

Treatment Cum Research Project for 33 HIV ^{+ve} Girls

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We quote from WHO's Alma-Ata Declaration of Sep 1978 -

Health For All means that **health** is to be brought within reach of everyone in a given country.

Primary health care is essential health care based on practical, scientifically sound and socially acceptable methods and technology, made universally accessible to individuals and families in the community through their full participation **and at a cost that the community and country can afford to maintain at every stage of their development in the spirit of self-reliance and self-determination**".

There should be no twos about potential of (Marm-Dab Yog Chikitsa) Acu-Therapy in playing a major role in "Health for All" objective of WHO. Acu-Therapy is probably the closest to WHO's definition of '*Primary Health Care*'.

Brief Background

Basic Acupressure Training Project for Rugna-Sahayyika (रुग्ण सहाय्यिका)

1. **'Swa'-Roopwardhinee**, an NGO established in the year 1979, is dedicated to the enrichment of latent qualities of young, intelligent and capable students from the underprivileged and economically weak section of our society and fostering them into social assets. Swa'-Roopwardhinee is conducting a **course namely Assistant Nursing course (Rugna-sahayyika) (रुग्ण सहाय्यिका) for girls**, to train them as health care-takers of old age or bed ridden patients at home and at hospitals. The course is of one year duration and is **certified by Tilak Maharashtra Vidyapeeth, Pune**. Girl students selected for the course are from very low income group families. The entire expenditure of the course is borne by 'Swa'-Roopwardhinee through various sources of donations. The course has proved to be extremely successful, there being a large requirement of such trained health care-takers in the society. **This course is in-line with "Beti bachao, Beti padhao" initiative of Government of India, and offers a platform for these girls to earn an honourable living.** A similar course is also conducted at two Centres of 'Swa'-Roopwardhinee in rural areas.

2. **As a value addition** to the knowledge imparted during the Rugna-sahayyika (रुग्ण सहाय्यिका) course; 'Swa'-Roopwardhinee, **in association with**

us (Acupressure Vikas Sangathan, Pune), added a trial capsule course of 20 contact hours in 'Basic Acupressure Treatments' for the batch that ended in Jun 2016. Seeing the usefulness of the Acupressure Treatments in prevention of diseases & in curing the ailments at practically no cost, there was a whole hearted positive response from the students. It was then proposed by 'Swa'-Roopwardhinee to make this training in **Basic Acupressure, a regular feature from academic year starting Jul 2016; with 70 contact hours** spread over one semester.

3. Keeping in view their main syllabus of रुग्ण सहायिका course', and the health care challenges they will be handling during their career as रुग्ण सहायिका; a tailor-made acupressure curriculum was designed. Course is being conducted at Pune and Maale (a small village in Mulshi taluka about 54 kms from Pune).

4. Seeing the expediency of acupressure course for रुग्ण सहायिका, AVS was requested to conduct a basic capsule for रुग्ण सहायिका course at Bhagini Nivedita Pratishthan (BNP) Sangli. We conducted a 21 hours capsule course during Jan 2017 at Sangli which was attended by 19 students and three teachers. This course is going to be a regular part of their training in future. This course culminated in starting a Treatment cum Research Project for HIV^{+ve} girls.

The Project

5. Bhagini Nivedita Pratishthan (BNP) Sangli, is an NGO working for last 47 years in supporting destitute women and HIV^{+ve} girls. These are Govt. supported projects complimented by individual donations from various sources. AVS was associated in conducting a Basic Acupressure Capsule in Jan 2017 for students of रुग्ण सहायिका course conducted by BNP Sangli. At the end of the course, it was bit of a surprise when BNP management requested us to consider treating 33 HIV^{+ve} girls (hereafter referred as **special girls/girls**) residing in the BNP Sangli hostel.

6. A preliminary session was conducted on 29 Jan 2017 by AVS to diagnose & treat these special girls residing at the BNP Sangli hostel. Age of these special girls is between 8 to 18 years and some of them are undergoing ART (Anti Retroviral Therapy). Apart from specific problems of individual girl, common chronic symptoms observed in all the girls are:-

- (a) Frequent cough & cold
- (b) Low immunity
- (c) Weak memory, Lack of concentration
- (d) Acidity and abdominal pain
- (e) Low Hb
- (f) Heat in body due to ART
- (g) Irritation and anger
- (h) Back ache, leg pain, knee pain
- (h) Menstrual problems

7. Other circumstantial factors noted during discussion with BNP management which were relevant in planning and application of treatment on a fairly big scale (33 special girls everyday) were/are as under:-

- (a) These 33 Girls attend classes in a school from 9 AM to 2 PM. No visible treatment on hands/foot is desirous/permitted by school authorities
- (b) Girls need to work turn by turn for upkeep of their hostel
- (c) Considering their routine, girls are available for application of treatment only between 4 to 5 pm everyday
- (d) Therapists available for application are the newly trained students from रूग्ण सहायिका course who had undergone three days basic training in acupressure just two days back
- (e) Maximum five therapists could be made available from the course every day for application, due to their other academic commitments
- (f) Girls are habitual of eating their meals by hand. Use of spoon while having evening meals to protect the applied acu-points on hands is difficult to ensure
- (g) Sangli is 230 kms away from Pune, hence direct supervision or guidance sessions by us are possible only periodically.

8. Considering the parameters enumerated at Para 6 & 7 above, following strategy for the treatment at Stage 1 was decided:-

- (a) In first step, only chronic common symptoms would be addressed to make application protocol common to all girls and to facilitate learning it quickly by newly trained therapists
- (b) Protocols would be using only seeds and colours
- (c) Simple massages which could be done under common supervision during evening prayers

9. A sketch of protocol to be applied was prepared for every applicator therapist (sketch given at **Appendix A**). Treatment protocol given to all 33 girls on 30 Jan 2017 is as given below:-

Treatment A (massages during evening prayer)

- (a) Ear, Eye & Nose girdles – 1 min each
- (b) Mega Meridians – 1 min
- (c) Finger twisting – 5 min
- (d) Du 20 – 1 min

Treatment B (protocols using seeds and black colour)

- (a) All fingers P Jt 0 \uparrow , 9 \downarrow - by black colour (Treatment of all properties)
- (b) Both IF P Jt – Methi strip (multi-level effect – रस, रक्त, पाचन, आंखे)
- (c) Rt SF & Rt RF K Jt – Methi strip (Lu & Sp jt – immunity enhancement)
- (d) Lt Th V Jt – Methi strip (for girls above 12 years – hormone balancing)

10. Training was imparted to newly trained रुग्ण सहायिका for applying above protocols. One of the teachers, an experienced former matron and now in-charge of रुग्ण सहायिका course, had attended the basic acupressure course. She voluntarily took upon her to coordinate and supervise daily application to these 33 girls and to keep record of application and progress. We enclose at **Appendix B** representative photographs of training/treatment sessions of self-massages during prayer and application sessions. One can see the zeal with which these sessions were conducted by participants.

11. BNP reported after one month a positive trend in curing some chronic symptoms in these girl patients. A statistical summary of the results observed is given below:-

Result Statistics as on 01 Mar 2017

Ser No	Degree of Relief in Common Symptoms	Share out of 33 Patients	Remarks
1	No relief	23 %	
2	Good relief	7 %	
3	Very Good relief	67 %	
4	Excellent relief	3 %	
5	Did not apply	0 %	

12. Encouraged by the results, BNP Sangli requested for a review session and designing a regular treatment and monitoring programme for these special girls. AVS took taken up a Treatment cum Research Project in association with BNP. Effort and support provided by AVS was totally free of cost.

13. A review and training session was conducted on 18/19 Mar 2017 for special girls and the newly trained therapists at BNP Sangli. Common Treatment Protocols were modified. Some girls were treated for more specific problems apart from common symptoms. These modifications are Listed below:-

(a) Treatment given at para 9 above to continue and added (b) below to all girls

(b) Kidney Essence K 3, 6, Ub 11, 15, 23, Cv 4, Gv 4, 14, 20, Gb 39

All by colour

(c) Lymph meridian points Ly 1-1, 1-2, 1a, 2, 2a, 3 were added to individual patients depending on symptoms – treatment by methi

14. Suitable documentation format was designed to record treatments given to an individual girl, progress in symptoms and to record periodical clinical tests to be conducted on HIV monitoring parameters. Designed format is enclosed at **Appendix C**.

Progress

15. Treatments were applied fairly regularly till May 2017 that is for almost four months. Results observed in common symptoms were very encouraging. A statistical summary of the results observed in first week of May 2017 is given below:-

Progressive Result Statistics as on 04 May 2017

Ser No	Degree of Relief in Common Symptoms	Result as on 01 Mar 17	Result as on 04 May 17	Remarks
1	No relief	23 %	19 %	
2	Good relief	7 %	17 %	
3	Very Good relief	67 %	30 %	
4	Excellent relief	3 %	30 %	
5	Did not apply	0 %	4 %	preferred not to continue applying

16. These girls go to their respective homes on two months holiday during Jun-Jul every year. They were well accustomed to the daily massages and were told to continue these during holidays. On returning from holiday the feedback on their having done the massages was quite mixed. Some girls showed recurrence of some symptoms.

17. In Jun 2017 the trained therapists of Jul 2016 batch of रूग्ण सहाय्यिका course, completed their nursing course and took up full time jobs. This non-availability of trained therapists gave a temporary setback in applications.

18. New batch of रूग्ण सहाय्यिका course at BNP Sangli starts in Jul every year. BNP Management planned second Basic Acupressure Course to train the new set of nursing students in Jan 2018. Till then the application of protocols had to be perforce discontinued. Planned basic acupressure course in Jan 2018 could not be conducted due to some pressing administrative difficulties at BNP and hence the treatment remains discontinued as of date.

19. In the meantime (during Feb 2018) the government hospital treating these girls made ART (Anti-Retroviral Therapy) treatment compulsory for all girls irrespective of their CD4 count and other blood parameters. This has now resulted in all girls showing side effects of ART, escalating the day-to-day challenges of BNP administration.


20. BNP administration has recently approached us to train the next batch of रूग्ण सहाय्यिका course in basic acupressure (to be scheduled in coming Dec/Jan) and to explore possibility of creating core staff to revive the earlier treatments. We have accepted the task with a hope to revive the treatments and related research.

Closing Note

21. Above recount of an endeavour to treat 33 HIV ^{+ve} girls using simple acu-therapy healing techniques, shows the potential of the acu-therapy, even with as short stint as of four months of application, in controlling the common symptoms in HIV ^{+ve} patients. We hope to revive the treatment application in near future to give more tangible result in healing these special girls.

!! आरोग्यम् सुखसंपदा !!

Appendix A

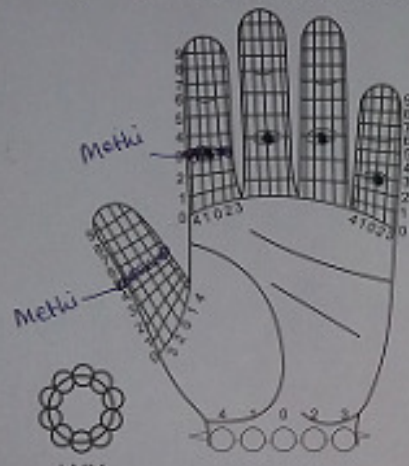


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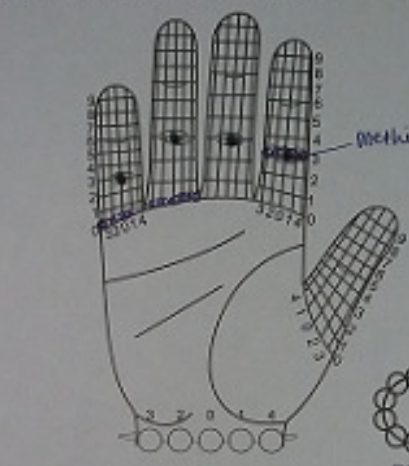
Name: Bhagini Nivalita Pratikshan, Sangali, HIV +ve Girls Age: _____ Yrs.:

Date: 30/01/2017 PRC: AV - / _____ Legend: White up - Red -○ Yellow up - Blue -○ Methi -□

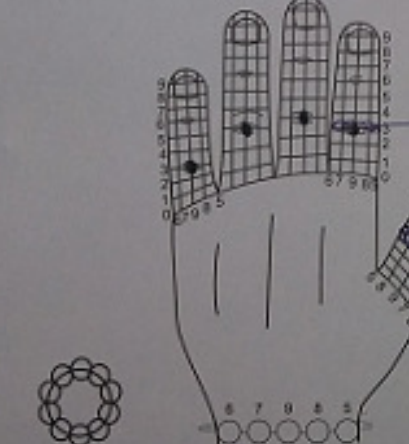
Common problems - (1) Frequent Cough & cold (2) Fever, (3) low immunity, (4) low HB, (5) weak memory, (6) Lack of concentration, (7) Acidity, abdominal pain, headache, (8) leg Pain, back Pain, knee Pain, (9) Anger & irritation, (10) PC Problems

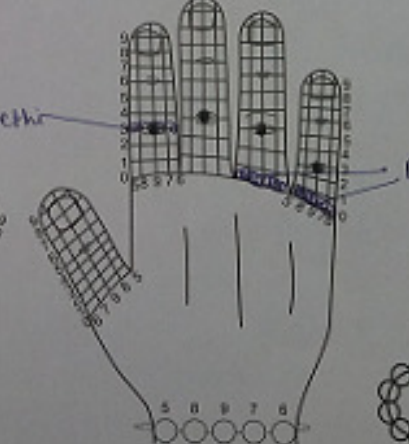


LMM



RMM





Treatment - [A] Eye, ear, nose & MM massage [during eye prayer for 10 min] & finger twisting
Gv20 - Massage for 1 min.

[B] (1) All fingers 'P' Ji 0 ↑ 9 ↓ by black colour [all Properties]
(2) Both 'IF' 'P' Ji: Methi strip [mush level effect - plasma, blood, eyes, depression]
(3) Rt SF 'K' Ji & Rt RF 'K' Ji - Methi strip [Lu & SP Ji: immunity improvement]
(4) Lt Th 'V' Ji Methi strip [For girls above 12 yrs. for hormone balancing]

**A joint treatment and research project by
Bhagini Nivedita Pratishthan, Sangli & Acupressure Vikas Sangathan
for special girl patients (HIV positive)**

Treatment sessions



