

**Acupressure
Awareness
&
Wellness
Programme**

Our Aims & Objectives

Each One Reach One

Each One Teach One

Each One Treat One

We shall discuss :

1. About ASPEUS , an NGO
2. About Acutherapy-magnets, seeds, colours
3. Handling emergencies and first aid treatment
4. Correspondence of human body on palms and feet
5. Treatment by colours – on acupoints
6. Other Books, literature and tools

About ASPEUS (The Institute)

Started in the year 1995; Reg. as NGO in 1998

Our Achievements at a glance :-

- *Treatment
 - More than 20 lac patients treated.
 - Associated 200+ treatment centers all over the country.

- *Training
 - More than 2 lac people trained.

- *Publication
 - more than 100 books published.
 - Quarterly Acu Therapy magazine named “Saraswati” being published since 2000.

- *Research and Library – case histories of acute to chronic cases.

- *Establishments
 - 1st Acupressure Hospital of India.
 - 1st Acupressure Residential College of India.

What is Acupressure?

*The meaning of the word
Acupressure is :*

Acu = Needle

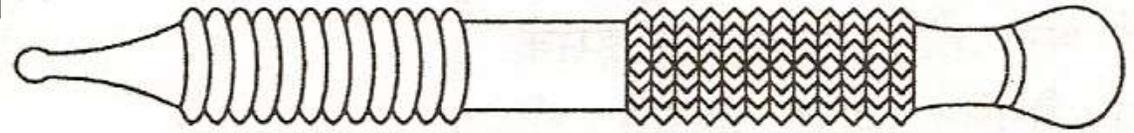
Pressure = To Apply Force

• *Acupressure is the method of applying pressure on certain points of the human body.*

• *This pressure brings changes in the diseased state of the body into healthy state.*

- *Whenever there is pain, in any part of our body, we try to press / massage there.*
- *Hence, it is a Natural Process of Healing.*
- *Knowledge of certain points- where and how to press , helps to heal the diseases better.*

Press & check the painful points by Jimmi/Prob

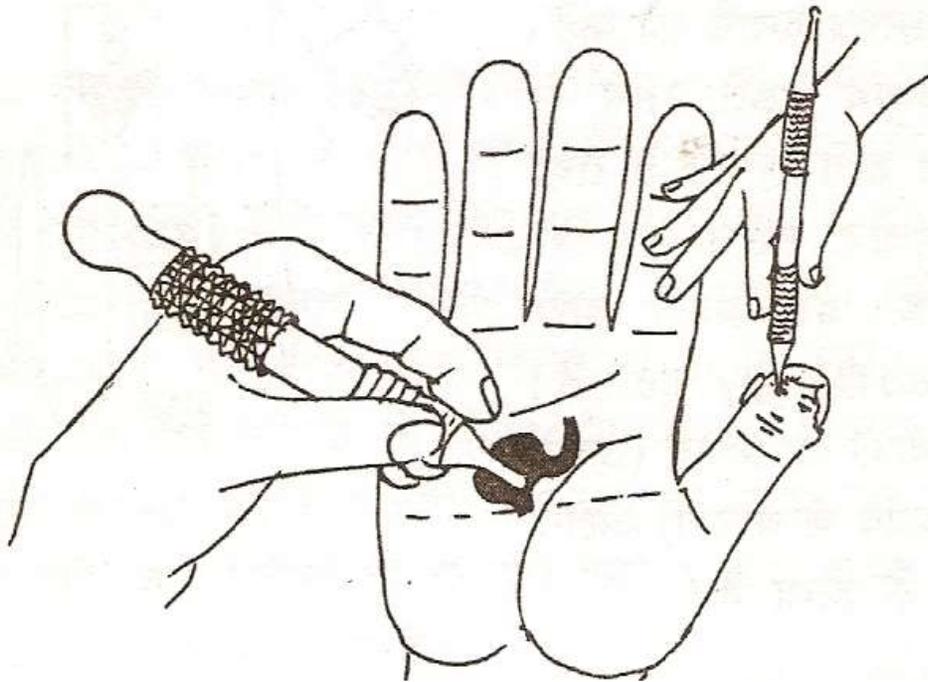


Jimmi (जिम्मी)



Probe (प्रोब)

जिम्मी/प्रोब द्वारा एक्यू बिन्दु पर दबाव



How to apply Methi seeds ?

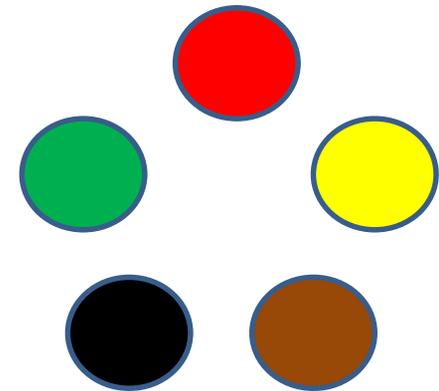


AcuPoint Treatment Methods

- Seeds



- Colors

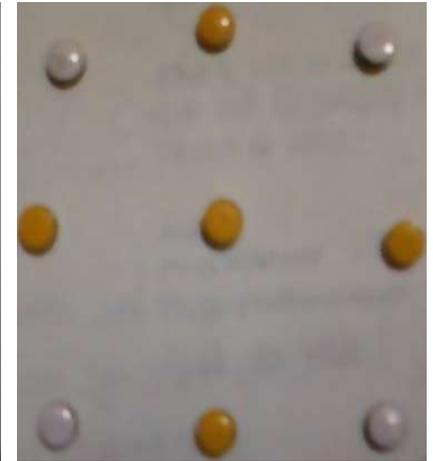


- Pebbles



How to Tone

- Use **white byol magnet**
- Paste white side of byol magnet on paper tape
- White is visible after the magnet is applied on the **AcuPoint**



How to Sedate

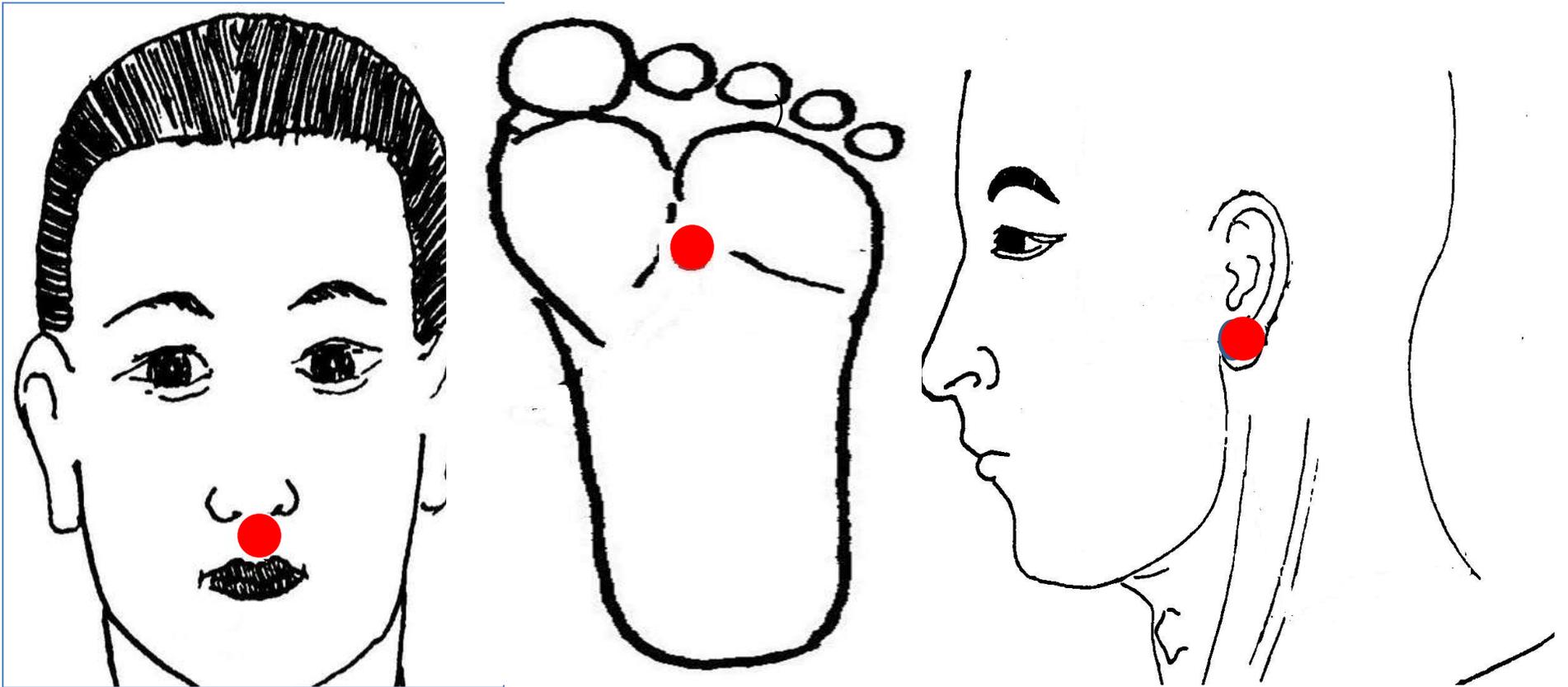
- Use **yellow byol magnet**
- Paste yellow side of byol magnet on paper tape
- Yellow is visible after the magnet is applied on the **AcuPoint**



*Handling
Emergencies
By
Acu points*

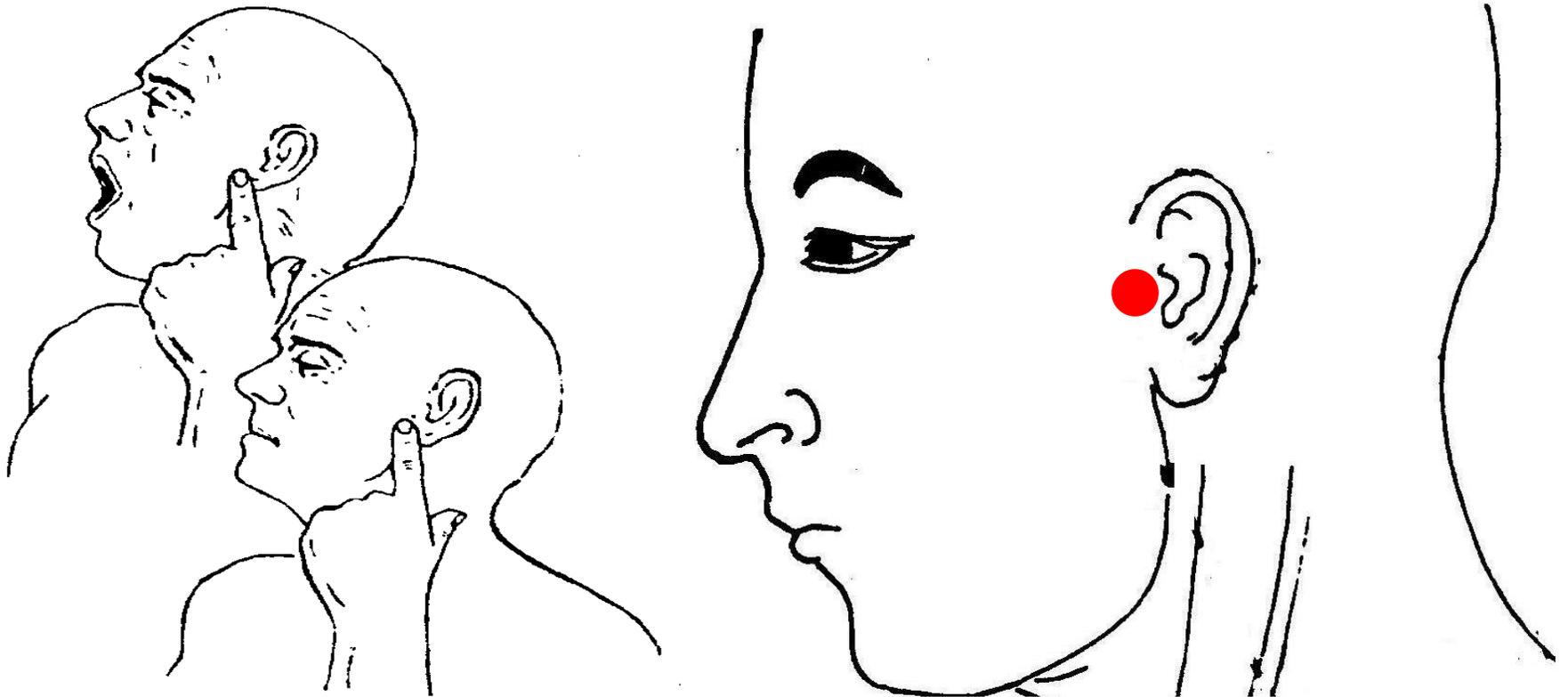
(i)

- *Fainting*
- *Vertigo*
- *Fits / Epilepsy*



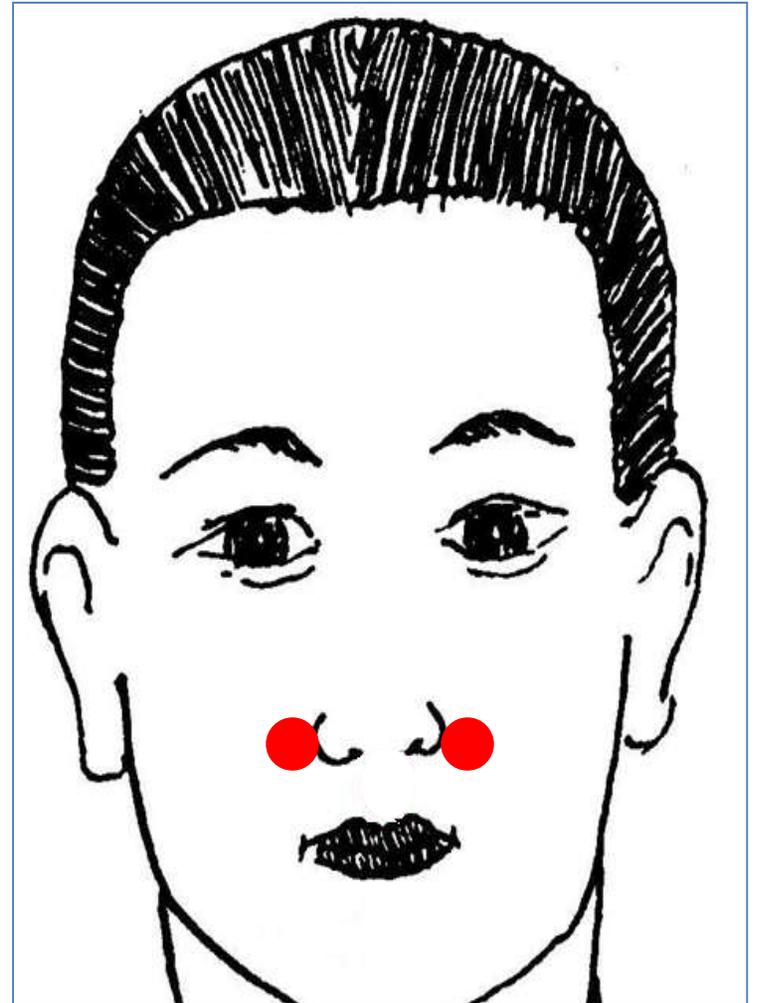
(ii)

Water
Air
Insect } *in Ears*



(iii)

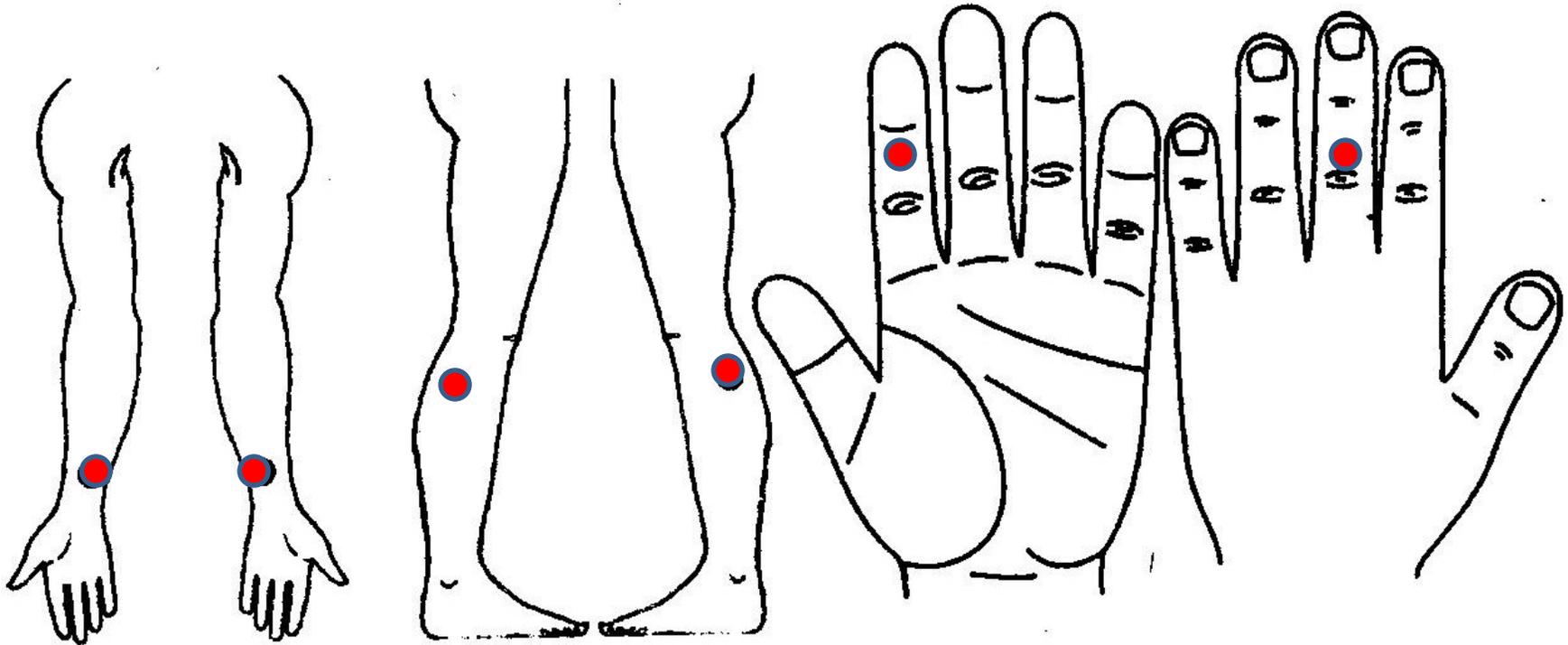
- Nose Blocked
- Sneezing



(iv)

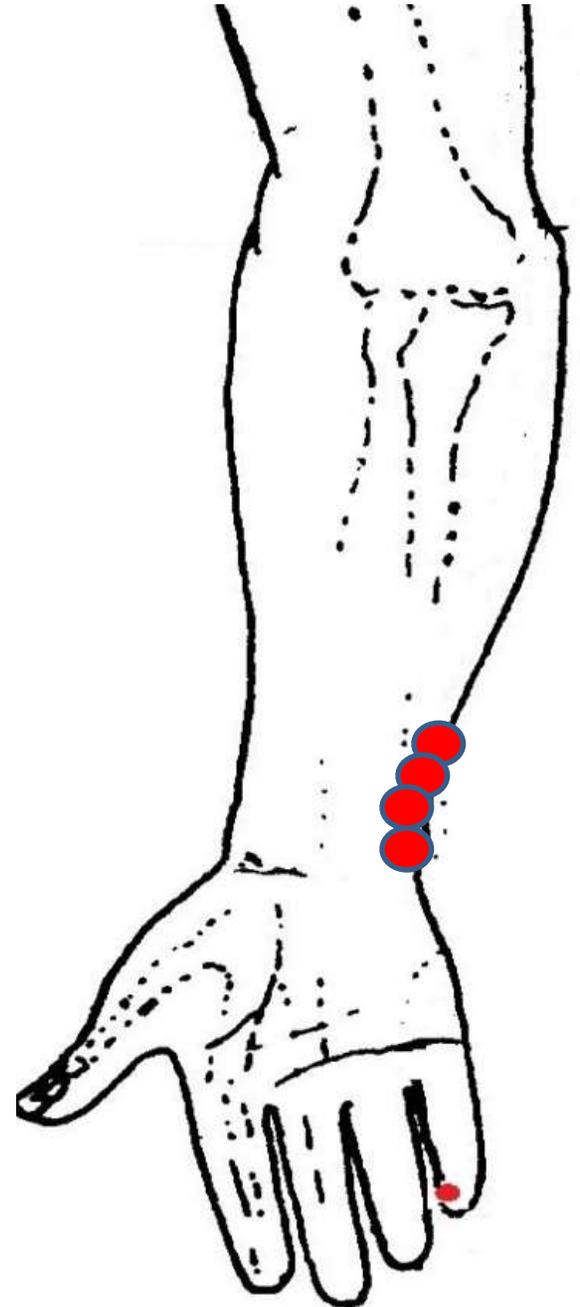
- Travelling Sickness

(Nausea / Vomiting during car, bus journey)



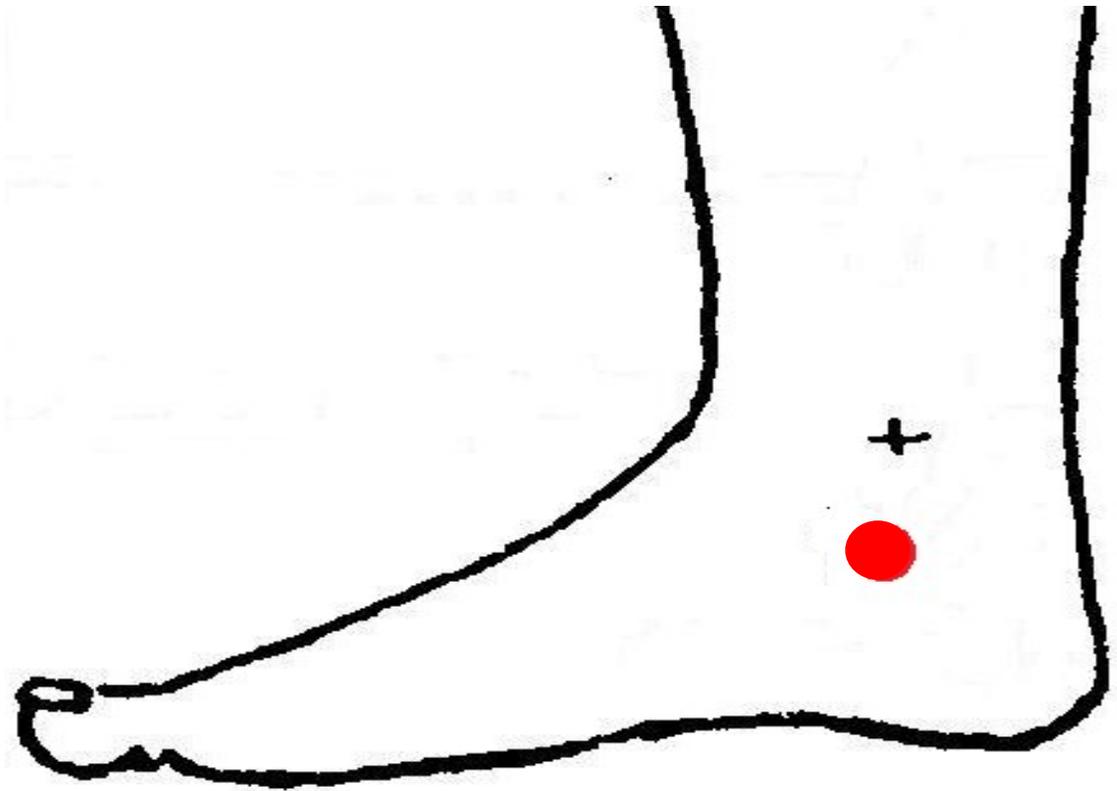
(v)

- Sudden Loss of Voice
- Shock



(vi)

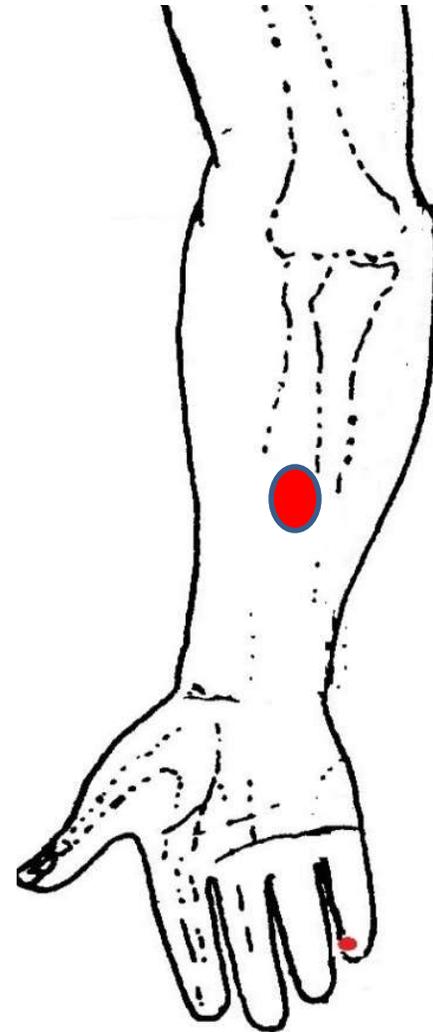
- Insect Bite



(viii)

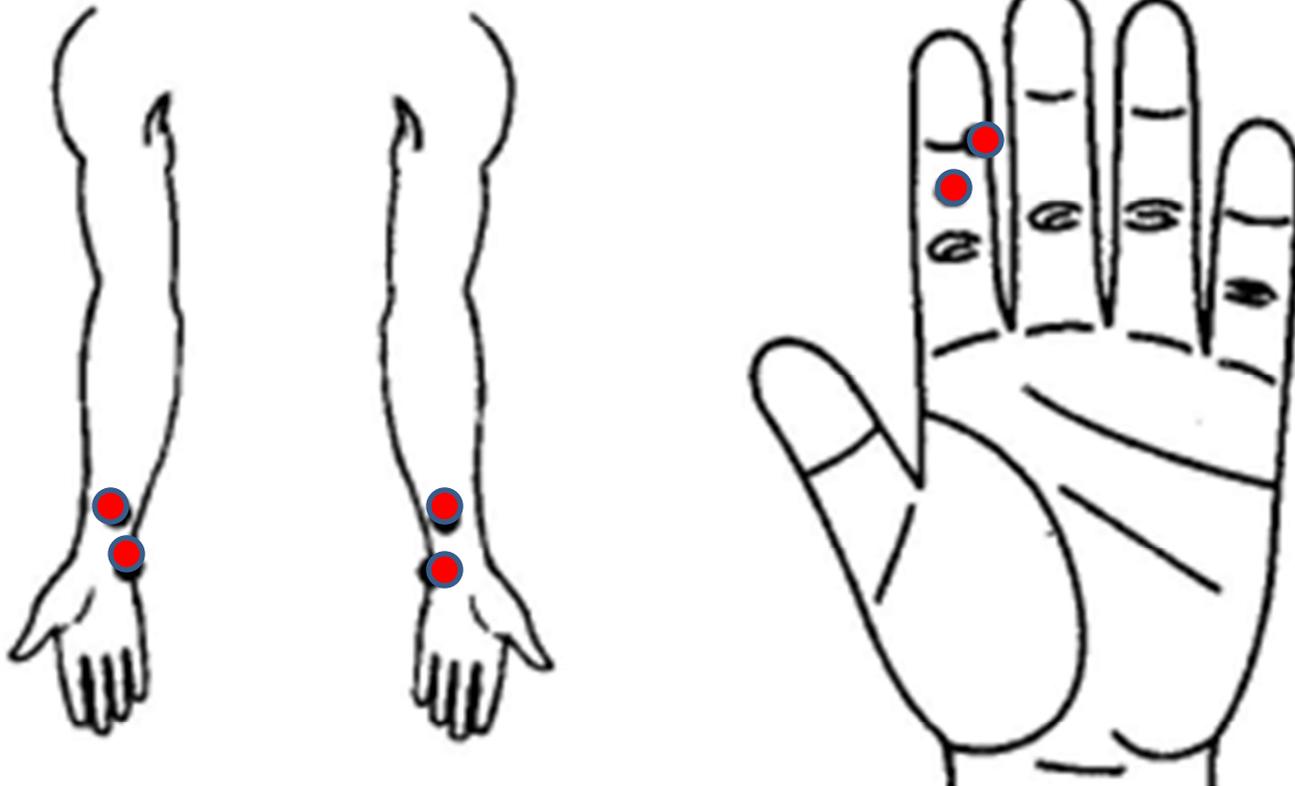
- Youth Point

(Delay Aging and
To remain Young)



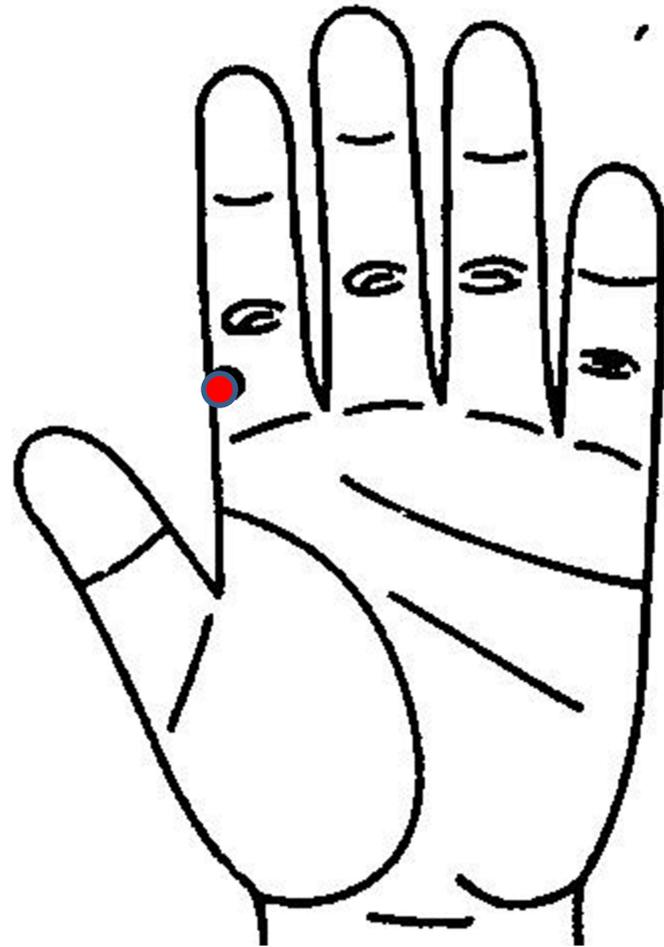
(ix)

- Travelling Phobia (Restless before



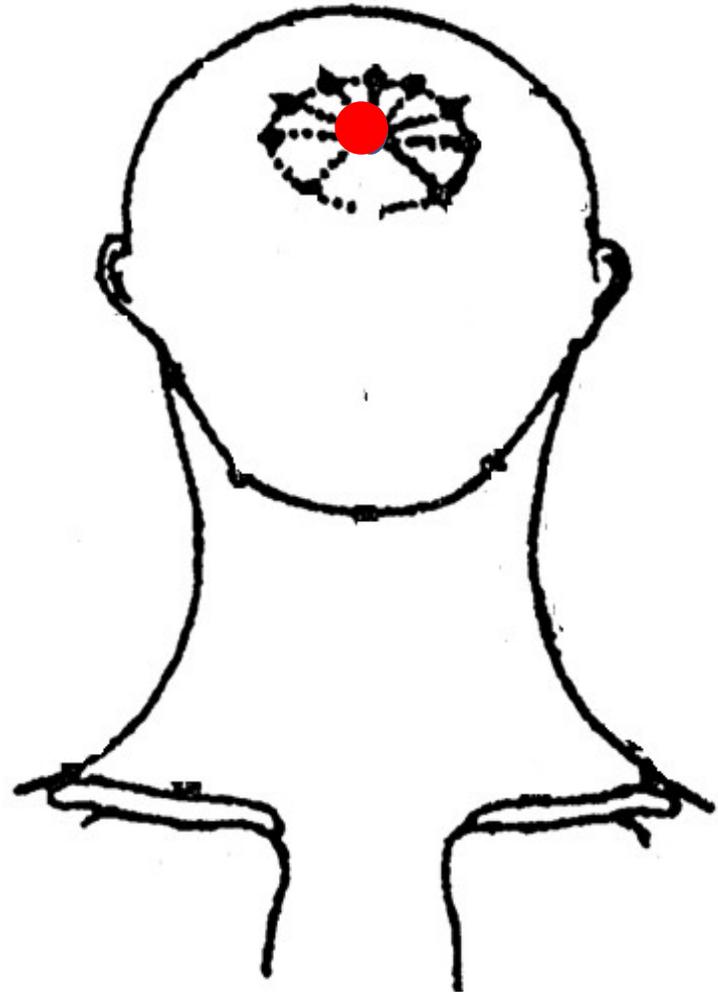
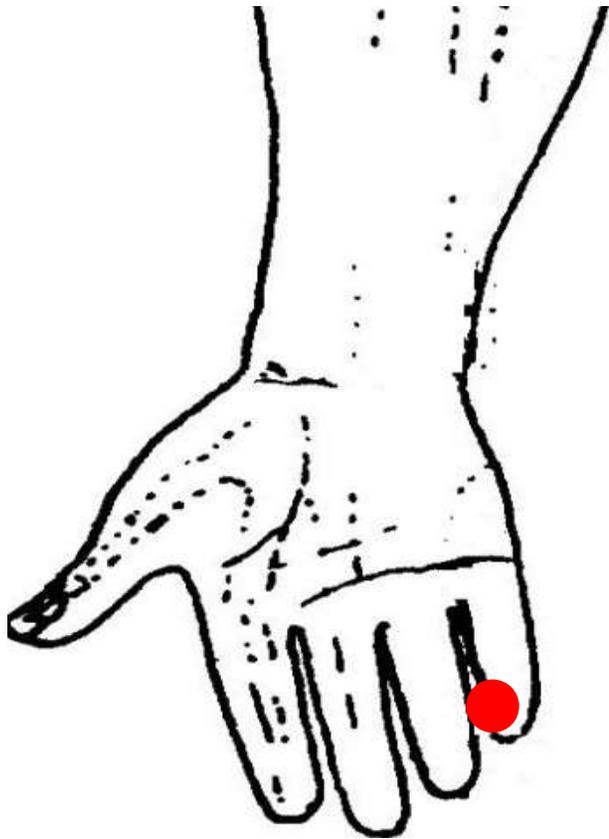
(X)

- Suffocation (Lack of oxygen)



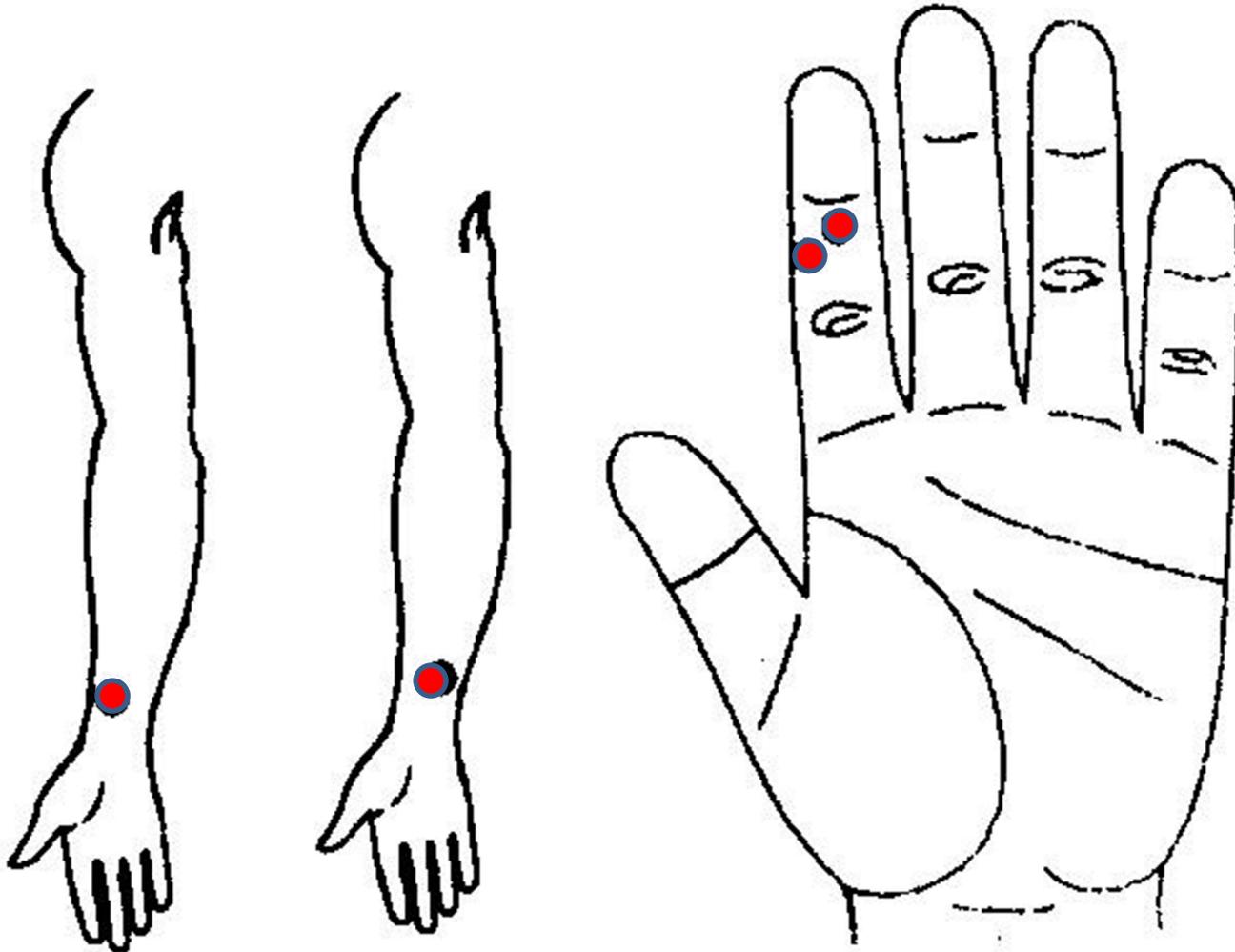
(xi)

- Lack of Concentration



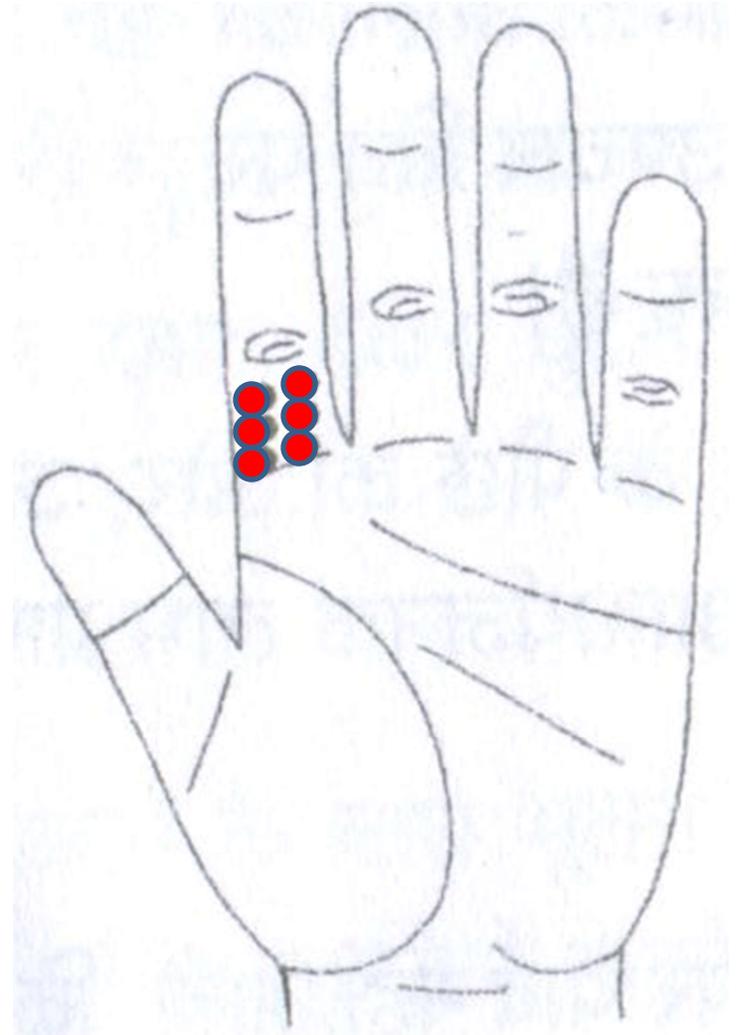
(xii)

- Tendency / Habit of Forgetfulness

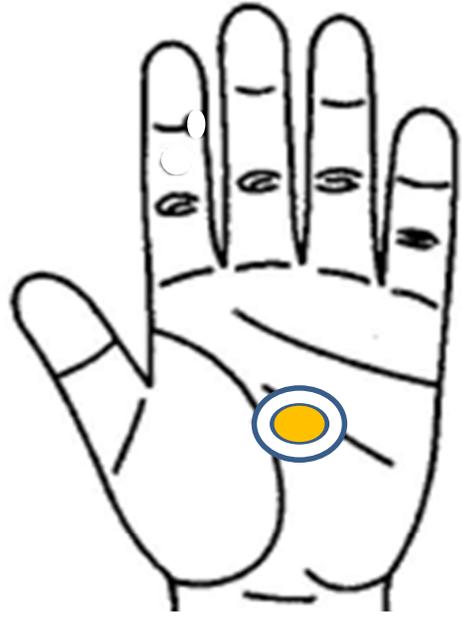


(xiii)

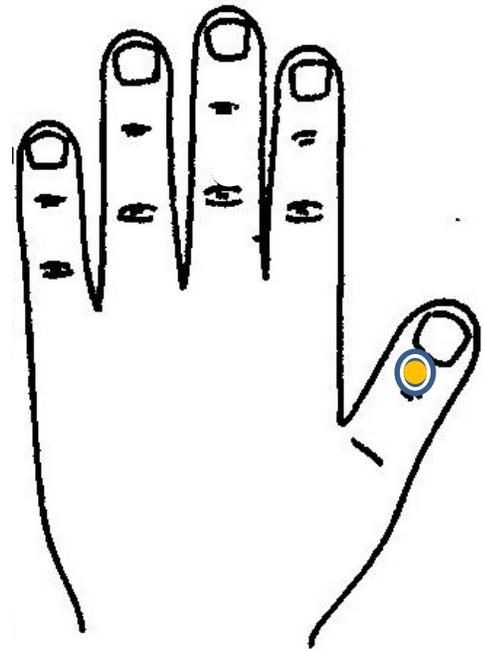
- Reproductive disorders



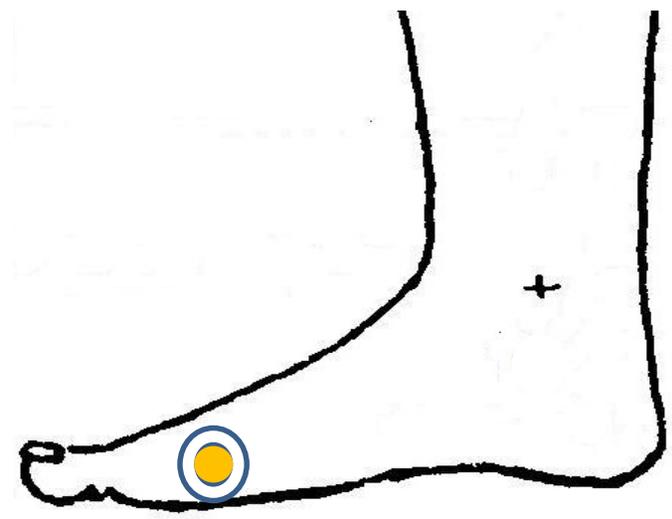
Gastric



HBP

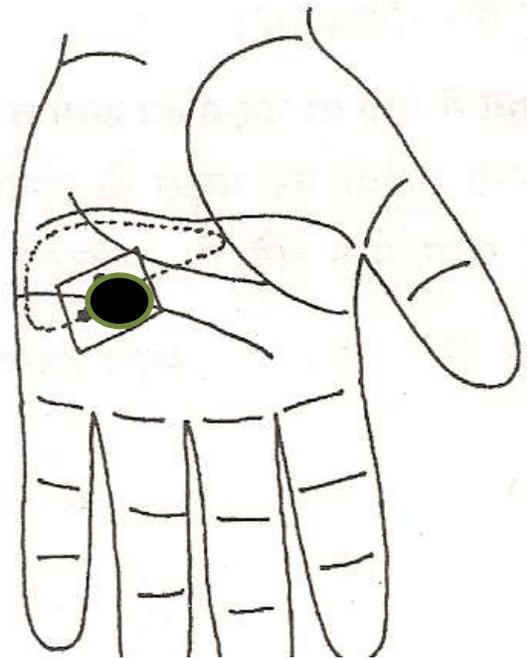
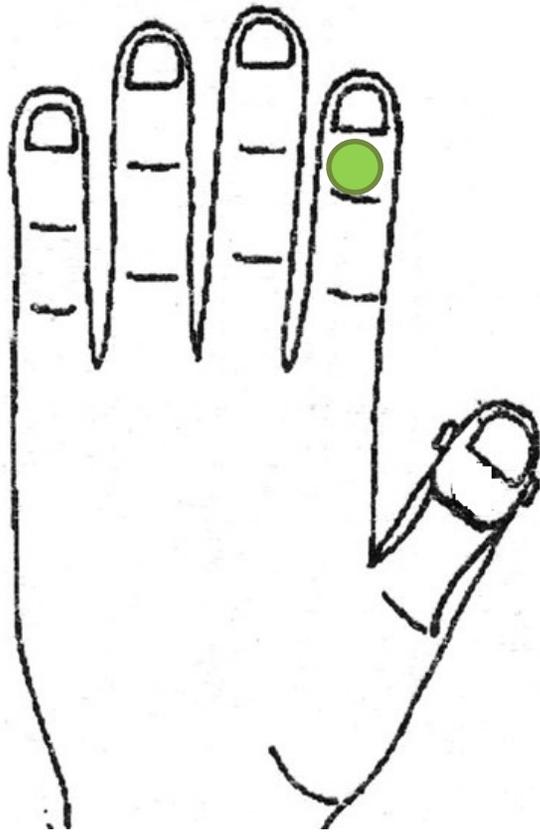


Diabetes
Only Right Foot

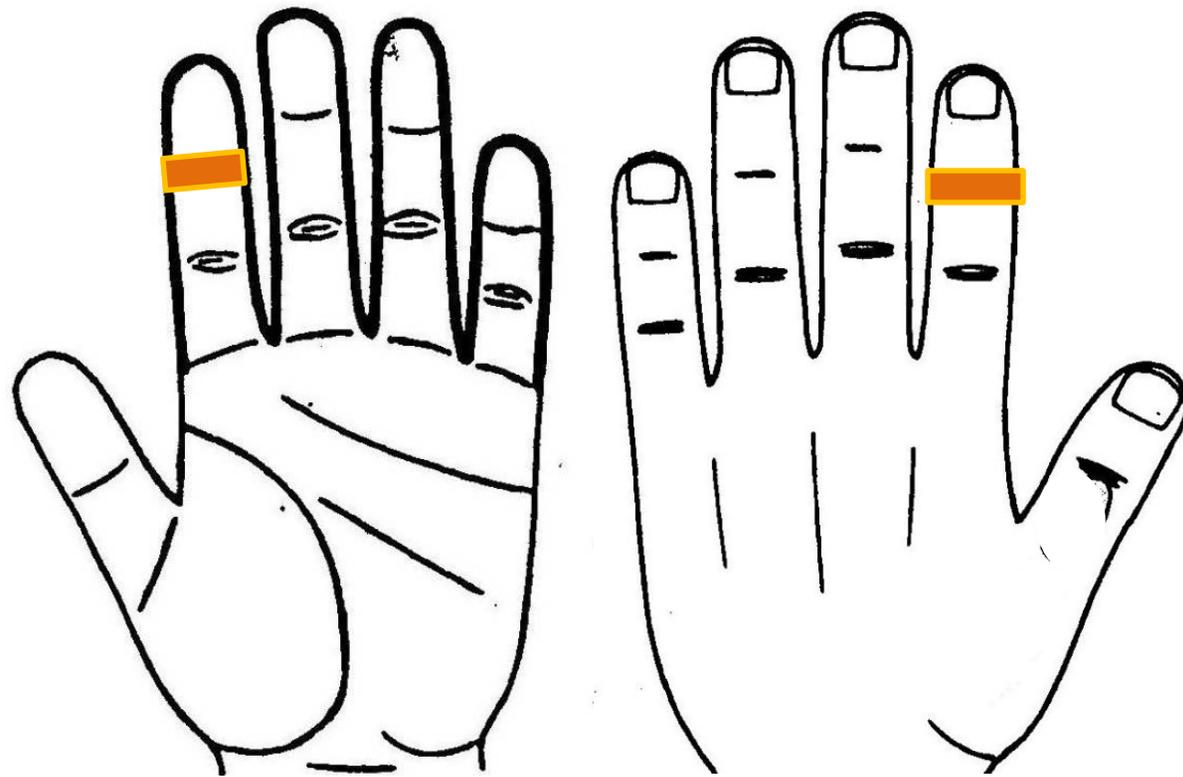


Treatment by Colours

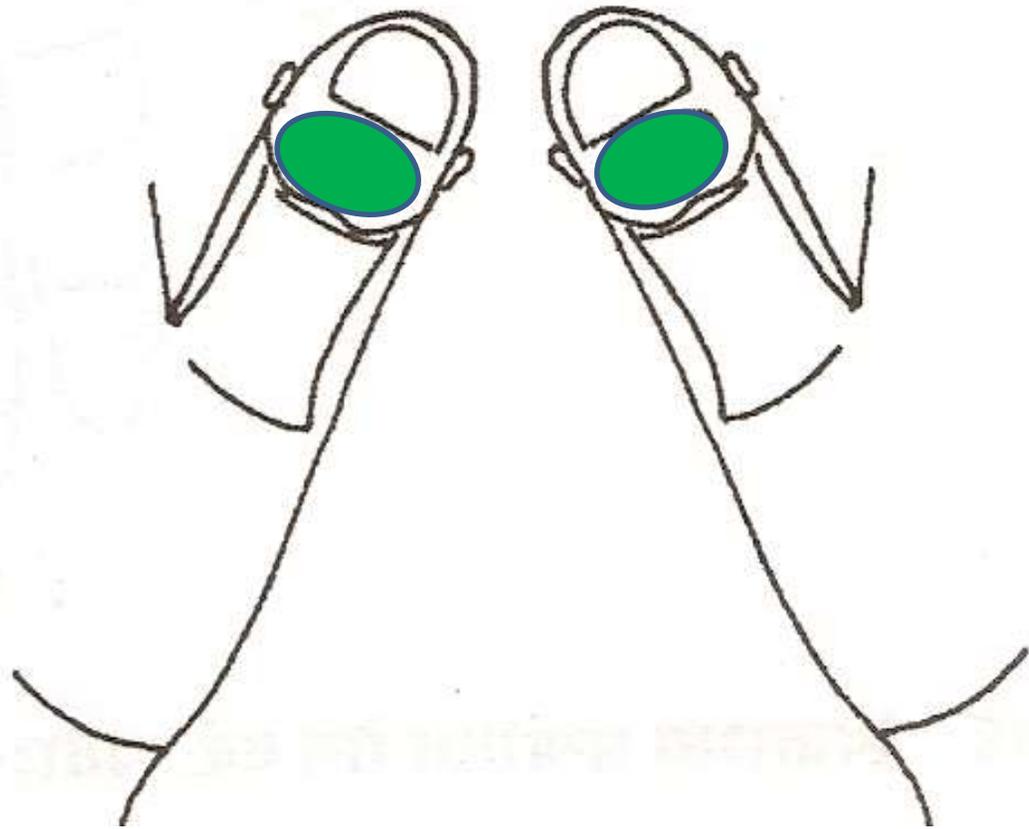
- Insomnia (sleeplessness)



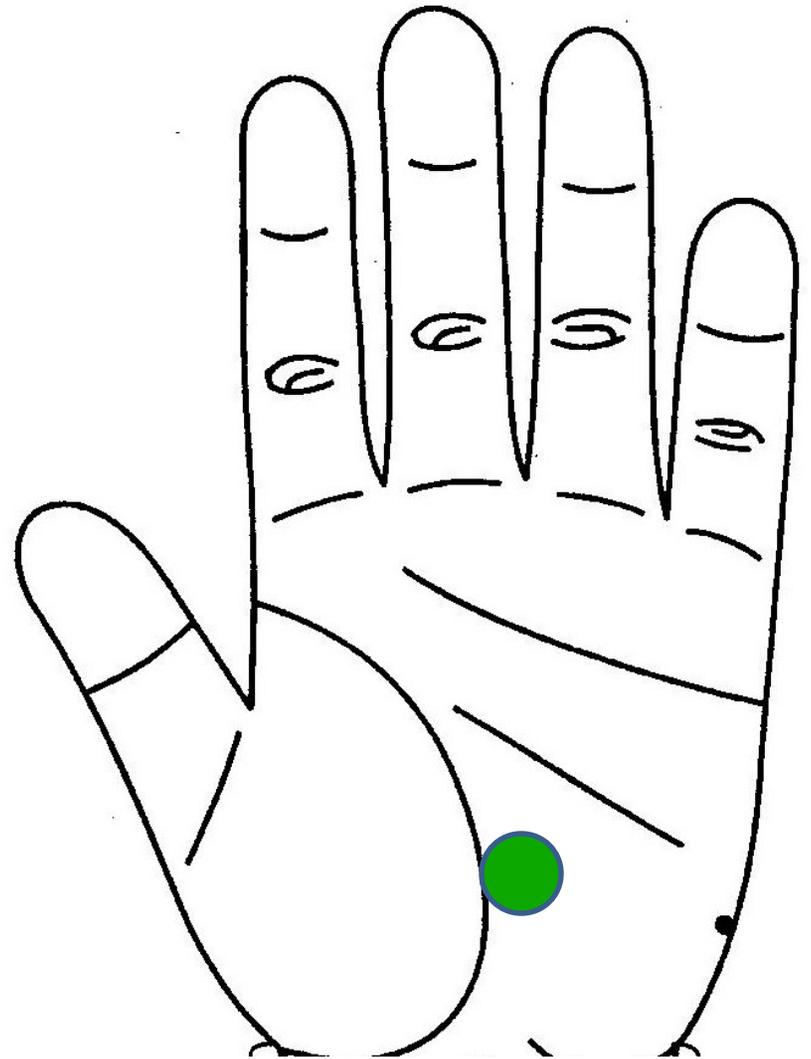
- Hypersomnia (Excess sleep)



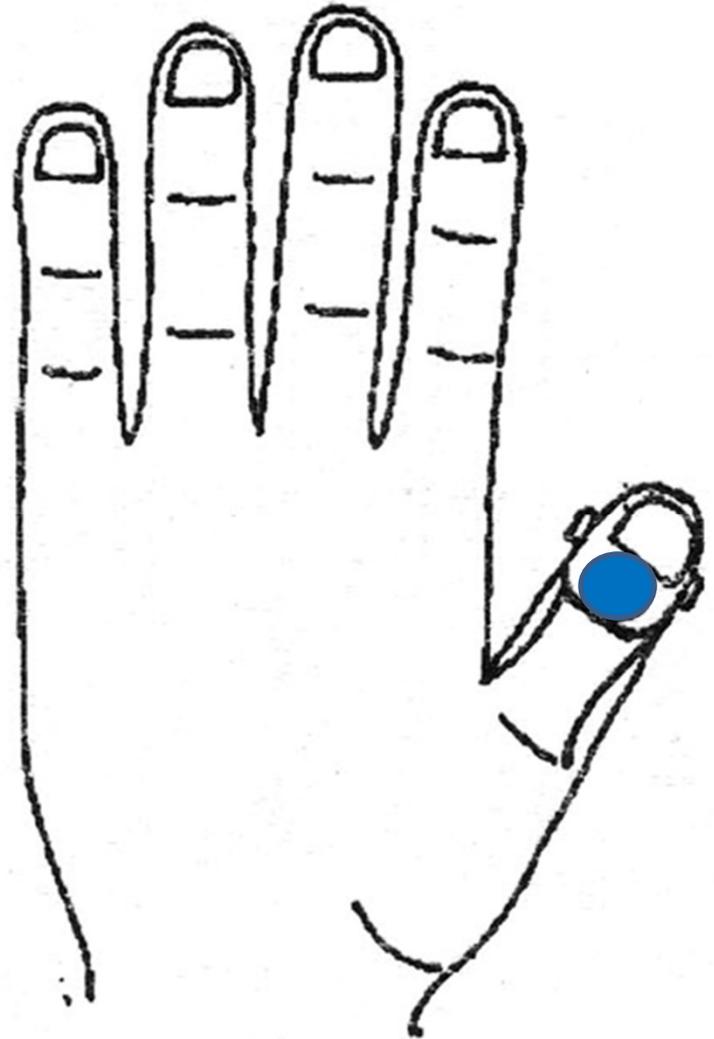
- Sun Stroke (Loo)



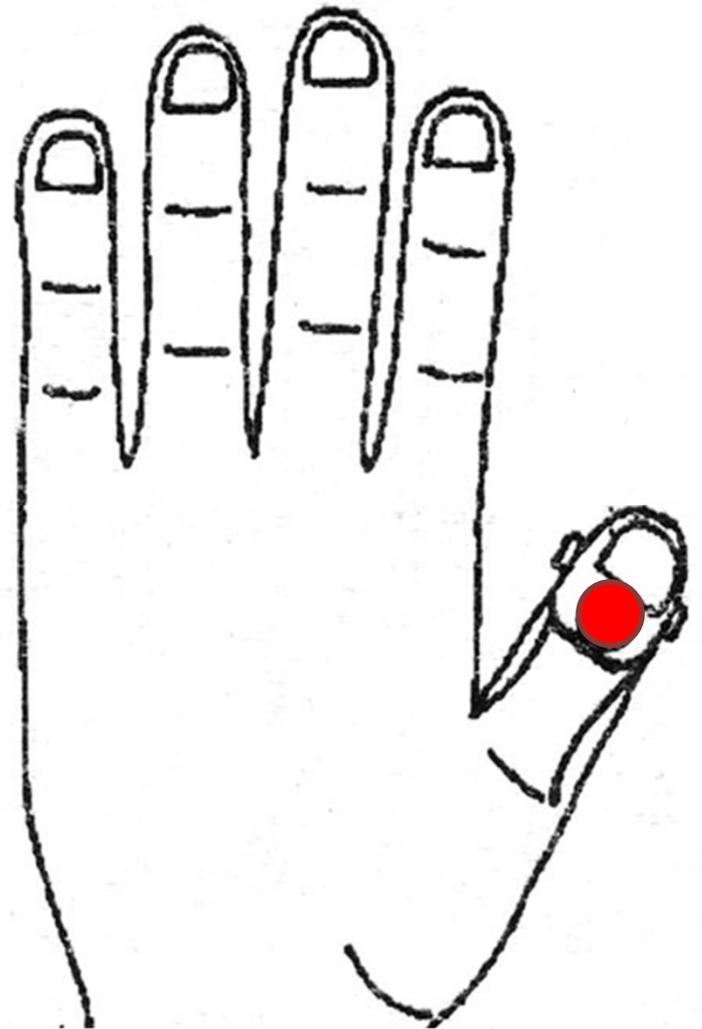
- Nausea & Vomiting
- Restlessness
- Burning in chest
- Gas formation
- Sleeplessness



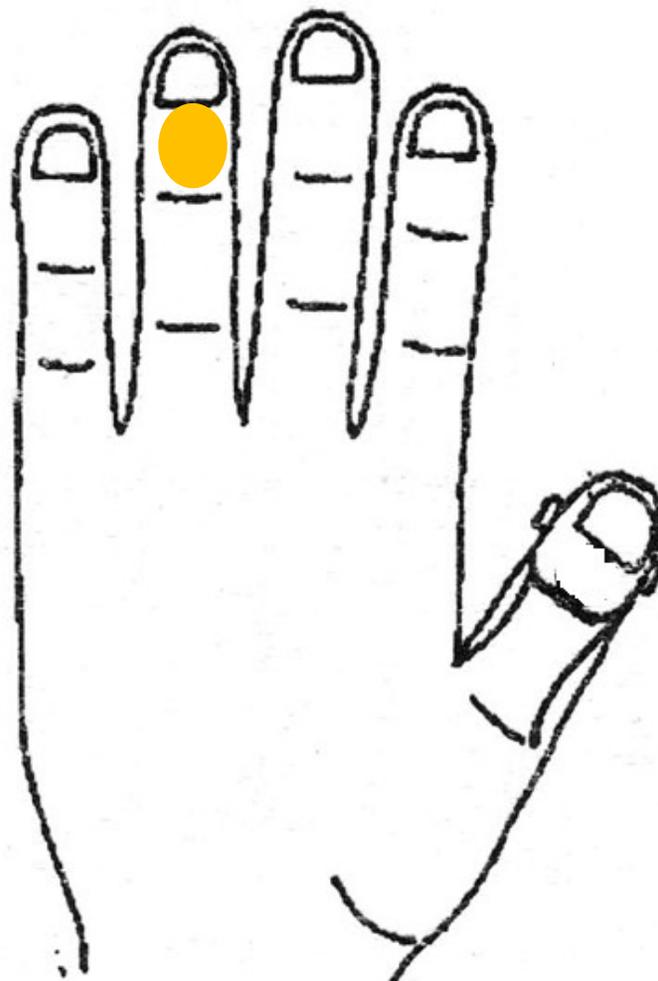
High Blood Pressure



Low Blood Pressure



Stage Fear



Scientific Basis Of Acu Points

“Correspondence”

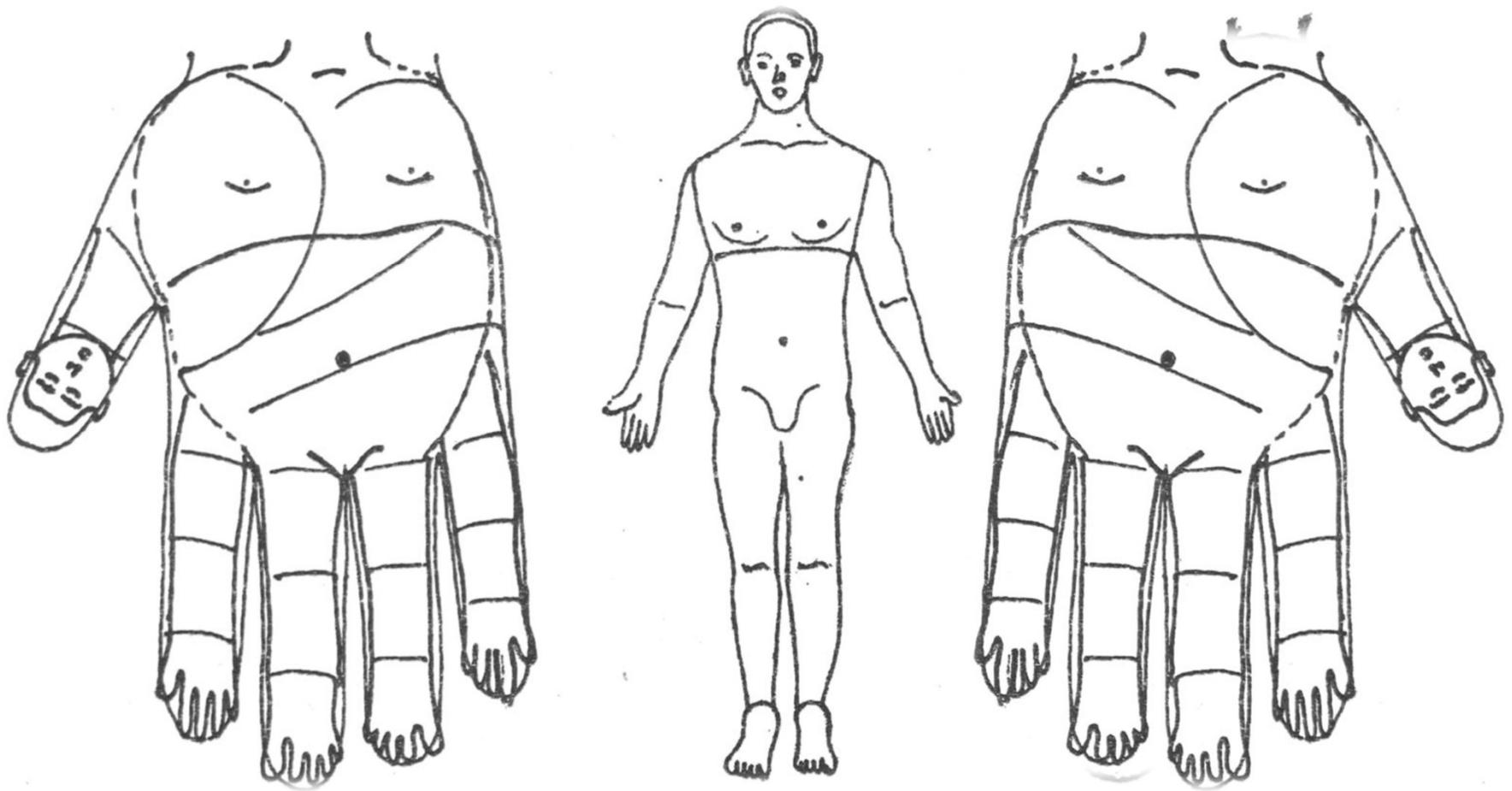
Or

“Tulyarthata”

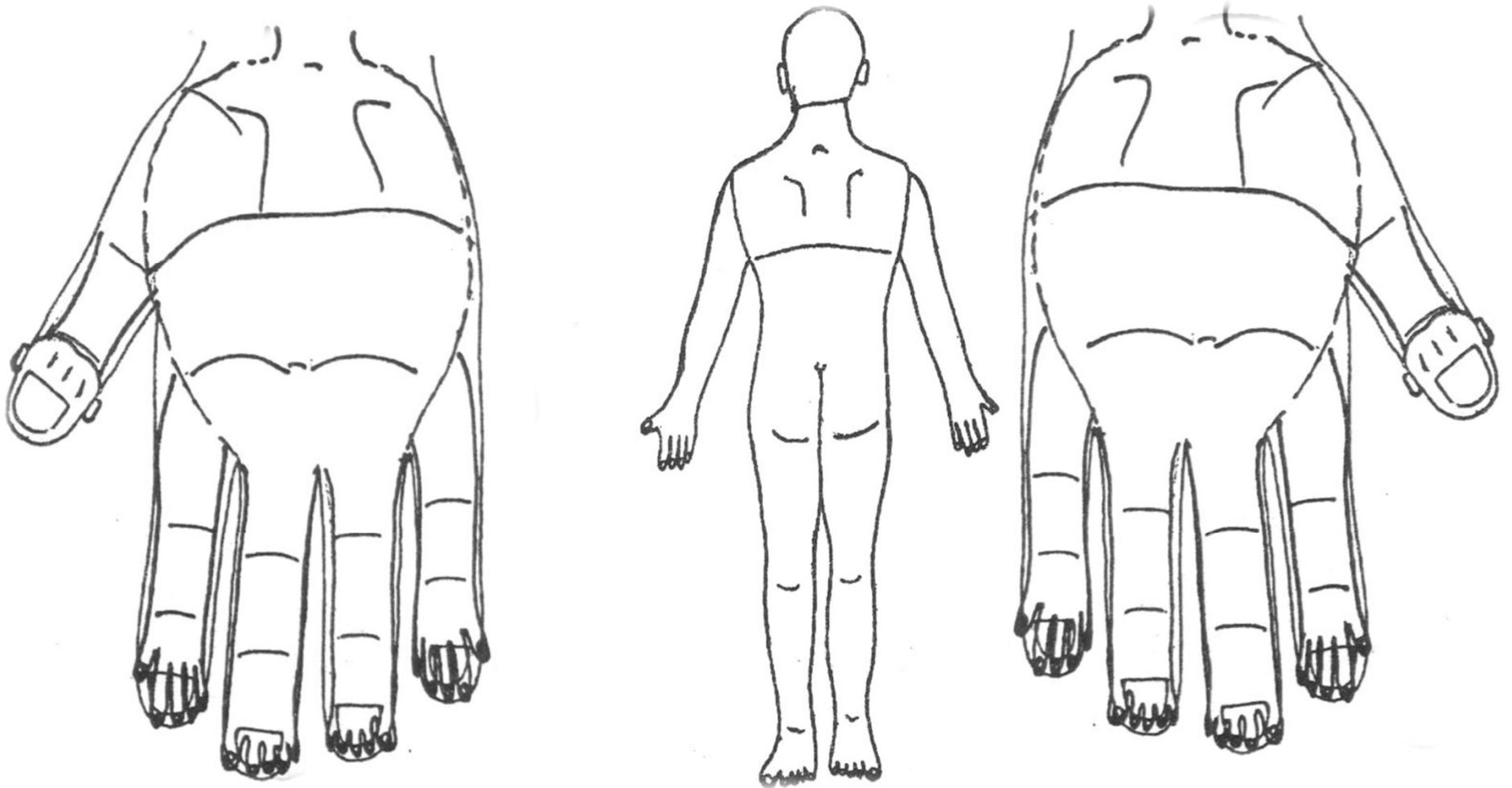
Of

Human Body with Palms

Human Body on Palms



Human Body(Back) on Palms

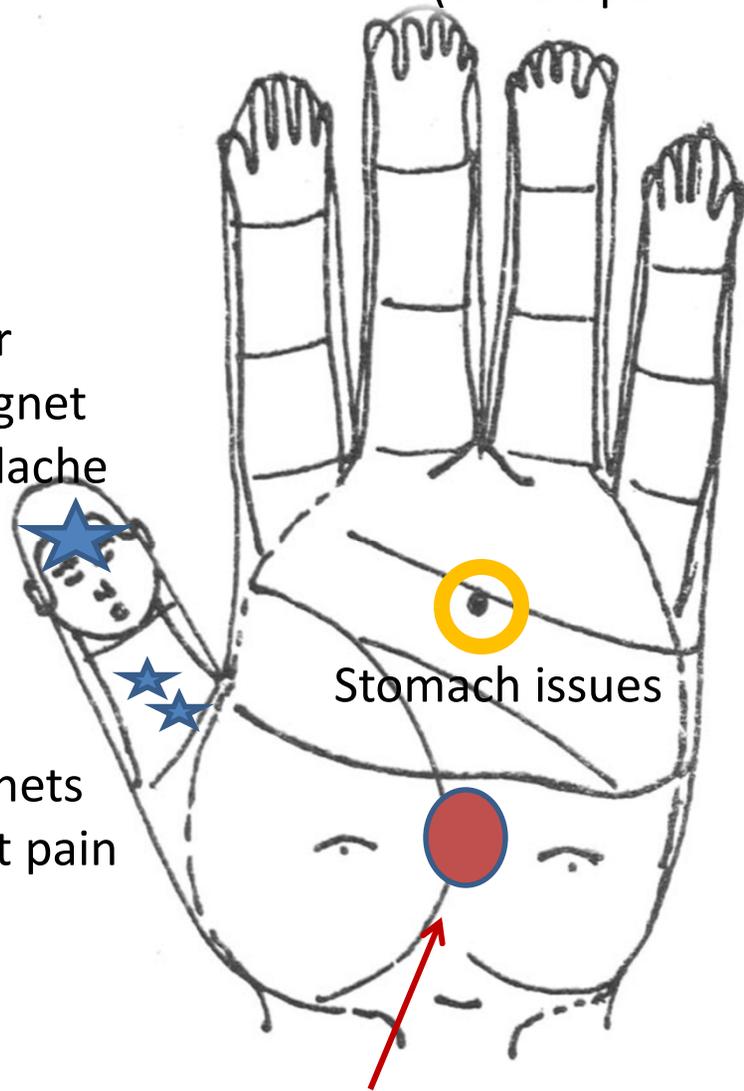


Some Treatment examples

(on left palm – front/ back side)

A cluster
Star magnet
for headache

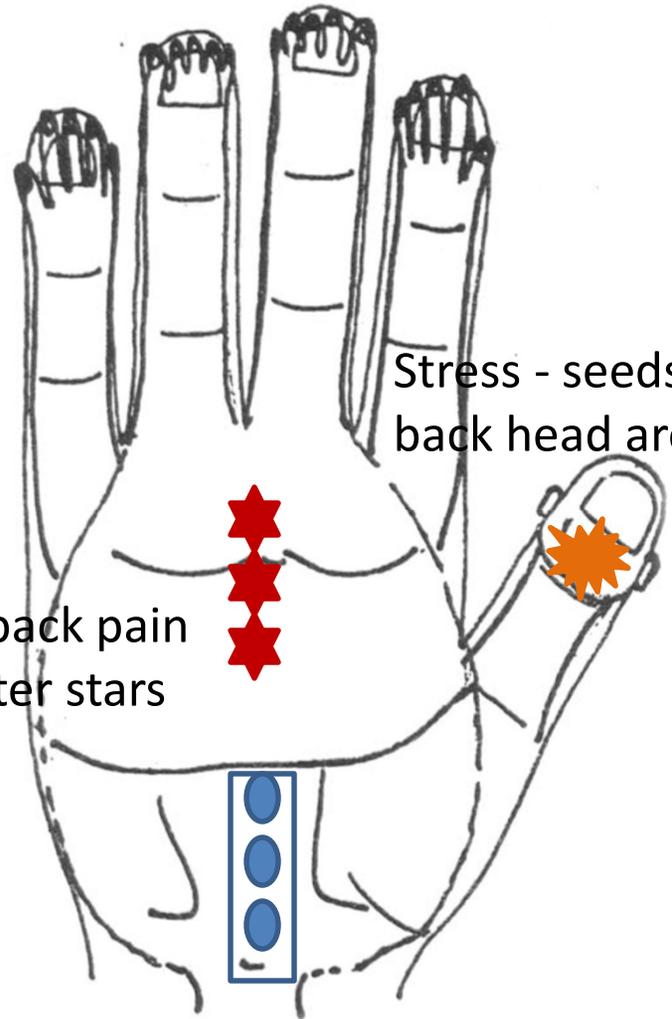
2 cluster
star magnets
for throat pain



A cluster for chest pain

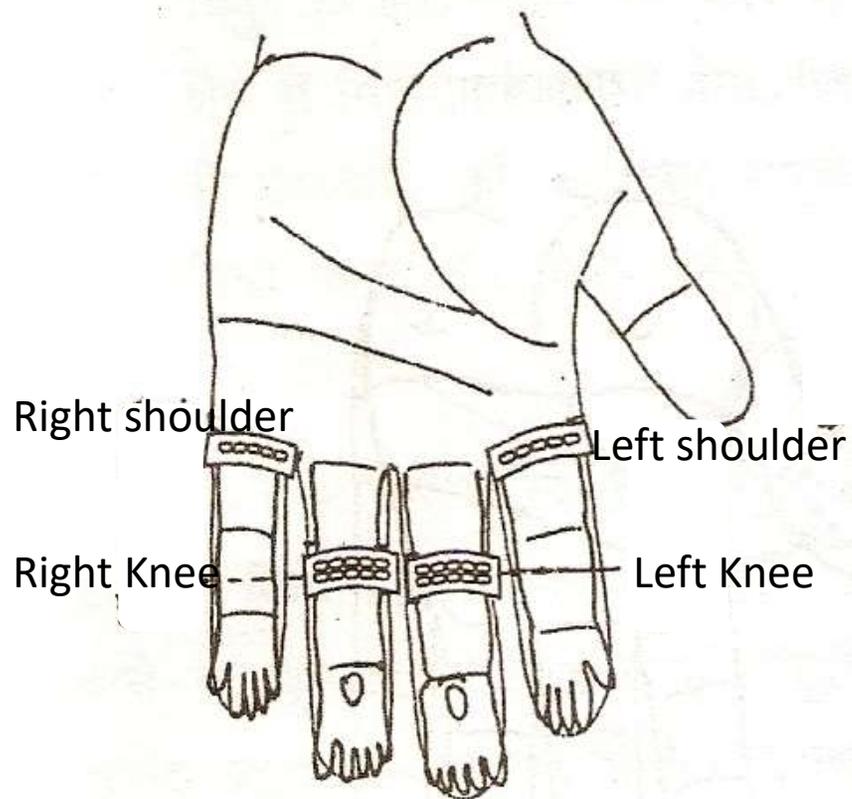
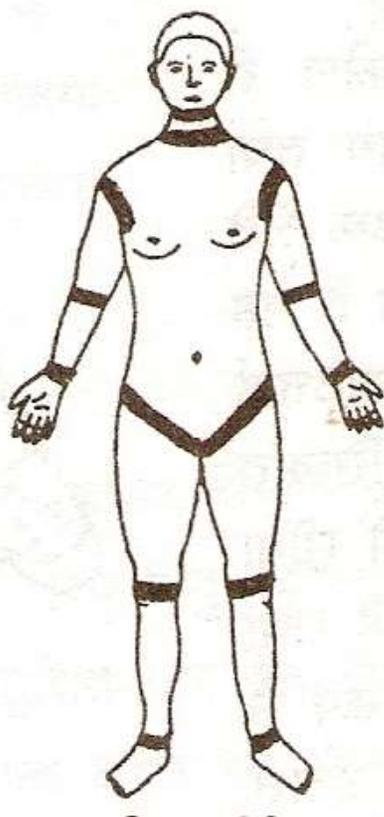
Low back pain
cluster stars

Stress - seeds on
back head area



Upper back pain – pea/ gram seeds

Treatment of Body Joints by -Finger Joints



Ring Massage for body joints



Treatment Examples on Correspondence

Ears

कान का दर्द -
चित्र के
अनुसार
अंगूठे पर
मेथी लगाएं।



Eyes

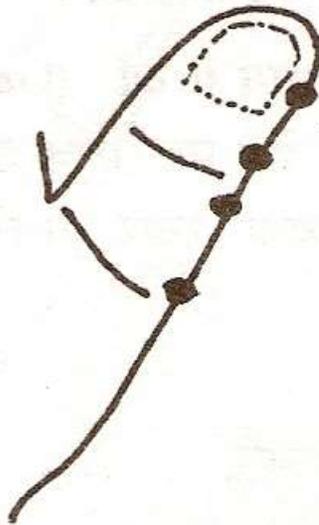
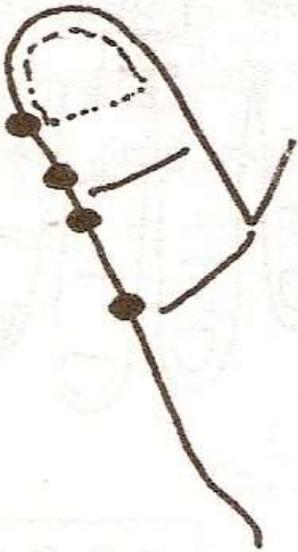
आँख का सामान्य उपचार - आँख
के सादृश्य बिंदु पर मेथी अथवा
स्टार मैगनेट।



Tonsils

सरवाइकल का दर्द, सरवाइकल
स्पांडिलाइटिस, गर्दन ऊपर नीचे करने
तथा घुमाने में दर्द आदि - चित्रानुसार

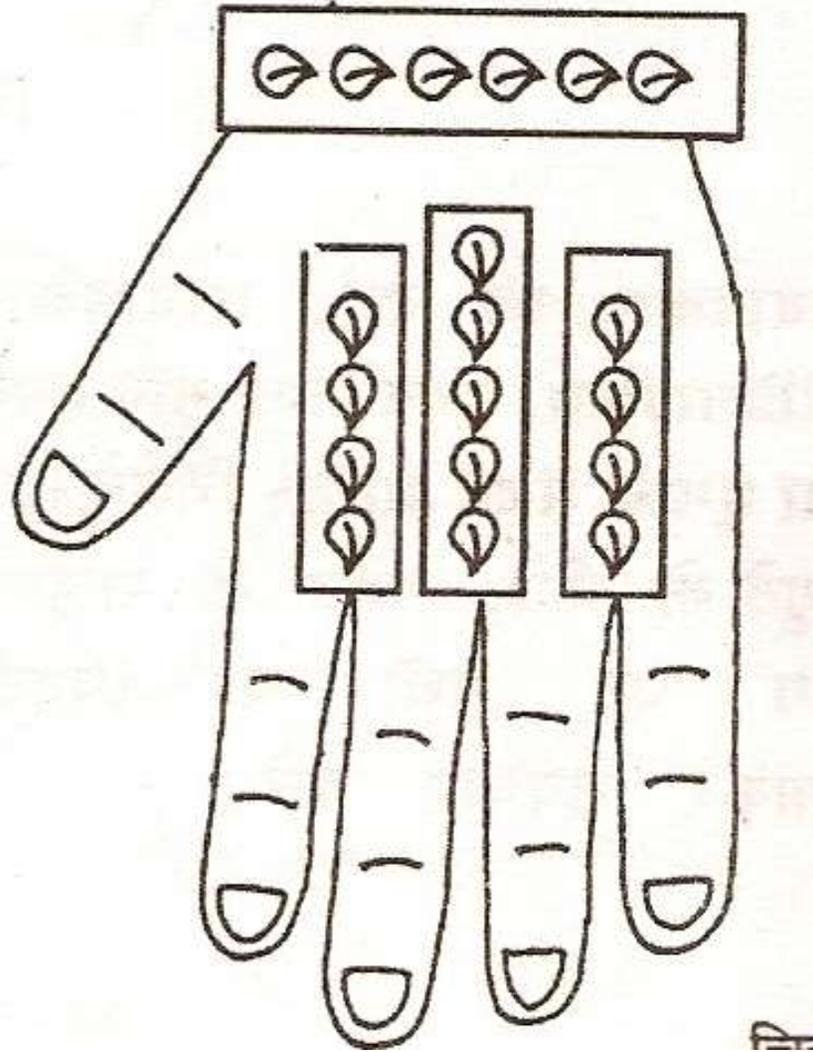
टांसिल का उपचार-



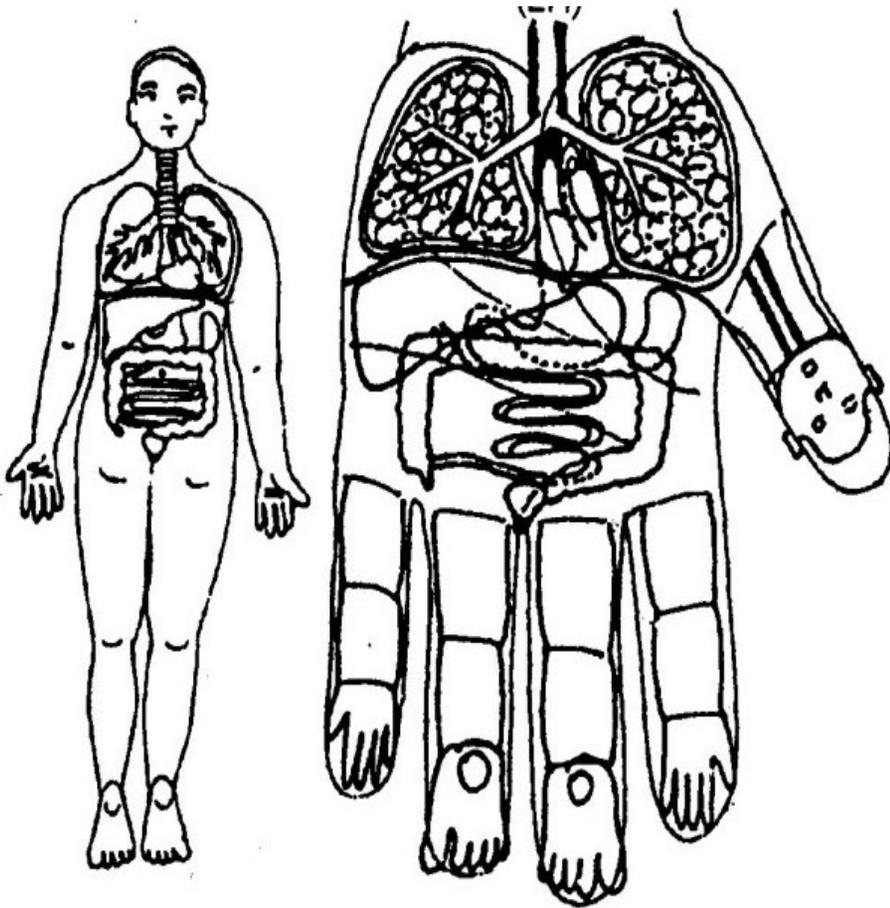
Neck

रिप डिस्क -

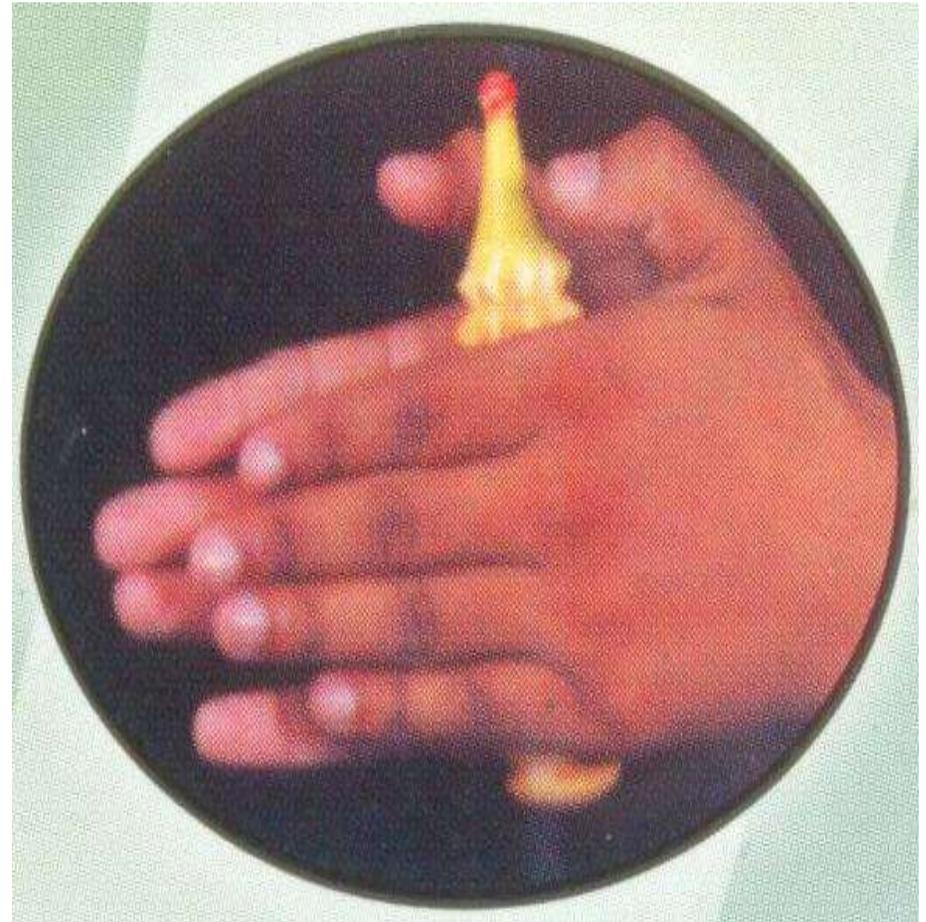
Slip Disc



Human Body on Palms



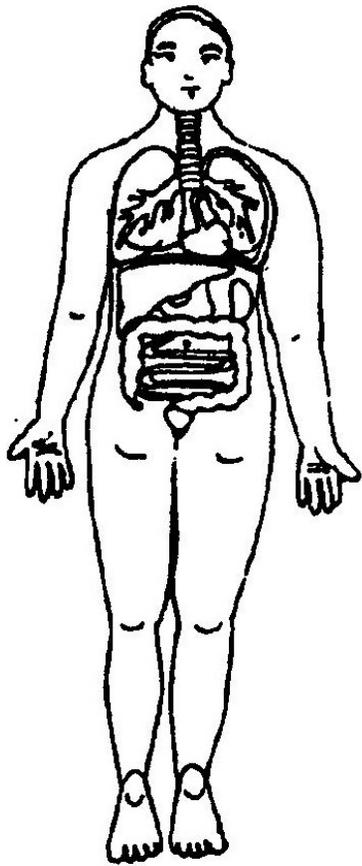
Massage by Hand Roller



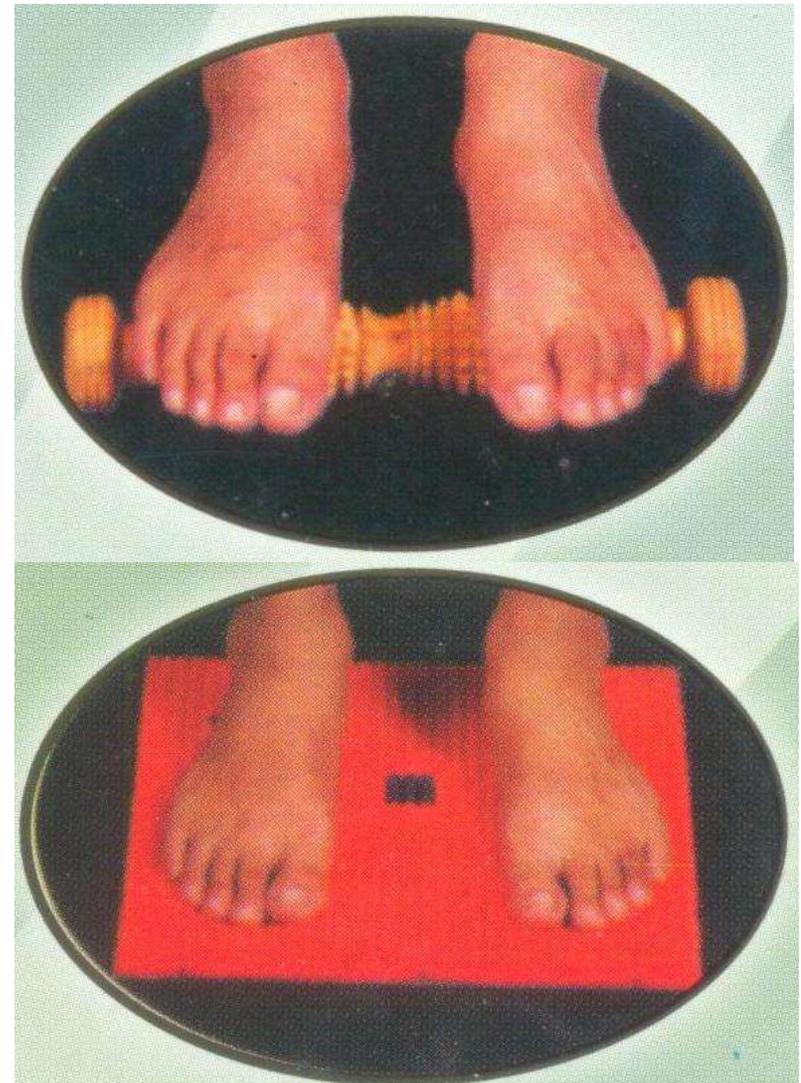
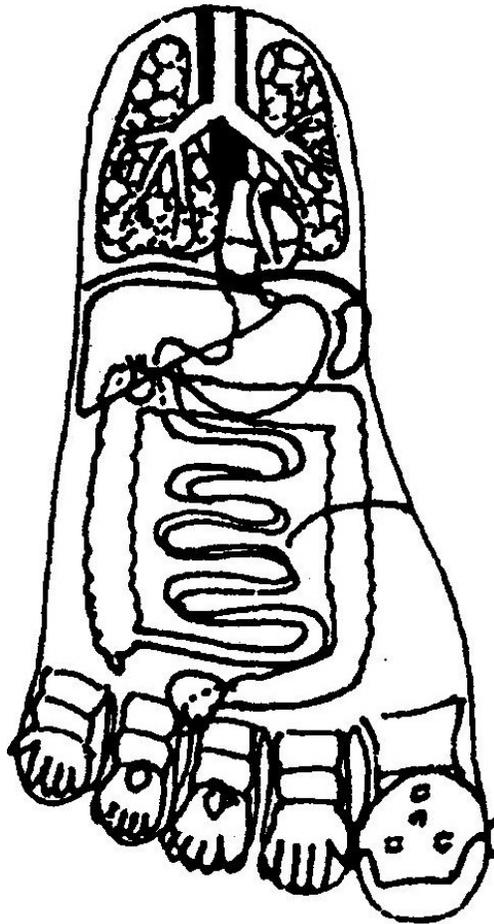
Human Body on Soles

Massage by Foot Roller/Pyramid

Human Body (Front)



Left Foot
(LF)



*Prevention is better
Than cure*

Some Basic - Health Tips

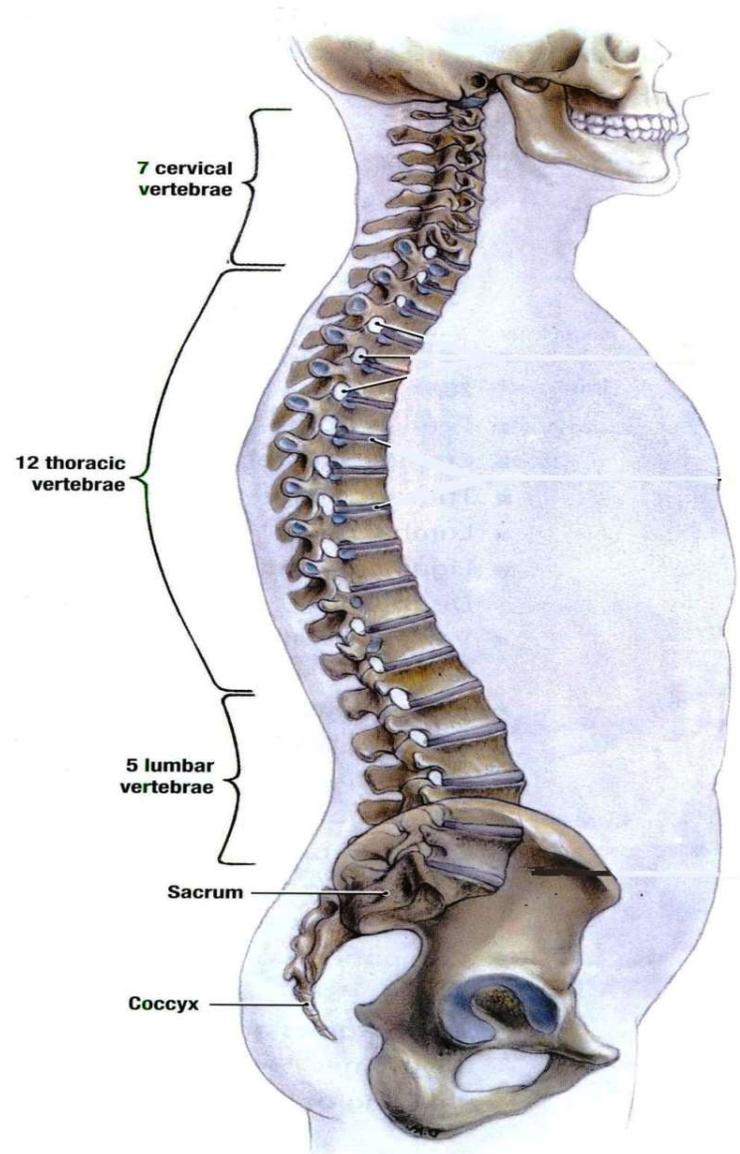
Think Positive

Every Action

Has

Equal & opposite Reaction.

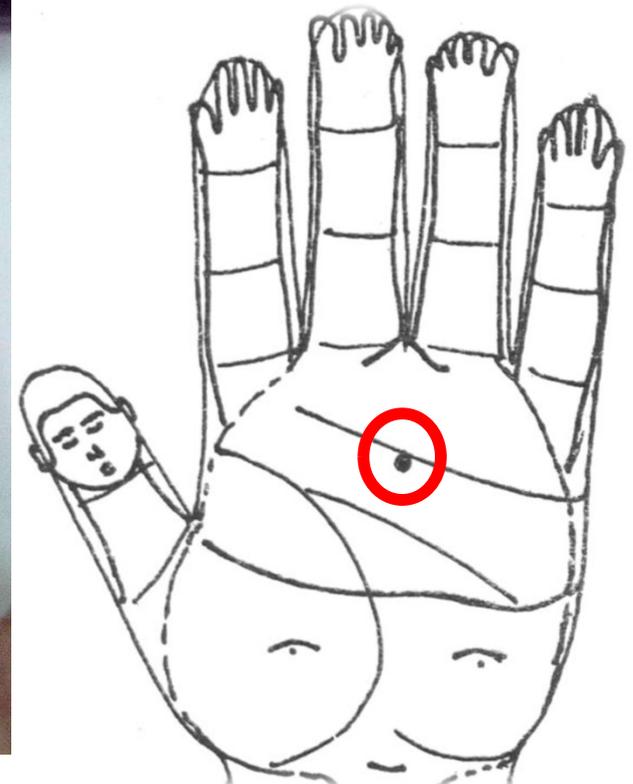
Keep the Spine Straight



Keep the Navel in Position

*Disturbed navel ?
-check by palm lines*

Press here



Keep the Daily Routine – Regulated

*Early to Bed and Early to Rise
Makes a Man
Healthy, Wealthy and Wise.*

Balanced Diet

*As the Food,
So the Blood;*

and

*As the Blood
So the Mental*

and

Physical Health.

*Chew the food
at least 16 times
before swallowing*

*Do not drink water
with food.*

Eat the Liquids....

&

Drink the Solids.

Eat less than fullness

- *Human body is made of Five elements.*
- *Hence,*
keep space for water and
movement in stomach.

*Accept the edible coatings
of food materials.*

*Take food mostly in natural
(raw/uncooked) form.*

Awareness Towards Other Methods of Healing :

Acupressure	– by Pressure
Acupuncture	– by Needles
Seed Therapy	– by Seeds
Magnet Therapy	– by Magnets
Colour Therapy	– by Colours

We Discussed :

1. About ASPEUS and Acutherapy
2. Emergency and first aid
3. Correspondence of human body
4. Treatment by colours

Conclusion

Acupressure is a Self Help Method of Healing, without Medicines.

- It has no Side Effects.
- It is cost effective & Easy to use.
- It helps in Very Early Diagnosis.
- It provides relief in All Kinds of Disorders.
- It is a part of “Naturopathy” .

Programmes conducted by ASPEUS

(ASPEUS= Acupressure Institute, Allahabad, India)

www.acusansthan-ald.in

1)Free Awareness Camps

2)Basic Trainings :

15 hrs each on chinese and ayurvedic acupressure.

3)Advance Trainings :

15 hrs each on specific topics like nervous system disorders , diagnostics, new plottings, specific diseases, etc.

4)Residential Trainings :

48 hrs each on TCM, EAV, Ayurvedic Acupressure

5) Super Advance Training & National Conference:

once, in the end of every year.

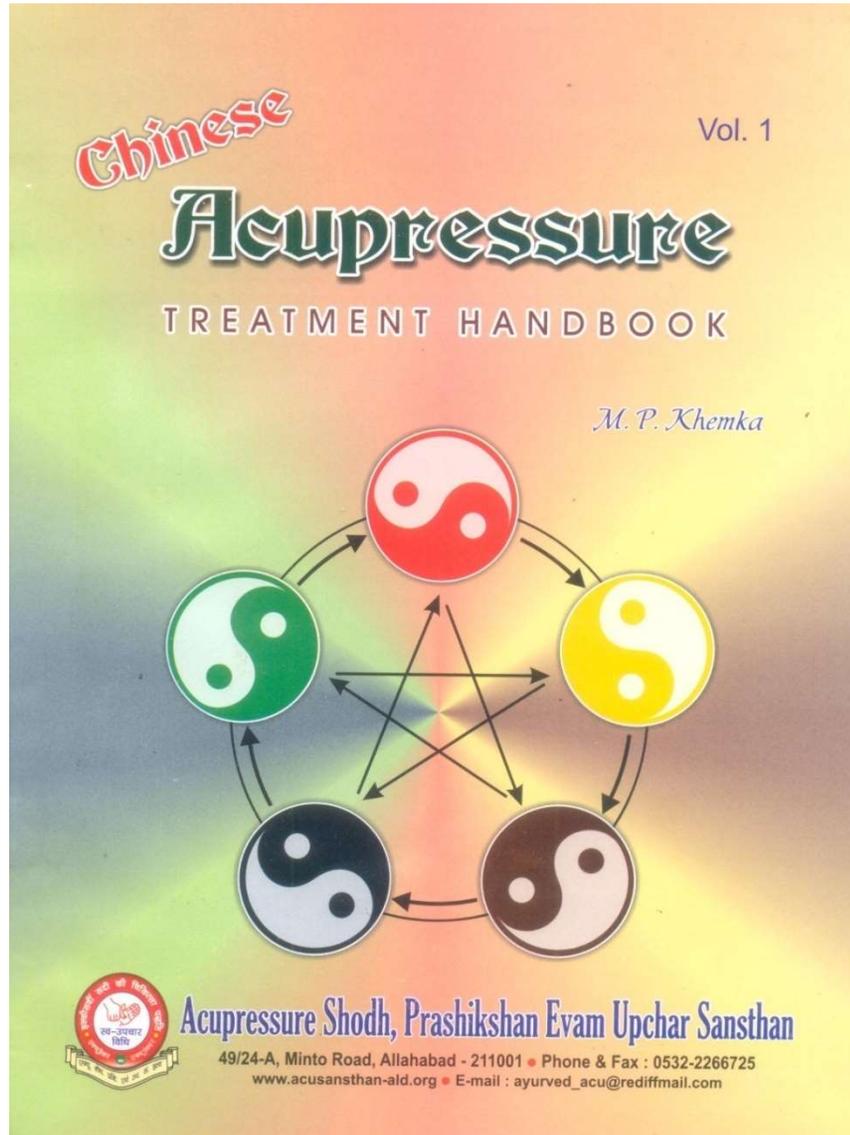
6) Academic Courses

Correspondence-distant learning/ Campus

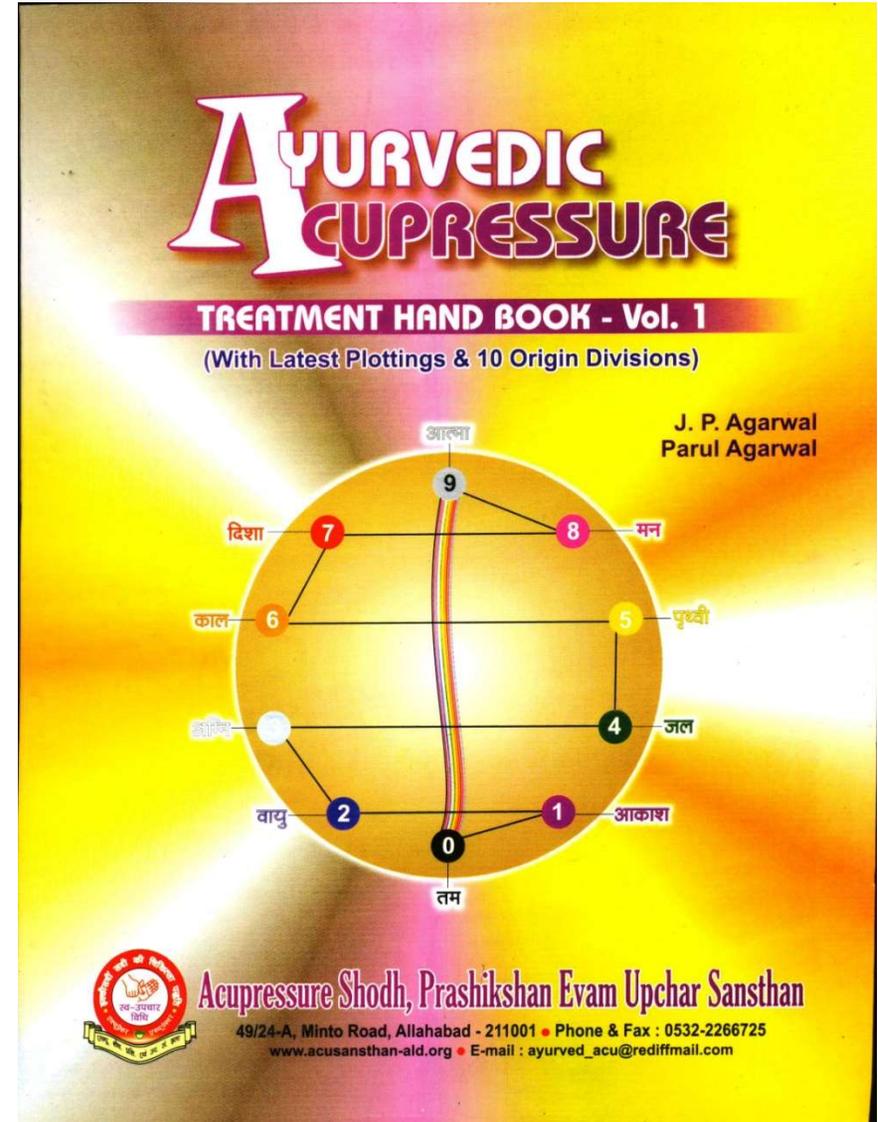
*Certificate (6 months); *Diploma(1 year) ; *Adv Diploma (2 years)

Introduction of advance methods

The Five element theory



The Ten element theory



Magazine

“Acupressure/Acupuncture Saraswati”

Subscription Charges : Only 650/- yearly

WELCOME
Into the Ocean of Knowledge
“ACUPRESSURE”
Waiting for You....
through
“BOOKS AND TRAININGS”

THANK
YOU

Office In charge –

Mr. Anil Kumar Shukla (9335105694)

Trainings –

Mr. Vishal Jaiswal (9335513041)

General queries–

Mr. Ram Kumar Sharma (9454016669)

Awareness Incharge –

Mamta Vishwakarma- 8799177837

Acupressure shodh prashikshan evam upchar sansthan

49/24 A Minto road, behind BHS, Allahabad.

9335105694, 9389111003

THANK YOU