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B.Sc., D.H.M.S., D.O., D.Ac.,
C.G.O., C.C.H., A.R.S.H.

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work in the field of Alternative Therapeutics

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Dr. Sanjay Gala

M.B. (BOM.), M.S. (ENT)



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Dr. Dhiren Gala

1st floor, Abbas Building 'A', Near Tilak Market, Jalbhai Lane,
Harkishandas Hospital Road, Grant Road (East), Mumbai-400 004.
Phone : 2386 7275



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PREFACE

Acupressure and Acupuncture therapies have been recognized in China, Japan and Korea as effective modes of treatment. These therapies are widely used in the hospitals of these countries.

During his visit to China, Richard Nixon, the President of the United States of America had an opportunity to observe for himself how these therapies work. He was deeply impressed by their efficacy. After returning to America, he sent a commission of leading physicians of America to study Acupressure and Acupuncture. They expressed a favourable opinion about these therapies. Thereafter, these therapies rapidly gained popularity in the western countries, too.

The people of India have come to know about these therapies only recently. It is, therefore, natural that we do not have standard and authoritative books on the subject. We hope that this book on Acupressure will fill that vacuum and meet the needs of those persons who are interested in the subject.

Though the book has been written keeping the layman in view, it includes scientific information regarding Acupressure. Everyone has a right to know how a treatment he is taking produces effects.

We are indebted to Dr. L. J. Dedhia, Dr. Mugatlal Thanki and Shri Manibhai Patel for their valuable suggestions.

Readers' views and constructive suggestions in respect of this book are always welcome.

- Authors

Note : Acupressure points in both men and women are the same. For convenience, only male figures find a place in this book.

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PART 1

1. INTRODUCTION

Ignorance and negligence regarding health that prevail among people today are really shocking. There are only a few persons who make sincere and active efforts to understand their body and health. As a matter of fact, we have entrusted the problems of our health to the care of medical science.

The limitations of the orthodox medical science are being gradually revealed. Drugs which were once considered effective on bacterial diseases are now proving to be ineffective. After the invention of Chloroquine and Chemoquine it was thought that malaria could be exterminated from the surface of the earth. But this hope has turned out to be illusory as malaria is making a spirited comeback to many places of the world. Chloroquine has now little or no effect on the germs causing malaria. Similarly many other drugs are now proving useless against several diseases. This has made it necessary to conduct experiments with a view to inventing new, powerful drugs. Signs of getting out of this vicious circle are nowhere in sight.

The more powerful the drugs, the more dangerous their side-effects are. The drugs which were once considered perfectly safe have nowadays proved to be harmful and even dangerous. Thalidomide used to be thought of as a harmless sleeping pill and



Fig. 1

Phenacetin a safe analgesic; but today it is recognized that Thalidomide, when taken during pregnancy, is responsible for a number of cases of congenital deformities in babies while Phenacetin in quite a few cases causes severe kidney trouble. There is the recent case of a laxative widely sold in Japan, whose manufacturer paid out Rs. 25 crores as compensation to those affected by untoward side-effects. There is a similar case over a slimming drug in America which drew public attention because of its harmful effects.

Another drawback of modern medical system is that it tends to prescribe separate drug for each ailment or symptom; e.g., sedatives or analgesics for pain, temperature reducing (anti-pyretic) drugs for fever, laxatives for constipation and so on. This sort of management does not consider the patient or his ailment as one unit. In this sort of management which comprises separate treatment for each symptom of a disease, large doses of drugs have to be given. Besides, when the symptoms of the disease recur, more potent drugs have to be administered. It should be remembered that the more potent a drug is, the greater is the risk of its side-effects.

Modern medical treatment relies on the assumption that the human body is composed of separate, independent pieces and not of an indivisible unit. This has led to the steady increase in the number of specialists in different diseases. An ophthalmologist would treat only the eyes and an orthopedist would treat only the bones. Similarly a cardiologist would deal with the diseases pertaining to the heart only.

On the other hand, traditional therapists of the eastern countries regard the human body as one indivisible unit or entity (as a whole). In their opinion no individual part of the human body can remain healthy or unhealthy independent of the other parts. Their approach is to treat the patient and not the disease. They believe that diseases can be prevented provided the resistance power of the body is strengthened

with the help of proper food, proper lifestyle and proper physical exercise. On the other hand, if the patient's body has lost its resistance power, no medicine or surgery will cure him. It was for this reason that some Japanese doctors filed a suit against Dr. Wada, a Japanese surgeon, who performed the operation of heart transplantation. In their opinion the act of transplanting the heart degraded and dehumanized the human body. They looked upon Dr. Wada as a representative of the western school of medicine. According to them, the human body is not a machine like a motor-car, the parts of which can be exchanged for transplantation.

Drugs can give a patient some relief from pain or can give sense of some comfort till the body's power of resistance completely alleviates the disease. They are of no more use than that. It is a matter worth pondering over whether we should carry on our shoulder, the risk involved in the side-effects of these drugs, which, in turn give only insignificant, temporary benefits.

Dr. Friend, the head of the Clinical Pharmacology Department at Britham Hospital, Boston and Professor of Medicine at the Harvard University says that there is no such medicine as can be called safe.

Illness in fact is not inevitable. It can be prevented or rapidly cured if the resistance power of the body is strong. By observing the rules of Nature one can easily preserve the resistance power of his body. There is one simple but effective therapy which is based on the rules of Nature. It is known as Acupressure. If specific points on the body-surface are methodically pressed, the internal organs of the body corresponding to these points are swiftly affected and the diseases or disorders of those organs are eliminated.

Acupressure is a science as well as an art. A distinct and analytical explanation of this interesting subject has been presented in the ensuing chapters.

2. HISTORY OF ACUPRESSURE

Acupressure is the most ancient and simplest of the various oriental therapies such as acupressure, acupuncture, shiatsu, zone therapy and reflexology * which are prevalent today. Each of these therapies strives to produce healing effects on the internal organs of the body through well-defined points on the body-surface.

Acupressure is a unique science. It is believed that eastern therapists evolved this science several centuries ago with a view to maintaining health and curing common ailments.

According to one opinion, acupressure and acupuncture originated in India. They later spread to central Asia, Egypt, China and other countries. It is believed that this therapy was taken from our country to other countries by Buddhist monks. The Chinese consider acupressure as their own science and believe it to be more than 5000 years old. There are references of acupressure and acupuncture in the ancient Chinese books. The Chinese, irrespective of the place of origin of this therapy, must be credited with making acupressure respected and popular in modern times.

When there is pain in any part of the body, we generally try to get relief by rubbing or pressing that part. If we take this natural reflex into consideration, we should not be surprised at the evolution of acupressure. Centuries ago the people noticed that pain could be relieved when they pressed pointed stones on some specific parts of the body. During a battle, soldiers sometimes experienced that when they were wounded by arrows, they recovered from a long-suffered illness. This led those people, having the power of minute observation, to think that certain points on the skin must have

* How reflexology or zone therapy differs from acupressure has been explained in a special note on page no. 47.

connections with the internal organs of the body. The systematic study that followed helped to discover new acupressure points. There is the description of about 1000 acupressure points on the body in the various Chinese and Japanese charts. 669 points are listed in Dr. Chu Lien's 'Hsin Chen Chiu Hsueh' (Modern Acupuncture), a standard textbook on acupuncture used in present day China. However, out of these points 90 to 100 points are of importance for common ailments.

The science of acupressure and acupuncture was almost shrouded in antiquity until the first half of the 20th century. Mao-tse-tung, the far-sighted and nationalist statesman of China revived it in 1949. However, this science awaited world-wide recognition long after it came to be widely used in China. When in 1971 President Nixon came to China on an official visit, he was accompanied by a number of persons that included James Reston, a renowned journalist. Shortly after he arrived in China, James Reston began to suffer from appendicitis. It is a known fact if appendicitis is not controlled in time, it would lead to the bursting of the appendix. This would cause grave complications. To avoid this an emergency operation was performed upon James Reston. But as it happens in many cases, he did not get relief from abdominal pain even after the operation. When no remedy was effective in relieving pain, James agreed to try acupuncture. To the surprise of all, James got immediate relief. President Nixon was greatly impressed by this treatment. Thereafter the science of acupressure and acupuncture took no time to spread throughout America. In 1973, a group of American doctors led by Dr. Paul Dudley White, a renowned cardiologist was sent to China to observe and study acupressure and acupuncture therapies. After returning to America, Dr. White conceded that though he could not understand how these (acupressure and

acupuncture) methods produced healing effects, he would definitely assert that they were certainly beneficial.

Specific points on the ears too can be used to affect the internal organs of the body in the same way as the pressure points on other parts of the body. 'The Yellow Emperor's Classic of Internal Medicine', the ancient Chinese book too refers to the relation of the ears with other parts of the body. The custom of twisting the ear for the treatment of headache or hysteria is quite common in China. The treatment of piercing the ear for asthma is well-known in India. In 1957, Dr. Paul Nogier, a neurosurgeon in France deeply studied ear-acupressure and gave it the form of an authentic science. Dr. Nogier calls it 'auricular therapy'. An extensive study of the method of ear-acupressure has been made in China too during the last ten to fifteen years. As a consequence, about 200 points on the ear alone have been discovered. However, only a few of them are of real importance for day-to-day illnesses. Dr. Rene Buordial, an acupuncture specialist in France, states that he would prefer to apply pressure on the points on the ears by fingers rather than puncture them with needles.

Today the popularity of acupressure is increasing by leaps and bounds. It has become a favourite therapy of Evan Nagy, a well-known ballet dancer, Marilyn Monroe, a celebrated film actress and several international athletes. "Nothing has helped me so much recently as acupressure. Acupressure is of immense help in improving an athlete's physical performance." Statements of this kind by the high jumper Dwight Stones, and the discus thrower Mac Wilkins, both world record holders at their respective events at the Montreal Olympics are worth noting.

The point *tsu-san-li* which is situated below the knee is also known in China as 'three villages'. A regular pressure on this point increases the strength of knees and feet. It is

believed in China that one who takes the help of this point can walk much more (the distance between three villages) than ordinary persons. The heart of an athlete is put to considerable strain. This is prevented by treating the acupressure point called *nei-kuan* situated near the wrist, which helps to regulate blood circulation and breathing. Dr. Zier of 'Damp 2000', a well-known hospital in Germany is carrying out trials with acupressure. He has measured the performance of athletes on a static bicycle before and after the stimulation of acupressure points. He says that acupressure increases strength and checks an improper increase in the heart-rate after strenuous activities. Acupressure also has a very good effect on muscular pain and cramps.

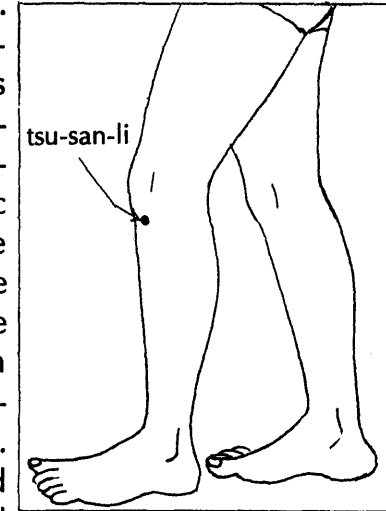


Fig. 2.1

Nowadays acupressure is mostly used as a means of curing a disease. But the Chinese give more importance to the 'preventive aspect' of this science. In old days an acupressure

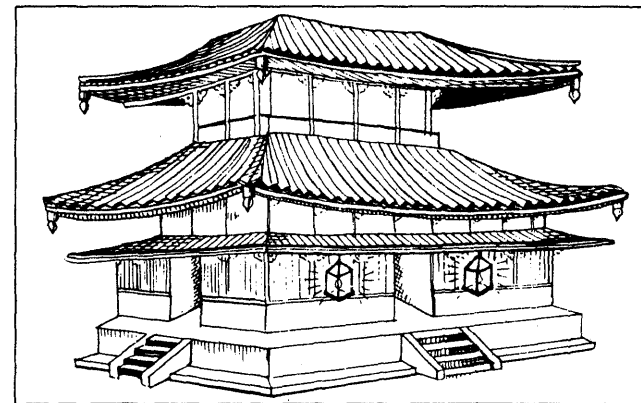


Fig. 2.2

or acupuncture specialist used to be paid regularly only so long as the person under his care remained healthy. The specialist was not paid if the person under him fell ill and the specialist had to treat the patient with medicines purchased with his own money. If a patient, in spite of not being very old or not suffering from an incurable disease, died while under the treatment of an acupressure specialist, the specialist had to hang a lantern outside his house. Even a stranger would know of the efficiency or inefficiency of the acupressure specialist by counting the number of lanterns hanging outside his house (see fig. 2.2).

Like the Chinese we should also accept the maxim 'Prevention is better than cure'. Today, about 90 per cent of all treatments is of a 'curative' nature. But within the next few years 90 per cent of treatment will be of a 'preventive' nature. Curative treatment or medicines will be needed in only the remaining 10 per cent of cases. Prevention of illness will be of immense benefit to mankind. Hospitals and doctors will be relieved of the great rush of patients. As a consequence, those who are in genuine need of medical treatment or surgery will get it without any delay. Personal loss or loss in national production caused on account of illness will decrease considerably and nation's precious wealth will be saved from being wasted.

Today acupressure is being taught scientifically at a number of reputed universities all over the world. This fact itself is an evidence that the importance of acupressure has been acknowledged and recognized. The people of our country are still indifferent to health. However, it is certain that the popularity and importance of acupressure will increase in our country also with the increase of people's consciousness in respect of health.

The World Health Organization too is now paying due attention to acupressure and acupuncture. In 1979, this

international body held a meeting to discuss these oriental therapies. The delegates of this WHO meeting put forward a list of diseases that can be effectively treated by acupuncture or acupressure. This list has been reproduced below :

acute sinusitis, common cold, tonsillitis, severe bronchitis, bronchial asthma, pain in eyes, retinitis, myopia, cataract, toothache, glossitis, pharyngitis and throat pain, hiccough, flatulence, hyperacidity, ulcers in stomach and intestines, acute and chronic dysentery, diarrhoea, constipation, headache, migraine, neuralgia, facial palsy (paralysis), paralysis, neuropathy, menier's disease, nocturnal enuresis, stiffness of shoulders, tennis elbow, sciatica, backache, osteoarthritis, etc.

3. THE SCIENCE OF ACUPRESSURE

For centuries, in India, China, Japan and other countries, life has been considered as a bioelectrical phenomenon, that is, our life relies on the bioelectricity that exists in our body. It is only because of the existence of this energy in our body that we can move, breathe, digest food or think. We call this bioenergy 'Prana' or 'Chetana'. The Chinese call it 'Chi'. This bioenergy is composed of two kinds of forces: 'Yin' and 'Yang'. Yin is a negative force while Yang is a positive one. A person remains in good health if there is co-ordination, harmony and balance between these two forces. If the balance is disturbed or 'warped', that is, if the flow of one force in the body is greater than the other, illness arises. These forces (bioenergy) flow through definite courses or channels in the body. We shall call these courses 'meridians'. The Chinese call them 'Jing'.

It is believed that there are in all 14 meridians in our body for the flow of bioelectricity or bioenergy (Chetana). Out of these 14 meridians, 12 meridians are present in pairs, each on the right side and the left side of the body, while the remaining two are single. One is on the vertical midline in front of the body and the other on the vertically central line on the backside of the body.

The 12 paired meridians comprise of 6 'Yin' meridians and 6 'Yang' meridians. 'Yin' meridians start from the toes or from the middle part of the body and go to the head or to the fingers of the hands. The 'Yang' meridians start from the head, the face or the fingers and go downside or to the middle part of the body (see figures 3.1 and 3.2).

These meridians which maintain the flow of bioelectricity have connection with the main organs (or systems) of the body. Each meridian has been given the name of the organ with which it is connected. One end of each meridian lies in the hand, the leg or the face and the other in

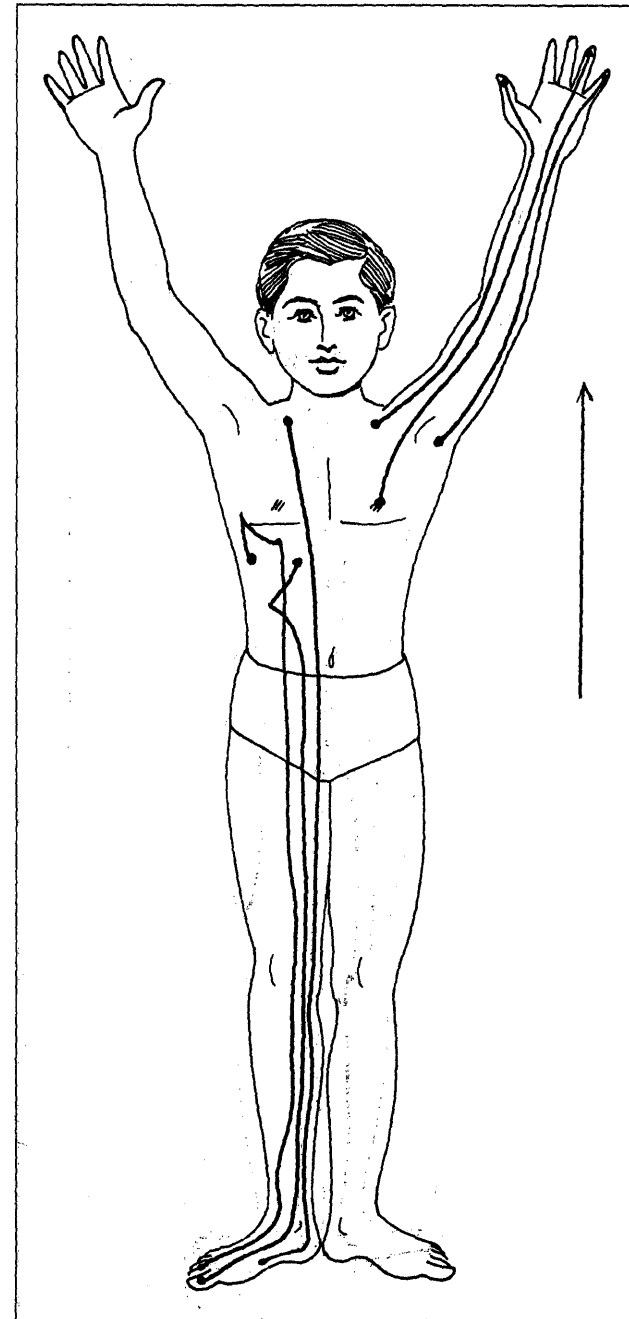


Fig. 3.1 : 'Yin' meridians

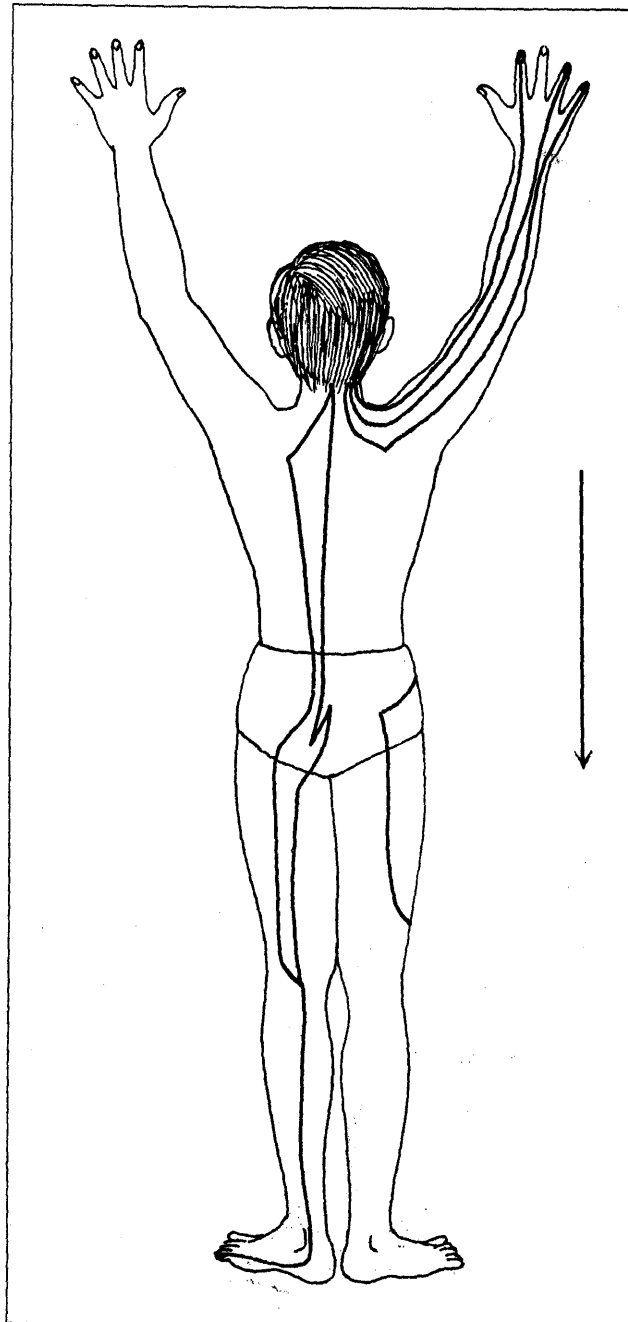


Fig. 3.2 : 'Yang' meridians

one main organ. That is the reason why pressure applied to a particular point on the hand or the leg, affects the remote organ connected with this point.

The names of the main 14 meridians are as follows :

- | | | |
|---|---|----------------|
| (1) Large Intestine Meridian | } | Yang Meridians |
| (2) Stomach Meridian | | |
| (3) Small Intestine Meridian | | |
| (4) Bladder Meridian | | |
| (5) Triple Warmer Meridian | | |
| (6) Gall Bladder Meridian | | |
| (7) Lung Meridian | } | Yin Meridian |
| (8) Spleen Meridian | | |
| (9) Kidney Meridian | | |
| (10) Heart Meridian | | |
| (11) Heart Constrictor OR
Pericardium Meridian | | |
| (12) Liver Meridian | | |

- | | | |
|---------------------------------|---|--|
| (13) Governing Vessel Meridian | } | Meridians that govern
other meridians |
| (14) Conception Vessel Meridian | | |

The intensity of the flow of bioenergy in a particular meridian is not the same throughout the day. The flow of bioenergy in a meridian is maximum only once at a definite time during twenty-four hours. Twelve hours after that time the bioenergy flowing in that meridian is the minimum. This has been explained in the following figure which can be termed 'the organ-clock' :

The figure 3.3 shows that the lungs have the maximum flow of bioenergy during 3 to 5 o'clock in the morning; the kidneys, during 5 to 7 in the evening; the gall bladder, during 11 to 1 at night and the liver during 1 to 3 after midnight. Attacks of asthma mostly occur during 3 to 5 in the morning, renal colic occurs during 5 to 7 in the evening, the pain in the

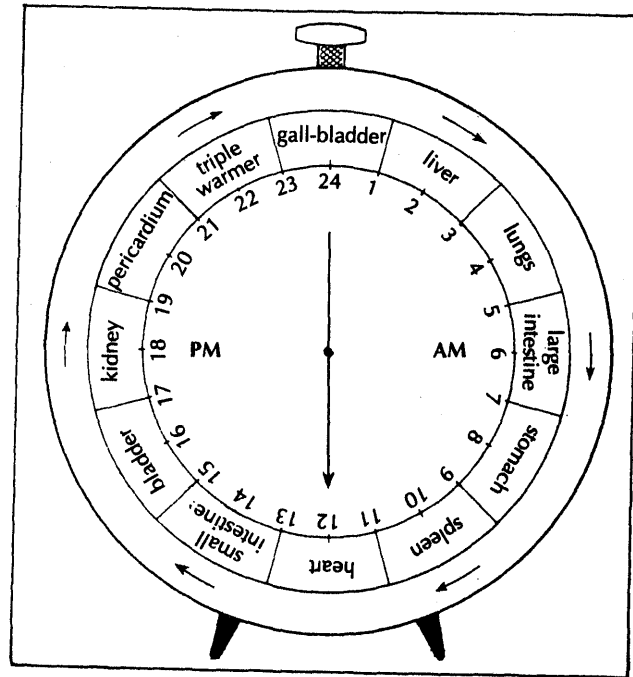


Fig. 3.3 : The organ-clock.

gall-bladder occurs during 11 to 1 at night and the headache and insomnia which are caused by malfunctioning of the liver occur during 1 to 3 after midnight. These facts are significant and any doctor will confirm them.

Modern physicians are unable to explain the reason for the radiation of chest-pain to the shoulder and the whole arm

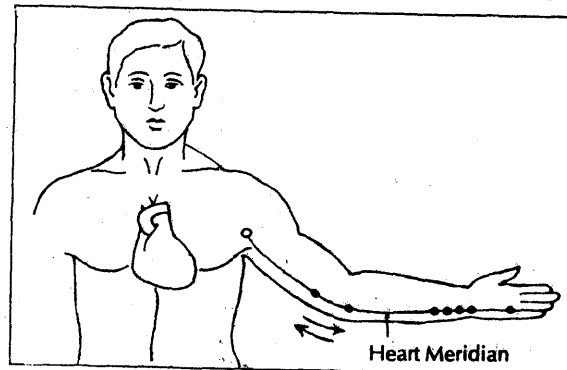


Fig. 3.4 : Pain caused on account of heart-attack radiating along the direction of the Heart Meridian

in cases of many patients who have suffered from a heart-attack. But an acupressure or acupuncture expert finds no difficulty in explaining the reason for this pain. Even the oldest books on acupressure and acupuncture show the location of the heart meridian in that very part of the arm in which a person with heart-attack experiences the radiating pain.

Each of the 14 main meridians has subsidiary meridians. Figure 3.5 shows one subsidiary branch of the Heart Meridian (see the dotted line). One part of this subsidiary meridian passes through the lungs and blood-vessels of the heart and then penetrating the diaphragm joins the small intestine. The other part of this meridian passes through the neck and reaches the eye. The figure shows that the arena of the influence of the main meridian gets expanded due to its subsidiary meridians. One of the subsidiary meridians of the Heart Meridian proceeds to the eye. On the basis of this fact eye-ailments can be treated through the Heart Meridian also.

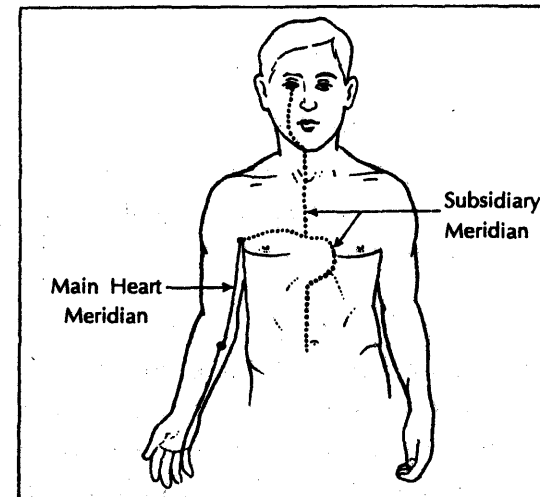


Fig. 3.5 : Subsidiary meridians of the Heart Meridian

The medical philosophy of the eastern countries gives sole importance to body-meridians. On the other hand, the western medical science, following Dr. Virchow, approaches

to the minute study for finding out the diseased tissue. It even tries to discover which particular cells in the tissue have been diseased (bone-cells, nerves, muscle-cells, cells of blood-vessels, etc.). Management and medicines to be given change according to the type of diseased cells. But acupressure therapy is different from the above therapy. A particular part of the body may suffer from any disease such as arthritis, wound, odema or skin-disease, but the acupressure treatment is the same. The reason is simply that the meridian itself is the main controlling force of the part of the body through which it passes. This meridian controls all types of cells present in its corresponding part of the body. This is why the acupressure therapy is simple and easy to apply.

When there is any disorder in an organ of the body, the whole of its corresponding meridian does not become tender or painful but only some points lying on that meridian become tender. Severe pain is felt when these points are pressed. How does this happen? Why is the whole meridian not painful? The reason is that acupressure points work as regulators. They regulate and direct the energy flowing in the meridians. A meridian and its acupressure points can be compared to a telephone exchange and operators respectively. In a telephone exchange the operators regulate the incoming and outgoing telephone calls. In the same way acupressure points regulate bioenergy which flows through the meridian.

If the flow or circulation of bioenergy in a meridian is not proper, it can be corrected and made proper by stimulating certain points lying on that meridian by applying pressure on them and thus the disease of that organ can be eliminated. The decisive proof of this fact is that as soon as the disease is eliminated, the pain in the acupressure points is relieved.

This implies the following three facts :

(1) If an organ of the body is diseased, pain is experienced in the points of the meridian connected with that organ.

(2) A disease is eliminated by applying pressure on the painful points. In short, the relation between the organ and its meridian is not one-sided. The meridian is influenced by the organ and the organ is influenced by its meridian; e.g. in heart-disease; the points lying on its meridian become tender. Similarly, if any one of these points is hurt or stung, the heart is affected.

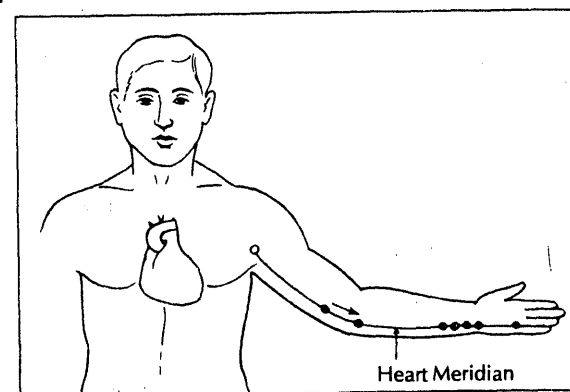


Fig. 3.6 : The heart affects the meridian and the meridian affects the heart

This is one of the great advantages of the acupressure therapy, because the diagnosis and treatment become practically the same. It means that if definite diagnosis becomes possible with the help of a point, the same point becomes useful for the treatment for the disease. On the other hand, if the definite diagnosis is not possible and the treatment given on the basis of inference succeeds, the inference in respect of diagnosis proves to be correct.

(3) Pain in the points is relieved as soon as the disease is eliminated.

The disease might have been cured by any one of the therapies: acupressure, naturopathy, homoeopathy, Ayurveda or allopathy – the pain in the points is relieved with the cure of that disease.

The case of a middle-aged woman is very interesting. The woman had been suffering from headache and general

malaise (indisposition) for years. All tests as regards her stool, urine and blood had been repeatedly done. But those tests proved to be of no use in diagnosing the disease. Whenever she gave a sample of her blood from the vein of her hand, an extraordinary thing used to happen. All her complaints used to vanish for a few hours. This had actually made her to look forward to fresh blood examination. Whenever she brought this matter to her doctor's notice, the latter paid no attention to it. Once she accidentally came into contact with an acupressure expert. The acupressure expert at once realized that the temporary relief from pain which the patient experienced was due to the stimulation of a certain point with the injection needle. Thereafter this acupressure expert methodically treated her with acupressure and she was permanently relieved of her longstanding troubles.

An acupressure point is a tiny sensitive circle of the size of a finger-tip. Its diameter is about 1 sq. cm. Therefore great care is necessary to correctly locate a particular point. If only a slight touch or pressure on an acupressure point causes severe pain, it is a symptom of a severe disease.

There are some acupressure points which enable one to come to the correct diagnosis of a disease; e.g., the pain on the point no. 6 on the Lung Meridian suggests piles, the pain on the point no. 39 on the Gall Bladder Meridian suggests gall stone and the pain on the point no. 4 on the Large Intestine Meridian suggests constipation.

There are several acupressure points on each meridian. If an organ becomes diseased, the question that arises is which points should be pressed to eliminate the disease from the organ. For the cure of a disease some of the points on a meridian are more important than the others. One or more of the following reasons may be responsible for it :

(1) Bioenergy is inhibited easily and to a greater extent in some points.

(2) At some points the underlying meridian is quite near the skin.

(3) Some points can be found very easily and so treatment on these points becomes easy.

(4) There is a hard tissue (e.g., bone) below some points. Such points can easily be pressed against the hard tissue.

(5) Some points are very sensitive. If pressure is applied on these points, the disease is eliminated rapidly.

Only such important points as mentioned above have been indicated in this whole book for the cure of different diseases.

Pain on any point on the body is possibly a symptom of some disorder in an organ or in a system of the body. It should be assumed that the point, through pain, pleads for help. In order to help the organ or the system concerned, pressure should be methodically applied on it. Factors such as methods of applying pressure, timings, etc. have been discussed in the fifth chapter. To know which organ is co-related with the painful point is not always important; more important is the application of methodical pressure on that point.

Accurate and methodical application of pressure on painful acupressure points gives one or more of the following benefits :

(1) One gets relief from the symptoms of the disease. Sometimes this relief is immediate. The disease itself also gradually vanishes.

(2) The strain of that part of the body or sometimes of the whole body and the mind is alleviated.

(3) Even if the symptoms of a few diseases like asthma reappear, their acuteness is considerably lessened.

(4) In diseases like asthma, the period between two consecutive attacks is gradually lengthened.

(5) Sometimes a critical condition (e.g., after a severe heart-attack) can be averted.

When treatment is given through other manipulative therapies such as osteopathy, chiropractic or Swedish massage, at times acupressure points are unknowingly pressed. This may be the cause of the benefits, to some degree, which these therapies give.

Special note : Currently, ear-acupressure has been developed in which the organs of the body are treated by stimulating points on the ear. A reference of the fact that the ear is closely related to all parts of the human body has been found in some ancient books too. But the credit for the scientific development of ear-acupressure goes to Dr. Paul Nogier, a well-known French neurosurgeon.

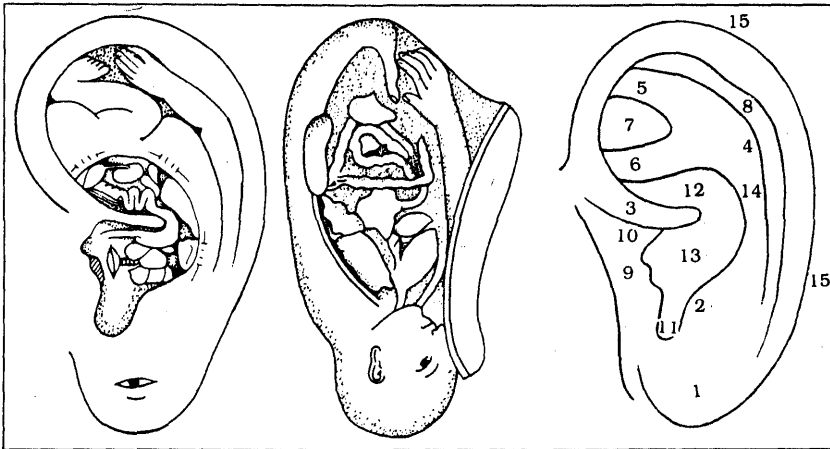


Fig. 3.7 : Comparison of the ear to an inverted human embryo (foetus)

Fig. 3.8 : Anatomy of the ear

Everyone knows that the ear is the organ of hearing; some are aware that it is also the centre for the maintenance of body balance; but only a select few know that the ear is a miniature representation of the human embryo.

- (1) **Lobe** : It corresponds to facial region.
- (2) **Anti-tragus** : It corresponds to head region.

(3) **Helix Limb** : It corresponds to diaphragm and digestive tract.

(4) **Anti-helix** : It corresponds to trunk.

(5) **Upper Limb of Anti-helix** : It corresponds to legs.

(6) **Lower Limb of Anti-helix** : It corresponds to buttocks.

(7) **Triangular Fossa** : It corresponds to genital organs.

(8) **Scapha** : It corresponds to arms.

(9) **Tragus** : It corresponds chiefly to throat.

(10) **Supra-tragic Notch** : It corresponds chiefly to mouth.

(11) **Inter-tragic Notch** : It corresponds to internal secretions.

(12) **Cymba Concha** : It corresponds to abdominal region.

(13) **Cavum Concha** : It corresponds to chest region.

(14) **Concha Edge of Anti-helix** : It corresponds to spinal column.

(15) **Helix** : It corresponds chiefly to liver.

(16) **Back of Ear** : It corresponds to back region.

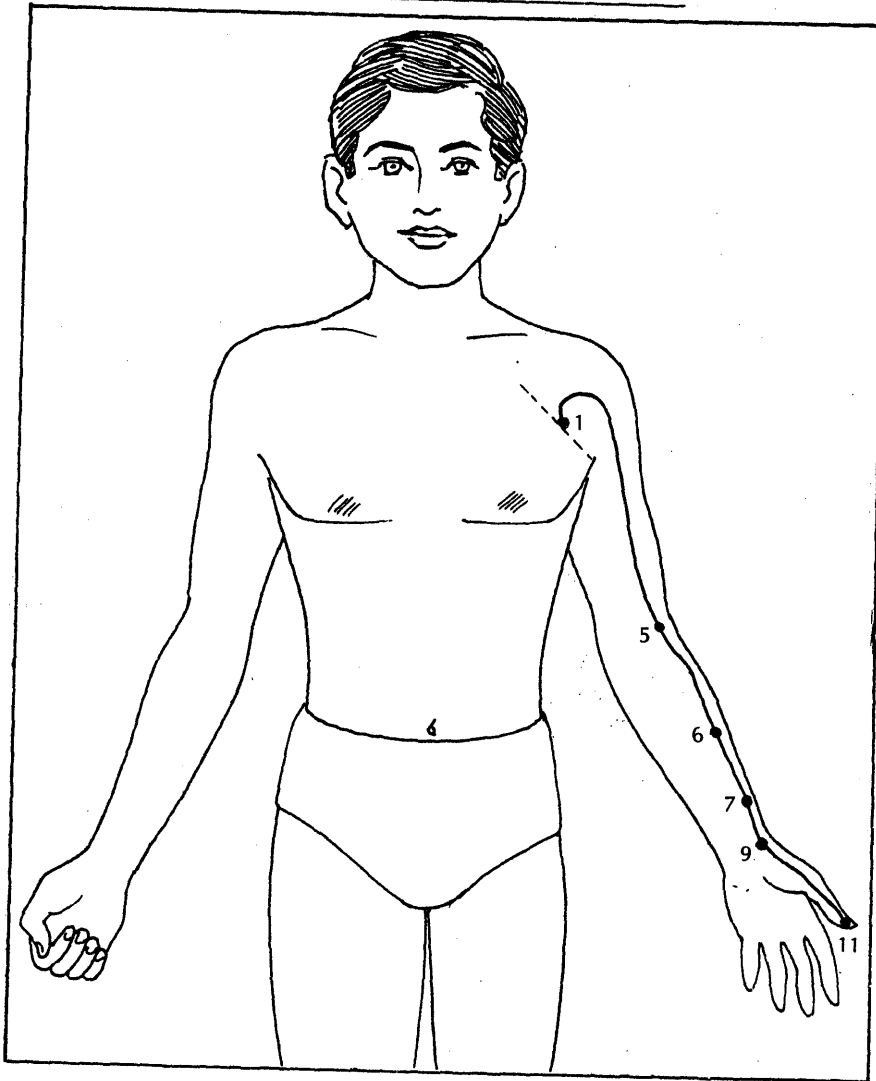
MERIDIANS AND ACUPRESSURE POINTS

Fig. 3.9 : Important Points on Lung Meridian

Uses of Points

1. cold, cough, asthma
5. cough, pain in elbow, breathing difficulty (breathlessness)
6. piles
7. cold, headache, paralysis of facial muscles
9. breathing difficulty, cough, throat trouble
11. throat trouble, cough

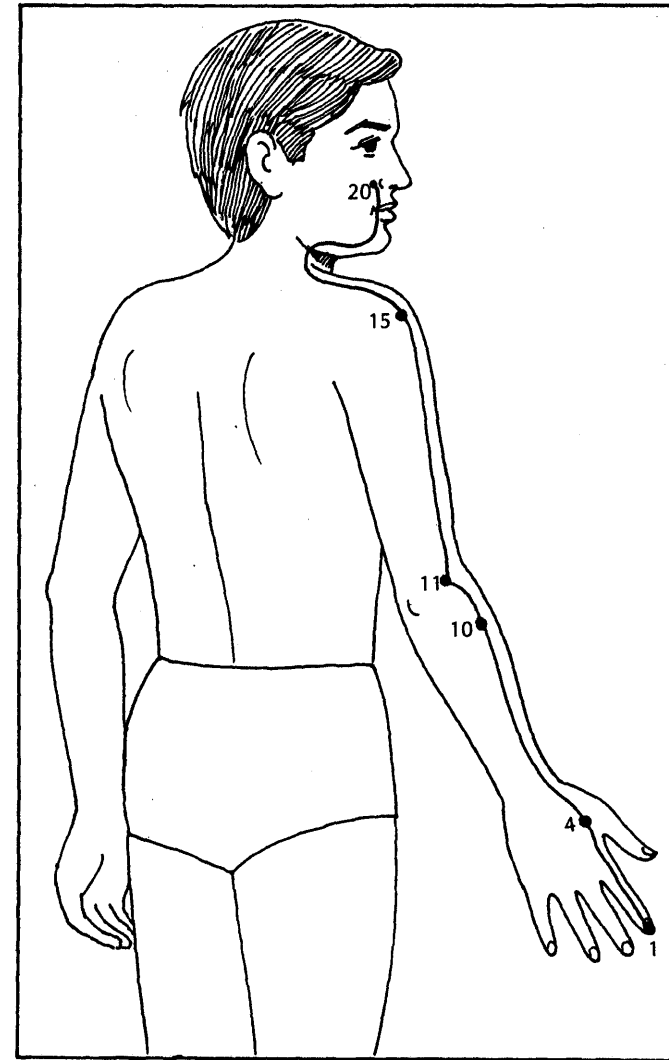
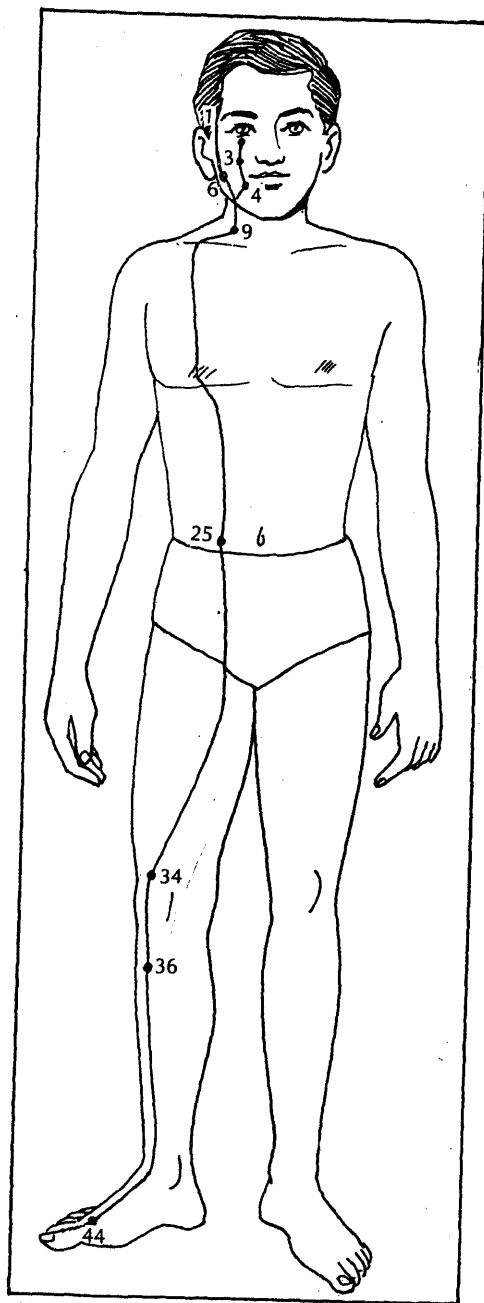


Fig. 3.10 : Important Points on Large Intestine Meridian

Uses of Points

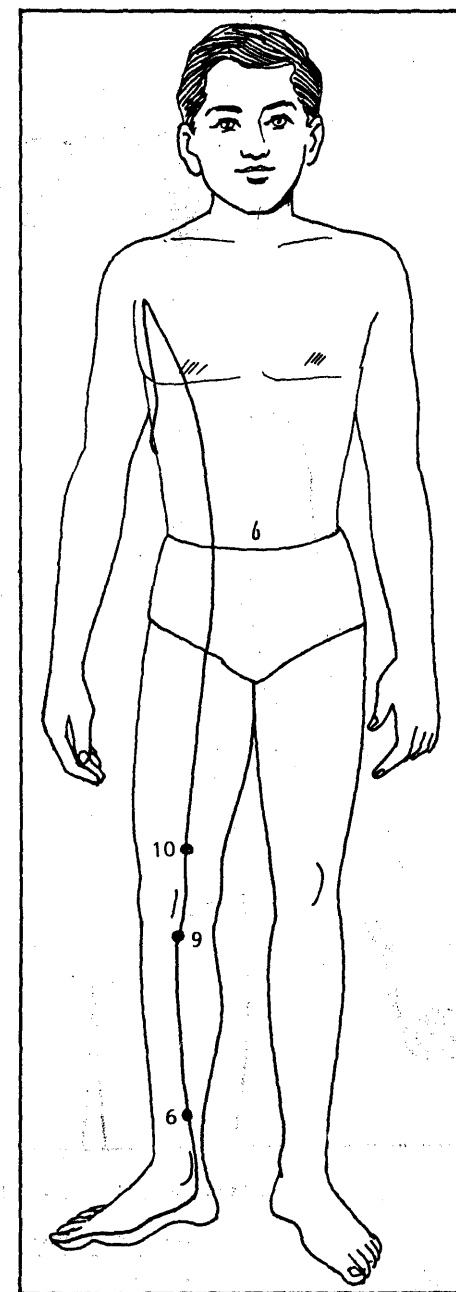
1. fever, diarrhoea
4. constipation, diarrhoea, toothache, pain in the body or indisposition
10. bodyache, indisposition
11. ailments of arms
15. pain in shoulders, stiffness of shoulders
20. cold



Uses of Points

- 1. tension of facial muscles, tired eyes
- 3. sinusitis, cold
- 4. toothache
- 6. toothache
- 9. high blood pressure
- 25. diarrhoea
- 34. stomachache, diarrhoea, pain in!knees
- 36. bodyache or indisposition
- 44. stomachache, toothache

Fig. 3.11 : Important Points on Stomach Meridian



Uses of Points

- 6. insomnia, indigestion, menstrual disorders, pain in ankle joints
- 9. knee pains
- 10. itching, menstrual disorders

Fig. 3.12 : Important Points on Spleen Meridian

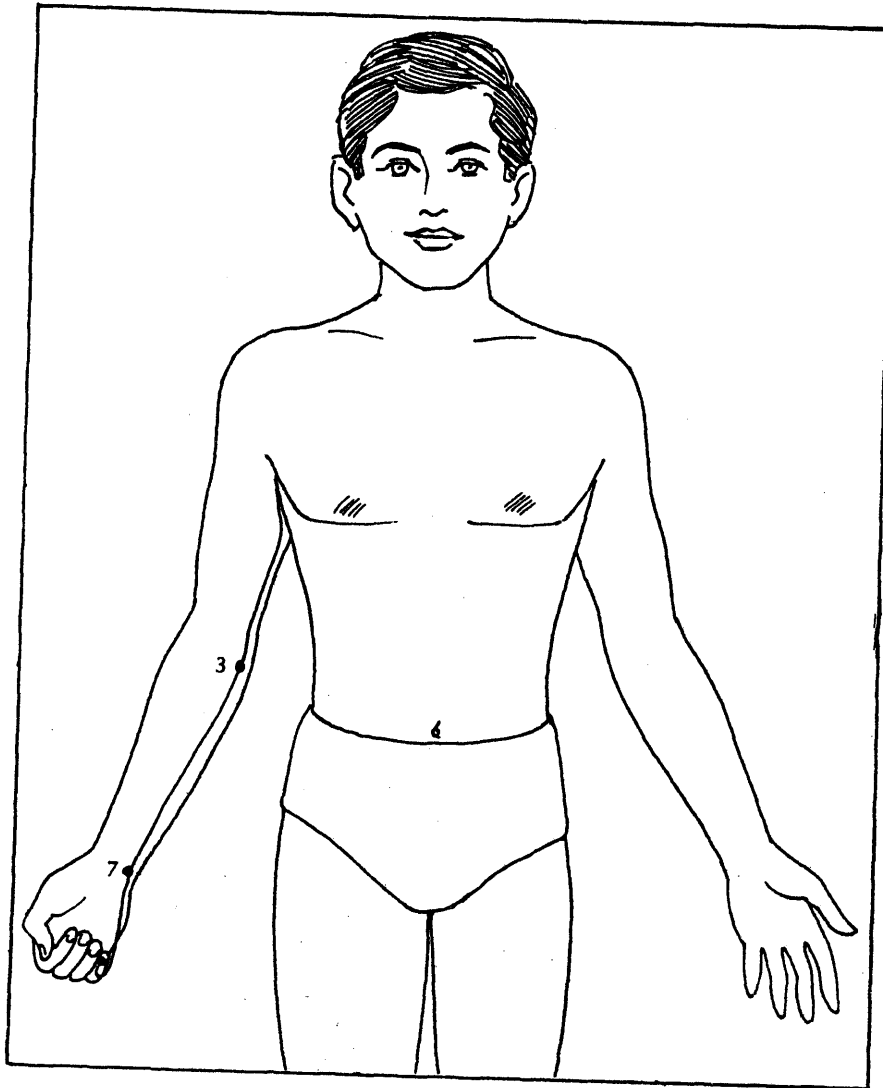


Fig. 3.13 : Important Points on Heart Meridian

Uses of Points

- 3. palpitations
- 7. unconsciousness (fainting), insomnia, constipation

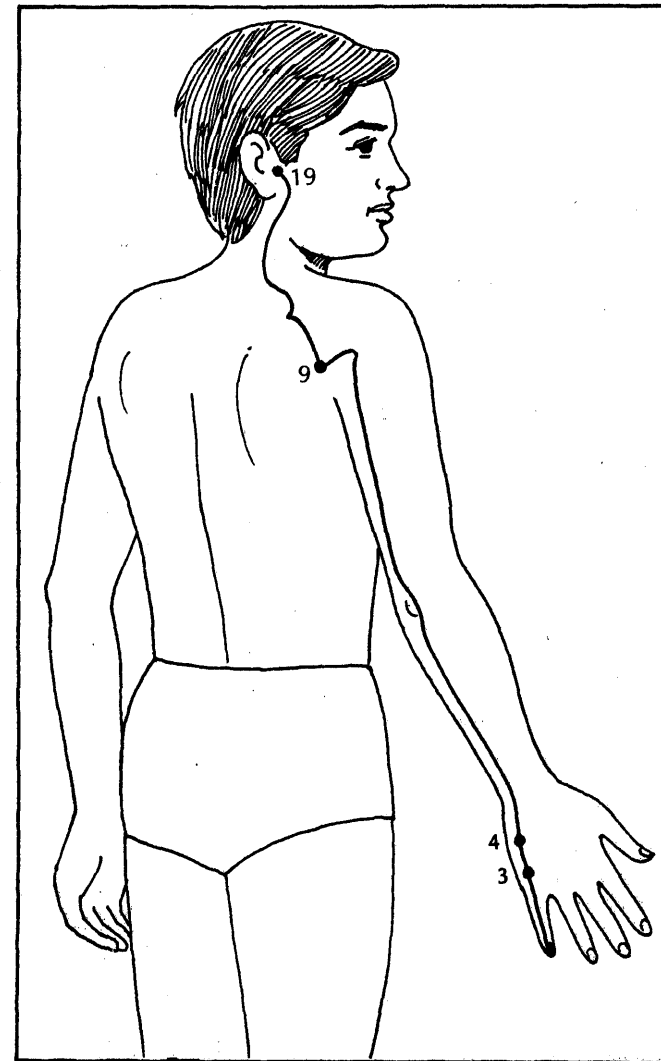
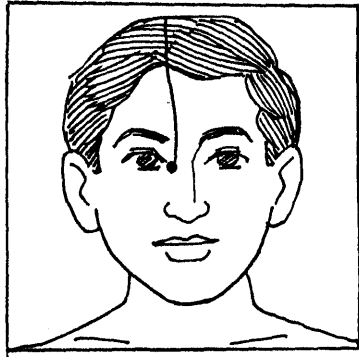


Fig. 3.14 : Important Points on Small Intestine Meridian

Uses of Points

- 3. weakness or paralysis of fingers
- 4. constipation
- 9. pain in shoulders
- 19. ear disorders



- 1. eye exhaustion or swelling
- 10. headache, cold
- 12. cough, asthma, breathlessness
- 13. breathlessness
- 14. sluggishness of Conception Vessel Meridian
- 15. weakness of heart
- 16. sluggishness of Governing Vessel Meridian
- 17. Hiccough, vomiting, pain in ribs
- 18. liver disorders
- 19. disorders of gall-bladder
- 20. disorders of spleen or pancreas
- 21. abdomen disorders
- 22. diarrhoea, feeling of tiredness (fatigue) pain in loin
- 23. kidney troubles
- 25. constipation disorders of large intestine
- 26. loin pains, indigestion
- 27. small intestine troubles
- 32. menstrual disorders
- 36. loin pains, sciatica
- 37. pain in legs, sciatica
- 40. loin pains, sciatica pain in calf (of legs)
- 41. spinal cord troubles
- 42. asthma, cough, pain in neck and shoulders
- 43. asthma
- 45. cough, fever
- 46. nausea, vomiting, hiccough
- 49. diarrhoea, stomachache
- 52. loin pains, kidney troubles
- 57. sciatica, pain in legs
- 60. sciatica, convulsion, giddiness
- 67. delivery troubles

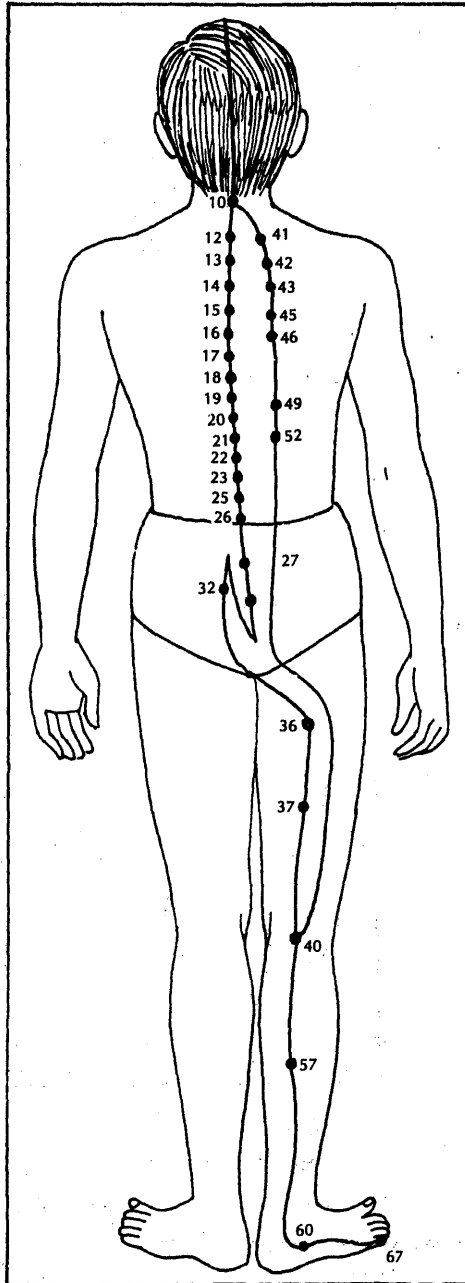


Fig. 3.15 : Important Points on Bladder Meridian

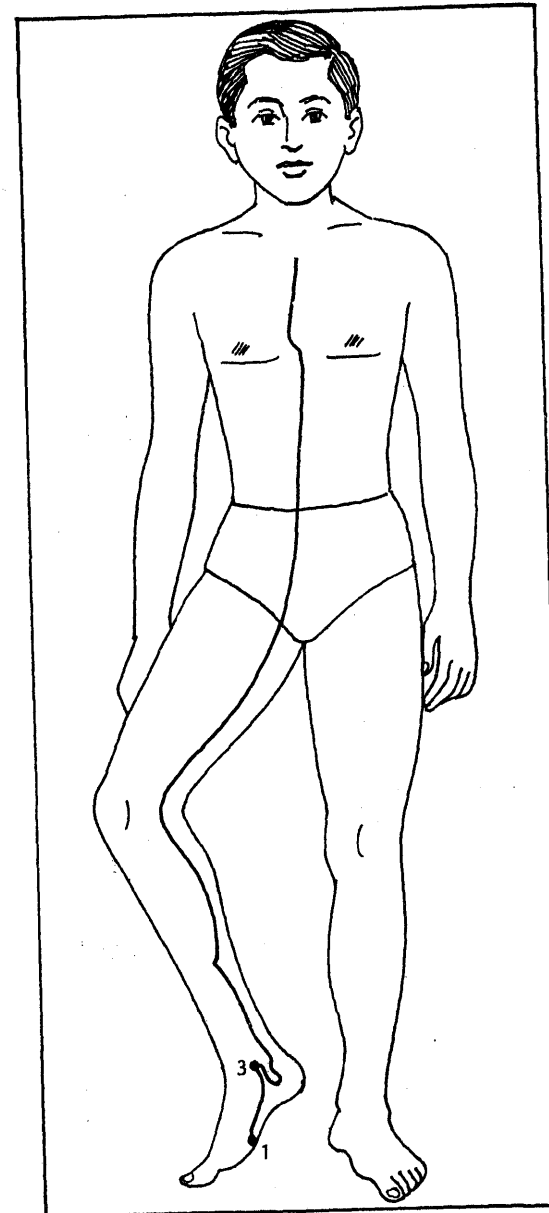


Fig. 3.16 : Important Points on Kidney Meridian

Uses of Points :

- 1. convulsion, giddiness, painful menstruation
- 3. kidney troubles

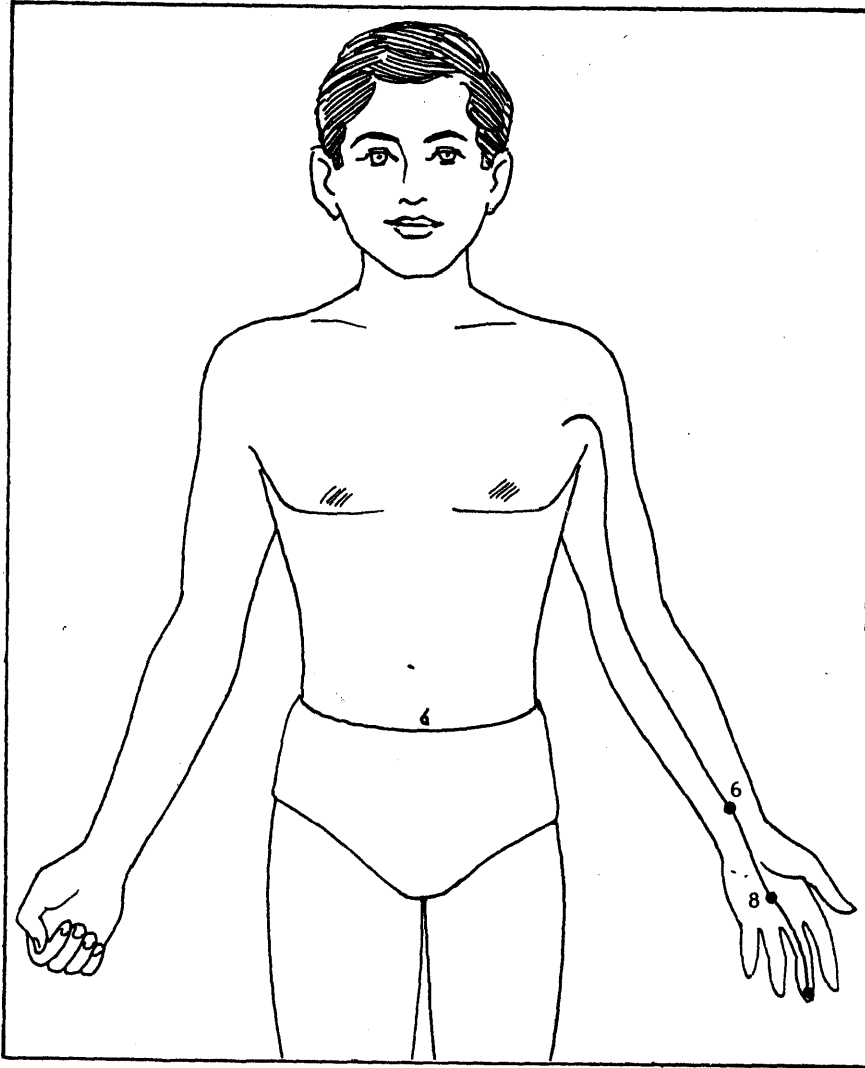


Fig. 3.17 : Important Points on Heart Constrictor or Pericardium Meridian

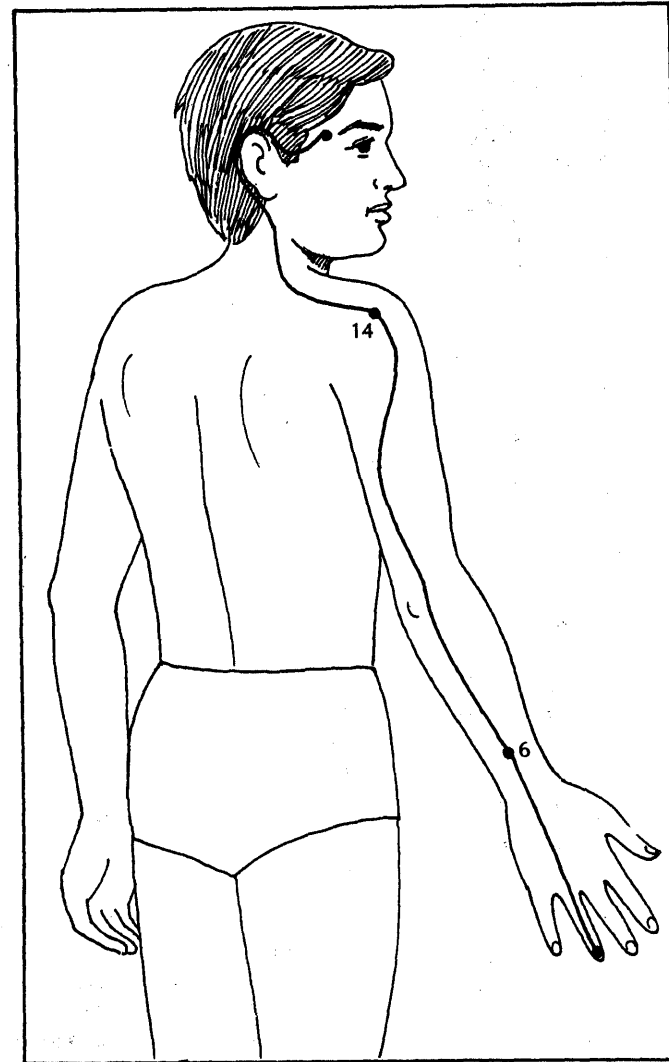
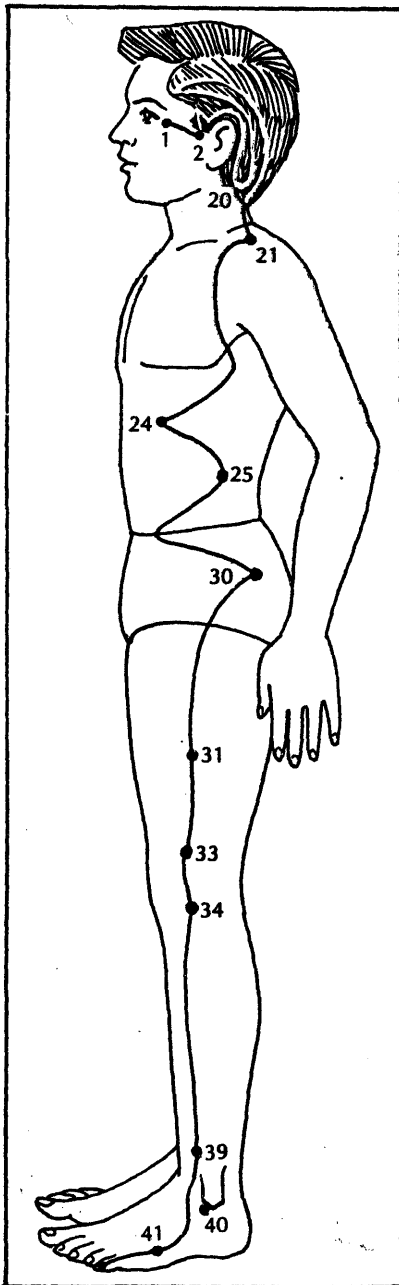


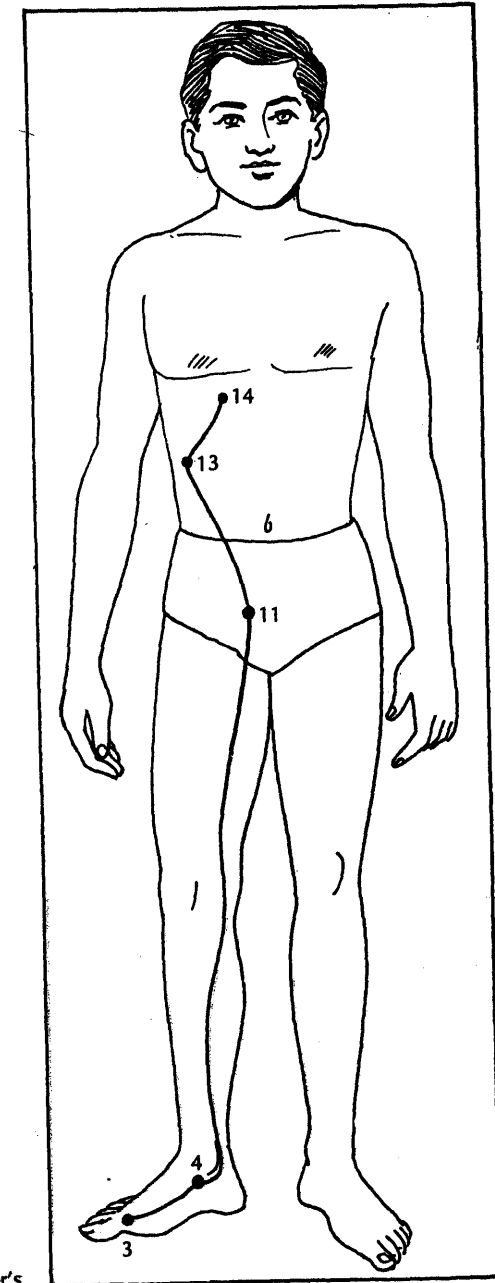
Fig. 3.18 : Important Point on Triple Warmer Meridian



Uses of Points

1. eye troubles, headache
2. ear troubles
20. cold, headache, giddiness
21. pain in shoulders, deficiency of mother's milk (inadequate lactation)
24. disorders of gall bladder
25. stomachache, vomiting, digestion troubles
30. pain in loin-sciatica
31. slow blood-circulation in vessels of legs
33. fever, paralysis of leg muscles
34. pain in ankle joints, headache
39. gall bladder stone
40. menstruation problems
41. menstruation problems, pain in forefoot

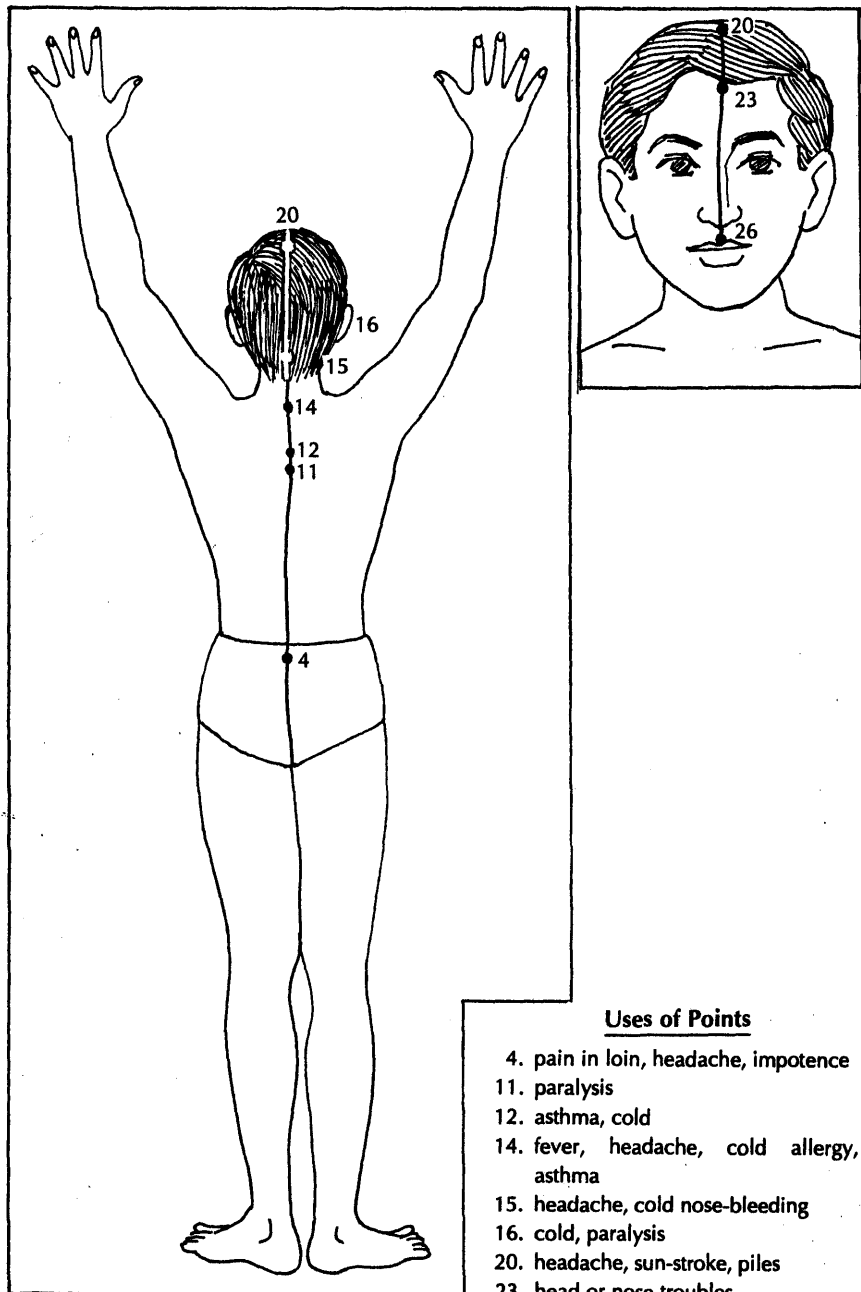
Fig. 3.19 : Important Points on Gall Bladder Meridian



Uses of Points

3. headache, giddiness
4. pain in ankle joints
11. painful menses
13. pain in abdomen, vomiting
14. pain in ribs, deficiency of mother's milk (inadequate lactation)

Fig. 3.20 : Important Points on Liver Meridian



Uses of Points

- 4. pain in loin, headache, impotence
- 11. paralysis
- 12. asthma, cold
- 14. fever, headache, cold allergy, asthma
- 15. headache, cold nose-bleeding
- 16. cold, paralysis
- 20. headache, sun-stroke, piles
- 23. head or nose troubles
- 26. fainting, convulsion

Fig. 3.21 : Important Points on Governing Vessel Meridian

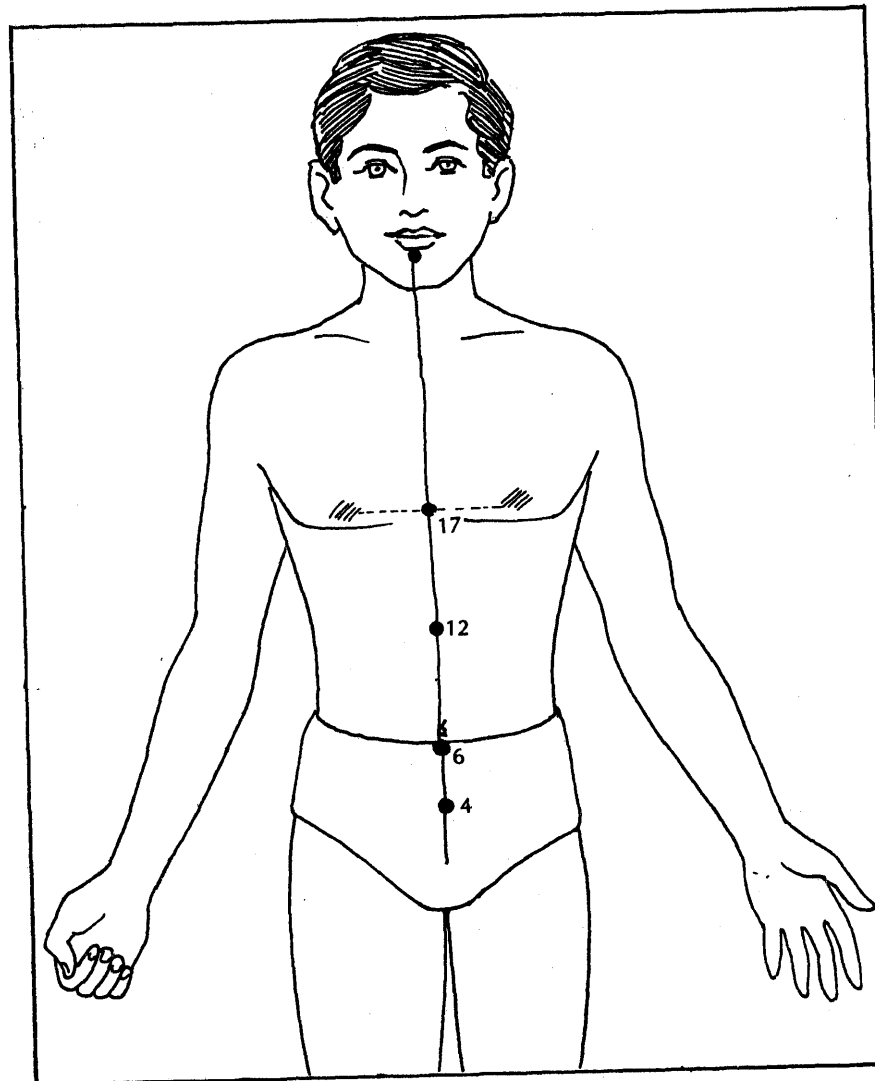


Fig. 3.22 : Important Points on Conception Vessel Meridian

Uses of Points

- 4. menstruation disorders, impotence
- 6. stomachache, diarrhoea, constipation, painful menses
- 12. nausea, vomiting, diarrhoea
- 17. asthma, high blood pressure, deficiency of mother's milk (inadequate lactation)

Note : The pressure on the points located on Governing Vessel and Conception Vessel meridians produces a local effect; e.g., an ulcer in the stomach can be treated by stimulating points two inches above the navel on either of these meridians.

At the outset, it is beyond our mental perception how an application of pressure on a point on the body causes effect on a remote organ in the body; but that it so happens is undoubtedly a proven fact.

It is a fact that acupressure has cured a number of patients who could not be cured by the established method of modern medical practice. Though the doctors are aware of this fact, it is deplorable that they are not prepared to recognize this science. Observation, study, scientific researches and innumerable experiments have helped to accumulate so many evidences to prove the efficacy of acupressure that it is nigh impossible to disregard this old, traditional therapy. The doctors who deny the efficacy of acupressure or consider it to be quackery, in fact, deceive themselves and deprive their patients of this simple and effective treatment. Aldous Huxley, a well-known literary person, says that acupressure is disregarded by those very persons whose prime duty is to scrutinize such therapies.

Several principles have been put forward to explain how curative effects really take place by pressing acupressure points. Some of these principles have a support of scientific experiments, while others are based solely on inferences. Two of these principles are very important. They are : (1) Dr. Kim Bong Han's Bioelectric Bong Han Corpuscles Principle and (2) Dr. Felix Mann's Cutaneo-Visceral Reflex Principle. These two principles will be discussed in detail and a passing reference will be given to other principles.

(1) **Bong Han Corpuscles Theory** : Prof. Dr. Kim Bong Han presented two papers on his acupressure research at two

Scientific Symposia held at Pyongyang in Korea on 30th November 1963 and on 15th April 1965.

For centuries the Koreans have believed that the body contains an independently working system called 'Kyungrak' which regulates the flow of bioenergy in the body. The belief was substantiated by Dr. Bong Han's experiments.

Dr. Bong Han succeeded in discovering inconspicuous, specific kind of Bong Han corpuscles lying beneath the skin, exactly at the site of acupressure or acupuncture points on the skin. These corpuscles are linked with tiny ducts, which, if drawn on paper, resemble meridians. Superficial Bong Han corpuscles and Deep Bong Han corpuscles are found to be slightly different in view of their composition. It can be said that the composition of these Bong Han corpuscles is quite different from any other corpuscles known so far. The same is the case with the ducts that link these corpuscles.

According to Dr. Kim Bong Han, 12 paired meridians and 2 single meridians are formed by Bong Han corpuscles located in the body and the ducts. 12 meridians which are in pairs are connected with twelve important organs or systems. This research greatly corresponds with the Chinese ancient concepts.

Dr. Bong Han states that Bong Han corpuscles are the regulators of bioenergy which flows through the ducts. If the free movement of bioenergy is obstructed in Bong Han corpuscles, the balance between 'Yin' and 'Yang' forces in the body is disrupted and as a result diseases are caused. Systematic application of pressure on acupressure points directly affects Bong Han corpuscles. This leads to the reestablishment of the balance between 'Yin' and 'Yang' forces which ultimately results in the cure of the disease.

(2) **Cutaneo-visceral Reflex and Viscero-cutaneous Reflex Theory** : Most of our actions are controlled and regulated by the brain. These actions are called 'voluntary

actions'. But there are some actions which occur of their own, independent of the control of the brain or the will; e.g., if our hand, through mistake, happens to touch a very hot object, it is immediately withdrawn by itself. It is only after the hand is withdrawn that we come to realize what has happened. This sort of action is known as 'reflex action'. It is a natural physical device for self-protection. Dr. Felix Mann believes that acupressure effect is a similar reflex. Dr. Mann says that a disease of an organ has an immediate reflex on specific points, which become painful to pressure. Electric waves are produced when the painful points are pressed or pricked with a needle. These waves immediately reach the corresponding organ and start the process of curing a disease.

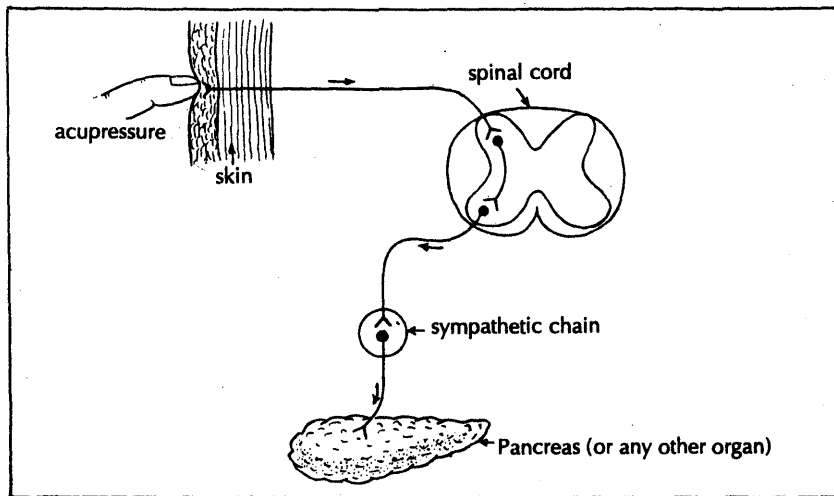


Fig. 3.23 : The course of electric waves produced by acupressure

In short, Dr. Mann considers autonomous nervous system responsible for the efficacy of acupressure. To support his claim Dr. Mann states that a pinprick applied to the foot has an immediate effect on headache. Such a rapid flow of bioenergy is not possible through any other system except the nervous system. Other western researchers are also of the opinion that bioenergy is in fact nerve-energy which flows

through sympathetic and parasympathetic channels of the autonomous nervous system.

Dr. Han Chi-sheng's experiments : Dr. Han Chi-Sheng of the Peking Medical College has conducted some experiments on thirty rabbits. These experiments are technically known as 'raising the threshold of pain'. In one experiment a strong beam of heat producing infra-red rays was directed to the nostrils of ten blindfolded rabbits. To avoid pain caused by the heat the rabbits moved their heads to one side. The researcher measured the length of time before the rabbits moved their heads to one side after the commencement of the experiment. This experiment was repeated on another group of ten rabbits after **acupuncture** treatment of their *tsu-san-li* point. Again the length of time was measured before the rabbits moved their heads to one side. The same experiment was repeated on another group of ten rabbits after **acupressure** treatment of their *quen-lun* point. The experiment proved that those rabbits whose points were stimulated could bear heat for a longer time and moved their heads away after a long time. The statistics of this experiment are indicated in the following figure :

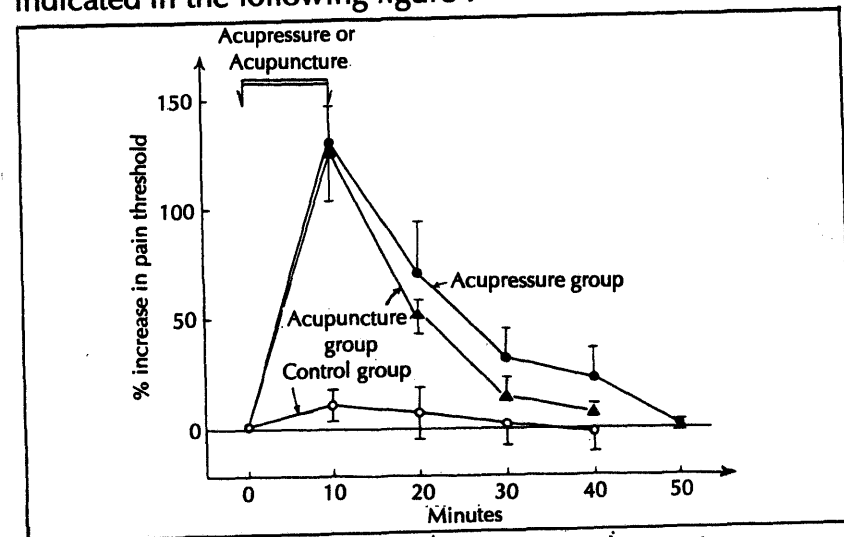


Fig. 3.24 : Comparison between acupressure and acupuncture

Figure 3.24 (Page 43) clearly indicates that acupressure was more successful than acupuncture in decreasing the sensitivity to pain.

Dr. Han Chi-sheng says that acupressure or acupuncture brings about a change in a substance called neuro-transmitter in the brain. This causes relief in pain. This neuro-transmitter may be serotonin, noradrenalin or PHT. Professor Birkmayer of Botsmann Institute for Neurochemistry has carried out research into the effect of acupuncture on the neuro-transmitter in humans and his findings also confirm those of Dr. Han Chi-sheng.

According to some researchers, pain is relieved by acupressure or acupuncture because of the secretion of endorphins and encephalins in the body. This theory also is very substantial.

Some researchers are of the opinion that when disease-causing bacteria or viruses enter the body, the body produces antibodies and phagocytes. Mental strain decreases the efficiency of these phagocytes. Mental strain or negative thoughts also disturb the functioning of the autonomous nervous system with the result that the efficiency of phagocytes decreases, so the body fails to resist hostile bacteria or viruses and disease is caused. Acupressure definitely removes or allays mental strain and consequently the resistance power of the body increases.

Some of the Japanese researchers are of the opinion that physical activities stimulate metabolism in muscles which results in the accumulation of lactic acid. This lactic acid produces fatigue and strain. Acupressure treatment transforms lactic acid into glycogen and as a consequence fatigue and strain are alleviated.

Thus a number of theories have been presented above to explain how acupressure works. It is possible that a reader may be confused by the presentation of multifarious theories. He is, therefore, advised not to bother about whether a

particular theory is convincing or not. It is sufficient for him to know that though all the secrets of acupressure have not been revealed yet, there is no doubt about its efficacy.

Some medicine men or readers may wonder whether it is reasonable to apply a therapy, the basic knowledge of which is not fully acquired. The solution of this uncertainty or doubt is simple. The doctor knows the effect of an aspirin tablet taken orally. That is why he prescribes aspirin to his patient when necessary. In the same way the acupressure expert knows the effect of acupressure or acupuncture on his patient's body and gives treatment accordingly. It is not inevitable for a doctor to know the reasons for the effectiveness of aspirin. As a matter of fact, it is not yet known how aspirin, though widely used, acts in the body. Electric shocks are given on the head of some patients suffering from mental perversions. Nobody knows what happens in the brain of the patient during this treatment.

Those who are doubtful of physiological effects of acupressure argue that acupressure is nothing but a placebo i.e. a psychological pep. But this is not true :

(1) Even after making a patient unconscious by general anesthesia, the treatment given by stimulating the points on his body becomes effective.

(2) Stimulation of irrelevant points without the patient's knowledge has no effect on a disease; e.g. there are some specific points to remove headache. If the points other than these specific points on the body of a patient suffering from headache are pressed, the headache remains unaffected.

(3) An experienced patient taking acupressure treatment for some time, at once realizes whether right points for the cure of a particular disease are being stimulated or not.

(4) Acupressure treatment proves successful in case of animals even though they lack thinking power. In China, when delivery becomes difficult in animals, thousands of

operations have been performed on such animals by making them unconscious with the help of acupressure or acupuncture.

The essence of this chapter is that pressure on the points on the ear or the body produces effects which restore health and cure disease. These effects are as follows:

(1) **Anesthetic effect** : The most apparent effect of acupressure is its anesthetic effect. The benefit of this effect is of value in the cases of joint-pain, headache, toothache, backpain, sprain and other ailments.

(2) **Sedative effect** : While giving treatment on certain points, if an E.E.G. (electroencephalograph) is taken, it is found that delta and theta waves have been depressed. It means that the brain has been tranquillized.

(3) **Homeostatic and immunity enhancing effect** : As acupressure treatment is based on Natural Laws, it strengthens the body's natural resistance power. Consequently the respiratory system, heartbeats, metabolism, blood-pressure and body-temperature, etc. become normal. There is a considerable increase in the number of red blood-corpuscles, that of white blood-corpuscles, and the amount of gamma globulin, etc. The levels of cholesterol and triglyceride in blood decrease.

It has often been found that an application of pressure on the point *tsu-san-li* below the knee-cap has been often found to reduce the blood-pressure, if high.

(4) **Psychological effect** : A considerable improvement in mental health is noted in a person who takes acupressure treatment regularly. This improvement is due to the effect on a part of the midbrain called reticular formation.

(5) **Effect on musculo-skeleton system** : Acupressure stimulates and strengthens the muscles. The advantage of this effect is taken in the cases of paralysis, polio and other ailments.

Special Note : A growing interest in another therapy known as Reflexology or Zone therapy in which pressure is applied on points located only on palms and soles to cure a disease is well under way in India. A brief mention of it here will not be out of place.

This therapy, discovered centuries ago, was developed by Dr. Fitzgerald of the U.S.A. According to the principle of this therapy, the soles of the feet and the palms of the hands are like mirrors in which the internal organs of the body are reflected. In other words, the organs of the body are directly connected with the palms of the hands and the soles of the feet. Disorder in any organ produces pain in its corresponding point on the palms or the soles. Methodical pressure on painful points produces electrical waves. These waves reach the corresponding organs and eliminate the disease.

It is obvious that reflexology is different from acupressure. In acupressure, the points are supposed to be located all over the body (on definite meridians), while in reflexology, points are supposed to be located only on the palms and the soles. Thus acupressure treatment is direct, while reflexology treatment is indirect.

As stated above, even the World Health Organization gives due recognition to acupressure. Controlled experiments related to acupressure are being carried out all over the world. With the help of these experiments, conducted by scientists and doctors, a number of convincing efforts have been made to explain the scientific basis of acupressure. No scientific base of reflexology has been discovered so far. In spite of that, the fact that reflexology treatment has brought good results in certain cases cannot be denied.

Today the reflexology therapy is followed only in America, India and one or two other countries, while acupressure and acupuncture therapies are used all over the world. In the countries like China, Japan and Korea, acupressure and

acupuncture have been given the status of authorized therapies.

Figures 3.25, 3.26, 3.27, 3.28, 3.29 and 3.30 show the sites on the palms and the soles where reflex points (zones) connected with different organs are located.

Experts advise to press each of these points for two or three minutes everyday for maintaining good health. Pressure can be applied with the tip of a finger or the thumb, a blunt end of a pencil or with a special device called jimmy.

DIAGRAMS OF REFLEXOLOGY

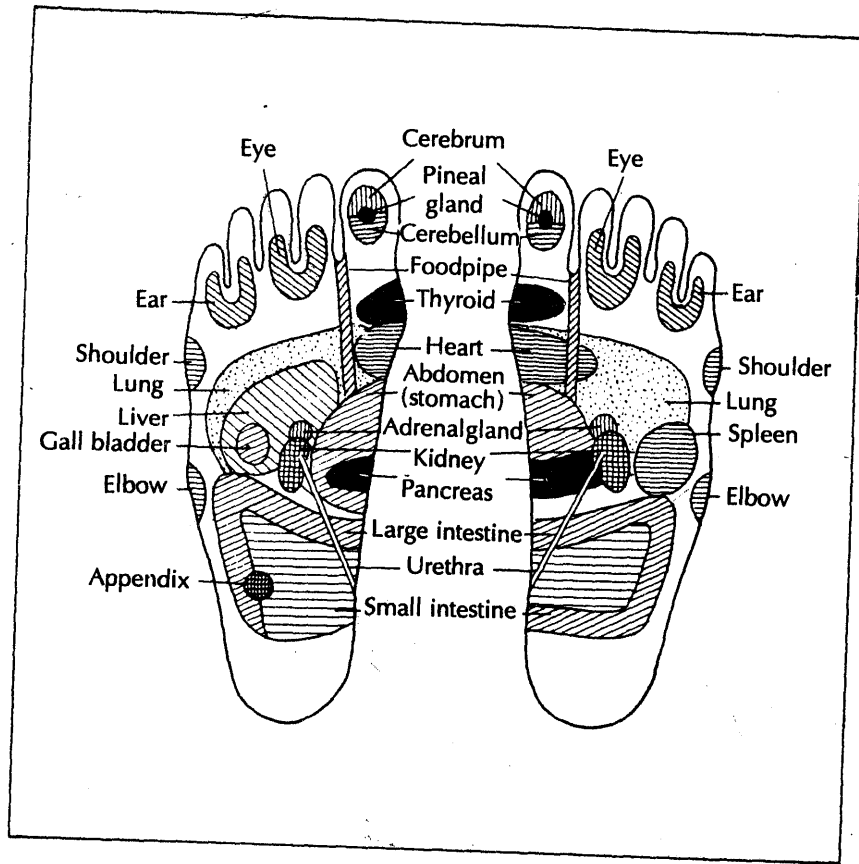


Fig. 3.25 : The soles of the feet

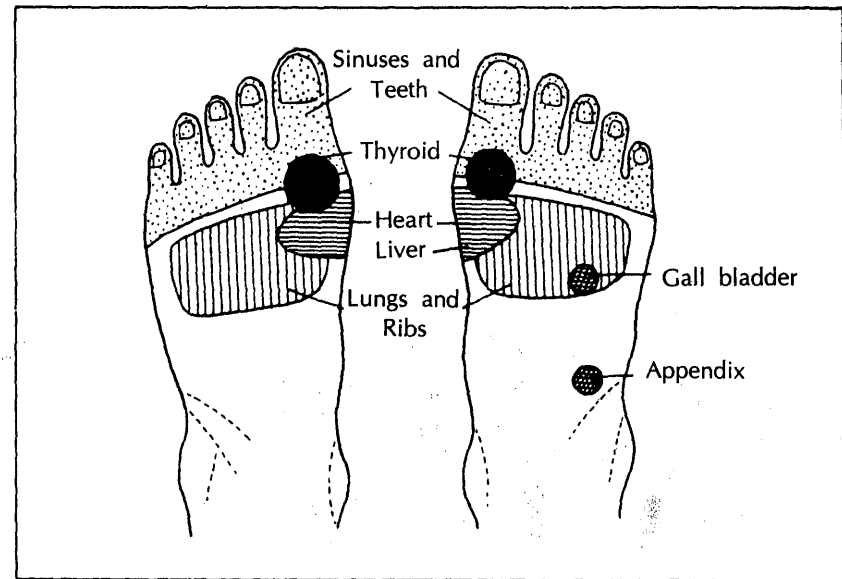


Fig. 3.26 : Dorsum of the feet

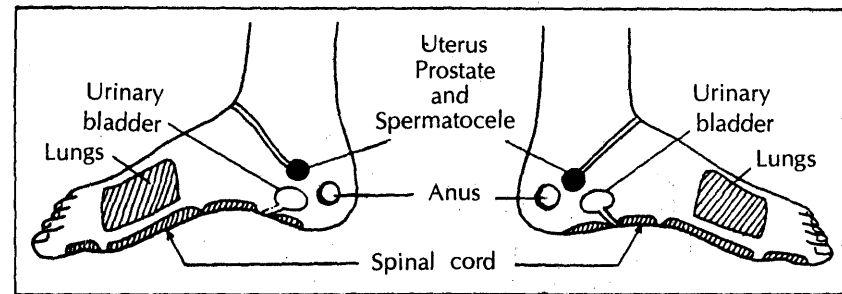


Fig. 3.27 : The inner aspects of the feet (Inside of the feet)

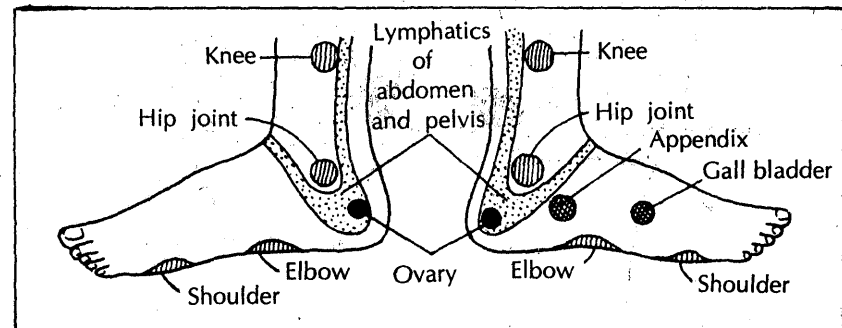


Fig. 3.28 : The outer aspects of the feet (outside of the feet)

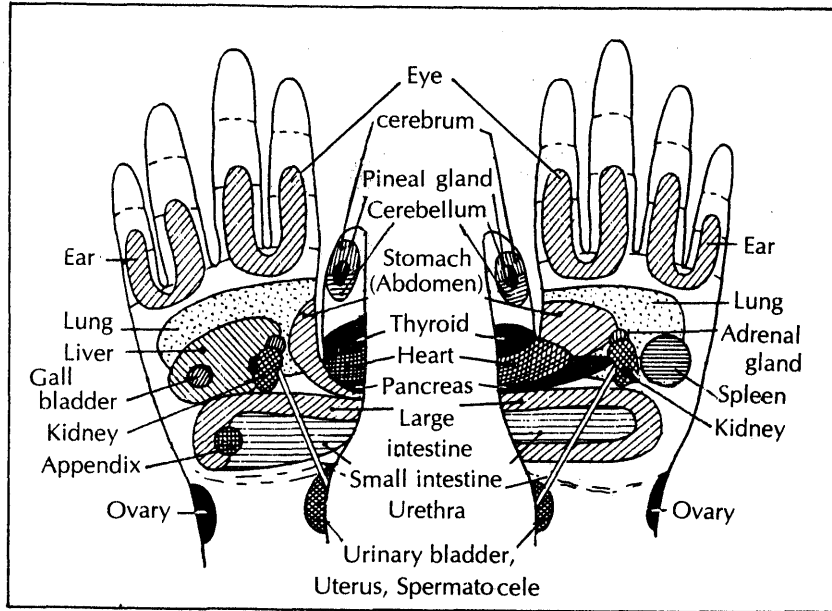


Fig. 3.29 : The palms of the hands

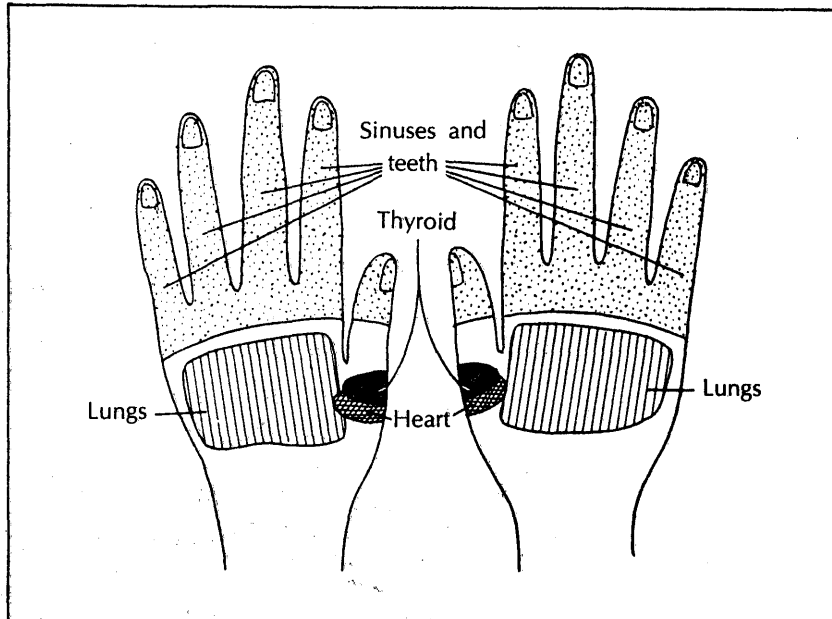


Fig. 3.30 : Backside of the hands

Reflexology experts also advise that instead of pressing each point separately, all the points could be pressed simultaneously with special types of acupressure rollers. As this takes only five minutes, much time can be saved.

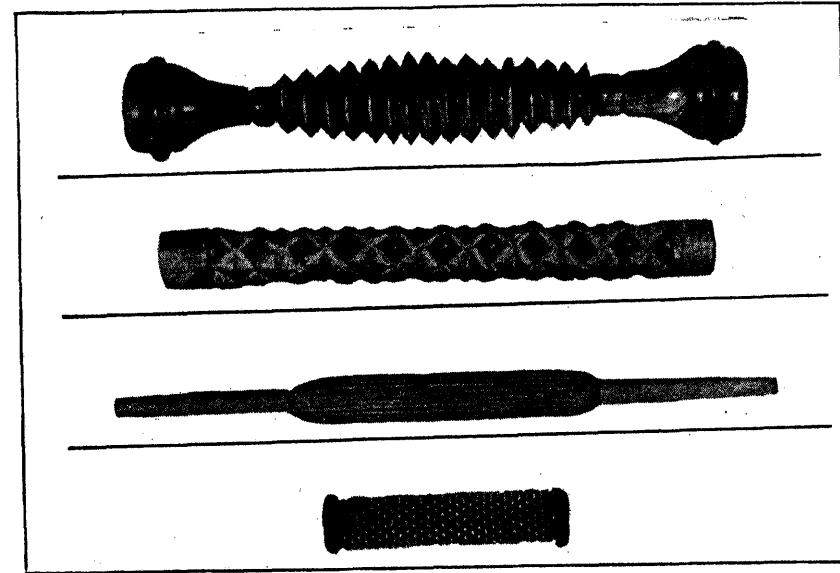


Fig. 3.31 : Various types of Reflexology rollers

4. THE BENEFITS OF ACUPRESSURE

Acupressure can be called 'acupuncture without needles'. In acupuncture, the points are stimulated with needles; in acupressure, the same points are stimulated by pressing them with fingers or thumbs. Pressure can also be given on acupressure points by a pointer or a special device called jimmy.

If pressure is applied properly, acupressure gives benefits similar to those obtained by acupuncture.

Very often patients, particularly children, are scared of needles which are used during the acupuncture treatment. The muscles become tense and hard on account of this fright. At times, acupuncture treatment fails if the muscles are not sufficiently relaxed and calm. This problem does not arise in acupressure as needles are not used in it.

The greatest inconvenience of the acupuncture treatment is that the patient, every time, has to go to an acupuncture expert. But acupressure treatment can be applied by any person with his own hands. For this, no special knowledge or learning (training) is necessary.

Very often the use of a needle is redundant and sometimes it is undesirable. In such circumstances acupressure wins the race.

In acupuncture treatment, if proper care is not taken while inserting a needle, dust particles or bacteria may possibly enter the skin. In such cases the patient has to take the treatment for skin-infection in addition to that for his original disease. Sometimes a needle may cause an injury to a nerve or a blood-vessel. The words of Dr. Rene Bourdial, a well-known, leading acupuncture expert in France are worth considering: "Presently, I hardly make use of acupuncture; I mostly rely upon acupressure."

Apparent advantages of acupressure

(1) Though easy and simple, acupressure is an effective treatment.

(2) Anybody can take this treatment by himself in the privacy of his own home.

(3) This treatment can be taken as often as needed.

No money needs to be spent to get the benefits of this treatment.

(4) Acupressure treatment is completely free from side-effects. We know that most medicines have side-effects. Very often it happens that while eliminating a particular disease with the help of modern medicines, their side-effects cause another disease. There is no danger or risk of this sort in acupressure treatment.

The second amongst the advantages of acupressure mentioned above needs elaboration. Acupressure is a self-treatment. In this treatment you are your own doctor. This advantage is of greater value than what it seems at first sight. Our attitude towards the problem of our own health is deplorable in as much as we consider it someone else's responsibility. Acupressure compels every person to take interest in his own health. It is the need of the present time that each person should take active interest in the field of his own health. It is a proven fact that if a patient takes active part in the treatment of his disease, the disease is cured rapidly. Mr. Norman Cousins, a well-known journalist of America, is a living evidence of this fact. When Mr. Cousins suffered from ankylosing spondylitis, a disease supposed to be incurable, the doctors in New York washed their hands off the treatment and predicted that Mr. Cousins would in a short time suffer from total paralysis. Mr. Cousins made up his mind to treat his disease by himself and to show he would accomplish what the doctors could not. To the surprise of all, he was indeed relieved of the disease by his own active efforts.

Maintenance of health through acupressure : Health can be maintained easily by taking a regular treatment on particular acupressure points everyday. A short acupressure-session in the morning helps to maintain the balance of energies flowing in the body. This leads to prevention of diseases. This is the most important and precious advantage of acupressure. Prevention is not only better than cure but also cheaper. It should be noted that such an advantage cannot be gained out of acupuncture.

Acupressure helps to increase vitality and strength. As stated before, a regular application of pressure on the acupressure points *tsu-san-li* and *yang-ling-chuan* gives strength to the muscles of the legs. The heart and the respiratory system work with increased efficiency by pressing the point *nei-kuan*.

Dr. Zier of Germany carried out a trial with acupressure on some athletes and wrestlers. He asked them to lift as much weight as they could before and after pressing some acupressure points. This trial showed that the athletes and wrestlers could lift much more weight after acupressure treatment.

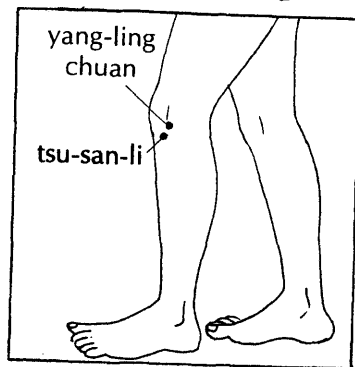


Fig. 4.1



Fig. 4.2

Diagnosis of a disease through acupressure : When any organ of the body is diseased, the points corresponding to that organ become tender or morbidly sensitive. If some point hurts on pressing, it can be said that there is something wrong

with the organ connected with that point. Sometimes in the initial stage of a disease, any outward symptoms are not visible; only some weakness or indisposition is experienced. Nothing uncommon is found even after getting stool, urine and blood tested. In such cases doctors fail to diagnose the disease. As a matter of fact, doctors can diagnose the disease through various tests only after its symptoms arise. But in acupressure, even in the initial stage of a disease, the diagnosis of the disease is possible with the help of painful points. By pressing the points connected with various systems of the body or organs, one can know the part of the body which suffers from an ailment. It also helps to diagnose a disease which is likely to occur in near future. This leads to taking steps (acupressure treatment) instantly. Thus, a disease can be cured even before its obvious symptoms erupt. Instant treatment for a disease in its initial stage helps to cure the disease easily. Sometimes detection of the cause of an abdominal pain is complicated and hence becomes a challenge. In such cases a number of doctors try to reach to a differential diagnosis with the help of acupressure.

Though it is true that early and differential diagnosis of a disease is possible with the help of acupressure, the patient is advised not to attempt to diagnose his disease on his own. The work of diagnosis should be left to an experienced physician.

Cure through acupressure : Acupressure is a simple but effective treatment for a disease. The approach of acupressure for the cure of a disease is unique. According to the science of acupressure, the human body is an indivisible unit. The underlying principle of acupressure is 'Treat the patient and not the disease alone'.

Modern medicine does not regard the human body as an indivisible unit. It tends to treat each organ or ailment separately. In headache a doctor prescribes aspirin or such

sort of other medicine; in constipation he gives purgative; in insomnia he gives tranquillizers or sleeping pills to a patient. Thus modern medical science treats the human body as if considering one part of the body different from another.

Since Acupressure sees the human body as an indivisible unit, it endeavours to regulate and balance yin and yang (Ida and Pingala, according to the Indian tradition) bio-energies flowing in the human body.

Theoretically acupressure can relieve or cure most of the diseases. There are certain diseases however, for which it is quite unsuitable. Acupressure is of no use in the cases of large gall-stones, kidney-stones or mature cataract, which require surgery. Acupressure has a completely curative effect on some diseases, while in other specific diseases it yields benefits to some patients and not the others. The success of acupressure depends on various factors such as the duration of the disease, the damage it has caused to the body and the general condition of a patient. However, even in the cases of incurable or hard-to-cure diseases, it has been noted that acupressure treatment prevents the disease from getting worse or gives relief from its painful symptoms so that the patient can live an active and useful life.

Usefulness of acupressure :

(1) Acupressure gives relief from the symptoms of a disease.

(2) In some cases acupressure can be used as a means of first aid till a doctor arrives or a patient is admitted to a hospital.

(3) Acupressure can prevent relapses of a disease.

(4) Acupressure helps to make relief procured by other kind of treatment prompt and perfect. Thus acupressure can beneficially be used along with other therapies.

(5) Acupressure helps to increase the efficiency of the organs and the systems of the body; it strengthens the joints

and the muscles and helps to maintain the capacity for playing games like cricket, hockey, football, kabaddi, khokho, golf, tennis, etc. and for swimming till later years of life.

(6) In emergency (e.g., a heart-attack) acupressure can be used as a means of first aid. In such circumstances acupressure many a time helps to avert a catastrophe. In this regard a separate chapter entitled 'Acupressure in emergency conditions' has been included in this book. This 'emergency' treatment of acupressure is of much essence. In fact it is invaluable. In cases of cardiac pain or an attack of asthma, it is not advisable to do nothing till a doctor arrives. In such critical conditions, acupressure treatment should be undertaken to start getting relief. What will you do if you suddenly suffer from a bad toothache during the night time which makes it impossible for you to sleep? A dentist can be approached only the next morning. In such crisis, 'promptly effective' acupressure treatment is useful.

As mentioned previously, acupressure does not give benefit in kidney-stone or mature cataract. Besides, there are certain other illnesses for which acupressure is unsuitable, such as certain hereditary diseases, cancer, mental diseases like schizophrenia, or conditions requiring surgery such as a fracture, rupture of an organ or intestinal obstruction. But such cases are rare. Even in such conditions acupressure can, however, give relief from painful symptoms or prevent their aggravation. Thus, acupressure can save a patient's condition from getting worse.

Another benefit of acupressure (particularly for acupressure practitioners) is that it re-establishes the convention of touch communication or touch healing. Today warm-hearted relation between the patient and the doctor has disappeared. Formerly the doctors developed and maintained individual as well as family relations (rapport) with their patients. But today human relations experience suffocation amidst complexities

of multifarious medical equipment and devices. It is an irrefutable fact that the cure of a disease is hastened if the relations between the doctor and the patient are cordial and friendly.

There is a Chinese folk-tale which is interesting and instructive. A young woman approached a physician in order to procure poison which she needed to kill her cruel mother-in-law. This physician gave her some medicinal herbs and told her to give the decoction of these medicinal herbs to her mother-in-law for three months and press some acupressure points on her (mother-in-law's) body. The physician further told her that the poisonous medicinal herbs would be more effective on account of acupressure and the people would think that the mother-in-law died a natural death. The young woman strictly followed the physician's instructions. But at the end of two and a half months there was a remarkable change in the circumstances. The young woman could now know more of her mother-in-law with the help of acupressure. On the other hand, there was a significant improvement in the health of the mother-in-law because of the regular acupressure treatment given to her by the young woman. Consequently the attitude of the mother-in-law towards the young woman was softened. The young woman began to repent for what she had done. She rushed back to the physician and requested him to give antidote of the poison of the medicinal herbs. Consoling her the physician said that the medicinal herbs contained no poison but only curative substances.

As a conclusion of this chapter it can be said that acupressure is a simple and easy treatment of pressing specific points on the body. Somebody may doubt whether such a simple treatment can be effective or help to maintain health. The answer is that it is possible for one to preserve health with acupressure provided he applies it with regularity, sincerity and full faith. Many a time the simplest treatment proves to be most efficacious.

5. DIRECTIONS FOR SUCCESSFUL TREATMENT

In the preceding chapters it has been pointed out that :

(1) when there is something wrong in any organ or part of the body, some of the points on the skin begin to hurt,

(2) the pressure on these points helps the bioenergy to regain its normal harmonious flow. It helps to re-establish environmental balance between yang and yin forces. As a consequence, the disorder or ailment is eliminated,

(3) to get the maximum and rapid benefits from this treatment, it is necessary to accurately locate the concerned acupressure points and give treatment on them.

The question is how to accurately locate the acupressure point. To make acupressure treatment successful and to get optimum benefit thereof, it is essential that the acupressure point be correctly found out. Unless this is done, expected benefits are not gained.

The pictures and supplementary drawings given in this book clearly explain and indicate the exact location of acupressure points. Look carefully at the pictures and figures and try to understand them. Then estimate the exact location of the point in question on your body. You will need to use a mirror to locate the points on those parts of your body which you cannot directly see (e.g. ear).

Nevertheless it should be remembered that each individual body differs. You may be taller or shorter than the normal standard or the constitution of your body may be broad or narrow or of some different kind. So if the distance of any point from a known or apparent part of the body is to be found or indicated, units of measurement like centimetres and inches are of no use, and so special units of taking measurements have to be applied for this purpose.

Figure 5.1 : explains such special units of measuring distance :

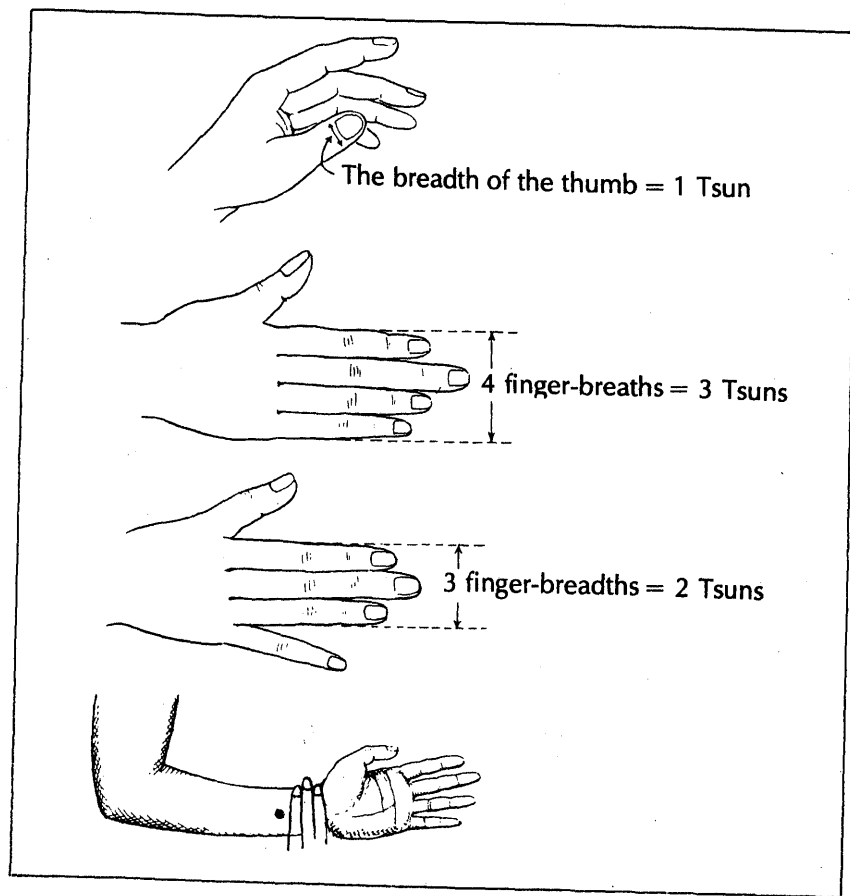


Fig 5.1 : The points nei-kuan is situated three finger-breaths (2 Tsun) below the base of the palm

If you want to find the point nei-kuan (or any other point) on another person, you must remember to use his hand or thumb to measure on his body. The width of the hand, the thumb or the fingers is in keeping with the constitution of an individual. Your hand may be too large – say, for a child – or too small for a huge man, for accurate measuring.

However, it is not advisable to rely solely on figures and charts.

Pain or sensitivity to pressure is the surest index of accurately finding the point. If there is something wrong with any organ or part of the body, its corresponding point becomes very sensitive and tender. The pressure on the area around the exact point gives less pain. If the disease is a minor one or is insignificant, a bit vigorous and continuous pressure may have to be applied on the point. But the area around the pressure-point is not sensitive or less sensitive to that much pressure.

There are other signs also which are often helpful in finding the exact pressure-point :

- (1) The colour of the point in question appears different from that of the area around it – it appears yellowish, white or red.
- (2) The skin on that point looks swollen or rough. Tiny area.
- (3) The point in question is warmer than its surrounding area.
- (4) Some specialists use a special kind of electric device to locate the correct pressure-point. According to them, an acupressure-point shows very little resistance against electricity. In other words, an acupressure-point can be stimulated even by a weak electric current; but the response of the area around the point is quite different.

Acupressure – where and when ? : As acupressure needs no equipment, you can apply this treatment anywhere – in the desert or on the sea-shore, on the top of the mountain, in the office, bus or train or in the privacy of your home. It is needless to say that your house is the best place for acupressure treatment.

For acupressure treatment one should prefer a room in the house which is airy, lighted, peaceful and clean.

As previously mentioned, there are different timings for the maximum flow of bioenergy (chi) in the meridians of

different organs; e.g. the maximum flow of bioenergy in the Lung Meridian is during 3 o'clock to 5 o'clock in the morning. That is why most of the people get asthma attacks during that time. In the case of a lung illness, acupressure treatment taken during 3 o'clock to 5 o'clock in the early hours of the morning will give maximum benefit. However, place and conditions do have importance in the acupressure treatment. The treatment for the diseases of the kidneys is effective during 3 o'clock to 5 o'clock in the afternoon. But the time may not be convenient for those who go to offices or factories. Such persons can take the acupressure treatment at any time convenient for them.

The method of using thumbs or fingers : Usually it is convenient and also proper to give pressure to acupressure points with the tips of the thumbs. In this method sufficient pressure can be exerted with least efforts and difficulty. Many persons favour to give pressure with the help of the index or the middle finger. If need be, more pressure can be applied by putting the tip of the index finger on the nail of the middle finger. If pressure is to be applied on three or four points located close to one another, four fingers can be used simultaneously. Blunt devices called jimmy are also available for applying pressure.

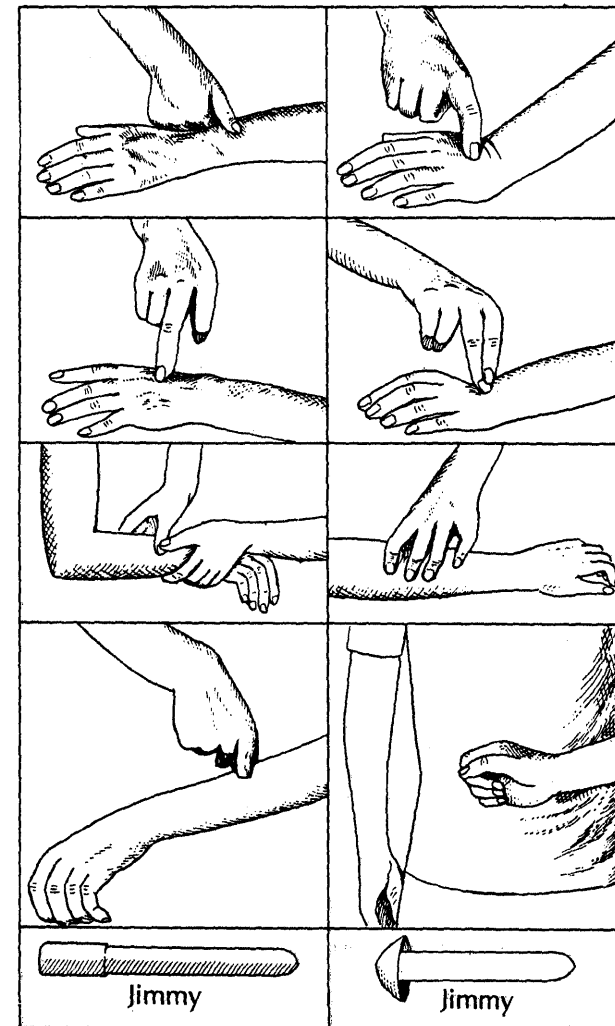


Fig. 5.2 : The use of the thumbs or fingers to exert pressure

The nails of the thumbs and the fingers should be properly clipped and smoothed in order to avoid any injury or abrasion on the skin while pressing the points.

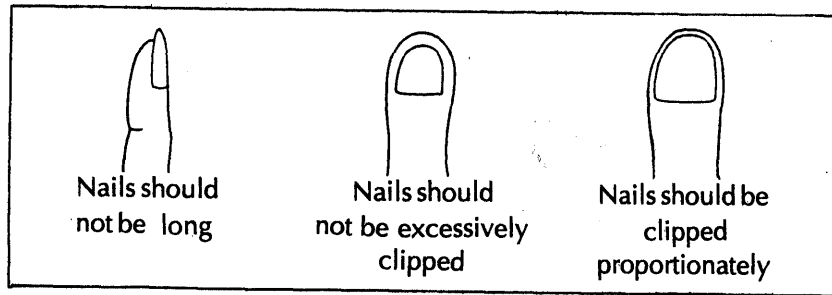


Fig. 5.3

It will not be out of place to mention the exercises which strengthen the thumbs and fingers. Strong thumbs and fingers can exert proper pressure.

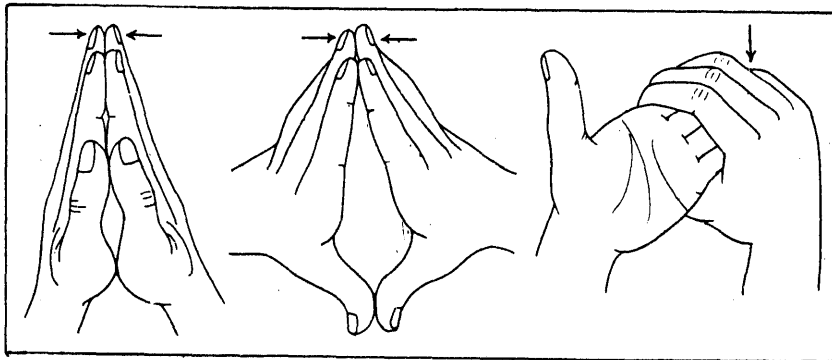


Fig. 5.4 : Exercises to strengthen the thumbs and the fingers

Exercises:

- (1) Give pressure on one palm with the other.
- (2) Keep the position of the fingers and the thumbs as shown in the figure and exert pressure on the fingers of one hand with those of the other.
- (3) With the help of one hand bend forcefully the fingers of the other hand backwards.

Practise each of these exercises for 2 to 3 minutes.

The position of the body during the treatment : Acupressure treatment can be taken in any position of the body. Sitting posture, however, is very convenient for acupressure treatment. If you are giving treatment to someone else, make him

sit or lie in such a position that he feels comfortable and at ease and enables you to press the acupressure points easily.

How much pressure should be applied? : The degree of pressure to be exerted depends upon the following factors :

- (1) The location (site) of the point,
- (2) The patient's disease,
- (3) The patient's age,
- (4) The patient's physical condition,
- (5) The patient's physique.

In the following circumstances, light or moderate pressure is considered proper :

- (1) If the patient is taking the treatment for the first time,
- (2) When there is acute pain in the point,
- (3) When there is swelling around the point,
- (4) When the underlying muscles are weak or flabby,
- (5) When the corresponding organ is seriously diseased.

When light pressure is to be applied, the pad of the finger may be used instead of the finger-tip, as shown in Fig. 5.5.

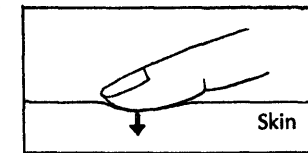


Fig. 5.5

Hard pressure is applied in the following circumstances:

- (1) If the disease is chronic,
- (2) If the patient is not suffering from other complications of the disease,
- (3) If the patient is not very tired.

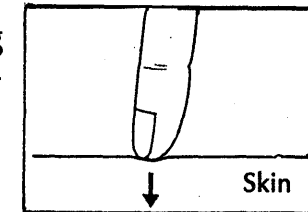


Fig. 5.6

Experience says that in most of diseases steady, continuous and moderate (or deep) pressure brings good results.

If your skin is very thin and sensitive, you can apply talcum powder or oil on it at the time of applying pressure.

Duration of the treatment : A leading researcher Dr. Chu Lien of China firmly believes that if any organ of the body is malfunctioning or diseased, short and weak stimulation should be given. But when the purpose is only to relieve the pain, vigorous pressure is necessary.

Each of the required points should be stimulated in a pumping (press-release-press-release) manner for about a minute.

What should be the total duration of the acupressure treatment for each day? The Chinese recommend that the total time for each day's acupressure treatment should be :

Age	Duration
Newborn babies	$\frac{1}{2}$ - 3 minutes
Babies of 3 - 6 months	1 - 4 minutes
Babies of 6 - 12 months	1 - 5 minutes
Children aged 1 - 3 years	3 - 7 minutes
Children aged 3 - 12 years	5 - 10 minutes
Adults	5 - 15 minutes or longer

Usually the acupressure treatment once to three times a day is sufficient. After there is a considerable improvement, the acupressure treatment on alternate days will serve the purpose.

Important instructions :

(1) Under conditions such as fatigue, profuse perspiration, rapid heart-beats, one should postpone taking acupressure treatment till one regains normal condition.

(2) If hungry, one should better take some food before taking the treatment.

(3) Acupressure treatment should not be taken immediately after meals or on full stomach. The treatment should be taken two hours after meals.

(4) One should not take acupressure treatment within two hours of taking any drug.

(5) One should not take acupressure treatment within half an hour after bathing in hot water.

(6) In ordinary circumstances acupressure treatment is not recommended during pregnancy.

(7) Acupressure treatment should not be taken on the point which lies beneath a scar or an injured part on the skin.

(8) One should not take acupressure treatment on the part beneath which a bone is fractured on account of some injury.

(9) If one's vertebrae are seriously injured or if one is suffering from sciatica, one should not take acupressure treatment on that part of the spine.

Discomforts (temporary ailments) during the acupressure treatment : During the initial stages of the acupressure treatment, the patient sometimes suffers from some discomforts. These discomforts include headache, cold-catarth, diarrhoea and mental disorders like irritation. These discomforts disappear on their own in a few days. The important point to note is that during the period of these temporary ailments, the patient does not have the feeling of illness. He feels that his body is being cleaned. Acupressure experts consider these discomforts as good signs and indications of improvement.

However, the process of purification which goes on in the body of most of the patients is inconspicuous. It means that these discomforts do not bother them. Only a negligible number of patients are seen to suffer from these discomforts. Every patient, however, should have the knowledge of and preparedness for them.

PART II

LOCATIONS OF IMPORTANT ACU-POINTS

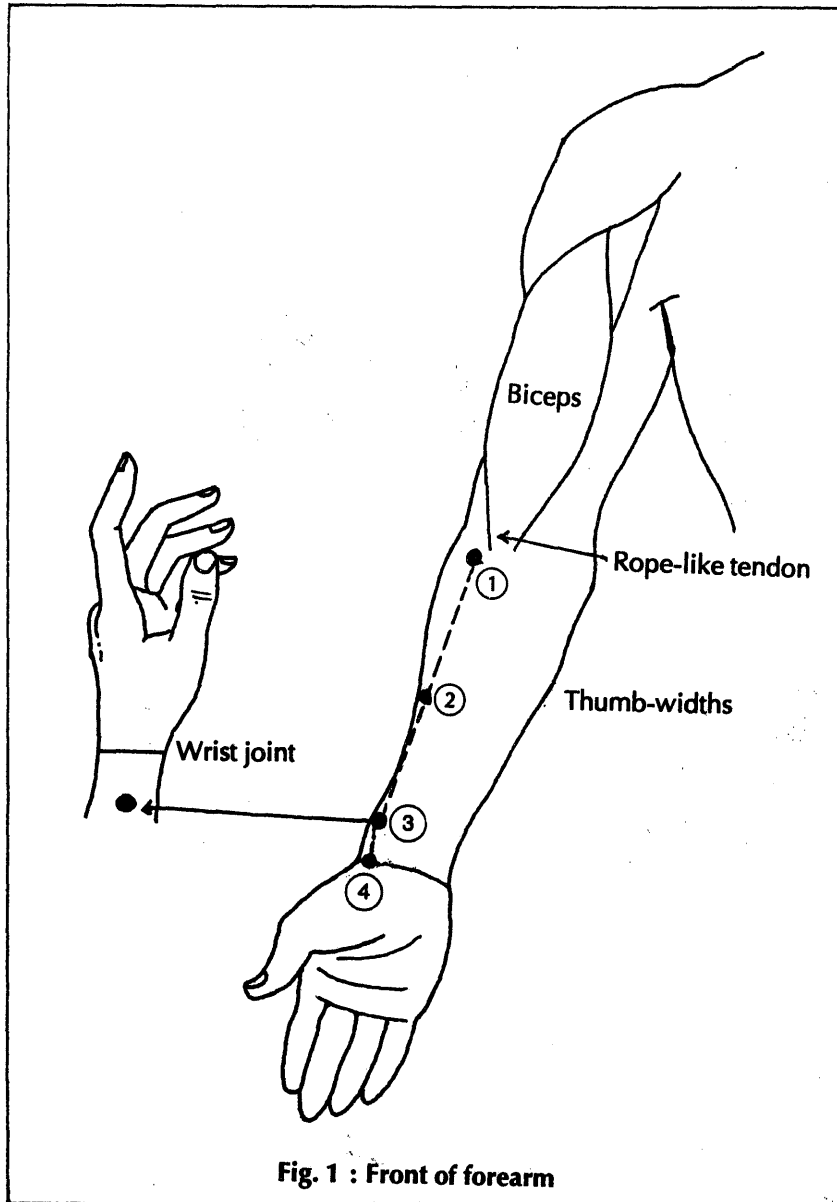


Fig. 1 : Front of forearm

How to locate?

Point 1 (Lu-5) :

Observe the faint crease that represents the elbow joint.

Now bend the elbow by about 45°.

You will find a rope-like structure at the centre of the front surface of elbow. This is the tendon of the biceps muscle of the arm.

Point 1 lies on the elbow-crease, just near this tendon (on the outer i.e., thumb side).

Point 2 (Lu-6) :

Join points 1 and 3 with a straight line.

Point 2 lies on this line, five thumb-widths below the elbow-crease (i.e., point 1).

Point 3 (Lu-7) :

This point lies on the outer border of the forearm, two finger-widths above the wrist joint.

Point 4 (Lu-9) :

This point lies at the outer (i.e., thumb-side) end of the wrist-crease.

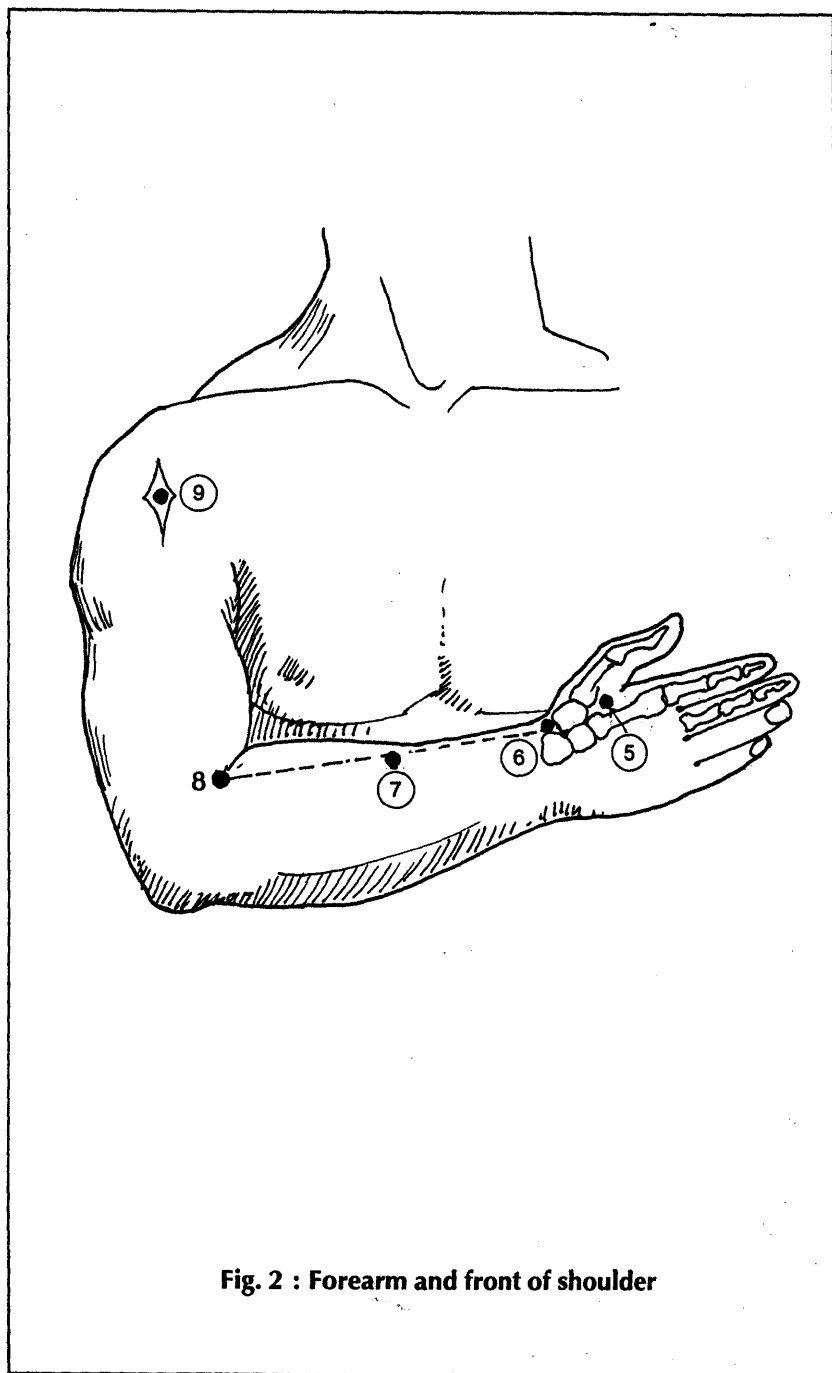


Fig. 2 : Forearm and front of shoulder

How to locate?

Point 5 (LI-4) :

This point lies in the flesh between the thumb and the index finger.

Presence of sharp pain on deep pressure confirms the fact that you have hit the right point.

Point 6 (LI-5) :

Fully draw back (extend) your thumb. You will find a big deep hollow at the outer aspect of the wrist joint.

Point 6 lies at the centre of this hollow.

Point 7 (LI-7) :

Join points 6 and 8 with a straight line. Point 7 lies on this line, five thumb-widths above the point 6.

Point 8 (LI-11) :

This point lies at the outer end of the elbow crease, when elbow is bent at a right angle.

Point 9 (LI-15) :

Raise the arm forward. A vertical groove can be seen and felt at the front of the shoulder.

Point 9 lies at the centre of this groove.

How to locate?

Point 10 (LI-18) :

Observe and feel a prominent, pointed structure on the front of the neck. This structure, popularly called the Adam's apple, moves up and down when we talk or swallow.

Point 10 lies four finger-widths away from the tip of the Adam's apple.

Point 11 (LI-20) :

This point lies just near the broad part of the nose.

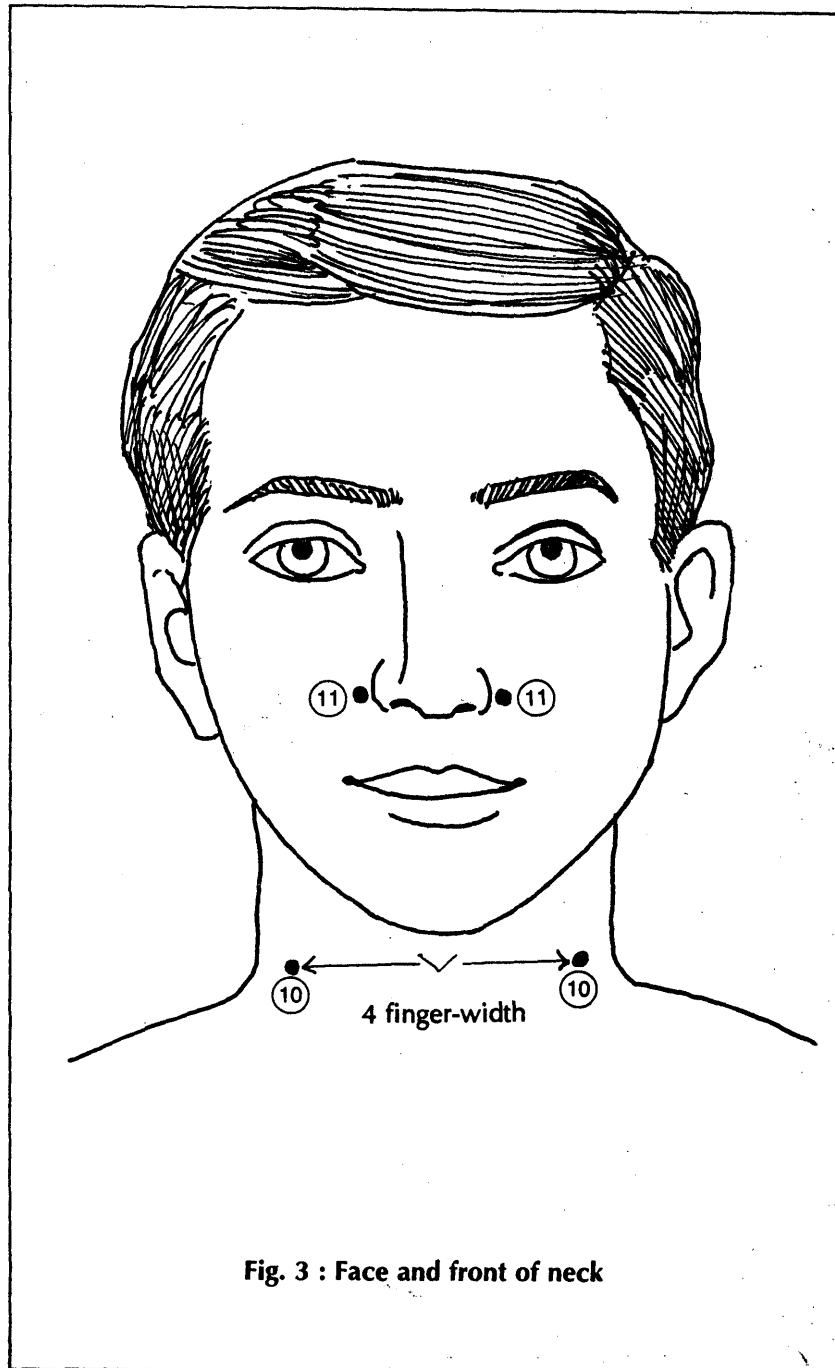


Fig. 3 : Face and front of neck

How to locate?

Point 12 (St-1) :

This point lies at the centre of a sharp bony margin just beneath the eye.

Pressure should be applied on the bone and not on the eye.

Point 13 (St-2) :

This point lies one finger-width below the point 12.

Point 14 (St-3) :

This point lies vertically below the point 13, in line with the broad part of the nose.

Point 15 (St-4) :

This point lies vertically below the point 14, in line with the corner (angle) of the mouth.

Point 16 (St-6) :

Clench your teeth.

You will be able to see and feel a band-like oblique muscle on the lower part of cheek.

Point 16 lies on the most prominent part of this muscle.

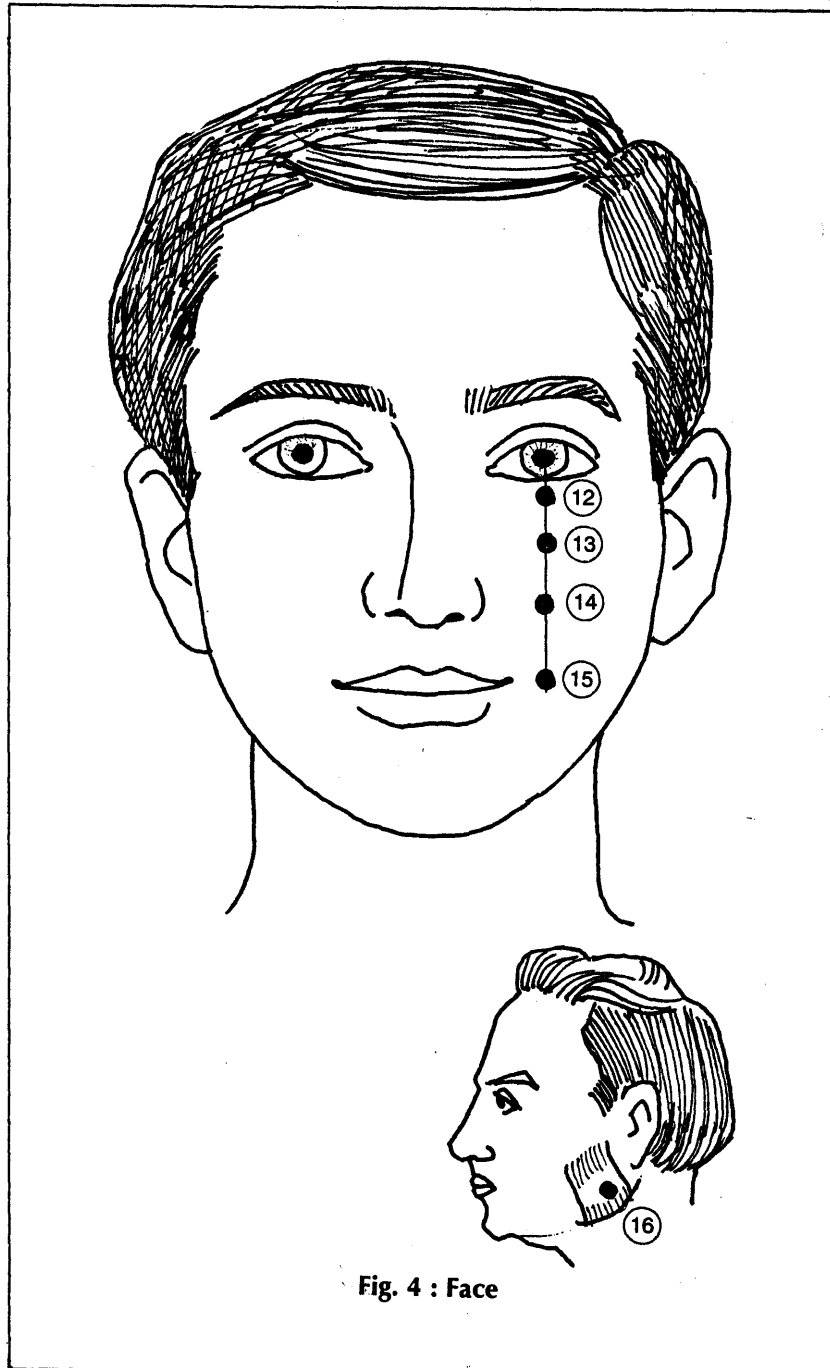


Fig. 4 : Face

How to locate?

Point 17 (St-17) :

This point is located at the centre of the nipple.

Point 18 (St-21) :

Move four thumb-widths above the navel. Now move two thumb-widths either to the right or the left. This is point 18.

Point 19 (St-29) :

Move four thumb-widths below the navel. Now move two thumb-widths either to the right or the left. This is point 19.

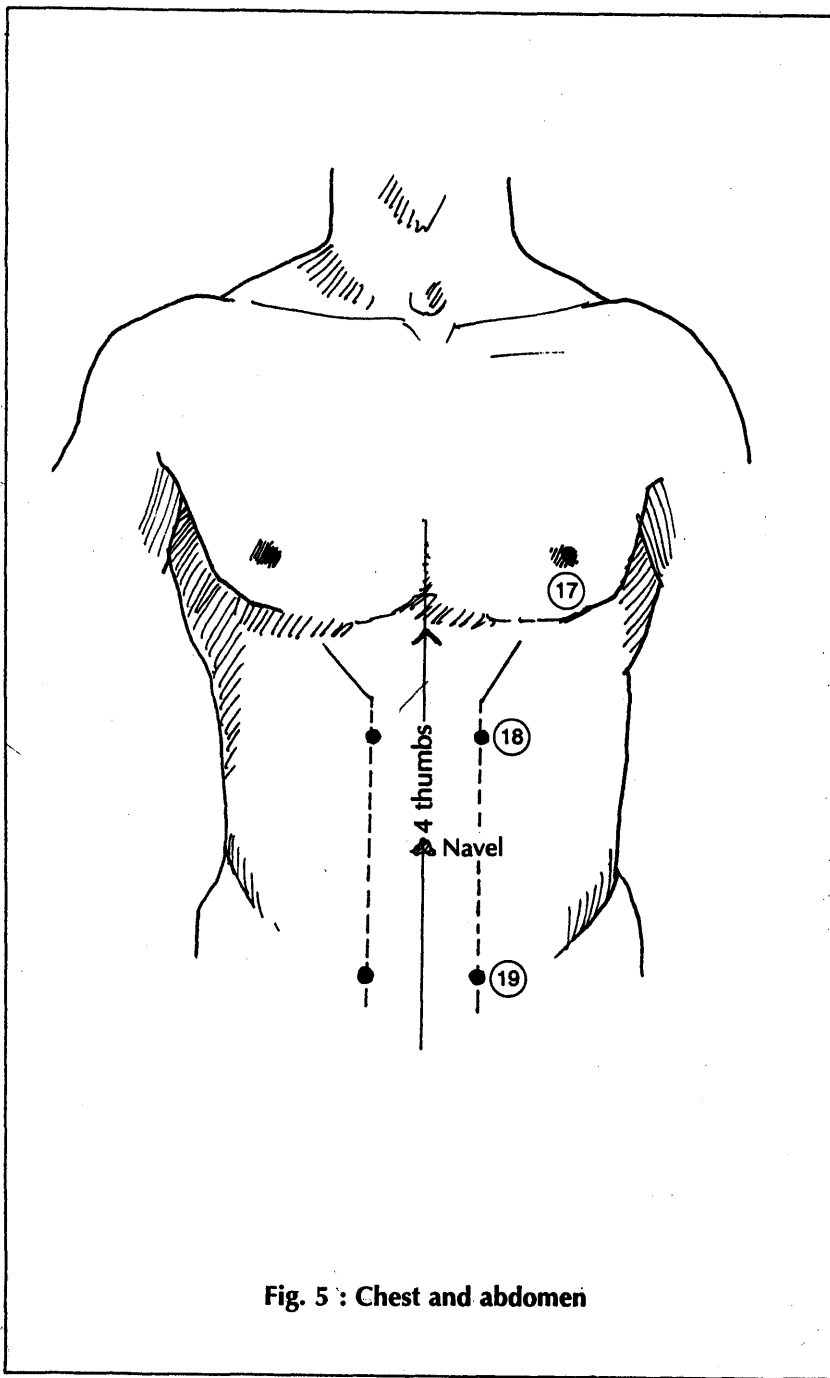


Fig. 5 : Chest and abdomen

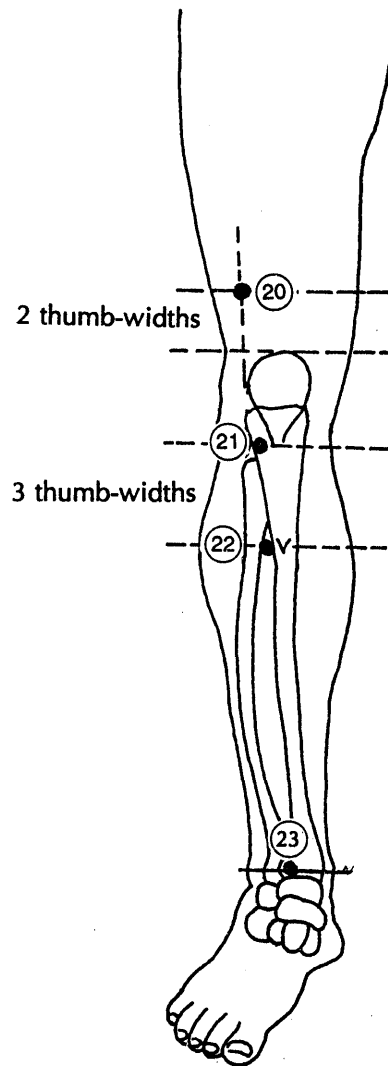


Fig. 6 : Front of leg

How to locate?

Point 20 (St-34) :

Draw a vertical line passing through the outer border of the knee-cap and a horizontal line passing through the upper border of the knee-cap.

Point 20 lies two thumb-widths above the intersection of these lines.

Point 21 (St-35) :

At the front of the knee, just below the knee-cap, can be seen two depressions (on either side of a rope-like structure).

Point 21 lies at the centre of the outer depression.

Point 22 (St-36) :

Bend the knee joint by 90°.

Now from the lower border of the knee-cap, move three thumb-widths downwards. You will be able to feel a pointed bone at this level (marked V in the adjoining figure).

Point 22 is located one finger-width to the outer side of this pointed bone.

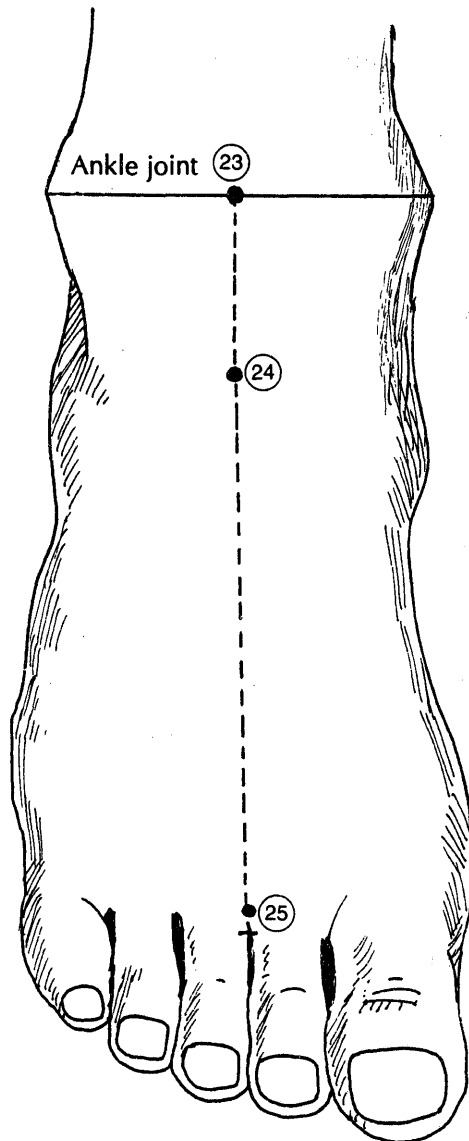


Fig. 7 : Top of foot

How to locate ?

Point 23 (St-41) :

This point is located at the centre of the front surface of ankle joint.

Point 24 (St-42) :

This point is located on the top of the foot, two thumb-widths in front of the point 23.

Point 25 (St-44) :

This point is located in the skin (web) between the second and the third toes. A mere pinching of skin between the second and the third toe results into stimulation of this point.

How to locate ?

Point 26 (Sp-3) :

On the inner border of the foot, just after the base of the big toe is a rounded bony-prominence (the ball of the foot).

Point 26 is located just behind this prominent bone.

Point 27 (Sp-4) :

This point is located almost at the centre of the inner border of the foot, in a notch between two bones.

Point 28 (Sp-6) :

At the inner aspect of the ankle joint is a prominent bone. Feel this bone and determine its tip. From this tip, move four finger-widths upwards. Mark this level.

Point 28 lies at this level, just behind the vertical leg-bone.

Point 29 (Sp-9) :

Bend the knee by 90°.

From the lower border of knee-cap move four finger-widths downwards. You will be able to feel a pointed bone at this level.

From this pointed bone move backward along the inner surface of leg till you can feel the back-border of the leg-bone. Point 29 lies just behind this back-border.

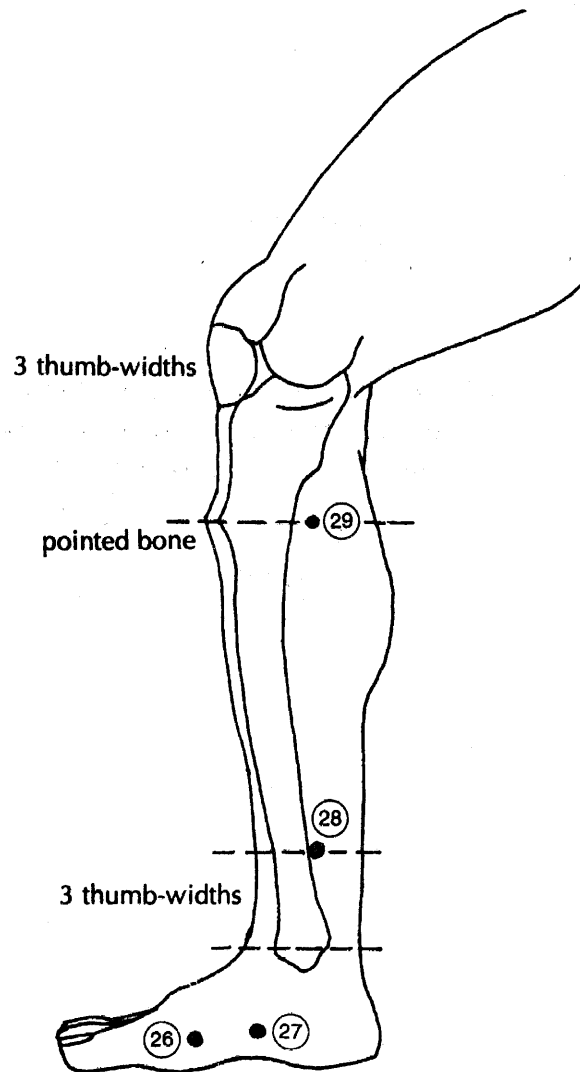


Fig. 8 : Inner side of leg

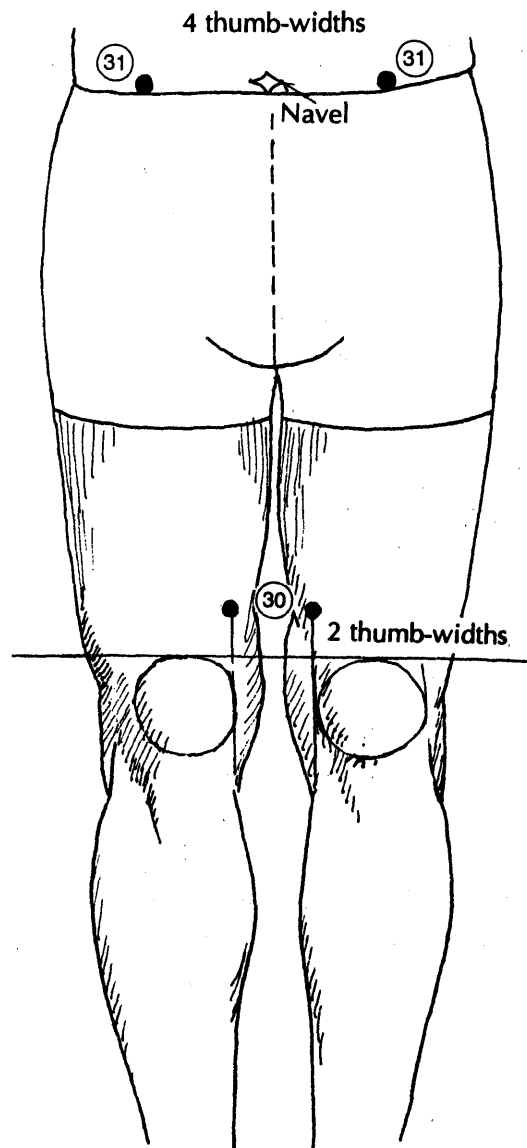


Fig. 9 : Front of body and legs

How to locate?

Point 30 (Sp-10) :

Draw a horizontal line passing through upper border of knee-cap. Draw a vertical line passing through the inner border of knee-cap.

From the junction (crossing) of these two lines move two thumb-widths upward to reach point 30.

Point 31 (Sp-15) :

This point lies four thumb-widths to the either side of the navel.

How to locate?

Point 32 (H-3) :

Bend the elbow fully.

On the inner surface of the elbow, observe –

(a) the end of elbow crease and

(b) a small pointed bone (marked V in the diagram).

Point 32 lies midway between (a) and (b).

NOTE : On the palm draw a vertical line that starts from the skin between the ring and the little fingers. Extend this line onto the forearm too.

Point 33 (H-5) :

This point lies on the above-mentioned line, one thumb-width above the wrist-crease.

Point 34 (H-6) :

This point lies on the above-mentioned line, half a thumb-width above the wrist-crease.

Point 35 (H-7) :

This point lies at the junction (crossing) of the above-mentioned line and the wrist-crease.

Point 36 (H-9) :

This point lies on the outer corner of the nail of the little finger.

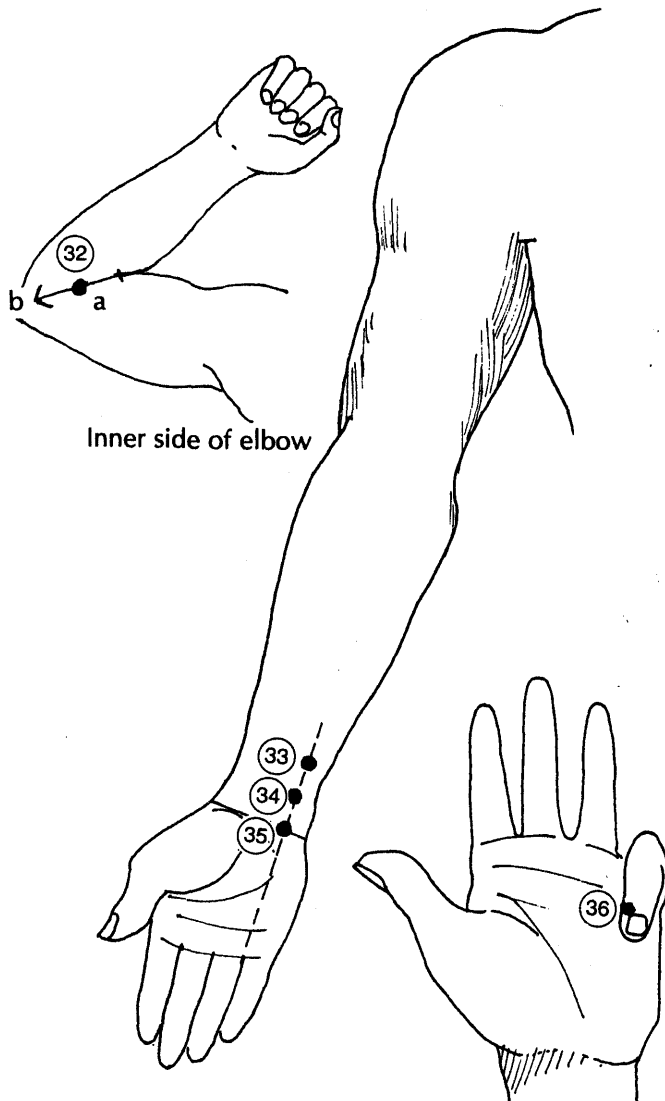


Fig. 10 : Front of arm

How to locate ?

Point 37 (SI-3) :

This point lies on the inner border of the palm, one thumb-width above the base of the little finger.

Point 38 (SI-6) :

This point lies on the wrist joint, in a shallow depression that forms between the lower ends of the two forearm-bones.

Point 39 (SI-9) :

This point lies on the back surface of the shoulder, one thumb-width above the end of the armpit-crease.

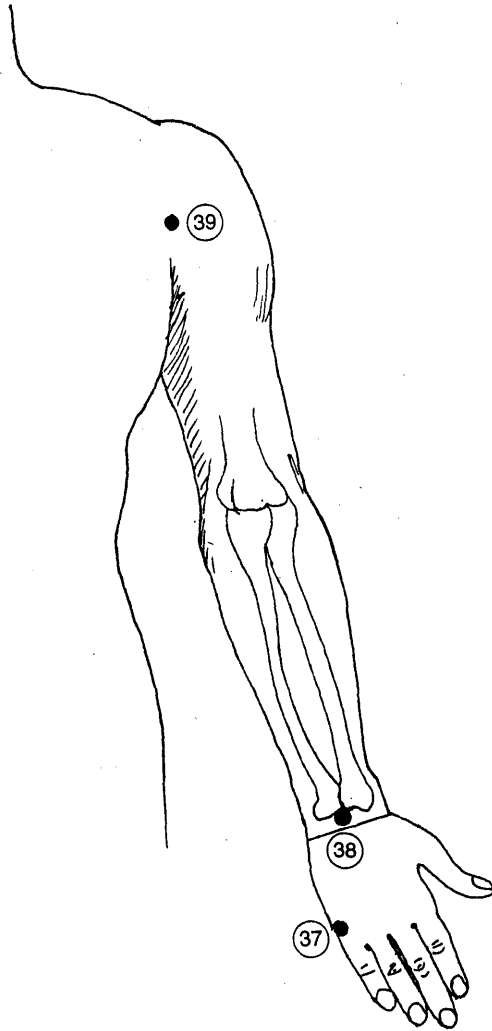


Fig. 11 : Back of arm and shoulder

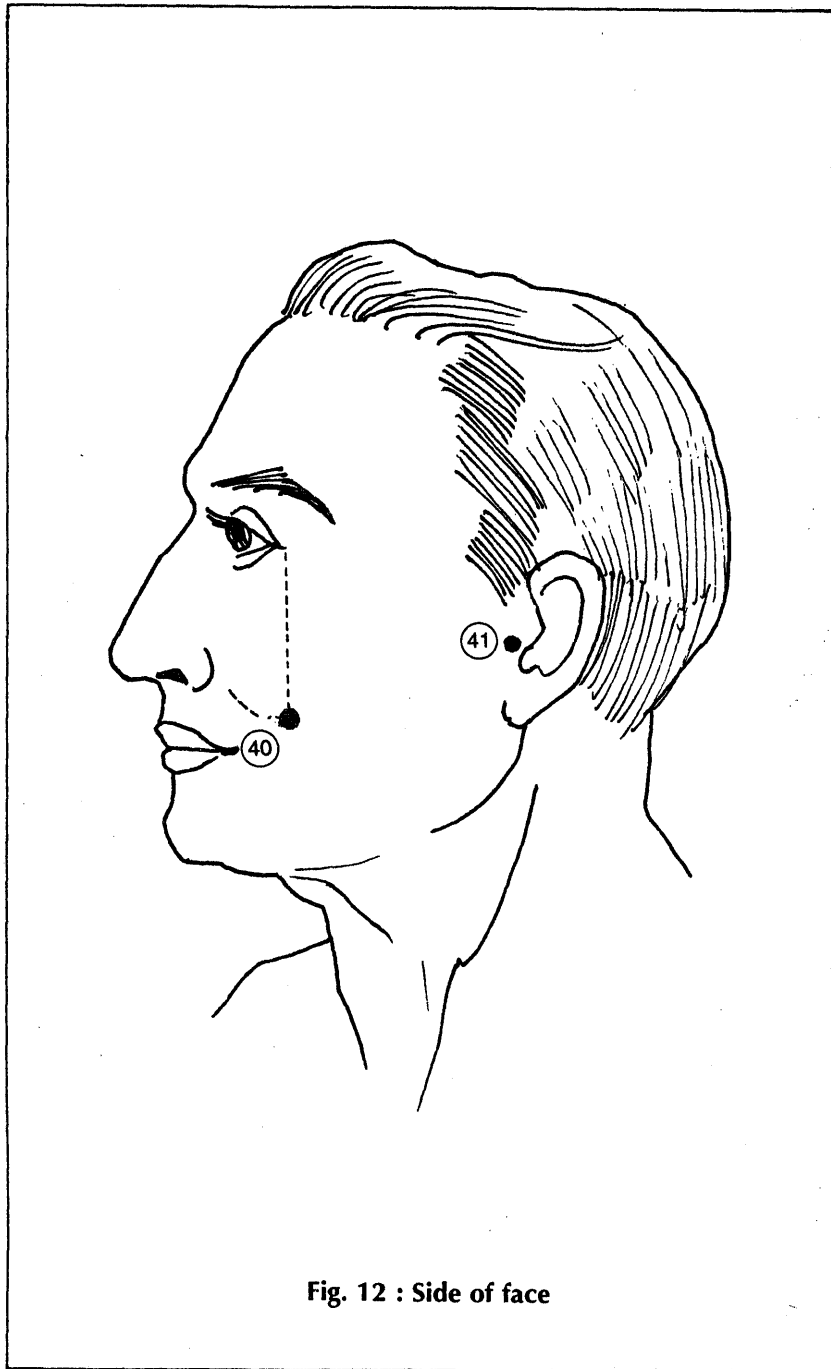


Fig. 12 : Side of face

How to locate?

Point 40 (SI-18) :

This point is located in line with the outer corner of the eye, just beneath the cheek-bone.

Point 41 (SI-19) :

This point is located on the cheek, just near a prominent structure (called the tragus) present almost at the centre of the ear.

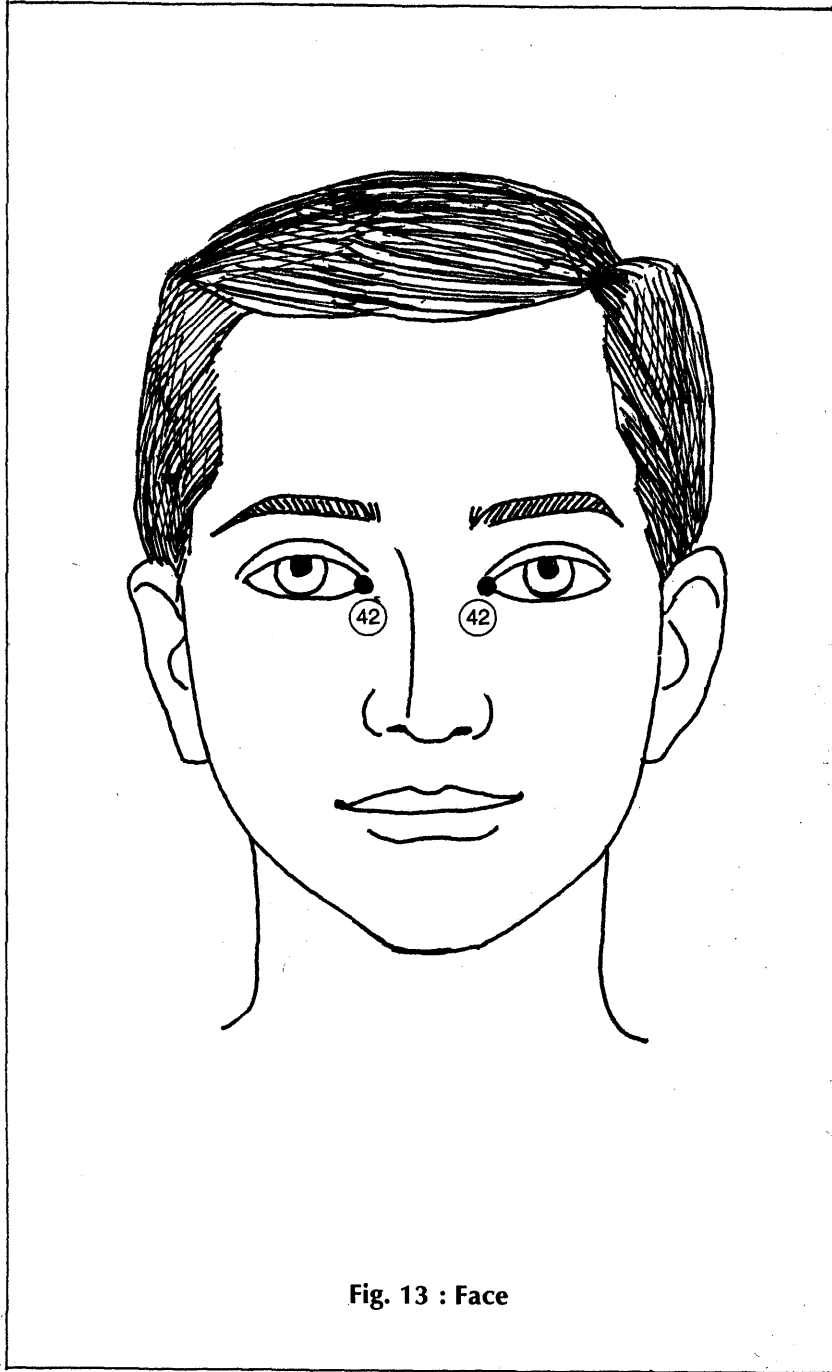


Fig. 13 : Face

How to locate ?

Point 42 (UB-1) :

This point is located on the inner corner of the eye.

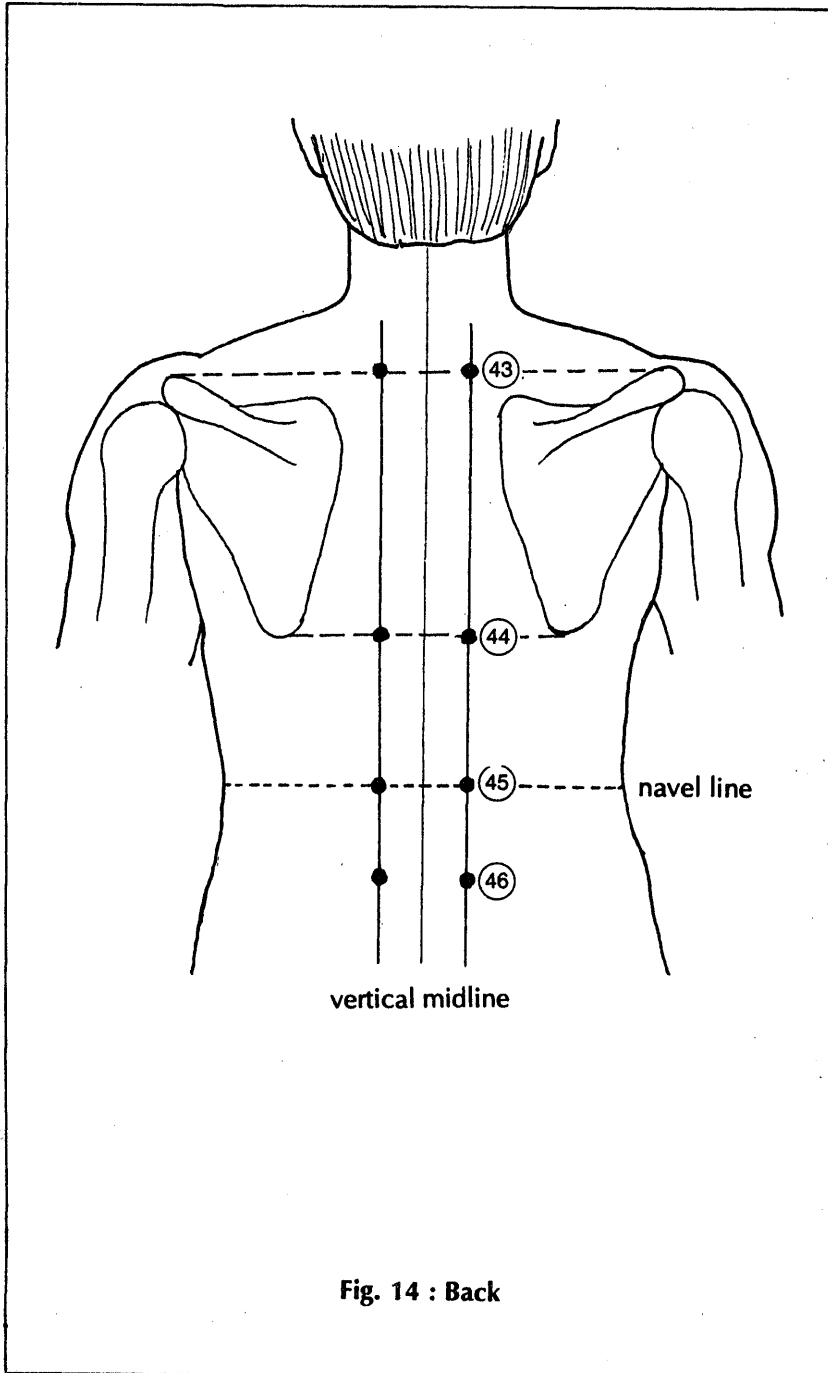


Fig. 14 : Back

How to locate ?

Point 43 (UB-11) :

On bending the head fully forward, two vertebrae stand out on the neck. Point 43 is located two finger-widths to the either side of the lower prominent vertebra.

Point 44 (UB-17) :

On the upper back there are two big triangular bones. Join the lower tips of these bones with a straight horizontal line.

Point 44 lies on this line, two finger-widths to the either side of vertical midline.

Point 45 (UB-23) :

Draw a horizontal line through the navel and extend it across the back.

Point 45 lies on this line, two finger-widths to the either side of vertical midline.

Point 46 (UB-25) :

This point lies two thumb-widths vertically below the point 45.

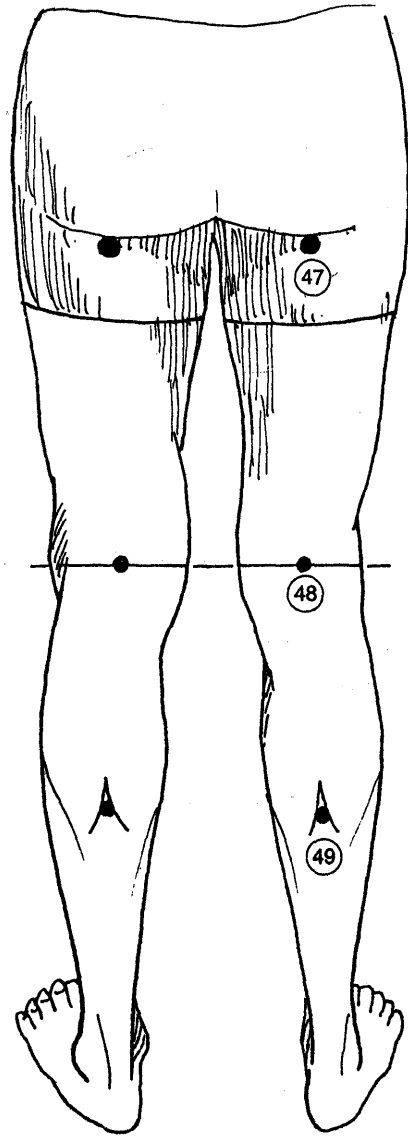


Fig. 15 : Back of legs

How to locate ?

Point 47 (UB-36) :

This point lies at the centre of the crease (skin-fold) beneath the buttock.

Point 48 (UB-40) :

This point lies at the centre of the crease at the back of the knee-joint.

Point 49 (UB-57) :

The calf muscle has two parts separated by a shallow groove (seen as an inverted V).

Point 49 lies at the apex of this groove.

How to locate ?

Point 53 (K-1) :

On the fore-sole two prominent, rounded structures stand out. These are the 'balls' of the foot.

Point 53 is located between these two balls.

Point 54 (K-3) :

Observe the inner aspect of the ankle. You will see a prominent, pointed bone over here, called the medial malleolus.

At the back of the ankle joint is a firm rope-like structure, called the Achilles tendon.

Point 54 is located midway between the tip of medial malleolus and the Achilles tendon.

Point 55 (K-5) :

This point is located one thumb-width below the point 54.

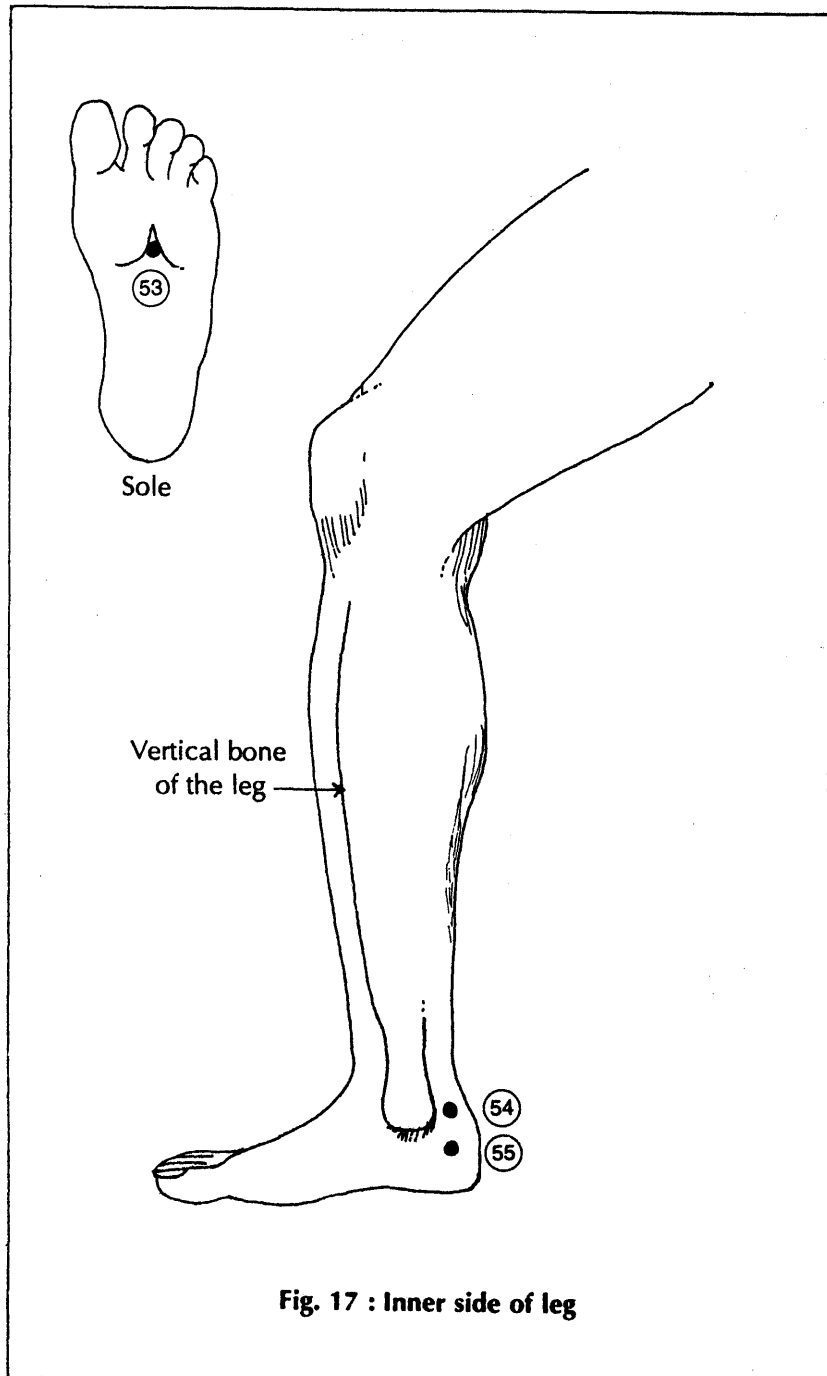


Fig. 17 : Inner side of leg

How to locate?

Point 56 (P-6) :

This point is located at the centre of the forearm, two thumb-widths above the wrist-crease.

Point 57 (P-7) :

This point is located at the centre of the wrist-crease.

Point 58 (P-8) :

This point is located at the centre of the palm.

Point 59 (Tw-6) :

This point is located at the centre of the back surface of the forearm, four finger-widths above the wrist joint.

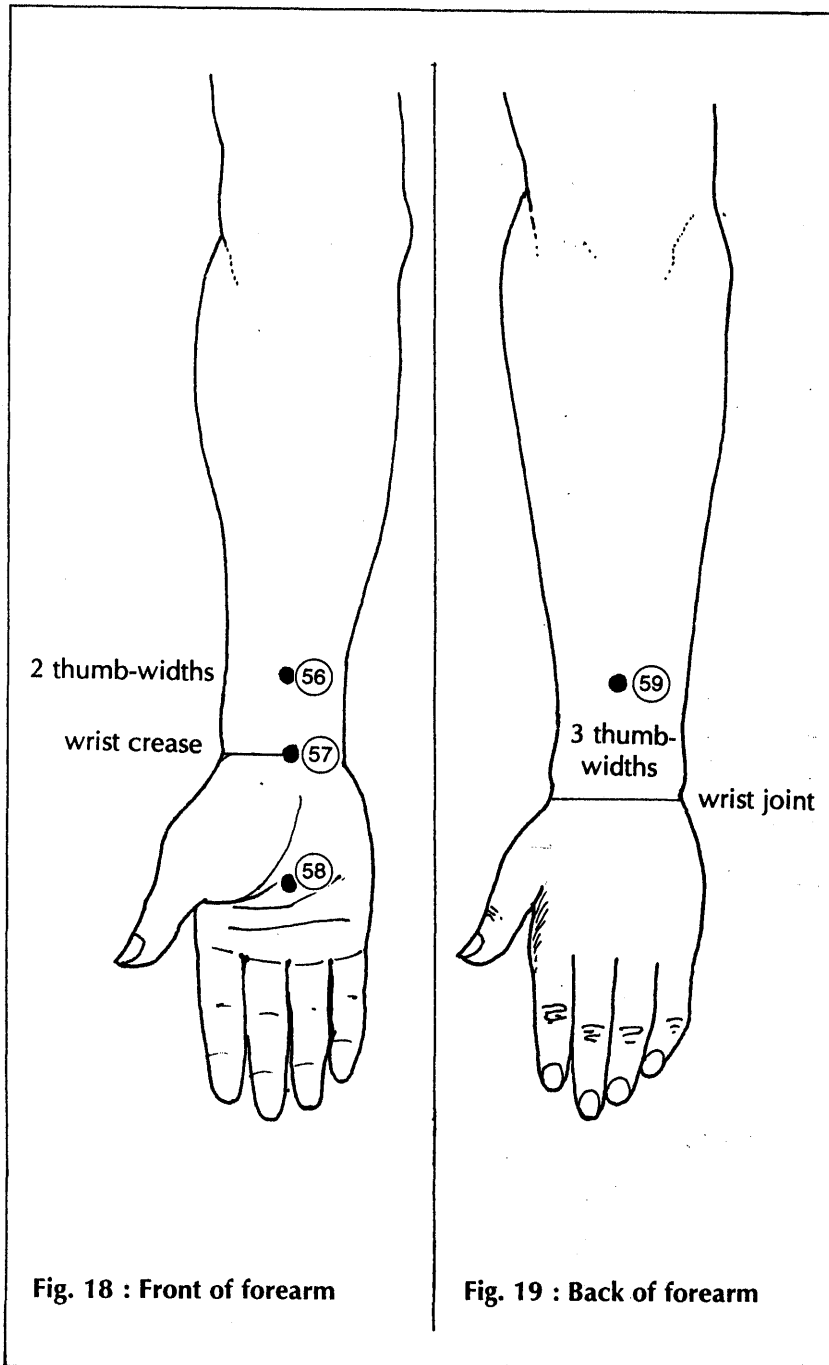


Fig. 18 : Front of forearm

Fig. 19 : Back of forearm

How to locate?

Point 60 (TW-14) :

At the back of the shoulder, there is a pointed bone.

Point 60 is located in a shallow groove on the side of the shoulder, just besides the above-mentioned pointed bone.

Point 61 (TW-21) :

This point is located on the cheek just above the point 41 (see pg. 91).

Point 62 (TW-23) :

This point is located at the outer tip of the eye-brow.

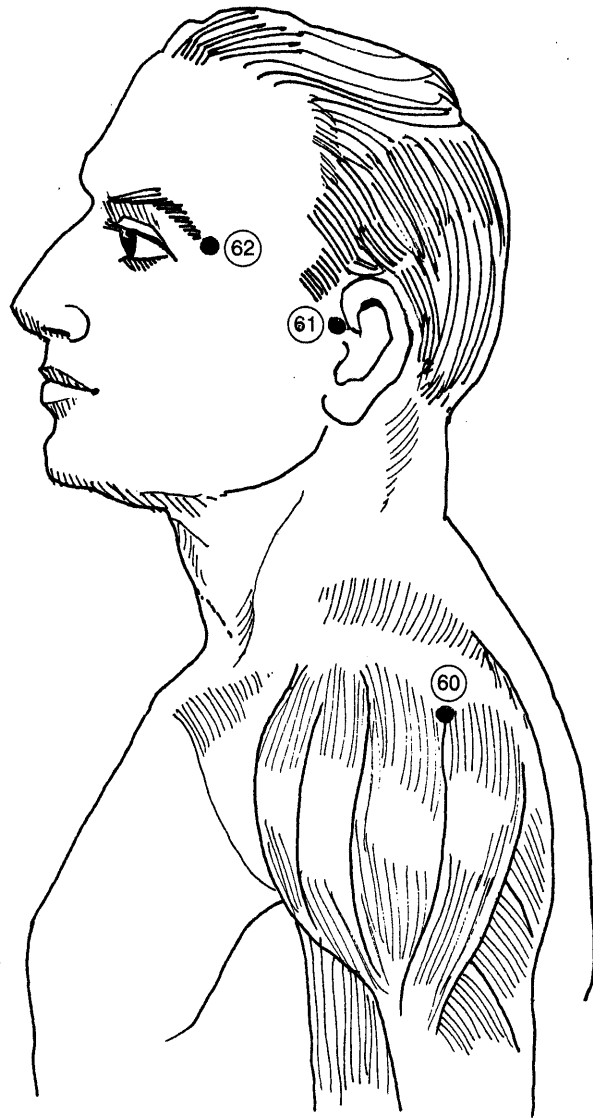


Fig. 20 : Side of face and shoulder

How to locate ?

Point 63 (GB-1) :

This point is located just near the outer corner of the eye.

Point 64 (GB-2) :

This point is located very close to the ear, just below the point 41 (See page 91).

Point 65 (GB-14) :

This point is located on the forehead, one thumb-width above the midpoint of eye-brow.

Point 66 (GB-21) :

This point is located in a muscle, midway between the neck and the shoulder.

When correctly located, sharp pain is felt in this point.

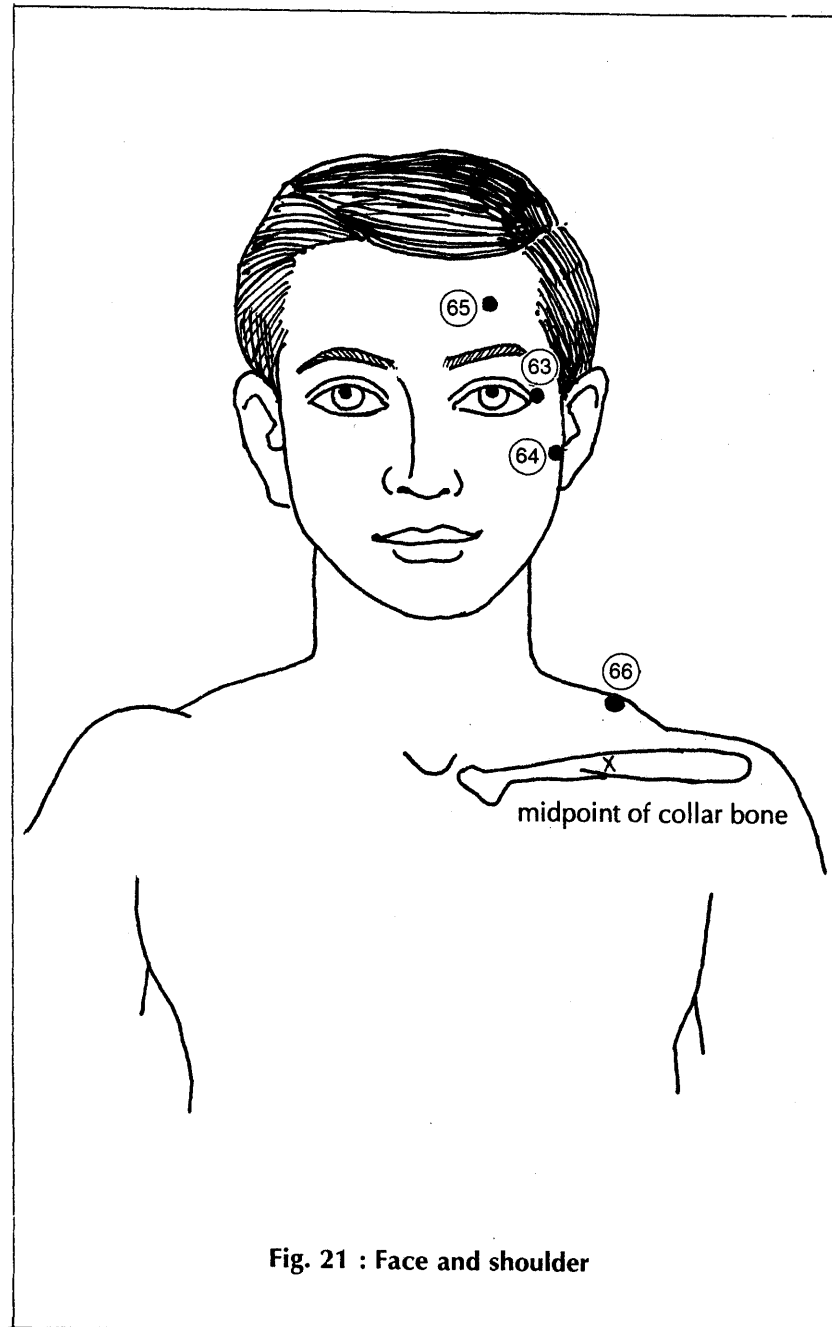


Fig. 21 : Face and shoulder

How to locate ?

Point 67 (GB-34) :

On the outer aspect of upper leg, just below the knee joint, can be seen a small rounded bone, called the head of fibula. Beneath the head is a constricted part, called the neck of fibula.

Point 67 lies just in front of the neck of fibula.

Point 68 (GB-37) :

At the outer aspect of the ankle joint is a prominent bone called the lateral maleolus.

Point 68 lies five thumb-widths vertically above the tip of lateral maleolus.

Point 69 (GB-40) :

This point lies in a shallow depression just below (and in front of) the lateral maleolus.

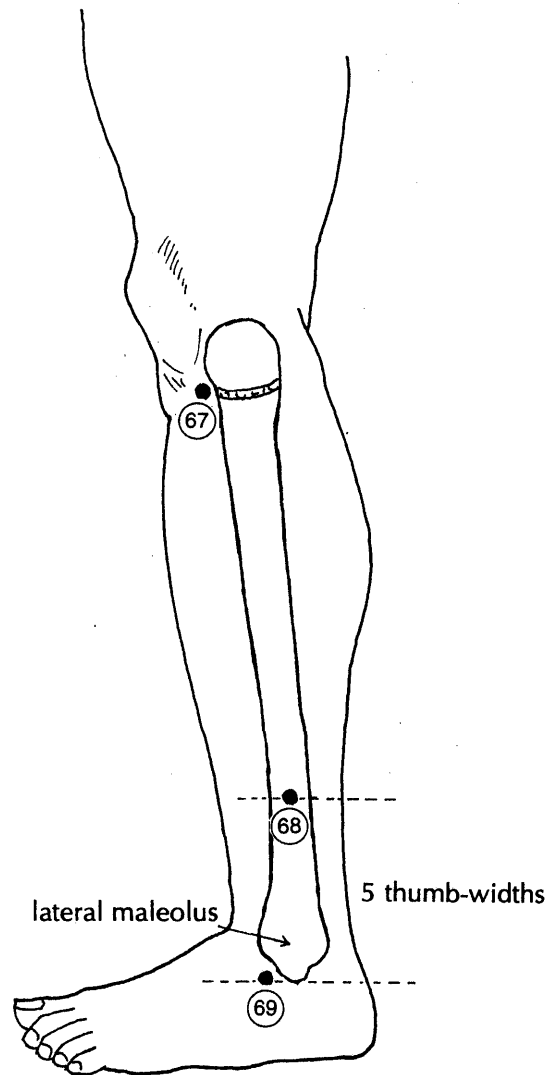


Fig. 22 : Outer side of leg

How to locate?

Point 70 (Liv-3) :

This point is located two thumb-widths behind the skin-margin between the first (big) and the second toes.

Point 71 (Liv-6) :

On the medial aspect of ankle joint is a prominent bone called the medial malleolus.

Point 71 is located seven thumb-widths above the tip of medial malleolus, along the back-border of the vertical leg-bone.

Point 72 (Liv-8) :

This point is located at the inner end of the crease that is present behind the knee joint.

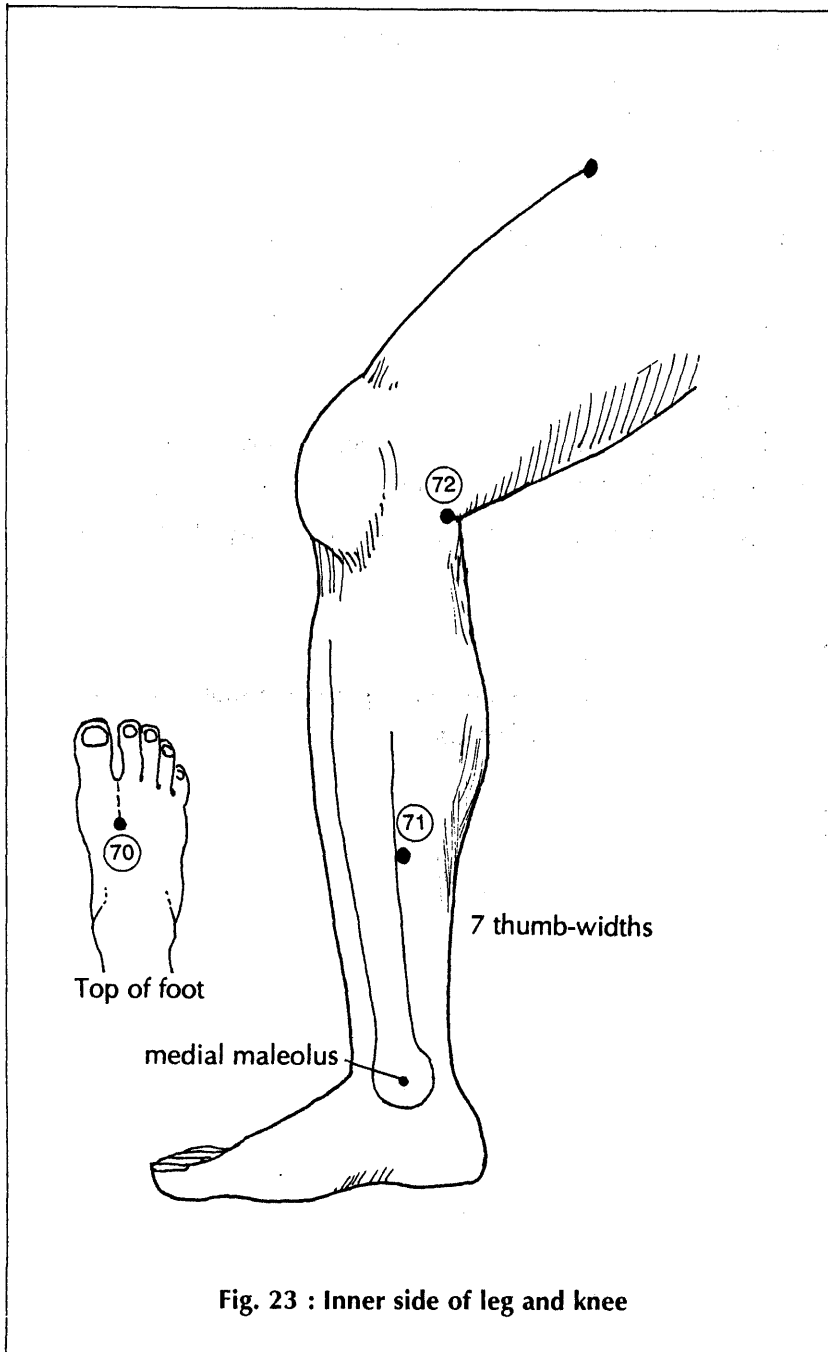


Fig. 23 : Inner side of leg and knee

How to locate?

Point 73 (GV-14) :

On bending the head fully forward, two vertebrae stand out on the neck.

Point 73 is located between these two prominent vertebrae.

Point 74 (GV-20) :

This point lies on the top of the head, at the centre of a vertical line joining the lobes of the two ears.

Point 75 (GV-26) :

This point is located at the centre of the upper lip.

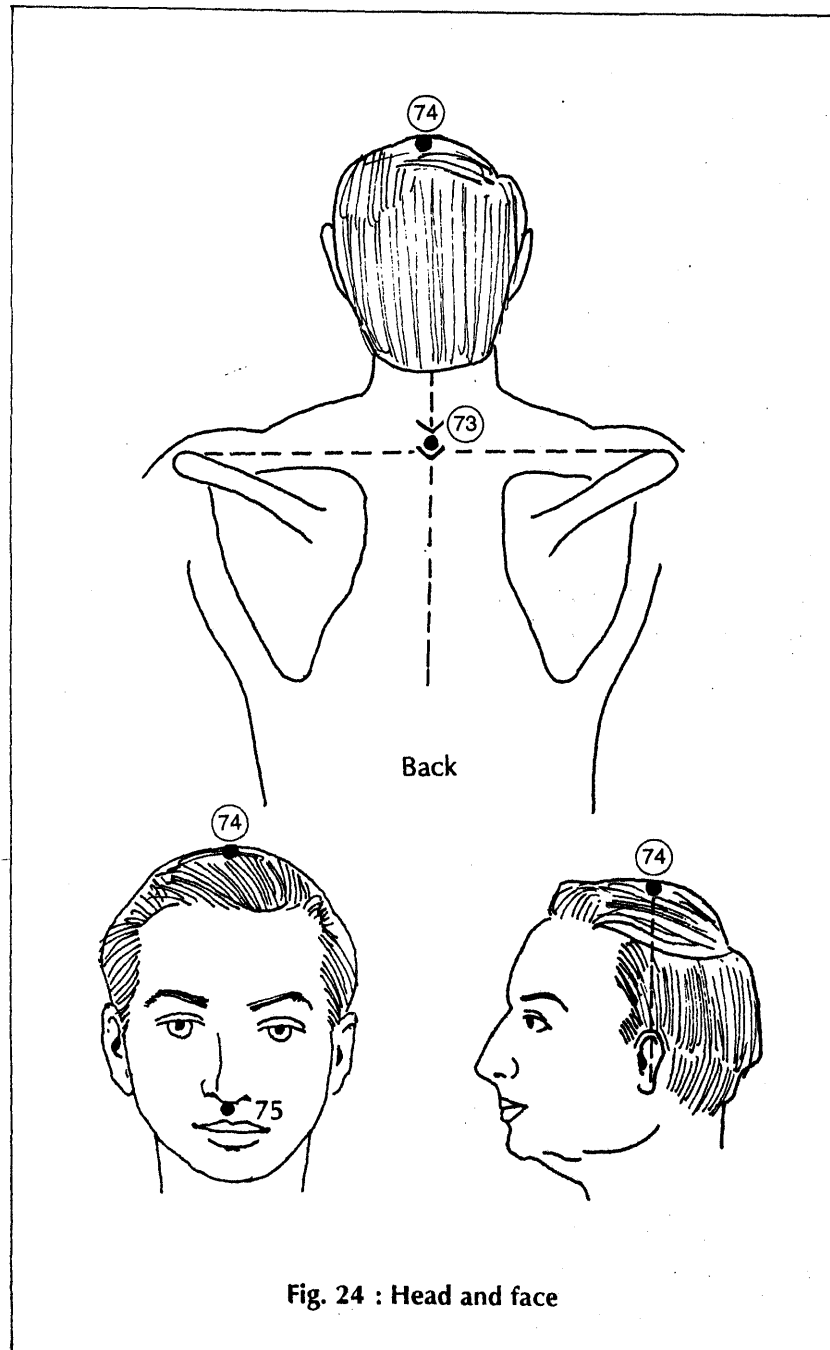
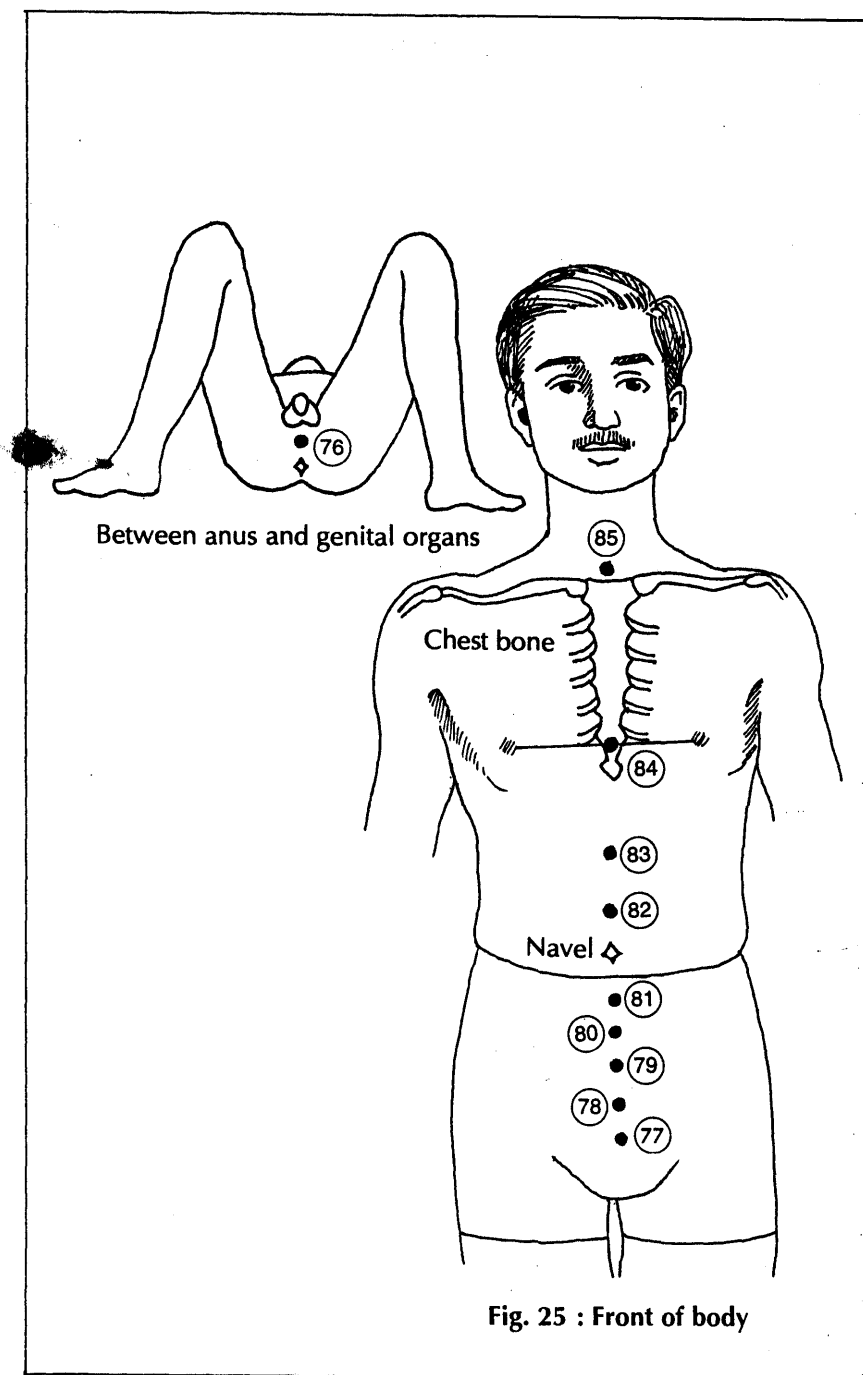


Fig. 24 : Head and face



How to locate?

Point 76 (CV-1) :

This point is located midway between the anus and the external genital organs.

Point 77 (CV-2) :

This point is located five thumb-widths vertically below the navel.

Point 78 (CV-3) :

This point is located four thumb-widths vertically below the navel.

Point 79 (CV-4) :

This point is located three thumb-widths vertically below the navel.

Point 80 (CV-5) :

This point is located two thumb-widths vertically below the navel.

Point 81 (CV-6) :

This point is located two finger-widths below the navel.

Point 82 (CV-9) :

This point is located one thumb-width above the navel.

Point 83 (CV-12) :

This point is located four thumb-widths above the navel.

Point 84 (CV-17) :

This point is located on the chest-bone, midway between the two nipples.

Point 85 (CV-22) :

This point is located at the base of the throat, in a shallow depression just above the vertical chest-bone.

How to locate ?

Point 86 (Ex-1) :

This point is located midway between the two eye-brows.

Point 87 (Ex-3) :

This point is located at the centre of the eye-brow.

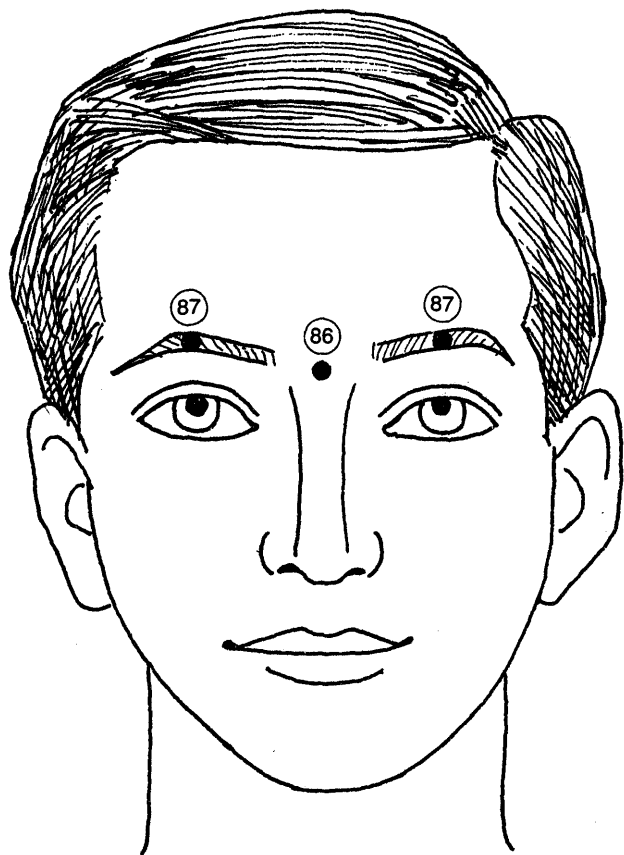


Fig. 26 : Face

How to locate ?

Point 88 (Ex-17) :

This point lies half a thumb-width to the either side of point 73 (See page 113).

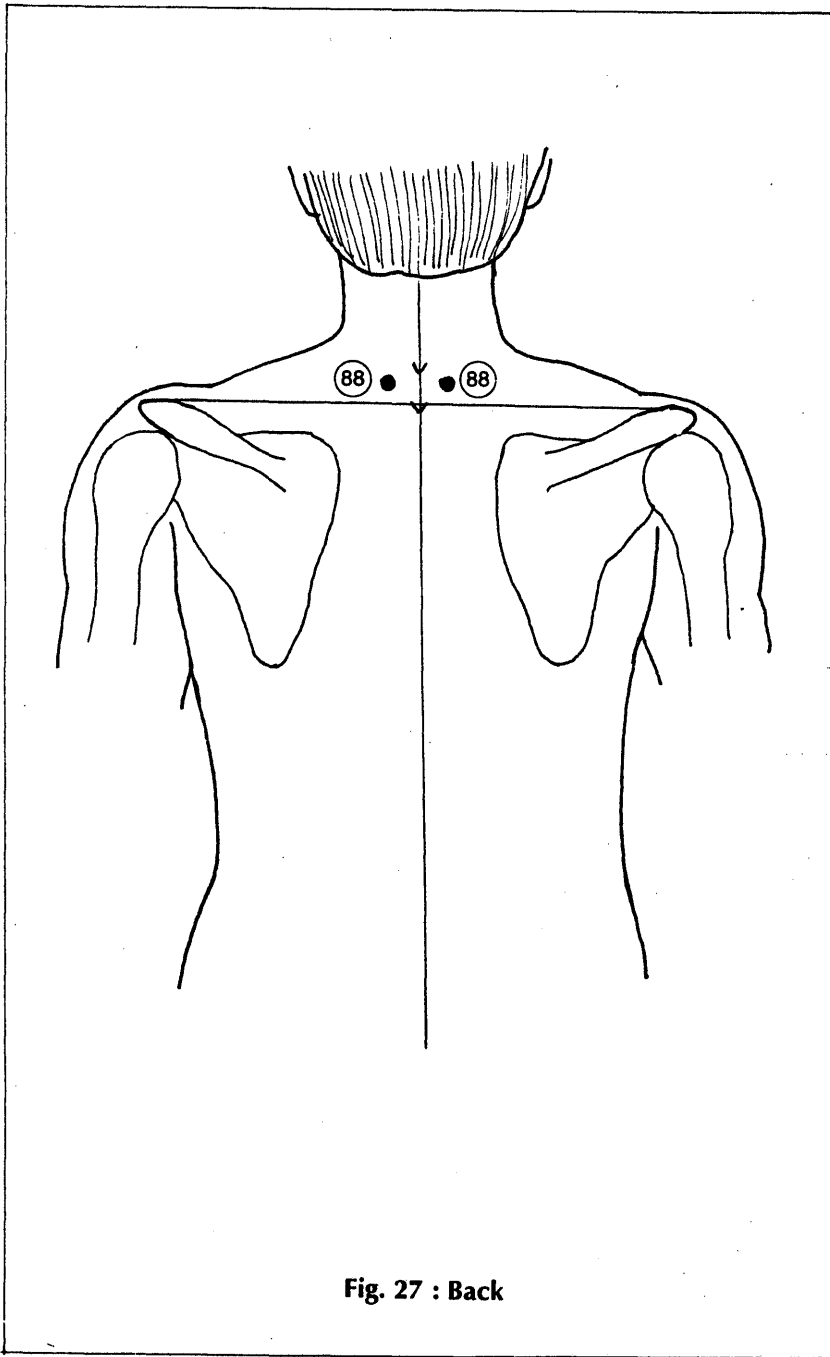


Fig. 27 : Back

How to locate ?

Point 89 (Ex-28) :

This is a group of four points. Each point lies half a thumb-width from the skin margin between two adjacent fingers.

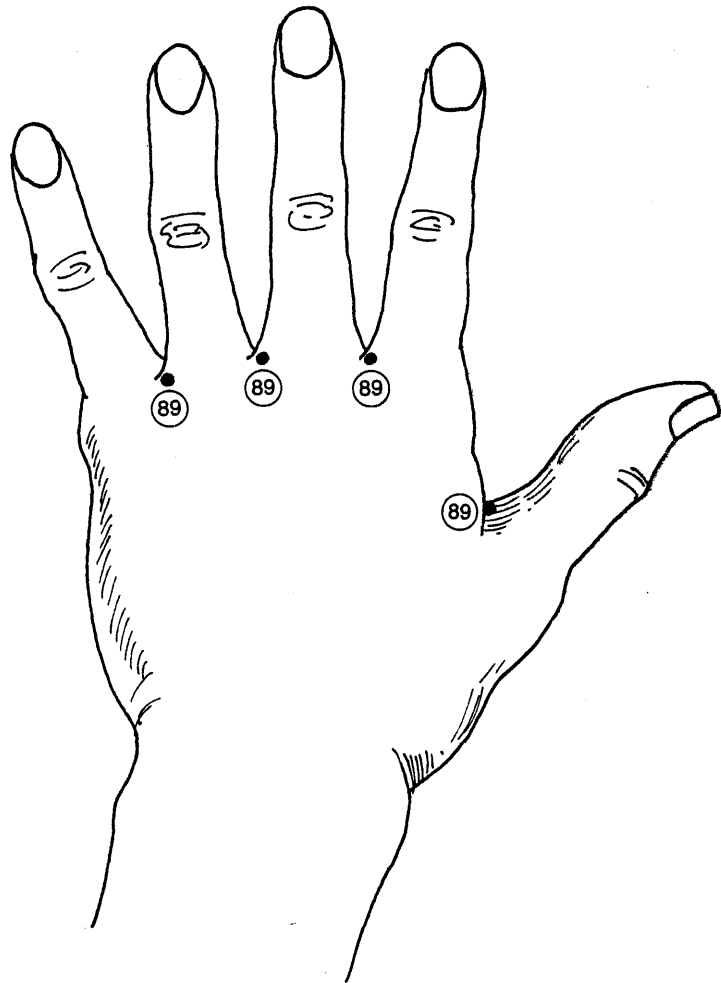


Fig. 28 : Back of palm

How to locate ?

Point 90 (Ex-31) :

This point is located at the midpoint of the upper border of knee-cap.

Point 91 (Ex-32) :

At the front of the knee, just below the knee-cap can be seen two depressions (on either side of a rope-like structure).

Point 91 lies at the centre of the inner depression.

Point 92 (Ex-33) :

This point is located two thumb-widths vertically below the point 22 (See page 79).

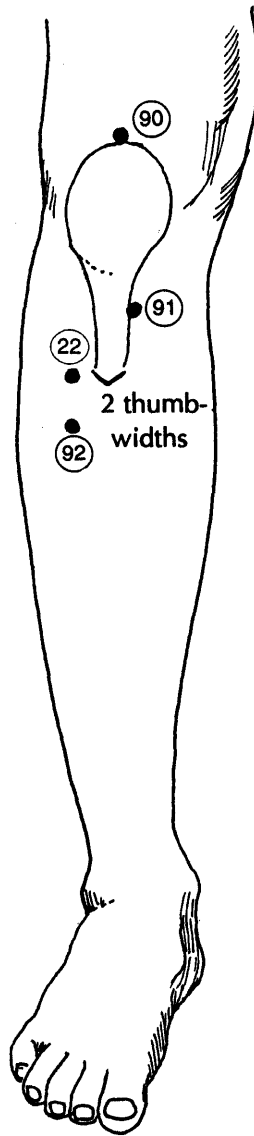


Fig. 29 : Front of leg

How to locate ?

Point 93 (Ex-36) :

This is a group of four points. Each point lies half a thumb-width from the skin margin between two adjacent toes.

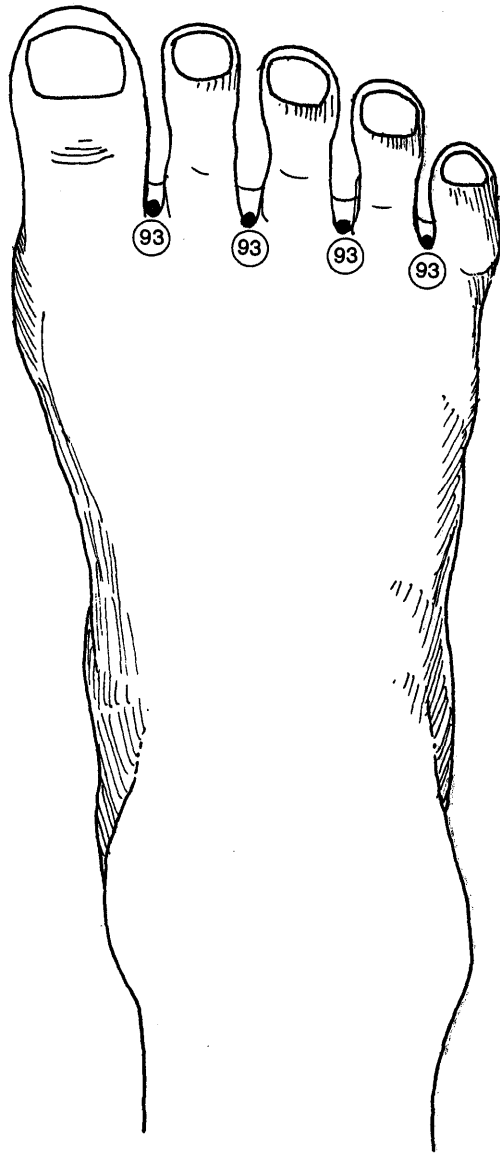


Fig. 30 : Top of foot

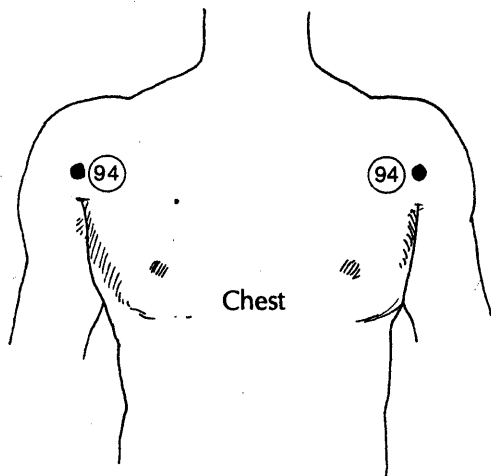


Fig. 31 : Front of shoulder

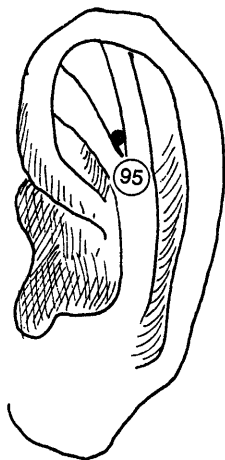


Fig. 32 : Ear

How to locate ?

Point 94 (Bipay) :

This point lies one thumb-width above the tip of the fold of axilla (arm-pit), with the arm pressed against the side of the body.

Point 95 (Ear Shenmen) :

This point lies between the two upper limbs of the Y-shaped structure on the ear.

PART III

ACUPRESSURE TREATMENT OF COMMON DISEASES

A. Acupressure for maintaining health :

Man's prime duty is to maintain his health which is his true asset. It is always better to prevent the onset of a disease than to try to eradicate it after it has occurred. This can be accomplished easily if regular acupressure treatment is undertaken. Acupressure strengthens the natural resistance power of the body. After you get up in the morning, first of all, undertake the following activities :

(A) Keep your mouth closed and knock the lower and upper teeth together thirty to forty times.

(B) Keeping the mouth closed, try to sweep the space between the teeth and the lips using your tongue.

(C) Vigorously rub the palms with each other twenty to thirty times until heat is felt. Place the warm palms on the face for a few moments. Repeat this activity two to three times.

(D) Give a circular massage for one to two minutes on the circular edge of the bony socket in which the eyes are lodged.

Finally press each of these points for a minute : 8, 22, 28 and 70.

Other measures : Good health depends on the following factors : proper diet, adequate physical exercise and positive mental attitude.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

B. Acupressure for maintaining youthfulness :

Everybody wants to maintain youthfulness. Nobody wants to get old. Man's youthfulness depends on his physical and mental health. With the help of acupressure one can slow down the aging process and maintain youthfulness for a longer period.

Press each of these points for one minute, twice a day : 8, 28, 35, 70.

Other measures : A person desirous of maintaining youthfulness should avoid mental and muscular tension. Have a good sleep at night. Eat a simple, balanced diet. Almost 40 per cent of each meal should comprise of raw foods (vegetables, fruits, sprouts). Perform exercises and yogasanas regularly.

(1) Acupressure for improving sexual ability :

Press each of these points for one minute, twice a day : 19, 28, 35, 70, 76, 77.

(2) Acupressure for increasing beauty and lustre of the face :

It is natural that everybody wants to look beautiful. Though acupressure cannot change the shape of one's face, it can help to make the skin smooth and shiny. Acupressure can brighten the eyes and prevent hair from prematurely turning gray.

Press each of these points for one minute, twice a day : 5, 10, 13, 14, 15, 40.

Other measures : To make the skin of the face beautiful, it may be massaged with cucumber-juice, butter-milk or cream. Steam may be taken on the face on alternate days or two days in a week. There should be minimum application of cosmetics on face.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

(3) Acupressure to develop (enlarge) breasts in women :

Press each of these points for one minute, twice a day : 17, 28, 56, 66, 84.

Other measures : (1) Massage the breasts gently before taking a bath. (2) Do this exercise : Join the palms (Namaskar Mudra); forcefully press the left palm against the right and then the right against the left. Repeat this exercise twenty times.

C. Acupressure in Emergencies :

There are a number of uses of acupressure treatment. Certain acupressure points can be profitably pressed when the body needs emergency treatment in certain critical conditions. For example, when a person suddenly becomes unconscious or collapses due to cardiac-arrest, acupressure treatment may be given to him till the doctor arrives. In critical conditions of the body, the treatment by a specialist is inevitable. Acupressure cannot take the place of specialised treatment. But acupressure treatment can be undertaken instead of passively waiting for the doctor to come. It certainly does no harm. On the contrary, in many cases acupressure treatment has averted a catastrophe. It is therefore necessary for every person to have knowledge of such acupressure points as are useful in emergencies.

(1) Asthma attacks :

In asthma, the trachea and alveolii get constricted as a reaction against external allergic substances such as dust, cotton, pollen, etc. or some internal allergen. As a result, respiration becomes acutely difficult. Asthma attacks occur mostly in the later part of the night or in the early morning.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

The sufferer is compelled to get up from the bed and sit. He tries to breathe more freely by bending forward. After a few minutes or hours acute symptoms disappear, either on their own or by some remedies. Such attacks recur frequently. Acupressure has proved to be very effective in relieving asthma attacks.

Press on each of the following points for one minute : 2, 84, 85, 88.

Repeat the treatment every fifteen minutes, till breathing becomes normal.

(2) Angina (chest pain) / Heart-attack :

Acu points : 5, 34, 35, 56, 84, 94.

Other measures : Complete bed rest is essential after the occurrence of heart pain or a heart-attack. The mind should be kept calm and composed.

Note : Detailed information about the prevention of a heart-attack has been given in the book 'Prevent Heart Disease and Prolong Life', by the same authors.

(3) Sudden cardiac arrest :

After a severe heart-attack, the heart sometimes stops beating and the patient loses consciousness. Stopped respiration, an absent pulse and dilated pupils are the symptoms of cardiac arrest. The four-minute period after the heart has stopped beating is very critical and important. If the heart fails to beat again during those four minutes, the patient dies or his brain becomes permanently damaged. So instead of passively waiting for the doctor, the person who is present near the victim should try to revive the victim's heart.

First of all he should ascertain the fact that the patient's unconsciousness is due to the heart having stopped beating and not due to some other cause. He should then make the

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

patient lie on a hard surface and elevate his legs with the help of pillows, a chair or a sofa. Then without wasting time he should strike a hard blow on the lower end of the patient's middle breastbone. At times the heart starts beating again just with the blow. However, if it fails to beat again, it becomes necessary to undertake two things : external cardiac massage and mouth to mouth respiration. For this purpose the presence of two persons excluding the patient is necessary. If there is a third one present, he should give acupressure treatment on the following points :

34, 36, 56, 75.

(4) Acute Appendix-pain :

Acu points : 5, 22, 25, 28, 83, 92.

Repeat the treatment every thirty minutes, till the pain has been relieved considerably.

(5) Gall bladder colic :

The commonest cause of gall bladder colic is gallstones. It may also be due to bacterial infection, too much fatty food or psychological causes. The patient experiences pain on the right side of his abdomen below the ribs.

Acu points : 5, 22, 25, 67.

Repeat the treatment every thirty minutes till the pain has been relieved considerably.

(6) Renal (kidney) colic :

The usual cause of renal colic is a kidney stone. Pain is felt in the loin.

Acu points : 5, 22, 25, 28, 45, 55.

(7) Nosebleeds :

Acu points : 4, 5, 11.

Then firmly pinch the nose (to obstruct both the nostrils) for 4-5 minutes.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

(8) Fainting/Sunstroke :

Acu points : 5, 8, 35, 53, 73, 75.

(9) Convulsions (fit/epilepsy) :

Acu points : 35, 51, 53, 75.

Other measures : To avoid injury, put some cloth between the victim's teeth and hold his arms and legs.

(10) Sudden, very high fever :

Acu points : 5, 8, 22, 28, 35, 73.

Repeat the treatment every fifteen minutes till the temperature has fallen considerably.

D. Acupressure to get rid of Addictions :

(1) Smoking or tobacco-addiction :

In our country there is an alarming increase in the number of persons who are addicted to smoking or using tobacco in one form or the other. Children inherit this habit from their fathers or elders. False beliefs in respect of fashion are also responsible for this addiction. A number of young persons start smoking during their college-life.

Dangers : Tobacco contains a poisonous substance called nicotine which is injurious to the throat and the lungs. Smokers continuously suffer from cough and chronic bronchitis. Furthermore, they face increased risks of heart-attacks and cancer. Persons habituated to eating betels or chewing tobacco get their teeth spoiled. Many a time they become the victims of the cancer of the lips or cheeks.

Acupressure treatment brings unprecedented success because it attacks the root of this addiction i.e. a specific part of the brain.

Acu points : 3, 35, 51, 56, 74.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

Other measures : Whenever you feel a strong desire to smoke, take ten deep breaths. Inhale through the nose and exhale through half-closed mouth.

(2) Addiction to narcotics :

Addiction to intoxicating drugs has now become alarmingly rampant among youths who call themselves 'modern'. The addict finds it almost impossible to give up the substance because an effort to do so produces withdrawal symptoms like abdominal pain, nausea, vomiting, weakness, giddiness, perspiration, etc. Dr. Van and Dr. Chu-en-go of Vah Hospital in Hongkong tried Acupressure treatment on 40 persons who were drug-addicts. 39 out of these could successfully give up the drug!

Acu points : 5, 35, 37, 51, 56, 74.

Each of these points should be pressed for one minute, twice a day. Moreover, treatment may also be taken when withdrawal symptoms start raising their head.

(3) Addiction to liquor (alcoholic drinks) :

Vice of drinking is rampant among the poor as well as among the rich. The poor drink liquor to forget their miseries or discontent, while the rich drink it to enhance their business prospects or for fashion. Whatever may be the reason for drinking, the consequences are the same: economic, physical and mental disaster. Liquor injures the entire digestive system, particularly the liver. Will-power alone will not help to get rid of this addiction. Acupressure, being directly effective on specific centres of the brain connected with addictions, helps to a great extent in enabling a person to get rid of this addiction.

Acu points : 35, 51, 56, 70, 74.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

Each of the above points should be pressed for one minute, twice a day. Moreover, these can be pressed whenever the desire to drink surfaces.

E. Acupressure in Painful Conditions

- (1) **Abdominal pain**—Acu points : 5, 22, 25, 28, 81, 82, 83.
- (2) **Ankle/Foot pain**—Acu points : 5, 23, 25, 54, 69.
- (3) **Backache**—Acu points : 5, 25, 45, 46, 47, 48, 50.
- (4) **Earache**—Acu points : 5, 41, 61, 63.
- (5) **Elbow pain**—Acu points : 5, 8, 25, 32.
- (6) **Headache (including migraine)**—Acu points : 5, 25, 62, 65.
- (7) **Heel pain**—Acu points : 5, 25, 51 and local painful points on the heel.
- (8) **Hip pain**—Acu points : 5, 25, 47.
- (9) **Knee pain**—Acu points : 5, 21, 25, 48, 90, 91.
- (10) **Neck pain**—Acu points : 3, 5, 25, 38, 73.
- (11) **Shoulder pain**—Acu points : 5, 9, 25, 39, 60.
- (12) **Toothache**—Acu points : 5, 16, 25, 40.
- (13) **Wrist joint pain**—Acu points : 5, 6, 25, 38, 57.

F. Acupressure in Disorders of Sense Organs :

- (1) **Eye disorders and visual defects**—Acu points : 5, 12, 42, 63, 68, 70, 86.
- (2) **Ear disorders**—Acu points : 5, 41, 54, 55, 61, 64.
- (3) **Nose disorders**—Acu points : 3, 5, 11, 14.
- (4) **Skin diseases**—Acu points : 1, 3, 28, 30.
- (5) **Tongue (mouth, gums) disorders**—Acu points : 4, 5, 15, 28, 33, 40.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

G. Acupressure in Circulatory disorders :

- (1) **High/Low blood pressure**–Acu points : 4, 8, 22, 28, 70.

In addition, for high BP 29, 54.

Other measures : A person with high BP should reduce weight, if excessive. He should consume a low-salt, low-fat diet. He should perform 'Shavasana' for ten minutes, twice a day.

- (2) **Palpitations**–Acu points : 34, 35, 56, 84.
- (3) **Ischemic heart disease (coronary artery disease)**–Acu points : 4, 35, 56, 84.
- (4) **Impaired blood-circulation in arms/palms**–Acu points : 4, 58, 89.
- (5) **Impaired blood-circulation in legs/feet**–Acu points : 4, 24, 53, 93.
- (6) **Impaired blood-circulation in the brain**–Acu points : 4, 62, 65, 74, 84.
- (7) **Swelling anywhere on the body**–Acu points : 29, 54, 80, 82.

H. Acupressure in Digestive disorders :

- (1) **Acidity/Gastritis**–Acu points : 18, 22, 25, 35, 56.
- (2) **Colitis**–Acu points : 5, 22, 25, 28.
- (3) **Constipation**–Acu points : 5, 22, 28, 59, 83.
- (4) **Diarrhoea**–Acu points : 5, 7, 22, 27, 28, 81.
- (5) **Dysentery**–Acu points : 5, 22, 28, 81.
- (6) **Flatulence (gas)**–Acu points : 22, 28, 56, 70, 83.
- (7) **Gall bladder disorders**–Acu points : 18, 22, 25 (if pain), 69.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

- (8) **Jaundice/Liver disorders**–Acu points : 18 (right side), 22, 28, 70, 71, 83.
- (9) **Loss of Appetite**–Acu points : 11, 18, 22, 56.
- (10) **Nausea-vomiting**–Acu points : 20, 22, 35, 56.
- (11) **Peptic ulcer in stomach**–Acu points : 5, 18, 22, 24, 25, 83.
- (12) **Peptic ulcer in small intestine (duodenum)**–Acu points : 5, 22, 25, 38, 83.
- (13) **Piles (Haemorrhoids) / fissure / fistula**–Acu points : 5, 25, 28, 49, 76.
- (14) **Sore throat (pharyngitis)**–Acu points : 5, 10, 28, 56, 70, 84, 85.
- (15) **Worms in intestines**–Acu points : 22, 28, 31, 83.

I. Acupressure in Respiratory disorders :

- (1) **Breathlessness**–Acu points : 3, 56, 84, 88, 95.
- (2) **Bronchitis**–Acu points : 2, 3, 4, 28, 84, 85.
- (3) **Cough**–Acu points : 2, 3, 4, 28, 84, 85.

J. Acupressure in Urinary disorders :

- (1) **Burning Urination**–Acu points : 5, 25, 28, 78.
- (2) **Kidney disorders**–Acu points : 28, 45, 54, 81.
- (3) **Bed-wetting in children**–Acu points : 22, 28, 35, 48, 54, 78.

K. Acupressure in Reproductive disorders :

- (1) **Breast problems**–Acu points : 5, 25, 28, 56, 84.
- (2) **Frigidity**–Acu points : 19, 28, 72, 76.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.

(2) Locations of points have been described in Section II.

- (3) **Impotence/sexual debility**–Acu points : 19, 28, 67, 72.
- (4) **Leucorrhoea (white discharge)**–Acu points : 8, 22, 28, 76, 80.
- (5) **Menstrual problems, Menopause**–Acu points : 4 (for excessive menses), 5, 25 (for painful menses), 19, 28, 54, 79.
- (6) **Prostatitis**–Acu points : 22, 28, 76, 77.
- (7) **Deficiency of milk**–Acu points : 8, 17, 28, 56.
- (8) **For easy, painless delivery**–Acu points : 5, 28, 35, 52, 67, 71.

L. Acupressure in Other Common disorders :

- (1) **Allergy**–Acu points : 8, 22, 28, 30, 44.
- (2) **Blocked nose**–Acu points : 5, 11.
- (3) **Colds**–Acu points : 5, 11, 13, 28.
- (4) **Diabetes**–Acu points : 10, 22, 26, 28, 66, 83.
- (5) **Excessive sweating**–Acu points : 8, 22, 28, 35.
- (6) **Flu (influenza)/Fever**–Acu points : 8, 22, 28, 73.
- (7) **General debility/chronic fatigue**–Acu points : 22, 28, 67, 81.
- (8) **Hair loss**–Acu points : 3, 5, 35, 54, 74.
- (9) **Hiccups**–Acu points : 44, 56, 75, 85.
- (10) **Insomnia (sleeplessness)**–Acu points : 35, 51, 56, 86.
- (11) **Itching**–Acu points : 1, 30.
- (12) **Memory/ concentration, to improve**–Acu points : 35, 56, 65, 86.
- (13) **Mental Tension**–Acu points : 35, 51, 56, 74.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.
(2) Locations of points have been described in Section II.

- (14) **Obesity (excessive weight, fatness)**–Acu points : 35, 51, 56, 74.
- (15) **Paralysis/Polio**–Acu points : 22, 28, 49, 67.
- (16) **Sinusitis**–Acu points : 5, 13, 28, 65, 87.
- (17) **Sore throat (pharyngitis)**–Acu points : 5, 10, 28, 56, 70, 84, 85.
- (18) **Sun stroke**–Acu points : 53, 75.
- (19) **Thyroid disorders**–Acu points : 5, 10, 56, 66, 85.
- (20) **Tonsillitis**–Acu points : 2, 3, 4, 5, 10, 28.
- (21) **Voice problems**–Acu points : 5, 10, 85.

Notes : (1) Practical directions for successful treatment have been given in chapter 5.
(2) Locations of points have been described in Section II.