

## Activities of ASPEUS

### 1. Research Section



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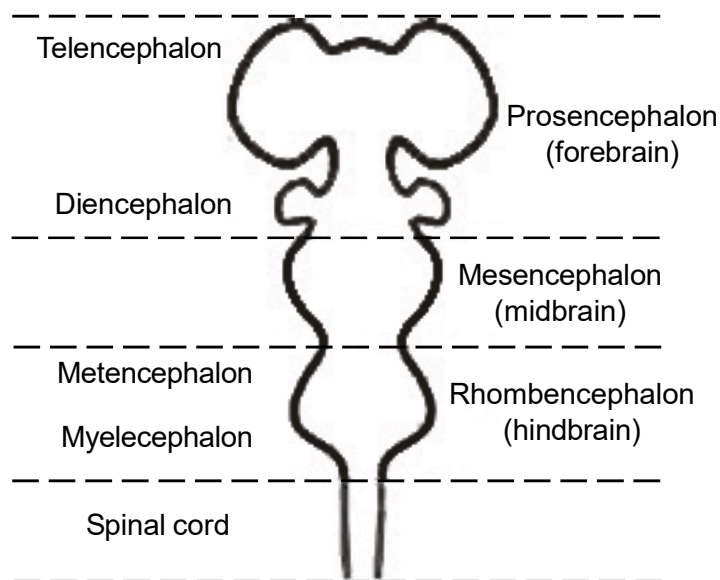
For this magazine 2019-4th issue, the work on Ayurvedic Turyathata system and a synopsis of treatment feedbacks based on Brain and spine points along with kidney points is being presented. Thereafter a brief about new books and tools by ASPEUS is given.

#### (A) The Human Brain .....

A mind is a terrible thing to waste.

A healthy mind is the greatest treasure to find.

Human behavior flows from three main sources: desire, emotion and knowledge.



Based on this , here is presented primarily the points related to Brain segments mainly front head, top head and back head. Covering the Forebrain, midbrain, hindbrain as shown in the above figure of embryonic human brain. As discussed in magazine 2019-3<sup>rd</sup> issue, to check the brain of a patient at a gross level, one can press these 3 points on left thumb and ask for the pain sensitivity on points. The painful points are selected for treatment. Then after magnet/seed can be applied on the painful head points as follows-

Front head/ forebrain corr - cluster star or chakra (after inference)  
 Top head/midbrain corr - 4 methi seeds or BM3 (after inference)  
 Back head/hindbrain corr - 4 methi seeds or BM3 ( after inference)

A survey on this on further 21 patients is presented below-

Out of the previous **15 patients** worked upon regarding different disorders (age group 30 - 70 years), the affected brain segments involved/ painful were -

|            |          |           |
|------------|----------|-----------|
| Front head | Top head | Back head |
| 1/15       | 1/15     | 13/15     |

Now, In further progress, another **21 patients** of similar age groups as before, the data is as below-

|           |          |           |               |
|-----------|----------|-----------|---------------|
| Forebrain | midbrain | hindbrain | None affected |
| 0/21      | 2/21     | 9/15      | 12/15         |

This further indicates that in day to day patients, the back head/hindbrain region (brain stem, medulla, pons, cerebellum) is being highly affected.

On combining the above two statistics, we get the data as below of 15+21 = **36 patients-**

|           |          |           |               |
|-----------|----------|-----------|---------------|
| Forebrain | midbrain | hindbrain | None affected |
| 1/36      | 3/36     | 22/36     | 12/36         |

Based on this we can say that maximum patients are affected in the following mannar -

**Hindbrain > brain not affected > midbrain > forebrain**

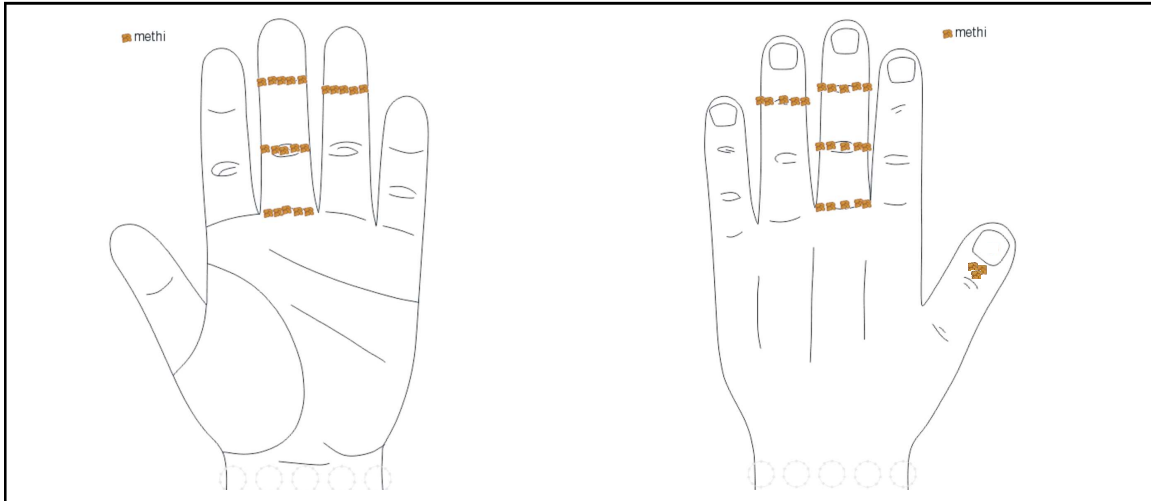
So the prime focus of our treatment should be to check almost of every case, the point of hindbrain. And do a sedation by BM3 as a general rule.

Further the finger joints related to brain segments are as below-

|                             |                           |                              |
|-----------------------------|---------------------------|------------------------------|
| <i>Hindbrain/ back head</i> | <i>Midbrain/ top head</i> | <i>Forebrain/ front head</i> |
| F 6 K jt (medulla)          | F 8 V jt (midbrain)       | F 9 V jt (cerebrum)          |
| F 7 V jt (pons)             | F 8 P jt (ventricles)     |                              |
| F 7 P jt (ventricle)        | F 8 K jt (limbic system)  |                              |
| F 7 K jt (cerebellum)       |                           |                              |

Thus for treatment ,as a general remedy, we need to check hindbrain/back head corr, put methi seeds or BM3 sedation here; and also check painful joints related to it i.e F 6-V jt, F 7 VPK jts and put methi strips on it. This relaxes and balances a lot of ailments related to our brain itself as well as the regulatory effects of brain on our body, the body controls on urine, stool, appetite, thirst, balancing, breathing, etc etc. A diagrammatic view of this treatment is given below-

A general recipe for all -  
 Back Head corr methi  
 F 6 V jt and F 7 VPK jts methi strips

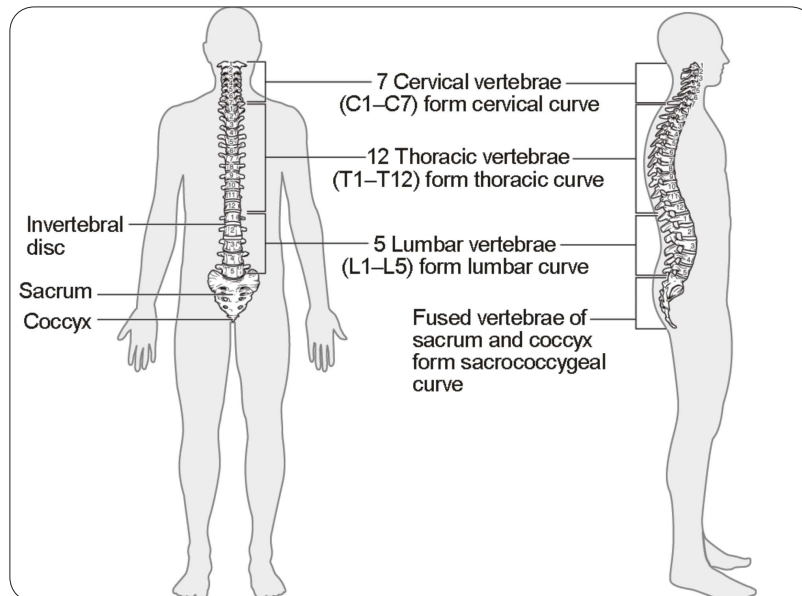


**(B) The Human Spine.....**

You are only as young as your spine is flexible.

The spine holds the key to the body's incredible potential to heal itself.

Posture is important. Look less like a comma (,) and more like an exclamation mark (!).



Another continued survey was done on same next 21 cases on the spine related corr points. The spine points were divided for testing, into following categories and the painful ratio is below - ( old data of **15 patients** as per 2019-3<sup>rd</sup> issue)

|                    |                          |                      |                      |                       |
|--------------------|--------------------------|----------------------|----------------------|-----------------------|
| Cervical<br>(Neck) | Upper back<br>(Thoracic) | Mid back<br>(Lumbar) | Low back<br>(Sacral) | Coccyx<br>(tail bone) |
| 14/15              | 2/15                     | 6/15                 | 6/15                 | 1/15                  |

New data of next **21 patients** -

|          |            |          |          |        |               |
|----------|------------|----------|----------|--------|---------------|
| Cervical | Upper back | Mid back | Low back | Coccyx | None affected |
| 9/21     | 1/21       | 4/21     | 5/21     | 4/21   | 9/21          |

Combined 15+21= **36 patients** data -

|          |            |          |          |        |               |
|----------|------------|----------|----------|--------|---------------|
| Cervical | Upper back | Mid back | Low back | Coccyx | None affected |
| 23/36    | 3/36       | 10/36    | 11/36    | 5/36   | 9/36          |

Thus for the spinal segments , we can again state the order of affected spinal segments looks like below-

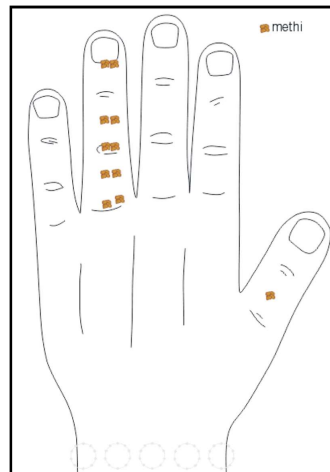
**Cervical > lowback > midback > none > coccyx > upperback**

Thus our prime focus here is now on the cervical corr with either methi seed strip or 2 sedation chakras. The finger joint related to the entire spine is F 6 V jt; one can put methi seed strip on it. For detailed treatment, one can use these meridians-

|                    |                          |                      |                      |                       |               |
|--------------------|--------------------------|----------------------|----------------------|-----------------------|---------------|
| Cervical<br>(Neck) | Upper back<br>(Thoracic) | Mid back<br>(Lumbar) | Low back<br>(Sacral) | Coccyx<br>(tail bone) | None affected |
| F 6-8/9 rlv        | F6-6/7 rlv               | F 6-4/5 rlv          | F 6-2/3 rlv          | F 6-0/1 rlv           |               |

Thus for the treatment of the MOST AFFECTED PART OF THE SPINE = CERVICAL, the below figure is illustrative enough:

Cervical corr- seeds  
F 6- 8/9 rlv - methi strip



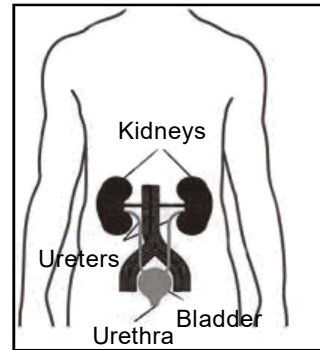
**(C) Human Kidneys....**

Clean Blood, remove chemicals.

Kidneys filters, removes wastes and balances body fluids.

The human brain, your thirst and kidneys are inter related.

On the same **21 patients**, both the kidney corr points were pressed to check the pain sensations. Based on this survey, the points were applied cluster/chakra magnets on the points. A brief is detailed below-



| Left kidney | Right kidney | Both kidneys | Not affected |
|-------------|--------------|--------------|--------------|
| 11/21       | 1/21         | 3/21         | 6/21         |

This above data helps us to know that in general left kidney is mostly affected in almost 50% of the people. The ratio comes as below-

**Left kid > none affected > both kid > right kid**

(Left kidney is slightly higher placed in body and also slightly larger in size as compared to right kidney. )

For treatment, a general recipe is to apply a matar/ pea seed or a cluster star magnet on painful kidney corr point. Also a methi strip on its corresponding joint is applied for better effects.

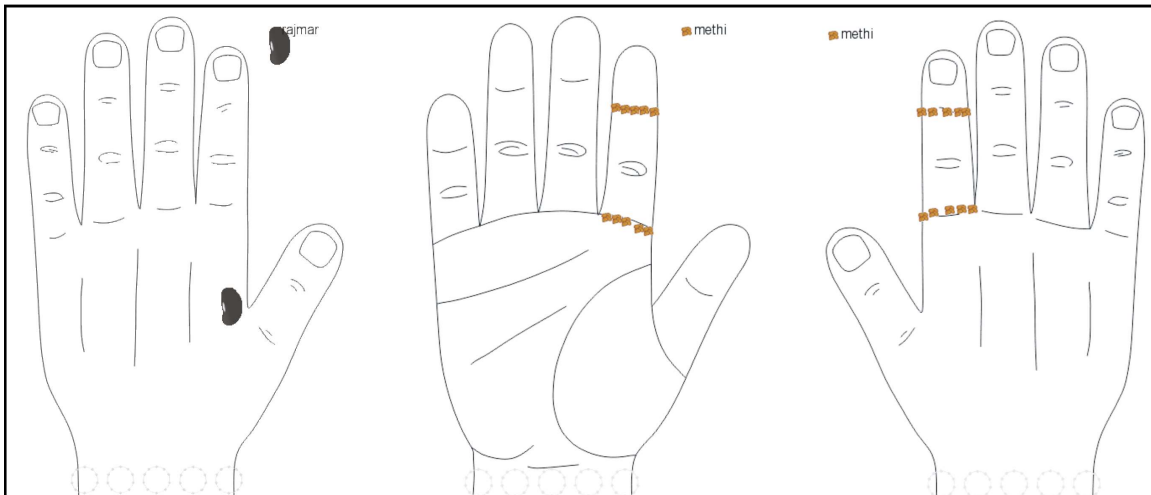
The figure below gives a simple picture:

Left Kidney corr- pea seeds/ cluster magnets

F 4 V jt - methi strip ( left kid)

As F 4 k jt - seeds ( both kidneys)

F 4 V jt for left kid and F 4 p jt for right kid. - methi strips



#### **(D) New books published**

Some further book works have been carried out by a new team head: Mrs Seema Seth, Faculty ASPEUS (mob- 7668751650) along with Mr Piyush and their team members. .



#### **Already published and available ones are -**

- 1- Constipation (Bilingual)- based on ayurvedic acupressure protocols, a pocket book.
- 2- Charak Ayurvedic Acupressure Vol 1, 2, 3 - all these 3 books (available both in hindi and English) are now reprinted as new editions in digital format (except charak 2 hindi).
- 3- Hippocrates Ayurvedic Acupressure Vol 1, 2, 3 - converted to bilingual and digital format.
- 4- All Treatises 24 vol (hindi editions) - converted to digital format (except Tr 4, 8, 17, 21) .
- 5- All Treatises 24 vol (English editions) - mostly translated and converted to digital (except Tr 1, 6, 8, 9, 10, 12, 14, 16, 17, 19, 20, 21).  
Treatises 22, 23, 24 are digitally printed in Bilingual format.
- 6- One point book 6 - based on skin disorders is newly printed as pocket book with the help of acuhealthline figures.

#### **Book works still going on: (few may arrive in Conference Nov, 2019)**

- 1- Conversion of all left over offset books (of magazine size) into digital format for better storage and easy reading.
- 2- Conversion of old pocket books into hindi and English both i.e. bilingual formats.
- 3- Conversion of child and acu yoga books into bilingual pocket book format.
- 4- Sukshma abhinav Vol 1 (English) pocket book
- 5- Basics of Human Body (BHB) - fresh English translated digital format.
- 6- Fresh two books on sujok- named as sukshma abhinav(SA) vol 2 and 3 , both in digital format ( in similar pattern as agnivesh, then bhardwaj then charak - so also SA-1 pocket book 2, 3 digital books)
- 7- Fresh two books on Sri M P Khemka's Case histories - named as TCM Case Manual vol 1, 2 ( both based on spine disorders with TCM protocols and cases).
- 8- Ayurvedic acupressure Case Manual (AA CM) vol 4- based on spine cases ( in pattern of AA CM-1, 2, 3 already published)
- 9- Cancer protocols - pocket book with AHL charts.

## NEW ACU TOOLS



Many new tools are also available for multi purpose use for the therapists to guide the patients and help in healing. You can see the lists at the back of Magazine 2019 - 1<sup>st</sup> issue else in website [www.acusansthan-ald.in](http://www.acusansthan-ald.in)

Developed Covers of few books and their prizes and contact numbers for placing orders of books and tools are detailed below-



**(E) Further developments and queries**

ASPEUS is going on with full vigor with its all sections /departments. Any new proposals / suggestions / complaints, you all are most welcome to email at [ayurved\\_acu@rediffmail.com](mailto:ayurved_acu@rediffmail.com) to Mr Karan Kesarwani, to be considered in official working committee meetings weekly.

Any queries regarding any specific department i.e treatment or training etc, kindly contact ONLY department heads as mentioned in every magazine notices section and also in website [www.acusansthan-ald.in](http://www.acusansthan-ald.in). Any queries for individual attentions, kindly email to their personal ids.

I further invite our acu therapists to kindly send their research works/ thoughts/ visions in magazine email id- [aspeus.mag@rediffmail.com](mailto:aspeus.mag@rediffmail.com) in short scales to be put forth among 1000s of saraswati magazine members. Let your work reach all before you leave !

For any responses to this article or any of your suggestions etc, kindly directly email to me at [aspeus.parul@gmail.com](mailto:aspeus.parul@gmail.com).

