

Activities of ASPEUS

1. Research Section



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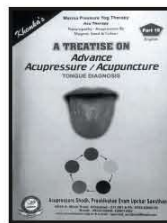
This section tries to cover the updates of ASPEUS regarding the new books published, new points developed, new applications and case history documentations etc. Here is the series of these sections , in continuation with Saraswati Magazine 2018-2nd issue.

1. New Books published –

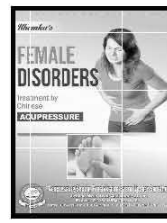
- a) Chinese acupressure (CA) – 4books = Treatise 7 eng, Treatise 18 eng, Female disorders (pocket book- FD CA), Treat Injury (Pocket book).



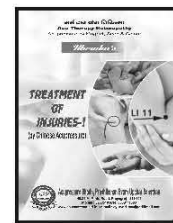
Tr - 7 (Eng)



Tr-18 (Eng)

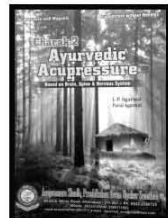


FD TCM

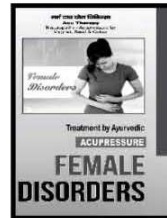


Injury Vol- 1,2

- b) Ayurvedic Acupressure (AA)- 6 books = Charak 2 eng, Female disorders (pocket book- FD AA), Chinese Meridiands in Ayurvedic Mould - Vol 1, 2, 3 (CM in AM -1, 2, Case Manual Vol- 1,2,3.



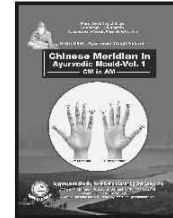
Charak 2 (Eng)



FD AA

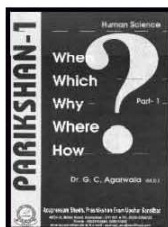


Case Manual-1,2,3

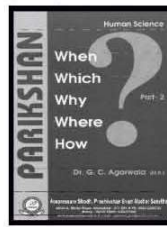


CM-AM Vol- 1,2

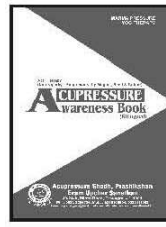
- c) Miscellaneous – Parikshan 1 & 2 eng, New Acu Tools List C (last pages of magazine), Awareness (Bilingual), Children Health Guide, Acu- Yoga.



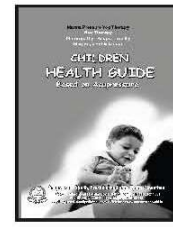
Parikshan - 1 (Eng)



Parikshan - 2 (Eng)



Awareness Bilingual



Children Health Guide



Acu Tools (List C)



Spine Roller

2. New Points developed –

The books CM in AM Vol 1,2,3 covers a wide variety of newly developed point patterns and protocols ,keeping in mind Chinese meridian pathways and their treatment by ayurvedic acupressure. The basis is given here :

For example, the TCM St meridian goes from eyes to face, trunk, legs to toes. This can be treated simply on one joint i.e both thumb V jt.

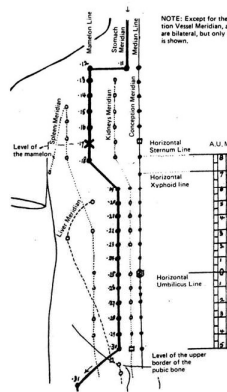
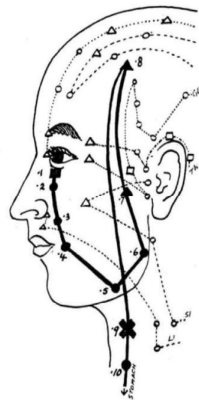
F 0 V jt = rt St meridian.

F 9 V jt = left St meridian.

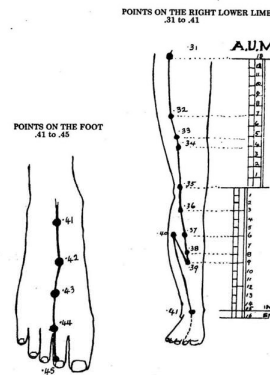
So any problem in starting points / regions of St meridian, st 1 to 5 for example, treat the 0 point of the thumb V jt. Similarly any problem at end points foot area ST meridian, treat the 9 point of thumbs V jts. The problems from neck to trunk to leg of ST meridian pathway, treat the thumbs V jts points 1-8 respectively.

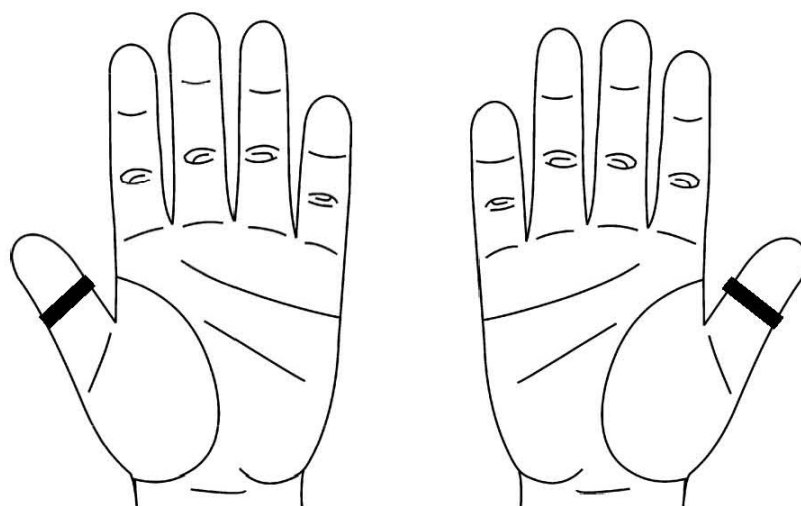
Similar methods are illustrated in the books with all other TCM meridians , using minimum points now.

Stomach Meridian



NOTE: Except for the Concep-
tion Meridian, all points
are bilateral, but only one side
is shown.





Stomach TCM Meridian on Fingure Joints

3. New Applications –

It's a great pleasure to receive good treatment feedbacks from therapists across the country through magazine email and our aspeus whats app groups. Our team is trying to compile these feedbacks and present here before all for knowledge of all. One such case feedback of Mr Shahroz Rizvi, Allid is here :

Feedback-
Summary of patient under treatment Since 2-1-2018

Therapist - Prof Shahroze Rizvi
Co-Therapist - Mr Mahesh Jayaraman (Sepalika)
Patients Name - Mrs. Ashu Gupta
Age - 28 yrs
Place - Pune
Case Details - When she enrolled to the program - BEFORE TREATMENT

Period Before Joining the Program - 5th November 2017 (On BCP) - No Natural Period for the past 6-7 Years! Weight: 78 kgs; Waist: 36 inches; Hip: 42 inches; BMI: 30.4; Waist to Hip Ratio: 0.9. Was diagnosed with PCOS in Year 2011. Did not get periods

without "Birth Control Pills"; Had irregular periods since the onset of puberty and then periods stopped completely from Year 2011. Had undergone various Allopathy treatments in Past- Yasmin (3-4 years); Clomid (4 months); Letroz (1 month); Gonadal F injections (2 months). Medicines which was already taking when she entered the program - Some dietary supplements (Shelcal; Omega 3) + Glycomet 500 SR. Period Quality - Lasted 2 days - Scanty Flow. Other Symptoms - Face Acne; Hair Fall all over the head.

TREATMENT DETAILS -

1. Treatment was provided under "Sepalika's Natural PCOD Reversal Programme"
2. The treatment was overseen by M.D.s, Nutritionists and Acupressure Therapists
The treatment was entirely online. The patient never met us. She followed everything from her home in Pune.
3. Acupressure kit was sent to her and the treatment was self-administered at home.
Magnet location corrections were sent via Whatsapp. Tongue diagnosis was done using image sent by patient and progress was tracked in the same way.
4. She was put on LCHF diet and Magnet Acupressure Therapy.
Hormonal medications and Glycomet was discontinued.

Treatment Protocols used on her over a period of 5 Months -

Stage 1 : Right thumb VJt 3,6+4,5- ; RMF P Jt 3,4+,6- ; CV6, TW6- B/L ; Chakra D green.

Stage 2 : TW6 Sed (L/R) ; RMF PJt 3,4+6- ; Chong Mo [Sp4+ (Rt) , P6- (Lft)] ; Both RF
KJt 3,6+4,5- ; Chakra D green.

Stage 3 : RMF 5/6 LHM 3,4+5,6- CV6, TW6- B/L ; Chong Mo [Sp4+ (Rt) , P6- (Lft)]

Stage 4 : RIGHT THUMB 5/6 RLHM 3,6+4,5- ; Liv 8 + (L/R)

Note - (+ means Tone and - means Sedate)

PROGRESS OF THE PATIENT AS ON 1ST JULY 2018

1. First Natural Period on 8th June 2018 which lasted for good 3 days with Normal Flow.
Abdominal discomfort was there which was quite natural as she had a natural period after 6-7 years!
2. Lost 8.3 kgs weight ! Lost 4 inches on waist and 5 inches on Hip !
3. Significant Reduction in Hair Fall ; Hair Quality Improved !
4. Acne gone completely ; Glowing Skin !
5. Improved Energy Levels, Feels a lot younger than her age !

Here is a Video Testimonial of Ashu Gupta which explains her patience and persistence on the program and the tremendous results she has seen !

https://youtu.be/s_NbldKKrzk

4. Case history compiling –

As, mentioned earlier in mag 18-2, lots of old case records are being compiled disease wise , by our team members and developed into case manuals. In this regard first AA CM-1 is being published. Kindly give your suggestions in this regard to aspeus.parul@gmail.com. All are requested to send their cases only to Humera ji (healthyliving@hotmail.co.in), Bangalore to set into a standard format, for publishing in magazine/case manuals. Affiliated centres also, kindly send your 3 cases/year to piyush for verification then it is forwarded to humeraji and her team.

Please note - Cases with incomplete details as dates, responses, contact number etc will not be considered.

5. Promotion Cell-

A team of core associates is working under Mr Anil Singh, Surat, on behalf of ASPEUS. We have a promotion cell with media, news paper updates headed by Urvashi ji; a whats app groups panel across country by Anil singh and team; Day to day updates of ASPEUS activities and notices are weekly posted in these groups to spread the therapy and ASPEUS in every corner of the country. Also internationally, ASPEUS members are quiet actively promoting the therapy and literature.

To be a part of us and our updates , make more saraswati magazine members (contact Karan - 7755021114) and to be part of our whats app group, contact mr Anil Singh - 9879687573.

Latest what's app group updates (05/08/18) of all 6 all india and 1 international group members

East	-	105		North	-	254
West-1	-	251		West - 2	-	15
South	-	243		Central	-	136
International	-	24		Total therapists	-	1028

Now total number of therapists in all groups is 958 till date. (minus WEC member)

Total ARF members - 1158 till date, by Karan

Total Affiliated Centres - 272 till date, by Piyush

Total Old Book Sale - Stock clearance by Sushma Ojha

This is all about our sections this time. See you with more developments in literature and growth in the next year 2019 and the coming years.