

Activities of ASPEUS

1 | Research Section



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ABSTRACT

Acupressure and Acupuncture works on similar Principles

In this paper, we explain the treatment of Immunity through lymphatic system and prolactic treatment of lungs and heart which impart crucial role in transportation of body fluids and protect from pathogens. In our long journey, since 25 years, we have experienced the potency of Acupressure treatment. More than thousand cases have been treated successfully and recorded in form of case history. This system is completely scientific based system.

INTRODUCTION

MEDICAL AFFIRMATION BY DR. R. VOLL (GERMANY), WHO INVENTED AND ADDED THE POINTS IN TCM ACCORDING TO PHYSIOLOGY & ANATOMY.

In the late 1940's, a German medical doctor and engineer, Dr. Reinhard Voll, began researching and proving an innovative testing method now known as EAV (**Electro-Acupuncture according to Voll**). The EAV methodology is based on the theory of the acupuncture energy meridians and Dr. Reinhard Voll's electro-acupuncture research (EAV). This method was documented and proven in over a decade of hospital studies in Germany.

Acupuncture is based on a system of "Meridians". The Meridians are explained as a network of "Energy" channels that are used for communication and for moving energy throughout the body. An acupuncturist uses needles that are placed at specific "Points" to stimulate the flow of energy to specific organs and glands. Whereas pressure is applied on same points in Acupressure by seeds, magnets or pressure by gadgets (Wooden instruments).

There are **twenty-one (21), basic EAV Meridians** (Chinese doctors typically use 12 Meridians), each corresponding to the major organs and glands of the body. Along each of these Meridians, there are found to be many Acupuncture "Points". Each acupuncture point on a Meridian will correspond to either a specific gland, or to the various functional regions found within an organ. All totaled, there are hundreds of different points located along the basic twenty-one Meridians. This Energetic System is an intricate map that is consistently identical in every man and woman.

WHAT HAPPENS WHEN WE STIMULATE THESE POINTS ?

Acupuncture and some other forms (Acupressure....) of sensory stimulation elicit similar effects in man and other mammals, suggesting that they bring about fundamental physiological changes. Acupuncture excites receptors or nerve fibers in the stimulated tissue which are also physiologically activated by strong muscle contractions, and the effects on certain organ functions are similar to those obtained by protracted exercise. Both exercise and acupuncture produce rhythmic discharges in nerve fibers, and cause the release of endogenous neurotransmitters.

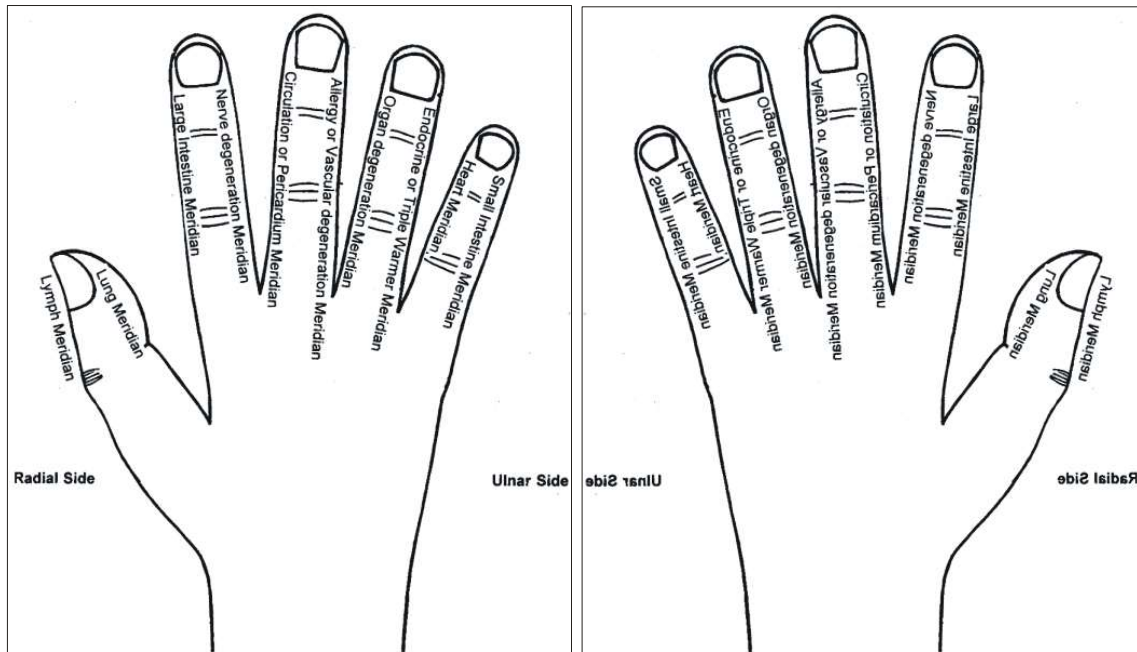
Application of acupressure methods goes back centuries. Today, there is much scientific research and many approaches to explain the mechanism of acupuncture.

THE NERVOUS SYSTEM, TOGETHER WITH the endocrine system, provides many of the control functions for the body. It controls activities such as rapidly changing visceral events and the rates of secretion of some endocrine glands. The nervous system receives millions of bits of information from the different sensory organs and then integrates all these to determine responses made by the body. Acupuncture, as needling therapy, is a kind of specialized sensory stimulation that is analyzed through sensory neural pathways. Many neural theories have been developed to explain the mechanisms of action of acupuncture. Studies have revealed the importance of neurophysiologic research in explaining the effect mechanism of acupuncture. **Applying acupuncture shows reactions in local, regional, central nervous system, and general levels.**

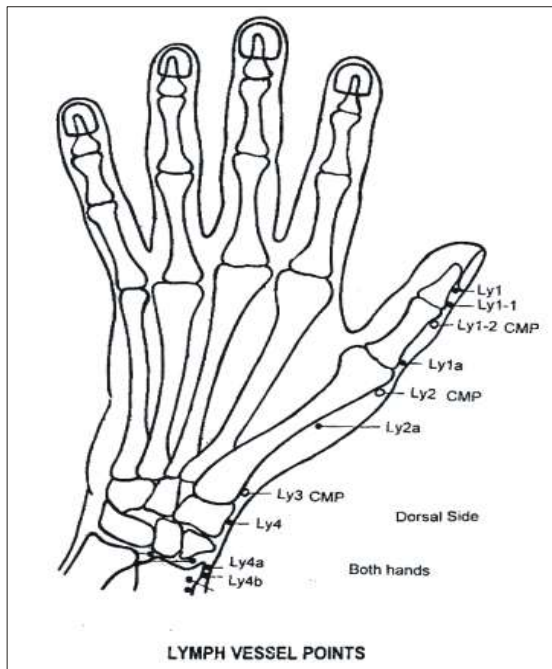
Acupuncture application is reported to affect the nervous system, metabolism, immune system, gastrointestinal system, and motor functions. It has been determined that endomorphin-1, β -endorphin, enkephalin, and serotonin levels increase in plasma and brain tissue through acupuncture application. In other reports, it has been determined that β -endorphin, met-enkephalin, and leu-enkephalin increase the activity of natural killer cells, the generation of cytotoxic T lymphocytes, the chemotaxis of monocytes, and the production of interferon gamma, interleukin-1, interleukin-2, interleukin-4, and interleukin-6. In the studies on this subject, **the conclusions are that endogen opioids create an immunomodulatory effect. The immunomodulatory effect of acupuncture application was connected with the increase in levels of endogen opioids and serotonin with acupuncture application. An increase at levels of β -endorphin, met-enkephalin, leu-enkephalin, and serotonin has been observed with acupuncture. These neurotransmitters have immunomodulator effects on the immune system. For all of these above effects, acupuncture can be applied for immune-related diseases, risks of infection, and tissue repair.** Increased levels of neurotransmitters in the plasma and the central nervous system in many clinical applications have indicated that acupuncture has an effect on the nervous system. The local, regional, and systemic neurophysiologic effects.

On the basis of above fact we can apply seeds/magnets/Color/Pressure on certain points of related channels for improving the immune system and sanitization of body.

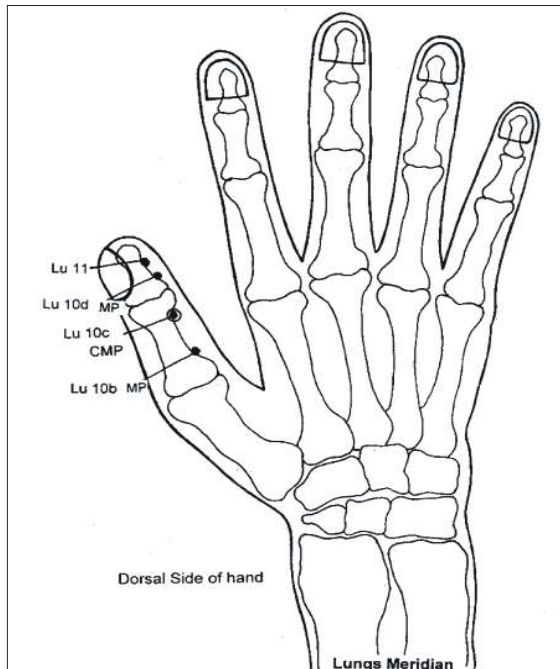
INTRODUCTION OF CHANNELS (Meridians)



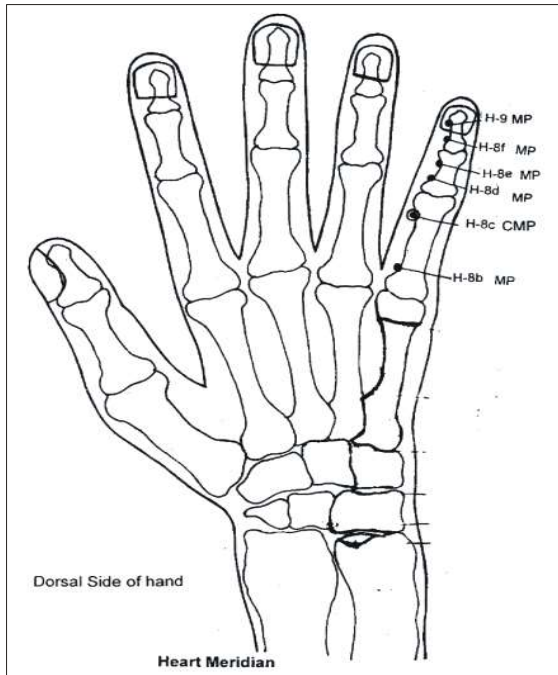
LYMPH MERIDIAN



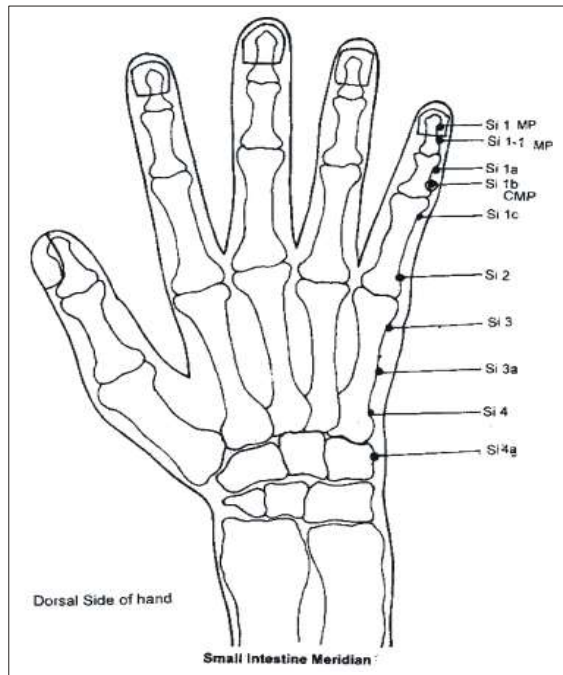
LUNGS MERIDIAN



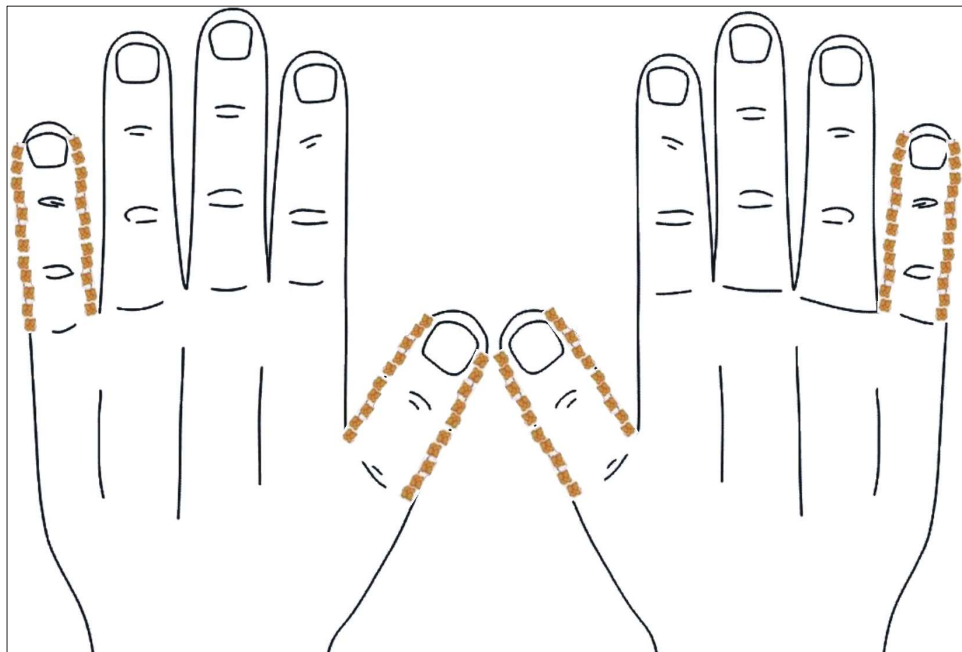
HEART MERIDIAN

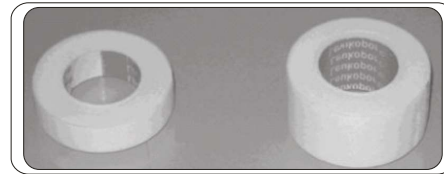


S I MERIDIAN



TREATMENT





Apply methi (Fenugreek seeds) strip and use acupressure ring as shown in diagram with the help of paper tape for 10-12 hours daily. Everyone can apply these simplest method of treatment (Through Methi seeds and AR1)

CONCLUSIONS

These neurotransmitters have immunomodulator effects on the immune system. For all of these above effects, acupuncture can be applied for immune-related diseases, risks of infection, and tissue repair.

Increased levels of neurotransmitters in the plasma and the central nervous system in many clinical applications have indicated that acupuncture has an effect on the nervous system. The local, regional, and systemic neurophysiologic effects.

REFERENCE :

Treatise 3 - Book written by M. P. Khemka

Treatise 4 - Book written by M. P. Khemka

Treatise 5 - Book written by M. P. Khemka

Medical acupuncture Volume 21, Number 1, 2009, research paper on Acupuncture and Neurophysiology by Mehmet Tugrul Cabioglu, MD, 1 and H. Selcuk Surucu, MD2

ASPEUS RESEARCH AND TREATMENT TEAM MEMBERS

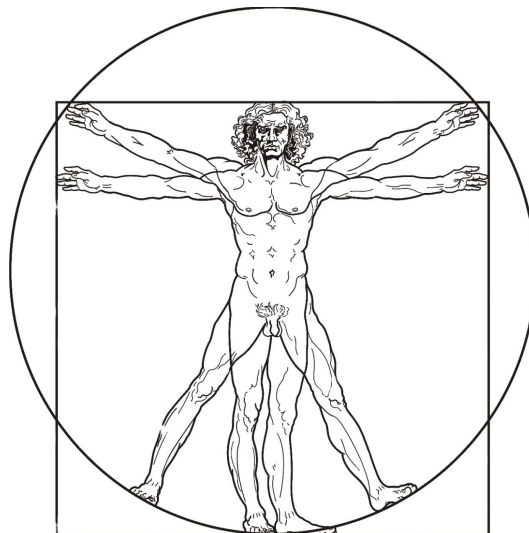
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This is in continuation with the research summary of 25 yrs , presented in Saraswati Magazine 2020-Vol 1+2. Here we shall be acquainted with the details of the research work done in ASPEUS from 1995 to 2020. Our journey from Reflexology, TCM, EAV, Sujok, Onnuri Medicine, AA etcall this has continuously made us ALIVE while exploring the ENERGIES within this Human Body!

A summary of research "details" done from 1995- 2020 : (part 1 of mag 3)

Starting with Reflexology Method, going into its depth, we started making combination of reflex points for various disorders. As the patients approached us, the different protocols (point combinations) were tested and tried on them and thereby clubbed time to time in the then started magazines known as Atma Gyan Ganga and Deepika. The various literatures on Reflexology got space in our libraries ! the innumerable writers who had worked upon the subject were retried by us , on the live patients and importance of various healing tools was digged out. Foremost among them was the Navel setting or the Umbilicus and its beating (just like our Heart Beats, Our Navel also Beats !) was an amazing fact known to us for the very first time. This Navel , out of which we are BORN, has LOTS IN STORE ! We discovered and practiced the fact that the very basic health tool of good health is Navel in Position. A displaced Navel due to jerks, bad postures, gas, digestive issues, even spinal / mental disturbances etc can create immense lots of symptoms. Most interesting was this - "**Na-vel is Our Abdominal Brain**" ...a beautiful quote discovered by one of the writers ! This took a prime place in our earlier magazines and proved a boon to psychic and mental disorders. Thus Navel setting was the FIRST STEP of healing , then done by pulling small fingers, big toes, sciatica excercises, arm excercises etc and later by a rubber Pump.

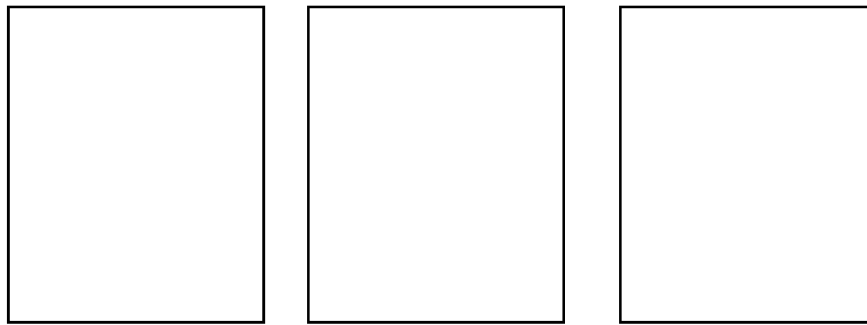
Navel - its importance : in figure below, navel is in centre of the circle!



Besides all this, The G-Jo technique books by Michael Blade were also quiet interesting to reveal the mystery of human machine like an automobile. The liver was referred as a radiator which , when gets heated creates discomfort/disorder in human machine. Such and many more interesting modalities of studying energies was then clubbed in initial magazines- as research collections from many very wide sources and after our implications on patients.

Spine treatment also played a major role in those days. The pressure on back, and the TCM channel points , especially the UB channel and the sciatica treatment by belts was quiet prevalent and common at Marwari Dharmala - our initial workplace. Thus Navel, spine, and reflex points on palms and feet , their selection based on patients symptoms , alongwith energy aspects as of G-Jo , followed by TCM classics of Acupuncture were the foremost energy medicines used by us Acutherapists. (mostly compiled in the magazines below and also from 2000 onwards Saraswati magazine)

Fig of Atma gyan ganga and atma gyan deepika covers and yr 2000 vol of saraswati.



Then onwards , our work became more focused on TCM points and concepts like AUM, first last points - a miracle in many ailments, channel pathways to KNOW the diseased organs, and diagnosis + treatment by the important TCM points like Source, Passage, Five shu, Xi cleft, front and Back shu points, the five element creative and control cycle concepts and its interesting way of energy interactions, tonification and sedation of TCM body points by mild/deep pressures etc etc.

Also organ clock cycle turned to be a milestone in healing based on time ! We cam to know that our waking, sleeping, working TIMINGS also AFFECT OUR HEALTH patterns . It was fruitfully treated on many with same/opposite time points of TCM ; concepts like Long channel axis, distal and proximal points, influential points for body tissues, and FINALLY the SIXTY COMMAND POINTS drew our attention very much to the energy pattern of each organ. "**Command the sixty command points**" this was the MOST interesting aspect to study energies further, as to what is wind , how related to yin liver and yang gall bladder, and

what is the meaning of wind of each every organ, segment of body. Also the five element chart was discussed thoroughly by group of co-therapists and exhaustive charts were prepared thereupon and worked on patients successfully. TCM diagnostic concepts like face, tongue, etc were always fruitful.

The human nervous system, the innervations also helped a lot to know where to treat spine and related segments. The concept of muscle meridians helped to know the musculature and related disorders, the collateral channels etc.

Thenafter, EAV meridians and points which were primarily used were the tissue meridians, the CMPs, SMPs, RPs etc the specific eye orbit points, the energetic relations between organs- spine segment- joints- sinuses- sense organs - teeth etc etc, the FOCl concept was also quiet useful. The 12 cranial nerves , the coeliac plexus etc points were also widely used in exhaustive manner on patients , primarily on Sujok platforms , known till then.

Also the extra points , the Extra ordinary vessels (EOv) was also a unique way of healing by master and coupled points. Thus our journey proceeded stepping on one point at a time, knowing the effects of points , their effects , their combinations etc . All these above details have been compiled as diagrammatic plotting in the book - **Chinese Acupressure Treatment Handbook Vol 1**



Further after this, developments in TCM, EAV and related points were experimented on patients, as an ongoing process. Among them were the subjects like meridian collaterals depicting lung meridian reaching upto lung organs and so on, the byol charts of palm and feet, the disease stages , TCM eight principles, the detail elaborations of physical- meta-physical , the qualities/properties of five elements, the yin - yang, the essence etc etc. Also in TCM, the importance has been highlighted on specific disorders and their points in common like 10 point GIT formula, 13 points of GV, left- right treatment, Dreams - voice diagnosis , Tongue- hands-legs-face diagnosis, seeing-hearing etc as tools for diagnosis, etc

EAV extended these guidelines to specific points related to eyes, ears, etc, emotions, pathological points relating to nerves- muscles- lymph- bones etc, brain and NS related points, musculature and body tissues maintenance by acu points and lots more. These above facts are also clubbed in the book - Chinese Acupressure Treatment Handbook Vol 2.



Concluding : During this Covid year 2020 now, the therapy has turned more into meta-physical mode (energy 9 of the year 2020) on the online platforms. Now available and approachable to many in remote areas of the world. Its expansiveness might go again to peaks as again a 0 year 2021 is about to come; we may have to realize our origins and revise our origins !!! May all benefit the most out of this acupressure therapy, as it reaches out into the hands of millions through ASPEUS and its branches and its extensions. The year 2020 is a landmark in the history of ASPEUS as its 25th year, and also covid year; both illustrating energy 9 - the atomic energy !. This research section has been presenting few developmental stages of acupressure through ASPEUS. Most have been compiled in Saraswati magazines, books published by ASPEUS, specifically the handbook volumes. Now from May 2020, free Acutips sessions every Sunday 11-12 are going on, even on facebook page (<https://www.facebook.com/Acupressure-Shodh-Prashikshan-Evam-Upchar-Sansthan-Prayagraj-116166898470185/>) and youtube (https://www.youtube.com/channel/UCtcWWkU-Mfop_pzqCfv6hDw) for sharing ideas and open discussions. Research at ASPEUS was pertaining mainly to compilation of books, development of new acu points/theories/concepts, new point protocols, articles and cases compilation. Now many are progressing and carrying out these tasks in great spirits. I hope after 2020, it shall be progressive through the next line of our colleagues (may be in form of compilation/write up of acutips summary) or some further developments in the subject.

Thanks and regards to all, Parul Agarwal, 9336883672, aspeus.parul@gmail.com