



SCIENTIFIC APPROACH OF VETHATHIRI MAHARISHI'S ACUPRESSURE POINTS AND CHINESE ACUPRESSURE POINTS

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Abstract

Acupressure is a therapy for the relief of pain symptoms that places physical pressure on different points on the surface of the body through greater balance and circulation of energies in the body. . The therapy is similar to acupuncture and is practiced by applying pressure with the fingers, hand, palms, elbows, and knee to certain selected points on the body to regulate the internal flow of energy. The basic concept of Swamiji Vethathiri Maharishi's acupressure 14 points exercises therapy is to enhance or enrich the biomagnetic energy (Vethathiri Maharishi 2010) . The practice of this acupressure 14 point exercises therapy and thereby increasing the immune system of every individual to cure the illness or injury.

Key words: Acupressure, medicines, drugs etc.,

INTRODUCTION:

Acupressure has been practiced in China for more than 2000 years, but is only recently beginning to gain acceptance by Western medical practitioners as a legitimate means of treating symptoms of illness. It is a very popular complementary therapy at present and plays an important role in multidisciplinary approach to the treatment and management of various symptoms.

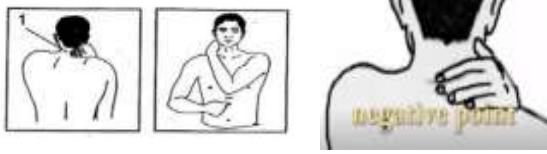
Acupressure is a therapy for the relief of pain symptoms that places physical pressure on different points on the surface of the body through greater balance and circulation of energies in the body. . The therapy is similar to acupuncture and is practiced by applying pressure with the fingers, hand, palms, elbows, and knee to certain selected points on the body to regulate the internal flow of energy. Acupressure techniques are noninvasive, safe and effective. Vethathiri maharishi` s acupressure has been suggested to alleviate insomnia, preventive of heart ailments, it reduces high blood pressure, it regulates the nervous system and tension, short circuit of electrical energy in any part of the body would be cleared. Acupressure is a type of stimulation of the body` s acupuncture points by applying pressure using hands, fingers, palms, elbows, knees, thumbs.

MECHANISM OF SWAMIJI VETHATHIRI MAHARISHI'S ACUPRESSURE 14 POINTS EXERCISE:



Acupressure treatment is medicine without drugs. This is painless treatment. Acupressure is a simple exercise that we can do ourselves. Apply moderate pressure with fingers on specific points is acupressure. This stimulates the points and not only increases the blood flow but also stimulates the energy of the body and helps keep the organs healthy.

Swamiji Vethathiri Maharishi's Acupressure 14 points exercise simply says that the practitioner should bend his or her left arm at the elbow point diagonally and the first three fingers namely index finger, middle finger and ring fingers of the left hand touch and press the top of the spine in the upper back and the practitioner should not release the left hand and the fingers until he had completed the full exercise. This is point number 1.



If pressure is applied to the acupressure point mentioned by Maharishi it can cause electric flow to all parts of the body. Hold each point for 30 seconds.

FIRST POINT: POINT (1)

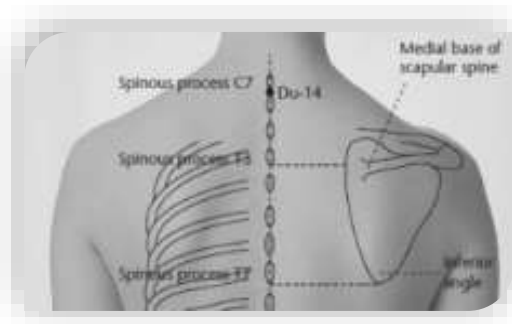
The first point is the negative point. So when pressure is applied to the second point an electric current is generated there and the obstruction is removed and positive energy is obtained. So we should not remove the thumbs from the first point until we have applied pressure to all 13 points. It is from here that energy is available when applying pressure to other points. This point is called in Chinese medicine GV (GOVERNING VESSEL) – the point on the personality energy flow path. Have a point of maximum biomagnetic potential.

GOVERNING VESSEL – GV 14:

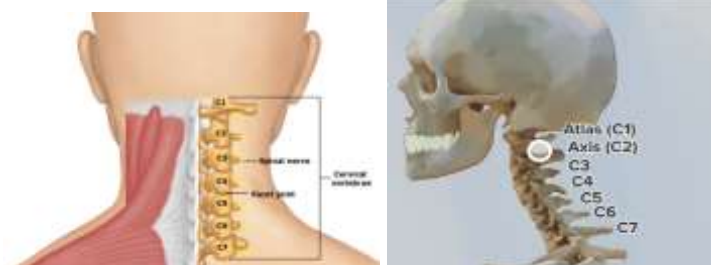
The governing vessel is the first energy current that develops after conception. It helps govern the development of other meridians, chakras, organs and the physiology of the body. Governing vessel 14 is called GREAT HAMMER.



The index finger represents the liver /gallbladder. The middle finger represents the heart. The ring finger represents hormones. These points correspond to C7 VERTEBRAE and DU 14 MERIDIAN.



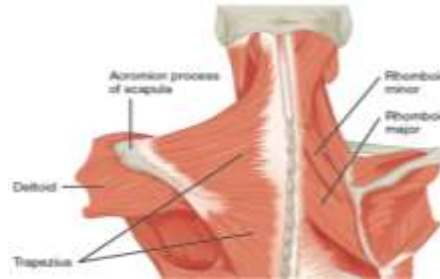
CERVICAL SPINE 3 Functions provide mobility and stability to the head. Joins the immobile thoracic spine.



UPPER ARM 45 DEGREE ANGLES:

UGC CARE Group-1,

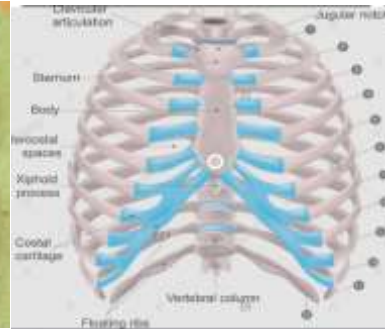
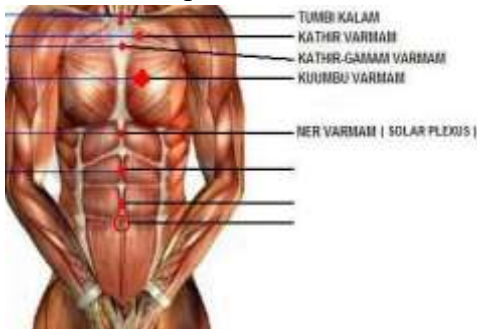
Here the left arm is diagonally bent at the elbow point. A 45-degree angle helps to improve the heart function and circulation. They help to lower the blood pressure and reduce the risk of obesity, diabetes and heart disease. Diagonal Bending strengthens the Spine, Rhomboids muscle, Trapezius muscle, abdominal muscle.



POINT (2):

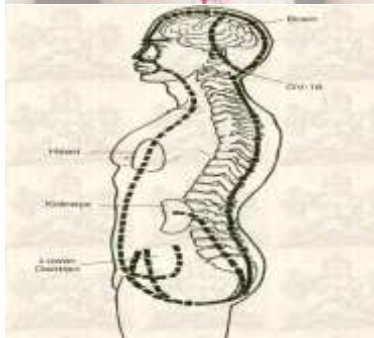
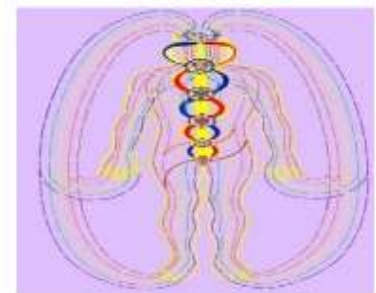
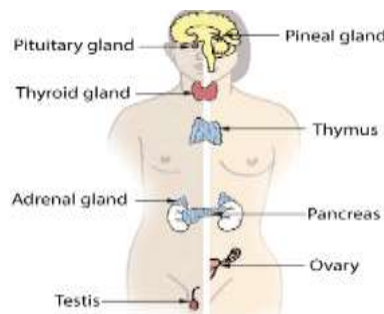
According to maharishi with the tip of the right index finger press the point number 2 which is one inch directly below the chest cavity. The index finger represents the liver/ gall bladder. Other fingers should not touch the body. Thus pressing, meditate on this point no 2 for 30 seconds.

In this Varma point is **Ner varmam** .



The power flow path works well and the obstruction is removed.

Point 2 is the conception vessel meridian points- path of racial development. Directly connected with endocrine glands.it forms a circular structure with the governing vessel(GV).A governing vessel is an energy pathway that runs the spinal cord.It creates energy in the core and helps move it up to the head.It has 28 points.



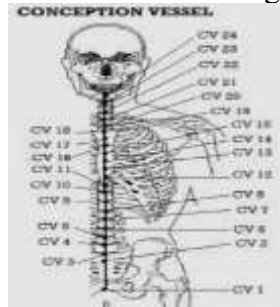
POINT (3):

The third point relates to conception vessel 12. Conception vessel is a channel of life force energy within the body.

According to maharishi 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.

CONCEPTION VESSEL 12 is great for every thing related to digestion. strengthens the spleen.

Conception vessel – The conduit of life force energy within the subtle body.



POINT (4):

According to maharishi 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.

Point 4 corresponds to the acupressure point CV9.

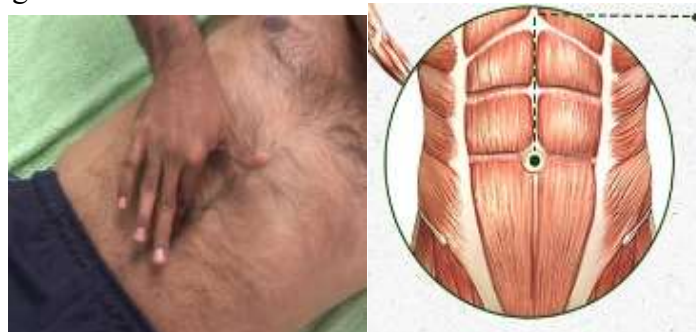
Vomiting, weight loss, indigestion, elimination, strengthens the spleen and kidney.



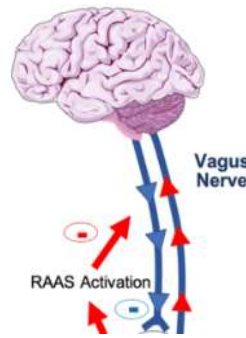
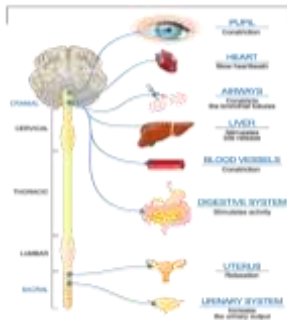
POINT (5):

According to maharishi place the tip of the right index finger in the center of the navel at point no – 5 and press upwards. Have to imagine the navel as a clock then the point no 5 is at 12 o'clock. meditate on this point for 30 seconds.

Point 5 corresponds to the acupressure point cv 8. Resuscitation point from shock. The body becomes strong. Helps with digestive disorders.



Point 5 stimulates the VAGUS NERVE directly through the small intestine. The VAGUS NERVE activates the parasympathetic nervous system.



The vagus nerve activates the regulation of internal organ functions such as digestion , heart rate and breathing rate.

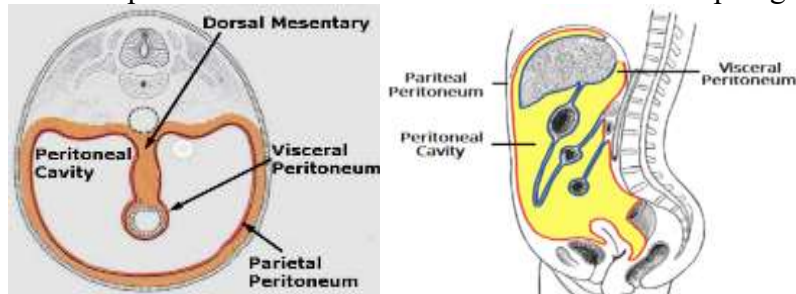
Functions of parasympathetic nervous system:

- Slowing of the heartbeat.
- Constriction of pupils.
- Dilation of blood vessels.
- Constriction of bronchi.
- Increased blood supply to reproductive organs.
- Stimulation of muscles of the stomach and urinary bladder.

POINT (6):

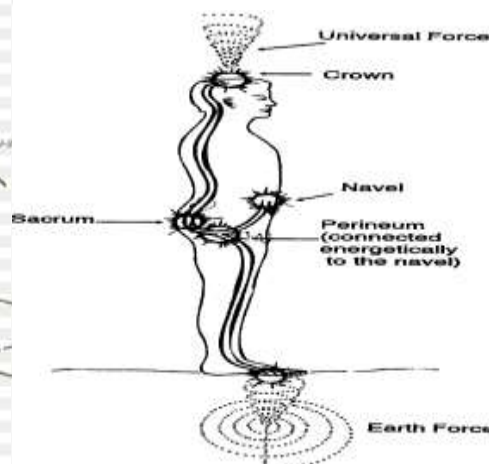
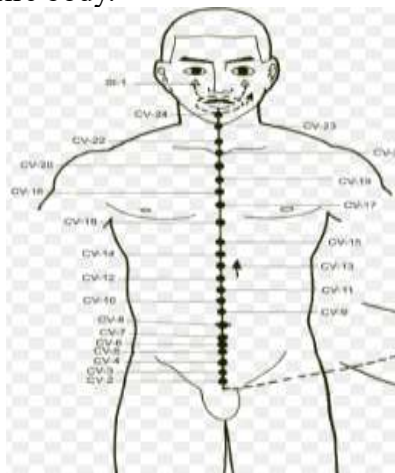
According to maharishi Place and Press the right thumb in the center of the navel and press downwards. This point corresponds to 6 o` clock. meditate on this point for 30 seconds. Here the inner lining of the abdominal cavity at the navel is compressed. It is called Parietal Peritonium.

Parietal peritonium sensory nerve fibres input to the spinal cord. It is the area that lines the abdominal and pelvic cavities. Parietal peritonium covers the abdominal wall and diaphragm.



The chinese point CV-8(Shen Que Spirit Gate) represents the place where we originate in life.

The navel connects to the five viscera and six intestines and connects to the pathways and vesseles of the entire body.



The navel point is used as a trigger point to revive someone in emergency treatment when they lose consciousness or collapse to high blood pressure or stroke.



POINT (7):

According to maharishi place the tip of the finger of the right hand in the center of the navel at point No .7 and press upwards diagonally at an angle of 45 degree towards right shoulder as if the navel clock shows 10.30. meditate on this point for 30 seconds.

CV-8 point is drawn towards the right shoulder strap. Kidney energy tonifies and strengthens the liver , gall bladder , heart, right lung and all other organs when drawn to the right side above the navel.



POINT (8):

According to maharishi place the tip of the right finger in the center of navel at point No .8 with the same finger press upwards diagonally at an angle of 45 degree towards the left shoulder as if the time is at 1:30 on the navel clock. meditate on this point for 30 seconds.

The CV-8 point is drawn towards the left shoulder strap. Kidney energy tonifies and strengthens the spleen , gall bladder , heart, left lung and all other organs when drawn to the left side above the navel.



POINT (9):

According to maharishi place the right index finger in the center of the navel at point No.9 and press downwards diagonally towards right thigh. shoulder as if the time is at 7:30 on the navel clock. meditate on this point for 30 seconds.

The CV-8 point is drawn towards the right thigh.

Kidney energy tonifies and drawn below the navel towards the right thigh , the genitals, uterus, bowels become stronger.



POINT (10):

According to maharishi 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. meditate on this point for 30 seconds.

The CV-8 point is drawn towards the left thigh.

Kidney energy tonifies and strengthens the rectum, uterus and pulls the left thigh below the navel.

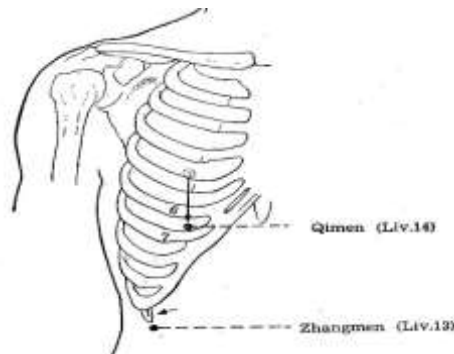


POINT (11):

According to maharishi the tip of the right index finger at point No-11 which is one inch below the center of the lowest rib on the right chest. Press and meditate on this point for 30 seconds.

The chinese point LIV 13 is associated with the acupressure point.

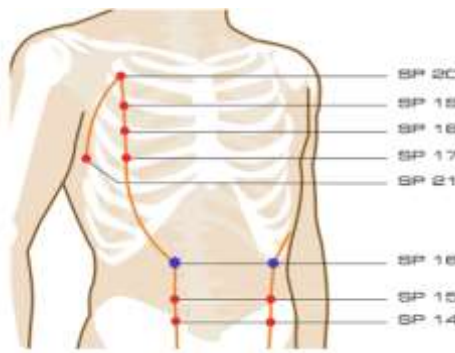
Relieves jaundice, hereditary diseases, heart pain, chest pain, diarrhoea, respiratory disorders, cough, and digestive disorders.



POINT (12):

According to maharishi the tip of the right index finger at point No-12 which is one inch below the center of the lowest rib on the left chest. Press and meditate on this point for 30 seconds.

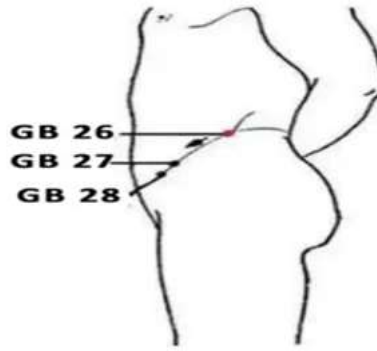
The chinese point spleen is associated with the acupressure point. Relieves sterility, colic, anaemia, suppuratation, constipation, intestinal disorders.



POINT (13):

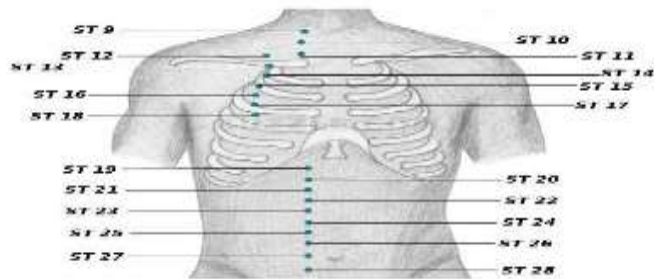
According to maharishi the tip of the right thumb press on point No-13 which is one inch below the extrem right side of the lowest rib. Press and meditate on this point for 30 seconds.

The chinese point GB 26 corresponds to the acupressure point. Relieves lower abdominal pain, irregular menstruation, abdominal pain, back pain, pelvic pain.



POINT (14):

According to maharishi place the right index finger press on point No-13 which is one inch below the extrem right side of the lowest rib. .Press and meditate on this point for 30 seconds. The chinese point ST 27 corresponds to the acupressure point. Eliminates premature ejaculation , irregular menstruation.



NOTE:

According to maharishi When doing the above exercise the right finger should directly touch the skin of the body and not through any cloth.

BENEFITS:

- 1.Short circuit of electrical energy in any part of the body would be cleared
- 2.Accupressure is a preventive for heart ailments .It reduces high blood pressure.
- 3.It regulates the nervous system and reduces tension
- 4.It is very helpful in alleviating insomnia.

CONCLUSION:

The basic concept of Swamiji Vethathiri Maharishi's acupressure 14 points exercises therapy is to enhance or enrich the biomagnetic energy(Vethathiri Maharishi 2010) . The practice of this acupressure 14 point exercises therapy and thereby increasing the immune system of every individual to cure the illness or injury. The same concept is followed in TCM Acupressure therapy which emphasizes that Chi energy' or the Qi energy flowing in the body is enriched to improve the immune system of the body by the application of mild pressure with the help of the right index finger and thumb.

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