993 26578  
Adhoc Committee Members of ASA,  
Bangalore :

**Dr. H. Bhojraj, Advisor**

**Dr. Samiulla, Convenor**

**Hlr. S. Girish, Member**

## One Day Basic Acupressure Course

A report by Mr. Sivaraman, Office Assistant,  
AAA. Ph 080-23132103 (10 AM to 5 PM)



*Participants with faculty of One Day Basic Acupressure Course held on 17<sup>th</sup> April 2016 at Chalukya Hotel.*

One day basic Acupressure course was conducted on 17<sup>th</sup> April 2016 in Hotel Chalukya. It was attended by 14 participants from various walks of life to know the techniques of “healing thyself”. A few of them have come from Chennai, Mysore and Kollam to attend this course.

The I Session on “Single Point Solutions” by Dr. H. Bhojraj was well received by the participants. The II Session also was more practical on Reflexology-Health in your hands given by Mr. Girish. The III session was on body balancing practicals. After lunch, health and disease was discussed. The IV session was on Chromo therapy by Mr. Girish which was introduced for the first time in this basic course. The V Session was on “Auricular Therapy” which was not only discussed but practical demonstrations were done for most of the participants to get the feel of this simple therapy. The VI Session was on how to stay healthy after the feedback Session.

**Overall the course was conducted in a professional way and almost all of them gave excellent rating for the course.**

**The next one day basic course will be conducted on 15<sup>th</sup> May 2016 at the same venue.**

Those who are interested in joining the course can download the registration form from our [website acupressureclub.org](http://www.acupressureclub.org) and transfer the fees (Rs.2000/-) to **Indian Bank, Rajajinagar A/c No. 6012588256 IFS CODE IDIB000R005 (Academy for Acupressure & Acupuncture).**

## Acupuncture Practitioners Meeting

Held on 23rd April 2016

The regular meeting of Acupuncture practitioners was held on 23<sup>rd</sup> in our Academy which was attended by about 10 practitioners. Dr. Bhojraj lead the silent meditation for few minutes and insisted all the practitioners to continue their Zen meditation regularly. He informed members that ASA at the National level is trying to convince the Government through Amalapuram M P, Dr. Ravindra Babu Pandula who raised a question in the Parliament as to why Acupuncture cannot be recognised on par with AYUSH systems.

Andhra Pradesh representatives are giving all the inputs to ASA for getting the recognition from the State Government. Similarly all Practitioners in Karnataka must come together on one forum and put our efforts to get the recognition from Karnataka Government. Kindly apply for membership of ASA or KAA (Karnataka Acupuncture Association). Mr. Girish will co-ordinate from our Academy for membership related issues.

Special invitees from EMPSIS Mr. Prashanth Palakkadyil, Chief Facilitator and Ms. Fransina attended our monthly review to observe whether Acupressure training can be imparted regularly to their young workforce as a preventive therapy. After the meeting they were convinced about the efficacy of this simple healing therapy and they wanted to take it forward after formal discussions and agreement with Academy.

The meeting ended with universal prayer

### Advance Acupuncture Course

**10 days Course in July**

**From**

**01- 07 - 2016 to 11- 07-2016**

**At the Academy premises**

**For registration contact :**

**(080) 2313 2103 or 8050901238**

## CASE HISTORIES

### ***1. Severe Back Pain cured with Acupuncture treatment and surgery avoided -Says Mr. Santosh 30 yrs from Hosur. Ph: 9740073000***

In Feb 2013, I fell down from my bike in a minor accident and felt severe pain in the back. I consulted a Physician who gave pain killers for a few days. But the pain was persisting and I decided to consult an Orthopaedic Surgeon in a reputed Corporate Hospital. I was asked to undergo all the tests including an MRI for the spine. The MRI clearly revealed a slip disc between L5 and S1. The Surgeon advised us to get the operation done at the earliest and prescribed pain killers again. In the mean time my manager Sri. Selvaraj advised me to try other therapies and he particularly recommended Dr. Bhojraj for Acupuncture treatment in Bangalore. I visited Dr. Bhojraj on 4<sup>th</sup> March, 2013 and after the Pulse Metabolic Analysis he started the Acupuncture treatment. After the first sitting itself I felt better and subsequent sittings were given once a week only for 4 weeks. I was also taught a few acupressure points and reflex points to be activated by me for getting good relief. I could do all my work without pain after the fourth sitting.

In the past 3 years I have done trekking, bungee jumping and mountain climbing without any fear of back pain. I would like to thank Dr. Bhojraj for the treatment and my Manager for guiding me to acupuncture therapy. I brought two of my relatives for back pain treatment and writing this case history.

### ***2. Tooth pain vanished with K-3 activation says Mrs. Divya Rajani-advance class student. Ph: 9845504395***

I had to undergo bone grafting surgery in my lower gums after a tooth extraction. It was a painful process and I was given antibiotics and pain killers for 2 days. I was asked to stop pain killers after two days but the pain and the swelling was bothering me.

Next day I attended the acupuncture class and mentioned this problem to Dr. Bhojraj. He just inserted a needle in K-3 and asked me to report back the next day. To my utter surprise I was immediately relieved of my heaviness in my face and the pain also vanished within few minutes. I myself activated the same point next two days and the swelling also vanished within two days. I would like to thank Dr. Bhojraj for the practical training which I experienced myself.

### ***3. Elbow Pain Cured in one sitting says Mr. R. Rajeev. Ph: 9945688035***

I had severe elbow pain and tried various treatments without any improvement for nearly six months. Doctors diagnosed as tennis elbow and pain killer was the only solution. One of my close friends asked me to try acupuncture with Dr. Bhojraj in Rajajinagar. I visited him only once i.e., on 28<sup>th</sup> Oct 2012. Doctor treated me with acupuncture after the PMA test and also taught me certain points to activate daily. To my utter surprise the elbow pain vanished within few days and never got it for the past 4 years. Based on this experience I have come again after 4 years for my shoulder pain and I am feeling much better after two sittings within a week. Thanks to Doctor and the Academy for training me to treat myself.

### ***4. Excellent results for my sugar control with acupuncture-Says Mr. Padmanabhan, 56 yrs.***

I have been diabetic for 8 years and had been taking 4 medicines. The sugar level was under control for 7 years with medicine but last one year it was fluctuating and never come under control with the medication. Healing of wound also took a lot of time during this period.

I started acupuncture treatment in the academy based on my wife's recommendation and found considerable difference in the sugar control. I was asked to take coriander juice in the empty stomach early morning and activate the glands reflex points for 5 minutes every day. The sugar

level was 162 mg/dl (FBS) and 243 mg/dl (PPBS). On 31-12-2015, it has come down to 123 mg/dl (FBS) and 110 mg/dl (PPBS).

I am feeling energetic and able to do all my activities without any tiredness. This time I observed my wound also healed very fast. I am planning to show my results to my physician and reduce the tablets if possible.

**5. Severe leg pain and back pain cured with 2 sittings of acupuncture treatment 6 years back-  
Mr. Chandre Gowda 72 yrs. Ph: 9164753927**

In the year 2010, I suddenly developed severe leg pain and back pain. I could not sit straight for more than 20 minutes. The entire left side was very painful. I could not stand straight and I was bending slightly due to pain. Doctor prescribed pain killers. X-ray and MRI were taken to ascertain any problem in the spine especially the lumber region. Fortunately tests did not show any disc problem.

My daughter, Mrs. Veena had severe back ache. Finally Doctor recommended spinal surgery. After the surgery also her problem was not solved and the pain persisted. Since she was working in ISRO Satellite Centre she approached Dr. Bhojraj for acupuncture treatment within 2 sittings in a span of 10 days. She was cured.

With her experience she very strongly recommended for acupuncture treatment for me with Dr. Bhojraj in 2010 when he was working in ISRO. To my utter surprise after the first sitting itself I could straighten up and walk steadily to the car. It was followed up with another sitting after 10 days. Ever since I never got that back pain. The left leg which had no sensation at all slowly healed within a month. I regularly practice hand massage and back pain relieving points taught to me though I do not have any pain. It is very helpful when I take up long travels.

I recommended my brother also for Acupuncture for his back pain and he also got 90% relief in the first sitting itself and he is quite ok after 4 sittings.

I have brought my wife for the persistent pain in the back after a fall and I hope the same miracle will happen this time also.

(Visited us on 28<sup>th</sup> April 2016 and shared this case history with Mrs. Jija)

**6. Sciatica Pain cured with Acupuncture says:  
a) Mrs. Lakshmi M, 58 yrs. Ph : 9480606065**

I suddenly developed pulling pain in the leg and I was unable to walk, sit or sleep. I consulted the Doctor and was given pain killers.

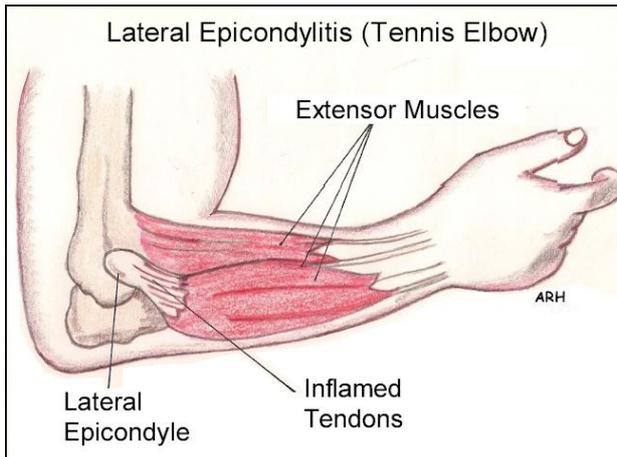
As I was not able to sit and work I took one week leave and started Acupuncture treatment in the Academy. Since I have to go back to work due to year end, I requested them to give treatment almost daily. I was really surprised to see the relief and I was very regular in my acupressure exercise taught by the doctor. In 15 days and 4 sittings I was completely cured.

I thank the doctor and the staff for their kind words and effective treatment. I have already recommended acupuncture treatment for many of my friends and relatives.

**b) Prakash. B.S. Phone : 9731954411**

I was having the low back pain for the past 3-4 years. I was under allopathy medication, which was giving temporary relief but the pain was always there which resulted in severe discomfort. The problem had aggravated in the past 8-10 months and I could not walk for few minutes nor sit and stand for more than 5-10 minutes. This was due to sciatica nerve pain due to the disc bulging. On going through the net for a better cure, I found that Acupuncture/Acupressure treatment was also one of the remedies for sciatica problem. I consulted Dr. Bhojraj and was under treatment for the last 3 months. I continued with the exercises as advised by Dr. Bhojraj. I am now able to walk continuously for 1-2 kms without pain and also travel, sit and do my routine activities without much problem. I am feeling much better and now feel very confident that the low back problem can be cured and become normal in the coming weeks. I thank Dr. Bhojraj for helping me overcome this problem.

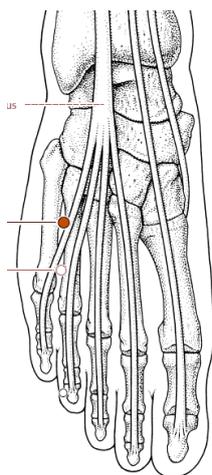
# TENNIS ELBOW



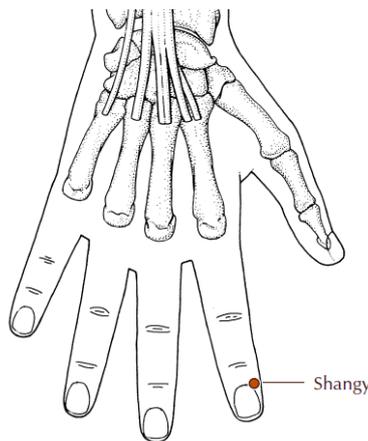
Recurring pain in the upper forearm just below the bend of the elbow is known as Tennis Elbow or Lateral Epicondylitis. Most Tennis players suffer from this pain. Due to this it is known as tennis elbow. It affects almost all those people who work repeatedly with one hand. It affects even children who play hand held computer games for long periods. For computer users it affects the wrist which is known as carpal tunnel syndrome.

## SYMPTOMS

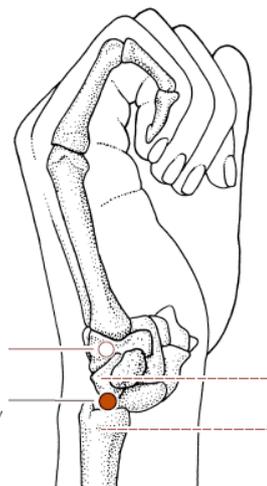
- Recurring pain in the elbow; occasionally pain radiates down the arm towards the wrist.
- Pain caused by tilting or bending the arm or even grasping light objects such as coffee cup. Difficulty in extending forearm fully.
- Pain that typically lasts for 6 to 12 weeks.



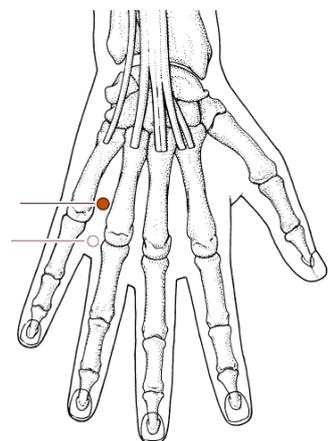
**GB 41 ↑**



**LI 1 ↓**



**SI-5 ↑**



**TW-3 ↑**

Since chronic inflammation can lead to permanent disability, better to call on the doctor if the pain persists for more than a few days.

## CAUSES

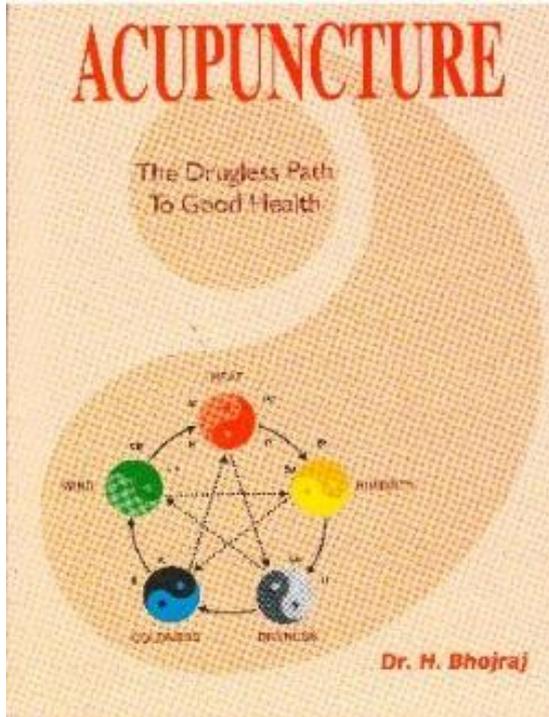
- Placing great deal of stress on the relatively delicate common extensor tendon located on the outside of the elbow.
- By lifting heavy objects.
- People over 30 years are more likely to suffer due to stiff joints.
- Collagen, a protein, leaks out from around injured areas, causing inflammation
- Tendons heal slowly.

## TREATMENT

- Rest the arm until the pain disappears.
- Massage to relieve the stress and tension in the muscle.
- Normally aspirin or ibuprofen will address the pain and inflammation.
- Extreme case corticosteroid injection.
- Even surgery may be suggested as a last resort.

## ACUPUNCTURE TREATMENT

Acupuncture cures the root cause of the problem with pulse analysis. Generally GB-41 increase, LI-1 decrease, SI-5 increase and TW-3 increase has not only given instant relief but also permanent cure for a few patients.



## Attention Publishers:

Reputed publishers in India and Abroad many contact us (email: [acu\\_bgl@yahoo.com](mailto:acu_bgl@yahoo.com) or [academybgl@yahoo.com](mailto:academybgl@yahoo.com) ) for terms and conditions if they want to publisher and distribute all over the world in English or translate and publish in Russian or French.

This book "ACUPUNCTURE-The drugless path to good health" is ready to go for revised International edition in next few months. We are working on this book to revise or add any suggestions given by Acupuncture Practitioners using this book as a reference. Kindly send your comments about the usefulness of this book and also any additions needed to be incorporated by mail to my e-mail address [acu\\_bgl@yahoo.co.in](mailto:acu_bgl@yahoo.co.in) on or before July 2016.

We are also looking for translation into Kannada, Tamil, Hindi and Telugu and publish in the regional languages to spread this scientific therapy to the rural mass. Interested publishers are requested to contact our Academy (23132103) or me, for taking it forward. Foreign Publishers for English re-edition will also be considered.

This book covers Five Elements Theory, Yin and Yang meridians, Energy and Functions of vital organs, Pulse Diagnosis and illustrated points for nearly 100 diseases.

This book has been treated as a bible for all Acupuncture practitioners and has given tremendous results for many people even without training.

Dr. H. BHOJRAJ  
Ph.9845649914

## ONE DAY ACUPRESSURE COURSE

(3<sup>rd</sup> Sunday of every month)  
17<sup>th</sup> JULY 2016  
21<sup>st</sup> AUG 2016  
18<sup>th</sup> SEP 2016

**HOTEL CHALUKYA A/C HALL**  
(I FLOOR) Race Course Road, Bangalore

**9:30 AM to 5 PM**

**Course Fee: Rs. 2000 (Rupees Two Thousand only) Includes Acupressure and Fitness Book, Lunch and Tea**

**Register on or before 10<sup>th</sup> of the month.**

**For further details contact:**

**AAA: 23132103**

**8050901238**

**Hlr. Girish: 7899326578**

## FREE TREATMENT CAMP

We have decided to celebrate our Chairman's birthday (21<sup>st</sup> Aug) with free treatment camps in various parts of Bangalore for the needy especially for those who cannot afford to pay for treatment and pulse analysis.

**For further details contact : 080 2313 2103**