

SU JOK Therapy or Acupressure

ABSTRACT: *Sujok therapy or Acupressure is a form of supportive therapy which can be practically useful for any person, either healthy or diseased individual to lead a life of perfect harmony. If Homoeopathy is combined with Acupressure it can give better results.*

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'SU' means 'a hand' and 'JOK' means 'a foot',

Su Jok is a science of life developed by South Korean Scientist Professor PARK JAE WOO. It describes the systems of correspondence of hands and feet that are the panels of remote control of a person's health. In this treatment cure happens in a natural way.

By carefully analyzing how closely our hands and feet represent the structure of our body, we understand the mechanics of this system and can determine the points and areas that have to be stimulated in case of an illness. They incorporate the primordial will to cure and are designed for man to use this gift to be healthy.

It is a way of learning the basic laws of life, a method that works in harmony with the classical science of the west and the knowledge accumulated by the oriental medicine from ancient times. Principal virtues of this therapy:

- Highly effective when applied properly
- Totally safe usage. It is not man made, its origins lies in nature. Man has just discovered it; which makes this system so powerful and safe. It never causes any harm, even if applied improperly.
- A Universal method.
- Accessible to anybody, Life long use.
- Simple application.

Hands and feet are the location of systems of highly active points corresponding to all organs and parts of the body. Stimulation of these points produces an evident **Curative** and **Prophylactic** effect. Points are arranged on hands and feet in a strict orderly manner and reflect in miniature the Anatomic structure of the organism. Body and its corresponding system interact continuously.

Most important concepts of acupressure:

1) **PULSE READING:** A Pulse in Acupressure is defined as a point in the arm that can be felt to determine the flow of energy in a meridian. Pulse is imaginary like the meridians. Nine different pulses are located in lower arm area that connects to the wrist. Each pulse has two phases: a)

superficial, b) deep

If pulse is absent in the superficial phase, it can be found in the deep phase; but it indicates that there is a problem in that particular meridian. Deep pulses are usually hard to locate and if the deep pulse is also absent, the person is said to be in most severe stage of problem. The different types of pulses include—spurt like, drop like, missing, snake like, etc.

2) **FACE READING:** Helps in identifying the problem: eg

- Blackness under eyes, oily skin and pimples, bulging eyes, etc indicate hormonal imbalance.
- Lines on forehead indicates depression.

A) **DIFFERENT METHODS OF DOING ACUPRESSURE:**

- Shiatsu** is the most well known style of Acupressure in which a firm pressure is applied to each point only for 3-5 seconds.
- Jin Shin style** of Acupressure is done by gently holding each point for a minute or more.
- Tuina Chinese massage style** is done on table and floor mats.
- Luo points** refer to special points in body which are manipulated to have greater effect when applying Acupuncture or Tuina techniques.
- Fire Cupping method** is done by creating a vacuum next to patient's skin, mainly used to relieve stagnation.

MATERIALS USED : Micro needles, micro magnets (like star magnets), Byol meridian magnets (north and south), Bar magnets, Chakra magnets, micro and mini moxa, Rollers, Ring massagers, Inserters used for Inserting needles, seeds and many natural materials.

Head controls the body and extremities. Thumb correlates with the head as it can easily reach the palm and all the fingers. The forefinger and little finger represent arms, the 3rd and 4th finger the feet and the palm the trunk.

The effect of treatment by the hands and feet correspondence system is seen with particular vividness in case of diseases localized in a certain part of the body



(in the regions of liver, stomach, ear, etc). Stimulation of a properly located correspondence point, besides just removing the pain (similar to pain killing medicines) also eliminates the cause of the pain and stabilizes energy flow in the affected part. In application of the treatment, one must be precise, thorough, locate accurately the correspondence point and stimulate it correctly. The cure point is always highly painful.

Homoeopathy is the most scientific and effective system of therapeutics prevalent today, yet the results can be made faster and more perfect by the application of Su Jok therapy. Experience has taught me that we should follow this type of natural healing in our practice. Even patients are able to do it themselves, whereby the pathway to cure is clear or the obstacles to cure are removed.

Magnet Therapy

Abstract- *Magnetic therapy is one of the best therapies. The success rates is high and it has the capacity to cure serious and complicated disorders. This therapy preserves the balance of magnetic field in the body. Hence it is best supportive therapy.*

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INTRODUCTION : Magnet is initially just a piece of iron. Only when magnetized acquires power to attract another piece of iron temporarily or permanently.

Different countries give different names to magnet:

The Greek- Magnetis or Magnesetos.

The French- Aiments - loving stone

The Indian- Chumbak - the kissing stone

The Chinese- Chu She - loving stone

The Arabies- Magnetees - probably the distortion of the word magnet

History Of Medical Use Of Magnet

1. Aristotle was the first person to talk about the therapeutic property of natural magnet, called by him the "white magnet".

2. In the year 1300 the Chinese developed a compass from magnet.

3. Different people have different views about magnetic therapy, some use it for diseases of eyes, cure for constipation, it is employed for the treatment of constipation, it is recommended to wear the magnet on the neck for relieving headache, for painful joints etc.

4. Dr MESMER succeeded in curing number of serious and complicated disorders.

5. Dr HAHNEMANN was fully convinced of the powers of magnet and he prepared three separate medicines from it: the whole magnet, the South Pole and the North Pole.

Types of Magnets: 2 Types

1. **ELECTRO MAGNET:** Used in magneto therapy, now with better knowledge of their utility and the methods of applications.

2. **PERMANENT MAGNET:** These are made from a wide range of materials, iron being the main, but generally an alloy composed of aluminium, nickel, iron and cobalt in different proportions is used for making permanent magnets.

Relation Of Magnet with Blood, Water and Electricity

BLOOD: Secretions of hormones and other fluids was promoted. Positive effects on working of glands. Functions of autonomic nerves was normalized and strengthened, improves functions of all organs. It builds up new cells and rejuvenates tissues.

WATER: Scientists and technicians found that if magnetized water is passed through the silted pipes, the hard deposits fell off and were dissolved in water and further concentration of deposits were restricted, often arrested for good. The enthusiastic research showed that consequent upon the exposure of water to the magnetic field its various properties, like temperature, density, surface tension, viscosity and electrical conductivity were effective and changed to an extent.

ELECTRICITY: Like all man-made machines, human body also runs by electric impulses which are continuously generated in the body. Electricity and magnetism are the twin manifestation of the same basic energy and are closely linked in action. It has been proved, every living being essentially posses some elements of electricity and properties of associated magnetism from beginning of life to its end.

Thus the essence of magneto therapy is the preservation of the balance of magnetic fields within the body, with the help of man made permanent magnets.