



1. About ASPEUS
2. About Acutherapy-magnets, seeds, colours
3. Handling emergencies and first aid treatment
4. Correspondence of human body on palms and feet
5. Treatment by colours – on acupoints
6. Other Books, literature and tools

Our Aims & Objectives

Each One Reach One

Each One Teach One

Each One Treat One

About ASPEUS (The Institute)

Started in the year 1995; Reg. as NGO in 1998

Our Achievements at a glance :

- Treatment** - More than 90 lacks patients treated.
- Associated 270+ treatment centers all over the country.
- Training** - More than 2 lac people trained.
- Publication** - More than 110 books published.
- Quarterly Acu Therapy magazine named "Saraswati" being published since 2000.

Research & Library :

- Case histories of acute to chronic cases.

Establishments :

- 1st Acupressure Hospital of India.
- 1st Acupressure Residential College of India.



What is Acupressure?

एक्यूप्रेशर क्या है?

The meaning of the word Acupressure is :

एक्यूप्रेशर का शाब्दिक अर्थ है :

Acu	=	Needle
एक्यू	=	सुई
Pressure	=	To Apply Force
दबाव	=	बल लगाना

- Acupressure is the method of applying pressure on certain points of the human body.

एक्यूप्रेशर एक क्रिया है जिसमें शरीर के कुछ बिन्दुओं पर दबाव दिया जाता है।

- This pressure brings changes in the diseased state of the body into healthy state.

यह दबाव, शरीर की रोग ग्रस्त स्थिति में स्वस्थ स्थिति में परिवर्तित करता है।

- Whenever there is pain, in any part of our body, we try to press/massage there.

जब भी कहीं दर्द होता है, तो हम स्वतः ही उस स्थान पर दबाव / मालिस करने लगते हैं।

- Hence, it is a Natural Process of Healing.

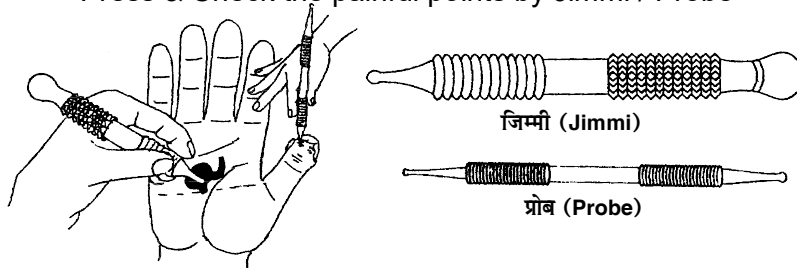
अतः यह उपचार प्राकृतिक चिकित्सा है।

- Knowledge of certain points - where and how to press, helps to heal the diseases better.

यह जानकारी होना कि बिन्दु कौन से हैं, कहाँ और कैसे दबाव देना है, उपचार में सहायता करता है।

Methods of Acupressure Treatment (उपचार विधियाँ)

Press & Check the painful points by Jimmi / Probe



How to apply Methi Seeds? मेथी कैसे लगायें?

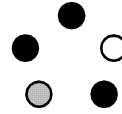
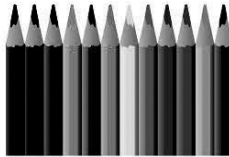


Acu Point Treatment Methods

- Seeds



- Colours



- Pebbles



How to Tone (ऊर्जा बढ़ाना) :



- Use White Byol Magnet

सफेद ब्योल मैग्नेट का प्रयोग करें।

- Paste white side of byol magnet on paper tape.

ब्योल मैग्नेट के सफेद भाग को टेप पर चिपकायें।

- White is visible after the magnet is applied on the Acu Point.

बिन्दु पर लगाने के बाद, सफेद भाग दिखना चाहिये।



How to Sedate (ऊर्जा घटाना) :



- Use Yellow Byol Magnet

पीला ब्योल मैग्नेट का प्रयोग करें।

- Paste yellow side of byol magnet on paper tape.

ब्योल मैग्नेट के पीला भाग को टेप पर चिपकायें।

- Yellow is visible after the magnet is applied on the Acu Point.

बिन्दु पर लगाने के बाद, पीला भाग दिखना चाहिये।



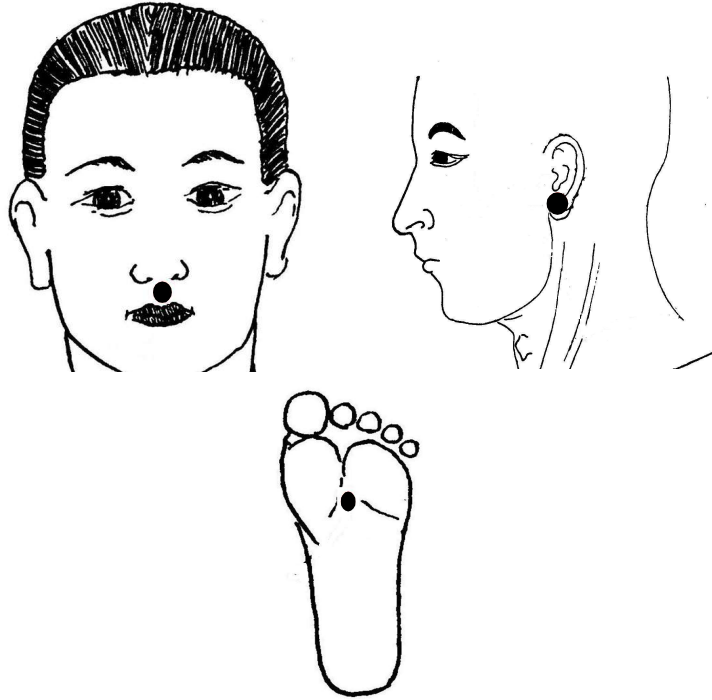
Handling Emergencies by Acu Points

अकस्मात् समस्याओं का निराकरण
एक्यू बिन्दुओं द्वारा

PRESS AT THE MARKED POINTS FOR 30-60 SEC.

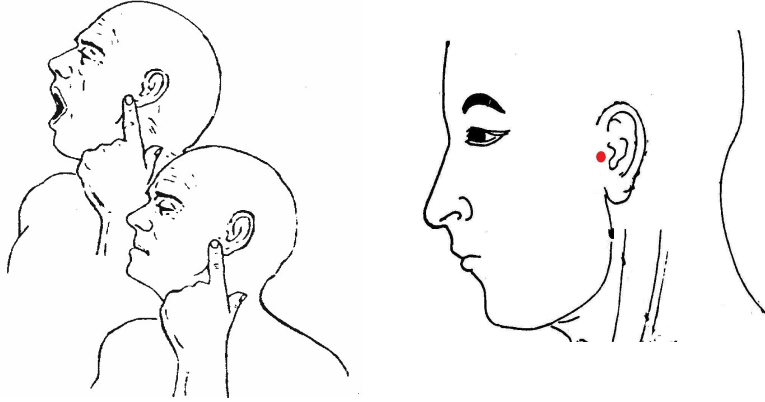
(i)

- Fainting (बेहोशी)
- Vertigo (चक्कर)
- Fits / Epilepsy (दौरे)



(ii)

- Water
 - Air
 - Insect
- } in Ears (कान में पानी, हवा, कीड़े का प्रवेश)



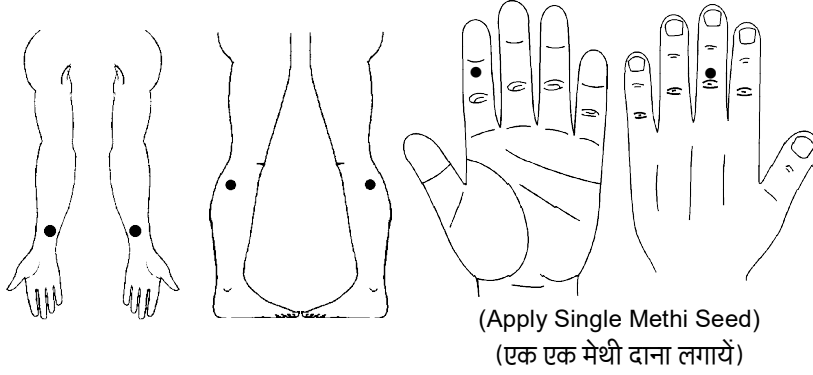
(iii)

- Nose Blocked (नाक बन्द)
- Sneezing (छींके)



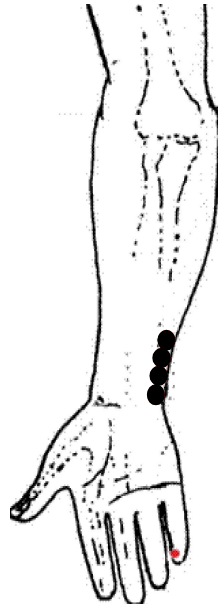
(iv)

- Travelling Sickness
(Nausea / Vomiting during car, bus journey)
(यात्रा करते समय बेचैनी, जी मिचलाना)



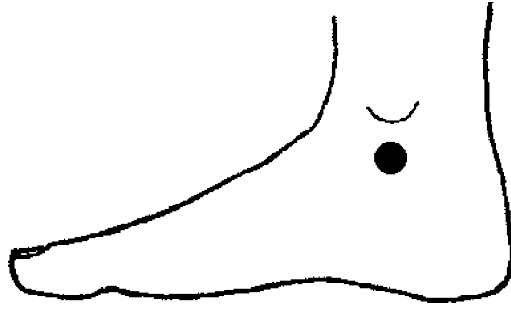
(v)

- Sudden Loss of Voice
(अचानक आवाज़ बंद होना)
- Shock (सदमा)



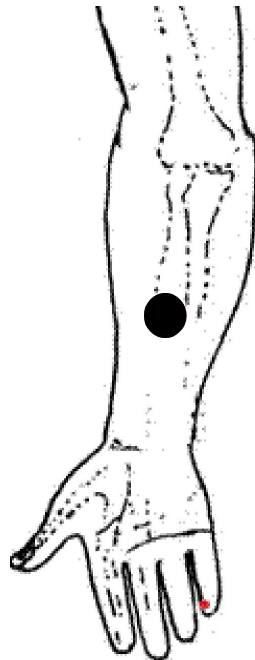
(vi)

- Insect Bite (कीड़े का काटना)



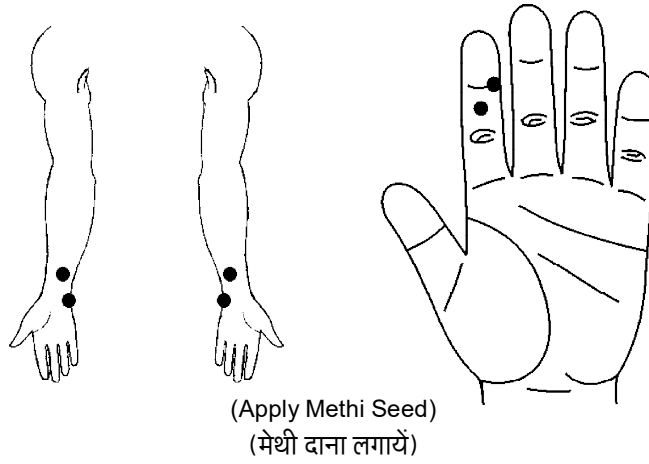
(viii)

- Youth Point (युवावस्था बनाये रखने का बिन्दु)
(Delay Aging and To remain Young)



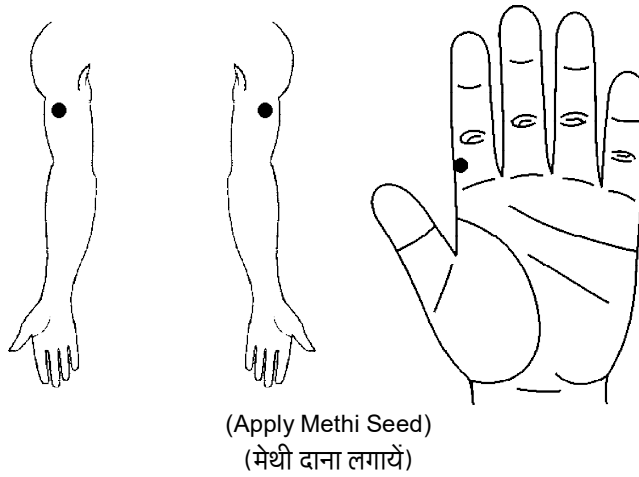
(ix)

- Travelling Phobia (यात्रा के पहले घबराहट)
(Restless before travel)



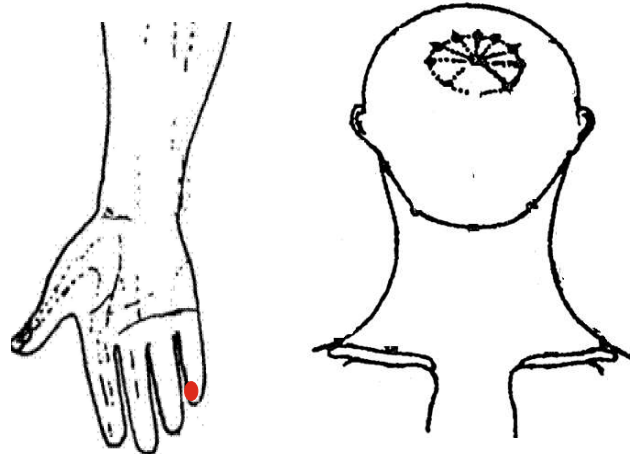
(x)

- Suffocation (घुटन)
(Lack of oxygen)



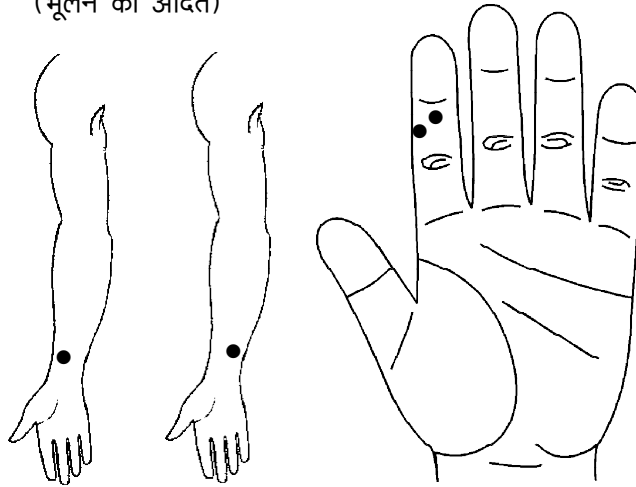
(xi)

- Lack of Concentration
(एकाग्रता की कमी)



(xii)

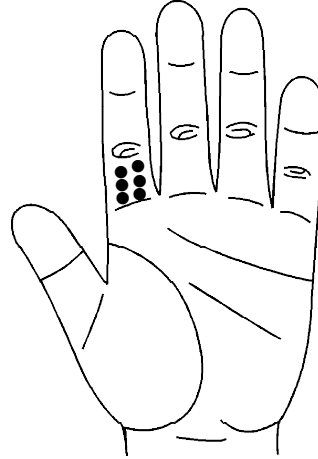
- Tendency / Habit of Forgetfulness
(भूलने की आदत)



(Apply Methi Seed)
(मेथी दाना लगायें)

(xiii)

- Reproductive Disorders
(प्रजनन सम्बन्धी समस्यायें)



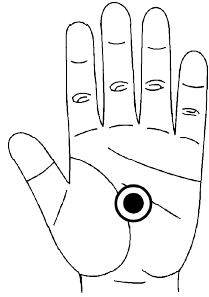
(Apply Methi Seed)
(मेथी दाना लगायें)

(xiv)

Gastric
(गैस)

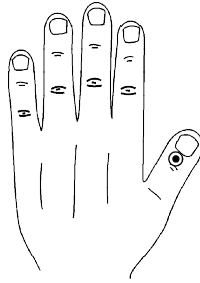
HBP
(उच्च रक्तचाप)

Diabetes (मधुमेह)
Only Right Foot



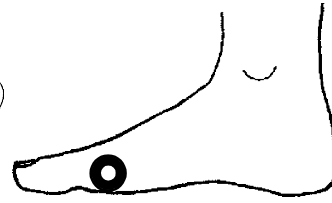
Apply Sedation chakra Magnet
(Centre Yellow Side up)

ऊर्जा घटाते हुए मैग्नेट लगायें
(मध्य पीला भाग ऊपर)



Apply Tone chakra Magnet
(Centre White Side up)

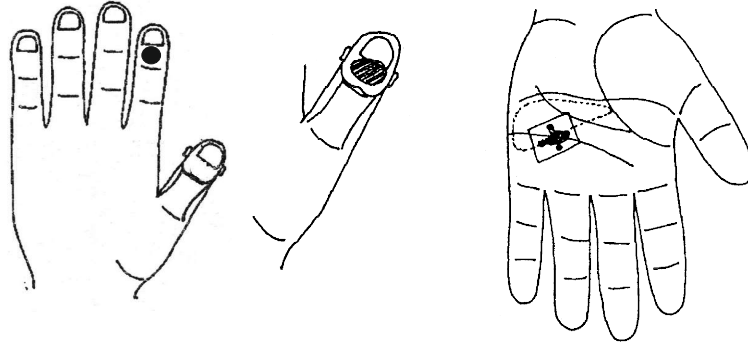
ऊर्जा बढ़ाते हुए मैग्नेट लगायें
(मध्य सफेद भाग ऊपर)



TREATMENT BY COLOURS

(रंगों द्वारा उपचार)

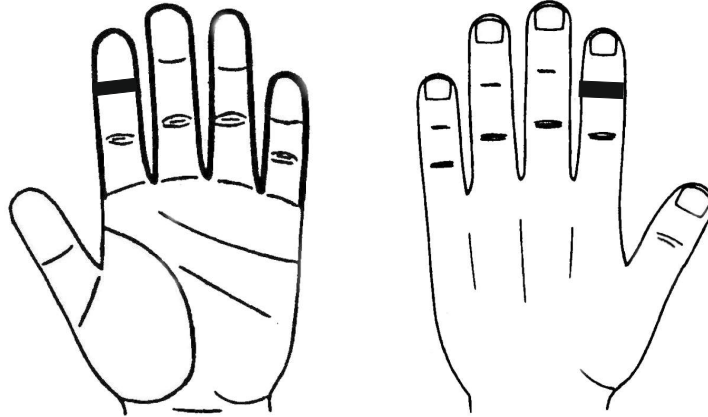
- Insomnia (Sleeplessness)
(अनिद्रा)



Green Colour
(हरा रंग)

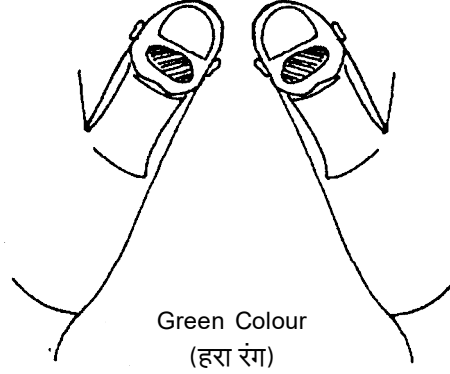
Black Colour
(काला रंग)

- Hypersomnia (Excess sleep)
(अति निद्रा)

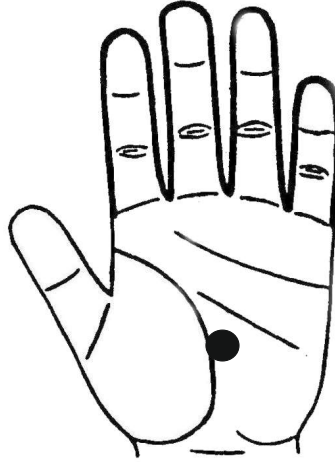


Orange Colour
(नारंगी रंग)

- Sun Stroke
(लू लगना)

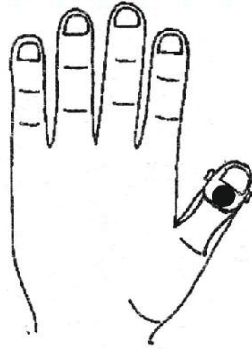


- Nausea & Vomiting (जी मिचलाना, उल्टी)
- Restlessness (बेचैनी)
- Burning in chest (छाती में जलन)
- Gas formation (गैस)
- Sleeplessness (अनिद्रा)

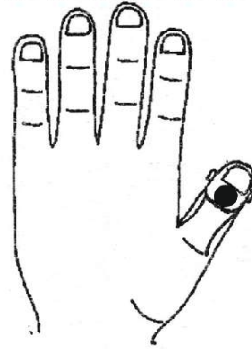


- High Blood Pressure
(उच्च रक्तचाप)

- Low Blood Pressure
(निम्न रक्तचाप)

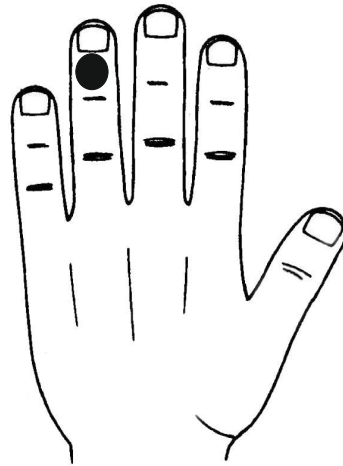


Dark Blue Colour
(गहरा नीला रंग)



Red Colour
(लाल रंग)

- Stage Fear (स्टेज पर भय)



Orange Colour
(नारंगी रंग)

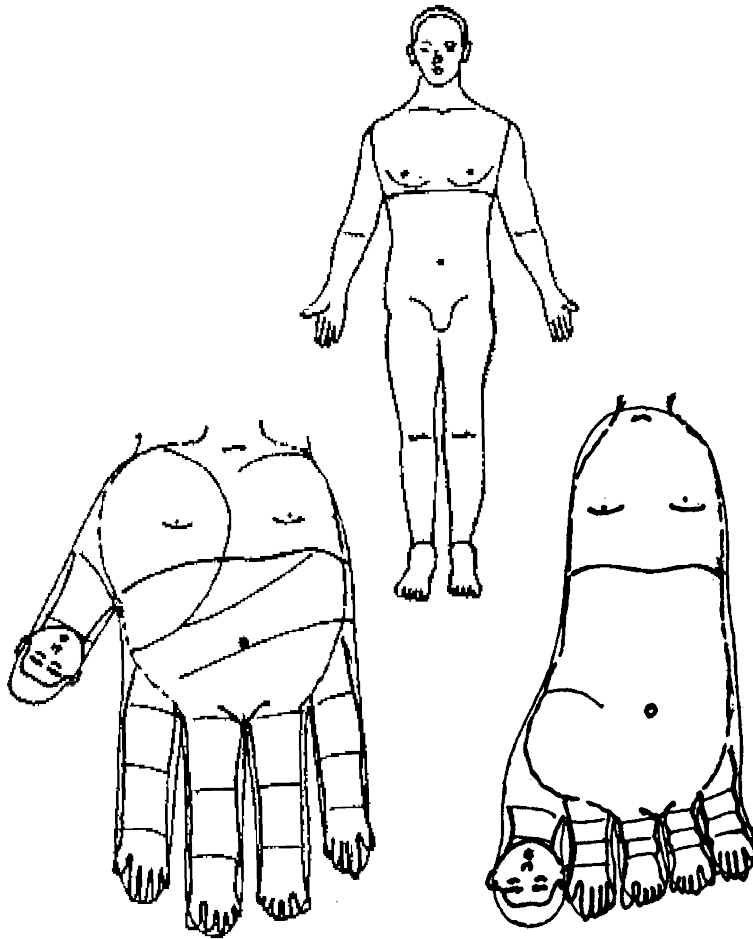
Scientific Basis of Acu Points

एक्यू बिन्दु का वैज्ञानिक स्वरूप

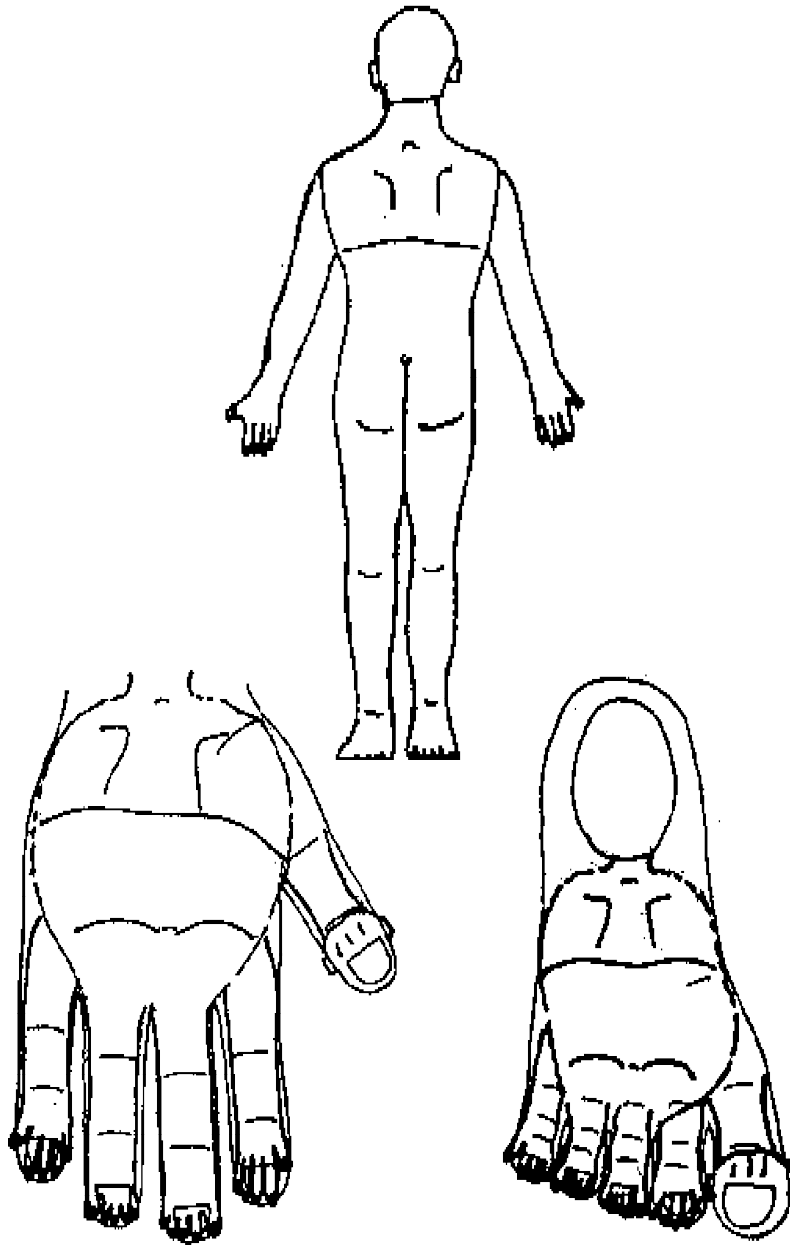
“Correspondence” or “Tulyarthata”
of Human Body with Palms

शरीर एवं हथेली की समानता

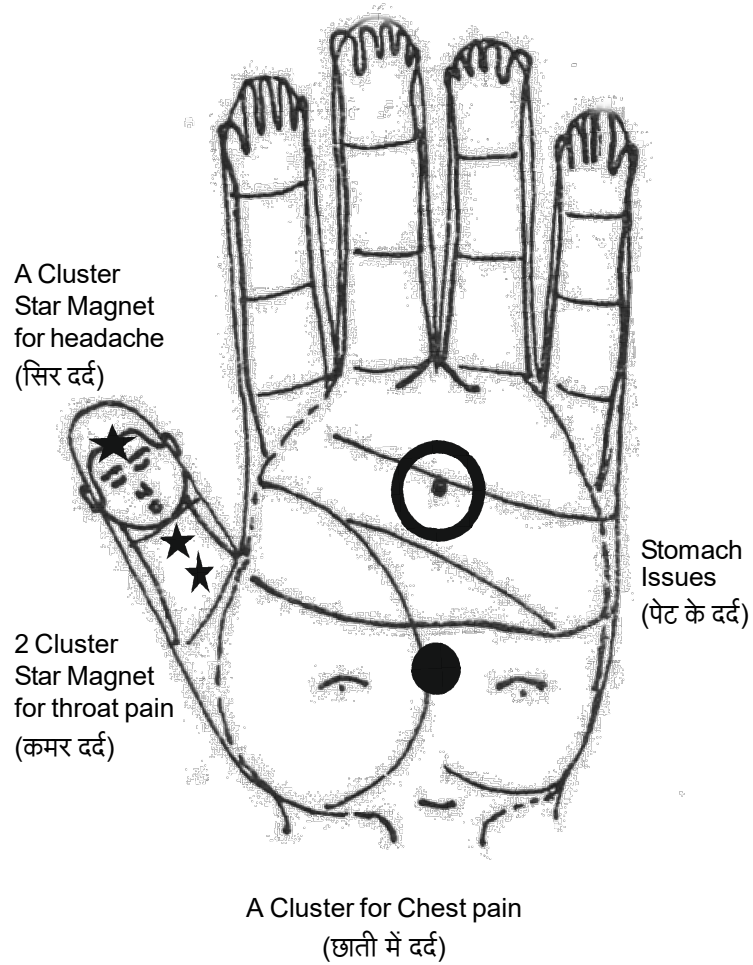
Human Body on Palms

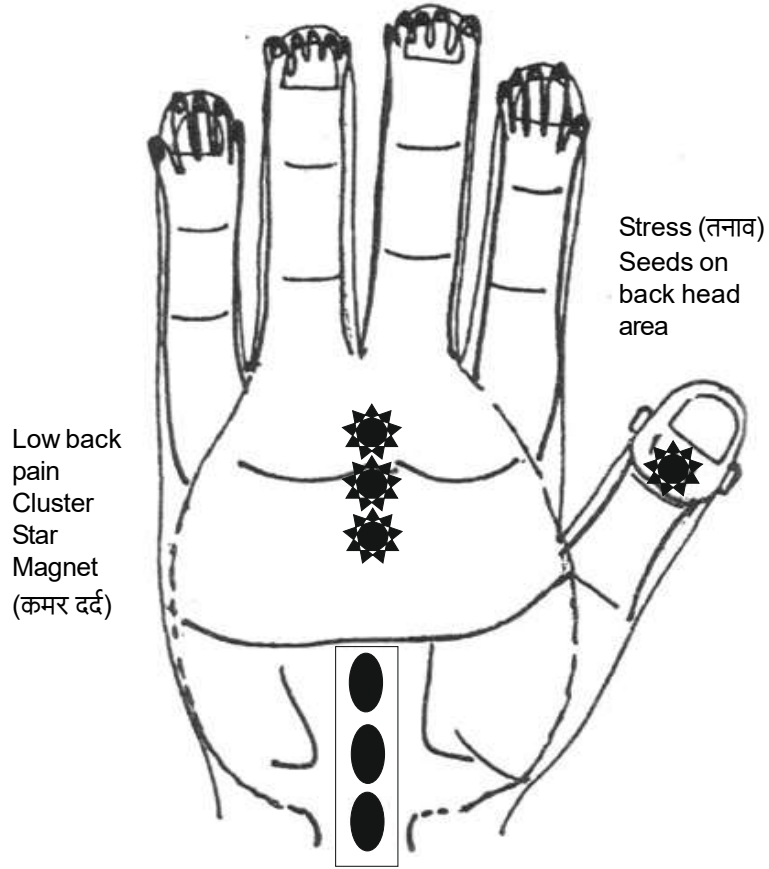


Human Body (Back) on Palms



SOME TREATMENT EXAMPLES
(on Left Palm – Front / Back side)





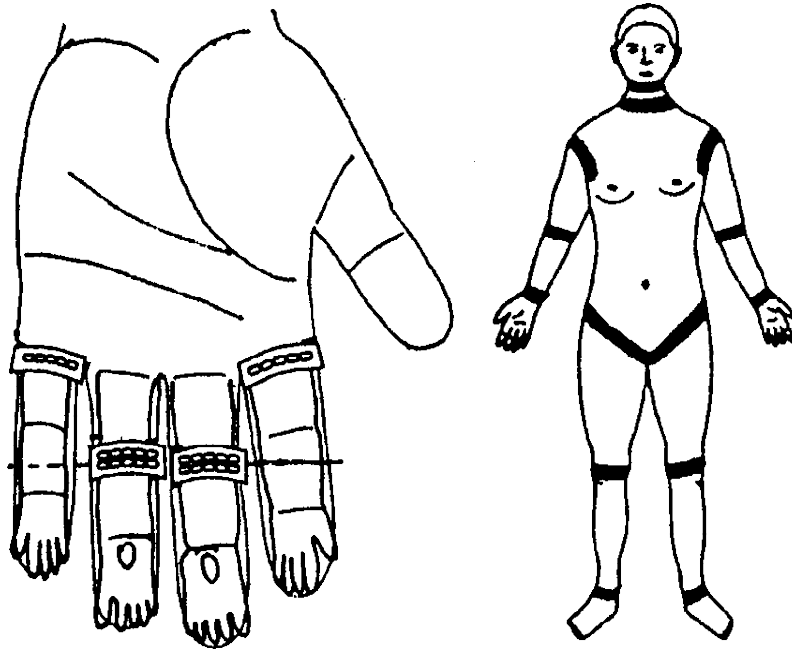
Low back
pain
Cluster
Star
Magnet
(कमर दर्द)

Stress (तनाव)
Seeds on
back head
area

Upper back pain - Pea / Gram Seeds
(ऊपरी पीठ दर्द)

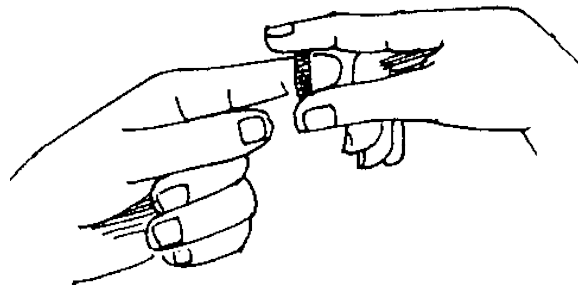
Treatment of Body Joints by -Finger Joints

शरीर के जोड़ों का उपचार



Ring Massage for Body joints

शरीर के जोड़ों के लिए रिंग मसाज



Treatment Examples on Correspondence

(सादृश्य पर उपचार के उदाहरण)

Ear Pain

कान का दर्द

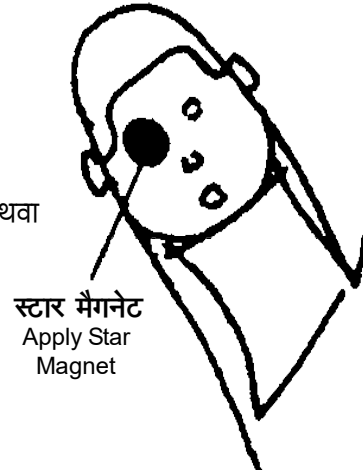
चित्र के अनुसार अंगूठे पर मेथी
लगायें।



Eyes problems

आँख का सामान्य उपचार :

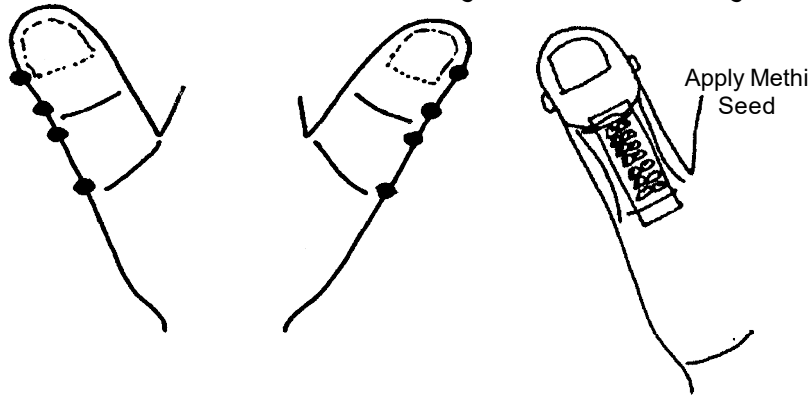
आँख के सादृश्य बिन्दु पर मेथी अथवा
स्टार मैग्नेट।



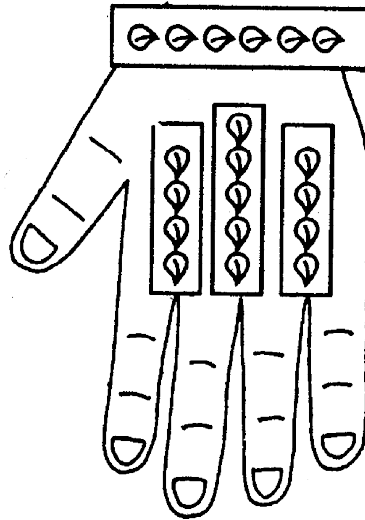
Tonsils
(टांसिल का उपचार)

Cervical Pain

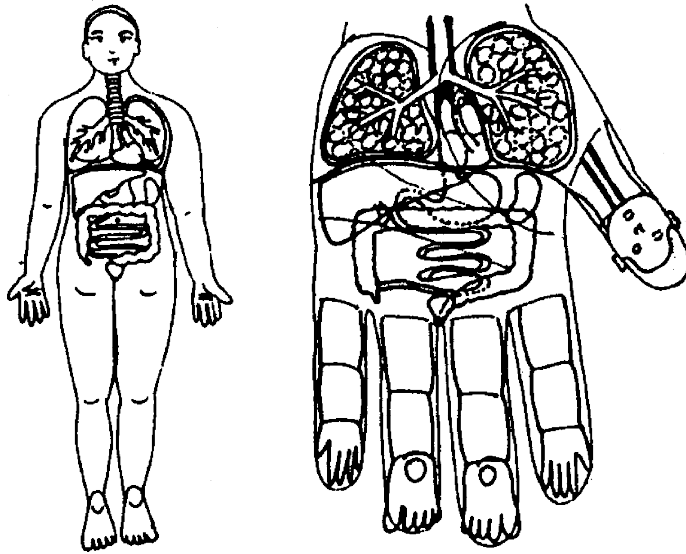
सरवाइकल का दर्द, सरवाइकल
स्पांडिलाइटिस, गर्दन ऊपर नीचे करने
तथा घुमाने में दर्द आदि - चित्रानुसार



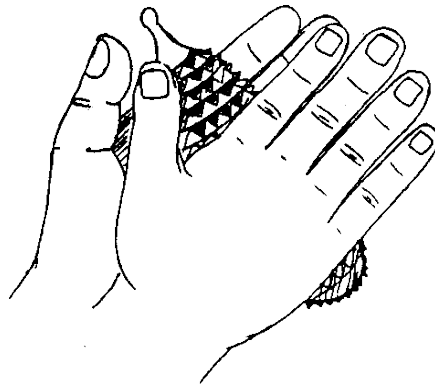
Slip Disc - Apply gram / pea seeds
(स्लिप डिस्क)



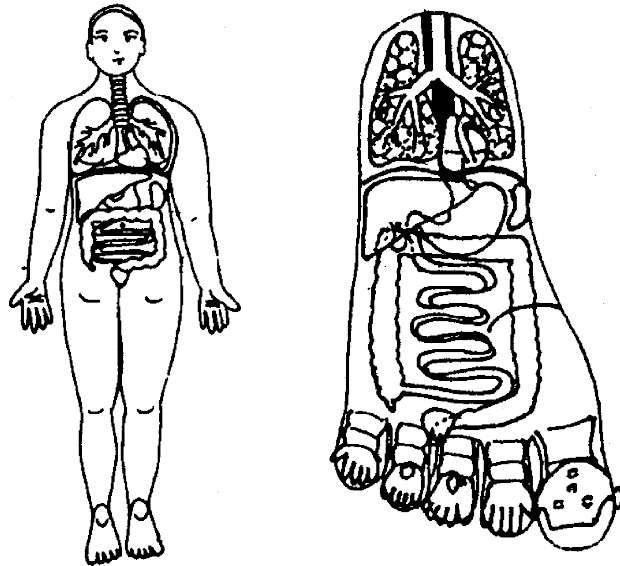
Human Body on Plams



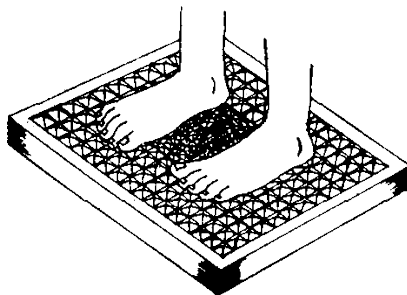
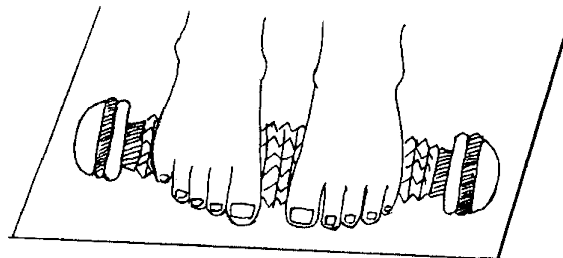
Massage by Hand Roller



Human Body on Soles



Massage by Foot Roller/Pyramid



Prevention is Better Than Cure

बचाव से समाधान बेहतर

Some Basic - Health Tips

कुछ प्रारम्भिक स्वास्थ्य टिप्स

Think Positive

(सकारात्मक सोचें)

Every Action Has Equal

&

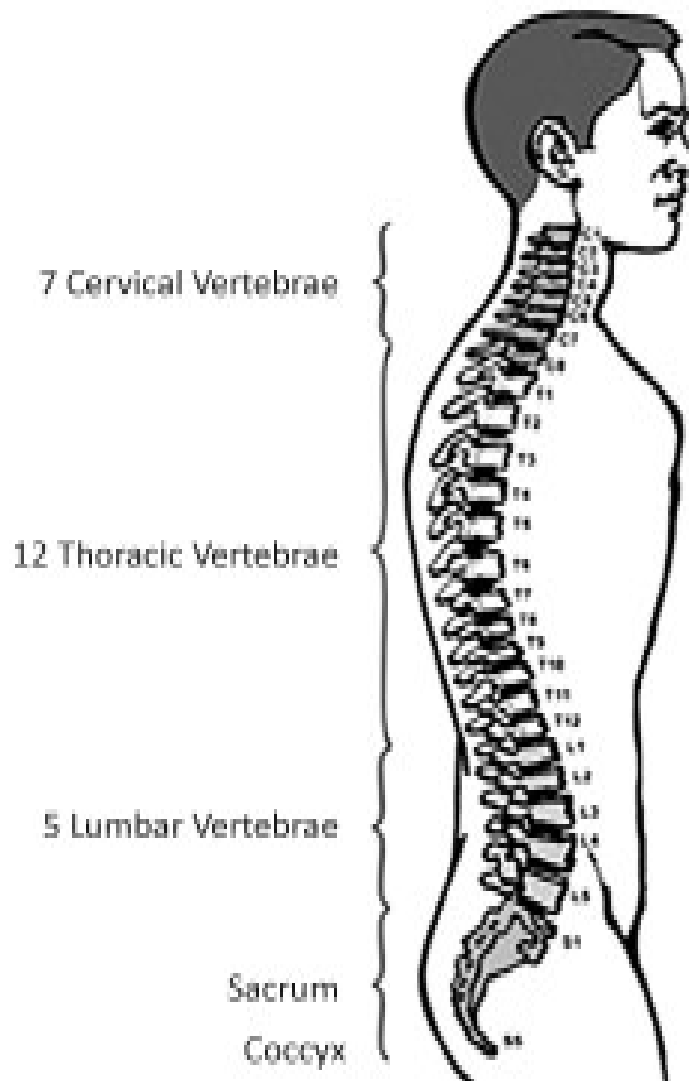
Opposite Reaction.

प्रत्येक क्रिया की समान

एवं

विपरीत प्रतिक्रिया होती है।

Keep the Spine Straight
(रीढ़ सीधा रखें)

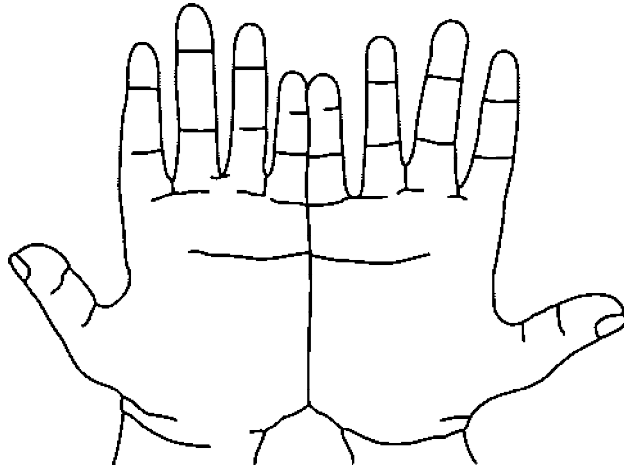


Keep the Navel in Position

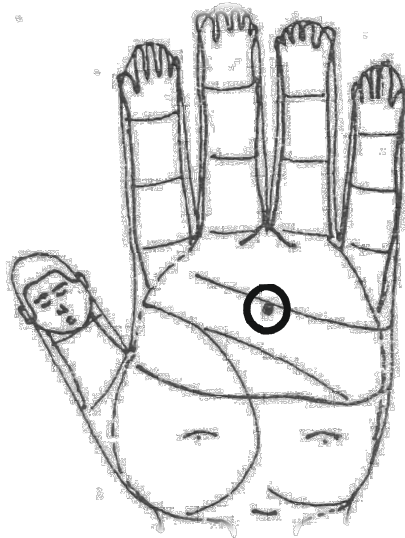
(नाभी स्थिति पर रहे)

Disturbed Navel ?

Check by Palm Lines



Press here



Keep the Daily Routine – Regulated
(दिनचर्या नियमित रखें)

ॐ ॐ ॐ

Early to Bed and Early to Rise
Makes a Man
Healthy, Wealthy and Wise.

जल्दी सोना, जल्दी उठना
व्यक्ति को
स्वस्थ, धनवान एवं बुद्धिवान बनाता है।

ॐ ॐ ॐ

BALANCED DIET
(संतुलित आहार)

As The Food, So The Blood;
and
As the Blood So the Mental
& Physical Health.

जैसा अन्न, वैसा रक्त
और
जैसा रक्त, वैसा मानसिक एवं शारीरिक स्वास्थ्य

Chew The Food
At Least 16 Times
Before Swallowing

(भोजन को 16 बार चबाकर खायें)

Do Not Drink Water With Food

(भोजन के साथ पानी न पियें)

❧❧❧

Eat the Liquids

&

Drink the Solids.

तरल चबाकर खायें

और

ठोस को पियें

Eat Less Than Fullness

(पूर्णता से कम खायें)

ॐॐॐ

Human Body is Made of Five Elements

मानव शरीर पंच तत्वों से बना है।

Hence, Keep Space for Water and Movement
in Stomach.

अतः पेट में स्थान रखें, जल एवं गति के लिए

ॐॐॐ

Accept The Edible Coatings of Food Materials

सम्भव हो तो बिना छीले भोज्य पदार्थ लें।

ॐॐॐ

Take Food Mostly in Natural

(Raw / Uncooked) Form.

मुख्यतः कच्चे / प्राकृतिक रूप में भोजन लें।

Awareness Towards Other Methods of Healing :

Acupressure – by Pressure

Acupuncture – by Needles

Seed Therapy – by Seeds

Magnet Therapy – by Magnets

Colour Therapy – by Colours

Conclusion :

Acupressure is a Self Help Method of Healing, without Medicines :

- It has no Side Effects.
- It is cost effective & Easy to use.
- It helps in Very Early Diagnosis.
- It provides relief in All Kinds of Disorders.
- It is a part of “Naturopathy” .

उपसंहार :

एक्यूप्रेशर एक स्वउपचार पद्धति (बिना दवा के)

- कोई प्रति प्रभाव नहीं
- सस्ती एवं सरल
- निदान में उपयोगी
- प्राकृतिक चिकित्सा का अंश

PROGRAMMES CONDUCTED BY ASPEUS

(ASPEUS = Acupressure Shodh, Prashikshan Evam

Upchar Sansthan)

www.acusansthan-ald.in

1) Free Awareness Camps :

2) Basic Trainings :

9 hrs each on chinese and Ayurvedic Acupressure.

3) Advance Trainings :-

15 hrs. each on specific topics like nervous system disorders, diagnostics, new plottings, specific diseases etc.

4) Residential Trainings :-

48 hrs each on TCM, EAV, Ayurvedic Acupressure

5) Super Advance Training & National Conference:

Once, in the end of every year.

6) Academic Courses :-

Correspondence - Distant Learning / Campus .

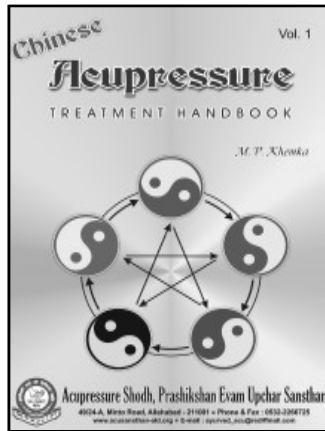
Certificate (6 months)

Diploma (1 year)

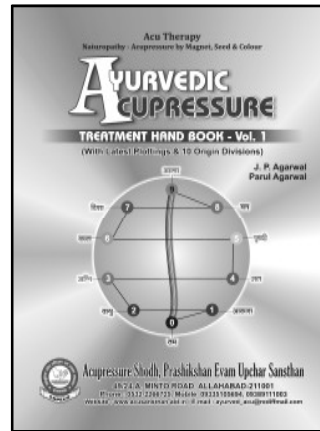
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INTRODUCTION OF ADVANCE METHODS

The Five Element Theory



The Ten Element Theory



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