

SEMINAR-II

ACUPRESSURE: A WONDERFUL NATURAL TREATMENT

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Summary

Acupressure is the most precious gift given to mankind by Nature. The only health Science which assists you in preventing diseases, diagnosis them and curing them without Drugs and any side effects. It is a form of holistic healing.

Acupressure is an ancient art of healing and has been practiced for centuries curing millions of people. Today, drugless therapies are gaining popularity all over the world. More and more people are benefited from this form of treatment, especially because it is not only effective in curing common ailments, but also very effective in curing those ailments considered incurable.

The word 'Acupressure' is related to 'Acupuncture'. 'Acu' means a needle and 'puncture' means to pierce'. Acupuncture means the art of treating disease by piercing specific points in the body. On the other hand, Acupressure is a simple, safe and effective method of applying pressure on specific acupuncture points of the body with the fingers in order to get maximum therapeutic effect.

The Acupressure therapy was known in India even 5000 years ago (according to Sushrut Samhita). Unfortunately, it was not preserved properly and adopted in Sri Lanka (Ceylon) in the form of Acupuncture. From Sri Lanka, this therapy was taken to China and Japan by Buddhist Monks or Nomadic Aryans took it there and at present China is teaching Acupuncture to the world.

This therapy was known to the Red Indians way back in the Sixteenth Century. In the twentieth century, researches have been conducted in the USA, which have contributed greatly to the development of this therapy. It is practiced by many Allopathic and Naturopathic doctors there. Now the World Health Organization (WHO) too has paid attention to this simple and easy therapy.

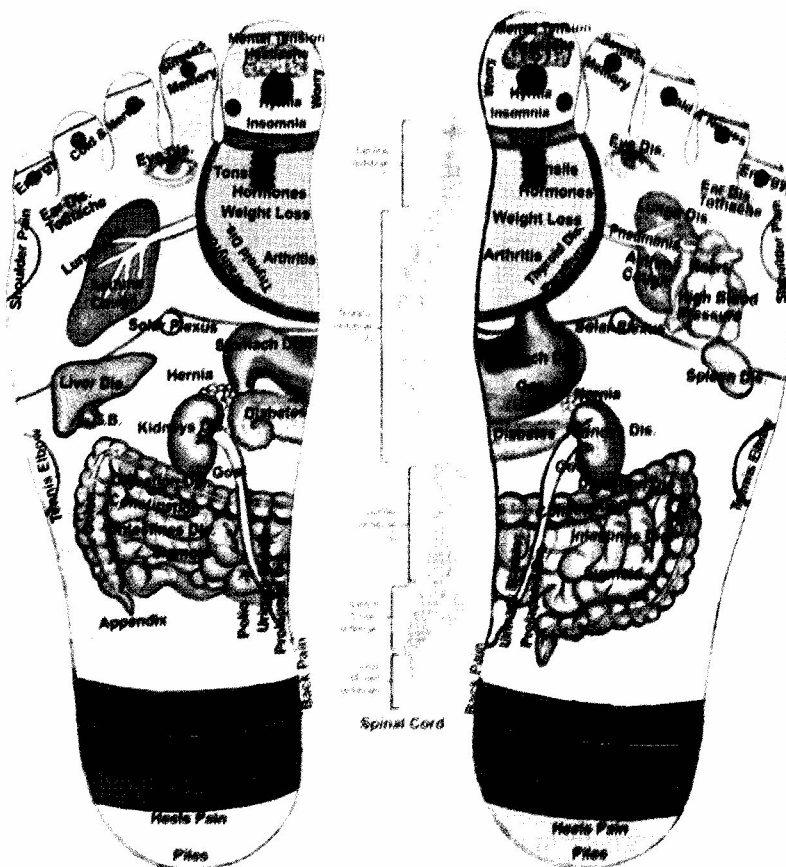
How Acupressure Works

Acupressure points (also called potent points) are places on the skin those are especially sensitive to bioelectrical impulses in the body and conduct those impulses

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readily. Traditionally, Asian cultures conceived the points as junctures of special pathways those carried the human energy those the Chinese call chi and the Japanese call ki. Western scientists have also mapped out and proven the existence of this system of body points by using sensitive electrical devices.

Stimulating these points with pressure, needles, or heat triggers the release of endorphins, which are the neurochemicals those relieve pain. As a result, pain is blocked and the flow of blood and oxygen to the affected area is increased. This



causes the muscles to relax and promotes healing. Because acupressure inhibits the pain signals sent to the brain through a mild, fairly painless stimulation, it has been described as closing the “gates” of the pain system, preventing painful sensations from passing through the spinal cord to the brain.

Besides relieving pain, acupressure can help rebalance the body by dissolving tensions and stresses that keep it from functioning smoothly and that inhibit the immune system. Acupressure enables the body to adapt to environmental changes and resist illness.

Tension tends to concentrate around acupressure points. When a muscle is chronically tense or in spasm, the muscle fibers contract due to the secretion of lactic acid caused by fatigue, trauma, stress, chemical imbalances, or poor circulation. For instance, when you are under a great deal of stress you may find that you have difficulty in breathing. Certain acupressure points relieve chest tension and enable you to breathe deeply.

As a point is pressed, the muscle tension yields to the finger pressure, enabling the fibers to elongate and relax, blood to flow freely, and toxins to be released and eliminated. Increased circulation also brings more oxygen and other nutrients to affected areas. This increases the body's resistance to illness and promotes a longer, healthier, more vital life. When the blood and bioelectrical energy circulate properly, we have a greater sense of harmony, health, and wellbeing.

Purpose of Acupressure

- Acupressure massage therapy stimulates and activates the body's own energies to help fight illness and restore harmony. Some of the acupressure points are significant as they relate to a specific part of the body while others are more general in their effect.
- To stimulate the body's own recuperative powers by stimulating the various points on the body. The stimulation removes energy blockages by diffusing the toxic build up that accumulates in the muscle tissue. The accumulation of toxins causes stiffness throughout the body.
- Stiffness in muscles puts abnormal pressure on nerves, and on blood and lymph vessels. The pressure on blood and lymph vessels affect both skeletal systems and internal organ functioning.

How Acupressure Performs

- Acupressure is usually given in a similar fashion to traditional massage. Points on the body are massaged using finger or thumb, and sometimes a blunt object, in a fairly rapid circular motion with a medium pressure. Massages last between 5 and 15 minutes.
- Some of the most common Acupressure Techniques are- Rubbing, Kneading, Percussion and Vibration. Fingers, hands, elbows, knees and feet are often used to massage other parts of the body.
- Acupressure can be performed in sitting, standing or lying down. You can practice acupressure therapy anytime, anywhere.

Acupressure can help alleviate

- Pain, headaches, migraines, insomnia, depression, toothache, dizziness, menstrual pain, digestive disorders including diarrhea and constipation, nausea, morning sickness, motion sickness, stress and tiredness.
- In all cases, Acupressure massage techniques are employed in collaboration with other appropriate medical care.

The Advantage of using Acupressure

- relieving pain
- balancing the body
- maintaining good health.
- the healing touch of acupressure reduces tension, increases circulation, and enables the body to relax deeply.
- by relieving stress, acupressure strengthens resistance to disease and promotes wellness.

Be your own doctor

Modern Medicines and hospitals have become too expensive for most of the people to afford, and for employers to keep providing it as a benefit.

Bangladesh Acupressure Society (BAS) brings you an unique program to help you realize that acupressure treatments can be an effective cure for most ailments and also help you become your own doctor.

Once you take a training on acupressure, you will be able to treat yourself in an easy way. You will learn also how to take better care of yourself through healthy lifestyle choices and self-treatment of common ailments through this. Do not let pains and aches stop you. Join the acupressure training. Prevent illness and avoid the need for unnecessary doctor's visits. Discover the power to heal in your hands. Be your own doctor.

