

# Modern Day Benefits of Acupressure 14 Points Exercise in Alleviating Heart Related Ailments Designed By Swamiji Vethathiri Maharishi—A Case Study (Observed on a 38 Year Old Woman with Mitral Valve Problem)

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## **Abstract**

Millions of people struggle from the complications of cardio-vascular degeneration including hypertension, chronic heart disease, stroke (cerebro-vascular accident) and valve prolapse. Human beings can get relieved from this struggle by practicing regularly in Kundalini yoga Acupressure 14 points exercise which is a part and parcel of Kundalini yoga, a system designed by Swamiji Vethathiri Maharishi (Sky yoga). The main objective of this research article is focused on a lady 38 years old who is affected by Mitral Valve shrinkage and she got relieved from this Acupressure 14 points exercise, there is no drug, no side effect and inexpensive therapy. Acupressure is a gate way for the prevention of heart problem. There are 14 main points which can be pressed to make specific nerves activate. Acupressure 14 points exercise ensures free flow of electrical energy without any short circuit by removing air bubbles in the nerves and helps in free flow of blood circulation there by increasing the bio-magnetism. 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.

**Keywords:** Acupressure, life energy, cardio vascular, mitral valve.

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## **INTRODUCTION**

Man is a crown of creation. He is a Schizophrenic and a split personality. Today life has become never ending process due to advancement of science and technology has resulted in the infusion of various diseases like DM (Diabetes mellitus), Hypertension, Insomnia and Cardio related problems. Hence to eradicate this problem in day to day life and to lead a peaceful life void of all this man killer diseases, Swamiji designed Acupressure 14 points exercise [1] which is a part and parcel of Sky yoga. The effect of doing exercise, any short circuit or temporary stoppage of electric supply around the body which relation between the chest, stomach and navel and also related to the Endocrinal system. In every human being, the bio-magnetic intensity and strength depend on the quantity and quality of the life force particles [2].

## **MECHANISM OF ACUPRESSURE EXERCISES AND ITS FUNCTIONING**

Acupressure exercise by giving pressure it ensures free flow of electrical energy without any short circuit by removing air bubbles in the nerves and helps in free flow of blood circulation [3]. Prana Shakthi (Cosmic energy) is spread all over the body from universe this prana is known as Uvir Sakthi (Life energy) where ever making centers in the human body. The general theory of acupressure is based on the premise that bodily functions are regulated by an energy called chi [4] which flows through the body; disruptions of this flow are believed to be responsible for disease.

## **THE VALUE AND BASE OF BIO-MAGNETISM**

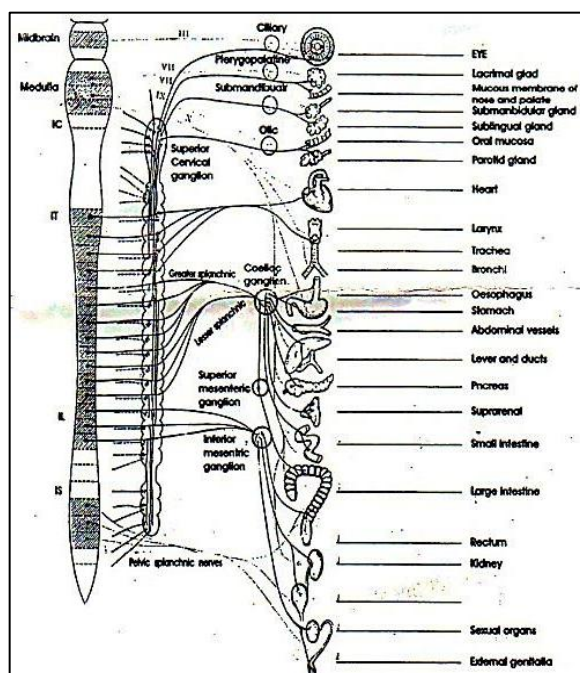
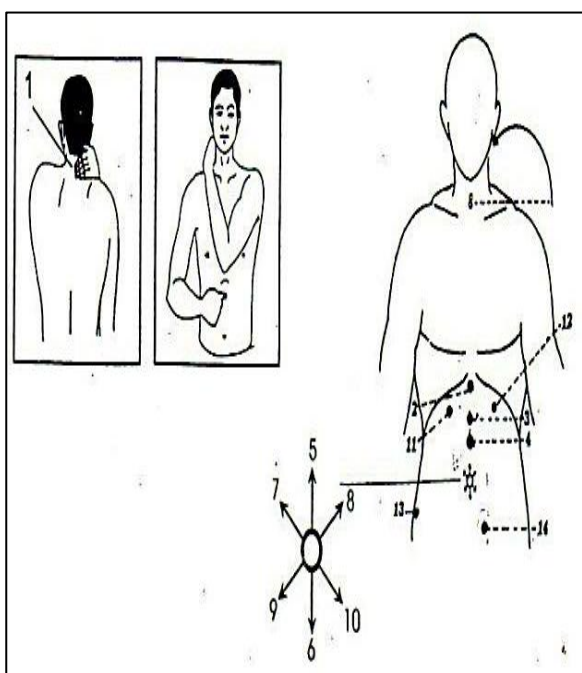
Innumerable life-energy particles are circulating inside the body. These particles are also rotating, i.e. spinning. Due to their

spinning nature, waves are being emanated from each one of the life-force particles and the aggregate of these waves is called ‘bio-magnetism’. When electricity runs in a copper wire, electro-magnetism is produced around its path. Just like that, life-force particles circulate inside the body producing bio-magnetism. One can feel the existence of the biomagnetic force in our body through simple exercise. Keep your palms spread. Hold them keeping a 10 cm distance between the two particles. Don’t rest your elbows on anything. Concentrate on your palms. Look nowhere but into the palms for some times in total concentration. After sometime you can feel some ‘movements’ in the palms. Remain in the same position for a little longer. Now you

may feel some pull. One palm pulls the other towards it. Slowly the 10 cm distance shrinks. At appoint of time both palms will join together. This pulling power is Bio-magnetism in the physical body and keeps the cells intact [4].

**THE ACUPRESSURE 14 POINTS EXERCISE CAN BE EXPLAINED AND INTERPRETED AS FOLLOWS**

To start with, we should use our index finger and thumb to apply pressure on particular meridians in our body. At the same time we should concentrate every point for half a minute till the exercise is completed as shown in the following picture.



**Point1**

The placing of the left hand across the nape and holding static there, over the 7th cervical spine area, which lies over on a fixed point which underlines parasympathetic ganglia via, the superior, middle and inferior cervical ganglion. By applying pressure on this fixed point with the help of either moving index finger or thumb finger to complete the bio magnetic electric flow by pressing specific points, concerned with different will be completed in the respective organs\nerve fibers. Thus energy flows through the body and the organs are stimulated and regulated.

**Point 2**

This point just which is lying below the Xiphisternum is very important point called ‘Nabi Chakra’ or ‘Solar plexus’. Here thousands of sympathetic nerve fibers form a plexus, supplying nerve fibers to organs below the diaphragm. Anatomically this is the ‘Coeliac plexus’ woven around artery called ‘Coeliac Axis’. The correction of solar plexus and its importance is well known to every Yoga and naturopathy teacher.

**Point 3**

In between 2 and 4, the point rests over the stomach with its nerve supply through both the

anterior posterior nerves of later jet which controls the acid secretion of the gastric juice. The pressure here regulates in the digestive process of the stomach.

#### **Point 4**

Pointed pressure here directly rests on the organ pancreas as well as the superior mesenteric nerve plexus. The secretion of insulin and glucagon secreted by pancreas might be effected by applying pressure on this point.

#### **Point 5, 6, 7, 8, 9 and 10**

(Denotes various positions) Application of pressure on these points around the umbilicus denoting specific points. Anatomically, in the embryonic stage or in the later stages, elements of anatomic structures related the concerned systems exist, which might be the reason that these pressure points are given importance.

#### **Point 5: 12 O' Clock Position**

Liver point: This point underneath have the falciforms ligament, with the obliterate foetal umbilical vein, attached to the liver.

#### **Point 6: 6 O' Clock Position**

Bladder point: the partially obliterated remains of urachus persist as median umbilical ligament. Sometimes some remnant cysts may also be found at sub umbilical level called 'urachus cysts'.

#### **Point 7 and 8: 11½ and 10½ Clock Positions**

Adrenal Point: Pressure over here goes a little deeper to the glands of suprarenal's which secrete epinephrine\nor epinephrine group and corticosteroids, all of which control the stress management system.

#### **Point 9 and 10: 4½ and 7½ Clock Positions**

Inguinal points: Here the inferior epigastric vessels from the hernia orifices end along with lateral umbilical fold and the obliterated round ligament of uterus. Hence this position is called as hernia point.

#### **Point 11**

This point lies below the right coastal margin, and when deep pressure is applied the liver takes the pressure and energy. Liver functions get regulated.

#### **Point 12**

Similar point on left controls the functions of the Spleen.

#### **Point 13**

This point is called as 'Gall bladder' point. (Where Murphy signs may be elicited during gall stone disease syndrome) Proper practice with concentration on these points will streamline the working liver, regulating the chemical processes therein.

#### **Point 14**

The last point is situated somewhere near the inferior mesenteric plexus Supplying the sigmoid and rectum. Hence it may be called 'Rectal point'. Herein absorption of fluids takes place, motion may be regulated and a good diet habit can be brought out [5].

#### **CASE STUDY**

Mrs. S.Ramani is a 38 year old married and a very distinguished sports woman. She tied the knot at the age of the 28 and she gave birth to a hale and healthy baby boy in the following year .One year after first delivery, she again got conceived for second time .Three months after 2nd conception, she underwent Echo-cardiogram to find out the nature of foetus, which showed that the developing embryo virtually had no heart beat. Immediately, the cardiologist advised her to undergo abortion and she agreed to. One month after abortion, she had over bleeding (profusely), palpitation, shortness of breath and ultimately got fainted. On further examination by a gynaecologist, it was found that some residual foetal waste remained in the uterus. Hence underwent abortion for second time to remove the same. Under these circumstances, the cardiologist further suggested to perform another echo cardiogram. To his dismay, the echo cardiogram showed that Mitral Valve had shrunk in size to 1.96 sq.cm and so she was advised to take tablets for some time to avoid further shrinkage. She followed the advice sincerely and continued taking tablets for eight

months. Even after consuming the tablets for eight months, showed no improvement and her health was deteriorating day by day. Periodical visit to the cardiologist helped her to find out that the valve had further shrunk to a size of 0.98 sq.cm. Hence she was advised to undergo open heart surgery to correct the size of the valve. She happily agreed to the surgery and after surgery, there was a remarkable increase in size from 0.98 sq.cm to 3.5 sq.cm. In order to maintain the size of the valve intact, she was instructed to take an injection at interval of 21 days once. In spite of surgery and periodical administration of injection there was no improvement in size, but the valve size gradually diminished from the report of echocardiogram 3.5 sq.cm (2005), 2.21 sq.cm (2008), 2.22 sq.cm (2009), 2.17 sq.cm (2010), 2.15 sq.cm (2012), 1.96 sq.cm (2013) (Table 1).

Under this prevailing situation, a heavily depressed, dejected, panic stricken and sober lady, poured her woes to her close confident friend and sought for a permanent remedy to get relieved from this perennial problem. Her confident friend suggested to her about the functioning of our world community service centre, name of Manavalakalai Sky Yoga nearby and its active functioning and the various activities like simplified exercise, meditation, Kayakalpa and introspection going on in the centre by the sky professors, with love and compassion and the guidance rendered to relieve the pain and to continue to maintain good physique, to rejuvenate the mind and ultimately attain peace, pleasure and ecstasy in day to day life. On hearing the suggestion she approached our centre and narrated the entire episode and prayed for help. Then we suggested to her practice Acupressure 14 points exercise designed by Swamiji Vethathiri maharishi for the past one year un-intermittently, three times a day and that too, for every point, I instructed her to apply pressure every points for one minute, with a fervent hope to get fully recovered from this deadly, horrible sickness. She followed our advice sincerely and with much determination she practiced the exercise to till day. After one year continuous practice of this exercise, she went for a review and took Echo-cardiogram which showed that the size of the valve has attained a size of 2.17 sq.cm (2014). The

cardiologist was surprised to see the result and recommended her to continue the Acupressure 14 points exercise regularly to maintain the same level to avoid further shrinkage.

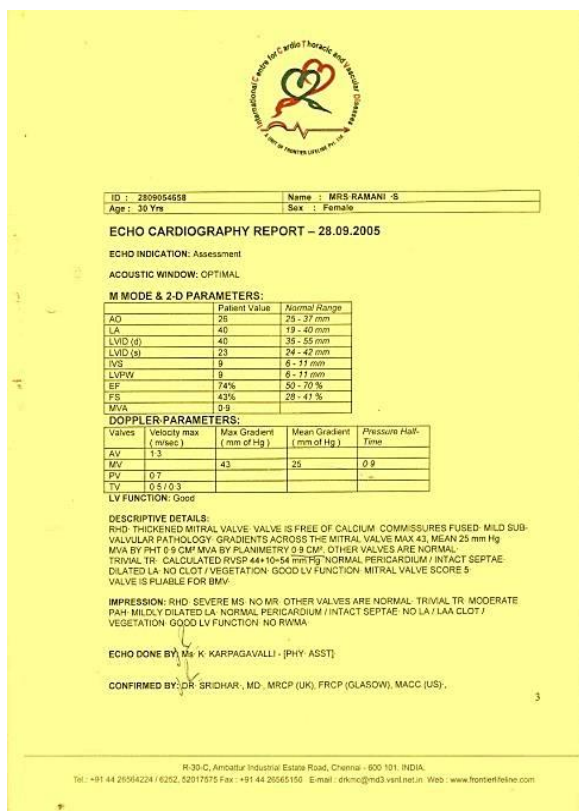
**Table 1: Shrinkage in the Size of the Valve before Acupressure 14 Points Exercise.**

Mitral Valve Size	Month	Year	Status
In the beginning	August	2005	0.9 sq.cm
After the Surgery	August	2005	3.5 sq.cm
Again it shrunk to	October	2008	2.21 sq.cm
Again it size	December	2009	2.22 sq.cm
Again it shrunk to	December	2010	2.17 sq.cm
Again it shrunk to	January	2012	2.15 sq.cm
Again it shrunk to	September	2013	1.96 sq.cm
By practicing Acupressure 14 points exercise regularly, now the valve size showed	September	2014	2.17 sq.cm

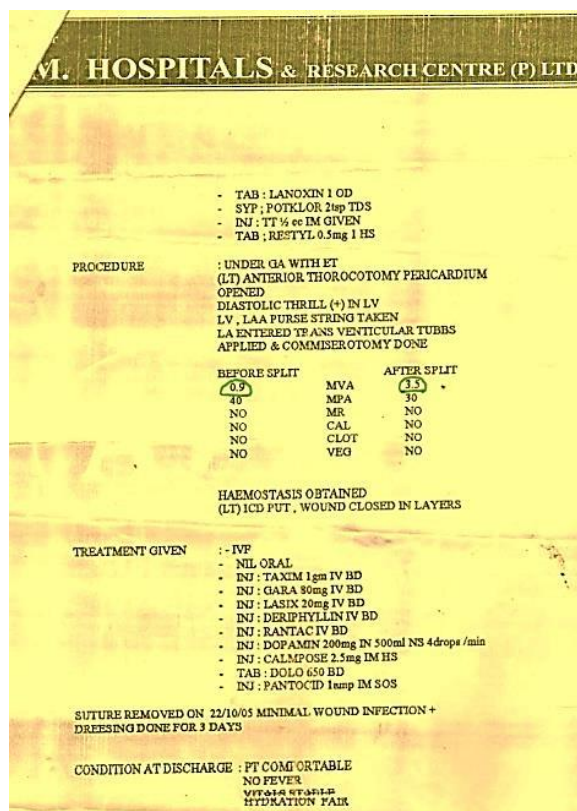
All the reports are enclosed herewith for your kind reference.

## CONCLUSION

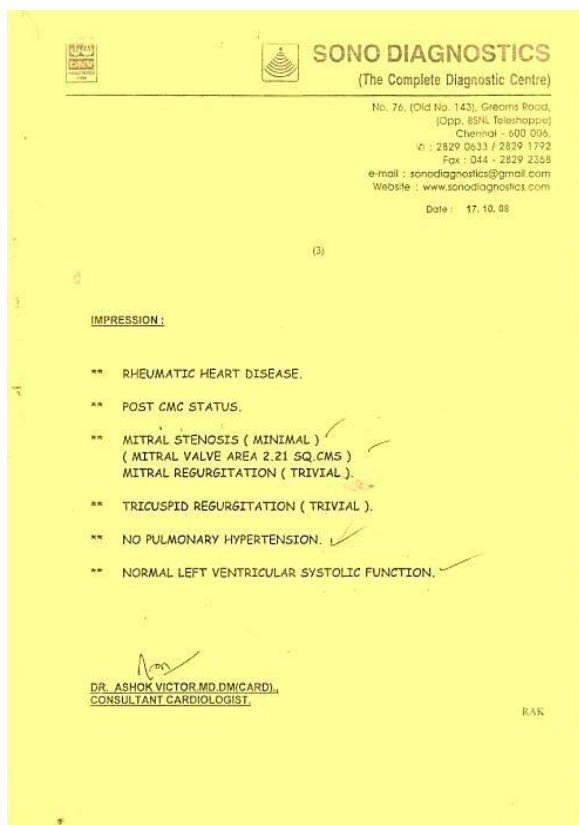
On listening to the words of cardiologist, she was jubilant and she felt more courageousness, confidence to face any difficult situation and to handle any problems easily without any nervousness, and her joy knew no bounds and thanked whole heartedly to our Swamiji for having given me a new lease of life. She also expressed her sincere gratitude to me and also to her close friend for having recommended for her to approach me and further to those who have rendered their whole-hearted support in getting fully recovered from this deadly disease. Experimental study has shown that Acupressure 14 points Exercise has practically no side effects it is easy to cure or maintenance our problem. When the specific points are pressed the nerves lead to the related parts and activated in those parts. Acupressure has many beneficial effects to cure many diseases. These diseases may include metabolic disorders, body deformity, inflammation of body tissues, digestive problems, heart problems and problem with nervous system.



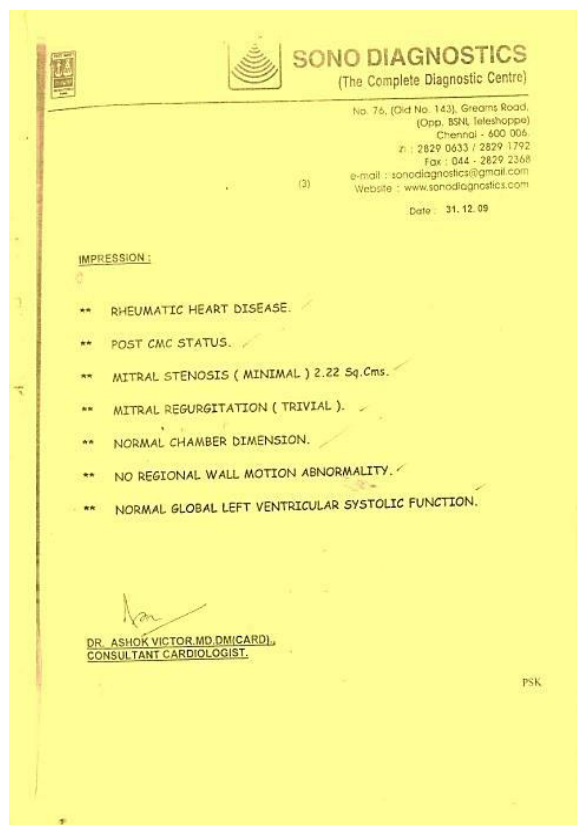
1. In the Beginning (August 2005) Mitral Valve Size 0.9 sq.cm.



2. After the Surgery Mitral Valve Size 3.5 sq.cm (September 2005).



3. Again It Shrank into the Size 2.21 sq.cm (October 2008).



4. Again its Size into 2.22 sq.cm (December 2009).

**SONO DIAGNOSTICS**  
(The Complete Diagnostic Centre)

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☎ : 044 - 2829 2368  
✉ mail : sonodiagnosics@gmail.com  
Website : www.sonodiagnosics.com

Date : 29. 12. 10

**COMMENT:**  
Thickening and doming of both anterior mitral leaflet and posterior mitral leaflet.  
Mitral valve area : 2.17 sq.cms.  
Mitral stenosis ( Minimal ).  
Mitral regurgitation ( Trivial ).  
Tricuspid regurgitation ( Trivial ).  
No pulmonary hypertension.  
Normal Tricuspid and Pulmonary valves.  
Normal Left Atrial, Left Ventricular, Right Ventricular and Aortic dimensions.  
Normal Interventricular Septal and Left Ventricular Posterior wall Thickness.  
Normal Interventricular Septal and Left Ventricular Posterior wall Motion.  
No Pericardial Effusion.  
No calcification. No thrombus.  
Intact interatrial septum and Interventricular septum.  
Normally related great arteries.  
Abdominal situs solitus.

**IMPRESSION:**  
\*\* RHEUMATIC HEART DISEASE.  
\*\* POST CMC STATUS.  
\*\* MITRAL STENOSIS ( MINIMAL ) ,  
( MITRAL VALVE AREA 2.17 SQ.CMS )  
MITRAL REGURGITATION ( TRIVIAL ).  
\*\* TRICUSPID REGURGITATION ( TRIVIAL ).  
\*\* NO PULMONARY HYPERTENSION.  
\*\* NO REGIONAL WALL MOTION ABNORMALITY.  
\*\* NORMAL LEFT VENTRICULAR SYSTOLIC FUNCTION.

DR. ASHOK VICTOR MD DM(CARDI),  
CONSULTANT CARDIOLOGIST.

5. Again it Shrunk into the Size 2.17 sq.cm (December 2010).

**Salem Heart Clinic**  
153, Rajaram Nagar, Tamil Sangam Road, Salem - 636 007.  
Ph: 0427 - 4041592, Cell: 98427 - 89908.

Patient Name	RAMANI	Age / Sex	37 years / F
Patient Id	099441	Description	Echocardiography
Ref. Doctor	Dr. Bhaskar Jayaraman	Study Date	19/Jun/2012

**ECHOCARDIOGRAPHY REPORT**

AO	3.22 cms	IVSD	0.96 cms
LA	3.57 cms	LVDD	4.70 cms
AOO	1.83 cms	LVPWD	0.87 cms
RVID	3.22 cms	IVS(S)	1.48 cms
MVA	2.15 Sq.Cm	LV(D)(S)	2.76 cms
EF	72 %	LVPW(S)	1.13 cms

**B - MODE**  
**VALVE:**  
Mitral Valve : AML / PML THICKENED / PML+ AML STATIC / MVA 2.29 BY PHT / 2.15 BY 2D  
Tricuspid Valve : TR 23 VERY TRIVIAL  
Aortic Valve : Normal  
Pulmonary Valve : Normal  
**CHAMBERS:**  
Left Ventricle : MILD LVE  
Left Atrium : Normal  
Right Ventricle : Normal  
Right Atrium : Normal  
Wall motion Analysis - Global / Regional : Nil

**GREAT VESSELS:**  
Aorta : Normal  
Pulmonary Artery : Normal  
Septae IAS / IVS : Intact  
Venous drainage : Normal  
Pericardium : No pericardial effusion.  
No clot / Vegetation

**COLOR FLOW AND DOPPLER STUDY**  
**Mitral Flow**  
E-Wave : 227 cms /sec  
A-Wave : 113 cms /sec  
PHT : 95 ms  
MVA : 2.29 Sq.Cm.  
**Tricuspid Flow**  
E-Wave : 63 cms /sec.  
A-Wave : 95 cms /sec.  
Aortic Flow : 140 cms /sec.  
Pulmonary Flow : 113 cms /sec.

**IMPRESSION:**  
\* POST CMC STATUS 2005 / REDUCED MITRAL VALVE AREA 2.29 sq cm / 2.15 sq cm  
\* NORMAL LV / RV FUNCTION  
\* NO REGIONAL WALL MOTION ABNORMALITY  
\* NO SIGNIFICANT PULMONARY HYPERTENSION  
\* NO CLOT / NO VEGETATION  
[Dr. Bhaskar Jayaraman, M.D.D.M (Cardio)]

6. Again it Shrunk into the Size 2.15 sq.cm (January 2012).

**Salem Heart Clinic**  
153, Rajaram Nagar, Tamil Sangam Road, Salem - 636 007.  
Ph: 0427 - 4041592, Cell: 98427 - 89908.

Patient Name	RAMANI	Age / Sex	38 years / F
Patient Id	012115	Description	Echocardiography
Ref. Doctor	Dr. Bhaskar Jayaraman	Study Date	24/Sep/2013

**ECHOCARDIOGRAPHY REPORT**

AO	3.48 cms	IVSD	0.70 cms
LA	3.48 cms	LVDD	4.78 cms
AOO	2.17 cms	LVPWD	0.78 cms
RVID	3.04 cms	IVS(S)	1.22 cms
MVA	1.96 Sq.Cm	LV(D)(S)	3.22 cms
EF	61 %	LVPW(S)	1.22 cms

**B - MODE**  
**VALVE:**  
Mitral Valve : VERY TRIVIAL MR / REDUCED MVA 1.96 - 2.29 cm  
Tricuspid Valve : TR 16 mm Hg  
Aortic Valve : VERY TRIVIAL AR  
Pulmonary Valve : VERY TRIVIAL PR / PVACCT ms  
**CHAMBERS:**  
Left Ventricle : Normal.  
Left Atrium : Normal.  
Right Ventricle : Normal.  
Right Atrium : Normal.  
Wall motion Analysis - Global / Regional : Nil

**GREAT VESSELS:**  
Aorta : Normal.  
Pulmonary Artery : Normal.  
Septae IAS / IVS : Intact  
Venous drainage : Normal.  
Pericardium : No pericardial effusion.  
No clot / Vegetation

**COLOR FLOW AND DOPPLER STUDY**  
**Mitral Flow**  
E-Wave : 162 cms /sec  
A-Wave : 105 cms /sec.  
PHT : 112 ms ( 96 )  
MVA : 1.96 Sq.Cm. ( 2.29 )  
**Tricuspid Flow**  
E-Wave : 81 cms /sec.  
A-Wave : 76 cms /sec.  
Aortic Flow : 115.5 cms /sec.  
Pulmonary Flow : 152.9 cms /sec.

**IMPRESSION:**  
\* POST CMC STATUS  
\* MITRAL VALVE & AORTIC VALVE & PULMONARY VALVE REGURGITATION VERY TRIVIAL  
\* REDUCED MITRAL VALVE AREA 1.96 - 2.29 cm  
\* NORMAL LV / RV FUNCTION  
\* NO REGIONAL WALL MOTION ABNORMALITY  
\* NO SIGNIFICANT PULMONARY HYPERTENSION  
[Dr. Bhaskar Jayaraman, M.D.D.M (Cardio)]

7. Again it Shrunk into the Size 1.96 sq.cm (September 2013).

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**B - MODE**  
**VALVE:**  
Mitral Valve : VERY TRIVIAL MR / REDUCED MVA 1.96 - 2.29 cm  
Tricuspid Valve : TR 16 mm Hg  
Aortic Valve : VERY TRIVIAL AR  
Pulmonary Valve : VERY TRIVIAL PR / PVACCT ms  
**CHAMBERS:**  
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[Dr. Bhaskar Jayaraman, M.D.D.M (Cardio)]

8. Thus, we are able to see the gradual improvement in the Size of mitral valve from 0.9 sq.cm To 2.17 sq.cm by practicing this exercise regularly (September 2014).

### ACKNOWLEDGEMENT

Last but not least, I would like to express my sincere gratitude to my parents, and beloved better half Mr.C.Palanivel and my lovable son Mr. C.P.Prabhanjan for their whole hearted unstinting moral support in bringing this article up to this state. Further I will be failing in my duty if I do not remember with gratitude the architects of this research paper and My Guide Mrs. Dr.M.Jothilakshmi and Prof. Devarajan Dr.M.N.Raman, M.B.B.S., M.S, who helped with Acupressure of this study, who extended their valuable time and energy in making this thesis a meaningful one.

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