

A Treatise on Advance Acupressure/Acupuncture (Part XXi)

Treatment of Diseases due to External Attacks and

Psychological, Mental and Emotional Problems

Index अनुक्रमणिका

Part - I

विषय	पृष्ठ संख्या
CHAPTER - 1	
Four Levels of Diseases रोगों के चार चरण	
1) Defensive Qi level diseases रोगप्रतिरोधक ऊर्जा स्तर के रोग इस चरण में रोगी को ठण्ड अच्छी नहीं लगती है।	1
2) Qi level diseases ऊर्जा स्तर के रोग इस चरण में रोगी को गर्मी अच्छी नहीं लगती है।	3
3) Nutritive Qi level diseases पोषक ऊर्जा स्तर के रोग इस चरण में रोगी को रात में ज्वर तथा तुनकमिजाजी होती है।	
4) Blood level diseases रक्त के स्तर के रोग रक्त के स्तर के रोगों में रक्तस्राव तथा चकते बनते हैं।	
CHAPTER - 2	
Defensive Qi Level Diseases रोग प्रतिरोधक ऊर्जा स्तर के रोग	7
Defensive Qi Level के रोग आठ प्रकार के होते हैं	
1) Attack of external wind cold with preponderance of cold causes common cold with no sweating, shivering and neck stiffness and pain. यह सामान्य सर्दी का उपचार है जिसमें रोगी को पसीना नहीं आता है।	7
2) Attack of external wind cold with preponderance of wind causes common cold with slight sweating, shivering and occipital stiffness and pain. यह सामान्य सर्दी का उपचार है जिसमें रोगी को थोड़ा पसीना भी आता है।	9
3) Attack of external wind-heat causes fever, runny nose with yellow discharge, headaches, sore throat and tonsils. यह जुकान, टांसिल, इन्फ्लुएंजा, Rashes on Body तथा Chronic Herpese Infection का उपचार है।	10
4) Attack of external wind, dryness and heat causes five types of dryness viz., dry mouth, throat, nose, cough and tongue. राजस्थान जैसे सूखे स्थानों में रहने वालों को यह रोग हो जाता है।	12
5) Attack of external wind humid heat on the body causes a feeling of heaviness of the head and body, nausea and a sticky taste. समुद्र के पास रहने वालों को यह रोग हो जाता है।	13
6) Hoarse voice (स्वर रूक्षता) is caused by the obstruction of the	

- lung's defensive Qi by wind cold or wind heat. 14
- 7) Acute tonsillitis and adenoids (उग्र टांसिल प्रदाह एवं ग्रसनी टांसिल की अविवृद्धि) is caused by attack of external wind heat or external fire poison. 17
- 8) Sore Throat (गलदाह) is caused by attack of external wind heat. 18

CHAPTER - 3

Qi Level Disease ऊर्जा स्तर के रोग 23

Diseases in the Qi level are of the following seven types :

- 1) Attack of external wind heat changing into internal lungs heat Causes acute bronchitis with high fever, feeling of heat and coughing of yellow sputum. Treat acute bronchitis following a common cold or influenza. 23
- 2) Attack of external wind heat changing into internal lungs phlegm heat causes acute pneumonia with high fever, feeling of heat and coughing of profuse yellow sticky sputum. 26
- 3) Attack of external wind heat changing into acute stomach heat causes four bigs - i.e. big fever, big thirst, big sweating and big pulse. 28
बच्चों को जुकान लगने के कई दिनों बाद उच्च ज्वर होकर उपरोक्त लक्षण प्रकट होते हैं।
- 4) Attack of external wind heat changing into acute Stomach and intestines dry heat and fire causes high fever which is worse in the afternoon, dry stools, burning in anus and mild delirium. This is common in children. 29
- 5) Attack of external wind heat changing into acute Gall Bladder heat causes post viral alternating feeling of hot and cold, more hot than cold, bitter taste, hypochondrial pain and nausea. 31
- 6) Attack of external wind heat changing into lesser yang causes post viral feeling of alternating cold & hot with more cold than hot, bitter taste, hypochondrial pain and vomiting. 32
- 7) Attack of external wind heat changing into humid heat in spleen and stomach causes continuous fever which decreases after sweating but then returns, heaviness in head and body, loose stools and nausea.
Treat acute diarrhea with foul smelling stool, food infection and food poisoning.
Treatment if a person is prone to catching cold and influenza due to deficiency of the defensive Qi.

CHAPTER - 4

Three Stages of Attack of Wind Stroke वात घात के तीन चरण

There are three stages of wind stroke :

- 1) First stage i.e. during the attack of wind stroke. वात घात के समय का पहला चरण।
- 2) Second stage i.e. the stage just after the attack of wind stroke. वात घात के ठीक बाद का दूसरा चरण।
- 3) Third stage i.e. the stage after second stage of the attack of wind stroke. वातघात के बाद का तीसरा चरण।

CHAPTER - 5

Cerebrovascular Accident (CVA) प्रमस्तिष्क की रक्तवाहिनियों में दुर्घटना

(First Stage of attack of windstroke)

Four conditions come under the term Cerebrovascular Accident

Aetiology रोग कारण विज्ञान

जीभ को देखकर रोगी को होने वाले लकवे से बचाया जा सकता है।

Treatment patterns of windstroke during the attack :

- 1) Attack of the internal organs and meridians by wind causes severe type of windstroke.

This windstroke has two types of patterns :

- a) Tense or closed type of windstroke
 - b) Flaccid type or open type of windstroke
- 2) Attack of the wind on meridians alone causes mild type of windstroke.
The attack of the wind on meridians alone may be of two types :
 - i) Attack of wind on the main meridians
 - ii) Attack of wind on the connective meridians
 - 3) Sequelae of attack of wind on internal organs

CHAPTER - 6

Treatment patterns in the sequelae stage of windstroke

वातघात के पश्चात की विकृतियाँ एवं उनका उपचार

Second stage of attack of windstroke

Treatment according to underlying cause of disease in four patterns may be given :

- 1) Wind phlegm causes contraction and stiffness of limbs and severe dizziness.
- 2) Humid phlegm causes profuse sputum and a feeling of heaviness.
- 3) Stasis of Blood and Qi causes hemiplegia with pain in shoulder and hip with purple tongue.
- 4) Deficiency of yin with empty heat causes heaviness in upper part and weakness in lower part of the body.

CHAPTER - 7

Treatment of diseases in the third stage of windstroke

- a) Hemiplegia शरीर के एक पार्श्व का लकवा
- b) Facial paralysis चेहरे का लकवा
 - i) Facial paralysis following a windstroke
 - ii) Bell's palsy
- c) Aphasia or slurred speech वाचाघात अथवा अस्पष्ट उच्चारण
- d) Hypertension उच्च रक्तचाप
- e) Incontinence of stool and urine मल एवं मूत्र को रोक न पाना
- f) Stiffness and contraction of muscles मांसपेशियों में कड़ापन एवं सिकुड़न आना
- g) Dizziness चक्कर आना

Summary of disease in the third stage of attack of windstroke and their treatments.

CHAPTER - 8

Syncope बेहोश होना

Two types of Syncope :

- 1) Deficiency type (Xu type or flaccid type)
- 2) Excess type (Shi type or tense type)

CHAPTER - 9

Painful Occlusion Syndromes दर्ददायी जकड़न संलक्षण

Five Shu points and painful occlusion syndromes.

Aetiology

Types of painful occlusions :

- 1) Wind painful occlusion syndromes or wandering painful occlusion syndromes.
- 2) Damp painful occlusion syndrome or fixed painful occlusion syndrome.
- 3) Cold painful occlusion syndrome or aching painful occlusion syndrome.
- 4) Heat painful occlusion syndrome.
- 5) Bone painful occlusion syndrome.

Acupressure treatment of occlusions :

- 1) Distal points दूरस्थ बिन्दु
- 2) Local points
- 3) Adjacent points
- 4) Chronic painful occlusion syndrome
 - i) Qi blood deficiency
 - ii) Phlegm in joints
 - iii) Stasis of blood
 - iv) Deficiency of Liver and Kidney

Painful occlusion syndrome of specific parts of body and their Acupressure treatments :

- 1) Neck occlusion
 - i) Acute neck occlusion
 - ii) Chronic neck occlusion
- 2) Shoulder joints occlusion and pain
 - A) Acute shoulder joint pain
 - B) Chronic shoulder joint pain
- 3) Elbow joint occlusion.
- 4) Wrist painful occlusion syndrome.
- 5) Painful occlusion of fingers :
 - A) Acute finger occlusion
 - B) Chronic finger occlusion
- 6) Painful occlusion syndrome of Hip.
- 7) Painful occlusion syndrome of Knee :
 - i) Knee pain due to Kidney yang deficiency.
 - ii) Knee pain due to local stagnation of Qi and blood owing to overuse of knee joints.
 - iii) Knee pain due to painful occlusion syndromes.
 - a) Local points for knee pain above the knee.
 - b) Pain in the lateral side of knee.
 - c) Pain in the inner side of knee.
 - d) Pain inside the knee joint.
 - e) Pain at the back of the knee.
- 8) Painful occlusion of ankle.

- 9) Painful occlusion of toes
 - i) Painful occlusion of toes due to attack of damp cold.
 - ii) Painful occlusion of toes due to deficiency of yin
Prognosis and prevention.

CHAPTER - 10

Sciatica Pain

Distal points for sciatica pain.

Local points for sciatica pain.

Chronic Lower Lumbar Ligament strain.

Spinal Osteoarthritis.

Part - II

CHAPTER - 11

Psychological, Mental and Emotional Problems

111

मनोवैज्ञानिक, मानसिक एवं मनोभाव सम्बन्धी समस्याएँ

The human body is composed of five physical elements.

The human body has five metaphysical elements also.

These five metaphysical elements together produce one more metaphysical element called spirit.

Most of the psychological, mental and emotional problems can be successfully treated by Acupressure treatment.

There are three treasures in the human body.

Know your mind अपने मन को जाने :

114

The activities for which mind is responsible :

- i) Thinking सोचने की क्रिया 115
- ii) Memory स्मरण शक्ति
- iii) Consciousness चेतना शक्ति
- iv) Insight अन्तर्दृष्टि 116
- v) Cognition बोध
- vi) Sleep निद्रा
- vii) Intelligence सहज ज्ञान, मेधा
- viii) Wisdom अकल, चतुराई 117
- ix) Ideas विचार
- x) Hearing सुनना की शक्ति
- xi) Sight देखना
- xii) Smell घ्राण शक्ति 118
- xiii) Taste स्वाद
- xvi) Touch स्पर्श ज्ञान

The Ethereal Soul (Hun) सूक्ष्म आत्मा :

118

What is Ethereal Soul?

Nature and functions of Ethereal Soul : 120

- 1) Sleep and dreams नींद व सपने 121
- 2) Mental function मानसिक कार्य 122
- 3) Emotional Balance भावनात्मक संतुलन 123
- 4) Eyes and Sight आंखें एवं दृष्टि
- 5) Courage साहस
- 6) Planning योजनायें बनाना 124
- 7) Relation with mind मन के साथ सम्बन्ध 125

The Corporeal Soul शरीर की आत्मा : 126

Corporeal Soul and Essence शरीर की आत्मा एवं जीवन सत 129

Corporeal Soul and Infancy शरीर की आत्मा एवं शैशव काल

Corporeal Soul and Senses शरीर आत्मा एवं समझने की शक्ति 130

Corporeal Soul and Emotions शरीर की आत्मा एवं मनोभाव

Corporeal Soul and Physiological Activities शरीर आत्मा एवं भौतिक क्रियायें

The corporeal soul and Breathing शरीर की आत्मा एवं श्वसन 131

Corporeal Soul and Individual Life शरीर की आत्मा एवं व्यक्ति का जीवन

Relationship between Corporeal Soul and Ethereal Soul
शरीर की आत्मा एवं सूक्ष्मात्मा में सम्बन्ध

The Corpeal Soul and Anus शरीर की आत्मा एवं गुदा 132

The Intellect (बुद्धि)

The Will Power (इच्छा शक्ति) 134

The effects of emotions on the internal organs 135

- Anger (क्रोध) :** 138
- Effect of Anger (क्रोध का प्रभाव) 139
- Joy (आनन्द) 142
- Worry (चिन्ता) 143
- Pensiveness लगातार सोचते रहना 144
- Sadness and Grief (उदासी एवं शोक) 145
- Fear (भय) 146
- Shock (स्तब्धता) 148
- Love (प्यार) 149
- Hatred (घृणा) 150
- Craving (लालसा) 151

☐ Guilt (अपराध बोध)	152
Aetiology of Mental problems (मानसिक रोगों के कारण) :	152
1) Constitution of person व्यक्ति की संरचना	
2) Diet आहार	153
3) Excessive sexual activities and overwork	
4) Drugs औषधि व्यसन	
Diagnosis of Mental problems मानसिक समस्याओं का रोग निदान :	153
i) Complexion of face चेहरे का रंग	
ii) Eyes आँखें	155
iii) Pulse नब्ज़	155
iv) Tongue जीभ	156
Important points for Emotional and Mental problems :	157
☐ Acupressure treatment of Mental and Emotional problems :	163
A) If the mind is obstructed, there will be confused thinking, clouding of the mind and in severe cases complete loss of insight.	
B) If the mind is unsettled, there will be agitation, restlessness and anxiety.	164
C) If the mind is weakened, there will be depression, mental exhaustion and melancholy.	
Chart of mind obstructed, mind unsettled, mind weakened.	
Patterns and treatments of mental and emotional diseases.	
A) Obstructed Mind अवरुद्ध मन :	
1) Liver Qi stagnation causes mental depression with mood swings, restlessness, irritation and distension in hypochondrium, epigastrium or abdomen.	
2) Repressed anger produces liver Qi stagnation in the lower abdomen causes Qi of the Chong Mo vessel rebelling upwards and disturbs the heart and produces anxiety, palpitation, mental confusion, moodiness and irritation.	
3) Heart and Lungs Qi stagnation makes a person very sad, depressed and weeping tendency and affected by problems of the other people.	
4) Heart blood stasis causes acute anxiety, restlessness, confuses the mind with chest pain, cyanosis of lips and nails.	
5) Liver blood stasis causes extreme depression, severe mood swings, intense irritability with outburst of anger, obsessive jealousy and manic depression.	
6) Stasis of blood in lower warmer causes manic behaviour, mental restlessness, delirium with severe lower abdominal pain.	
7) Phlegm heat obstructing the mind causes manic behaviour alternated with severe depression, phobias, schizophrenia etc.	
B) Mind Unsettled (अस्थिर मन) :	

- 1) Heart blood deficiency makes a person fearful, mildly anxious and vaguely depressed, eager to please others with palpitation in the evening with inability to fall asleep early.
- 2) Liver blood deficiency causes a vague fear at night mental depression, a lack of sense of direction in life and 'vision' with inability to fall asleep.
- 3) Heart yin deficiency makes a person very anxious in the evening with mental restlessness and uneasiness.
- 4) Liver yin deficiency causes propensity to outburst of anger, frustration, resentment, hatred and insomnia with dry eyes, throat and hair.
- 5) Kidney yin deficiency makes a person depressed with lack of will power, decreased mental capacity and memory and great exhaustion, deafness, night sweating etc.
- 6) Heart and kidney yin deficiency with heart empty heat causes extreme restlessness very disturbed sleep, palpitation, aggressiveness and very impatience.
- 7) Liver yin deficiency with empty heat causes deep depression, a lack of purpose in life, waking up at night, restlessness with five palm heat and night sweating.
- 8) Liver yin deficiency with empty heat causes deep depression, a lack of purpose in life, waking up at night, restlessness with five palm heat and night sweating.
- 9) Heart fire causes blood heat and produces extreme agitation, very restless all the times with palpitations, tongue ulcers and burning in urination.
- 10) Liver fire produces blood heat and makes a person very angry, prone to outbursts of anger, very restless, destructive with sleep disturbed by violent dreams of fighting.
- 11) Liver fire attacking the lungs causes asthma due to emotional trauma with mental symptoms of Liver fire.
- 12) Phlegm Fire in Stomach and Heart causes alternation of mania and depression, with manic shouting, scolding or hitting people, climbing, taking off cloths, crying or laughter with phlegm.

C) Mind Weakened (कमजोर मन) :

- 1) Qi deficiency causes sadness, grief, regret, lack of motivation and restless sleep with unpleasant dreams with extreme tiredness.
- 2) Qi and blood deficiency causes depression, obsessive thinking, phobias, timidity and difficulty in falling asleep.
- 3) Kidney yang deficiency causes poor memory, mentally and physically exhausted with lack of will power and initiative.
- 4) Kidney yin deficiency causes lack of will power and initiative, very depressed, more restless and uneasy.
- 5) Lungs yin deficiency causes depression, weapiness and feels dispirated and lonely and is influenced by outside psychic forces with dry cough.
- 6) Lungs and kidney yin deficiency makes a person depressed, more melancholic, sad, hankering after the past and mildly restless.

- 7) Kidney and liver yin deficiency causes mental depression with physical and mental exhaustion and lack of will power with dry eyes and thin body.
- 8) Kidney essence deficiency causes mental depression, exhaustion with prematured ageing.

Summary of Patterns of Mental and Emotional Diseases. 232

Some important hints for the diagnosis and treatment of Mental and Emotional diseases. 243

Important Words related to Psychological, Mental and Emotional Problems. 250

CHAPTER - 12

Dreams Disturbances स्वप्न बाधायेँ 255

Dreams and causes of dreams

☐ Meridian Chart

☐☐☐