



The Drugless Path  
**Acupressure**  
To Good Health

**ACUPRESSURE**  
Newsletter

Volume 19

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**Acupuncture & Acupressure Consultant**

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## From the Course Director Desk...

**Dr. H.Bhojraj :Mobile :098456 49914**

During my recent visit to Srilanka, I had the opportunity to visit the Buddha Temple in Colombo and Sitamatha's temple in Nuwara Eliya. Since I had some leisure time during this trip, I could go through some of the teaching of Lord Buddha which is very relevant to the modern world people for self realization. According to me Lord Buddha was a great scientist and his teachings were more scientific in nature. He has performed the experiment with his body, mind and soul as this the baseline for each and every human being. He has clearly demonstrating how to do the experiment our self and attain the self realization. Certainly his teachings are based on practical solutions and not on philosophy, as he always emphasis on practice and experiencing.

His teachings applies more intellect than to emotion. According to him, man suffers mainly due to ignorance and cravings. How to overcome these causes? The answer lies in not following any Guru, but practicing certain aspects every day in daily life. Reading,

listening and copying the advices will never elevate us and realizing the inner strength of oneself to overcome any problem will certainly help to attain higher levels.

Yes. The past actions not only in this life and previous births are responsible for the present state of our condition. But right "understanding" and right "thoughts", your present has to be modified or adopted. As the next level of right speech, right action and right livelihood are the result of our right understanding and right thoughts. We need to put our right effort, right mindfulness and right concentration. The eight fold path preached by Lord Buddha holds good for all human beings in the planet earth.

The simple solution given by Lord Buddha is to just watch the respiration for few minutes everyday in an isolated place when the mind is calm and quiet. Just watch the inhalation and exhalation which leads to one pointed ness of the mind.

When one practices this type of concentration, one feels very

peaceful, light in mind and body. After practicing for certain period a day might come when one may realize that this so called body is supported by mere breath. One can fully realize the impermanence of life. This insight is very important to overcome suffering.

Just watch your thought process for a few minutes and remove all the negative thoughts arise due to ignorance, lust and hatred. Then replace your clean heart and pure mind with peaceful and kind thoughts. Repeat the following positive thoughts atleast 10 times.

May I be well and happy!

May I be free from suffering, disease, grief, worry and anger!

May I be strong, self confident, healthy and peaceful.

All religions teach that the ultimate goal is to realize oneself. In the course of our daily life let us try to translate some of these positive thoughts into actions.

**Dr. H. Bhojraj**

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Course Director

Consultation by appointment only

## CONTENTS

**Special points of interest:**

**Case Histories**

**(Pages 2 - 3)**

- **Foot Drop—Cure through Acupuncture**
- **Irritable bowel syndrome symptoms**
- **Back pain**
- **Chronic Arthritis**
- **Dialysis discontinued**

**Announcements**

**(Page - 4)**

**Acupressure Training Courses**

**Starts by**

**10th APRIL 2010**

**PRAYER FOR THE DAY**

**Page 5**

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## Case Histories

**'Foot Drop' – Considerable improvement with Acupuncture treatment for 6 months says Mr. Loganathan, Bangalore.**

Nearly 10 years back, I just twisted my right leg at the ankle joint and suffered the pain for a week or so. Though the pain subsided, I had slight swelling and showed it regularly to the Doctor. Usual pain killers and the treatment went on for a year without much improvement. I was asked to take x-ray subsequently with another Doctor and this time also the treatment continued for more than one year without much relief. The pain and the swelling continued for three more years and my right leg especially ankle joint region lost its sensitivity and slowly I lost control of the joint. Then I showed it to all other systems also without any substantial improvement. Last October 2008 when I met **Dr. H. Bhojraj** based on the recommendation of my relative, as the leg swelling was there, blackness below the knee joint was observed and movement of the ankle joints and toes were affected. I also noticed slight muscle loss of my right calf muscles. **IT was diagnosed in Allopathy as Foot Drop** and I was advised to use crape bandage while walking. I used to drag my right foot while

walking.

The treatment started in October 2009 and within 3 months of the treatment given once a week initially and fortnightly afterwards I observed a remarkable improvement in my walking. The swelling gradually reduced and the movement also started. The color of the skin that region has become normal and I am able to do all my without much strain. Particularly my dragging the leg has improved and am able to walk almost normally.

The calf muscle size is also increased and become slightly stronger.

Now my treatment is being continued once a month from January 2010 and very hopeful of normal movements of my leg which had no solution in Allopathy.

**Mr. Bindagi S.V. , Scientist , ISRO**

I would like to say that I am regularly practicing acupressure, pranayama, meditation learnt from Dr. Bhojraj and his books. I am glad to say that my **irritable bowel syndrome symptoms** have totally reduced and I have regained my health.

**Mr. Subbarao, Scientist, ISRO**

Relief for back pain following the book "**Acupressure The drugless path to good health**"

I am a follower of acupressure therapy from several years. I have been introduced to the therapy in the form of an introductory course by **Dr. H. Bhojraj** earlier and have also taken acupuncture treatment from him for back pain, throat irritation etc with a good relief. To my surprise the throat irritation totally vanished. **I have not seen any other effective method of treatment for this type of allergy which I tried for many years earlier. Excellent and thank you very much sir.**

Based on the instruction given in the book Acupressure : "**The drugless path to good health**", I have tried activation of the acupressure points for the back pain and found good relief. The book is quite simple to follow and I wish this therapy becomes very popular and helps us avoid powerful antibiotics and pain killers which have other side effects besides being expensive.

Wish **Dr. Bhojraj** and his team a great success in spending this drugless path to good health.



## Case Histories

**Yogini Mehta Mobile No. 9845027162. E mail address: yoginim@hotmail.com**

I am a student of Dr. Bhojraj, attending advanced acupuncture course. We as students are given both theoretical and practical training. Dr. Bhojraj's teaching method is very interactive. We are encouraged to interact with his patients.

**Mr. Srinivas Age:53**

**Phone No:9844077583**

The following two cases are the experiences of the patients as explained to us by them.

### Case I

Dialysis stopped with acupressure and acupuncture treatment.

Mr. Srinivas was diagnosed as a diabetic patient from last 20 years. From the past 10 years he has been taking insulin and then he was advised to start dialysis. He started dialysis treatment when he had come for treatment to Dr. Bhojraj. He looked totally pulled down, tired and discomfort. He was given acupuncture treatment after pulse analysis. He was advised to do the oil pulling therapy wherein the person has to take in 10 ml or any oil and just use it as a mouth wash for about 10 minutes every

morning before brushing his teeth. Never gargle or swallow. It is an effective method of removing the toxins from the body through saliva. He was also advised to work on some pressure points and some breathing techniques.

Mr. Srinivas visited Dr. Bhojraj again the following week. He looked much healthier, more positive, less hassled. He was asked to stop dialysis. Allopathically it shows that there is improvement regarding his diabetes. He continues the treatment with Dr. Bhojraj and follows the prescription of self treatment.

By the time he came for his fourth visit he was told by the doctors that his kidneys are improving.

### Case II

**Chronic Arthritis finding relief with Acupressure and Acupuncture.**

**Ragini : Age - 60 years**

**Geeta : (daughter)**

**Phone No: 09980366073**

From the age of 16 ½ years **Ms. Ragini** was diagnosed as arthritic patient. She has been suffering for 45 years. She is also a diabetic. In 2002 she went to USA and came back with no problem. After that stomach and difficulty in breathing.

She also could not pass urine. She was hospitalized and was able to walk at that time. She stayed in the hospital for about two weeks. She went to the hospital walking and came out in a stretcher. She was told that both the kidneys had failed. Her daughter **Geeta** brought her to **Dr. Bhojraj**, literally carrying her up the stairs. She was given treatment and was told that by the following visit she will be able to walk up herself. Sure enough she could walk and climb. **Her arthritis problem has almost gone and her discomfort was seen by bloated the clinical tests show that her kidneys are perfectly normal and her sugar too.** When I met her at Dr. Bhojraj clinic on 13-01-10 **she looked perfectly fine without any trace of the problems she went through.**

**She is a regular visitor for any ailments and finds relief.**



## **PRAYER FOR THE DAY**

### **ONE DAY ACUPRESSURE TRAINING COURSE**

Acupressure Club has decided to conduct one day acupressure course for beginners at least once a month starting from **April 2010**.

Since organizing the course in a hotel or auditorium regularly is difficult due to cost consideration it has been decided to conduct regular course in **1963, 8<sup>th</sup> Main Road, 'E' Block, II Stage in Rajajinagar** for limited number of people really interested in learning the techniques and experimenting on themselves.

Generally Third Saturday or Sunday of every month the course has been planned. Those interested in this introductory course by **Dr. H. Bhojraj** are requested to register in advance with the **Course Director (Mobile No. 9845649914)**.

**The registration fee Rs. 1,000/-** (One Thousand) includes course material, lunch and tea.

The **course starts** tentatively from **10 April 2010** and followed on subsequent months.

**Register your name any day before the training date.**

## **The Acclaimed International Edition (ISBN 81-901340-2-7)**

### **ACUPUNCTURE**

### **The Drugless Path to Good Health**

**By Dr. H. Bhojraj**

**Revised and updated Reprint**

**Price Rs.1200/- (US\$ 40.00)**

**[Books in Bulk (of 50) cost Rs.1000/- each]**

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## **PRAYER FOR THE DAY**

### **May I be generous and helpful (Dana Generosity)**

May I be well disciplined and refined in manners

May I be pure and clean in all my dealings

May my thoughts, words and deeds be pure (Sila Morality)

May I not be selfish and self – possessive but selfless and disinterested

### **May I be able to sacrifice my pleasure for the sake of others (Nekkhamma – Renunciation)**

May I be wise and be able to see things as they truly are

May I see the right of trust and lead others from darkness to light

May I be enlightened and be able to enlighten others

### **May I be able to give the benefit of my knowledge to others (Panna – Wisdom)**

May I be energetic, vigorous and persevering

May I strive diligently until I achieve my goal

May I be fearless in facing dangers and courageously surmount all obstacles

### **May I be able to serve others to the best of my ability (Viriya – Energy)**

**May I ever be patient**

May I be able to bear and forbear the wrongs of others

### **May I ever be tolerant and see the good and beautiful in all (Khanti – Patience)**

May I ever be truthful and honest

May I not hide the truth to be polite

### **May I never swerve from the path of truth (Succa – Truthfulness)**

May I be firm and have an iron will

May I be soft as a flower and firm as a rock

### **May I ever be high principled. (Adhitthana Determination)**

May I ever be kind, friendly and compassionate

### **May I be able to regard all as my brothers and sisters and be one with all (Metta – Living kindness)**

May I ever be calm, serene, unruffled and peaceful

May I gain a balanced mind

### **May I have perfect equanimity (Upekkha – Equanimity)**

May I serve to be perfect

May I be perfect to serve

**Source : Buddhism**

**Culture and Srilanka Pilgrim's Guide by Ven. Narada Etal.**