Approval of Acupuncture by the Central Government

It is heartening to note that the Central Government has approved Acupuncture as an independent system of Healthcare in India and has constituted an Expert Committee under the Chairmanship of Dr. V.M. Katoch, Former Secretary of Department of Health Research (DHR) and present Director General of Indian Council of Medical Research (ICMR). On behalf of all Acupuncture practitioners in Karnataka, I express my hearty thanks to the Prime Minister, Shri. Narendra Modi and Union Health Minister, Shri. J.P. Nadda for their approval of the Acupuncture System in India.

We would like to congratulate Dr. Raman Kapur, Chairman of National Co-ordination Committee (for Acupuncture) for his nomination as Vice-Chairman of this Expert Committee. Congratulations also to Dr. Anish Gupta from Delhi, Dr. Ram Gopal, Chief Advisor, ASA, Dr. Debasis Bakshi from Calcutta, Dr. Rumi Beramji and Dr. P. B. Lohiya from Mumbai, Dr. Muthu Kumar from Chennai, Dr. Inderjit Singh from Ludhiana, Dr. Vinay Varma from Karnataka, Dr. U. Sri Kumar from Coimbatore and many other Acupuncture experts who have contributed to the recognition of this system. We would like to convey our thanks and gratitude to all those stalwarts who have kept Acupuncture alive with their treatment, training and research in INDIA. This is the time that all stalwarts should come together and give their support to the expert committee to frame proper and detailed guidelines for the promotion and regulation of Acupuncture as a system of Healthcare / Therapy in India.

The committee is expected to submit its’ report within a period of three months from the date of the its’ first meeting.

Most states in India are yet to take up Acupuncture as a healthcare system except West Bengal & Maharashtra. The Karnataka Health Minister and Principal Secretary for Health are very favourable to approve the system.

The Acupuncture Co-Ordination Committee headed by Dr. Samiullah have received good support from various people in the Government and outside. We would
particularly like to thank Shri. S.V. Ranganath, Ex Chief Secretary, Government of Karnataka for his support and guidance given to the Co-Ordination Committee in Karnataka.

Dr. Surendra Pal, Ex. Vice Chancellor, Mr. R.N. Tyagi, Ex.ISRO Scientist, Dr. K. Kanaka Rao, Ex.ISRO Chief Medical Officer Mr. Gopalakrishnan, Dr. Samiulla and myself from Karnataka Acupuncture Association had a meeting with the Principal Health Secretary, Shri. Jawaid Akhtar in the office of Shri. S.V. Ranganath and presented our earlier memorandum again for the approval of Acupuncture as a separate system by the State Government and to regularise all the Acupuncture practitioners in Karnataka.

The Principal Secretary promised to look into this and has assured the delegation that a committee will be formed at the earliest to look into this matter.

We started our Academy on 2nd Feb 2012 with the sole aim of getting recognition from the Government for this scientific Acupuncture System. I am very sure that the State Government will certainly take this up and formulate 5 ½ years M.B.B.S equivalent course in Integrated Acupuncture in near future.

I congratulate all Acupuncture practitioners for the achievement and request you to join our next meeting to show our strength.

Dr. H. Bhojraj
Chairman, AAA

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**Dr. Peter Lee’s visit to Jindal Nature Cure Institute, Nelamangala**

Dr. Girish, the Head Acupuncturist at JNI, organized this visit to have an interaction with Dr. Peter Lee, who has mastered cure of spinal problems with Acupuncture. Dr. Bhojraj, Chairman, AAA, Dr. Peter Lee, Dr Maneesha BNYS, Acupuncture Specialist in AAA & Dr. Vibha BNYS, Acupuncture Trainee visited Jindal on 8th March, 2019 at 2.30 PM.

Dr. Girish who has been practicing Acupuncture for 20 years, heads the department which has about 20 Acupuncture Specialists with BNYS degree. A special course on Acupuncture was organised by the Management in Traditional Chinese Medicine. The team visited their consultation and treatment centre which is well equipped with all facilities for Acupuncture treatment. The team was taken around the whole campus and was shown all the facilities available in the Centre. The Health Museum, which is very unique and well maintained, is worth visiting.

We also met Mr. Gosh, Chief Administering Officer and discussed about the collaborative efforts with Acupuncture Department of Jindal Nature Cure centre. A proposal may be sent to Jindal shortly to sign an M.O.U.

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**The difficult is that which can be done immediately; the impossible that which takes little longer.**

George Santayana

**I don’t know the key to success, but the key to failure is to please everybody.**

Bill Cosby
The Academy celebrated its 7th Anniversary and the Graduation Ceremony on 3rd February 2019 in Hotel Chalukya, Bangalore. About 80 people took part in the celebrations including Trustees, donors, graduating students, their close family members and invited dignitaries.

The function started with the Universal Prayer by the compere, Mrs. Latha Murli.

Dr. Bhojraj welcomed the gathering and the Guests. In his welcome address he thanked all the Trustees, Donors and particularly Shri. S. V. Ranganath, Ex. Chief Secretary, Karnataka for the encouragement and support given to our Academy’s efforts to get recognition for Acupuncture as a system of therapy in Karnataka.

Shri. Neelam Achutha Rao, Ex Director General of Police who inaugurated the Academy at the same venue in the year 2012 recalled his association with Chairman for the past 15 years and expressed his support for the activities.

Mrs. Jija Subramanian presented the annual progress report for the year 2018.

A special issue on our 7 year activities was released by the Chief Guest, Shri. S.V. Ranganath, on this happy occasion.

Dr. Surenrdra Pal, Ex. Vice Chancellor of Defence University, Pune, expressed his appreciation for the activities of the Academy and expressed his desire to get associated with the future project of Integrated Acupuncture Medical College in Bangalore once we get the approval for
Acupuncture system from the Central as well as from the State.

Dr. H. Devraj, Ex. Vice Chairman of University Grants Commission, recalled how the Pulse Metabolic Analyser pin pointed a Stomach problem which he verified in a routine health check up conducted within a week. He appreciated the progress of the academy and told he would take action to convert the Academy as a Skill Centre with the support of Central Government if needed. Since our aim is an Integrated Acupuncture Medical College we have decided to proceed with our higher aim.

Shri. S. V. Ranganath, Ex. Chief Secy, Karnataka State, appreciated the efforts of all the ISRO Scientists involved in this Academy and commended the achievement of the Trustees who have taken it as a mission. He mentioned that he himself has tried these simple alternate therapies and found them to work like a miracle. He also stated that the State Government will benefit a lot by recognising Acupuncture Therapy and has assured us that he will take it up with the appropriate authorities in the Government.

The graduating participants shared their own experience with acupuncture to the audience and Mr. R. Thirugnanam Rtd Head master explained how his son Mr. Vishnu who has done our advance course cured his Kidney related problem with acupuncture which was verified by his daughter in law who has been a practicing MD in pathology.

Certificates and mementoes were presented to 16 people who completed the one year course and passed the final exam with flying colours.

Mr. Hegde proposed the vote of thanks and thanked all the people who contributed for the grand success of the function.

Mementoes were presented to the dignitaries

ISRO Scientists with Shri. S.V. Ranganath who served as Additional Secretary, Department of Space for 5 years.
Mr. Girish explained the latest invention of Nadi Swara by Mr. Basavaraj and evaluated the pulse reading of Dr. H. Devraj and others.

After lunch, Prof. Arunachalam gave a talk on Gaganyan-India’s Human Space Programme which was well received by the audience.

Mr. M.V. Kannan proposed a vote of thanks and declared his team is ready to create awareness about the Gaganyan Project in Bangalore, especially in schools.

A flash newsletter of the day’s proceedings was prepared by Dr. Seema Chakravarthy MBBS, MD. who has completed the advance course. Dr. Pal released the special E-Newsletter by Whatsapp to all the participants. All the participants appreciated the innovative idea of releasing the proceedings by E-Newsletter on the day of the celebrations. The celebrations ended with Universal Prayer.

ACADEMY FOR ACUPRESSURE AND ACUPUNCTURE (AAA)

WELCOMES DONATIONS FOR PROMOTING ACUPUNCTURE CURE FOR DIABETES

Kindly transfer your donations to AAA account in Indian Bank, Rajajinagar
A/C No: 6012588256; IFSC Code: IDIB000R005 and send us your name, address and phone number by Whatsapp to Dr. Bhojraj (Ph no: 9845649914)

<table>
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<th>Donations Received in 2019</th>
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<tr>
<td>1. Shri. Bhaskara Narayana  Rs.10,000/- Ex-ISRO Scientist</td>
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<td>2. Shri. P. Soma           Rs.2000/- Ex-ISRO Scientist</td>
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We thank the donors for your encouragement. We will keep you informed about our research progress through our Newsletter.
IRIDOLOGY (Continued from Last Newsletter)

We know that “Iridology” is the science that analyses the iris in order to determine the physical constitution, weak organs and even psychological traits. When a person is healthy, the iris will have uniform colour without any black or coloured spots. Areas with black spots or colour spots can be identified by the chart to know which organs are affected.

Similarly, if the pupil is located exactly in the centre, the person’s mental health condition is perfect. It is advisable to use a magnifying glass and a low intensity torch light to observe the iris. The light should be directed from the side of the eye and not directly into the iris.

Normally a healthy person will have a clear iris and one can see the grey colour extending uniformly in the radial directions from the pupil.

In the first cut analysis, the iris is divided into 7 circular portions each indicating a particular system in the body.

The first circle indicates the stomach and the second one indicates small and large intestines. The third circle represents the heart, bronchi, pancreas, adrenaline, pituitary, pineal glands and Gall Bladder. The fourth circle indicates prostrate or ovaries, uterus and bone related problems. The fifth circle indicates brain, lungs, spleen, kidney and thyroid etc. The sixth circle indicates muscles, motor nerves, lymphatic system and circulatory system. The final and 7th circle indicates skin and sensory nerves related problems.

In another analysis method, the IRIS is divided into 12 parts representing the hour clock. The right iris and left iris are considered as mirror image.
CASE HISTORIES
Lump in my wrist joint vanished when I took treatment for Ankylosing Spondylosis …..Says Mr.Jaydeep Majumdhar aged 53 years Ph.8088195601

I had severe pain in my neck and was unable to turn my neck freely for a few years. I was treated with pain killers and physiotherapy. Since the pain continued for long I was asked to take an MRI. The MRI report stated mild Ankylosing Spondylosis and I was told there was no cure in Allopathy system. One of my colleagues who had taken treatment for knee and back pain from the Acupuncture Academy got wonderful relief within two weeks and kept himself healthy by practicing simple tips taught in the class.

With his recommendation I started my treatment in the Academy since 15th Nov 2018. Initially I had weekly twice treatment and then weekly once for next two months. Now my neck region has become flexible and I am able to ride my scooter without the neck support. I am following the activation of acupressure points regularly.

I had a big lump in my wrist joint which was not giving any trouble but people enquired about it on seeing. Within three months, I also observed that the lump had vanished from my wrist. It was like a miracle for me and I am recording this to state that though the treatment was given for Spondylosis my other problems also vanished gradually. I thank Dr. Bhojraj for this wonderful science of healing.

I have planned to report again after six months.

Kidney problem cured with Acupuncture treatment …… Says Mr.R.Thirugnanam, 71 Years Retired Head Master, Vidyaranyapura, Bangalore Ph.9781807386

I have been diabetic for the past 15 years and have been taking tablets to control my sugar level. Along with that I have been taking a BP tablet to control my blood pressure. In spite of taking these tablets regularly, I was not having energy to do my routine work.

During the regular blood testing it was found out the mean glucose level was high (250 mg/dl) and albumin was observed in the urine test which was responsible for my tiredness. My daughter in law who is an MD in pathology warned me to be very careful with fluid intake and food since albumin leak cannot be reversed.

During that period, my second son Mr. Vishnu joined the Advance acupuncture course from Dr. Bhojraj at the Academy. He started treating me in our house and it went on for two months. My tiredness slowly vanished with his treatment and I was able to do all my work. When we checked again the albumin was absent in the urine. My daughter in law could not believe the result and she asked me to test the albumin frequently over a period of 24 hours to confirm the results. It was found normal and I have been practicing the acupressure points as taught by my son for the past three years.

My wife and me visited USA to spend 6 months with my son Mr. Vishnu and we never went to any doctor for any treatment. He started treating us at home as a preventive therapy which he has spread to all his friends in US.

I thank Dr. Bhojraj for training my son in the Academy and giving the technology not only to cure but also to prevent the problem. I also thank my relative Mr. S. Nargunam, Industrialist for recommending Vishnu to join the advance class in the Academy.

Tinnitus and Vertigo almost cured …..says Mrs.Sharadha, aged 54 years from Kolar Ph.9986855057

I had joint pain for quite some time and I was prescribed medicines for Rheumatoid Arthritis. I have been taking tablets for the past 5 years. I observed that my hearing ability was gradually coming down in these five years and my right ear was making noise inside. We went to the Doctor and did all the tests for the year. The audiogram indicated almost 70% loss of hearing in the right ear. It was declared as Tinnitus due to the side effects of the medicines taken for Rheumatoid Arthritis and I was asked to stop the medication. I also had severe vertigo and I was asked to take vertin tablet daily. I was not feeling confident to go out alone and do any of my routine work in my house or in my field. I had no hunger and disturbed sleep.

My brother Mr. Srinivasa Reddy in Bangalore asked me to come for consultations and treatment with acupuncture in the Academy. I started my treatment on 6th Feb 2019 and within a week my vertigo vanished. After II sitting on 14th Feb my sleep improved and the sound in the ear reduced. The third sitting was on 23rd Feb and fourth on 18th March 2019. As of now I am sleeping well and do not have that irritating sound in the ear. I feel confident to do my work and also feel slight improvement in my hearing on the right side. Thanks to the Acupuncture treatment.

Note: She was asked to do one more audiogram after one month and come for consultations along with earlier records.
Diabetes Research

We have planned to start research on Diabetes for controlling sugar levels with diet, exercise and Auricular therapy for 30 minutes every day for 60 days. Diabetes is a metabolic disorder which can be corrected with food, exercise and acupuncture. Food must be chewed with your saliva for a longer time till it comes to a liquid consistency. This enables the starch to be easily converted into glucose in the mouth itself and the spleen gets charged by this glucose. Simple Exercise like walking for 30 minutes every day improves metabolism by the activation of thigh and calf muscles making them strong. Acupuncture removes the blockages in the meridian path and balances the energy so that the digestive organs, namely, stomach and spleen work efficiently to improve metabolism.

Dr. M. Muthukumar, MBBS doctor practicing Acupuncture in Nandhanam Chennai has conducted research on diabetes and proved how Diabetes can be cured by activating just two auricular points in the ear with needles for 30 to 40 minutes. Needling the Pancreas and Spleen points stimulates the pancreas to secrete insulin. He proved his theory with practical demonstration for 20 patients in a Chinese Hospital almost 20 years back.

Before starting this treatment, patients are asked to check their sugar levels 9 times a day i.e. 3 times before food, 3 times, 2 hours after food and randomly 3 times a day. If sugar levels are within 170mg/dl, this treatment will work for the person. If the sugar levels are well above it is better to take appropriate medicines from the Diabetologist and again check before starting this treatment.

Once the treatment starts, it should be continued for 21 days. Then the medicines can be reduced to almost half. Similarly, within 2 months Diabetes can be almost cured by pancreas stimulation for Type 2 Diabetes.

Patients are advised to follow certain rules and regulations every day to stay healthy. Dr. Muthukumar monitored his patients for 10 years and presented a paper at the International Acupuncture conference in Hong Kong in 2011. A similar paper on diabetes cure was presented at AAICON-2012 conference in Delhi.

Based on this revolutionary theory, the Academy started treating Mr. Sunderesan, aged about 70 years, since 6th Jan 2019. He had been taking insulin-20 units in the morning and 20 units in the night when we started the treatment with auricular points for 30 minutes. After 20 days he could reduce his insulin to 15-15. In between he went all the way to Chennai to meet Dr. Muthukumar to confirm the auricular points marked by Dr. Bhojraj. Dr. Muthukumar advised him to continue the treatment preferably under an MBBS doctor practicing acupuncture. After 40 days of treatment, the insulin level came down to 10-15. He is planning to reduce his insulin intake further and check his HbA1c by 10th March to assess the effect of this treatment.

The Academy has planned to start this treatment for 100 patients and if possible train their family members to activate the points daily in their house itself for our study.

They should have a Glucometer and check HbA1c before and after 3 months. They should follow the diet and exercise as advised in the class.

Those interested in joining this research can contact our Academy @ 8050901238

OBITUARY
Mrs. Bhanumathi who has done our Acupuncture Course and received the certificate has left this world due to massive cardiac arrest on 10th March 2019. We pray the Almighty to give strength to her mother and other family members to bear this sudden shock. We pray for this angel’s soul to rest in peace.

- EDITORIAL TEAM

ONE YEAR ADVANCE ACUPUNCTURE COURSE
10 days theory classes starts from 16th April 2019.
Interested people can contact Dr. H. Bhojraj on 9845649914

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