Activities of ASPEUS

1. Research Section _





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A Question - Answer Section :

- **Q.** I am Girish Kumar Joshi, from ISHAN Bangalore and am studying IV semester (ADAHS) Clarifying the following queries on understanding and using the equivalent protocols in Ayurvedic acupressure for the TCM protocols:
- 1. How do we define the Qi deficiency, Qi Excess, Qi Sinking and Qi Contravection condition in Ayurvedic Acupressure.
- 2. For the Liver blood stasis what are the equivalent points which we can use in Ayurvedic acupressure?

Please let me know if there is any relevant literature available to further and understand.

Thank you for conducting wonderful classes and enlightening us on the intricacies of Acupressure.

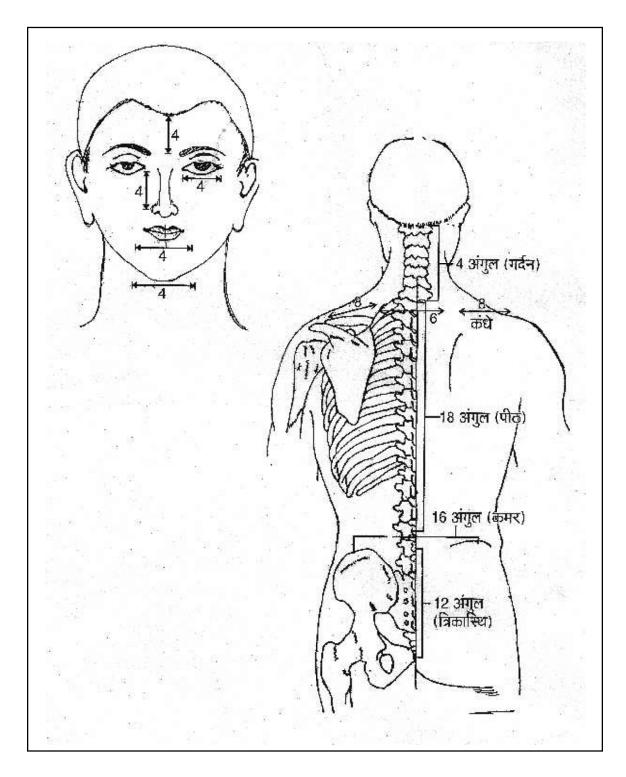
Ans. Sir, TCM is based on 5 Elements while AA on 10 - Elements. Hence there is a broad difference in two. Still in Nov, 2018 conference, Book "Chinese Meridians in Ayurvedic Mould" Vol - 1, 2 are publised. It covers TCM meridians on ayurvedic joints. One can now CREATE any TCM protocol on AA joints or just apply seeds/colours.

Kindly refer the books., Regards, Parul Agrawal

B. Measurement (परिमाप)

Human Body face, neck, spine etc. are so well, symmetrically made by divine power. The 'angul' = finger measurement of few region are depicted here to know the IMPORTANCE and IDEN-TITY of each segment.

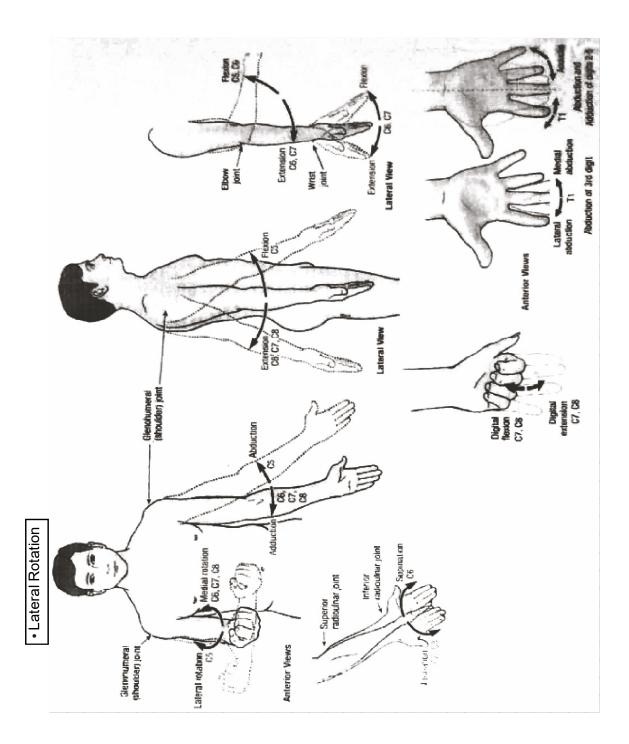


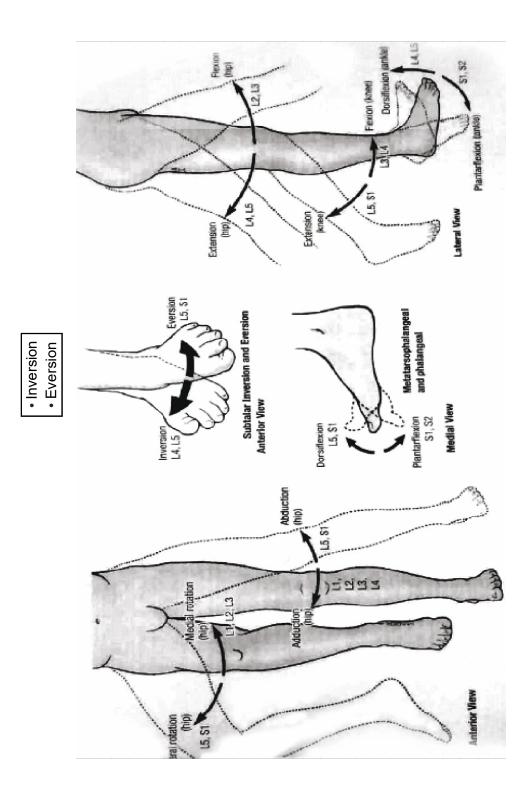


Flexion Medial Rotation Extension Adduction Abduction Flexion (elbow) C5, C6 Extension C6, C7 (elbow) Ishoulder 07 68 Flexion Extension (wrist) Abduction (wrist) Flexion Extension (shoulder) (shouider) shoulder) C Adductio C5 **B.** Lateral View Pronation Ć6. C7. shoulde Supination Supination (forearm) 15 C6 Pronation Extension (hip) (forearm) Flexion C7, C8 hip) Abduction C. Anterior View L4, L5 Adduction 12,13 (hip) 15.5 T Extension L2 13 iknee L5. S Texion (knee) 13/1 Darsillexion lankie) Abduction T1 Adduction Abduction and Adduction of Digits E. Lateral View (Metacarpophalangeal Joints) SZ Plantarflexion (ankle) D. Anterior View

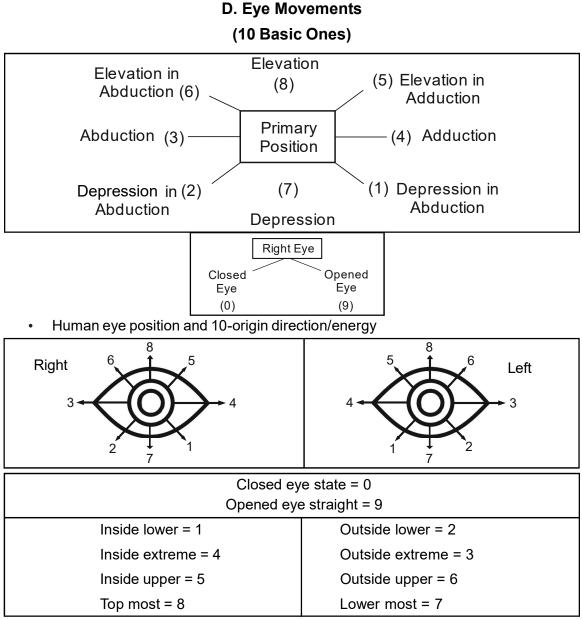
C. Learn Joint Movement (in relation to Spine segments) 10 Fundamental Motions

Treatment Approach = Both thumbs 7 Spr meridian combinations. Example 7-0, 7-1, 7-2 & so on.





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Treatment approach - F. No. 3 = eye related. Hence F. No. 3 - Pjt = eye Pjt related to 10 Spm, 7 Spm = direction.

So 7 Spm combination i.e. 7-0 Spm², 7-1 Spm², 7-2 Spm²,.... will treat 10 eye directions. Also F. No. 3 - Pjt - points 7-0 (2 points) methi seeds treats closed eye (0) condition; and F. No. 3 - Pjt - points 7-9 treats opened eye condition (9) and so on.

E. New Books in Conference - 2018

- 1. Treatment of Injuries Vol 1
- 2. Treatment of Injuries Vol 2
- 3. Children Health Guide (CHG)
- 4. Acu Yoga
- 5. Chinese Meridian in Ayurvedic Mould (CM in AM) Vol - 1
- 6. Chinese Meridian in Ayurvedic Mould (CM in AM) Vol - 2
- 7. Ayurvedic Acupressure Case Manual 1 (AA CM - 1)
- 8. Ayurvedic Acupressure Case Manual 2 (AA CM - 2)
- 9. Ayurvedic Acupressure Case Manual 3 (AA CM - 3)

- M P Khemka
 - M P Khemka
 - Parul, Anil, Nayna
 - Parul, Anil, Nayna



- J P Agarwal, Parul Agarwal

F. Other Highlights - (see annexure of magazine 19-1/2)

(i) Acu Bags - Carry Bags and Leather Bags





LB - 3 (Laptop bag) LB - 4 (Travel bag)

(ii) Acu Dress (Apron)





White

(20)

(iii) Acu Boxes

Acu Boxes (10-01-2019)						
Box Number	Box Name	MRP Incl.Tax	After 20%Disc.	After 40% Disc.		
Box - 1	Methi Box	5/-	4/-	3/-		
Box - 2	Magnet Box	10/-	8/-	6/-		
Box - 3	Small 4 Section	20/-	16/-	12/-		
Box - 4	Big 4 Section	30/-	24/-	18/-		
Box - 5	Plain Box	30/-	24/-	18/-		
Box - 6	Small 6 Section (A)	50/-	40/-	30/-		
Box - 7	Broad 6 Section (B)	60/-	48/-	36/-		
Box - 8	Medium 6 Section (C)	60/-	48/-	36/-		
Box - 9	9 Section	120/-	96/-	72/-		
Box - 10	Large 6 Section (D)	150/-	120/-	90/-		

Box - 1	Box - 2	Box - 3	Box - 4	Box - 5
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Box - 6	Box - 7	Box - 8	Box - 9	Box - 10

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