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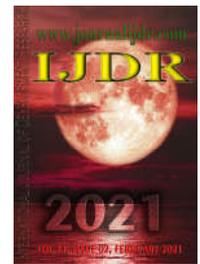
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RESEARCH ARTICLE

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A UNIQUE AND A MARVELOUS APPLICATION OF SWAMIJI VETHATHIRI MAHARISHI'S ACUPRESSURE 14 POINT'S EXERCISE THERAPY TO ENRICH BIO MAGNETISM FOR A SPEEDY RECOVERY OF THE LEFT LEG FOOT INJURY CAUSED IN A ROAD MISHAP- A CASE STUDY

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ABSTRACT

The main objective of this article is to show that the practice of Swamiji Vethathiri maharishi's acupressure 14 points exercises, which is regarded as a non-pharmacological treatment resulted in a speedy recovery of the left leg foot injury caused in a road mishap by enhancing the bio-magnetism. Most of the road accidents occur in narrow and overcrowded streets. Further ignorance of traffic rules and regulations and carelessness of the self-driving of an individual contribute the most to road accidents. This paper reviews a case study about a 48-year-old lady, an acupressure therapist who met with a road accident that caused an injury in her left leg foot. Her consultations with two orthopedic surgeons one after another and their method of allopathic treatment for the left leg foot injury for nearly two months did not show any significant improvement in the injury. Under these circumstances, a thought ran over in her mind that herself being an acupressure therapist, why not let me practice acupressure 14 points exercise therapy, a non-pharmacological treatment, which is also a part of SKY yoga practice designed by Swamiji Vethathiri Maharishi. Indeed, the practice of acupressure 14 points exercises by the acupressure therapist for nearly four months resulted in the speedy and remarkable, and unbelievable recovery of the left leg foot injury without the usage of allopathic medicines. Acupressure 14 points exercise is just a simple exercise that involves the application of mild pressure with the help of either thumb /index finger. By doing so it ensures the free flow of electrical energy without any short circuit by removing air bubbles in the nerves. It also helps in a free flow of blood circulation thereby increasing the bio-magnetism.

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INTRODUCTION

Traditional Chinese Medicine (TCM) theory has been in use for over 5000 years (Roybal.R Edward 1984). Acupressure has its basis. Acupressure therapy is a way of stimulating the self-healing mechanism (Attur Singh, 2010) of the body to cure disease and relieve pain. Acupressure 14 points exercise (Vethathiri Maharishi, 2012) "strengthens the body at certain meridians, or pressure points much like acupuncture, which uses tiny needles. Acupressure 14 points exercise is a non-pharmacological and non-invasive technique that, use by finger, elbow, and hand or with various instruments, applies physical pressure to certain acupoints present in the human body. Acupressure can also aid in pain relief.

Acupressure promotes the movement of energy called Biomagnetism, a unique concept designed by Swamiji Vethathiri Maharishi or in terms of TCM Acupressure therapy, promotes the movement of Qi energy within the body through the meridians (Linda Baily.Synovitz Karl. Larson 2018). According to Mantak chia theory which says that the vital fluids and the energy itself that flows through our bodies refers to chi or qi energy (Mantak Chia 2002). In our hands (palm) and feet, these meridians originate and are attached to the brain and then connected to an organ associated with that specific meridian. The inherent healing ability of the body is strengthened when we apply mild pressure regularly on that particular acupoints.

This kind of alternative medicine is believed to be an effective way to alleviate stress, to minimize pain and tension (Vijayalakshmi C et al 2018), and to increase the circulation of blood thereby increasing the immune system of every individual. Keeping the above valuable points in mind, a maiden attempt has been made in this research article by a 48-year-old lady, who is also an acupressure therapist by her profession, who practiced acupressure 14 points exercise four times daily, designed by Swamiji Vethathiri Maharishi for a speedy and remarkable and marvelous recovery from her left leg foot injury caused in a road accident (Dr. Rupjyoti Gogoi 2019). Mention also should be made at this juncture that the principles of TCM acupressure theory come to the rescue of interpreting the principles of Swamiji Vethathiri Maharishi's acupressure 14 points exercises through the Governing Vessel (GV) and Conception Vessel (CV) concept.

Salient features of Governing Vessel (YANG Channel) and Conception Vessel (YIN Channel) as per TCM Acupressure therapy

Brief points on Governing Vessel (GV) (Yang Channel): The Governing Vessel is the confluence of all six " yang" channels, over which it is said to "Govern. "Since the Governing Vessel regulates all Six" Yang channels, it is also called as "sea of yang" meridians. This can be clearly understood from its pathway, because it flows up the spinal cord, of the back, the "Yang" region, and in the center of all "Yang" channels. (Except the stomach channel which flows in the front).

Brief points on Conception Vessel (CV) (Yin Channel): It has a major role in controlling the circulation of qi energy, monitoring, and steering of all "Yin" Channels. At the same time, it is to be clearly understood that the energetic potential of these Yang channels and Yin channels flow in both ascending orders and descending order in the posterior and anterior vertical midline in the body and thereby the energetic potential movements of these two currents stimulate the emotional intelligence of the mind, projection of the mind towards spiritual life and finally responsible for the perception of the mental activities of the human being. These two Governing Vessel and Conception Vessel are the two main rivers of the body yang and Yin potential energy sources of the body. (The Governing Vessel, 2018)

Case study: On one fine evening, a 48-year-old lady (Acupressure therapist) and her 27-year-old son, a software professional, were returning from a Local Library and heading towards their home in a two-wheeler. The two-wheeler was driven by her son and the lady was a pillion rider. While they were on their way, a cell phone call came informing them that one of their close relatives was waiting for them outside of their locked house. On hearing the information, her son drove the vehicle a little bit faster in order to reach home quickly. All of a sudden a van was coming in the opposite direction. The vehicle was in an uncontrolled, over speeding state, and that too driven by a drunken driver who lost control of his vehicle collided with their two-wheeler. Due to the collision between the two vehicles, the back wheel of the van ran over the left leg foot of the lady and due to the impact, the upper layer of the skin on the left leg foot was torn. A large amount of blood was oozing out from the wound and on seeing this, her son was scared and his hands were shivering like anything.

On seeing the incident, the public in large volumes gathered to witness the incident and some kind-hearted people made arrangements to transport the lady to a nearby hospital for further treatment. In the hospital, a doctor attending the duty in the emergency ward gave her first aid and referred her to an orthopedic surgeon available in the hospital. The orthopedic surgeon examined the nature of the wound and before starting the treatment, he advised the lady to take random blood sugar tests (RBS) and an X-Ray. By looking into the blood test report which showed that the random blood sugar level was within the limits and the X-Ray showed a normal pattern indicating no fracture in the left leg foot, he gave an injection and prescribed some antibiotics tablets and put eleven

stitches over the wound and a bandage in Plaster of Paris (POP) was applied. Further, the doctor advised her to come to the clinic to have an injection twice a week for one month. The lady followed the instructions carefully and had injections and the tablets for one month. During the periodical checkup for the third time, the orthopedic surgeon cut open the POP to check whether the wound was healed. But to his dismay, he found that stitches were separated indicating that the wound was not healed. Under these circumstances, the panic-stricken lady with much pain in left leg foot injury asked the doctor why the stitches were separated. For this question, the doctor answered that if the left leg foot injury happened in the vertical position the wound would have healed. But the wound occurred in the horizontal position, so the stitches did not keep in position.

Further, he suggested that the wound will take some more time to get healed and advised the lady to keep the left leg in a slightly raised position so that wound may get healed quickly. The lady followed the doctor's advice closely for two weeks' time. But in vain. At this point, the lady consulted her family members for further plans of action who suggested consulting another orthopedic surgeon. The second doctor listened patiently to the lady's tale and prescribed two injections per week and tablets and an ointment for a month. The lady followed the instructions carefully and even after a month's time, there was no sign of improvement whatsoever. Hence with much anxiety and tension, the lady requested the doctor to suggest an alternative treatment for a faster rate of recovery of the wound for which the doctor replied that she could try plastic surgery as an option for a speedy recovery of the wound. At this stage, her heart was shattered into pieces and her state of mind can be equated to that of a horrendous SUPER Cyclonic storm such as Vardha or Cyclone Burevi or Cyclone Gaja or Cyclone Favi that had stripped the state of Tamil Nadu. But the lady was not willing to undergo plastic surgery.

The lady is a true disciple and an ardent follower of the principles and Philosophies of Swamiji Vethathiri Maharishi for the last 25 years and well versed in those principles. So she sat silently for some time and performed "Thuriya Meditation" taught by Swamiji Vethathiri Maharishi for 10 minutes duration. During Meditation, a ray of hope flashed in her mind that herself being an acupressure therapist, why not practices the technique of SKY principles in combination with that of TCM acupressure technology. Keeping these points in mind, and with the fervent hope of getting faster recovery from the left leg foot injury, she started practicing Swamiji Vethathiri Maharishi's nine types of Simplified Physical Exercises Meditation Introspection and Kaya Kalpa techniques. Mention should be made at this point that though she practiced Swamiji Vethathiri Maharishi's nine types of Simplified Physical Exercises. She purposely concentrated on one type of Simplified Physical Exercises that is Acupressure 14 point exercises therapy for 3 months' time for a speedy and remarkable recovery of the wound. The basic principles involved in the concept of Swamiji Vethathiri Maharishi is that a regular and an unintermittent practice of Simplified Physical Exercises including acupressure 14 points exercises, Meditation, Introspection and Kaya Kalpa techniques enhance the BIOMAGNETISM flowing in every individual to improve the immunity so as to cure the illness or injury at a faster rate.

DISCUSSION

The basic concept of Swamiji Vethathiri Maharishi's acupressure 14 points exercises therapy is to enhance or enrich the biomagnetic energy (Vethathiri Maharishi 2010) flowing in every individual by the regular and intermittent 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. The basic principles involved in the concept of Swamiji Vethathiri Maharishi is that a regular and an unintermittent practice of Simplified Physical Exercises including acupressure 14 points exercises, Meditation,

Doctor’s prescription to the lady for left leg foot injury:



Stages of wound position in left leg foot injury:



Introspection and Kaya Kalpa techniques enhance the biomagnetism (Nagarjuna sangem, 2012) flowing in every individual to improve the immunity so as to cure the illness or injury at a faster rate. According to the principles of Swamiji Vethathiri Maharishi's acupressure 14 points exercise therapy, it is enough if we apply mild pressure from point number 1 to point number 10 for a period of one-minute (Vijayalakshmi 2014) duration and at the same time concentrate the mind on these points. When coming to point numbers 11, 12, 13, and 14 she applied mild pressure for Four minutes duration and at the interval of every four hours which enhanced her confidence that she could recover from the left leg foot injury at a faster rate since the physical exercises boosted her physical as well as mental health to a greater height.

These four points namely point numbers 11, 12, 13, and 14 are called Liver point, Spleen point, Gall bladder point, and Stomach point in the language of TCM Acupressure Therapy. The application of mild pressure with the tip of the right index finger and thumb on these points and at the same time apply mind to concentrate on these points for duration of four minutes, helped her a lot in getting recovery from the left leg foot injury at a faster rate.

According to TCM Acupressure therapy, the functioning of the Liver point, Spleen point, Gall bladder point, and Stomach point are narrated as follows

(SVM - Swamiji Vethathiri Maharishi)

Liver

According to the SVM Acupressure principle, Liver (point – 11): The application of mild pressure with the help of the tip of the right index finger one inch below the center of the lowest rib on the right chest is called point number 11 according to SVM acupressure Therapy (Vethathiri Maharishi 2012). At this point, the lady meditated on this point for 4 minutes. Now the benefits of the application of mild pressure on this point number 11 are very well explained by TCM acupressure Therapy where is labeled as point LIV 13.

According to TCM Acupressure therapy, (Point LIV13): Liv-13 is located on the lateral side of the abdomen, directly at the tip of the 11th rib (Gireesh K. Neuro 1997), which lies just above the level of the umbilicus and on or near the mid-axillary line. The application of mild pressure on this point aids in the fullness of the chest and lateral costal region, and also helps to relieve the sudden difficulty in breathing, and also helps the inability to catch the breath, dyspnea, cough, stone edema, etc (Steve-Woodley2018). In terms of Chinese medicine, the liver is the Yin Wood organ. The liver is responsible for the smooth functioning of the body. Any imbalance in the liver can greatly affect all the body's systems. It is also in control of the nerves and therefore plays a major role in the thinking process and nervous activity.

The liver accommodates poisonous chemicals, toxins, and any other antibiotic medicines that the body takes in. Its function is to break down poisons chemically into less toxic compounds so that they can be more easily eliminated by the rest of the body. Toxins usually stay in the liver for a long time before they have a chance to be processed. If the poisonous load becomes too high, the liver's digestive process and other functions are prevented from working properly. This also slows down the secretion of bile in the gall bladder, which crystallizes and forms gallstones. Liver detoxification usually accompanies detoxification of the spleen and the lymphatic system and notification of the kidneys. (Mantak Chia. (2002).

Spleen

According to the SVM Acupressure principle, (Point 12): The application of mild pressure with the help of the right index finger one inch below the center of the lowest rib on the left chest and this point number is 12. (Vethathiri Maharishi 2012) and the lady meditated on this point for four minutes. The benefit of the application of mild pressure on point number 12 is very well explained by TCM acupressure Therapy which is labeled as point Spleen 16.

According to TCM Acupressure therapy, (Point SP 16): On the abdomen at the depression at the lateral border of the rectus abdominal muscle, 4 cun from the midline, 3 cun superior to Sp-15, level with CV-11 and, St-22. Regulates the intestines, it helps to reduce (Steve-Woodley 2018) the Periumbilical pain, constipation problem, cold of the abdomen, undigested food in the stool, and dysenteric disorder. In the Chinese system, the spleen and pancreas are associated with Yin Earth organs. Their digestive functions, associated with the digestive function of the liver and gall bladder, are in charge of "transformation and transportation." The spleen is also in charge of transporting Chi to the muscles and limbs. According to TCM acupuncture theory, all muscular disorders are generally treated by working on the spleen, pancreas, and stomach channel, or any other Earth parts of the other channels. The spleen is the largest mass of lymphatic tissue and the largest lymph node in the body. It also plays a central role in the body's immune system. It produces Beta cells, which develop into antibody-producing plasma cells. When massaged, it releases extra blood into the system and bolsters the immune function. (Mantak Chia. (2002).

Gallbladder

According to the SVM Acupressure principle, (point 13): The application of mild pressure with the help of the tip of the right thumb

one inch below the extreme right side of the lowest rib (where gall bladder is accommodated) and this point is called point number 13 (Vethathiri Maharishi 2012). The lady meditated on this point for 4 minutes. The benefit of the application of mild pressure on point number 13 is very well explained by TCM acupressure Therapy which is labeled as Point GB26.

According to TCM Acupressure therapy, (point GB 26): At the same time, the level of the umbilicus on a vertical line drawn from the midpoint between the free ends of the 11th and 12th ribs (Gireesh K. Neuro 1997). According to some authorities, it is directly below the free end of the 11th rib that is liver 13 at the level of the umbilicus. It helps to reduce lower abdominal pain, a cold disorder, and irregular menstruation. It also cures the abdominal pain due to retraction of the testicles (Steve-Woodley 2018). It relieves constipation, the pain of the back, lumbar region, and ileum. In Chinese medicine, the gall bladder is a wood organ and it is also related to decision-making. Improper functioning of the gallbladder would cause headaches, sluggishness, and indecision. The gall bladder is in a firm than the liver. (Mantak Chia. (2002).

Stomach

According to the SVM Acupressure principle, (Point 14): The application of mild pressure with the help of the right index finger (Vethathiri Maharishi 2012) exactly mid-way between the navel and the left groin (that is thigh point) is called point number 14 (where the spleen is accommodated). As usual, the lady meditated on this point for four minutes duration. The benefit of the application of mild pressure on this point 14 is very well explained by TCM acupressure Therapy which is labeled as Point ST 27.

Stomach

According to TCM Acupressure therapy, (Point ST 27): On the abdomen, 2 cun lateral to the midline and 2 cun inferior to the umbilicus, level with CV-5. It helps to cure premature ejaculation, seminal emission, irregular menstruation, difficult urination, retention of urine. At the same time, regulating this point reduces fright palpitations and insomnia, prostate prolapse, agitation with thirst hemiplegia (Steve-Woodley2018). In terms of Chinese theory, the stomach is called the Sea of Nourishment or the Sea of Food and Fluid. The spleen transports some portion of Chi energy from food while it is still in the stomach. Further spleen transports Chi energy into the lungs. Again this chi energy combines with chi energy taken from the air and converts it into the blood and nutritious Chi energy. The stomach is "J" shaped. It is located just on the centerline extends to the left of it just below the sternum. The stomach receives food from the esophagus, stores it, and then empties the food into the duodenum, the beginning section of the small intestine. It secretes enzymes and juices that help break down and turn them into a thin liquid called chyme. This fluid is then passed on to the small intestine, where any nutrients are absorbed. (Mantak Chia. (2002).

Conclusion

It is distinctly clear from the case study that the application of Acupressure 14 points exercises resulted in the speedy recovery of the left leg foot injury aptly reflected the importance of Swamiji Vethathiri Maharishi's sky practice not only in the cure of Physical health but also for the betterment of mental wellness by sincerely following the Physical exercises, Meditation and Kaya Kalpa exercises designed by Swamiji Vethathiri Maharishi.

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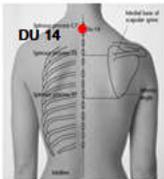
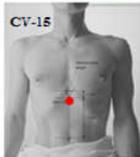
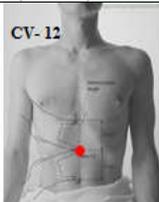
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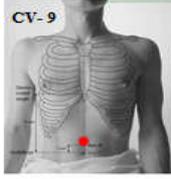
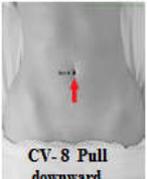
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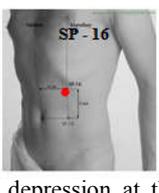
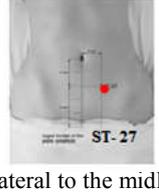
Appendix

Comparison between Swamiji Vethathiri Maharishi's Acupressure 14 points exercise and TCM Acupressure Points

Point	*SVM Acupressure Points	TCM Acupressure Points (Du – 14)
1.	 <p>Lie down on the back and close your eyes. Bent your left arm at the elbow point diagonally and let the first three fingers of the left hand touch and press the top of the spine in the upper back. This position can be taken as positive point (point 1) as referred by Swamiji audio speech.</p>	 <p>On the midline at the base of the neck, in the depression below the spinous process of the seventh cervical vertebra (C7). Hypertension, insomnia, vomiting blood, Epilepsy, nosebleed that does not stop, etc., could be cleared.</p>
2.	 <p>With the tip of right index finger press the point 2 which is one inch directly below the chest cavity. Other fingers should not touch the body. While pressing, meditate on this point 2 for 30 seconds</p>	 <p>On the midline of the abdomen, 7 cun above the umbilicus and 1 cun below the sternocostal angle. Oppressive sensation in the heart, chest pain, excessive sighing, pain radiating from the heart to the back. Fright palpitations. Fullness of the chest, etc., could be cleared</p>
3.	 <p>Shift the tip of the right index finger further downwards by one inch and this point is taken as point number 3. As before, meditate on this point for 30 seconds</p>	 <p>On the midline of the abdomen, 4 cun above the umbilicus and midway between the umbilicus and the sternocostal angle. Heart pain, loss of consciousness, mania-depression, epilepsy, tongue thrusting, etc., could be cleared.</p>

Continue

4.	 <p>Shift the tip of the right index finger further downwards by one inch and this point is taken as point number 3. As before, meditate on this point for 30 seconds</p>	 <p>On the midline of the abdomen, 1 cun above the umbilicus and 7 cun below the sternocostal angle. Deficiency and distension of the intestine and Stomach, , no pleasure in eating, acid regurgitation, vomiting after eating, abdomen swollen and hard like a drum, periumbilical pain rushing up to the chest and Heart causing difficulty breathing, etc., could be cleared.</p>
Point	*SVM Acupressure Points (Point- 5)	TCM Acupressure Points (CV- 8)
5.	 <p>Place the tip of the right index finger in the Centre of the navel and this point is taken as point number 5 and pull upwards. Imagine the navel as a clock, this point number 5 is at 12 o clock. As before, meditate on this point for 30 seconds.</p>	 <p>CV 8 point – Pulls up at the umbilicus. Tonifies the original qi, strengthens the spleen, Kidney qi energy raised upwards to pancreas, stomach, heart, throat and up to head (brain), etc., could be cleared.</p>
Point	*SVM Acupressure Points(Point- 6)	TCM Acupressure Points (CV- 8)
6.	 <p>Place the tip of the right thumb in the Centre of the navel and press pull downwards. This point is taken as point number 6. This point corresponds to 6 o clock. As before, meditate on this point for 30 seconds.</p>	 <p>CV 8 point – Pull downwards at the umbilicus. Strengthen the original qi energy, and also the bladder. The small intestines are the paired organs of the heart, so digestive problems can cause the heart to overheat. The elimination of waste products can be done and gives energy to heart.</p>
Point	*SVM Acupressure Points (Point- 7)	TCM Acupressure Points (CV- 8)
7.	 <p>Place the tip of the right index finger in the Centre of the navel and this point number is 7 and pull upwards towards the right shoulder which corresponds to 10.30 in the navel clock. As before, meditate on this point for 30 seconds</p>	 <p>CV 8 Point – Pull upwards to the right shoulder at the umbilicus. Tonifies the original qi energy, Strengthens the liver. When pulling upwards, the qi energy of kidney is raised upwards to liver, gallbladder, heart, right lungs and all the organs in the right side.</p>
Point	*SVM Acupressure Points (Point- 8)	TCM Acupressure Points (CV- 8)
8.	 <p>Place the tip of the right index finger in the Centre of the navel and this point number is 8 and pull upwards towards the left shoulder which corresponds to 1.30 on the navel clock. As before, meditate on this point for 30 seconds</p>	 <p>CV 8 Point – Pull upwards to the left Shoulder at the umbilicus. Tonifies the original qi energy, strengthens the spleen. When pulling upwards the qi energy of kidney raised upwards to the spleen, gallbladder, heart and the left lungs and all the organs in the left side.</p>
Point	*SVM Acupressure Points (Point- 9)	TCM Acupressure Points (CV- 8)
9.	 <p>Place the tip of the right index finger in the Centre of the navel and this point number is 9 and pull downwards towards the right thigh which corresponds to 7.30 on the navel clock. As before, meditate on this point for 30 seconds.</p>	 <p>CV 8 Point – Pull downwards towards the right thigh at the umbilicus. Tonifies the original qi energy, strengthens the genital organs. When pulling downwards towards the right side thigh, the genital organs (ovary benefited), appendicitis eliminated, relief from right ovarian cyst.</p>

Point	*SVM Acupressure Points (Point- 10)	TCM Acupressure Points (CV- 8)
10.	 <p>Place the tip of the right thumb in the Centre of the navel and this point number is 10 and pull downwards towards the left thigh which corresponds to 4.30 on the navel clock. As before, meditate on this point for 30 seconds</p>	 <p>CV 8 Point – Pull downwards towards to the left thigh. Tonifies the original qi energy, strengthens the left ovary. When pulling the downwards towards left side thigh, it gives energy to flaccid type of apoplexy, prolapse of rectum, and useful in ovarian cysts.</p>
11.	 <p>Place the tip of the right index finger one inch below the centre of the lowest rib on the right chest and this point number is 11. As before, meditate on this point for 30 seconds.</p>	 <p>Directly anterior and inferior to the free end of the eleventh rib. This point is just above the level of the umbilicus and on or near the mid-axillary line. Fullness of the chest and lateral costal region, sudden difficulty in breathing, inability to catch the breath, dyspnea, cough, stone oedema, etc., could be cleared.</p>
12.	 <p>Place the tip of the right index finger one inch below the centre of the lowest rib on the left chest and this point number is 12. As before, meditate on this point for 30 seconds.</p>	 <p>On the abdomen at the depression at the lateral border of the rectus abdominal muscle, 4 cun from the midline, 3 cun superior to Sp-15, level with CV-11 and, St-22. Regulates the intestines, Periumbilical pain, cold of the abdomen, undigested food in the stool, dysenteric disorder, and stool containing pus and blood, constipation, etc., could be cleared.</p>
13.	 <p>Place the tip of the right thumb one inch below the extreme right side of the lowest rib (Where gall bladder is accommodated) and this point number is 13. As before, meditate on this point for 30 seconds.</p>	 <p>Directly below Liv-13 (anterior and inferior to the 11th rib), level with the umbilicus. Lower abdominal pain, Cold disorder, and irregular menstruation. Abdominal pain due to retraction of the testicles, constipation, pain of the back, lumbar region and ilium, etc., could be cleared.</p>
14.	 <p>In this same way, place the right index finger and press point exactly midway between the navel and the left groin (that is thigh point) and this point number is 14 (Where spleen is accommodated). Press and meditate on this point for 30 seconds</p>	 <p>On the abdomen, 2 cun lateral to the midline and 2 cun inferior to the umbilicus, level with CV-5. Premature ejaculation, seminal emission, irregular menstruation, difficult urination, retention of urine. Fright palpitations and insomnia, prostate prolapse, agitation with thirst hemiplegia, etc., could be cleared</p>
