

# Constitution of Health



HAPPY REPUBLIC DAY



73<sup>rd</sup>  
Celebration

26 January 2022

EACH ONE REACH ONE,  
EACH ONE TEACH ONE,  
EACH ONE TREAT ONE.



एसपस प्रेरणास्रोत  
माता प्रसाद खेमका

**J.P. AGRAWAL**

**PRESIDENT, ASPEUS**

## स्वास्थ्य

“ समदोषः समाग्निश्च समधातु मलक्रियाः ।  
प्रसन्नतमैन्द्रियमनः स्वस्थइतिअभिधीयते ।।”

(सुश्रुत संहिता सुत्र स्थान 15 / 10)

( जिस व्यक्ति के दोष (वात, कफ और पित्त) समान हों, अग्नि सम हो, सात धातुएं भी सम हों, तथा मल भी सम हो, शरीर की सभी क्रियाएं समान रूप से कार्यरत हों, इसके अलावा मन, सभी इंद्रियाँ तथा आत्मा प्रसन्न हो, वह मनुष्य स्वस्थ कहलाता है )।

## स्वस्थ कौन?

महर्षि चरकः को रुक?

अर्थात् स्वस्थ कौन है?

वागभट्टः हित भुक, मितभुक, ऋतभुक ।

**हितभुक:** Eat food that is good for health, not according to taste

**मितभुक:** Eat proportionate and less than appetite

**ऋतभुक:** Eat local seasonal food

बुद्धिमान को चाहिए कि वह स्वास्थ्य और अस्वास्थ्य की हेतु भूत स्वभाव, संयोग, संस्कार, मात्रा, देश, काल और उपयोग व्यवस्था, इन सात कल्पनाओं का पूर्ण विचार करके हितकारी आहार के लिए प्रयत्न करे अर्थात् अहितकारी आहार या अन्नपान का परित्याग कर दे ।

# TRAYA UPSTAMBHA

(Three supportive sub pillars of life)



**Nidra**

**Ahara**

**Brahmacharya**

## Regularly Check-

- Solar Plexus (Navel Centre)
- Body alignment- By extremities (Both legs & hands)
- Organs/body part Innervation
- Your smooth Breathing
- Your water intake
- Your waste output
- Your appetite and digestion
- Color and smell of stool
- Color and smell of urine
- Color and smell of Sweating

# What is Acu Therapy

- Acu therapy is the combination of the Acupuncture, Acupressure, magnet therapy, colour therapy, Reflexology, Zone therapy, EAV,TCM, Ayurvedic Acupressure in the mould of Ayurveda and seed therapy, developed by APSEUS.
- Our life is based on energy
- It is treatment of energy, for energy, of energy.
- It is treatment of without chemical
- It is the treatment of without medicine
- It is treatment of Without side effect
- Very potent treatment therapy of mental and physical illness..

- **We are the constituent of cosmos.**
- **It is purely super nature therapy, made by super nature God at the time of creation of the life process.**
- **Ayurveda means, the knowledge of life process and we are living body as soon as we have energy inside.**
- **All energies we get from mouth i.e. external-**
  - **we get oxygen from cosmos by way of inhaling air,**
  - **we take food for formation of blood i.e. energy..**
  - **We take water for energy.**
- **Air, water and food are super natural medicines of energy, for energy, for living. (All come from outside)**

- **Our body is natural combination of the components of the Aakash, Vayu, Agni, Jal, Prithvi.**
  - **Aakash** - Covering, space
  - **Vayu** - Movement- all gases, oxygen, life energy, nutrients.
  - **Agni**- Assimilation and digestion of the food.
  - **Water**- To control the temperature of the body, detoxification through cleaning.
  - **Prithvi**- Nutrition and base of all elements.



# Acupressure is based on set of principles

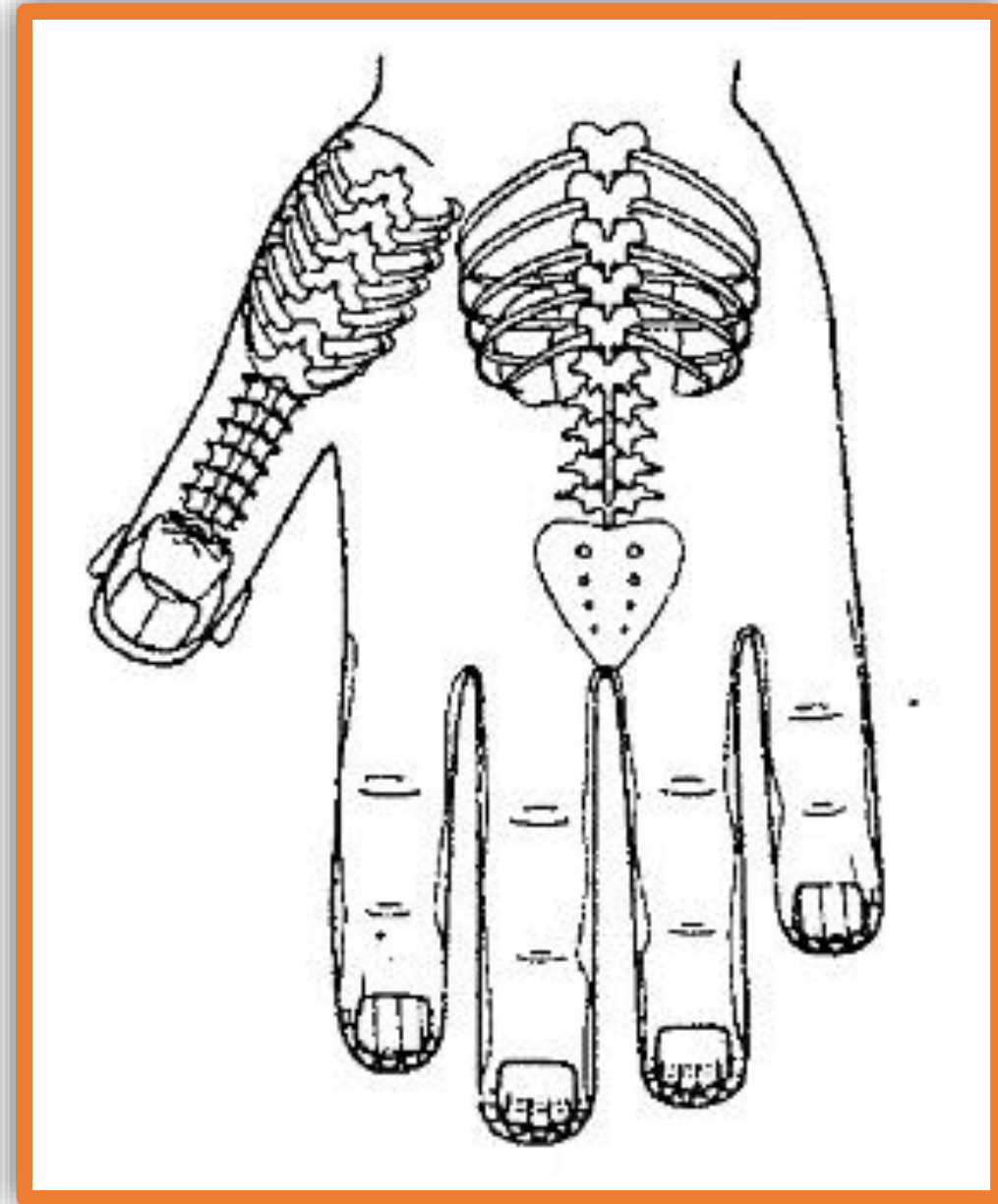
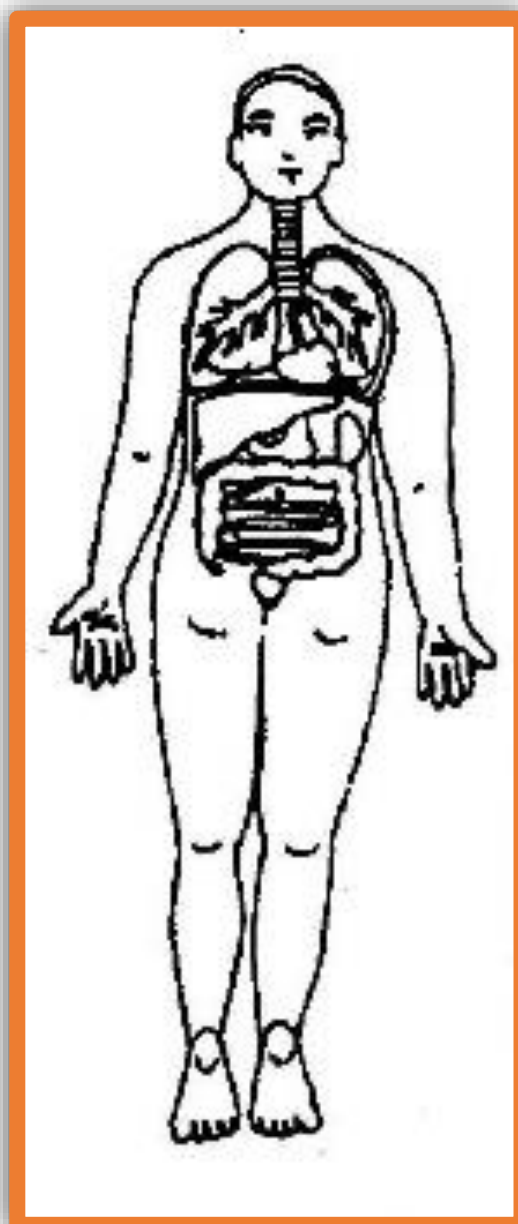
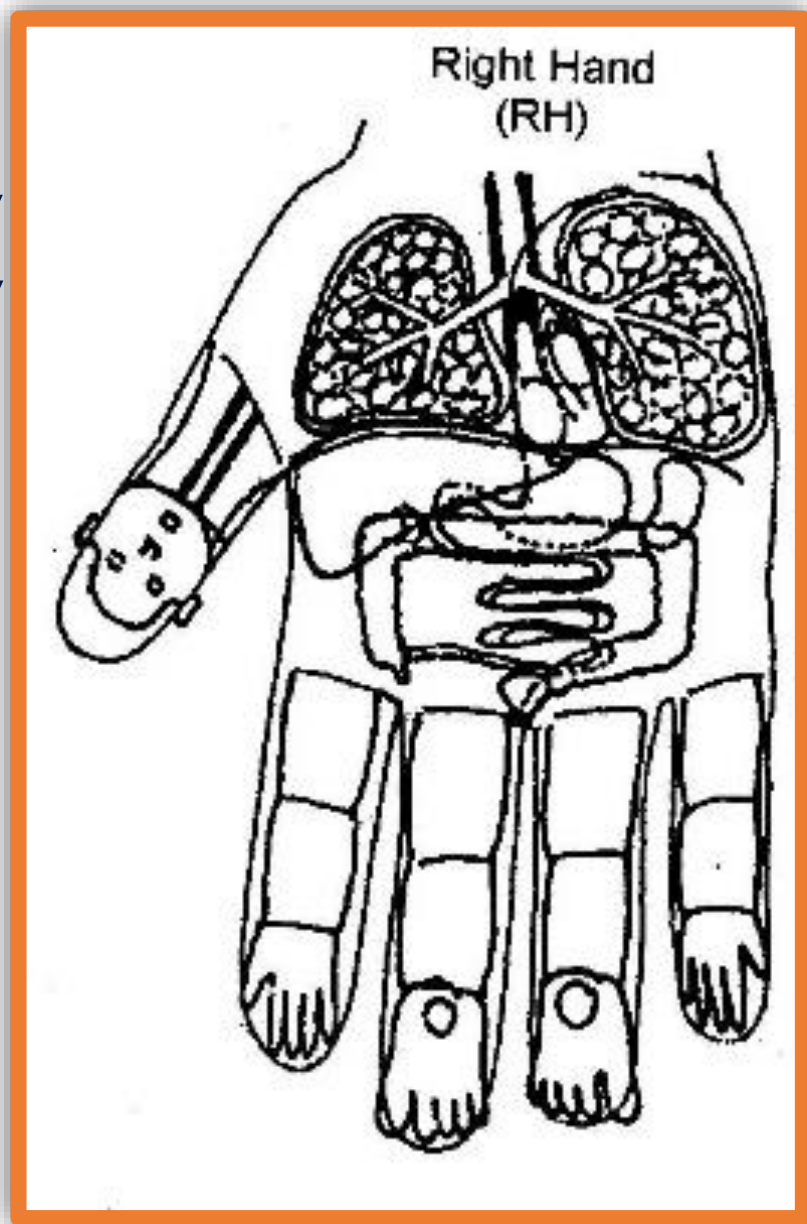
## Principle of creation, sustainability and salvation of life

1. समवाय (ब्रह्माण्ड एवं पिण्ड) **Integration (Cosmos and body)**
2. तुल्यार्थता **(Similarity)**
3. बाह्य एवं आन्तरिक **(Out side and inside)**
4. शीर्ष एवं तल **(Top and bottom)**
5. प्राथमिक एवं द्वितीयक **(Primary and secondary)**

‘यावन्तो हि लोके मूर्तिमन्तो भाव विशेषास्तावन्तः पुरुषे,  
यावन्तः पुरुषे तावन्तो लोके’ ।।

(Shlok-3 Pg.-897 (H))







## Front Zone Treatment

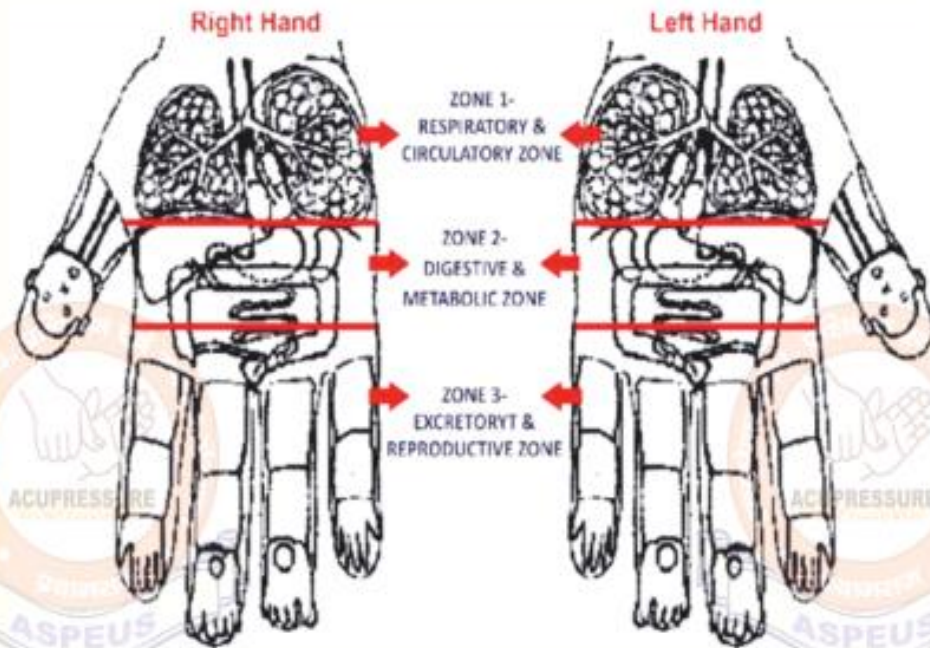
Apply gentle pressure on correspondences of organs by thumb, fingers or any blunt object to boost immunity and regulate energy system for 5 minutes daily in morning and evening.

### Front side zones

Zone 1 - Predominantly for respiratory and circulatory disorders.

Zone 2 - Predominantly for Metabolic and digestive and endocrinal disorders.

Zone 3 - Predominantly for excretory (solid and liquid fluids), and genital disorders.



सर्वजन हिताय सर्वजन सुखाय

## Back Zone Treatment

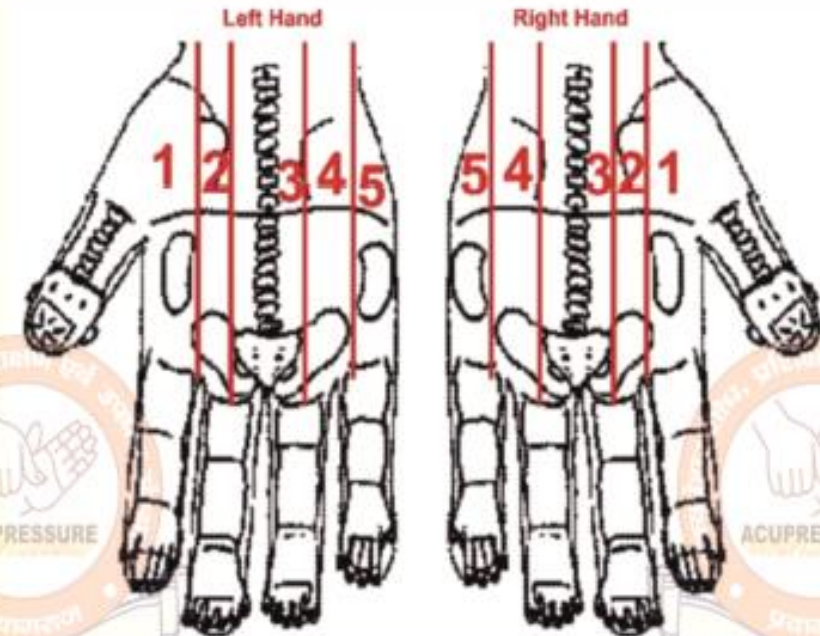
Apply gentle pressure on correspondences of organs by thumb, fingers or any blunt object to boost immunity and regulate energy system for 5 minutes daily in morning and evening.

### Back side zones

Zone 1 & 5 - Predominantly for kidney disorders, flank pain, back pain.

Zone 2 & 4 - Predominantly for lymphatic disorders, back pain (Upper, middle and lower)

Zone 3 - Predominantly disorders related to nervous system, spinal cord, spinal column, back pain (upper, middle and lower),



सर्वजन हिताय सर्वजन सुखाय

# METHOD OF TREATMENT



**USE OF JIMMI**



**FENUGREEK**



**GRAM SEED**



**FENUGREEK**



**GRAM SEED**



# METHOD OF TREATMENT



**TREATMENT BY COLOUR**



**PAPER TAPE**

## **Colours has lot of significance in treatment of Acupressure** (each colour has its own significance)

- Color therapy is a non-invasive and holistic treatment that brings balance and health to your mind and body.
- Color therapy is based on the idea that colors create an electrical impulse in our brain, which stimulates hormonal and biochemical processes in our body.
- Colours are electromagnetic radiation include various light wavelength. These have very good penetrating property.
- Electromagnetic radiation can be described through its frequency, wavelength, and intensity.
- These are very good stimuli of nervous system/hormonal system and stimulates the sensitive acu points of our body.



# **How is the black colour form and what is the significance of black colour (Scientific view)**

- You can make black paint by mixing together equal parts red, blue, and yellow paint. You can also mix opposite colors on the color wheel to make black, like red and green, blue and orange, or yellow and purple. Blue and brown mixed together will also make black.
- Black colour provide protective barrier.
- Black colour has protective and curative effect.



- Black colour have good enough property of healing.
- Black colour has complete absorption property of all light.
- Black colour is capable to absorb and destroy the all evils and infections/negative energies.
- It is effective in treatment of HBP, temperature regulation, skin disease, tumour, pus formation, burn injury, sores, redness, inflammation, all types of infections (viral, bacterial..)

# USE OF AR1 and ENERGY ROLLER



# USE OF AR2 and AR3



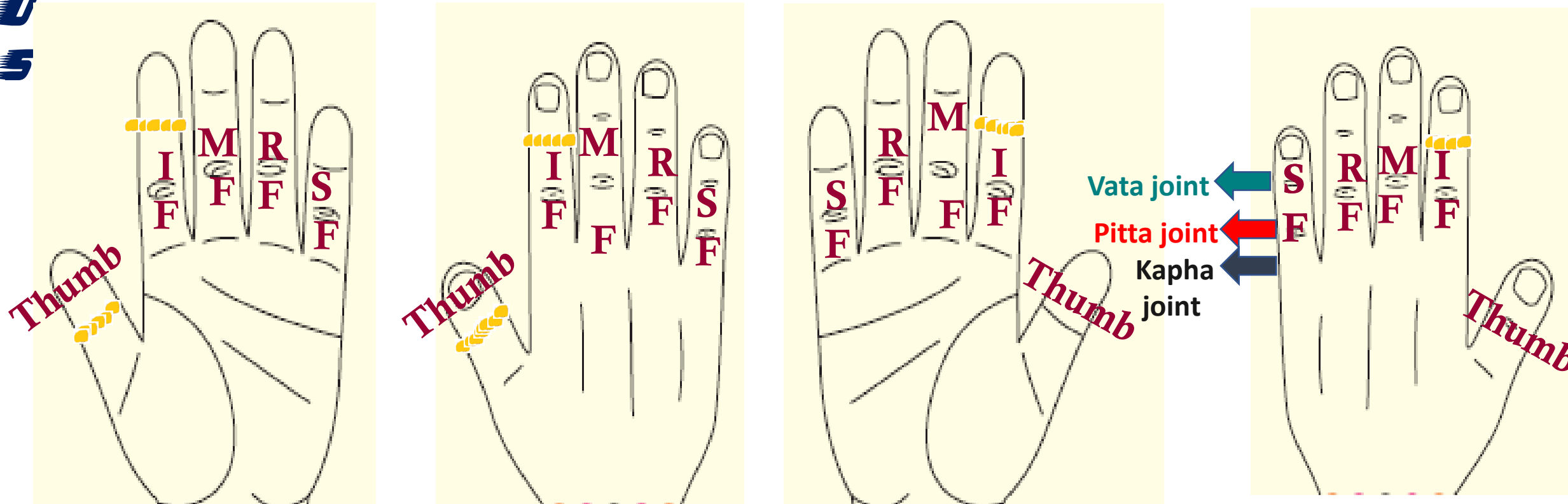
Sujok - Acupressure Leg  
Massage Ring - Pain Relief  
and Beautiful Leg

Roll-in and Roll-out  
in the leg for better  
circulation, calf  
muscle and ankle  
pain.



# BALANCING OF BODY

RT Thumb - V Jt- Methi  
Both IF - V jts- Methi



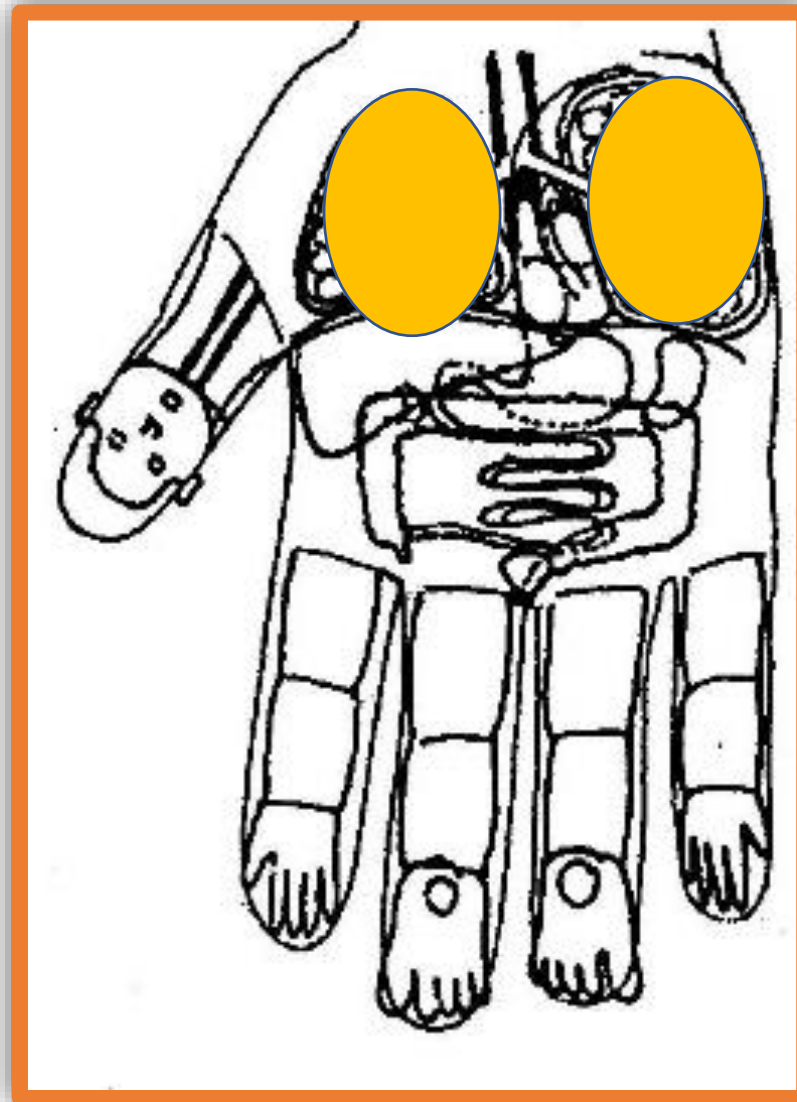
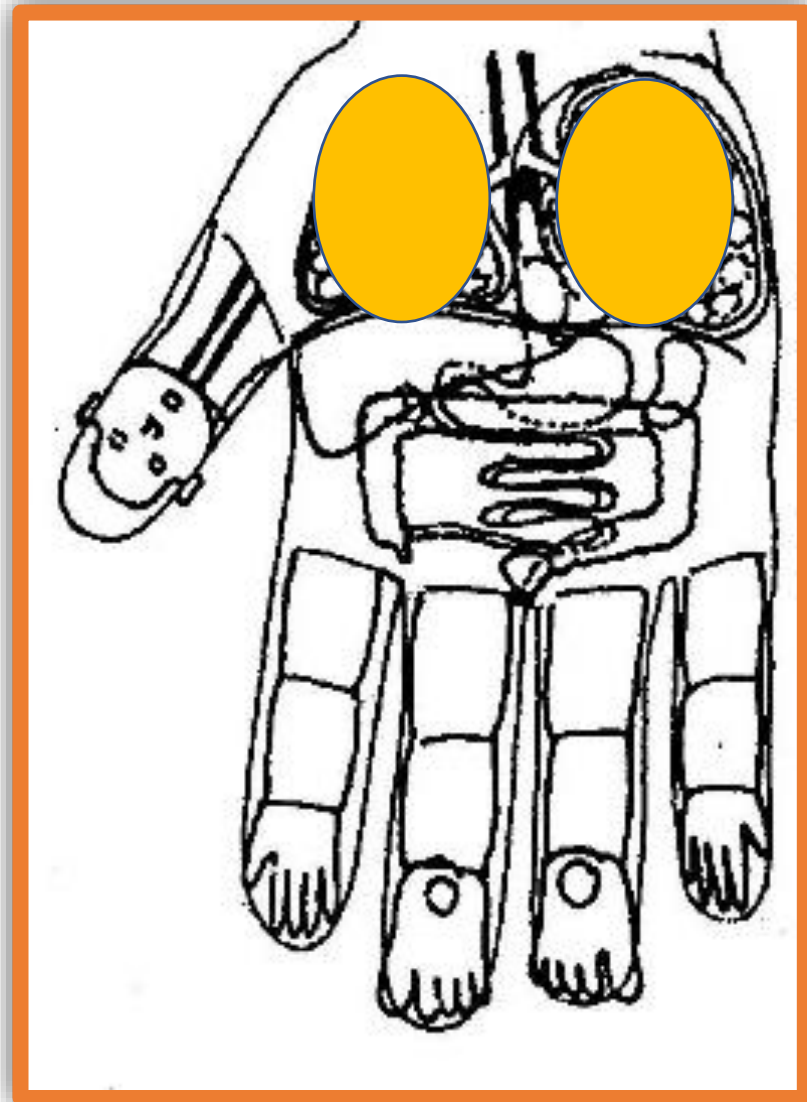
# NAVEL BALANCING





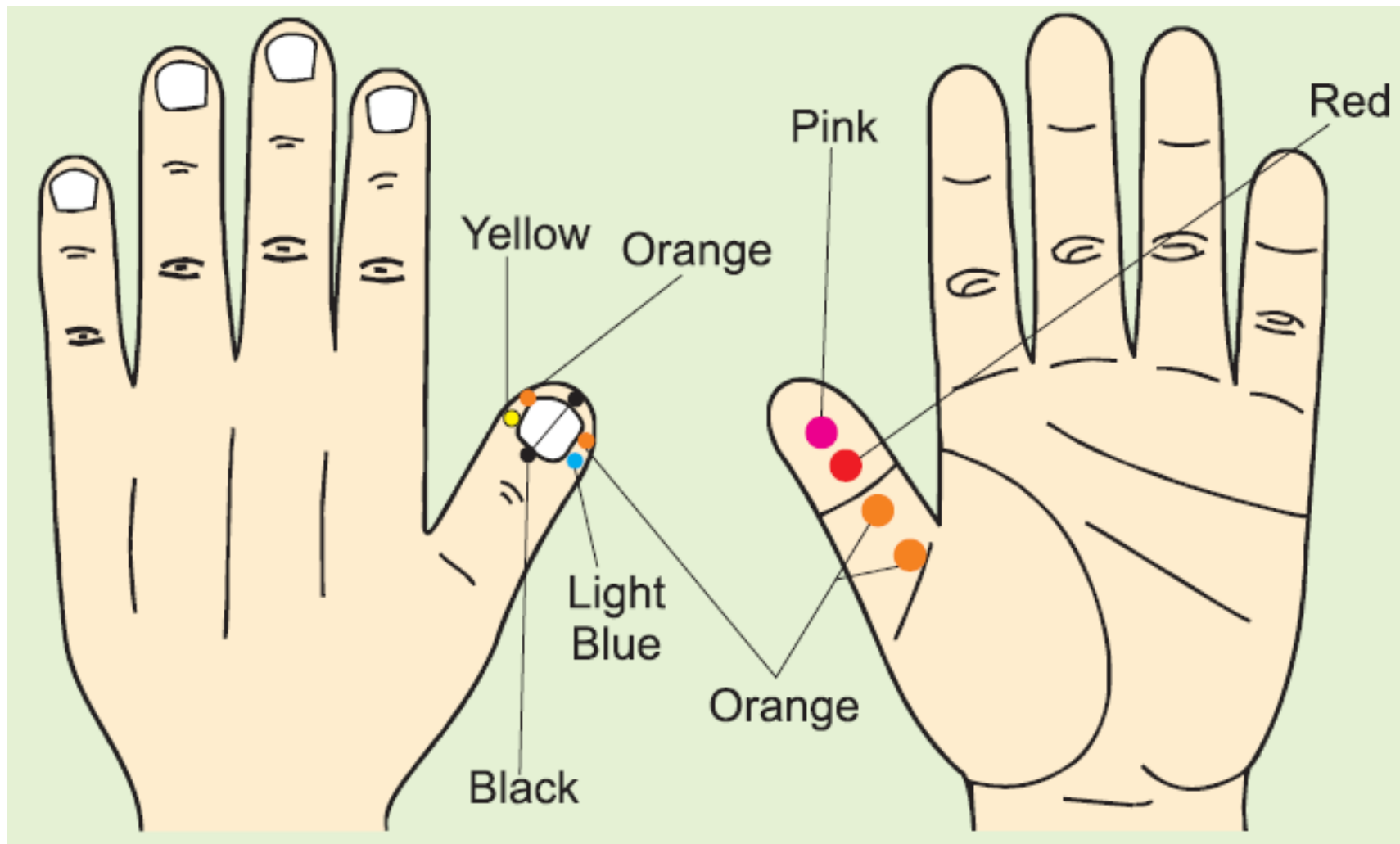
# PROTECTION FROM COVID-

## Apply pressure

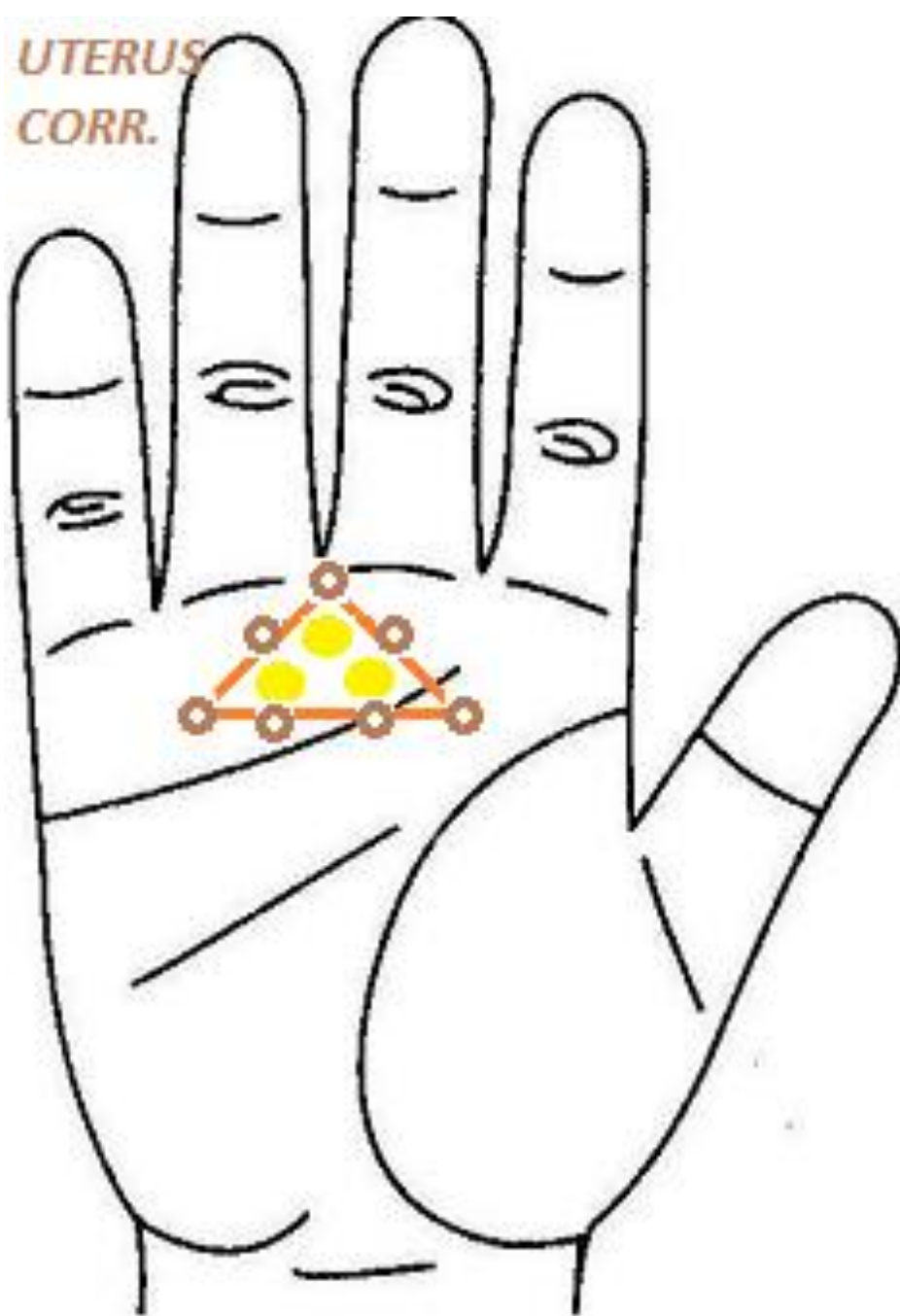


# THYROID

- 5, 6, 7, 8 By Color
- \* NCH (9) 4,5 ↓ 3,6 ↑



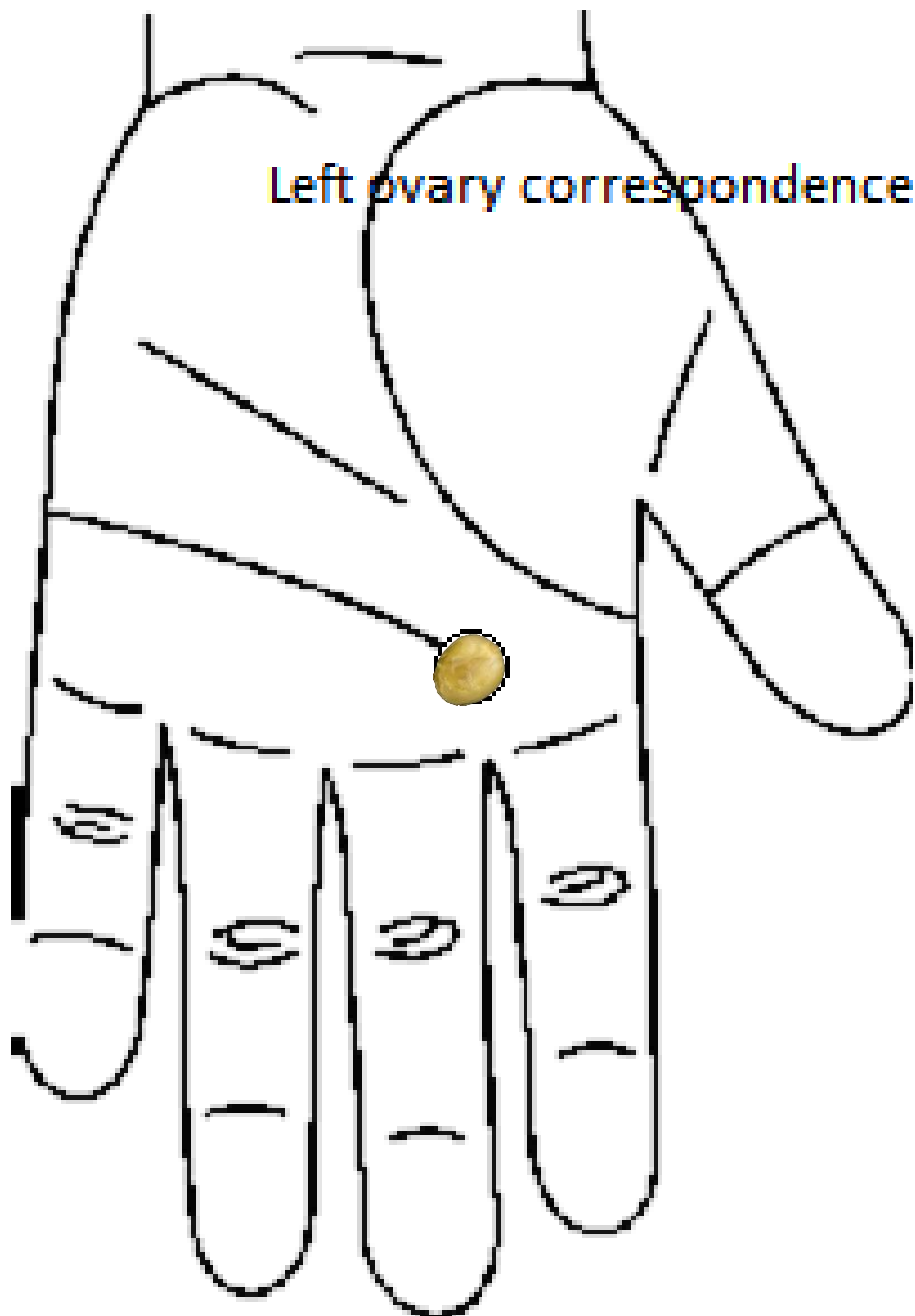
UTERUS  
CORR.



## **APPLY 3 MATAR DSEEDS UTERUS CORRESPONDENCE**

**For Period disorders, Uterine Cancer, Thick  
Endometrium wall and other dysfunction**





## **SEDATION OF LEFT OVARY CORRESPONDENCE**

**For PCOD and other dysfunction of  
ovary**

# PROSTATOMEGALY

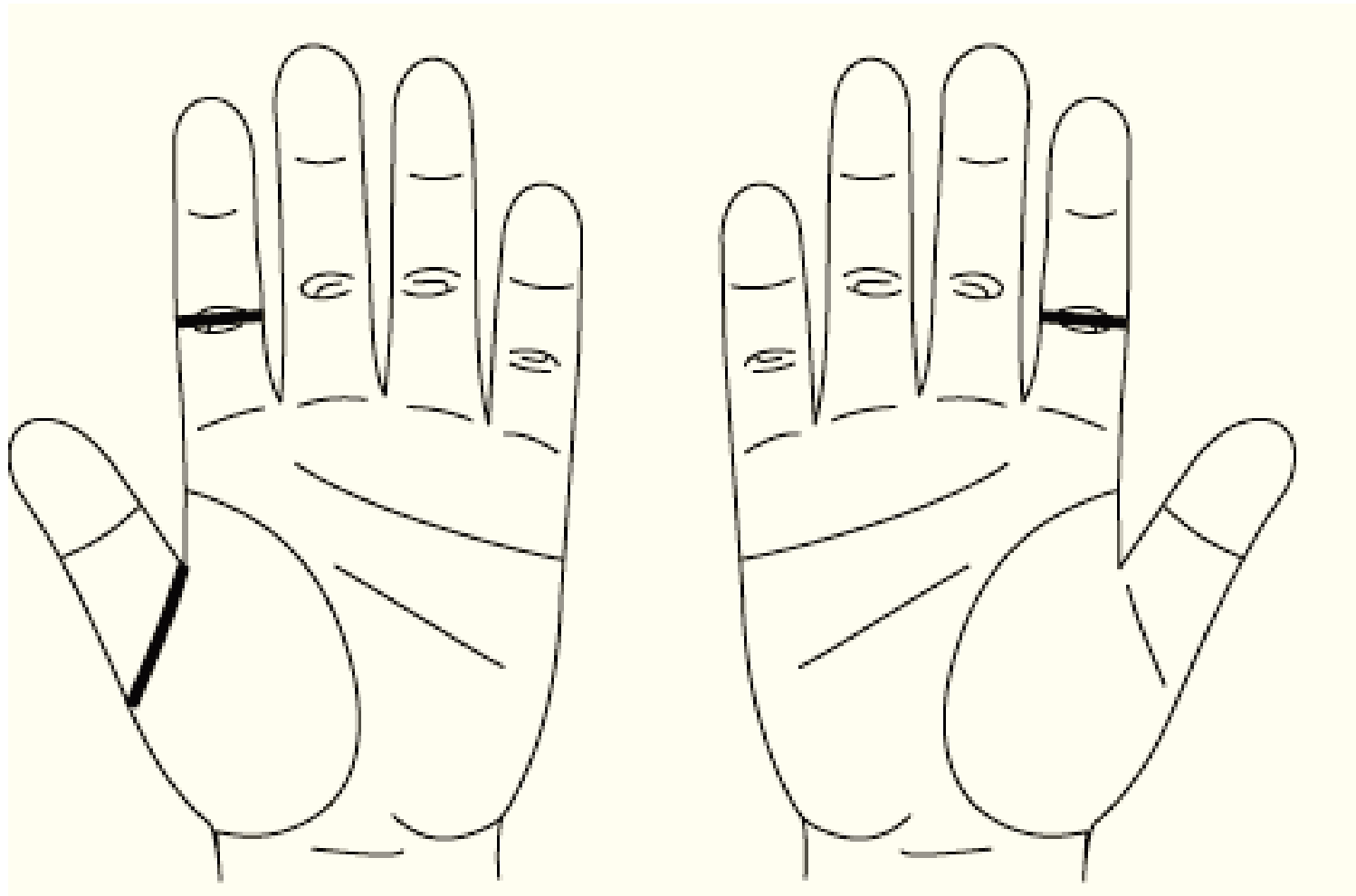
- A weak or slow urinary stream.
- A feeling of incomplete bladder emptying.
- Difficulty starting urination.
- Frequent urination.
- Urgency to urinate.
- Getting up frequently at night to urinate.
- A urinary stream that starts and stops.
- Straining to urinate.



# Any Infection / Fever

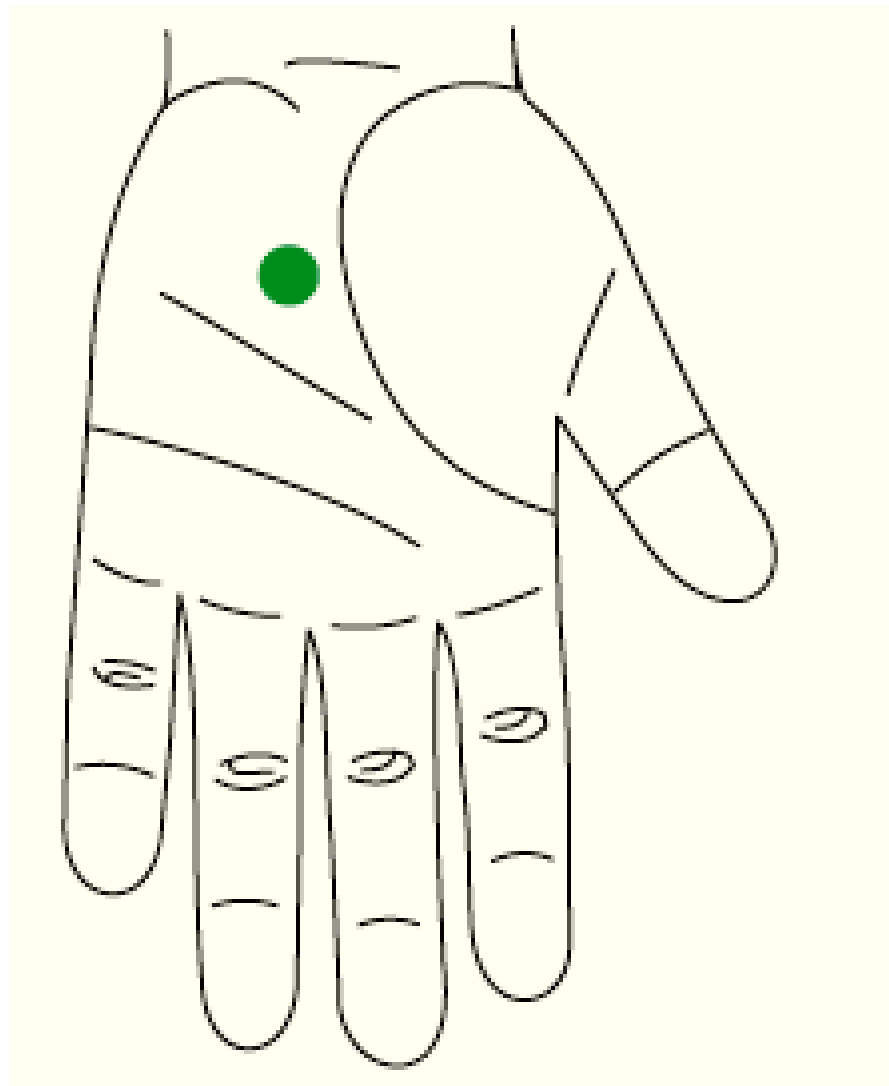
**Lt. Thumb 'K' Jt. – Black Colour**

**Both IF 'P' Jts. – Black Colour**



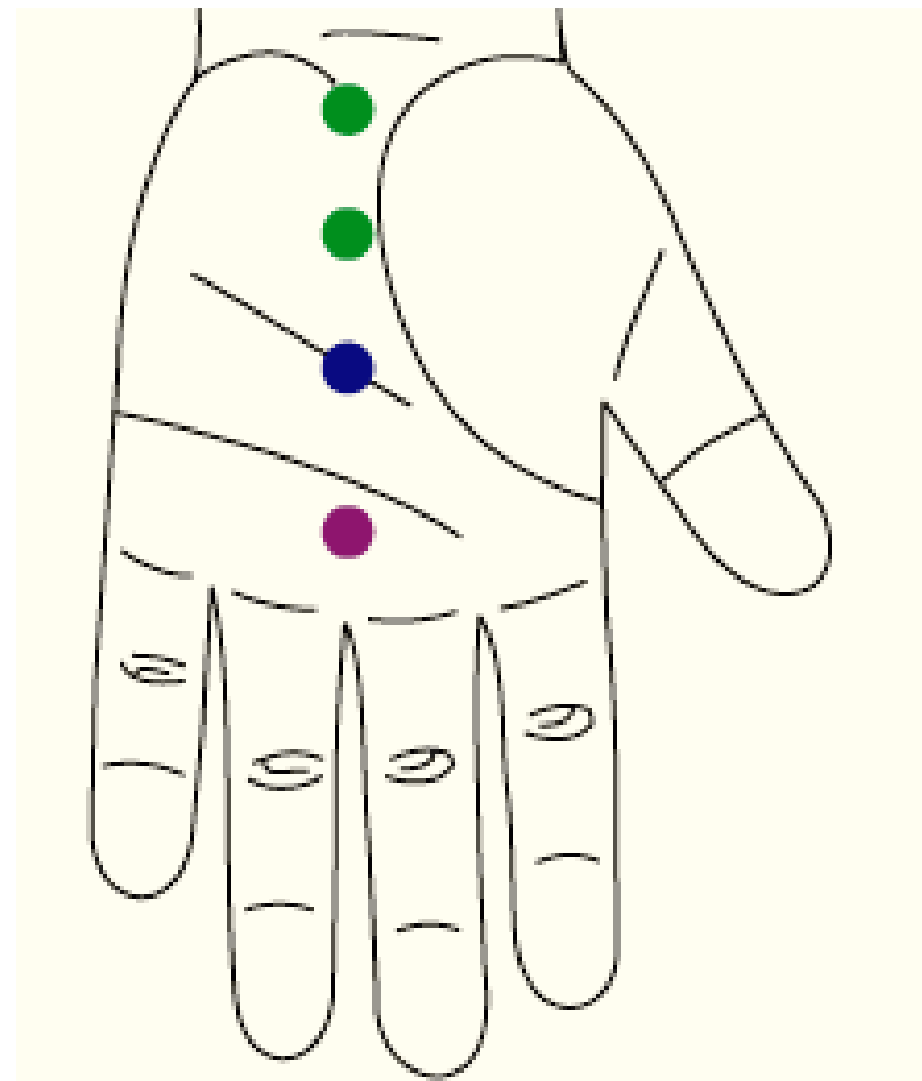
# ACIDITY -

**Set I**  
**\*3 - Green Color**



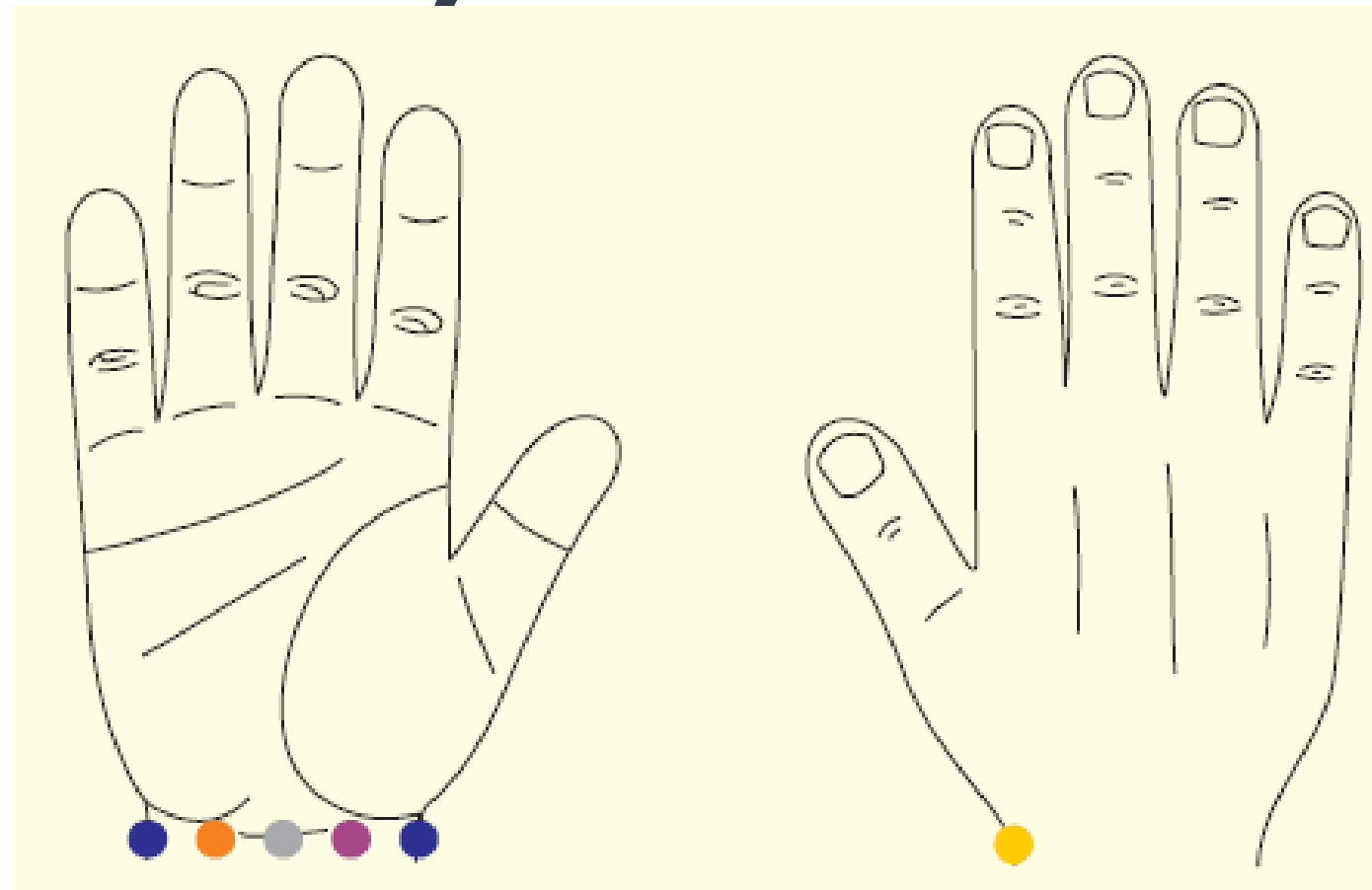
**Set II - In Chronic Condition**

- \* 1 - Violet Colour**
- \* 2 - Blue Colour**
- \* 3 & 4 - Green Colour**



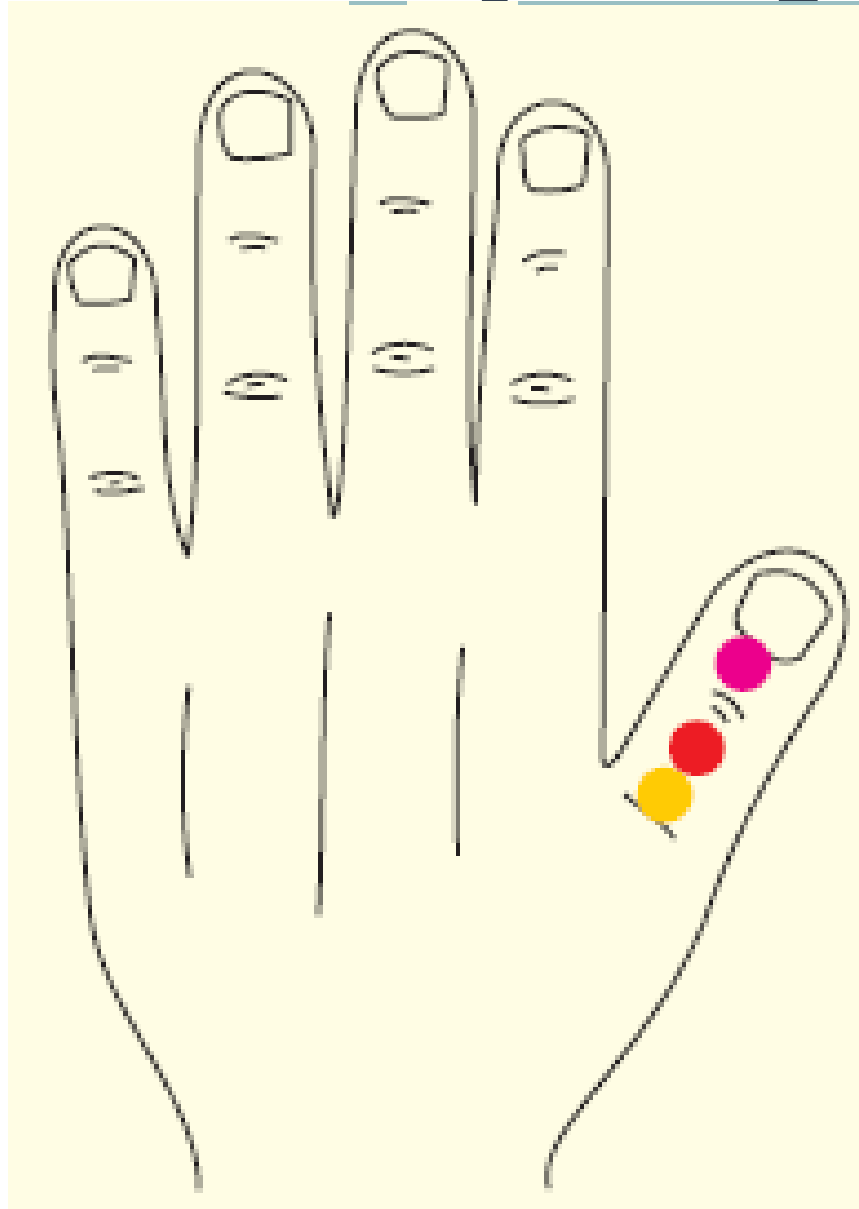
# Chronic Arthritis- (Causing Low Backache, Neck Pain, Hip and Pain at Ankle Joints)

RMM ★0 – Grey Colour  
 RMM ★1 – Violet Colour  
 RMM ★2,3 – Blue Colour  
 RMM ★4 – Yellow Colour  
 RMM ★5 – Orange Colour



# Chronic Cervical Spondylosis

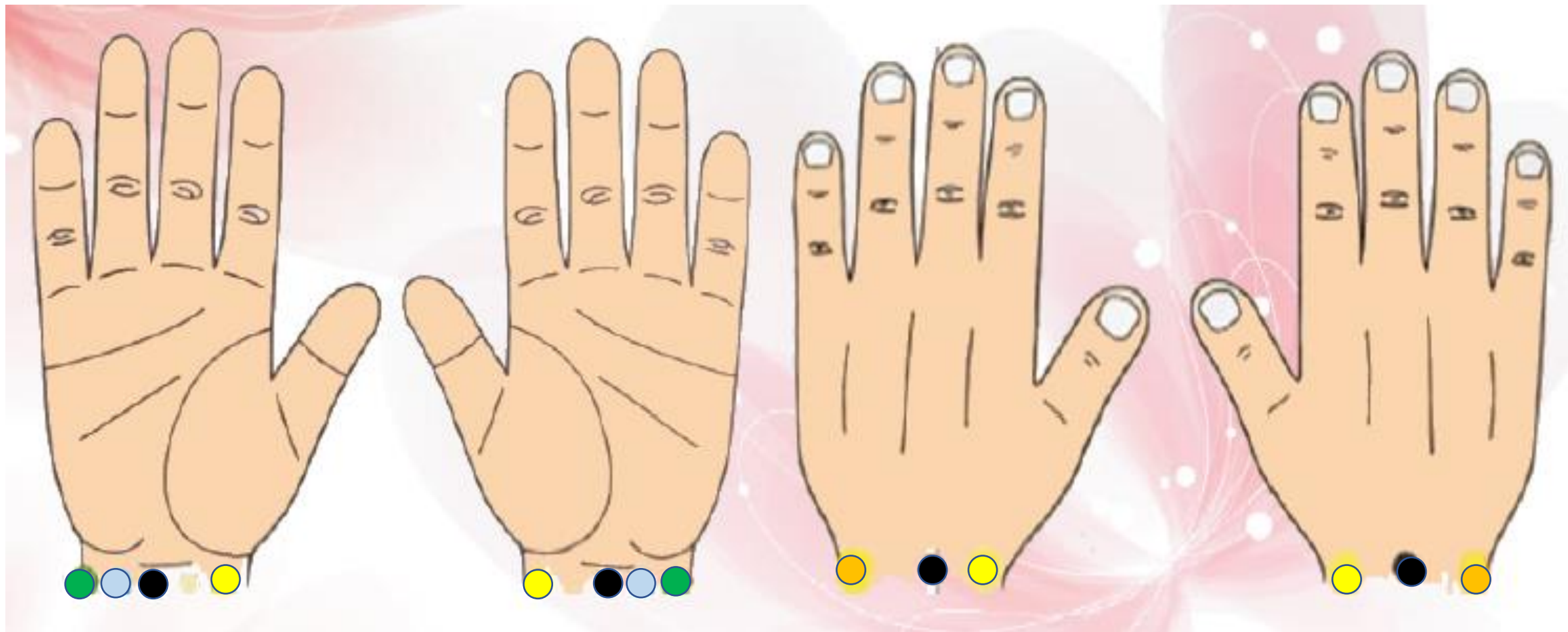
- ★ 5' – YellowColour
- ★ 6' – RedColour
- ★ 7' – PinkColour



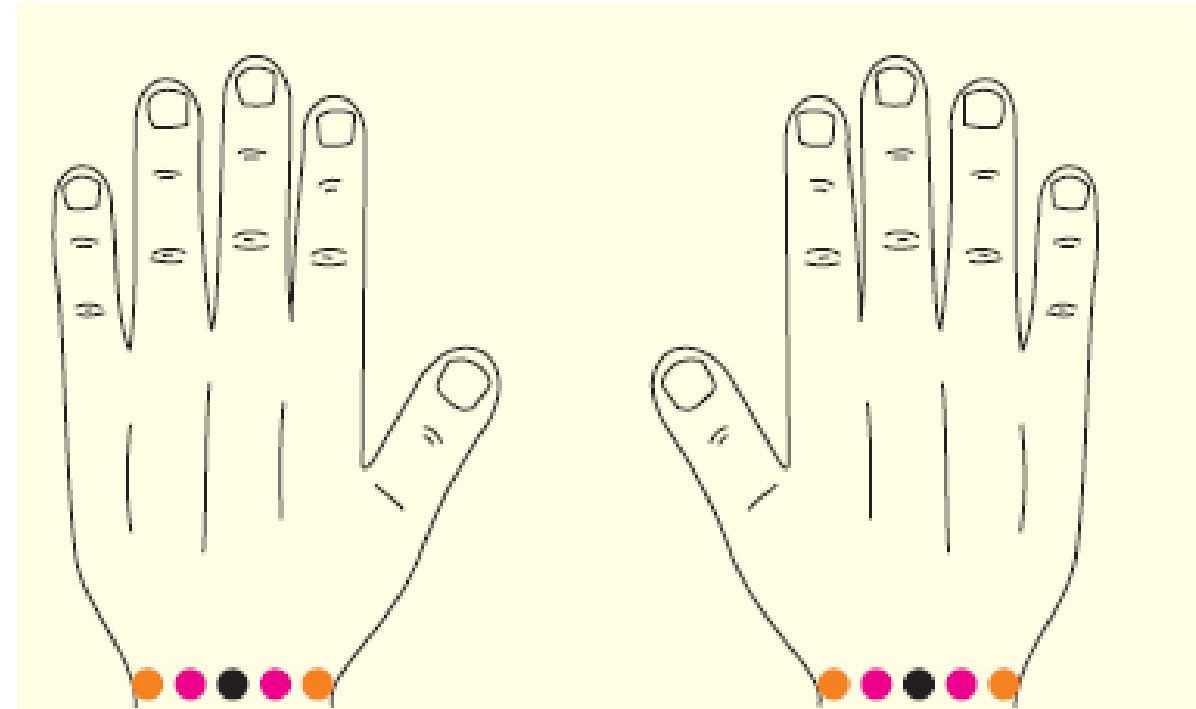
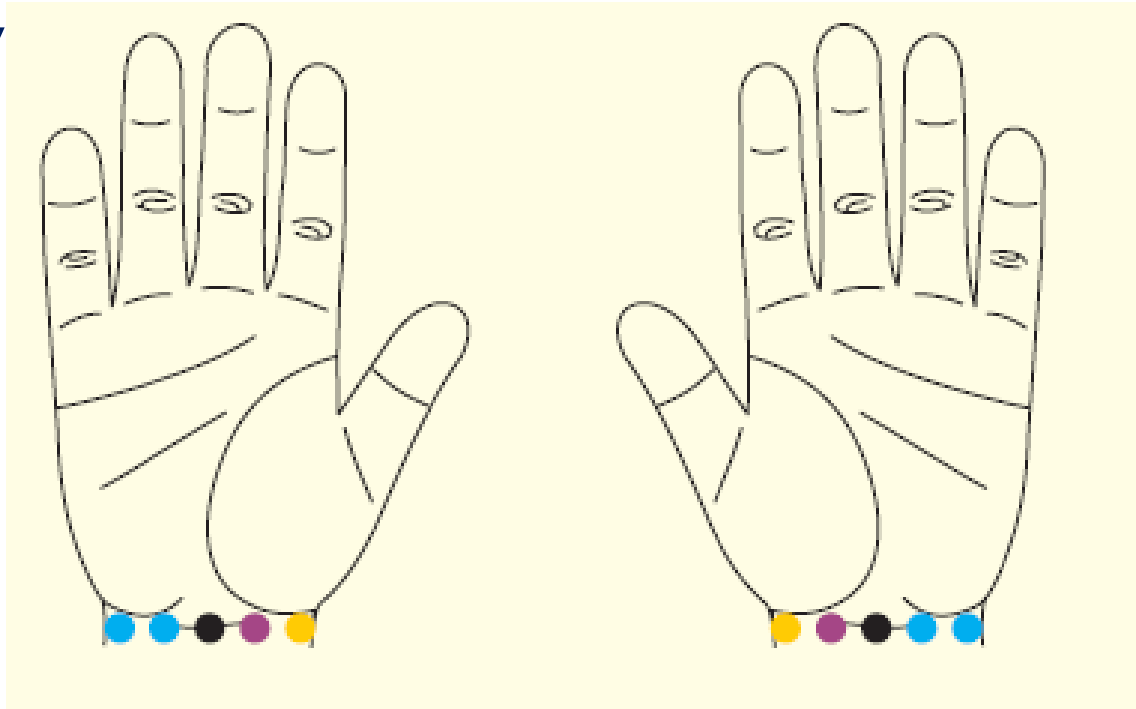
# FEVER

**Both MM**

- \* 0, 9 - Black Colour
- \* 2 - Light Blue Colour
- \* 3 - Green Colour
- \* 4, 5 - Yellow Colour
- 6 - Orange Color



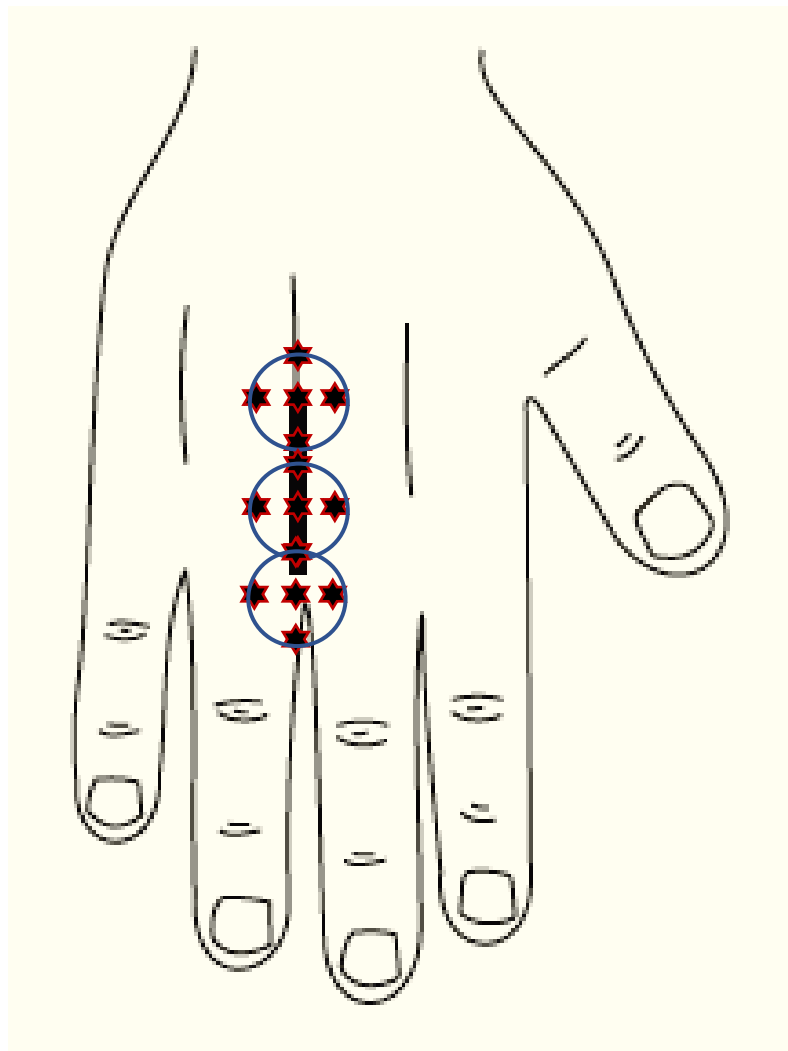
**Degenerative Spine :**  
**Pain radiating four extremities jts.**  
**Both Wrist MM-2, 4, 5,7, 9↓ 0, 1, 3, 6, 8↑**





# Back Pain

## Low Back Corr. – Clustar Magnet



# AAPLY MATAR SEEDS

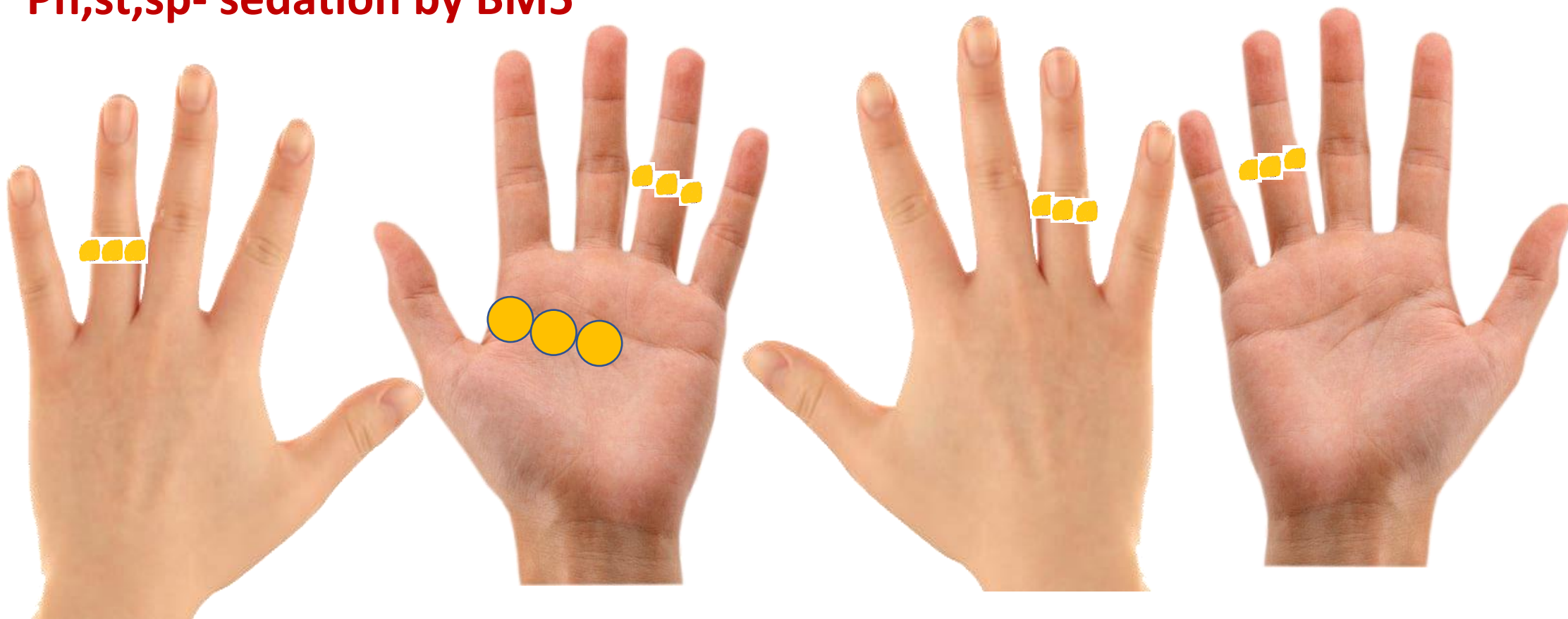


# **CERVIVAL PROBLEMS**



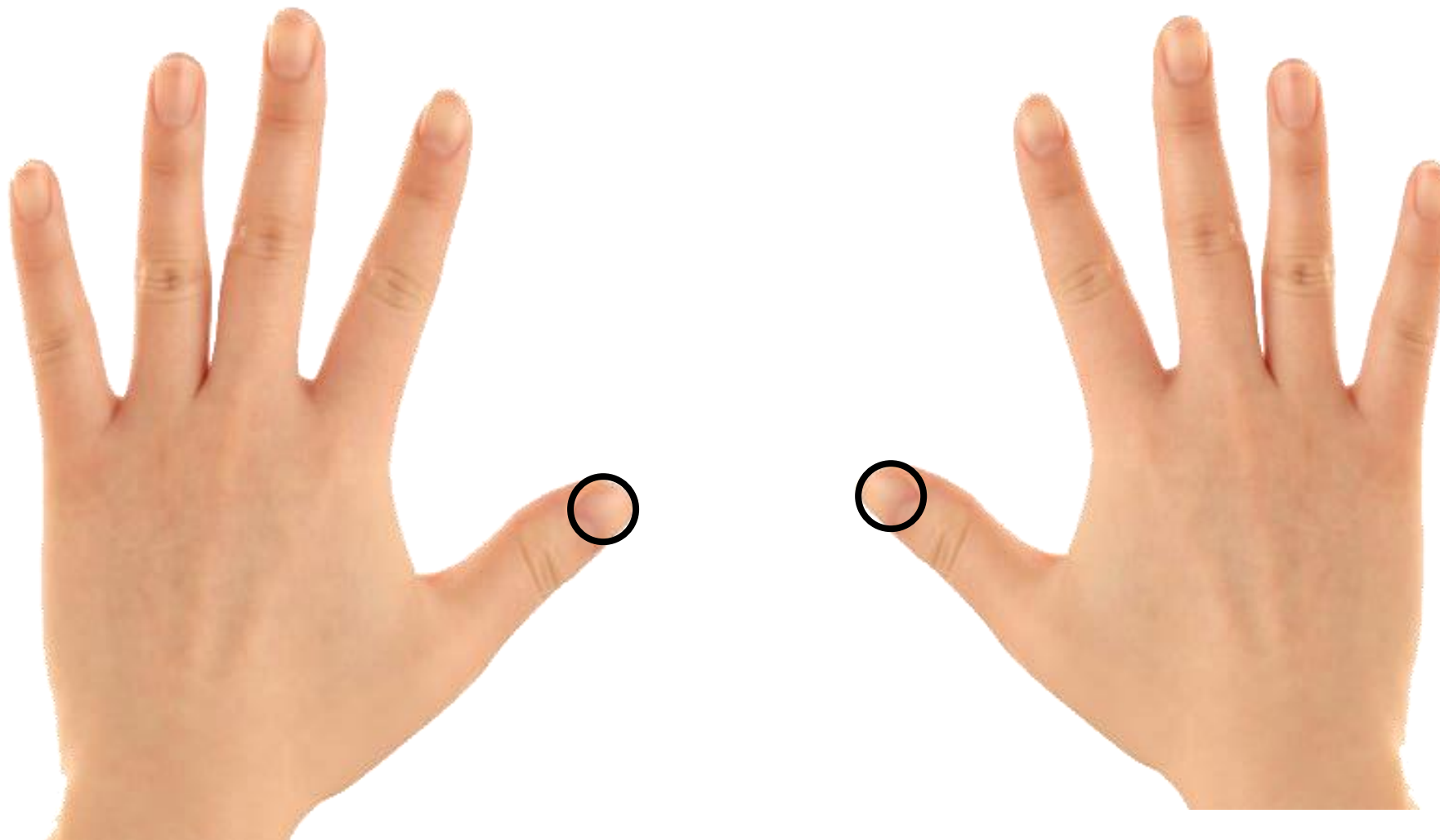
# Diabetes

- Both RF P Jts- Methis strip
- \*Pn,st,sp- sedation by BM5



# TEETH PROBLEMS-

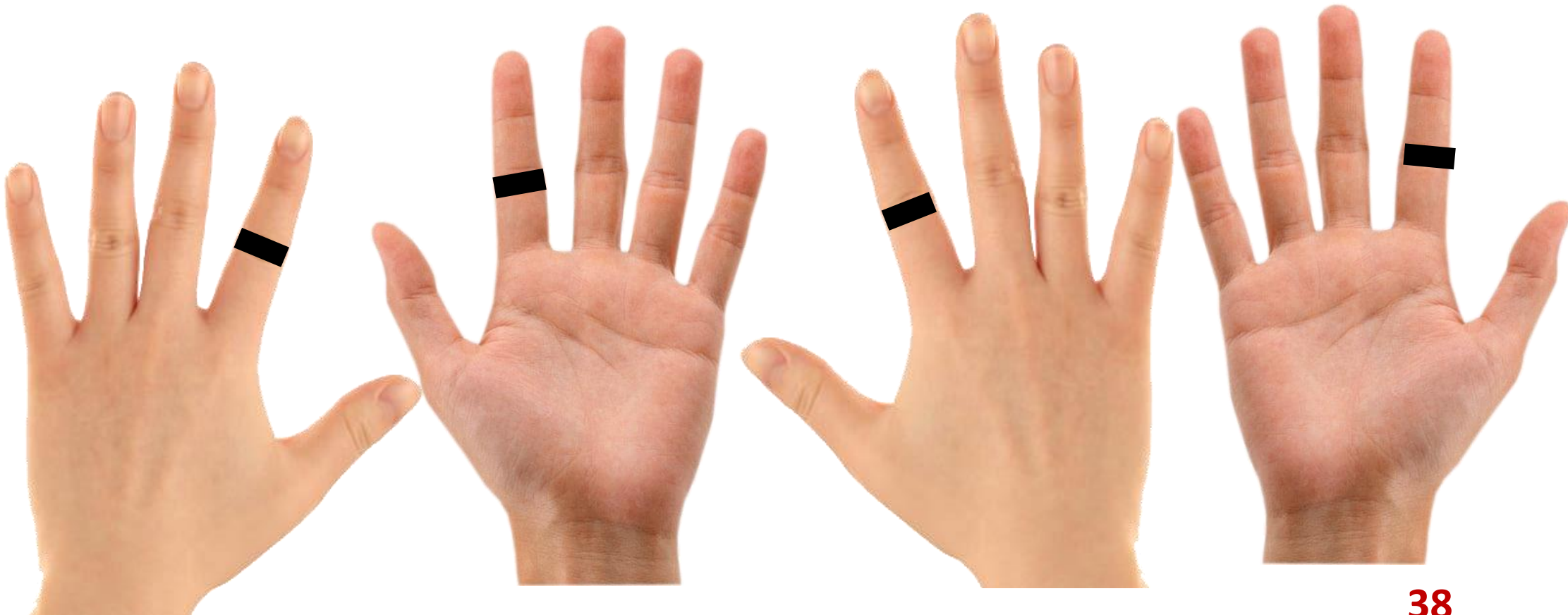
**\*NCH (0,9)- Black color/methi**





# Conjunctivitis

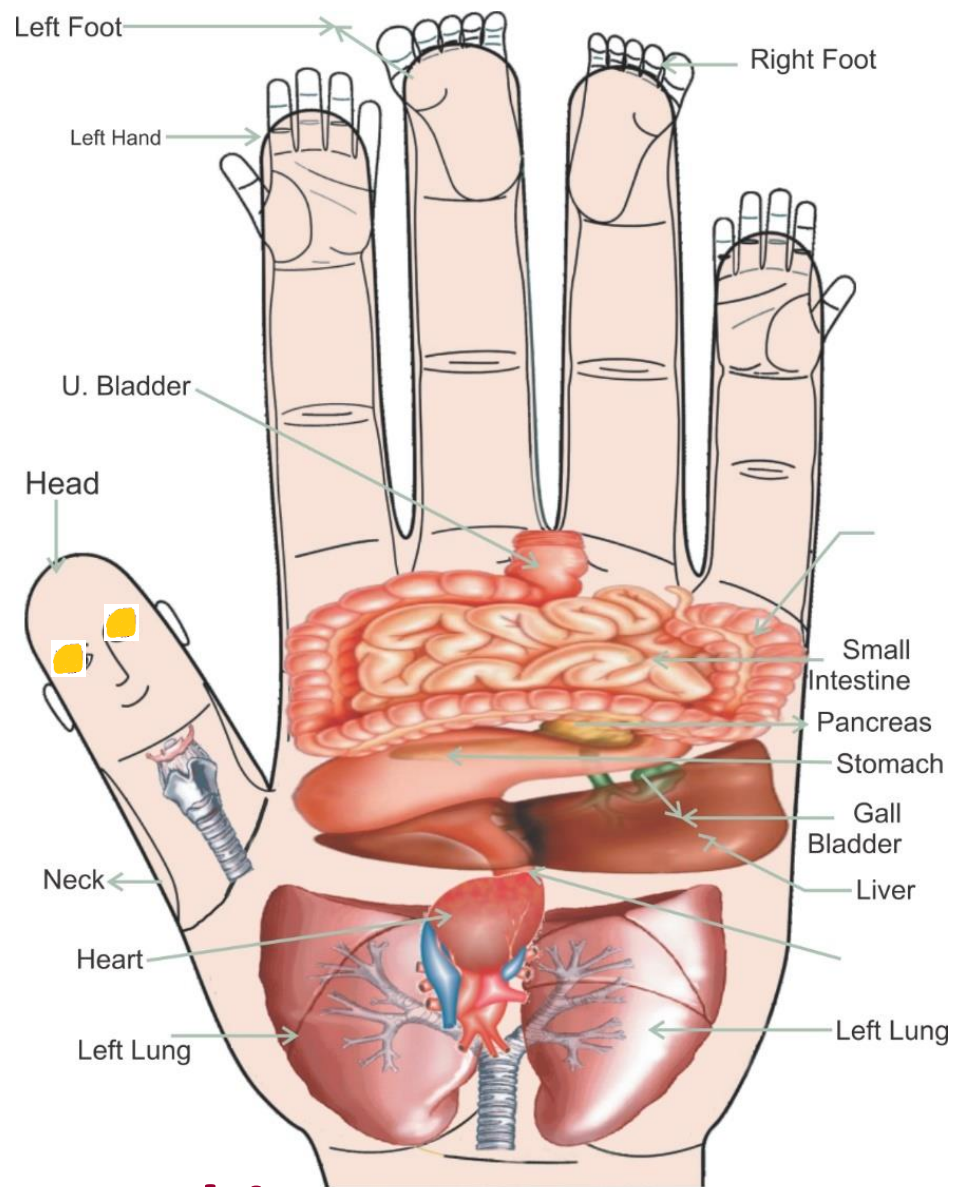
- Conjunctivitis is inflammation of the mucous membrane that lines the surface of the eyeball and inner eyelids. It may be acute or chronic. Most cases are due to viral or bacterial infection.
- **Both IF P Jt- Black colour**





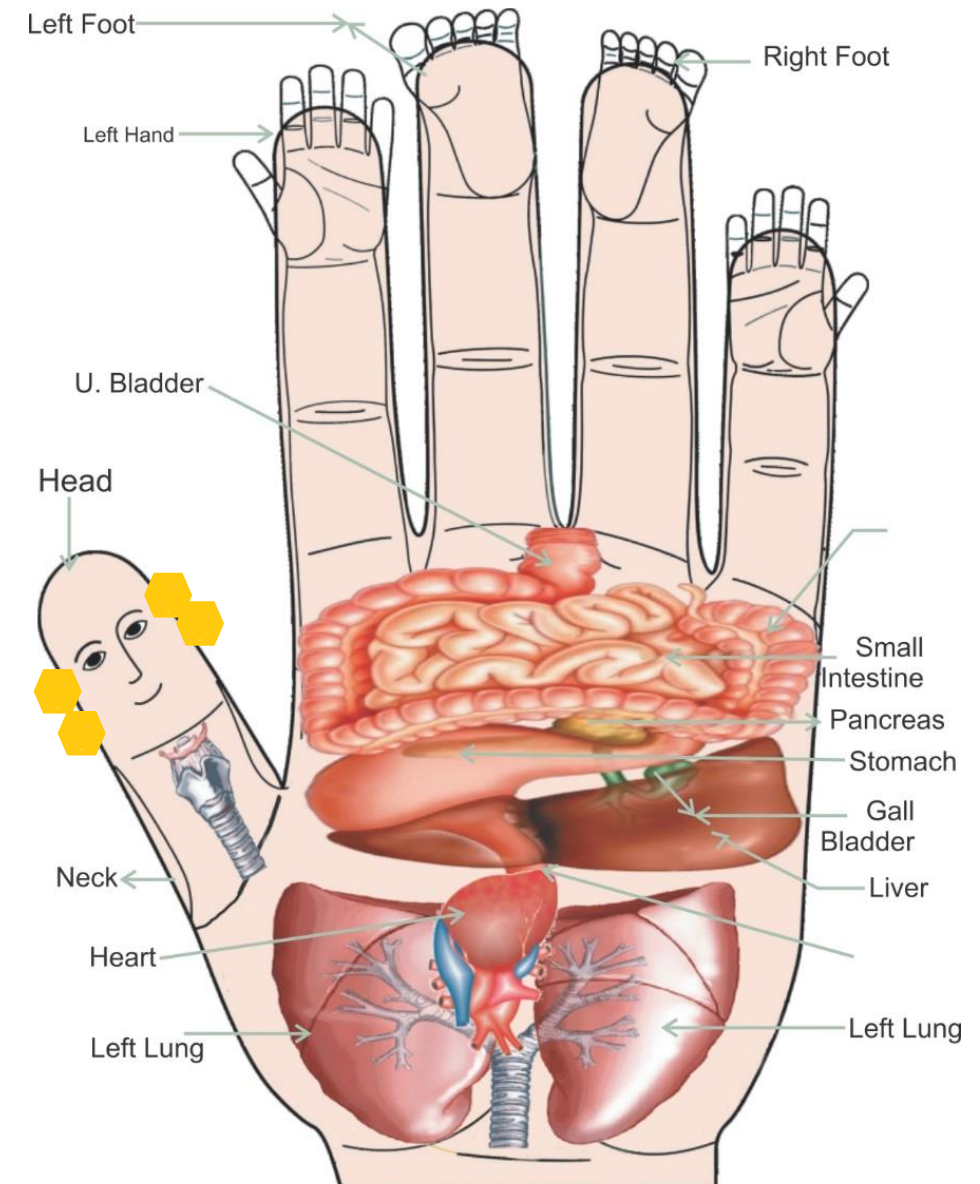
# Cataract

- Gradually progressive blurred vision.
- No pain or redness.
- Lens opacities (may be grossly visible)
- Eye corr- Methi seeds



**Treatment: Black color on eys corr.+methi**

# Hearing loss



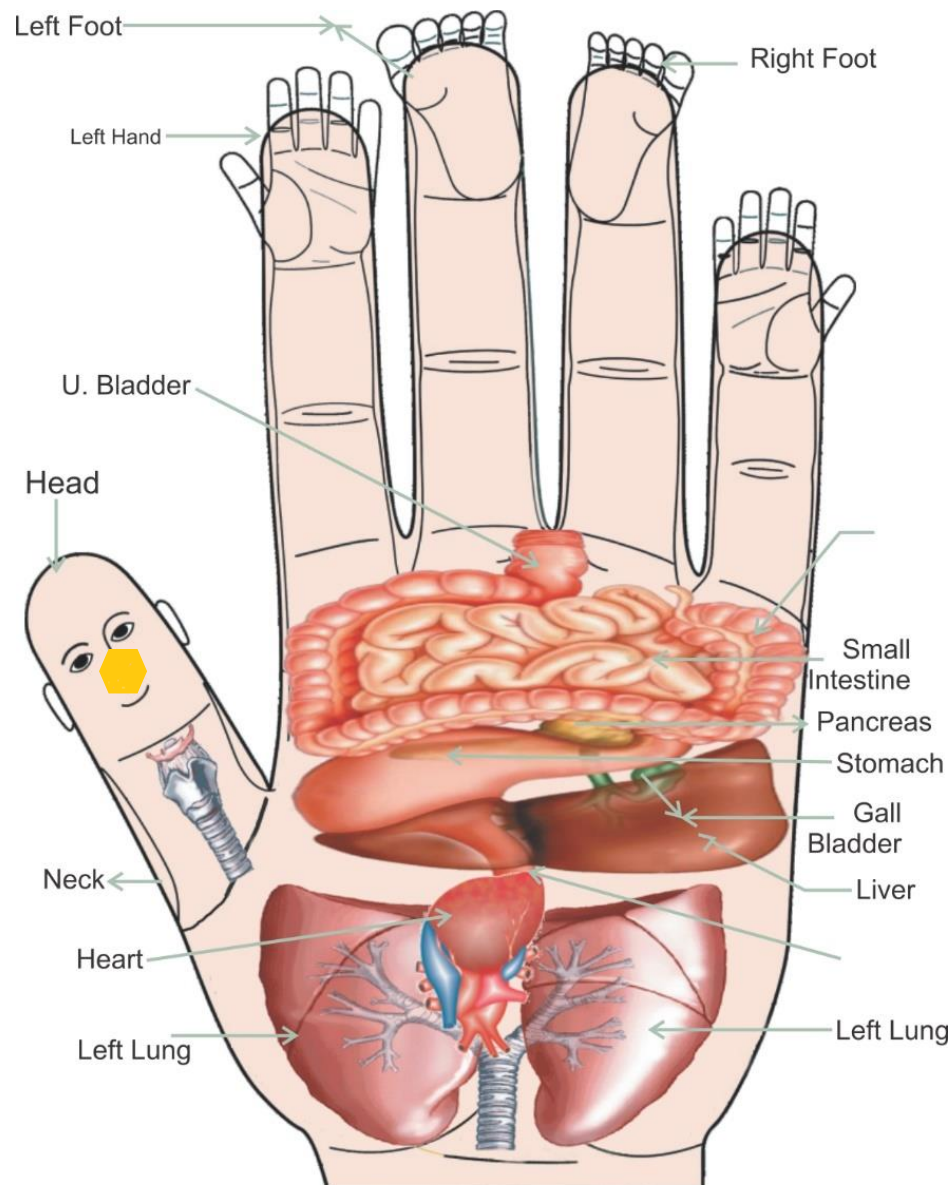
**Treatment: Black color on ear corr.+methi**



# Acute Viral Rhinosinusitis (Common Cold)

- Nasal congestion, clear rhinorrhea, and hyposmia.
- Associated malaise, headache, and cough.
- Erythematous, engorged nasal mucosa without intranasal purulence.
- Symptoms are self-limited, lasting less than 4 weeks and typically less than 10 days

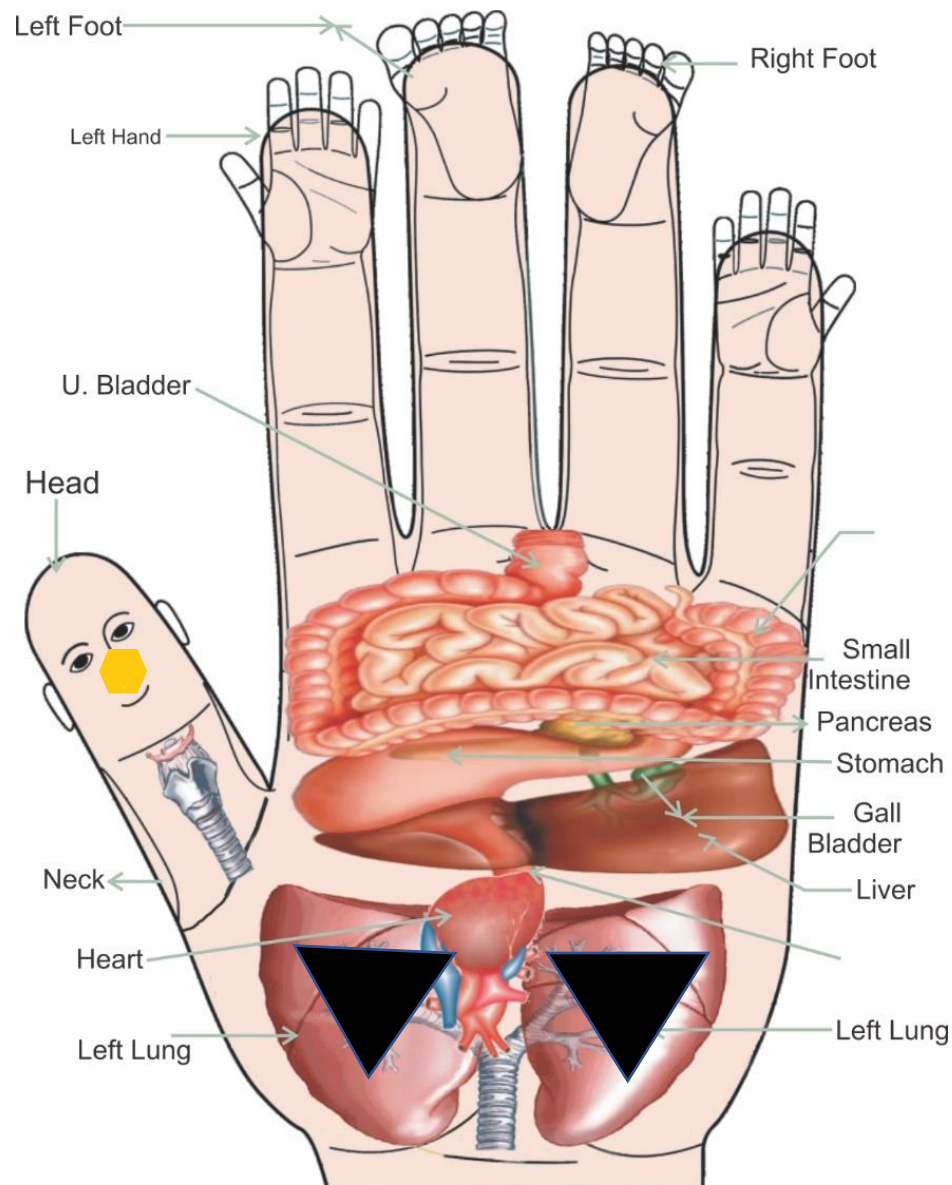
**Treatment: Black color on nose corr.+methi**



LEFT HAND

# ALLERGIC RHINITIS

- Clear rhinorrhoea, sneezing, tearing, eye irritation, and pruritus.
- Associated symptoms include cough, bronchospasm, and eczematous dermatitis.
- Environmental allergen exposure in the presence of allergen-specific IgE.

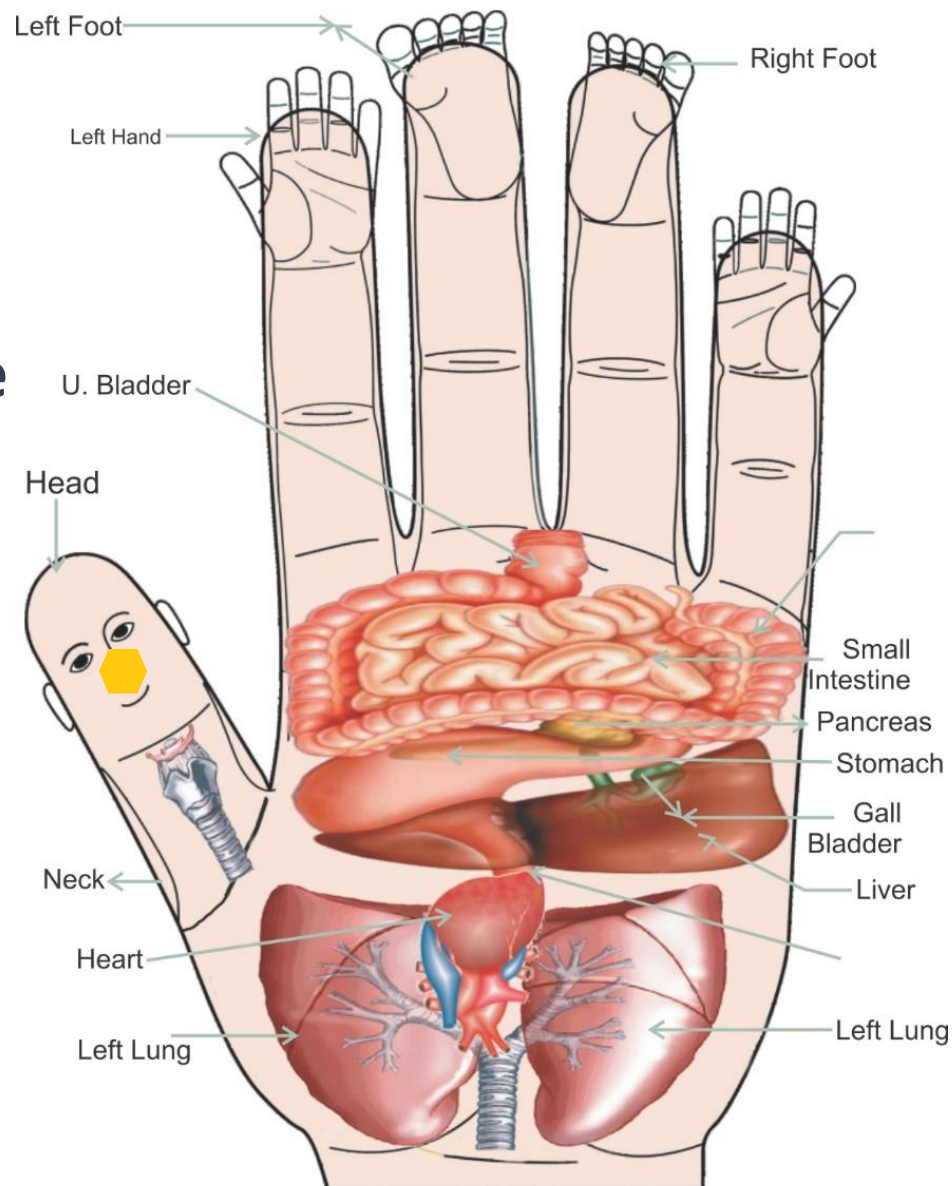


LEFT HAND

**Treatment: Black color on nose corr.+methi**  
**Black color on lung corr**

# OLFACTORY DYSFUNCTION

- Subjective diminished smell or taste sensation.
- Lack of objective nasal obstruction.
- Objective decrease in olfaction demonstrated by testing



LEFT HAND

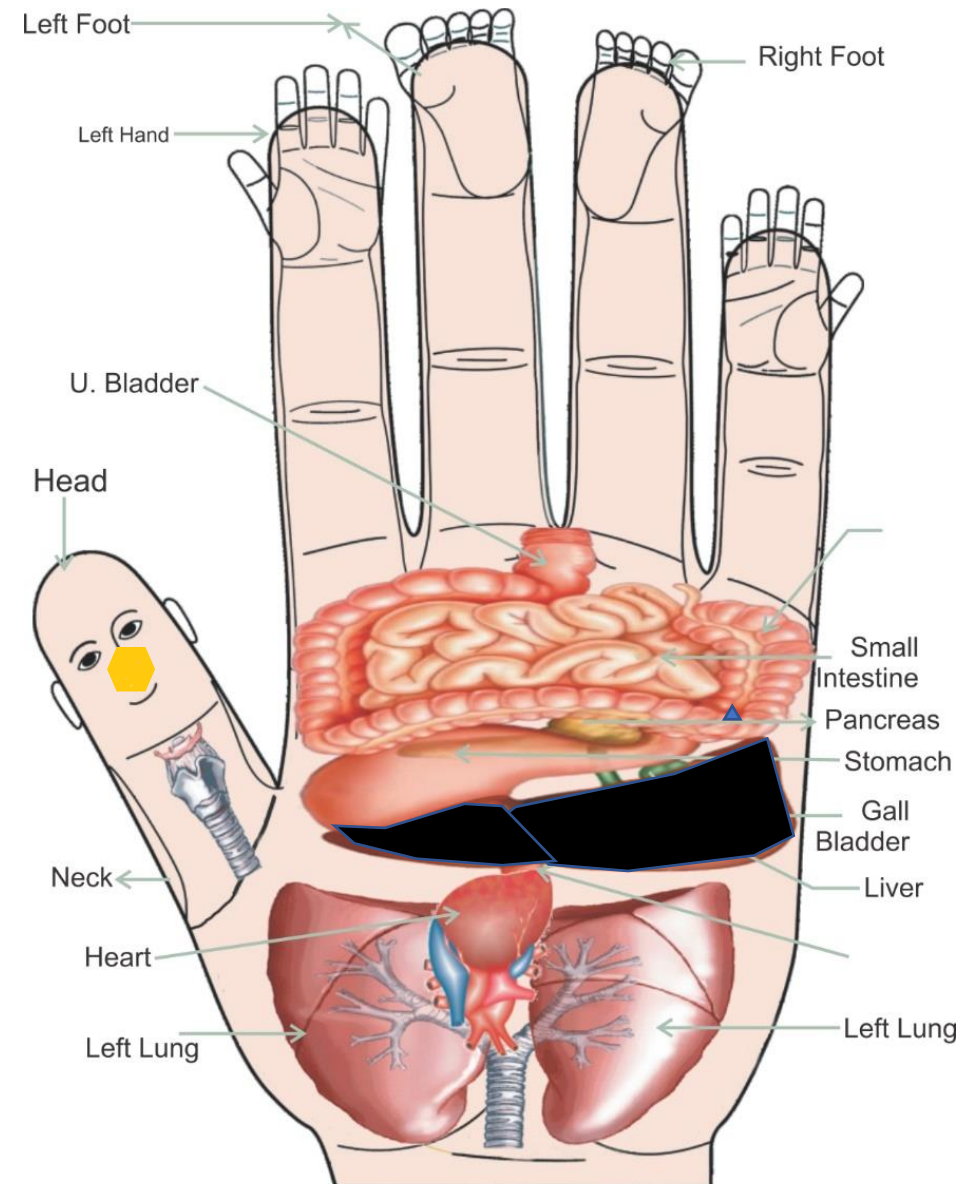
**Treatment: Black color on nose corr.+methi**



# EPISTAXIS

- Bleeding from a unilateral anterior nasal cavity most common.
- Most cases may be successfully treated by direct pressure on the bleeding site for 15 minutes. When this is inadequate, topical sympathomimetics and various nasal tamponade methods are usually effective.
- Posterior, bilateral, or large-volume epistaxis should be triaged immediately to a specialist in a critical care setting

**Treatment: Black color on nose corr.+methi**  
**Green color on liver corr.**

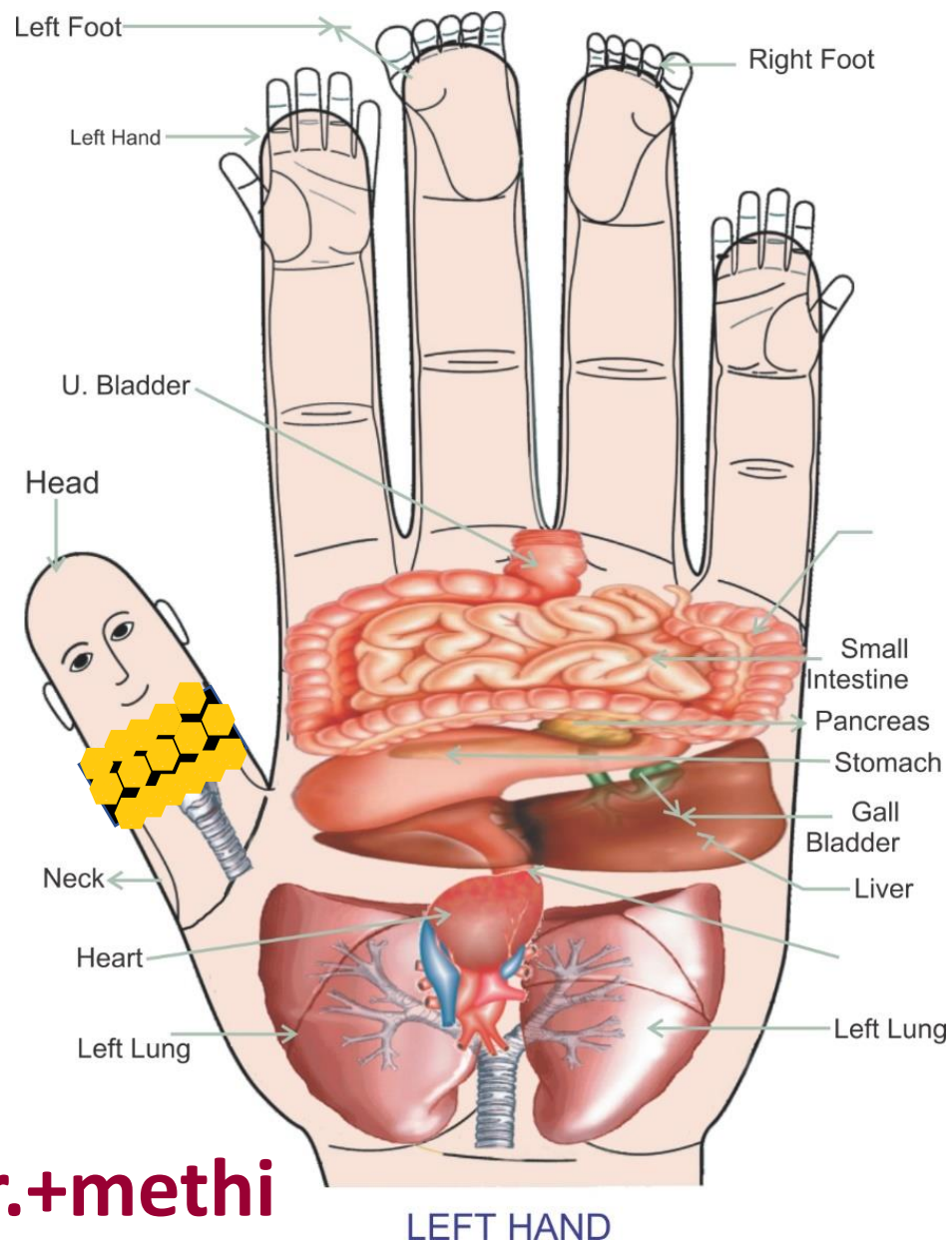


LEFT HAND

# PHARYNGITIS & TONSILLITIS

- Sore throat.
- Fever
- Anterior cervical adenopathy
- Tonsillar exudate.

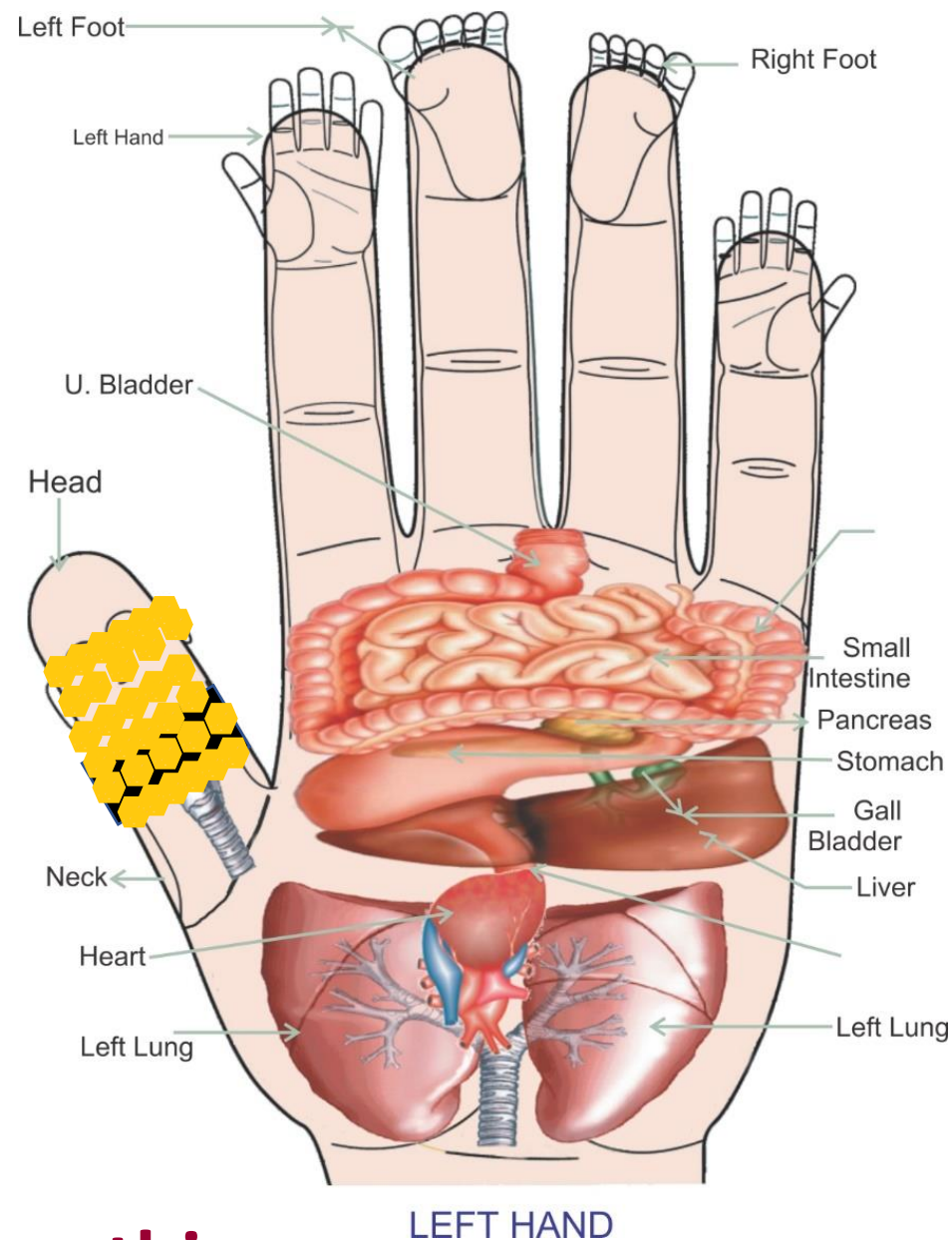
**Treatment: Black color on throat corr.+methi as shown in image**



# SINUSITIS

- Nasal inflammation.
- Thick, discolored discharge from the nose (runny nose)
- Drainage down the back of the throat (postnasal drainage)
- Blocked or stuffy (congested) nose causing difficulty breathing through your nose.
- Pain, tenderness and swelling around your eyes, cheeks, nose or forehead.

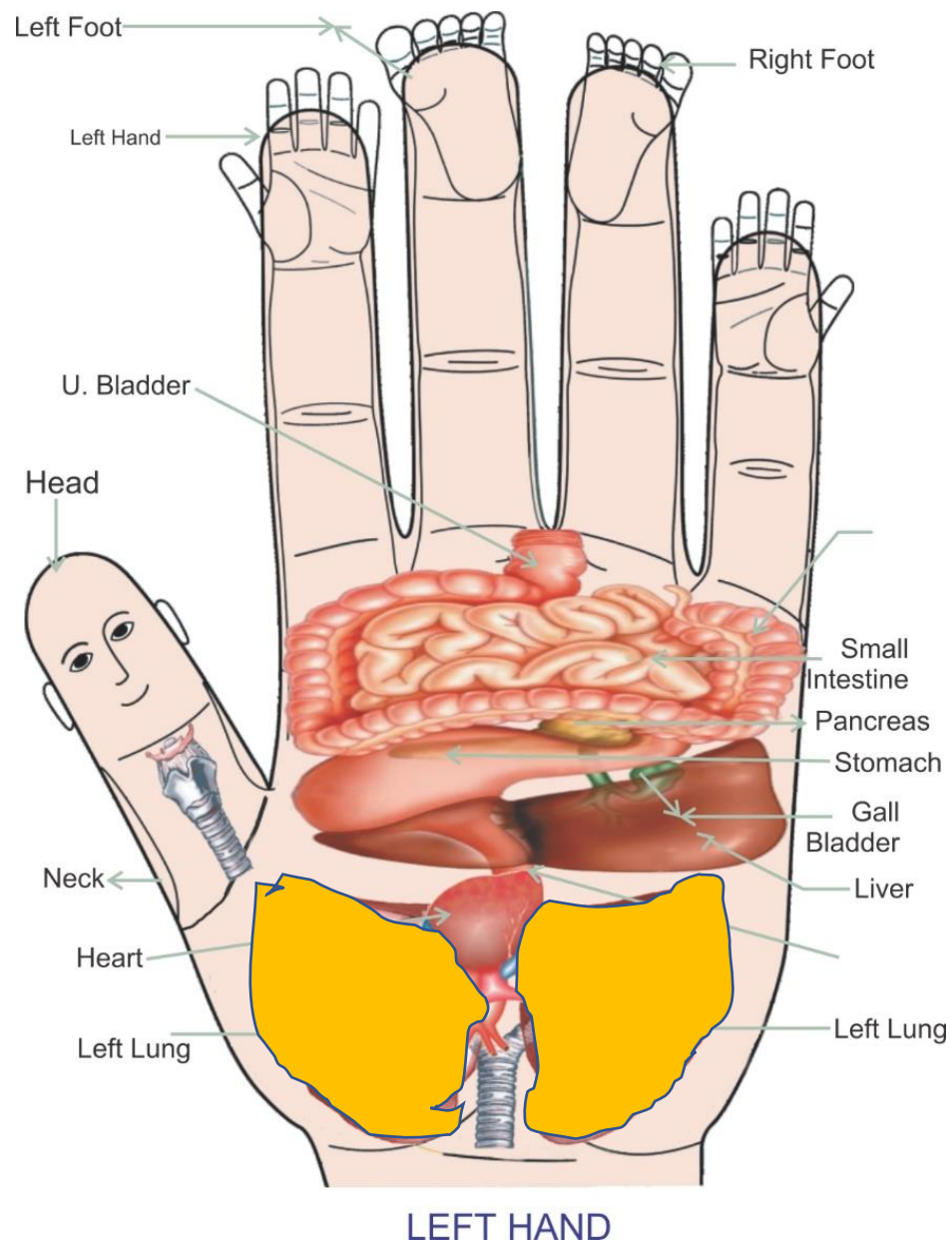
**Treatment: Black color on face corr.+methi as shown in image**





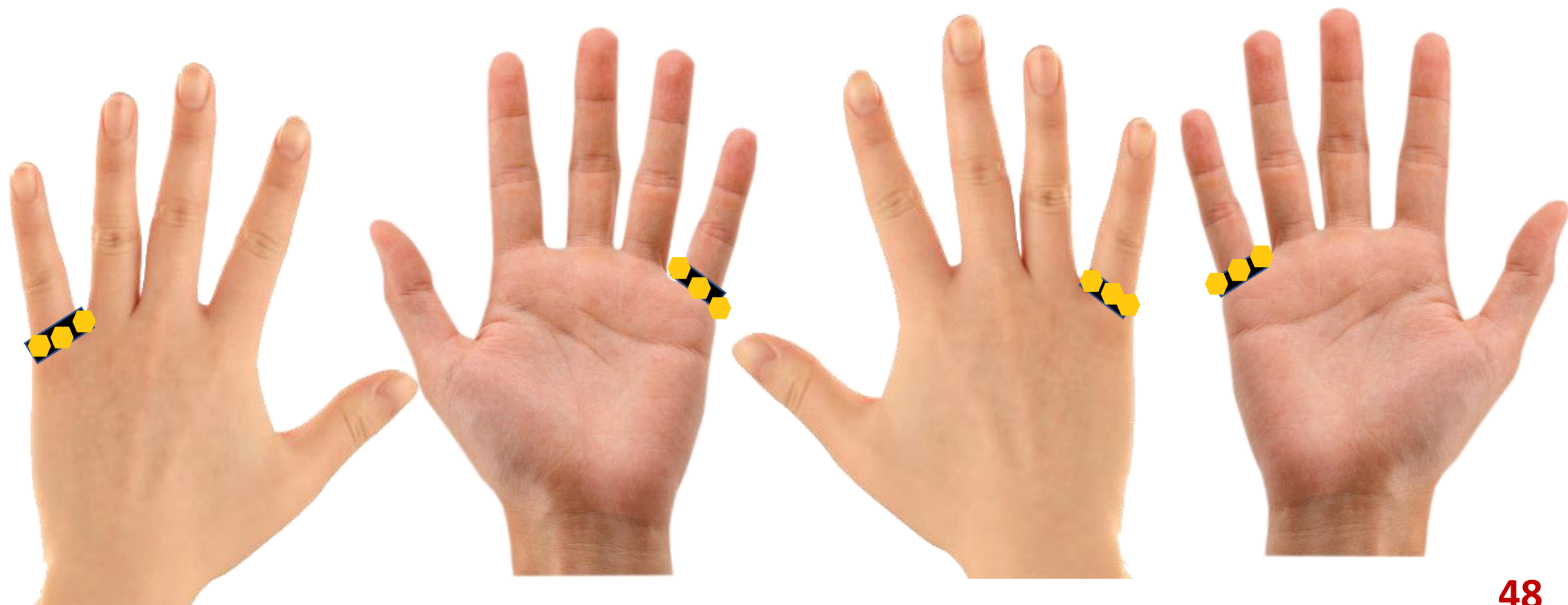
# ASTHMA

- Episodic or chronic symptoms of wheezing, dyspnea, or cough.
- Symptoms frequently worse at night or in the early morning.
- Prolonged expiration and diffuse wheezes on physical examination.
- Limitation of airflow on pulmonary function testing or positive bronchoprovocation c



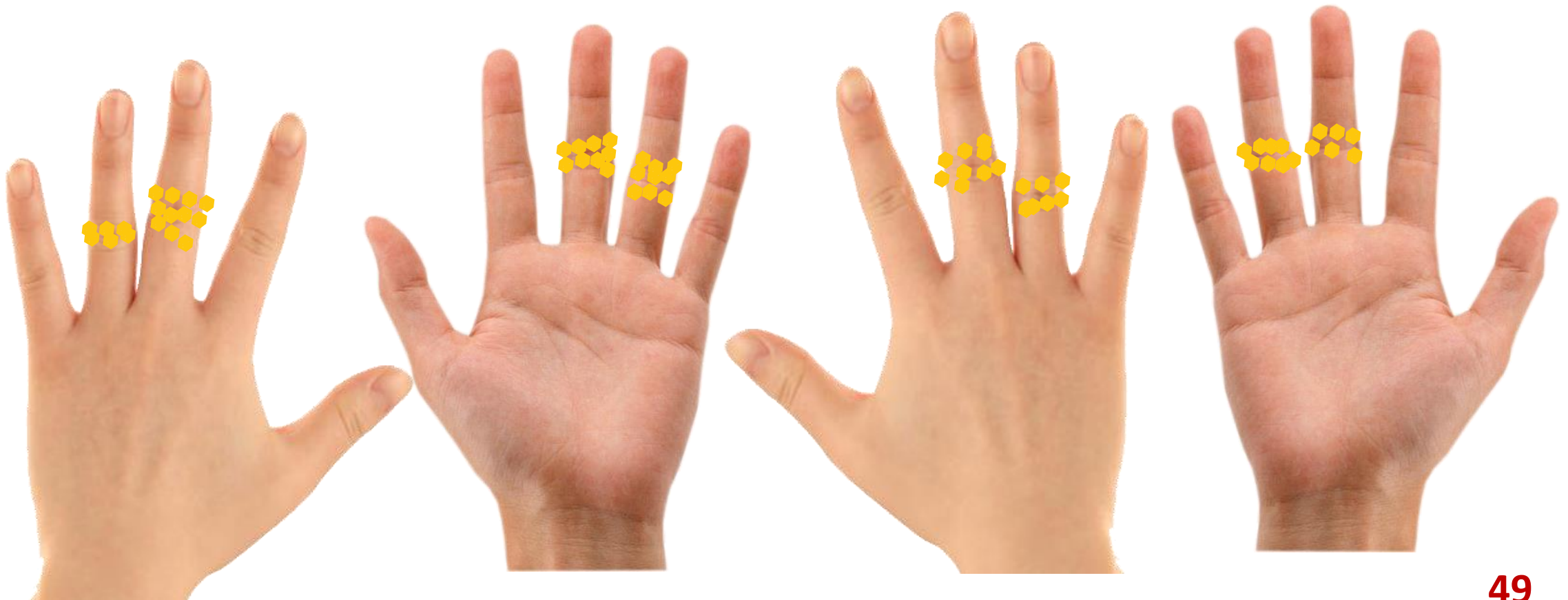
**Treatment: Pressure on lung corr.**

**Both SF K jts- Black color+methi**



# Knee Pain

- Both MF and RF P Jts- methi strip



# Difficulty in knee flexion and extension

- Both MF V & P Jts- Methi strip





# All types Blood disorders

- Both RF all Jts- Black color+methi



# **Both SF all joints- methi strip (Treat for following disorders)**

- Neck pain
- Neck Sprain
- Cervical spondylosis
- Cervical Spondylitis
- Loss of cervical lordosis
- Edema in hands
- Numbness in arms
- Numbness in fingers
- Tingling in arms
- Tingling in fingers
- Burning sensation in arms
- Burning sensation in fingers
- Wrist drops
- Thinning of arms (Loss of muscles)
- Pain in arms
- Cramps in hands
- Constipation



- Hyperpigmentation in arms
- Disorders of eyes
- Disorders of nose
- Disorders of throat
- Disorders of ear
- Disorders of jaw
- Disorders of teeth
- Disorders of gums
- Thyroid

- Pain in back of head
- Disorders of circulatory and respiratory symptoms
- Headache
- Migraine
- Dizziness
- Vertigo
- Feeling faint
- Sinus

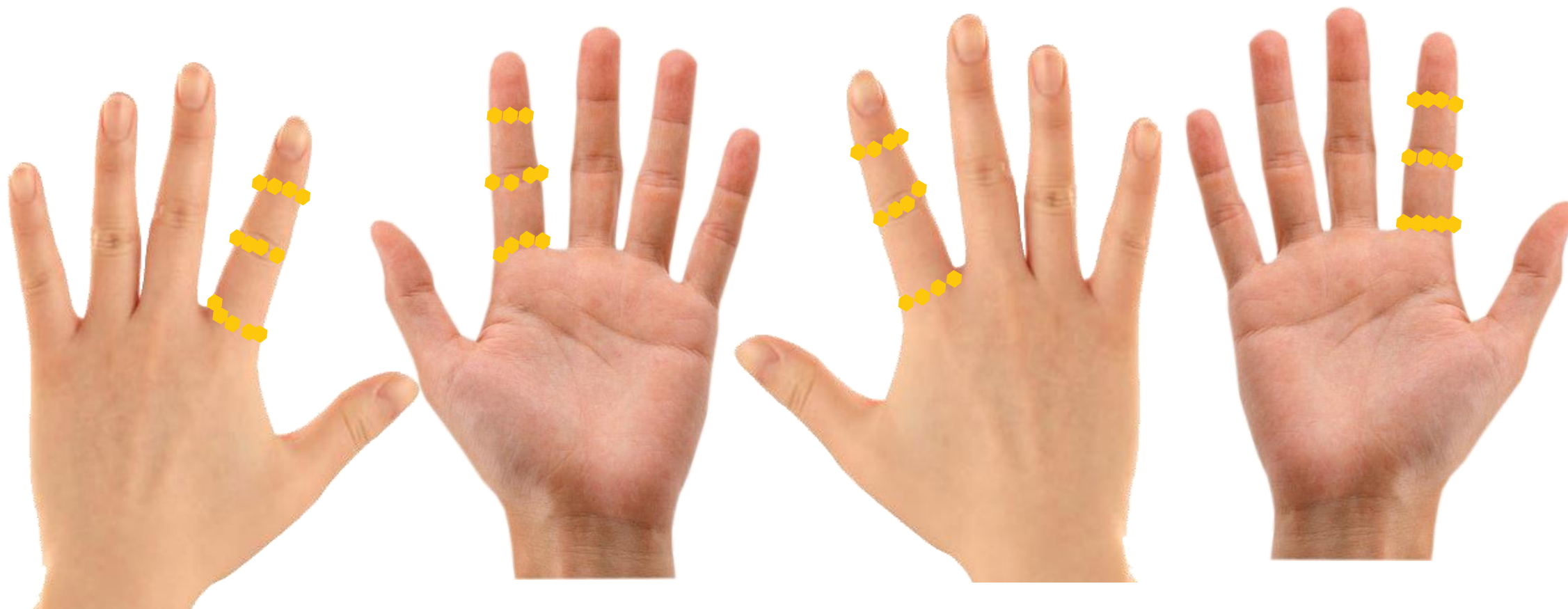
- Allergies
- Fatigue
- Vision Problems
- Stiff neck
- Heart conditions
- High blood pressure
- Asthma
- Hiccup
- Weakness in arms Diaphragm disorder

- Poor grip
- Sore throat
- Coughing
- Excess salivation
- Decreased salivation
- Torticollis
- Tachycardia
- Bradycardia
- Cervical Stenosis

- Disc herniation
- Degenerative disc diseases
- Osteophytes
- Cervical Myelopathy
- Craniovertebral junction abnormalities
- Abnormal eye movements
- Double vision
- Speech abnormalities such as voice hoarseness, slurred speech

- Problems swallowing
- Loss of coordination
- Sleep problems
- Sleep apnea
- Depression
- Anxiety
- Aggression
- Unsteady gait when walking
- Muscle spasms in the legs

- Loss of coordination in arms, hands, finger
- Loss of muscle tone in arms and/or hands
- Dropping items or loss of dexterity of hands
- Neck pain after an injury or blow to the head or neck
- Fever or headache accompanies the neck pain
- Stiff neck prevents touching chin to chest
- Progression of weakness or numbness of arms and/or legs
- Pain not improving after conservative management
- Cervical osteoarthritis



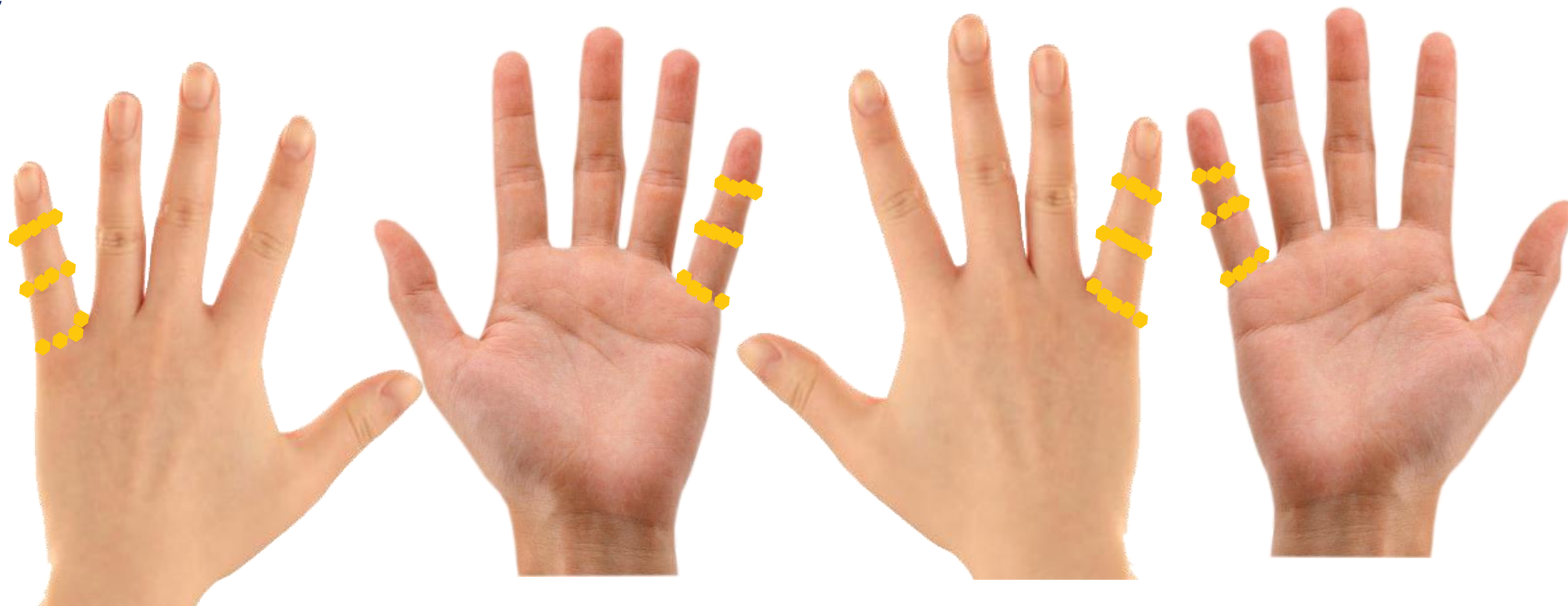
# **Both IF all joints- methi strip (Treat for following disorders)**

- Lower backache
- Lumbar sprain
- Lumbar spondylosis
- Lumbar Spondylitis
- Loss of lumbar lordosis
- Pedal edema
- Numbness in legs
- Numbness in toes
- Tingling in legs
- Tingling in toes
- Burning sensation in legs
- Burning sensation in toes
- Foot drop
- Thinning of legs (Loss of muscles)
- Sciatica
- Cramps in calf muscles
- Constipation
- Hyperpigmentation in legs



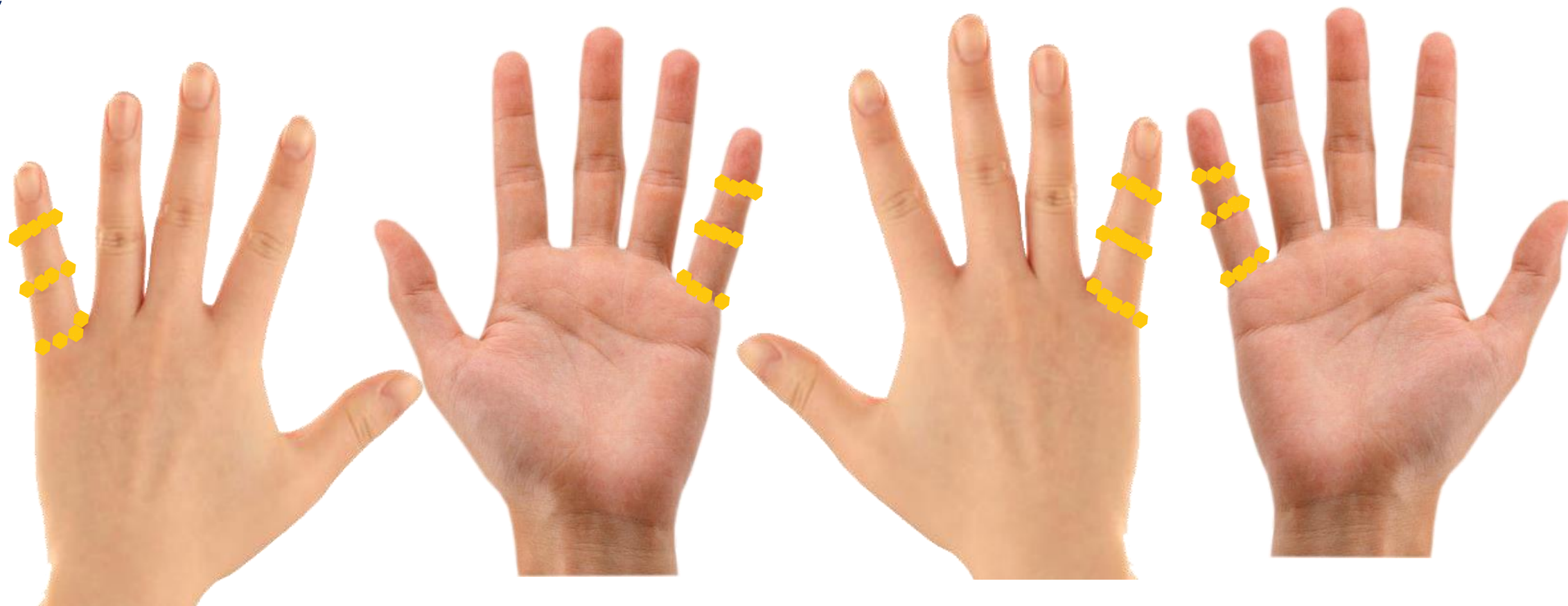
- Disorders of groin region
- Bladder disorders
- Intestinal disorders
- Groin Problems
- Erectile dysfunction
- Gonadal disorders
- Menstrual disorders
- Disorders of metabolism
- Disorders of excretory system

- Diarrhoea
- Irritable bowel syndrome
- Weakness in legs
- Lumbar osteoarthritis
- Disc herniation
- Osteophytes
- Disc dehydration
- Lumbar stenosis
- Disc degeneration



# **Both MF all joints- methi strip (Treat for following disorders)**

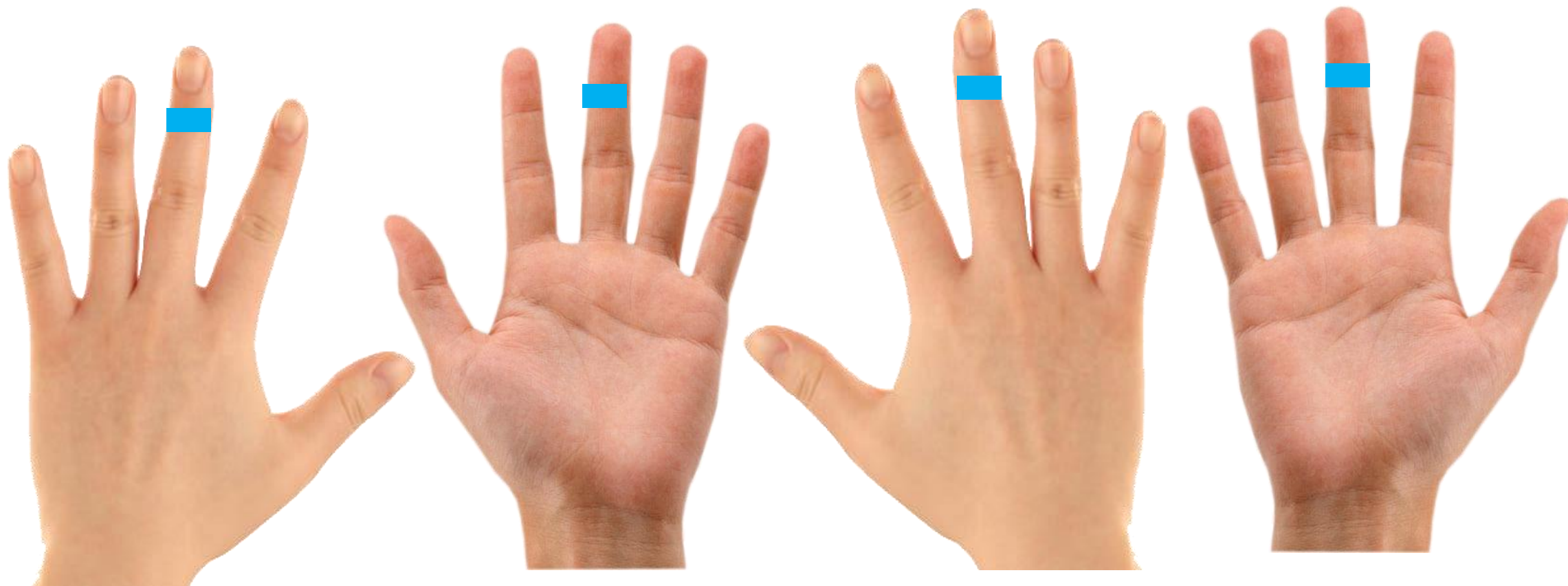
- Disorders of chest
- Disorders of lungs
- Disorders of heart
- Disorders of trachea
- Disorders of oesophagus
- Disorders of liver
- Disorders of gall bladder
- Disorders of spleen
- Disorders of pancreas



# Prevention and treatment of cold in winters

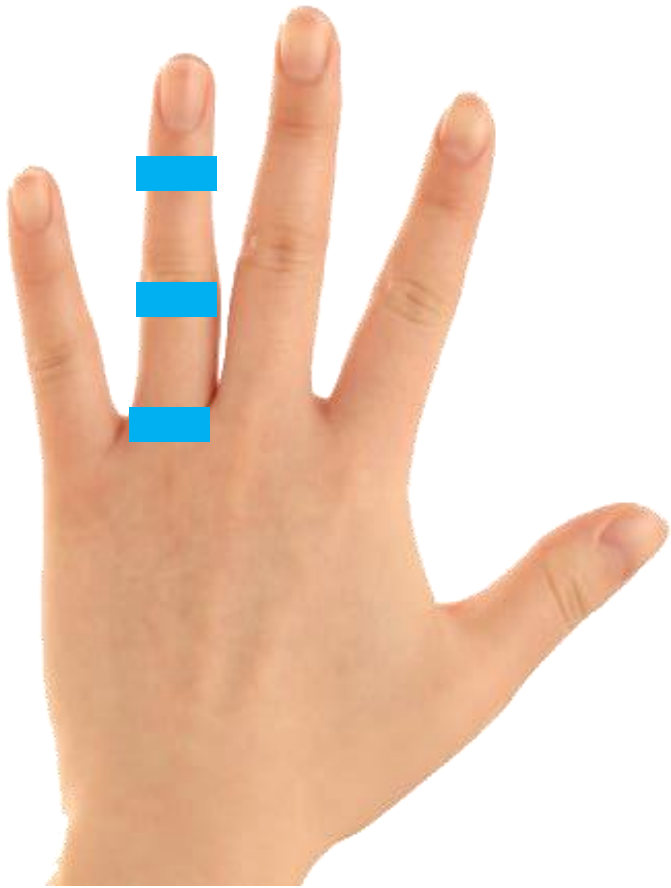
- I. Both MF V Jts- UB meridian is cold meridian and covers spinal cord and sciatica
- II. F.No. 6 – all Jts- Light blue colour
- III. F.No. 6 – all Jts- Light blue colour  
Lt MF V Jts- Light blue color
- IV. Both RF V Jts- GB meridian is heat meridian

# I. Both MF V Jts- Light blue color (UB meridian is cold meridian and covers spinal cord and sciatica)

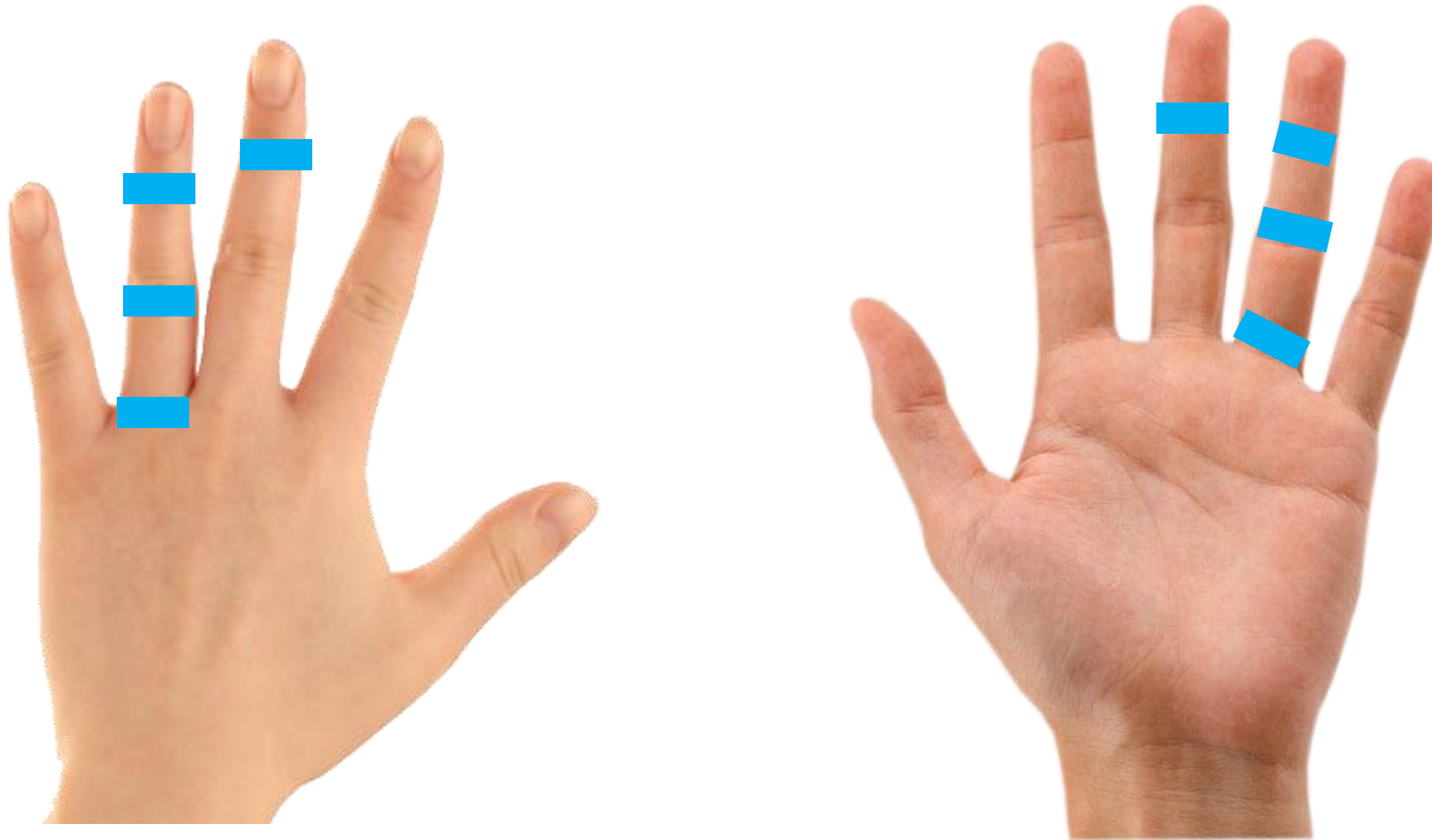




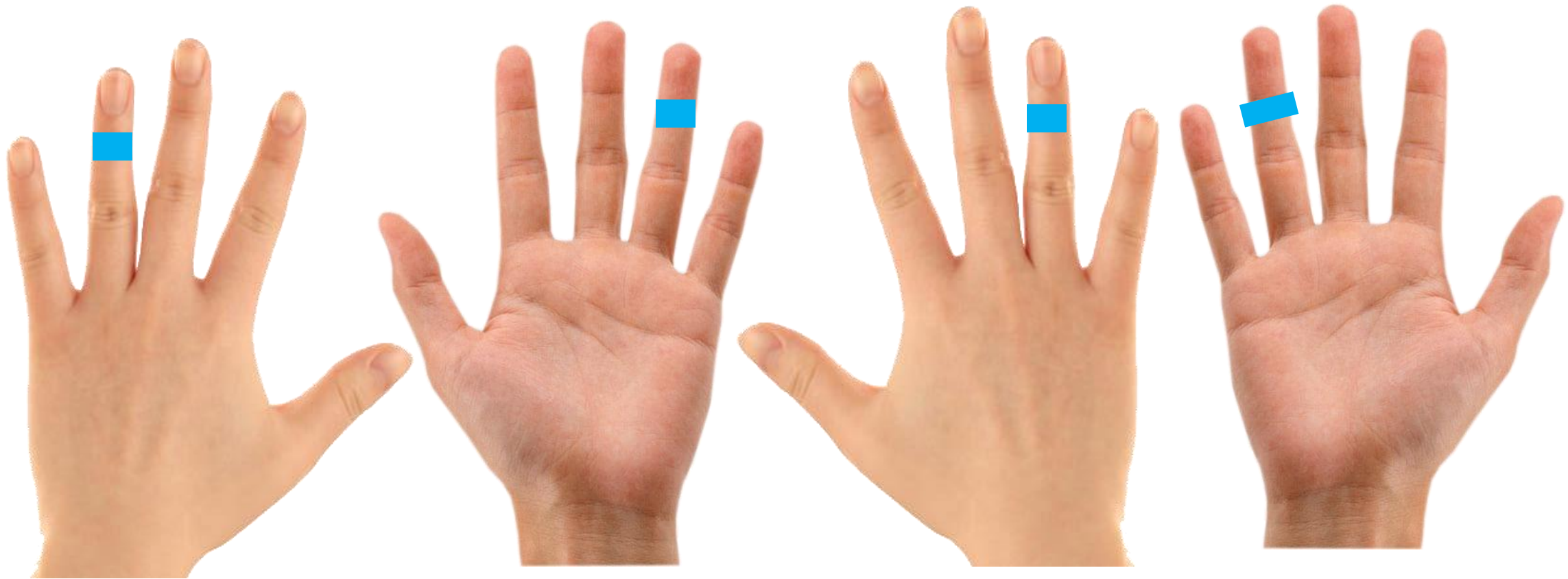
## II. F.No. 6 – all Jts- Light blue colour



# III. F.No. 6 – all Jts- Light blue color Lt MF V Jts- Light blue color



## IV. Both RF V Jts- Light blue color (GB meridian is heat meridian)



# EMERGENCY POINTS- **APPLY PRESSURE**



(a)



(b)

(Ear Lobes)



(c)

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