

Acupressure Exercise for Health Promotion and Prevention from Disease

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ABSTRACT

Man the crown of creation. He has become Schizophrenic, a split personality. Today's life have become a never ending race time, technology and targets, this creates tension. People are predisposed to various diseases based on their way of living and occupational habits. There is an urgent need to find a remedy for his malady. In this way Vethathiri Maharishi (1911-2006) in the SKY system, who was a professional Physician designed the system of simplified Physical exercise, after a study of many Prevailing systems and on the basis of his own medical experience through much practice. The early Chinese theory explains that the root cause of all diseases, in terms of Acupressure's a disorder of energy vibration. Every cell in the body vibrates at a specific rate and when this vibration of energy goes beyond the normal range, it gives rise to a disease. Acupressure aids in the normal restoration of correct and harmonious vibration and in this way restores the health. The objective of this paper is by doing exercise with acupressure 14 points results the rectification of electrical short circuit originate due to the Stagnation of Bio – magnetism. It regulates the functioning of our inner organs around the stomach and balancing the circulation of life force. It helps to prevent heart trouble, by regulating practice and also stimulate the nerves system. Insomnia is one of the psychic disorders that can be annihilated by the Acupressure exercise effectively. So, it helps to have a sound sleep. Overall, the aim of this study is to introduce the practice of Acupressure exercise and highlight its potential role in the maintenance of health and wellness, as well as in the prevention and management of disease and illness.

Key words: Acupressure, Bio – Magnetism, Vibration.

1 INTRODUCTION

As man is a social animal, he is always struggling between habit and wisdom. Actually the problems are swelling more and more, and the interest in life itself turns to be in a state of depression and despair. Exercises help body and mind fit and agile, clearing away all bad things accumulated in a man. Swamiji Vethathiri Maharishi had studied and experimented various types of exercises for over 40 years. He combined the best of every thing and introduced a method, named as simplified exercises for the healthy life of all human beings. In this simplified exercises, acupressure 14 points forms one of the part (1). It regulates the functioning of our inner organs around the stomach and it rectifies the short circuit of electrical energy in any part of the body. And also it helps to relieve tension, chaos and confusion among the working women, college students, and aged people since it saves time and it involves no drugs, no side effects and it is really a valuable gift to the welfare of mankind.

2 SOME OF THE ALTERNATIVE MEDICINE

Some of the alternative medicines increase the bio magnetic energy through touch. The inner organs are stimulated and the diseases recover. Some treatments are given below.

2.1 Varma

Varma is a traditional medical system in India, particularly in most southern part of Tamil Nadu. The unique feature of this medical system is the knowledge of vital points – points where energy is condensed - all over the physique (2). Diseases and disorders are cured by simply manipulating these vital points, using hands as the primary tool. It has detailed knowledge of physiology, not only physical body, but also energetic, mental, emotional and social bodies of human being (3).

2.2 Acupuncture and Acupressure

Acupuncture and acupressure are two non – drug therapies which are making their presence felt in the complementary medicine scene (4). The Chinese have practiced acupuncture for over 5000 years as a way of keeping themselves well and happy (5). Considered as the most efficient way of treating illnesses, acupressure can be done by self in a very safe way (6). Acupressure is an ancient healing technique which uses the fingers to gradually press key healing points, which stimulate the body's natural self curative abilities (7). Here acupuncture and acupressure use the same pressure points and meridians, but acupuncture employs needles, whereas acupressure uses gentle and firm finger pressure (8). When these acupressure points are stimulated, they release muscular tension, promote circulation of blood in uniform manner throughout the body and enhance the body's life force energy to aid healing. Acupressure relieves uncomfortable symptoms as well as regulates irregular cycles (9). When treating skin problems, one must take into account, the various internal organs that influence it. An imbalance in the energy system of internal organs may result in a skin disease or a flawed appearance. When this imbalance is corrected, the skin disease or the flaw disappears (10).

2.3 Chakras

The word chakra means “wheel” in Sanskrit. The chakras are considered to be force centers or whorls of energy penetrating from a point on the physical body through the layer of the subtle bodies in an ever increasing from shaped formation. They are rotating vortices of subtle matter and are considered to be the focal points for the reception and transmission of energies. To the clairvoyant these centers can be seen easily. These are said to be seven major chakras on the body that relate the acu points and major reflex points (11).

3 PURPOSE OF DESIGNING ACUPRESSURE 14 POINTS BY VETHATHIRI MAHARISHI

By doing this exercise regularly, total body is charged with biomagnetism. The life force circulation is balanced. The immunity power is increased in our body. This exercise is adoptable for the people everywhere in the world.

4 VETHATHIRI MAHARISHI'S ACU – PRESSURE

1. Lie down on the back and close your eyes. Pressure will be applied to 14 points on the body. Bend your left arm at the elbow joint diagonally and let the first three fingers of the left hand touch and press the top of the spine in the upper back. This is point number 1. This position should be retained throughout the acupressure exercise.
2. With the tip of the right index finger press the point no.2, this is one inch directly below the chest cavity. Other fingers should not touch the body. Thus pressing, meditate on this point no.2 for 30 seconds.
3. Shift the tip of the right index finger downwards by one inch to point no. 3. As before, meditate on this point for 30 seconds.
4. Shift the tip of the right index finger further downwards by another inch to point no.4, which is one inch above the navel. Meditate here for 30 seconds.
5. Place the tip of the right index finger in the center of the navel at point no.5 and press upwards. If you imagine the navel as a clock, then the point no. 5 is at 12 o'clock.
6. Next, place the tip of the right thumb in the centre of the navel and press downwards. This is point no.6 corresponding to 6 o'clock.
7. Place the tip of the index finger of the right hand in the centre of the navel at point no.7 and press upwards diagonally, at an angle of 45° towards right shoulder, as if the navel clock shows 10:30.
8. Place the tip of right index finger in the centre of navel at point no.8. With the same finger press upwards diagonally at an angle of 45° towards the left shoulder as if the time is at 1:30 on the navel – clock.
9. Place the right index finger in the centre of the navel at point no .9 and press downwards diagonally towards right thigh. The time on the navel – clock is 7:30.
10. Place the tip of the right thumb at point no.10 and press downwards diagonally towards the left thigh. The time on the navel clock corresponds to 4:30.
11. Place the tip of the right index finger at point no.11, which is one inch below the centre of the lowest rib on the right chest. Press and meditate on this point for 30 seconds.
12. In the same manner, with right index finger, touch point no.12, which is one inch below the centre of the lowest rib on the left chest. Press and meditate on this point for 30 seconds.
13. With the right thumb, press on point no.13 which is one inch below the extreme right side of the lowest rib. Meditate on this point for 30 seconds.
14. In the same way, place the right index finger and press point no.14 which is on the left side, exactly mid – way

between the navel and the left groin (that is, thigh joint). Press and meditate on this point for 30 seconds.

Then remove both hands from the body and keep on the floor. Relax for one minute (12).

5 BENEFITS

During this exercise, take the left hand towards of the right side of the neck and press the neck bone with the three middle fingers. Then using the thumb and index finger of the right thumb press the 13 points in the body evenly and concentrate on them for ½ a minute. Thus, the life force circulation is balanced. The body becomes active after relieving obstructions in the circulation.

This exercise is a protective measure for heart disease. It reduces high blood pressure. The nervous system gets regulated and balanced. The stiffness of nerves get rectified. It helps to have a sound sleep.

- (1) The first point of acupressure is the place where the nerves of the brain, medulla oblongata and spinal cord join. While pressing this place, it becomes easy for the sense organs to carry out the orders of the brain.
- (2) When pressing the second, third and fourth points the production of gastric juices which makes the food colloidal gets balanced. This helps the digestion.
- (3) The small intestine gets stimulated by the pressure of the fifth point. This stimulates the gall bladder and bile is produced. This makes the liquid produced in the stomach and balances the acidity. Thus, this protects the body from ulcer. It activates the pancreas and adrenal glands and protects them from the disease of blood pressure and diabetes.
- (4) The problems of urine and in the menstruation cycle are cured by the pressing of sixth point.
- (5) The gall bladder is activated by the pressing of seventh and eighth points. The fat is subsided.
- (6) The pressing of ninth point protects the formation of appendicitis.
- (7) The pressing of tenth, eleventh, twelfth and thirteenth points does the work of keeping the faces with enough liquid, producing glucose and giving energy to the body and produce the life force, vitamins A, B, C and D etc.
- (8) Whenever we feel tired, we can do acupressure exercise as in the physical exercise book. The tiredness is got rid off after doing this exercise. All the nerves get strengthened and tiredness is removed (13).

6 CASE STUDY

1. Mrs. Latha Sugumar, age of 34, with two children. For some physiological problem, she advised to take thyroid tablet regularly in the morning with empty stomach. She took the tablet for three years and she did not interest to continue the tablet. That time she took yoga with acupressure 14 points, regularly. She increased her confident level and gradually stopped the tablet. Now she become very happy and her face looks blossom with beautiful.
2. Mr. Varatharajan, a school teacher, aged 48. He got some mental problems like tension, stress, depression before four years. He could not concentrate with his students and colleagues. He advised to consult psychiatrist. After the treatment, he advised to take 2 tablets in the morning and 2 tablets at night and doctor suggested to follow yoga and meditation, for peace of mind. Then he practice the yoga and acupressure 14 points exercise with relaxation and meditation with the tablet. The yoga gives him confident level increase and by doctor's advice, he stopped the morning tablet and continued one tablet with minimum dose at night. The doctor appreciated him to continue the yoga and acupressure points regularly and told that he would stop the tablet gradually with small duration in future. Now he is very brisk and active with students and doing the exercise very sincerely.
3. Mr. Sundar affected with severe stomach pain and he advised to check the clinical test by allopathic doctor. After the clinical report, the doctor diagnosis, the small size stone in gall bladder. Then the doctor advised him to do operation to remove stone and give some antibiotic pain killer. Mr. Sundar immediately think of Swamiji's acupressure points where located for gall bladder in the right side and he started the exercise immediately and doing twice a day in empty stomach. After two months, she relived from the stomach pain. Then he consults the doctor and took scan again. There is no stone in the gall bladder. He becomes very happy.
4. Mrs. Tamil selvi, a lady of 30 years old, with age of 5 years kid. She gave birth to first baby by caesarian and last year she again get pregnancy. She becomes afraid to face the second caesarian. But, she is willing to get normal delivery. So, she advised to do acupressure 14 points, relaxation and also to follow Swamiji's five acts of limitations that is food, work, rest, sexual act and thoughts. She took effort and followed these five acts as a meditation. Now, she get second male baby with normal delivery. Now the baby is crossing eight months. She was so happy with her both children.

5. A lady 36 years old, suffered from digestive problem for the last two years. She tried allopathic medicine, homeopathy and some alternative medicine. But she did not get cured and not satisfied with drugs. To avoid side effects of taking allopathic medicines, she was advised to practice yoga and learn some Exercises and Asana. She came to our yoga center with interest and she was given training to do exercises with acupressure 14 points regularly. She continued the process sincerely for three months as advised. Miraculously to her surprise, her digestive system became normal and was relieved of her earlier digestive problems. Then her joy knew no bounds. With much confidence and faith in our yoga system, she continued the practice of doing acupressure exercise regularly.
6. A plus two female student came to our yoga Centre for counseling with a fear complex and tension in view of the forthcoming public examination. Already she knew about our SWAMIJI VETHATHIRI MAHARISHI's exercise and acupressure points. Hence, she was advised to practice acupressure points in the morning and evening regularly with empty stomach. It gave good result and she was recovered from her problems within 10 days. She excelled in her public exam and now pursuing her Engineering course in a reputed Engineering institution in Tamil Nadu.

7 CONCLUSION

If we neglect or over indulge in food, work, sleep, sex and thought, then quality and quantity of circulation of air, heat and blood would get disturbed. These five acts decide the function of body and mind. These are necessities with a demarcation, no indulgence, no ignorance and not against the nature. In addition with these five acts, an acupressure 14 point helps the body and mind. Because, we convert the universal magnetism into bio – magnetism through our right index finger and touch the acupressure points directly.

As an aspiring research scholar, I intend to take 120 students ranging from the age group of 17 to 20 years from a local reputed college and they would be given regular, intensive training and awareness about this exercise with acupressure 14 points. With blessings of Swamiji Vethathiri Maharishi and with constant encouragement given by my guide, I hope I may be able to come out successful in my project and fulfill the dreams and foresighted vision of Swamiji.

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