

Alternative Therapies for Good Health

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Abstract

According to Science, human body appeared five million years ago. It may be regarded as greatest wonder on earth. It is delicate but strong machine whose parts work in astonishing harmony with each other even upto hundred years. The basic fact is:

"This Human Body is Capable of Curing Any Disease By Itself".

The main therapies discussed are as follows.

Foot Reflexology

Here we will see how using soles of both our feet, one can effectively treat (even cure) some of very common diseases, some of which find no cure even in present Medical Science

Water Therapy

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proved its value. For old and serious diseases as well as illnesses, the water treatment had been found effective by a Japanese medical society.

14-Channel Therapy

- There are 14 Channels (or Meridians) in body viz Lu-LI-St-Sp, H-SI-UB-K, P-TW-GB-Liv, CV-GV.
- Each Channel is a group of points in line of direction of the Channel. These points, when stimulated, treat the ailments correspondingly.
- Here not going into details of these channels, we simply look at some useful & frequently needed points on these Channels.

SU JOK Treatment

- This is "youngest" yet one of most effective method of all. This therapy was developed by Prof. Park Jae Woo, a Korean Doctor and acupressure practitioner. In 1985, he brought this method to the notice of the World and is Founder of this treatment method.
- Su Jok in Korean means 'Hand And Foot'. There are various correspondence systems in each of hand, finger, foot, toe of the body. Treatment may be given on any one of the above systems.

Key Words & Phrases

- 1) FOOT REFLEXOLOGY
- 2) ELECTROMAGNETIC WAVES
- 3) STIMULATION OF CORRESPONDING AREA/PART IN THE BODY.
- 4) WATER THERAPY
- 5) MERIDIANS (OR CHANNELS)
- 6) SU JOK TREATMENT

Introduction

According to Science, human body appeared five million years ago. It may be regarded as greatest wonder on earth. It is delicate but strong machine whose parts work in astonishing harmony with each other even upto hundred years.

"This Human Body is Capable of Curing any Disease by Itself".

Variorum, Multi- Disciplinary e-Research Journal
Vol.-02, Issue-III, February 2012

The human body “replicates” itself in many parts of body itself (for e.g. foot soles, palms, fingers, thumbs, toes, ears, face & so on).

Foot Reflexology

- Here we will see how using soles of both our feet, one can effectively treat (even cure) some of very common diseases, some of which find no cure even in present Medical Science. The basic principle of FR (in fact, acupressure) is as follows.
- The entire body is represented on both foot soles, put together. In case of an ailment, the area corresponding to that part of body has accumulation of lactic acid under the skin and it becomes painful due to this accumulation. This is due to improper, unbalanced secretion by the glands in the affected part of the body, which are spread throughout the body and secrete chemicals to keep the body healthy.
- This affected corresponding part of the body, when ‘stimulated’ (in form of pressure by finger, thumb or using some external device), sends message to brain (using electromagnetic waves). Having received these signals, the brain takes “corrective measures” and sends “corrective signals” to that ailing part of body and corrects the disease. Once the disease is corrected, the pain from corresponding part of body vanishes.
- There is, of course, certain precautions to be taken, both by the therapist and the patient. For instance, the patient should not be empty stomach and should wait for two hours after the meals; in case of females, the treatment should not be given during periods; the patient must be relaxed and should have inclination towards taking this treatment.
- As pointed out earlier, the key to this treatment is having secretion in every part of the body proper, it is of utmost importance to keep some main glands of the body properly functioning viz endocrine system. Those main glands are Pineal, Pituitary, Thyroid, Para-Thyroid, Supra-Renal (or adrenal), Sex Glands.
- In case of children or old persons of age more than sixty years, Thymas gland also needs to be stimulated.

Water Therapy

It is popular in Japan today to drink water immediately after waking up every morning. Furthermore, scientific tests have proven its value. For old and serious diseases as well as illnesses, the water treatment had been found effective by a Japanese medical society for the following diseases:

- Headache, body ache, heart system, arthritis, fast heart beat, epilepsy, excess fatness, bronchitis, asthma, TB, meningitis, kidney and urine diseases, vomiting, gastritis, diarrhea, piles, diabetes, constipation, all eye diseases, womb, cancer and menstrual disorders, ENT diseases.
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- Those who are old or sick and are unable to drink 4 glasses of water initially may begin by taking little less water and gradually increase it to 4 glasses per day.

Variorum, Multi- Disciplinary e-Research Journal
Vol.-02, Issue-III, February 2012

- Those with problem of edema or any kind of renal problem, swelling must be very careful and should practice water therapy under expert supervision only.
- The above method of treatment will cure diseases of the sick and one can enjoy a healthy life.
- The following list gives the number of days of treatment required to cure/control/reduce main diseases:
 1. High Blood Pressure (30 days)
 2. Gastric (10 days)
 3. Diabetes (30 days)
 4. Constipation (10 days)
 5. Cancer (180 days)
 6. TB (90 days)
 7. Arthritis patients should follow the above treatment only for 3 days in the 1st week, and from 2nd week onwards – daily.

This treatment method has no side effects, however at the commencement of treatment you may have to urinate a few times.

Channel Therapy

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- Each Channel is a group of points in line of direction of the Channel. These points, when stimulated, treat the ailments correspondingly.
- Here not going into details of these channels, we simply look at some useful & frequently needed points on these Channels.
- For Headache: LI-10.
- For controlling excitement, nervousness, anger & tranquilizing point : H-7.
- For Asthma, breathlessness: Lu-8. (Very effective)
- For High B.P. : Liv-3 (Caution: Dangerous Point)

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Variorum, Multi- Disciplinary e-Research Journal
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- Here the stimulation is to be done by using a small pen like device, called jimmy or probe. The basic principle is just the same, as explained in case of FR.
- Note 1: On the corresponding points, the suitable seed of grain may be attached and this gives wonderful results. This is called **Seed Therapy**. There is only little study of this done till now.
- Note 2: The points as in Su JOk Therapy are used for acupuncture using needles. This acupuncture needs expertise and it is not practiced very extensively in our country. Moreover, this therapy has risk of infection also, due to infected needle.

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