

Activities of ASPEUS

1. Research Section _____



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New Developments :

A synopsis of research sections of magazines (2016, 2017, 2018) :

1. Magazine 2016-1 : It covers :

- (a) New published books in year 2016.
- (b) New concept of spine treatment on F-6.
- (c) Long spiral meridian- evolved for first time.
- (d) EAV points plotted charts on byol chart. With teeth EAV points.
- (e) Some common worked out successful recipes of ayurvedic acupressure.

2. Magazine 2016-2 : It covers :

- (a) New publications from feb to sept 2016.
- (b) Common treatment recipe.
- (c) Energy combinations of 2 with charts and tables.
- (d) Leg meridians and treatment platforms discussed.
- (e) Group meridian Chart.

3. Magazine 2016-3 : It covers :

- (a) Energy combinations with 3 and tables.

4. Magazine 2017-1 : It covers :

- (a) Group meridian- phase 2, few examples.

5. Magazine 2017-2 : It covers :

- (a) New Ayurvedic meridian-AVM = Ayurvedic Voll meridian.

6. Magazine 2017-3 : It covers :

- (a) New Ayurvedic meridian- ATM = Ayurvedic Tip meridian.
- (b) Concise chart of spm – NF, OF
- (c) HIV, its process and acu points.

7. Magazine 2018-1 : It covers :

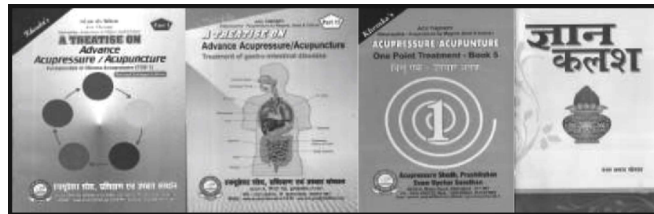
- (a) New Ayurvedic meridian- AWM= Ayurvedic Web meridian.

Magazine 2018-2 onwards, we shall put forth the sequential developments in acupressure, regarding the research section (new books, new points, new applications, case history compilations etc).

1. **Research(Books) :** The new books published recently are being listed below, along with their significance.

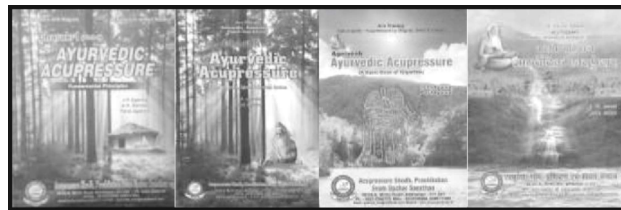
(a) Chinese acupressure – Treatise 1,2,3,4,5,11,13,15 are now available in English language.

One point treatment series 1-4, with part 5 published, covering chronic disorders treatment by single point recipes, 'Gyan Kalash' – a compilation of poems based on moral values, classic collection of translated Chinese poems and self developed in-depth literature by Mr. M. P. Khemka, President, ASPEUS.



Treatise 1 to Treatise 15 (Eng.) Price 300 (D) approx. One Point Vol. 5 Price 100 (P) Gyan Kalash Price 250

(b) Ayurvedic Acupressure – Charak-1 english (based on fundamentals), Charak-3 english(based on N.S.), Agnivesh and Bhardwaj English (basic books), Pocket books like Seed therapy, Magnet therapy, Colour therapy V-1, V-2, Chyawan-protocols by byol magnets.



Charak 1 (eng) Price 350 Charak 3 (eng) Price 450 (D) Agnivesh eng Price 100 (P) Bhardwaj (eng) Price 200



Seed Therapy Price 100 (P)

Magnet therapy Price 100 (P)

Colour Therapy V-1 Price 200 (P)

Colour Therapy V-2 Price 200 (P)

Chyawan Rishi (Protocols) Price 100 (P)

- (c) Anatomy / Physiology – Manav sharir vigyan(MSV) – hindi and Basics of human body (BHB)- English; Rogi rog upcharak-hindi and Patient, disease and humble servant-english;



- (d) Miscellaneous- Param sukshma abhinav V-1,2,3; Sujok acupressure now as sukshma abhinav V-1(based on sujok corr., named as SA-1);Pocket books like- Sushrut Rang Chikitsa (SRC)-english (colours based on TCM), Mirgi ke duare(fits).



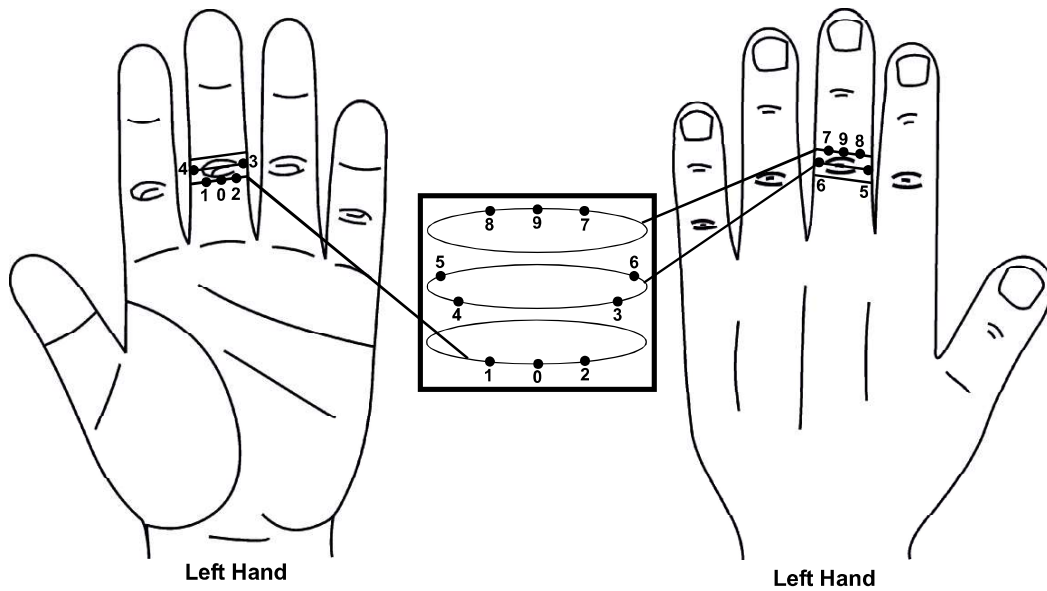
2. Research (Cases) – Compilation of case history of patients at Allahabad and outstation centers is being done regularly. Also they are being published in books and magazine –saraswati from time to time. Affiliated centers are regularly sending 3 cases yearly; Still, we had a great back log of earlier recorded case registers, all of which have now been cleared (by the help of Beena Jaiswal and team). Now, a collection of 600+ Ayurvedic, 500+ Chinese, 200+ miscellaneous cases are to be compiled in various books and magazine for our records (which is going on). In this regard, a series of CASE HISTORY MANUALS Vol-1.... Has been decided to be compiled and published from this year; out of this 6 manuals are under process. This shall help the therapists to study through the cases and understand the diagnostic and treatment methodologies of various therapists.

Further, the case history compilation has also at parallel started on the online platform of acuhealthline (www.acuhealthline.in a software on acupressure, developed by Mr. Mahantesh Saboji, Belgaum with an MOU with ASPEUS). Few ASPEUS therapists are trying to feed the day to day cases in the system and teach/ train colleagues so that our records can be really preserved; thereupon online case sorting, disease wise classification and statistical data could be generated. We are always in need of more qualified hands!

Case History Documentation Format (ASPEUS)

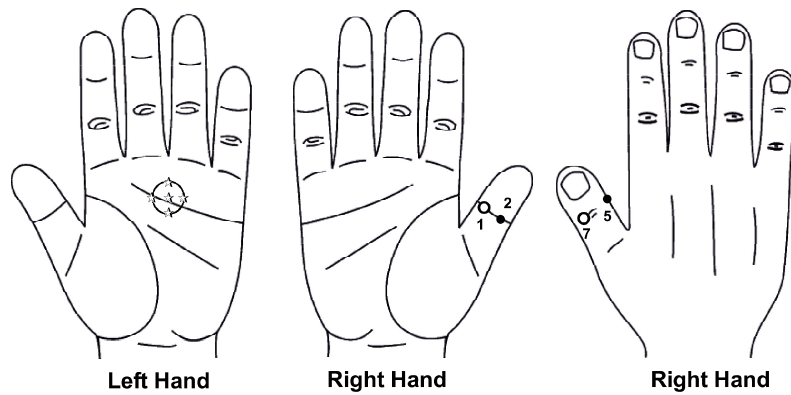
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- 3. Research (New Development/ Plottings) :** In series of new plottings like AVM, AWM, ATM etc., here is one more plotting on Pitta joints of fingers, making this joint as a unit of 3 group meridians. This has been named as “3 group joint meridian” (3GJM). The plotting figure is shown below. The pitta joint in our hands is more elaborate and has many palm lines inbuilt. Mostly therapists put points on this joint in various ways, having location issues. Slowly in the long run, this joint can be used (in routine) as 3 GJM, once therapists are familiar with its plotting. This will help us cover a wider area of this joint, bit above it and a bit below it. There upon, the 10 points of pitta joint are divided into the 3 rings drawn on this joint.

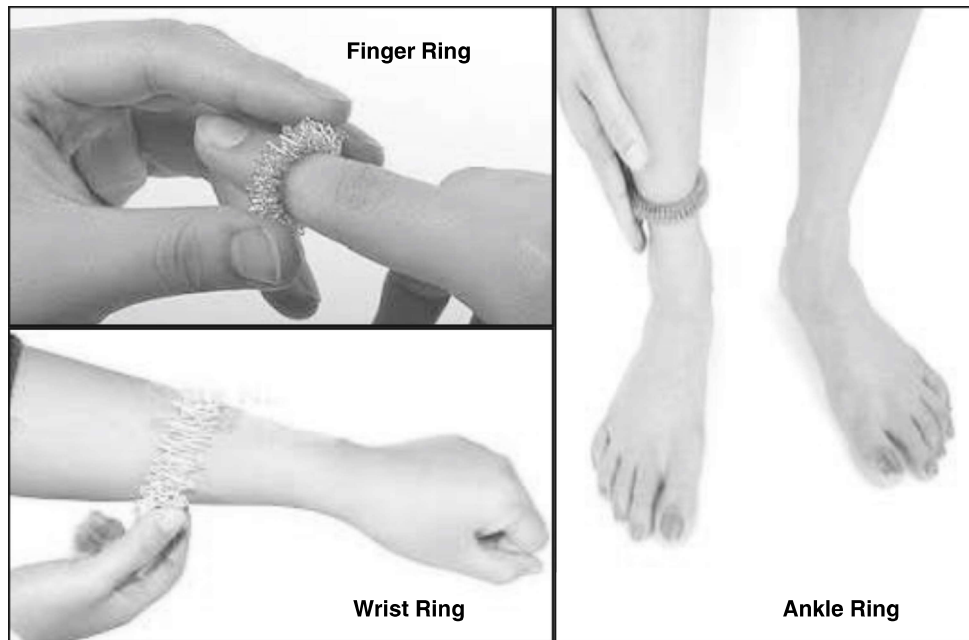


4. Research (Common Recipes) :

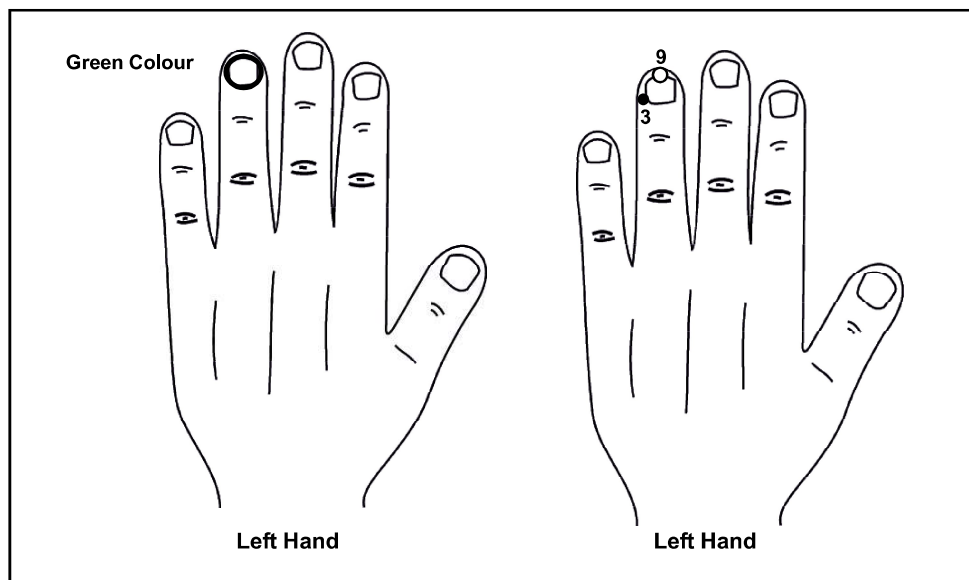
- (a) **Navel setting by points** – many patients are getting relief by just setting their navel in position using the points – a cluster at navel ayurvedic corr, and Rt thumb V jt 2, 5 sed 1,7 tone. As jerks on roads, etc causing lots of distress, this has worked as a great remedy in the past few months.



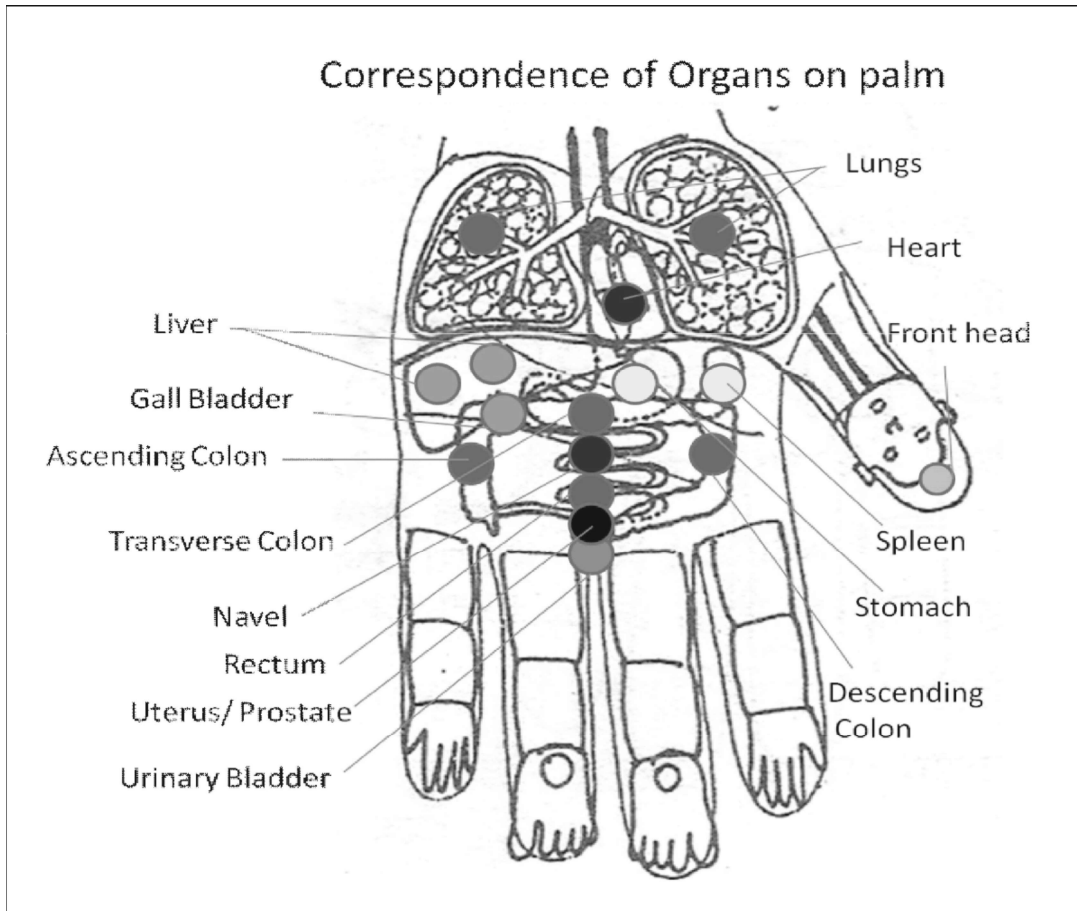
- (b) **Ring Massage on 10 fingers** – a simple, rigorous massage by ring, 1 min each finger, once a day has also brought great relief to patients. Specially in fatigue and bodyaches etc. Those whose finger joints are painful, are advised to use mega rings of wrist joint to massage on wrist joints 1/day.

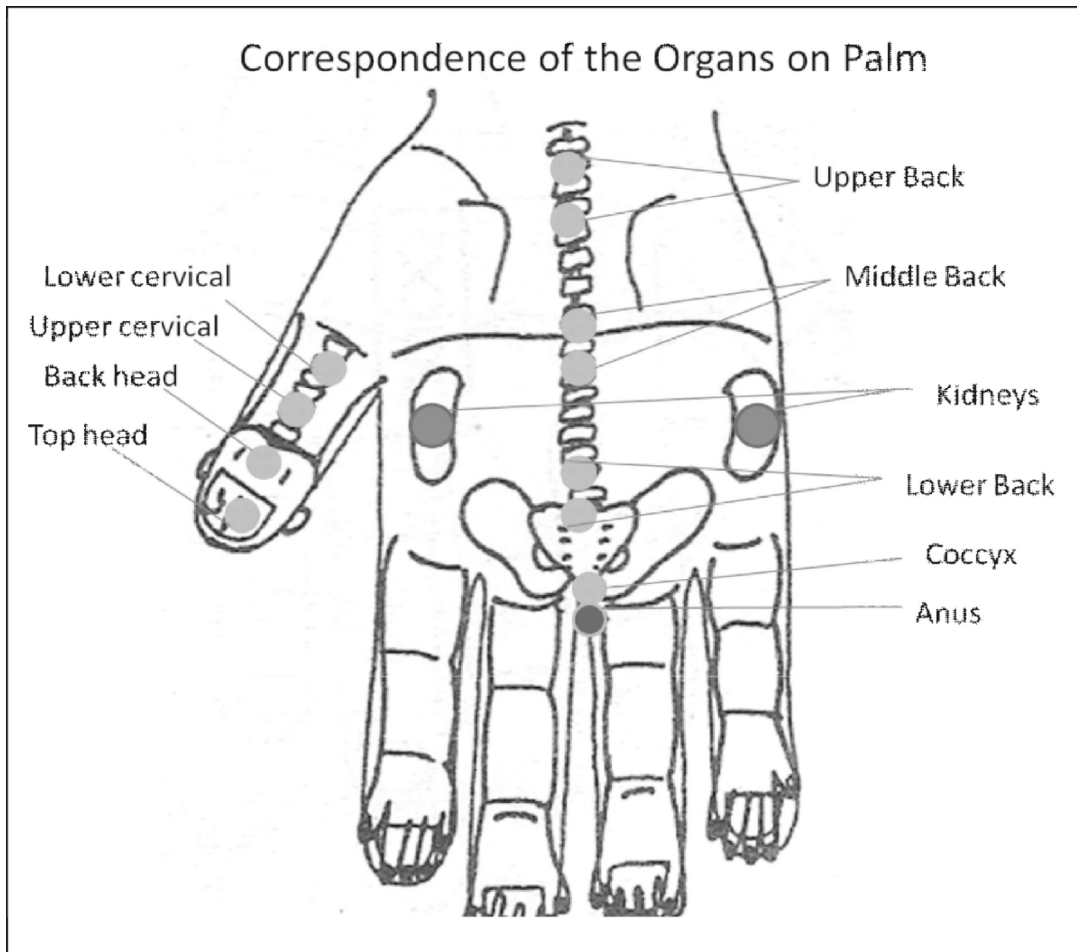


- (c) **Severe heat/ Loo** – these days the seasonal treatment of NCH (6) 3sed 9 tone by byol magnet or NCH (6) green colour is a great relief and provides cooling effect to patients.



- (d) **A diagnostic tool** – check all the major organs corr points on the palm. Find out the most painful point/ organ corr. Apply cluster star magnet and do an overall healing. Also one can check inference on this point and apply a chakra magnet on palm or a super byol on insect corr and easily keep ONE MAGNET for overhauling/ servicing of the human body. If further discomfort, select that organ related joint ; for example if liver corr is most painful, use F 3 K jt and so on.





- (e) **CM in AM – Chinese meridians in Ayurvedic Mould**, a new book and concept being developed ; using TCM meridian points on the finger joints 10 points as per ayurvedic acupuncture. There had been regular queries by therapists across the country as to how to use TCM protocols in ayurvedic system. Now by this , they can generate their own ayurvedic points using the CM in AM chart- books coming soon.

Chinese Meridians in Ayurvedic Mould
Division of Chinese Meridians in 10 Ayurvedic Points : A Chart (Books under process)

Ayu. Pts.	0	1	2	3	4	5	6	7	8	9
Lung Mer.	0 - 1.1	1.2 - 2.2	2.3 - 3.3	3.4 - 4.4	4.5 - 5.5	5.6 - 6.6	6.7 - 7.7	7.8 - 8.8	8.9 - 9.9	10 - 11
Large Int.Mer.	0 - 2	2.1 - 4	4.1 - 6	6.1 - 8	8.1 - 10	10.1 - 12	12.1 - 14	14.1 - 16	16.1 - 18	18.1 - 20
Stomach Mer.	0 - 4.5	4.6 - 9	9.1 - 13.5	13.6 - 18	18.1 - 22.5	22.6 - 27	27.1 - 31.5	31.6 - 36	36.1 - 40.5	40.6 - 45
Spleen Mer.	0 - 2.1	2.2 - 4.2	4.3 - 6.3	6.4 - 8.4	8.5 - 10.5	10.6 - 12.6	12.7 - 14.7	14.8 - 16.8	16.9 - 18.9	19 - 21
Heart Mer.	0 - 0.9	1 - 1.8	1.9 - 2.7	2.8 - 3.6	3.7 - 4.5	4.6 - 5.4	5.5 - 6.3	6.4 - 7.2	7.3 - 8.1	8.2 - 9
Small Int.Mer.	0 - 1.9	2 - 3.8	3.9 - 5.7	5.8 - 7.6	7.7 - 9.5	9.6 - 11.4	11.5 - 13.3	13.4 - 15.2	15.3 - 17.1	17.2 - 19
Urinary Bl.Mer.	0 - 6.7	6.8 - 13.4	13.5 - 20.1	20.2 - 26.8	26.9 - 33.5	33.6 - 40.2	40.3 - 46.9	47 - 53.6	53.7 - 60.3	60.4 - 67
Kidney Mer.	0 - 2.7	2.8 - 5.4	5.5 - 8.1	8.2 - 10.8	10.9 - 13.5	13.6 - 16.2	16.3 - 18.9	19 - 21.6	21.7 - 24.3	24.4 - 27
Pericardium Mer.	0 - 0.9	1 - 1.8	1.9 - 2.7	2.8 - 3.6	3.7 - 4.5	4.6 - 5.4	5.5 - 6.3	6.4 - 7.2	7.3 - 8.1	8.2 - 9
Triple War.Mer.	0 - 2.3	2.4 - 4.6	4.7 - 6.9	7 - 9.2	9.3 - 11.5	11.6 - 13.8	13.9 - 16.1	16.2 - 18.4	18.5 - 20.7	20.8 - 23
Gall Bl.Mer.	0 - 4.4	4.5 - 8.8	8.9 - 13.2	13.3 - 17.6	17.7 - 22	22.1 - 26.4	26.5 - 30.8	30.9 - 35.2	35.3 - 39.6	39.7 - 44
Liver Mer.	0 - 1.4	1.5 - 2.8	2.9 - 4.2	4.3 - 5.6	5.7 - 7	7.1 - 8.4	8.5 - 9.8	9.9 - 11.2	11.3 - 12.6	12.7 - 14
Conception V.Mer.	0 - 2.4	2.5 - 4.8	4.9 - 7.2	7.3 - 9.6	9.7 - 12	12.1 - 14.4	14.5 - 16.8	16.9 - 19.2	19.3 - 21.6	21.7 - 24
Governing V.Mer.	0 - 2.8	2.9 - 5.6	5.7 - 8.4	8.5 - 11.2	11.3 - 14	14.1 - 16.8	16.9 - 19.6	19.7 - 22.4	22.5 - 25.2	25.3 - 28

GROUP MERIDIANS:-N/OF

5. Research (Explanation on group meridian) – The concept of group meridians was developed to group together the multiple meridians of ayurvedic acupressure and to approach a problem through minimum points and maximum meridian coverage. In this regard, the concepts of Vm, HZM, SPM the 3 main meridians were clubbed together, first into 2 as LVM, LHM, RLHM, LSPM etc. Then after there was a need to club 3 and more meridians as the patients of varied grave diseases, approached to us. Hence a pattern of grouping/ clubbing meridians together was developed in the form of a chart (Mag 2016-2).

No. of meridians	Points on meridians	1st meridian	2nd meridian	3rd meridian	4th meridian	5th meridian	6th meridian	7th meridian	8th meridian	9th meridian	10th meridian
Single meridian	Vm, Hzm, Spm	0 - 9 points									
Single meridian(OF)	Vm, Hzm, Spm(OF)	9 - 0 points									
Two meridians	Vm2 (LVM, RLVM)	Vm=0,1,2,3,4	5,6,7,8,9								
	Hzm2(RLHM), Spm2(Lspm)	Hzm, Spm=0,1,2,3,4	5,6,7,8,9								
Two meridians(OF)	Vm2 (LVM, RLVM)- (OF)	Vm=98765	4,3,2,1,0								
	Hzm2(RLHM), Spm2(Lspm)OF	Hzm(OF), Spm(OF)=98765	4,3,2,1,0								
Three meridians	Vm3, Hzm3, Spm3	0,1,2	3,4,5	6,7,8,9							
Three meridians(OF)	Vm3,Hzm3, Spm3(OF)	9,8,7	6,5,4	3,2,1,0							
Four meridians	Vm4, Hzm4, Spm4	0,1,2	3,4	5,6	7,8,9						
Four meridians(OF)	Vm4, Hzm4, Spm4(OF)	9,8,7	6,5	4,3	2,1,0						
Five meridians	Vm5, Hzm5, Spm5	0,1	2,3	4,5	6,7	8,9					
Five meridians(OF)	Vm5, Hzm5, Spm5(OF)	9,8	7,6	5,4	3,2	1,0					
Six meridians	Vm6, Hzm6, Spm6	0	1,2	3,4	5,6	7,8					
Six meridians(OF)	Vm6, Hzm6, Spm6(OF)	9	8,7	6,5	4,3	2,1					
Seven meridians	Vm7, Hzm7, Spm7	0,1	2	3	4,5	6	7	8,9			
Seven meridians(OF)	Vm7, Hzm7, Spm7(OF)	9,8	7	6	5,4	3	2	1,0			
Eight meridians	Vm8, Hzm8, Spm8	0,1	2	3	4	5					
Eight meridians(OF)	Vm8, Hzm8, Spm8(OF)	9,8	7	6	5	4					
Nine meridians	Vm9, Hzm9, Spm9	0	1	2	3	4	5	6	7	8,9	
Nine meridians(OF)	Vm9, Hzm9, Spm9(OF)	9	8	7	6	5	4	3	2	1,0	
Ten meridians	Vm10, Hzm10, Spm10	0	1	2	3	4	5	6	7	8	9
Ten meridians(OF)	Vm10, Hzm10, Spm10(OF)	9	8	7	6	5	4	3	2	1	0

This chart was developed keeping in mind , only 10 points in all group combinations. i.e. if we join 2 or any number of more meridians together, all will work as one meridian and total points will be 10 in all. For example, group of 2 meridians , each meridian has 5 points; group of 3 meridians, each has 3 points and last one has 4 points as covers maximum energy as of 9 number. So equal distribution of points in all group meridians has been kept for easy understanding. We shall take a few examples below to understand the varied aspects of group meridians and their usage:

Ex. 1 : Group of 2 VM or 2 HZM or 2 SPM; if 3-4 VM/ HZM/SPM is grouped , the points will be – 3VM/HZM/SPM will have 01234 points and 4 VM/HZM/SPM will have 56789 points.

To apply, 245sedate 37tone on 3-4 VM/HZM/SPM, select the meridian and the points as stated above i.e.

24 sedate, 3 tone on 3VM/HZM/SPM and

5 sedate, 7 tone on 4 VM/HZM/ SPM.

Ex. 2 : Group of 3 VM/ HZM/SPM; if 2-5-7 VM/HZM/SPM are grouped, the points will be 2VM/HZM/SPM will have 012 points,

5VM/HZM/SPM will have 345 points,

7VM/HZM/SPM will have 6789 points ; as shown in the group chart.

To apply, protocol 2-5-7 VM/HZM/SPM group - 245sedate 37tone, select the meridian and the points as stated above i.e.

2VM/HZM/SPM will have 012 points,.....2 sedate

5VM/HZM/SPM will have 345 points,.....3 tone, 45 sedate

7VM/HZM/SPM will have 6789 points.....7 tone

Ex. 3 : Group of 10VM/HZM/SPM; if all 0-9 VM/HZM/SPM are grouped, the points and the protocol (2457sedate, 368 tone) will be :

Protocol = All VM/HZM/SPM group- 2457 sedate, 368 tone :

0 VM/HZM/SPM will have 0 point,

1 VM/HZM/SPM will have 1 point,

2 VM/HZM/SPM will have 2 point,....2 sedate

3 VM/HZM/SPM will have 3 point,....3 tone

4 VM/HZM/SPM will have 4 point,...4 sedate

5 VM/HZM/SPM will have 5 point,...5 sedate

6 VM/HZM/SPM will have 6 point,...6 tone

7 VM/HZM/SPM will have 7 point,...7 sedate

8 VM/HZM/SPM will have 8 point,...8 tone

9 VM/HZM/SPM will have 9 point; as shown in group chart.

These examples were of simple grouping of more than one meridian, with same set of points i.e. in 2 or more meridians, in each meridian, same treatment is given. There are other means also where we can club/group the meridians to reduce number of points.

Ex. 4 : Group of fingers, with same meridian : Protocol F 3, 4, 5- 3 spm- 23 sedate 14 tone; in this 3 fingers can be grouped as in all 3 fingers, same 3rd spm is taken.

F-3-3 spm- points = 0121 tone, 2 sedate

F-4-3 spm- points = 345.....3 sedate 4 tone

F-5-3 spm- points = 6789

Ex. 5 : Group of NCH with same treatment :

Protocol – NCH (5678) – 45sed 36tone

NCH(5) = points 012

NCH(6) = points 34.....3 tone, 4 sedate

NCH(7) = points 56.....5 sedate 6 tone

NCH(8) = points 789

Ex. 6 : Group of joints with same treatment :

Protocol- F 12345 – V jts – 24 sedate 36 tone

F 1 V jt= points 01

F 2 V jt= points 23.....2 sedate 3 tone

F 3 V jt= points 45.....4 sedate

F 4 V jt= points 67.....6 tone

F 5 V jt= points 89

In this manner, grouping of any number of meridians with similar patterns of treatment, can be grouped together. Now this facility is also available in the online software www.acuhealthline.in, where a therapist/staff can log in and feed the case of the patient and generate the group chart of that patient. For any further query and help for group patterns, kindly attend national conference for updations.

Many recipes of group meridian cases are being published from magazine 2017 onwards in the case history section of local and outside therapists panels. Kindly go through the cases and you may directly consult the concerned therapist also. How and when to use these group meridians is purely dependent on the gravity of the patient's disease and how many meridians/platforms of treatment, the therapist needs to select. For example, if whole

spine is affected, we can take all VM of F6 as a group as F 6 V Jt covers spine and its branch all VM belong to V jt. Similarly all spm- group for eyes can be taken on F 3; all hzm group for lungs on F1 and all hzm group for Kid on F 4, For heart on F 2 – all hzm group, for stomach on F 5 all VM group and for blood disorders F3 all spm group etc. This concept of covering group of all VM/HZM/SPM on a finger is similar to overhauling/servicing of that element, its organs, tissues. (an advanced treatment, similar to ring massage). This can be worked on by inference of energy on group meridian points and thereby applied.

Here is a small effort to bring a write up on group meridians. Slowly we shall take up one by one the new developments of the therapy in this section and updating all our therapists with the latest developments in this field. Also this section invites works done by our therapists, exclusively in this field and if they would like to share their mysterious points/ protocols/ concepts, they can email to aspeus.mag@rediffmail.com with subject – research section.

मोटापा नियंत्रण के उपाय आहार में सुधार

**भूख के संतुलन के लिए नाभि चक्र चेक करें तथा एक्यूप्रेसर उपचार द्वारा नियंत्रित करें।
प्रतिदिन लगभग तीन लीटर तरल पदार्थ का सेवन करें।**

- प्रातःकाल उठकर सर्वप्रथम एक लीटर गुनगुना जल ग्रहण करें।
- प्रत्येक भोजन से पहले आधा लीटर जल ग्रहण करें।
- भोजन के पश्चात् यदि जल ग्रहण करना आवश्यक हो तो दो घंटे बाद ग्रहण करें।
- प्रकृति प्रदत्त भोजन जैसे फल, सलाद आदि का सेवन अधिक-से-अधिक करें।
- मौसम के फल ग्रहण करने पर गम्भीर रोग भी नियंत्रित होते हैं।
- इस प्रकार ईश्वर निर्मित भोजन सेवनीय है।
- फैक्टरी निर्मित भोज्यपदार्थ यथा-बिस्किट, ब्रेड, मिठाई आदि का सेवन कम-से-कम करें।
- प्रतिदिन एक्यूप्रेसर का पावरमैट/पिरामिड पर दस मिनट कदमताल करें।
- सबसे अधिक पसन्द (खाने वाली) चीजों में कम-से-कम 25 प्रतिशत की कटौती करें।
- भूख से थोड़ा कम खाएँ।

**सभी प्रकार की बीमारियों के लिए
एक्यूप्रेसर जैसी
प्राकृतिक चिकित्सा अपनाएँ।**



एक्यूप्रेसर शोध, प्रशिक्षण एवं उपचार संस्थान

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