

# Ayurvedic Acupressure Treatment Hand Book - Vol 2

## Index

### Chapter I

### MERIDIANS

<b>1. Vertical Meridians</b>	
(a) Vertical Meridians (Normal Flow)	1
(b) Vertical Meridians (Opposite Flow)	2
<b>2. Horizontal Meridians</b>	
(a) Horizontal Meridians (Normal Flow)	3
(b) Horizontal Meridians (Opposite Flow)	4
(c) Pictorial Diagram of Horizontal Meridians (NF & OF)	5
<b>3. Spiral Meridians</b>	
(a) Spiral Meridian on Body (Normal Flow, Opposite Flow)	6
(b) Spiral Meridians (NF) on Each Finger	7
(c) Spiral Meridians (OF) on Each Finger	8
(d) Ten Spm (NF) Location Chart	9
(e) Ten Spm (OF) Location Chart	10
<b>4. Long Vertical Meridians</b>	
(a) Long Vertical Meridians (Normal Flow)	11
(b) Long Vertical Meridians (Opposite Flow)	12
<b>5. Long Horizontal Meridians</b>	
(a) Long Horizontal Meridians Normal Flow (On Left Hand)	13
(b) Long Horizontal Meridians - Normal Flow (on Right Hand)	14
(c) Long Horizontal Meridians - Opposite Flow (on Left Hand)	15
(d) Long Horizontal Meridians - Opposite Flow (On Right Hand)	16
<b>6. Concept of Development of RLVM &amp; RLHM</b>	<b>17</b>
<b>RLVMs</b>	
(a) Regional Long Vertical Meridians (RLVMs)	18
(b) "Common" Regional Long Vertical Meridians (RLVMs) (NF)	19
(c) Regional Long Vertical Meridians (RLVMs) OF - Tables	20-22
(d) Example of One Set of RLVM (OF) with Figures	23-28
<b>RLHMs</b>	
(a) Regional Long Horizontal Meridians (RLHMs)	29
(b) "Common" (RLHMs) (NF) - Set - I	30
(c) "Common" (RLHMs) (NF) - Set - II	31
(d) Pictorial Diagram of RLHM (NF and OF)	32
(e) Regional Long Horizontal Meridian - RLHM (OF) - Tables	33-35

(f)	Example of one set of RLHM (OF) with Figures	36-44
<b>7.</b>	<b>Mega Meridians</b>	
(a)	Mega Meridian - Opposite Flow	45
(b)	MM (OF) - Branch Points (NF)	46
(c)	MM (OF) - Branch Points (OF)	47
(d)	MM Leg – (OF) and Branch (NF & OF)	48
(e)	10 Arm Meridians (TCM + EAV) of Hand on LMM	49
(f)	10 Arm Meridians (TCM + EAV) of Foot on RMM	50
<b>8.</b>	<b>Navel as Zero Hole</b>	<b>51</b>
<b>9.</b>	<b>Chinese Meridians on Ayurvedic Tulyarthta</b>	<b>52-55</b>

## Chapter II

### NEW PLOTTINGS

<b>1.</b>	<b>Mouth - 10 Parts (F-7 - 10 Spms)</b>	<b>56</b>
<b>2.</b>	<b>Regional Divisions of Body</b>	
(a)	Central Part of Body (Front & Back)	57
(b)	10 Projections of body	57
(c)	Front / Back (F/B) Segments of Body - Set - I	58
(d)	Front / Back (F/B) Segments of Body - Set - II	59
(e)	Front / Back (F/B) Segments of Body - Set - III	59
<b>3.</b>	<b>10 - Origin Insect System</b>	<b>60</b>
	Location of Chakras on Tulyarthata & Insect System	61
<b>4.</b>	<b>Spinal Innervations</b>	
(a)	Spinal Vertebrae on NCH	62
(b)	30 Divisions of Spinal Segments (Up / Down)	63
(c)	10 Divisions of Nervous System (Efferent and Afferent Nerves)	64
<b>5.</b>	<b>Teeth Divisions</b>	
(a)	One Tooth on One Finger Joint	65
(b)	One Tooth on One Spiral Meridian	66
(c)	Two Teeth on One Nail Chakra	67
(d)	3- 4 Teeth on One Nail Chakra	68
(e)	All Teeth on One Spiral Meridian	68
<b>6.</b>	<b>Plottings on Palm Lines &amp; Finger Joints</b>	
(a)	Dravya - Gunn - Karma Meridians	69
(b)	10 - Dravya - Gunn - Karma on Finger Joints	70
(c)	Destiny Deeds Meridian (DDM)	71
(d)	Treatment of Karmaj Rog on Palm Lines	72
(e)	Treatment of Genetic Disorders and Past Karmas	73
(f)	Mother - Child Care System During Pregnancy	74
<b>7.</b>	<b>Diagnostic Tables</b>	

(a) Speech Disorder	75-76
(b) 10 - Origin Mind (Buddhi) Divisions	77
10 Origin Habit / Attitude Therapy	77
(c) 10 Fundamental Factors for Diagnosis	78
10 Respectacles of Energy	78
(d) 15 Cavities of Body	79
(e) 10 Divisions of Time Energy	80
10 Divisions of Headache	80

### **Chapter III**

#### **HUMAN LIFE PARAMETERS**

1. Parameters of Balanced Diet	81
2. Tissue Diagnostic Table	82-83
3. Srotas & Signs of Vitiation	84-85
4. Role of Vitamins	86-88
5. Sites of Digestion and Absorption of Nutrients	89-90

### **Chapter IV**

#### **AYURVEDIC TRISUTRA (VPK)**

1. Trisutras of Ayurved	91
2. Objective & Life Style of Ayurved	92
3. The Seats of Vata, Pitta, Kapha in Body	93
4. Ayurvedic Tri-Origin of Stomach	93
5. Tridosh (Vatta, Pitta, Kapha)	94-95
6. The Five Forms of Vatta, Pitta, Kapha & Their Locations	96-98
7. Diagnostic Tables of Vatta, Pitta, Kapha	99-104

### **Chapter V**

#### **BODY ORGANS - 10 DIVISIONS**

1. Organs on Joints (Finger No. 0 to 5)	105
2. Excretory Organ (F. No. 0 - K Joint)	106
3. Male Reproductive Organ (F. No. 0 - V Joint)	107
4. Female Reproductive Organ (F. No. 0 - V Joint)	108
5. Lungs (F. No. 1 - K Joint)	109
6. Large Intestine (F. No. 1 - V Joint)	110
7. Heart (F. No. 2 - K Joint)	111
8. Small Intestine (F. No. 2 - V Joint)	112
9. Liver (F. No. 3 - K Joint)	113
10. Gall Bladder (F. No. 3 - V Joint)	114
11. Kidney (F. No. 4 - K Joint)	115
12. Urinary Bladder (F. No. 4 - V Joint)	116

13. Spleen (F. No. 5 - K Joint)	117
14. Stomach (F. No. 5 - V Joint)	118

## **Chapter VI**

### **AYURVEDIC TIME CYCLES**

1. Ayurvedic Bio-Clock	119-120
2. Year Clock 121	
3. Table - I चार ऋतुओं में सामान्य उपचार	122
4. Table - II छः ऋतुओं में सामान्य उपचार	123
5. Table - III वर्ष की ऊर्जा पर आधारित (Yearly Energy)	123
6. Table - IV प्रत्येक माह के आधार पर उपचार (Monthly Energy)	123
7. Table - V शुक्ल/कृष्ण पक्ष पर आधारित उपचार (Fort Night Energy)	124
8. Table - VI दिवस वार ऊर्जा पर आधारित उपचार (Day wise Energy)	124
9. Table - VII तिथि वार ऊर्जा पर आधारित उपचार (Date Energy)	125
10. Table - VIII घण्टे की ऊर्जा पर आधारित उपचार (Hour Energy)	125
11. Table - IX मिनट की ऊर्जा पर आधारित उपचार (Minute Energy)	126
12. Table - X सेकेण्ड की ऊर्जा पर आधारित उपचार (Second Energy)	126
13. Table - XI शरीर क्रिया पर आधारित उपचार (Human Body Cycle)	127
14. Postnatal Life Cycle - See the Age & Treat	128

## **Chapter VII**

### **AYURVEDIC TRI-ORIGINS**

1. Importance of Three / Trio	129
2. Examples of Ayurvedic Tri-Origins	130-133
3. 10 - 0 Control Cycle	134
4. 10 - 0 Anti-Control Cycle	134