

# Acupressure therapy for common ailments

## Preface

Health is wealth, they say. Everyone wishes to be healthy and blissful, always; however, in the present times, leading a healthy life has become difficult. At the slightest indication of unease, we visit a doctor. Instead, if we use Acupressure therapy, it will not only save our valuable time and money, but also help us treat the root cause of the disease. Most people think that Acupressure therapy has originated in China; however, the therapy has very much originated in India. Introduction to this science is given in Sanatan's Text 'Acupressure for overcoming physical, psychological and spiritual ailments'.

This Text is a guide on Acupressure therapy for common day-to-day physical ailments such as a headache, fever, etc. Besides, pressure-points to be pressed every day for leading a healthy life have also been mentioned. Further, important guidelines for Acupressure therapy are given right at the beginning of the Text. It is important to understand and incorporate them during the therapy.

Spiritual reasons are at the root of 80% of physical, psychological, familial and financial problems in daily life. Among the spiritual reasons too, suffering due to negative energies such as ghosts, goblins, etc. is the main reason. The negative energies primarily create their centres in the human body. Acupressure therapy is an attempt to eliminate these centres and hence, there is a strong likelihood of the negative energies retaliating and attacking the therapist. Treating patients only after praying with bhāv (Spiritual emotion) and chanting during the therapy, is the preventive measure.

We pray at the Holy feet of the Deity of health, Bhagawān Dhanvantarī, 'May each individual be able to use Acupressure therapy on common diseases and thereby lead a healthy life'. – **Compilers**

## Index

Contents	
1. Some spiritual qualities and other factors essential for effective Acupressure therapy	13
2. Fundamental principle underlying Acupressure therapy	22
3. Types of pressure-points	22
4. Instructions pertaining to the description of pressure-points	24
5. Guidelines pertaining to Acupressure therapy	27
6. Pressure-points associated with common ailments	32
7. Pressure-points associated with ailments of the head and brain	35
8. Pressure-points associated with all the ailments of the eyes	40

9. Pressure-points associated with ailments of the ears	42
10. Pressure-points associated with nose ailments	44
11. Pressure-points associated with throat ailments	49
12. Pressure-points associated with ailments of the respiratory system	52
13. Pressure-points associated with ailments of the blood circulatory system	55
14. All ailments associated with the mouth, gums and teeth	58
15. Pressure-points associated with ailments of the digestive system	61
16. Pressure-points associated with ailments of the urinary system	69
17. Pressure-points associated with ailments of bones, joints and muscles	74
18. Pressure-points associated with ailments of the skin and hair	79
19. Pressure-point associated with gynaecological ailments	81
20. Pressure-points associated with ailments caused by continuously working at the computer	82
21. Pressure-points associated with mental stress	86
22. Pressure-points helpful for enhancing the effectiveness of Acupressure therapy on old ailments	88
23. Pressure-points helpful for good health	89
24. Effect of Acupressure therapy on incurable diseases	90
25. Some examples of relief due to Acupressure therapy	90
26. Spiritual experience associated with Panchatattva during treatment through the medium of touch	91
27. Points learnt by seekers during Acupressure therapy performed as part of spiritual practice	92