

Activities of ASPEUS

1 | Research Section



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The research in acupressure is an interesting subject as far as energy concept is concerned. The 5 elements and energies, the 10 energies, the many more aspects of theories, practical and applications have lead to a wide development of this therapy in past 25 years !

Here in the issues of 2020-1/2 , 3,4 onwards, a short synopsis of how WE GREW in this therapy , shall we presented. The various aspects of learning , practicing, teaching, applying etc .

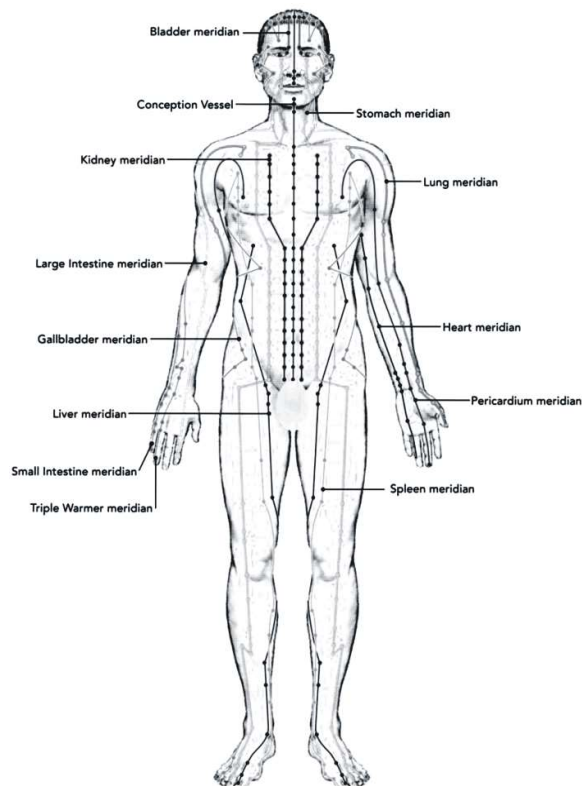
A short journey in acupressure research aspects (1995 - 2020) :

In 1995, some residents of Allahabad came across a unique method of HEALING without medicines and injections. It started with the 5 day camp of Late Dr. Devendra Vora of Mumbai on REFLEXOLOGY. We tried to learn it thoroughly through his lectures, his book " Health in your Hands" and our religious practices on patients for free on Sundays at Marwari Dharmshala, Alld. It was an exciting journey to diagnose people by mere pressing some reflex points on palms and there upon pressing each painful point for 1 min on a weekly basis. It used to give instant relaxation and much relief to the then suffering humanity , undergoing lots of medications, surgeries etc. It was not much known therapy till then.

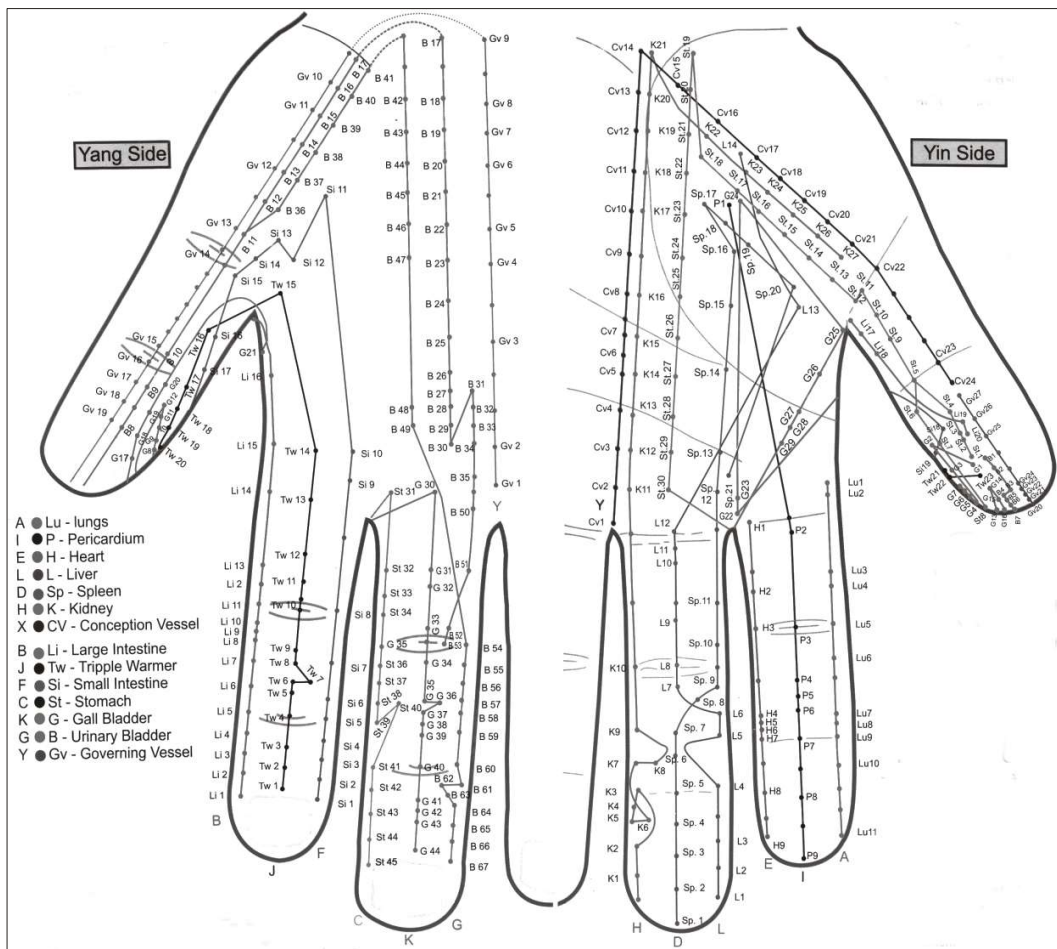


As rush increased, we started training more staff and creating new therapists. Basic camps on reflexology were conducted and this GREW FURTHER.

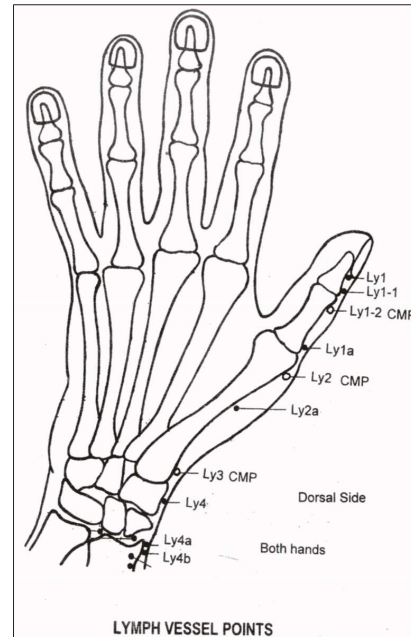
Thenafter we came across TCM - Traditional Chinese Medicine Books and literature. They were studied hard by the then leading therapists Sri Mata Prasad Khemka and thenafter Sri Jagdish Prasad Agarwal. We started learning (in weekly Wednesday classes) TCM channels on body , measured AUM of patients and pressed points on body for releasing more deep routed ailments. It was a tedious effort, strenuous, tiring to search and press body points (classical system) which was known to be punctured in TCM concepts and WE WERE TRYING HARD BY PRESSURE !; this no doubt turned out to be a breakthrough in our learning and practice. The 1 -1 min time taking pressure on reflex points was slowly switched over to TCM classical points pressure on body , where 30 sec pressure also was quiet enough. The UB and CV channel points on original proved to be of great relief to patients. We started co-relating the DIFFERENCES & SIMILARITIES between REFLEXOLOGY and TCM ! As per my study, upto 40% more advanced benefits were there by TCM considering all aspects- application, diagnosis and results . Hence we slowly changed our modality of treatment to body points pressure than only palm pressure.



Meanwhile, another breakthrough in our practices and learning, boosted our interests as we came to know about SUJOK. It was taught by great teachers Late Mr Lakhotia (Kolkata), Dr. Suman Motilal Shah (Kolkata) and thereafter the originator Late Prof Park Jae Woo. We were amazed to know that the TCM channels are all there in a miniature form on our palms and soles. We were just supposed to apply seeds on TCM palm points and get the desired benefits; and work on much more patients as time saving also. SO, we now started using our 'old school of TCM learning through books' on the sujok platform. What a relief! We had no more to 'measure AUM', locate body points, press them even for 30 sec and so on. Just diagnose by source/ spiritual points of each TCM channel on Byol sujok channels and work on 5 shu points, alarm (front/back shu) points, horary organ clock related concepts, influential points etc etc ALL ON MINIATURE TCM CHANNELS. We used methi, pea, gram, rajma etc seeds and pasted by paper tape and that was all ! what a simplified mode of acupuncture, we were now experiencing and the results were far far more rewarding ...upto 50% better !



Then came in our ACU LIVES, the ELECTRO ACU-PUNCTURE BY Dr VOLL. This EAV method was a great advancement over TCM points. The rediscovered channel points, the new channels by DR VOLL (Late Dr. Reinold Voll, Germany) were learnt through the books and literature made available to us. We started referring books and applied on patients , pressing on original body points again searching for bone edges where EAV points were hidden ! and this further opened our eyes. It was quiet interesting to know that human body anatomy and physiology could also be co-related and directly treated by acu points. The body segments, joints, organ parts and systems, all and much more could be directly diagnosed at a deeper level and treated like medical doctors do.... something like surgeries ! we had till then started applying EAV points along with tcm points on palm. We developed EAV POINTS ON SUJOK PLATFORM.



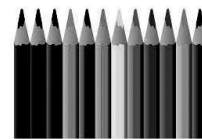
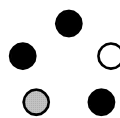
TILL NOW, the acu therapists of ASPEUS were working UNIQUILY on **TCM and EAV points on the SUJOK platform...** which is still a **UNIQUE** way of treatment across the world, for sure !

Thenafter we further learnt the details of SUJOK and Its ONNURI medicine concepts of six ki, 8 origin, triorigin, twist therapy, smile meditation etc etc and these were just super amazing concepts in our learning history. Healing could be PURELY done on ENERGY BASIS ? It was found quiet interesting. Use of COLOURS, BYOL (small) MAGNETS, SUJOK NEEDLES also found space in our ACU KITS! Thus was developed ACUPRESSURE by COLOURS, MAGNETS and SEEDS. So we had left PRESSURE far far behind ! we were now in the so called modern world of ACU HEALING through miniature methods; day by with increased effectiveness.

- Seeds



- Colours



- Magnets

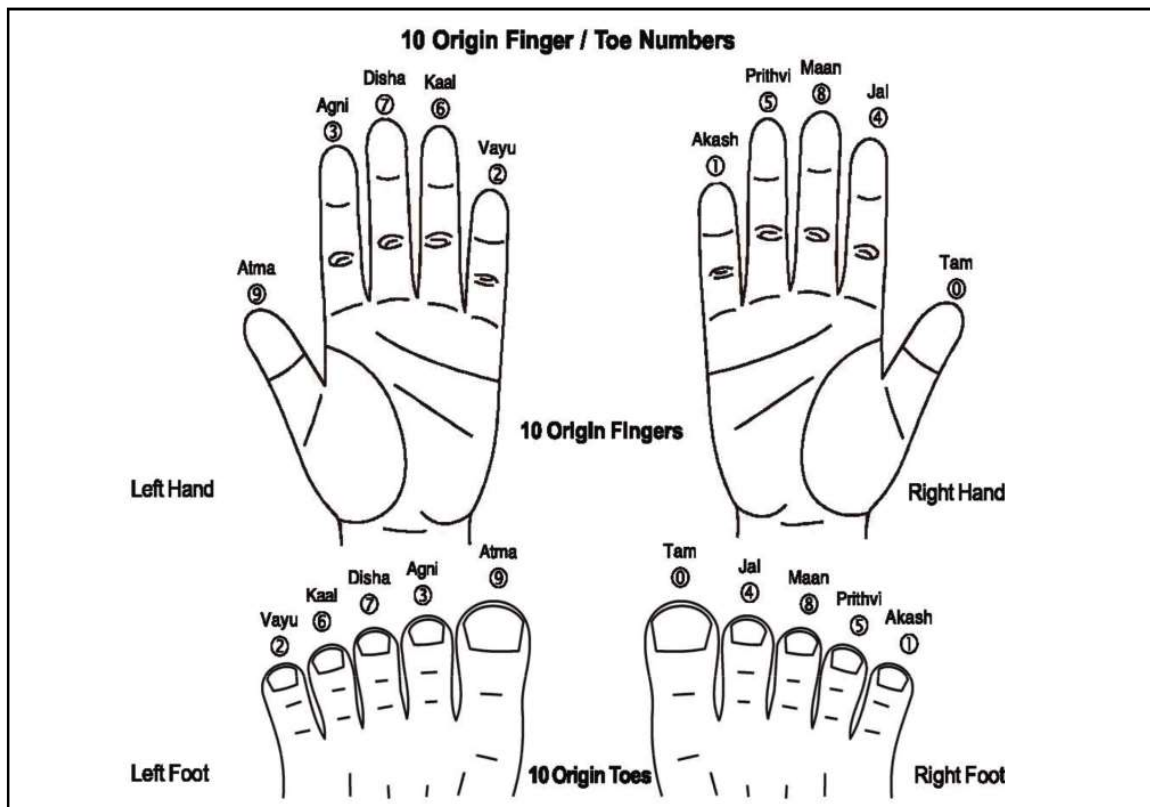


We had too much in our pockets now- Reflexology, TCM, EAV, SUJOK. So, this was the peak period in ASPEUS history of research , when we all were trying to CO- RELATE all these together ! we found many new and interesting facts while studying the various modalities of points and there upon developed new concepts like lightness -darkness points and many more VPK TCM point combinations to be used on Byol (sujok) platform. We were totally drenched in ACU ENERGY WORLD!

But lots more was in store !

" ishwar deta hai to chhappar faad ke" ...when almighty gives, it gives immensely !

In 2003, Ayurvedic Acupressure came on the stage through books on Dr Vasant Lad, Dr David Frawley etc. We learnt again (digesting slowly) the VPK points discovered on TCM concepts and the AYURVEDIC concepts used in TCM theory by these writers. This was far more overwhelming! It made us dig down further deep into the original texts of AYURVEDA (Charak Samhita) . The ayurvedic theories, life patterns, concepts, visions were thoroughly discussed and studied and thenafter NEW CHANNELS under AYURVEDIC ACUPRESSURE based on 10 origin were brought forth. This was another breakthrough in our ENERGY WORLDS!



Why do we have 10 fingers and 10 toes ? We got the answer !

And answers to many more such very basic questions were solved and resolved during this journey. Now we made ourselves busy in re-connecting again, all what we had learnt previously. The Reflexology, TCM, EAV, SUJOK and AA. All found to overlap and merge with one other. All these techniques/ theories/ concepts of acupressure/acupuncture , now seemed to be ONE !. It started appearing that the 10 includes all 5, 6, 8 concepts. the 10 is complete! Thus our Acu Research Journey went on and predominantly bifurcated into 2 branches - TCM, AA; as too much was in each section to work upon !(Lead predominantly by our old colleagues Mr Alok Kamalia and Ms Archana Dubey, who worked in the too fields immensely). Till now also, its an eye opener for all of us as to how the energy can heal energy and many are getting aware, rid of medicines, avoiding surgeries and trying to lead an ACU LIFE !

Still , lots more to learn, grow , work upon, evolve, discuss, interact with our fellow acu therapists across the country (now not only in alld). This **25 yrs of ASPEUS journey** has produced great number of acu-administrators , acu-managers, acu-trainers, acu-teachers, acu-students, acu-staff of all kinds, acu-researchers, acu- therapists, acu-patients, and acu lives for many. The ACU BOOKS and the ACU TOOLS are of immense help in people to further KNOW, LEARN and GROW in this energy field. During the journey of **research in acupressure**, it had always been quiet interesting to "know ourselves (human body) through energy concepts" . The Basic Research compilations are the handbook volumes and also the innumerable ASPEUS books.

Wishing all the members of Saraswati Magazine (the magazine of knowledge) , a very happy and ENERGETIC - 25TH Year of ASPEUS. May acupressure prevail in our lives as the BASIC tool of health in our hands ; and to some as their PRIME CAREER and for others , in whatever field we work, we remain healthy through this Natural healing modality.

A Basic Health Tip :

Human body is in our palms.

Whole body massage/ servicing can be done by palms.

Daily use a finger ring, massage on all 10 fingers, 1 min each finger , 1/day and maintain the 5 projections (head/neck, arms, legs) in a healthy state.

Daily use a Jimmy, massage on the both palms, sides, front and back for 3-4 min each and maintain trunk, spine in a healthy state.

Thanks for reading though this article. In the upcoming issues of 2020, the Research glimpses of 25 yrs of ASPEUS shall be presented in short , just to make us remind of our 'good old days' and BE with OUR ENERGIES !

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Books published after conference 2019 (Brief by Mr. Piyush)

Basic Tools worked upon :

1. Face massager - good for students to massage on face and head and relax after long hours of study; also good for facial massage, get rid of wrinkles; headaches.
2. Cervical massager- good for neck pain, stiff shoulders.
3. Yellow (small/big massager) - good for massage on knees
4. Spine roller - relaxant for spinal pains, backaches, whole body fatigues, obesity etc.



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