

Effect of 14 points Acupressure on Blood pressure

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Abstract

Man is unique among all living beings on earth. Yoga in science plays a major role in the hurly burly life of the present day modern world. Unhealthy lifestyles are the principal causes of modern day illnesses. High blood pressure a life style disorder is common in modern population especially all over the world. The high BP can be effectively revised by intensive life style correction. Among these vethathiri maharishi's effect of doing exercise with acupressure 14 points results in the rectification of electrical short circuit originated due to stagnation of bio-magnetism. Acupressure is a gate way for the prevention of heart problem. It reduces blood pressure, regulates the nervous system and reduces tension, very useful in alleviating insomnia.

This pilot study is used in a single group. Open labeled trial design. Nineteen BP patients aged 35 – 70 years were assigned to experimental groups. For one month, acupressure 14 points exercise is given for morning and evening. We have no changed any life style and medicine for the patients. We have used the paired t-test to determine the entire medical test before and after the intervention. In this study, every week the systolic BP and diastolic BP reduced gradually. The findings conclude that the vethathiri maharishi's acupressure 14 points gibe remedy for high BP and the patients are feeling happy and they are advised to follow the exercise regularly for the future life.

Keyword: Bio – Magnetism, Acupressure, Blood Pressure, Insomnia.

Introduction:

Swami Vethathiri Maharishi had studied and experimented various types of exercises for over 40 years. He combined the best of everything and introduced a method, named as simplified exercises for the healthy life of all human beings. In this simplified exercises, acupressure 14 points forms one of the part (1). It regulates the functioning of our inner organs around the stomach and it rectifies the short circuit of electrical energy in any part of the body. And also it helps to relieve tension, chaos and confusion among the working women, college students, and aged people since it saves time and it involves no drugs, no side effects and it is

really a valuable gift to the welfare of mankind.

By doing Vethathiri maharishi's acupressure exercise regularly, total body is charged with biomagnetism. The life force circulation is balanced. The immunity power is increased in our body. A person prevents himself from any problems occur in his body. Short circuit of electrical energy in any part of the body would be cleared. Acupressure is preventive for heart ailments. It reduces blood pressure. It is very helpful in alleviating insomnia. (2)

Structure of the body:

Man's body structure, the life force particles and wisdom have been continuing for

millions and millions of years through genetics centre. These factors make it a fact that the man is alive. Human body is the container for the life force particles which make the body functional. Billions and billions of cells make the body structure. The bio-magnetic waves keep the cells intact to hold the body.

Three functional part of the body:

1. Physical body
2. Astral body
3. Causal body

PHYSICAL BODY:

Human body is made up of millions of cells. These cells are formed by the five elements. Each cell has its own functions. Each cell is a chemical factory by itself. Cell is the basic unit of the physical body like the bricks for a building. The bio-magnetism holds the cells together like cement. Cells are formed in polarized structure.

The combination of cells is called tissue; Bones, flesh, etc are all formed by tissues. The cells get generated all the time based on the need of the parts of the body in relation to their functions. Cells sometime decay and exit. But this course doesn't affect the body structure because new cells are getting generated all the time.

ASTRAL BODY:

Billions and billions of Akash particles, form this Astral body, each particle has a self rotating motion and functions individually. These innumerable particles form the astral body. These particles are responsible for the movement of the body. This particle is called 'Life Force'. Senses and instruments cannot 'feel' life force particles. These particles are self rotating and whirl all over the with enormous speed. As long as this 'life force' is inside the body the man said to be alive.

CAUSAL BODY:

This structure is made up of formative dust particles. Each life force particle (or Akash) consists of millions of formative dust particles. When the life-force particles spin and circulate throughout the body they liberate and radiate formative dust particles, these thrown out formative dust particles are also having spinning effect. They dissolve gradually causing biomagnetism. This biomagnetism is responsible for all the functions of the senses. The body made of biomagnetism is called causal body or 'Pranav' body. Human body is the store house for all these three (3)

Mind:

Man is a unit of biomagnetism. When biomagnetism waves are passing through the brain, it functions as mind. When these waves function through five sense organs we feel all the five senses. As this happens the biomagnetism wave continuously go out of the body through skin, tongue, eyes, nose and ears. When it passes out through eyes we 'feel' the light. Through ears we feel the sound. Through nose we feel the smell and through skin we feel the body contact with another object. Mind is a mysterious phenomenon of scientific interest. It works with genetic centre as its base. (4)

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 spin, waves are 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.

The physical body is a perceptive structure made up of countless numbers of cells held together by neighboring polarities. Bio-

magnetism is the binding force that maintains the polarity of the cells. When one's bio-magnetism is reduced, the mental and physical deterioration, as the flow of energy is affected. Mind also can perform to its optimal level (5).

Vethathiri Maharshi's Accupressure:

1. Lie down on the back and close your eyes. Pressure will be applied to 14 points on the body. Bend your left arm at the elbow joint diagonally and let the first three fingers of the left hand touch and press the top of the spine in the upper back. This is point number 1. This position should be retained throughout the acupressure exercise.
2. With the tip of the right index finger press the point no.2, this is one inch directly below the chest cavity. Other fingers should not touch the body. Thus pressing, meditate on this point no.2 for 30 seconds.
3. 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.
4. 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.
5. Place the tip of the right index finger in the center of the navel at point no.5 and press upwards. If you imagine the navel as a clock, then the point no. 5 is at 12 o'clock.
6. Next, place the tip of the right thumb in the centre of the navel and press downwards. This is point no.6 corresponding to 6 o'clock.
7. Place the tip of the index finger of the right hand in the centre of the navel at point no.7 and press upwards diagonally, at an angle of 45° towards right shoulder, as if the navel clock shows 10:30.

8. Place the tip of right index finger in the centre of navel at point no.8. With the same finger press upwards diagonally at an angle of 45° towards the left shoulder as if the time is at 1:30 on the navel – clock.
9. Place the right index finger in the centre of the navel at point no .9 and press downwards diagonally towards right thigh. The time on the navel – clock is 7:30.
10. Place 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.
11. Place the tip of the right index finger at point no.11, which is one inch below the centre of the lowest rib on the right chest. Press and meditate on this point for 30 seconds.
12. In the same manner, with right index finger, touch point no.12, which is one inch below the centre of the lowest rib on the left chest. Press and meditate on this point for 30 seconds.
13. With the right thumb, press on point no.13 which is one inch below the extreme right side of the lowest rib. Meditate on this point for 30 seconds.
14. In the same way, place the right index finger and press point no.14 which is on the left side, exactly mid – way between the navel and the left groin (that is, thigh joint). Press and meditate on this point for 30 seconds.

Then remove both hands from the body and keep on the floor. Relax for one minute.

Benefits:

During this exercise, take the left hand towards of the right side of the neck and press the neck bone with the three middle fingers. Then using the thumb and index finger of the right thumb press the 13 points in the body evenly and concentrate on them

for ½ a minute. Thus, the life force circulation is balanced. The body becomes active after relieving obstructions in the circulation.

This exercise is a protective measure for heart disease. It reduces high blood pressure. The nervous system gets regulated and balanced. The stiffness of nerves gets rectified. It helps to have a sound sleep.

- (1) The first point of acupressure is the place where the nerves of the brain, medulla oblongata and spinal cord join. While pressing this place, it becomes easy for the sense organs to carry out the orders of the brain.
- (2) When pressing the second, third and fourth points the production of gastric juices which makes the food colloidal gets balanced. This helps the digestion.
- (3) The small intestine gets stimulated by the pressure of the fifth point. This stimulates the gall bladder and bile is produced. This makes the liquid produced in the stomach and balances the acidity. Thus, this protects the body from ulcer. It activates the pancreas and adrenal glands and protects them from the disease of blood pressure and diabetes.
- (4) The problems of urine and in the menstruation cycle are cured by the pressing of sixth point.

- (5) The gall bladder is activated by the pressing of seventh and eighth points. The fat is subsided.
- (6) The pressing of ninth point protects the formation of appendicitis.
- (7) The pressing of tenth, eleventh, twelfth and thirteenth points does the work of keeping the faces with enough liquid, producing glucose and giving energy to the body and produce the life force, vitamins A, B, C and D etc.
- (8) Whenever we feel tired, we can do acupressure exercise as in the physical exercise book. The tiredness is got rid off after doing this exercise. All the nerves get strengthened and tiredness is removed (6)

Blood pressure and its remedy

There are so many reasons for B.P. due to physically, mentally and environment of family situation. The basic reason behind these problems is the shortage of biomagnetism. When we concentrate on this 14 points exercise, the level of biomagnetism increased. So body gets energy, physically and mentally, by doing this acupressure 14 points exercise regularly. Considered as the most efficient way of treating illnesses, acupressure can be done by self in a very safe way (7)

A pilot study on High Blood pressure Patients: Open trial for four week

Male : 9

Female : 10

Descriptive Statistics in Average:

	N	Minimum	Maximum	Mean	Std
Patient Age	19	37.00	73.00	54.1053	
Gender	19	1.00	2.00	1.5263	
Body Mass Index	19	22.70	34.70	29.1105	

Experiment patients find out in Temple of Consciousness at Namakkal. With guidelines of A\N Dr.Durairaj M.D, Every week we have checked the Blood pressure before and after the Acupressure 14 points exercise with the help of Dr.Chitra M.B.B.S, Giving the practice daily by MVKM vision teachers.

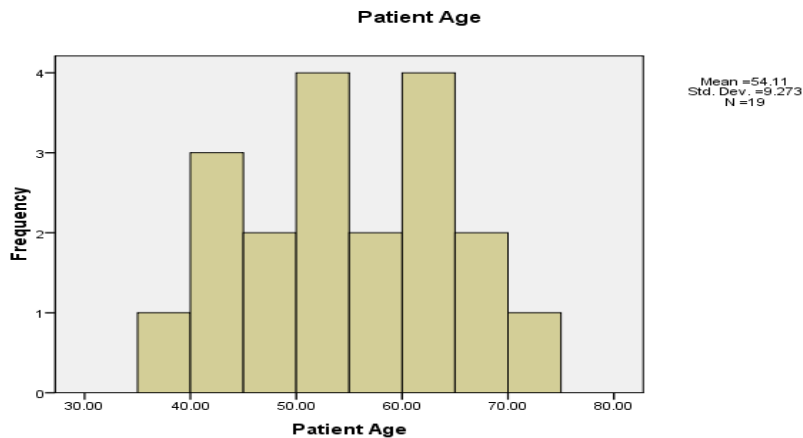


Figure 1 Age group of the patients

Table 1 Descriptive Statistics

Descriptive Statistics					
	N	Minimum	Maximum	Mean	Std. Deviation
Patient Age	19	37.00	73.00	54.1053	9.27299
Gender	19	1.00	2.00	1.5263	.51299
Body Mass Index	19	22.70	34.70	29.1105	3.60846
Systolic Blood pressure-Before Treatment	19	147.00	194.00	168.5263	14.38892
Systolic Blood pressure-2ND WEEK	19	146.00	190.00	162.2632	12.64402
Systolic Blood pressure-3RD WEEK	19	139.00	188.00	156.4211	12.72057
Systolic Blood pressure-4TH WEEK	19	122.00	184.00	148.8947	14.46027
Diastolic Blood pressure-After Treatment	19	87.00	129.00	102.1579	12.08426
Diastolic Blood pressure-2ND WEEK	19	80.00	118.00	96.7368	9.12775
Diastolic Blood pressure-3RD WEEK	19	74.00	116.00	94.0000	9.61480
Diastolic Blood pressure-4TH WEEK	19	76.00	112.00	89.1053	9.24298
Valid N (listwise)	19				

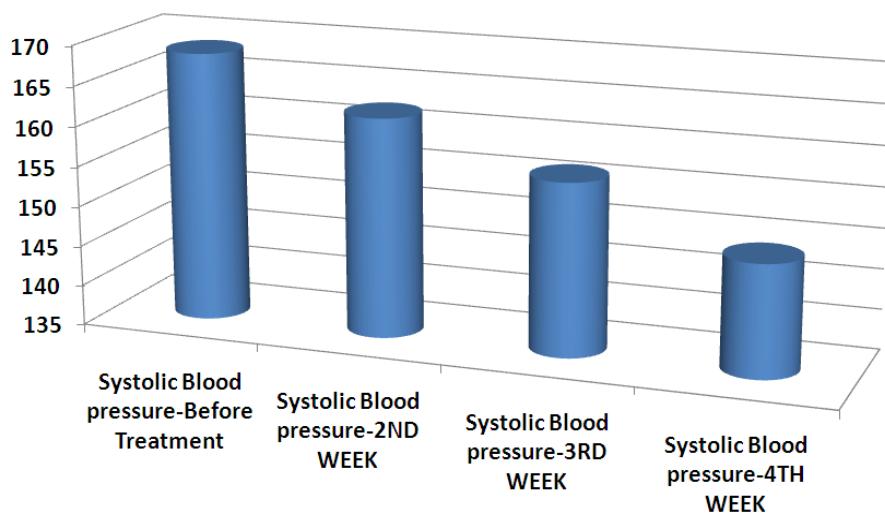


Figure 2 Graph of Systolic Blood Pressure for 4 Weeks.

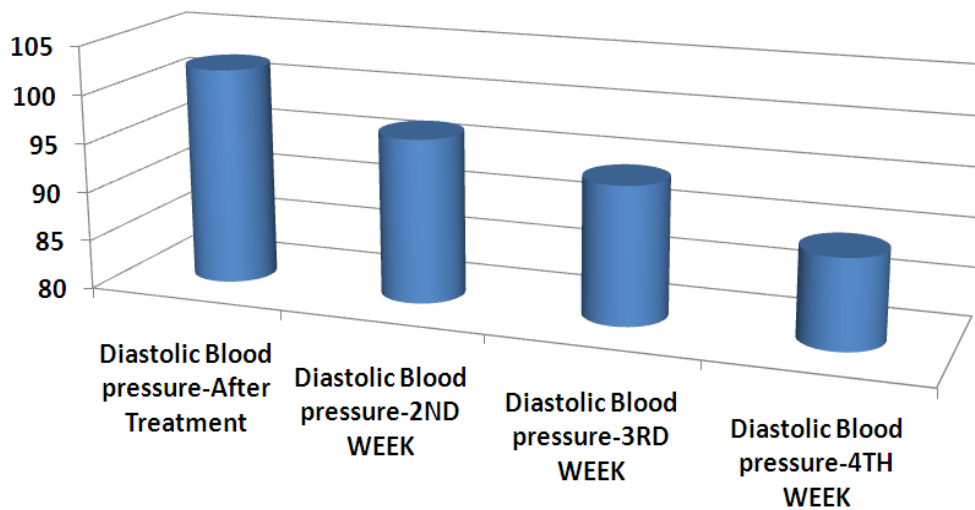


Figure 3 Graph of Diastolic Blood Pressure for 4 Weeks.

Conclusion:

If we neglect or over indulge in food, work, sleep, sex and thought, then quality and quantity of circulation of air, heat and blood would get disturbed. These five acts decide the function of body and mind. These are

necessities with a demarcation, no indulgence, no ignorance and not against the nature. In addition with these five acts, an acupressure 14 point helps the body and mind. Because, we convert the universal magnetism into bio – magnetism through

our right index finger and touch the acupressure points directly.

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