

ARUN CJ

YOUR GUIDE TO WELLNESS

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ACUPUNCTURE HEALING HOME

FREQUENTLY ASKED QUESTIONS

1. What is Acupuncture?

Acupuncture is an art of curing disease simply by touching on the surface of the skin using a fine needle or the finger tip. This system of treatment has been followed for more than 8000 years.

The deficient (stagnancy) in the meridians (energy flow path) of the internal organs is disease. Acupuncture diagnosis identifies the centre of deficiency and the chosen acupuncture point by touching, relieves the disease. Acupuncture helps the body in its natural process of getting relieved from disease.

2. Acupuncture is inserting many needles and giving electric current to the body. Is it correct?

Acupuncture treatment is done by, touching in one or two energy points by a fine needle or the finger tip (is acupuncture treatment). To be accurate the real acupuncture is, treating only by using the finger tip. As, metal needles were not discovered in the earliest days of acupuncture.

When, acupuncture system spread to other countries from China, it transformed according to the conditions and requirement of those regions. Countries like America and Britain completely commercialized acupuncture when it reached them. Patients became as customers to make business. The result-electrical stimulators, computer meridian diagnosis, supplementary foods viz. medicines, blood circulative massages etc. came into the market. Acupuncture is nothing to do with these items.

3. Is treatment required daily?

It is not necessary. A treatment given once in 7 to 15 days, gives good recovery.

4. Skipping the treatment once or twice, will it harm?

The intensity of the disease is reduced in every treatment. Skipping the treatment once or twice does not reduce the improvement already received. However, continue the treatment.

5. Approximately, how long will it take to know the difference in the body?

For few, from the day treatment started. Some will note the changes suddenly after 4 or 5 weeks.

6. How long will it take for improvement in condition by a treatment?

According to the conditions of the disease in the body, patients get cured even in the first time. Some may get improvement in phases. Continue the treatment for further improvements.

7. What is the period for cure, for a disease, in acupuncture?

There is cure, no doubt. You will feel better after few sessions itself. It is advisable to take treatment until the condition of the body improves satisfactorily. The condition of the body of all the patients is not unique. Therefore, treatment period varies according to the condition of the individual.

8. Should we bring all test reports taken by us in Allopathic system?

It is good for nothing. Acupuncture treatment does not require it. In human body, energy chain takes place followed by chemical change. Your test reports only identify these chemical changes.

It is useless to analyze the ever changing chemical changes, as it cannot stabilize nor detect the energy change. Spending millions of rupees in numerous tests for the whole body is wasteful exercise, for it does not help the treatment.

9. Without taking tests how do we know we have cured?

It is easy. Patients experience difficulties. When problems and difficulties are reduced they say, "Its better". No tests are required after this. The patient's brain can be believed cent percentage. For it will communicate only the truth. Diagnosing equipment, machines and tests cannot equal a human brain.

10. It is said that the intensity of the disease increases initially and then decreases, is it true?

Yes, some patients may experience it. Consider this good sign. For example, a patient's phlegm increases in the lungs and he coughs. In this phlegm is the disease. Cough is the symptom-action of the body to eliminate phlegm.

During treatment, coughing increases in some patients which helps phlegm eliminate. This is the only way to get cured. The phlegm produced in the body, transforms and eliminates. But when it cannot eliminate on itself, then coughing increases, it thus, is a positive change!

11. Presently, we are taking drugs and medicines for our treatments. Can we continue these drugs along with acupuncture treatment?

Discarding drugs and medicines is the best option. Drug blocks the symptoms of the disease from reaching the brain and nervous system. It does not reduce the disease.

Disease grows unchecked and uncontrolled underneath without showing any symptoms. So, stopping drugs and medicines would mean no harm. At least one will be able to know the condition of the disease.

12. We do not see any improvement in the body even after taking 6 or 8 sittings. Then, is the treatment useful or useless?

Very few people experience this condition. Those with lower energy state (immune energy) take few months to show changes. Sure, acupuncture does activate them but it may take a bit more time. Eventually, they will be relieved from the disease suddenly without notice.

13. Particularly who can benefit from this treatment?

Men and women in all age groups -that is from new born babies to elderly people, all will completely benefit from this treatment.

14. Can women they take treatment during menstrual cycle?

Of course, treatment during the menstrual cycles will also help in relieving all related difficulties in those periods.

15. Can we take drugs for any fever or headache during acupuncture treatment?

It is not required. By know, you understand that waste (stagnate), will develop as disease, when it is not properly eliminated from the body. When the immune system (immune energy) is strengthened during acupuncture treatment, it eliminates waste that occurs as fever or headache.

This signifies that treatment method is functioning well. So, when fever, headache, vomiting, diarrhea occurs, medicines should not be taken until these difficulties subsidies. This uneasiness will reduce on its own.

16. What are the diseases that can be cured by acupuncture treatment?

Acupuncture philosophies that all diseases are curable. There is complete scope for cure of all diseases in acupuncture treatment. Disease related to eyes, headache, cold, sinus, problems in kidneys, diseases related to heart, uterus, lungs, skin, bones, liver, gastritis, ulcer, blood, nerves, hormones, intestinal problems etc. and many other diseases whatever are, can be cured by acupuncture treatment.

17. A patient having say 10 problems informs only 5 of them. The untold difficulties, will it get cured?

This is the specialty in the acupuncture diagnosis. They said and unsaid problems of the patients are all the symptoms of one disease. All the symptoms subsidizes on its own when treatment is given after identifying the root cause and the diseased organ by acupuncture diagnosis.

18. What is the specialty of this treatment?

The nature of the disease somewhat can be understood by the difficulties explained verbally. Small or big, any discomfort has clear meaning in acupuncture.

For example, saying, he is sluggish, he does not mean that he is willingly lazy. The less energy in him is the cause of inactiveness, even if he desires to work.

Acupuncture is an energy-based method of treatment. When there are changes in the energy level, diseases develop.

Let us see the initial difficulties of disease in this stage:

1. Excessive sleep
2. Frequent dreams in sleep
3. Inactiveness after waking up
4. Feeling asleep but cannot sleep
5. Difficulty sleeping again after waking up in the night
6. Headache after getting up from sleep
7. Loss of appetite
8. Frequently hungry
9. Heavy feeling in stomach after taking food
10. Feeling to clear the bowels immediately after food
11. Drowsiness after food, etc.

These symptoms should be treated immediately; else, in 5 to 10 years it will culminate in a particular disease.

The specialty about acupuncture is that, whether disease is in the initial stages or in the advanced stages, it can still be rooted out. This is the complete system of treatment.

19. Can mental diseases (psychosomatic disorders) get cured in acupuncture?

Of course, there is cure. Mental diseases not related to brain. Brain, reflects the imbalance in exertion of the internal organs.

Say a person with heavy appetite hears distress news. His desire to eat diminishes immediately. Stomach loses its function when the rest of the organs like the heart, lungs and kidney is still working well. So, mental difficulties like grief, worry are related to the disorder of stomach.

Similar manner, anxiety brings in chest. Sobbing brings shortness of breath. Sobbing increased by anxiety is related to the problem of lungs. Children, who are scared, discharge urine. Kidney's under-activity is related to fear.

Alcohol damages liver. Drunkard gets anger easily. Liver's under – activity is related to anger.

Analyzing the behavioral changes helps identify the disease center. By balancing the energy of the particular organ and restoring its function, the mental behaviors can be corrected. Mental diseases are not related to brain. When there is deficiency of energy in the organs, there is change in the mental behaviour. This is observed in the initial stage of the diseases. If not cured at this stage it develops as disease in organs at a later stage. This is another specialty of Indian Classical Acupuncture.

20. How do you analyze the condition of the disease by acupuncture diagnosis?

There are 12 vital organs in our body. They are stomach, spleen, lungs, large intestine, kidneys, urinary bladder, liver, gall bladder, heart, small intestine, pericardium and triple warmer.

The energy flow required for the function of these organs is checked, if it is available? Which organ is getting insufficient energy? What is required to balance it? We can understand all these details in seconds! Acupuncture treatment balances the energy flow and depletes the condition of the disease.

21. What is disease? Kindly can you brief it?

Human body has the potential to self-sustain. The body can rectify even smallest problems caused by atmospheric changes like climatic condition even before we know it.

Violating natural laws is what onsets the disease. Hungry but not taking food, taking food but there is no hunger, eating more than required, working when you need rest, unhealthy food habits are against natural laws. In addition to that smoking, alcohol and other bad habits increases the chance of occurrence of disease.

All these causes stagnates waste in the internal organs. This is the first stage of the diseases. By nature, the stagnated waste comes out. This process in the body condition should be helped and assisted, but instead we indulge against nature; the stagnated waste develops and spoils the function of the organ

pertaining to eating. This is the second stage of the disease. It is in this stage that we got bodily symptoms.

Further, due to unhealthy food habits diseases developed will damage the internal organs. Administering chemical drugs can worsen the condition of the organs. It is in this final stage, Allopathy with their laboratory scanning tests and x-rays diagnose symptoms of disease and remove the affected parts. Even then, you do not get cured from the disease. Organ transplanted will also develop similar problems, as the stagnated waste affects it too.

Transplanting or removing the body part is not the permanent solution. Removing fully stagnated waste from the body is rather, the permanent solution to cure the disease.

22. Is there any cure for hereditary diseases?

Kidneys play an important role in development and growth of genital organs and the offspring. The activity against nature during pregnancy reduces the energy of the kidneys. Intake of chemical drugs, unnatural food etc. during pregnancy further damages the kidneys.

During this stage, the foetus grows with weak organs. The under-activity of these organs in later stage transforms into hereditary diseases. Acupuncture treatments for problems during pregnancy, removes hereditary diseases as well as paves the way for normal and pleasurable child birth.

23. Can acupuncture cure BP (Blood pressure)?

BP can be cured easily as it is not at all a disease. Blood flow increases to restore the state of the damaged organ. It is impossible without increased heart rate and BP to get increased blood flow to the organ. High blood pressure thus indicates that there is damage in some organ.

The organ can be easily identified by diagnosis. By balancing its necessary energy, high blood pressure reduces thereby restoring normal heart rate and BP.

Example, legs, hands and face swells for problem in the kidneys. Then, blood pressure develops. When gas problem increases in stomach then too, BP increases. BP shoots up when liver gets damaged due to alcohol. Therefore, we can understand that BP is not a heart disease. It is necessary that heart rate and blood pressure have to increase until the difficulties in any organ inside the body subsidizes.

Contradictorily modern medicines consider BP as a heart disease. They manipulate to reduce the heart rate and BP against its nature. This is the reason for getting BP higher and higher even while patients take drugs regularly. Difficulties in the concerned organs get worse due to this allopathic treatment. In a prolonged period, heart's energy reduces due to its hyper activity. Result can be fatal.

A very important ideology of modern medicine, as quoted by Hippocrates, the father of medicine is, "not to harm a patient in the first place". However, in modern practice it is exactly the opposite.

24. Kindly let us know whether diabetes gets cured with acupuncture?

First, let us know what diabetes is. Only then, we can understand how it can be treated.

Modern medicine says that less insulin secreted by pancreas is the cause for diabetes. Why does insulin reduction occur all of a sudden when the rest of the secretions in the body are still functioning well?

Earlier diabetes was a one in million disease. How has it become a fearful killer disease now? The only reply modern medicine has is, "still not known, it is under research".

Acupuncture easily puts forth the reason for diabetes and the treatment for it.

The end-product glucose, gained by our unhealthy food habits and under-activity of digestive organ, is poor in quality. We know that in cholesterol there is high density (good) and low density (bad), the same we have in glucose too.

The secretion of insulin is determined by the quality of glucose got by digestion. The insulin secretion reduces by half when the quality of the glucose gets half by digestion. Insulin secretion goes on reducing when the quality of glucose gets poor and poor. The poor quality glucose is removed by the kidneys as urine from blood. Poorer the glucose more is the urine discharge.

Thus, heavy appetite and reduction in body weight occurs. Urine discharges the poor quality glucose. Synthetic drugs and medicines stop the production of poor quality of glucose, gradually liver followed by kidney collapses. Human immune system cannot be suppressed or controlled into accepting or tolerating any foreign DNA or proteins like drug insulin for a prolonged period.

The basic reason for diabetes is the increase in poor quality glucose available in the blood. Acupuncture treatment controls and balances the digestion (energy restored by the under-active digestive organs) by fully discharging poor quality

glucose as urine. Body then gets good glucose. Health regains as insulin secretion increases naturally.

25. What is your opinion about surgery? Is growth in this field felicitous?

Symptoms of disease occur in an organ. As there is lack of knowledge about the disease, the symptoms increase alarmingly and the organ gradually gets damaged. The testing equipment (scan, etc) and investigation reports show pictures of damaged part only in this condition. Now by surgery they simply remove the affected part from the body but not the root cause that damaged the organ.

When a patient, to relieve a disease in an ailing organ approaches a doctor, he removes the organ itself!

Example: When a boy is having cold and tonsillitis, he is recommended for removal of tonsils.

After undergoing treatment (drugs) for several years for knee pain, the patient is finally informed that the knee joint has wear and tear, and the knee joint has to be replaced!

They do not even cure gas problem in the stomach. They only cut and remove it as ulcer.

Appendicitis is a common problem. It does not occur suddenly. Several years of acute pain in the lower abdomen is experienced at regular intervals. When drugs maximize this, emergency operation is done.

After prolonged treatment they promptly remove the uterus.

The uterus problems of women has neither been understood nor rectified till date!

After making all these crimes they still claim to have cured the disease! When the organ is wholly or partially removed, saying, "We have cured the patient" is not worthy. The severity of the disease roots in the body and starts to damage other organs too.

26. What is your opinion about organ transplantation?

Damage is a symptom in an organ caused by the disease. Removing that organ is only removing the symptom!

The disease is still growing inside the body. Unless the disease energy is balanced, any number of organ transplants will fail repeatedly. The best example is today's kidney transplantation (kidney theft has alarmingly

increased due to the repeated failure), any number of transplants does not equal to the original kidneys.

27. Can you explain the diagnosing methods in acupuncture?

BP, diabetes, thyroid, etc. are all meaningless words in acupuncture treatment. This method of diagnosis by modern medicine holds no value in acupuncture. The problems as told by the patients are considered along with the acupuncture diagnosis, the condition of the disease is further assessed for giving treatment. Not all BP's are the same. Each disease is to be treated in its own manner according to its diagnosis.

In course of time, patients will know that the diagnosis in modern medicine is useless. Difficulties and complaints of the patients combined with acupuncture diagnosis are regarded as diagnosis in acupuncture. Gradually when complaints from patients get reduced, naturally the frequency of treatment also reduces in this treatment. Diseases like BP, sugar, thyroid etc. is relieved from the body, slowly.

28. Nowadays, knee pain is a common problem faced by many. Modern medicine says the knee joint has torn out. Can acupuncture cure in this stage?

Surely, there is no wear and tear in the knee joint. The state of functional energy and under-activity of the tendons connecting the joints is the cause of pains. By giving treatment, the energy of the tendons is restored and the pain is relieved fully.

29. Why do tumors form in liver, ovaries, uterus, glands, etc. Can acupuncture cure this?

The waste produced in the body is stagnated in the form of harmful gas and water. It transform with respect to the organs it reach. Watery substance turns into fibroids and tumors. Heat stagnates in these tumors. This trapped heat energy alarmingly grows the cells and tissues- this is unnatural.

These tumors grow and burst into cancer cysts. Administering chemical drugs, laser treatment or surgery to reduce the cancer cyst- increases only the gravity of the problem and helps spreading it faster (we do see this around us). The

trapped heat energy has to circulate only then that tumors break and diminish. Acupuncture treatment clears these tumors fully.

30. How do we assess the improvement in the body after taking acupuncture treatment?

Let us consider a person taking treatment for 10 complaints. He may not be relieved from new complaints in each treatment, but may get rid of some ailments after few sessions.

For few the symptom reduces and again upsurges after some days. But this does not suggest, that disease has gained ground again; it is just a part of the healing process. The complaints diminish permanently after they get continuous treatment.

Repeated occurrence and treatment as per change in diagnosis, remove the root cause of the disease in a permanent manner.

31. How does acupuncture differ from modern medicine?

In modern medicine, the complaints of the patient are the symptoms of the disease. Symptom itself is considered as disease and treatment is given accordingly. Whereas, acupuncture finds the root cause of the disease and rectifies the symptom as well as the disease completely.

Let us take a patient with a headache. Modern medicine first administers analgesic drugs. When there is no relief owing to these synthetic drugs, it then searches the cause of the headache by investigating or scanning inside the head, in vain.

Nevertheless, what the truth is? Head is not the cause for headache. Headache may be due to problems in spleen and stomach. Liver and gall bladder difficulties may cause headache. Heart and pericardium due to their misconducting of heat may cause headache. Malfunction in kidneys and urinary bladder may cause headache. Apart from the aforementioned factors, following factors may also cause headache: sleep deprivation, constipation, not taking food while you are hungry, taking excess food than required, etc.

Investigating the head will not show or cure the headache that appeared for one or other reasons mentioned above. The waste stagnated in some parts of the internal organs shows symptom on the surface on the body. Removing one or two of the symptoms does not relieve it from the disease.

Modern medicine only searches the cause of disease outside the body. Whereas acupuncture searches inside and rectifies it!

32. Can we prevent the disease?

We should take care of our eating habits. It is not the food that causes disease, but it is the way we eat that causes disease. We should eat food (by properly chewing), only when we have an appetite.

Drink water (sipping), only for thirst. When there is an unpleasant feeling, stop eating. Stuffing the stomach should be avoided. Food at night should be simple and less (avoid late night food).

33. Why is this amazing treatment not famous with the public?

It is because of the less skilled acupuncture healers. The father of acupuncture Dr. Wo.Wei.Ping said "A single needle, placed on the skin surface should free the body from ten thousand maladies". Acupuncture has the scope to cure any disease. The subject is conceptual and thought provoking.

Success of the acupuncture practitioner depends entirely upon his capacity to apply his mind to this highly perceptual and meditative subject, to the extent that he is guided into the treatment mode by intuition.

Whereas, those acupuncture practitioners who do not understand, get confused, and also mix-up the mode of treatment by using more number of needles, electric current or equipment to their usage. They bring shame to this drugless treatment by giving drugs and support food in the name of therapy.

If we can achieve even 1% of the scope in acupuncture, we shall be able to help the whole world. We are entirely concentrating our effort on this. Save the world from diseases and humans from drugs.

34. There is neither cure nor relief for any disease in Allopathy system, then why do the governments fold their hands?

Not only the Indian government, but the World Health Organization (WHO) too declared that- treatment should not be given to any disease when root cause of the illness is not known. In this regard, the following act has been written by govt. of India and is valid till date. This is one of the hidden truths kept away from public.

The Act:

“Drugs and cosmetics act 1940, drugs and cosmetics rule 1945, and drug prices control order 1995, in its schedule – “J” warns the medical practitioners thus; there are 51 diseases and ailments (by whatever the name described) which a drug may not purport to prevent or cure or make claims to prevent or cure”.

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