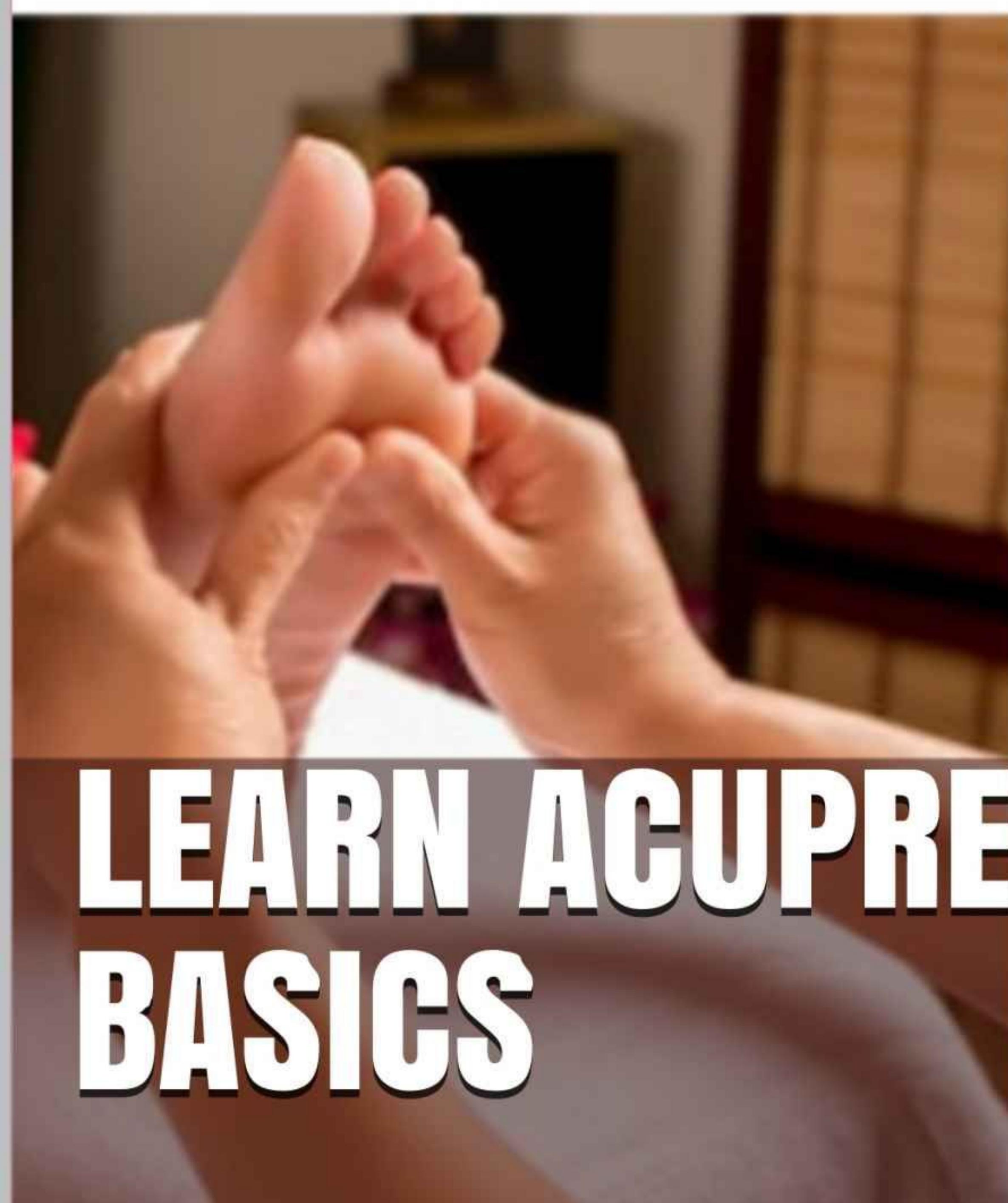


**DR. AZHAR CBM**



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# **5 Simple Acupressure points for Anxiety and Stress.**

## **1. Wrists**



Take three fingers of one hand and measure from the end of your palm on the other hand. The point where your third finger ends falls right in the middle of your wrist which is our acupressure point. Hold this point with average pressure applied for about 2 minutes and repeat for both wrists. This point relieves nausea, anxiety, palpitations, and wrist pain.

## **2. Ears**



Ears are known only to help you hear but the different kind of functions it takes up are not popular. The easiest to practice, the ears don't particularly have any acupressure point but these nerves connect to your brain and calm you down all over instantly. Use your thumb and index finger to massage the back of the ear, front and rub the lobes slowly to ease all tension and nervousness.

### **3. Space between the toes**



This acupressure point can be found two finger spaces from the joint of your big toe and second toe. Press this point with good amount of pressure for 2-3 minutes and repeat on both feet. This point is known for the rushing of energy point and will instantly soothe your senses incase there are any blocks in the flow of energy in your body making you calm and less nervous.

#### **4. Back of your foot**



This point at the back of your foot is an important point to relax your body and bring about a calming effect. Sit down cross legged and create a line from the space between the second and third toe. Draw this imaginary line until you've covered about 3 finger spaces to find the acupressure point. Press this point for two minutes with a proper amount of pressure to get the best results and also repeat by changing the foot.

## **5. The first lung meridians**



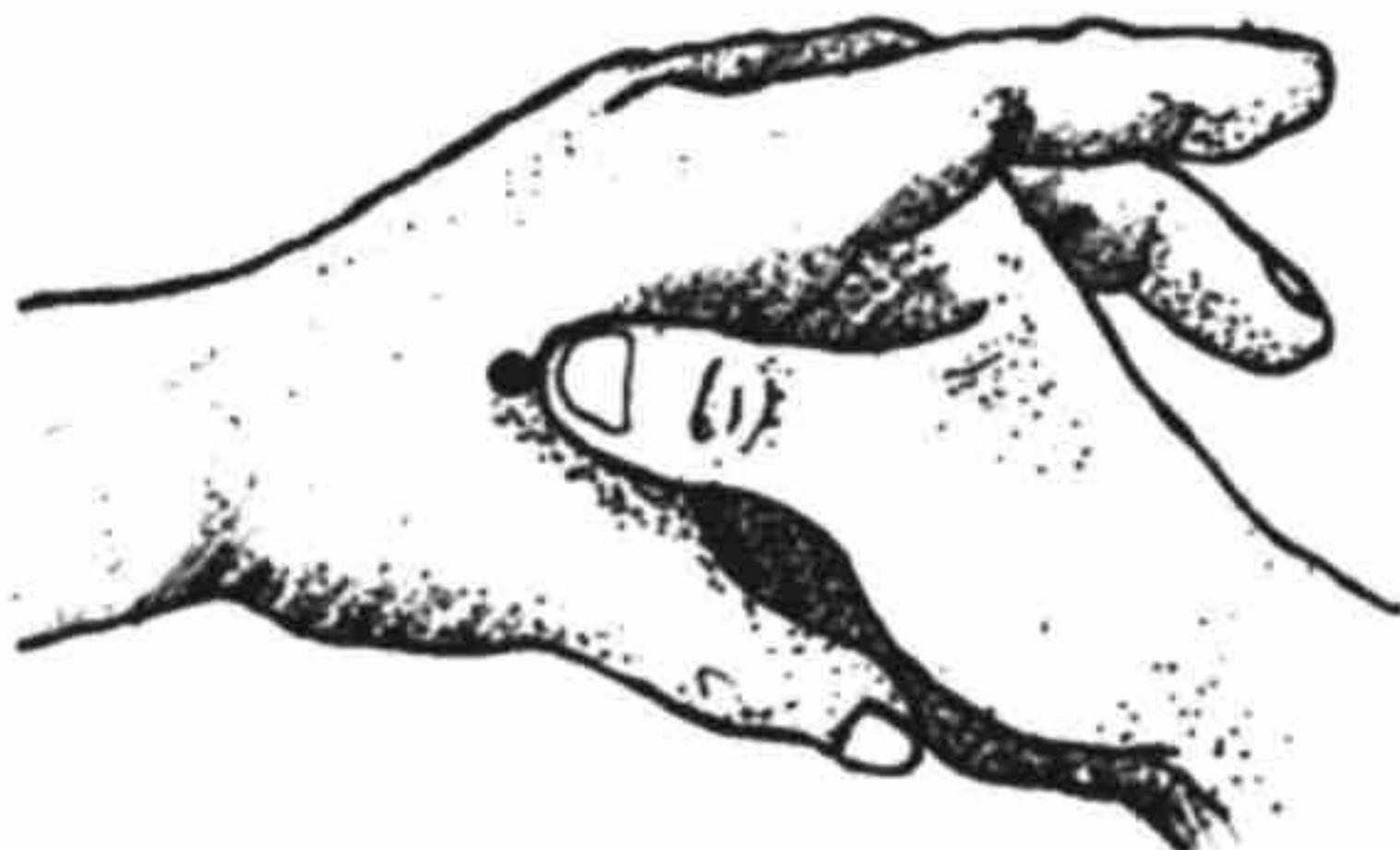
**There are two points that fall on the shoulder muscles i.e from the base of your neck till the shoulders reach the arms. This point is easily reached by taking four finger spaces from the collar bone (downside). Apply pressure on both the points simultaneously for 2 minutes and it will relieve your nervous tension as well as any stiffness in the neck.**

You can beat anxiety when you bring about inner harmony and confidence thereby losing fear of all, reducing stress and taking things smoothly without any kind of mental pressure. Practicing these acupressure points regularly and whenever you need them will eventually help you cope with nervousness, stress and anxiety. The key to this therapy is proper amount of pressure on the right points and breathing properly while doing these exercises.

## **5 Simple Acupressure Points for Diabetes**

So here's a list of the most important acupressure points for diabetes

### **1. Palm**



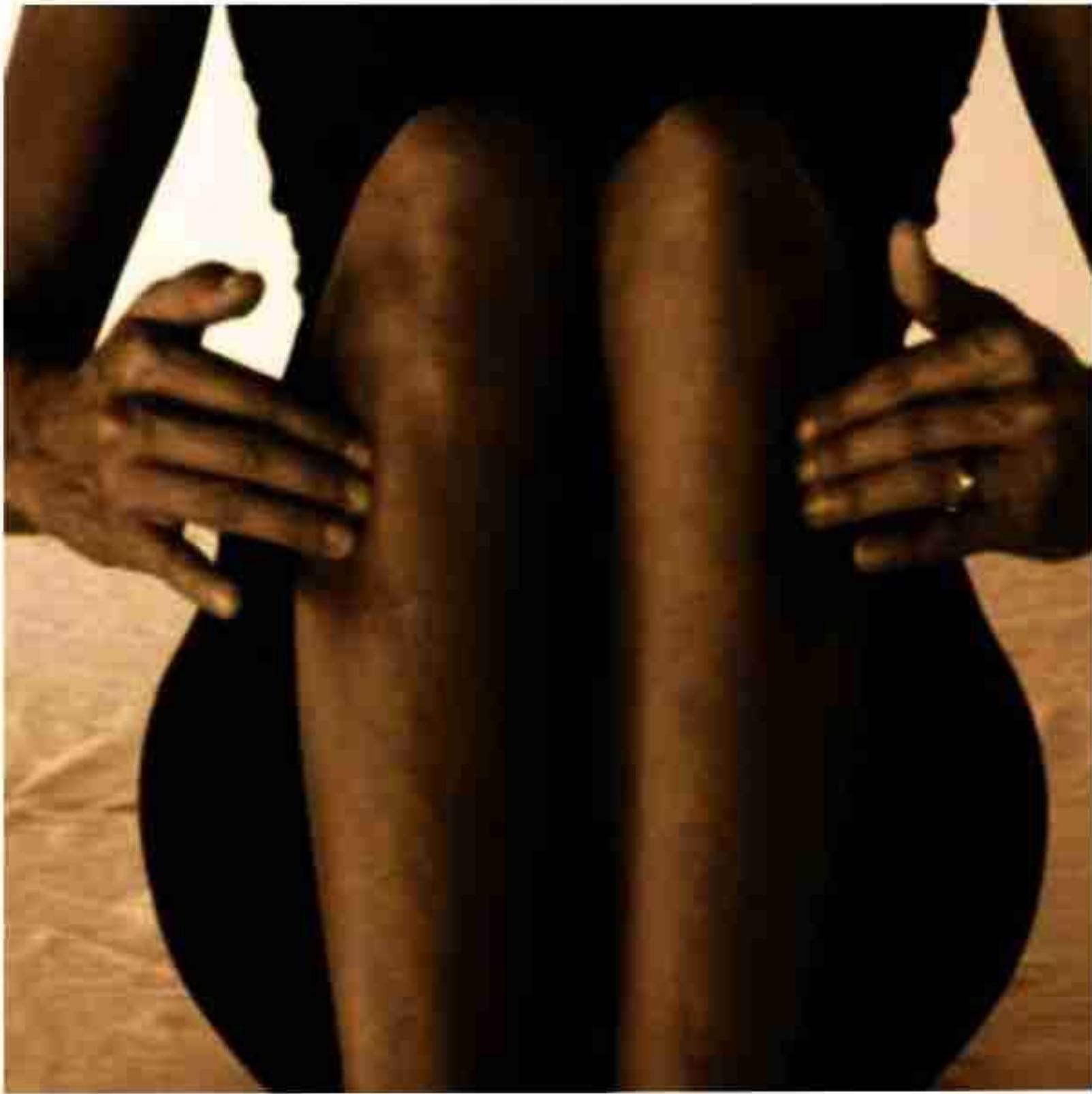
This acupressure point is a very important one that is said to help controlling not only diabetes but also reduce headache and other ailments. The fleshy part of your palm that falls between your index finger and the thumb is where this acupressure point lies. Hold this point with the index finger and thumb of another hand for as long as 5 minutes and repeat on the other hand. This point controls heat in the body and also relieves problems of the large intestine.

## **2. Wrist-Hand**



This acupressure point basically lies near the wrist. The side of the wrist where the little finger of your hand lies i.e the right side of your wrist on your left hand and the left side of your wrist on your right hand is where this point lies. Very closely connected to the heart, this point helps in controlling stress from the heart. Massage this point everyday for 5 minutes to have a stress free heart which will control your diabetes automatically.

### **3. Knees**



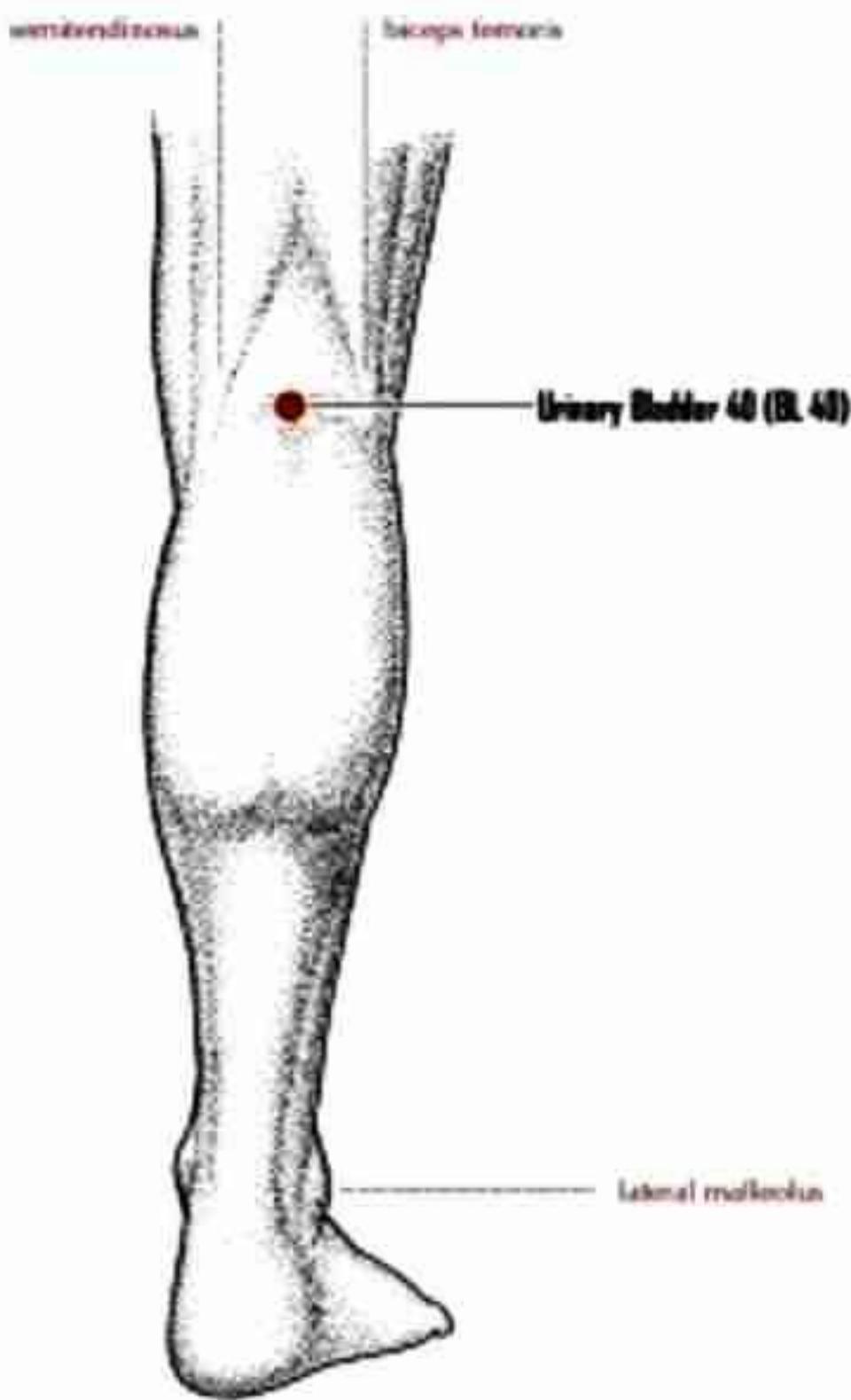
Knees are very closely connected to the digestive system as a whole. Diabetes can be controlled to a large extent if the digestive system work properly. Massage both your knees with your fingers in clockwise and anticlockwise direction for 5 minutes everyday to help your body cut down on stomach and digestion problems.

#### 4. Feet



There are specific points on the feet that control problems like hypertension while treat diabetes as well as insomnia. This acupressure point lies on the front side of your foot, a little before your largest toe and the second toe. There is a joining point of both toes-measure 2 cms below that point and this acupressure point must be massaged for three to five minutes everyday to get your diabetes in control. Repeat on both feet.

## 5. Near the calf of your leg

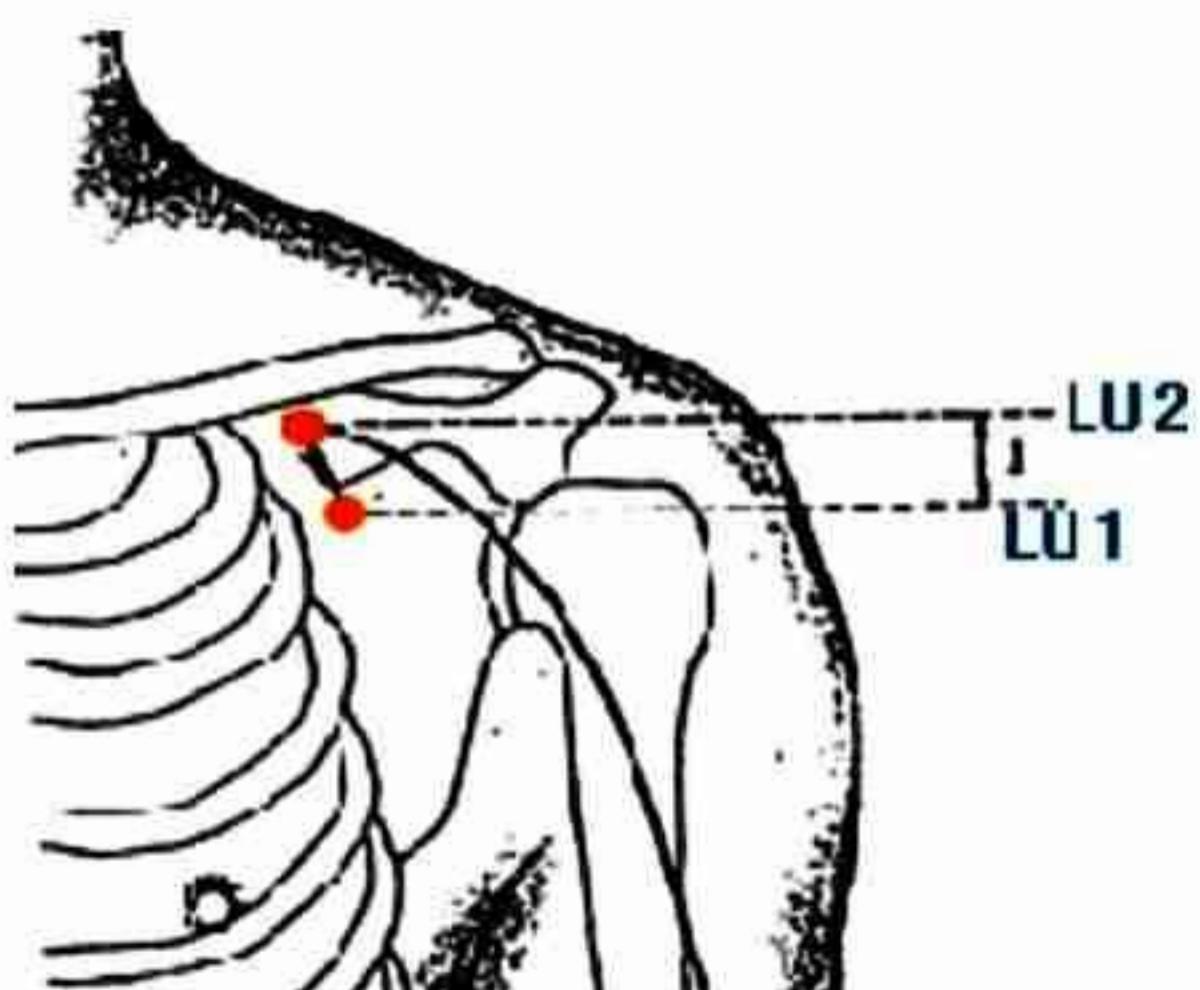


This point is basically a little below the back part of your knee and above the calf of your leg. This acupressure point is connected to the urinary bladder which helps clearing impurities in the body. Problems regarding excess urination and others are common with diabetic people and applying pressure on this point for about three to five minutes shall help reducing such problems.

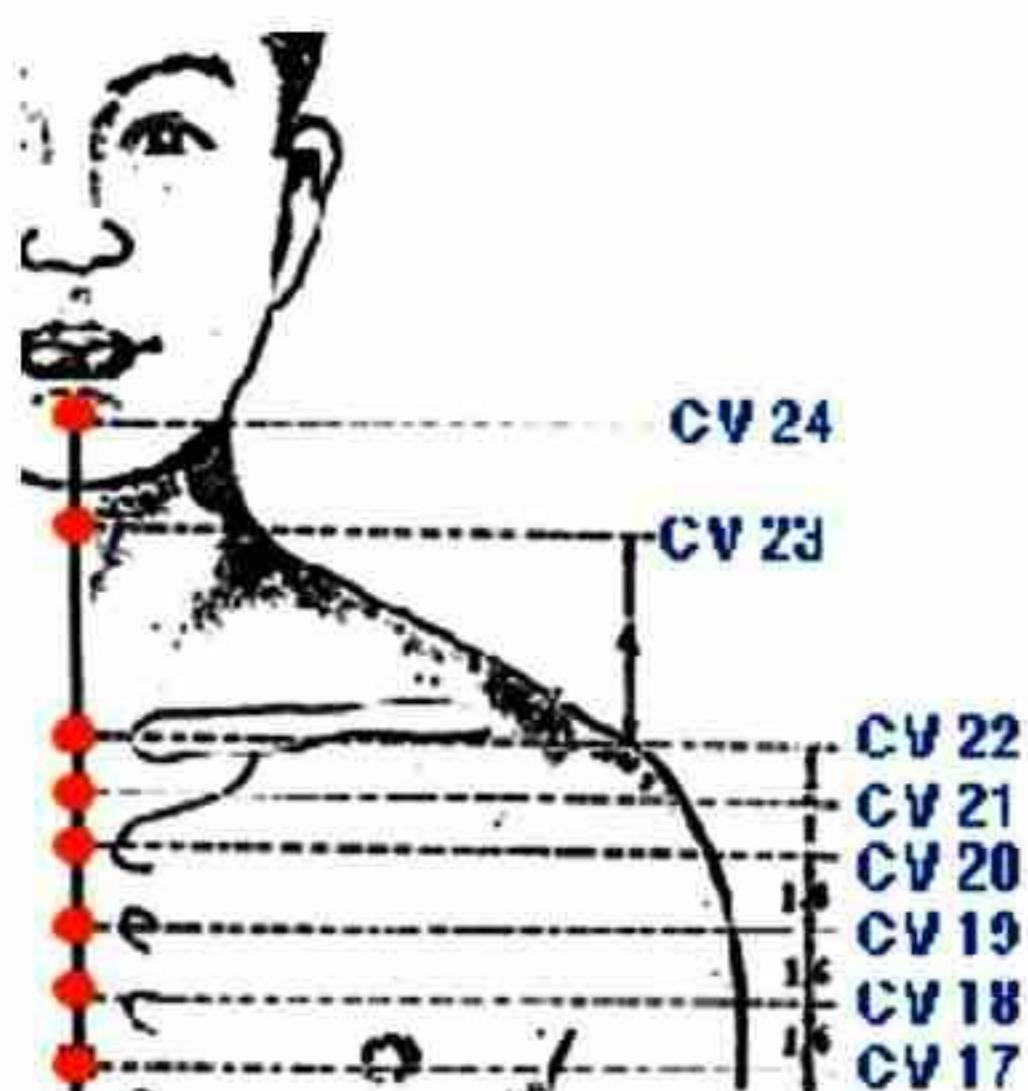
# Most Popular Acupressure Points

## Chest and Abdomen Points

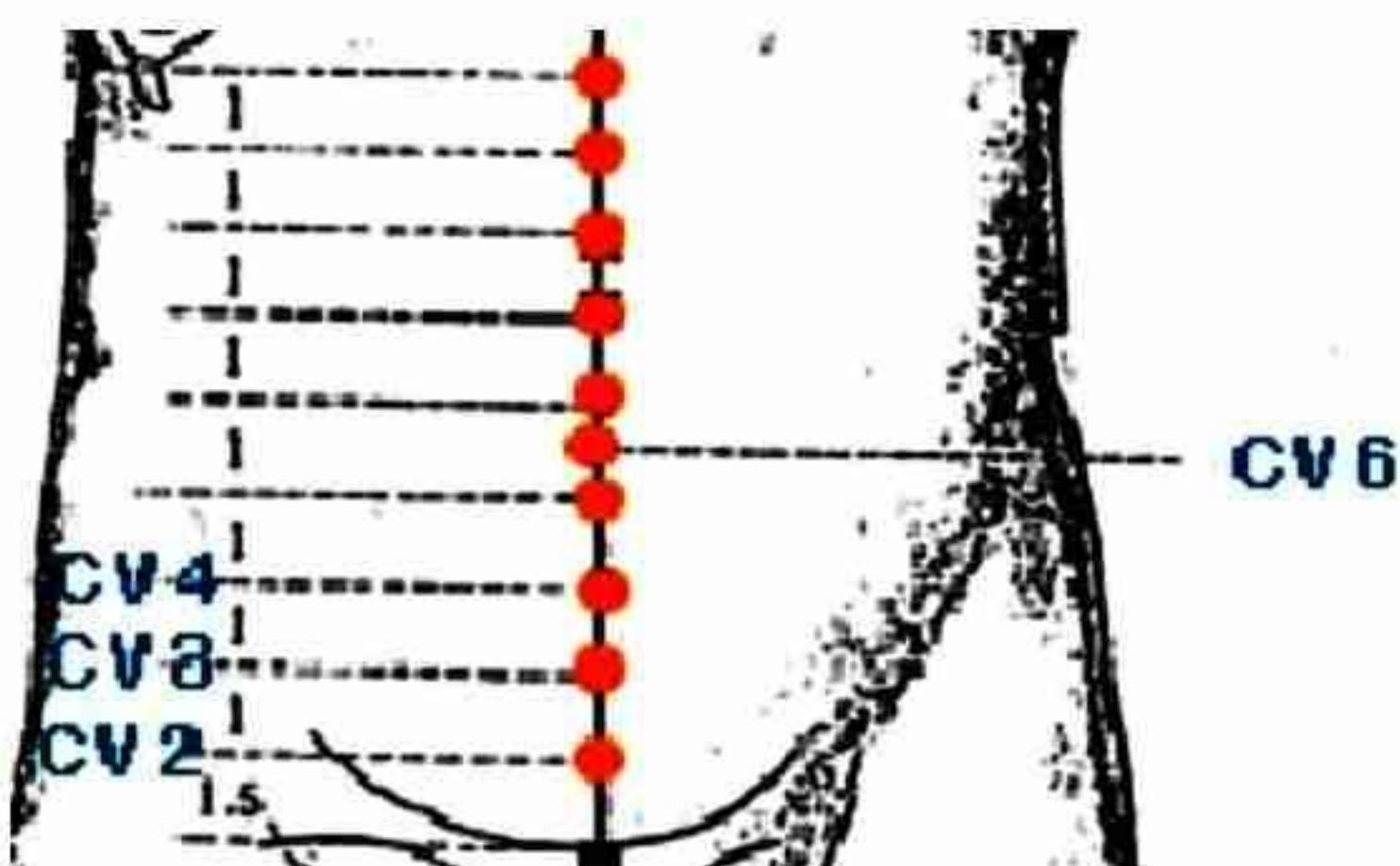
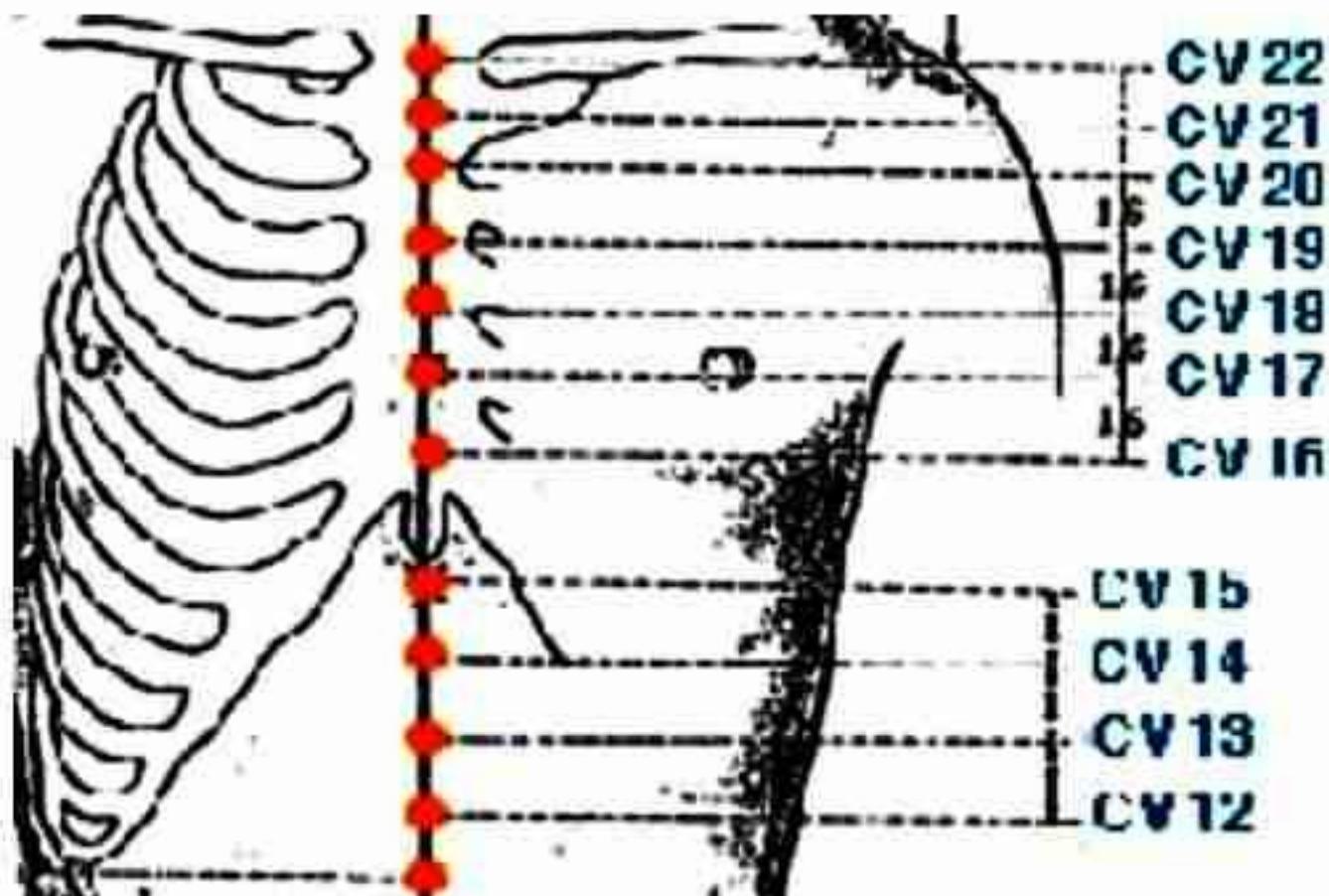
Chest and abdomen points are helpful for a range of conditions including fatigue, breathing problems, digestive issues, anxiety and other emotional issues.



The picture above is a pressure point of the chest and abdomen located on the lung meridian. This pressure point is used to treat coughing, wheezing, asthma, and shoulder and chest tension.



This pressure point is located on point CV 17 at the picture below. It is along the sternum midway between your nipples. Acupressure on this point is treated for anxiety, cough, asthma, reflux, and chest tension.



Acupressure point CV 12 is located in the middle of the abdomen and is used to treat heartburn, diarrhea, and poor digestion. CV6 shown in the picture to the right is found generally an inch below the belly button. Acupressure is necessary on this point when one experiences bloating, edema, weakness, and low energy. Looking on the conception vessel meridian CV2 can be found 2 inches above the pubic bone. This acupoint is used for general fatigue, low energy, weakness, and diarrhea.

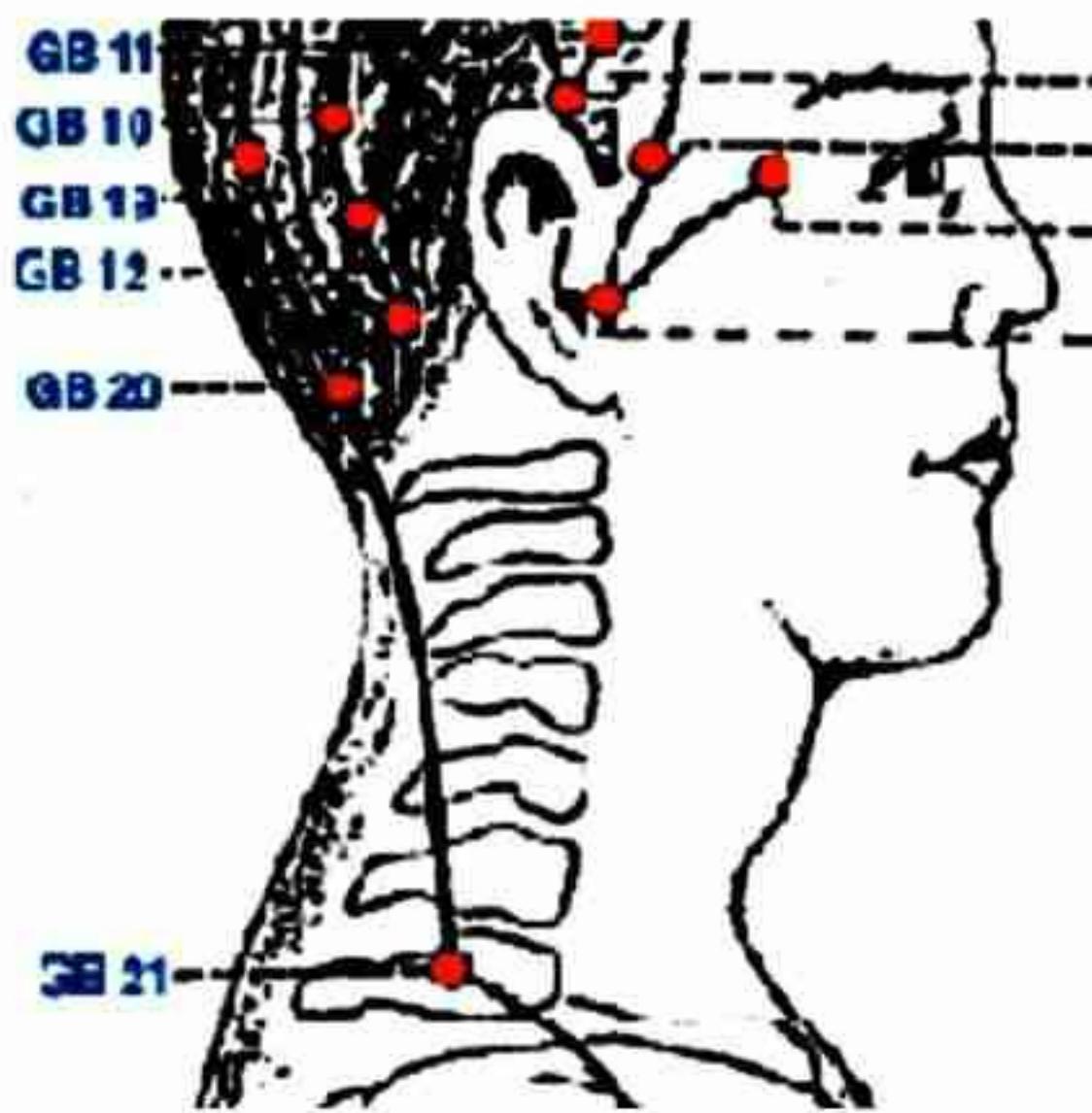
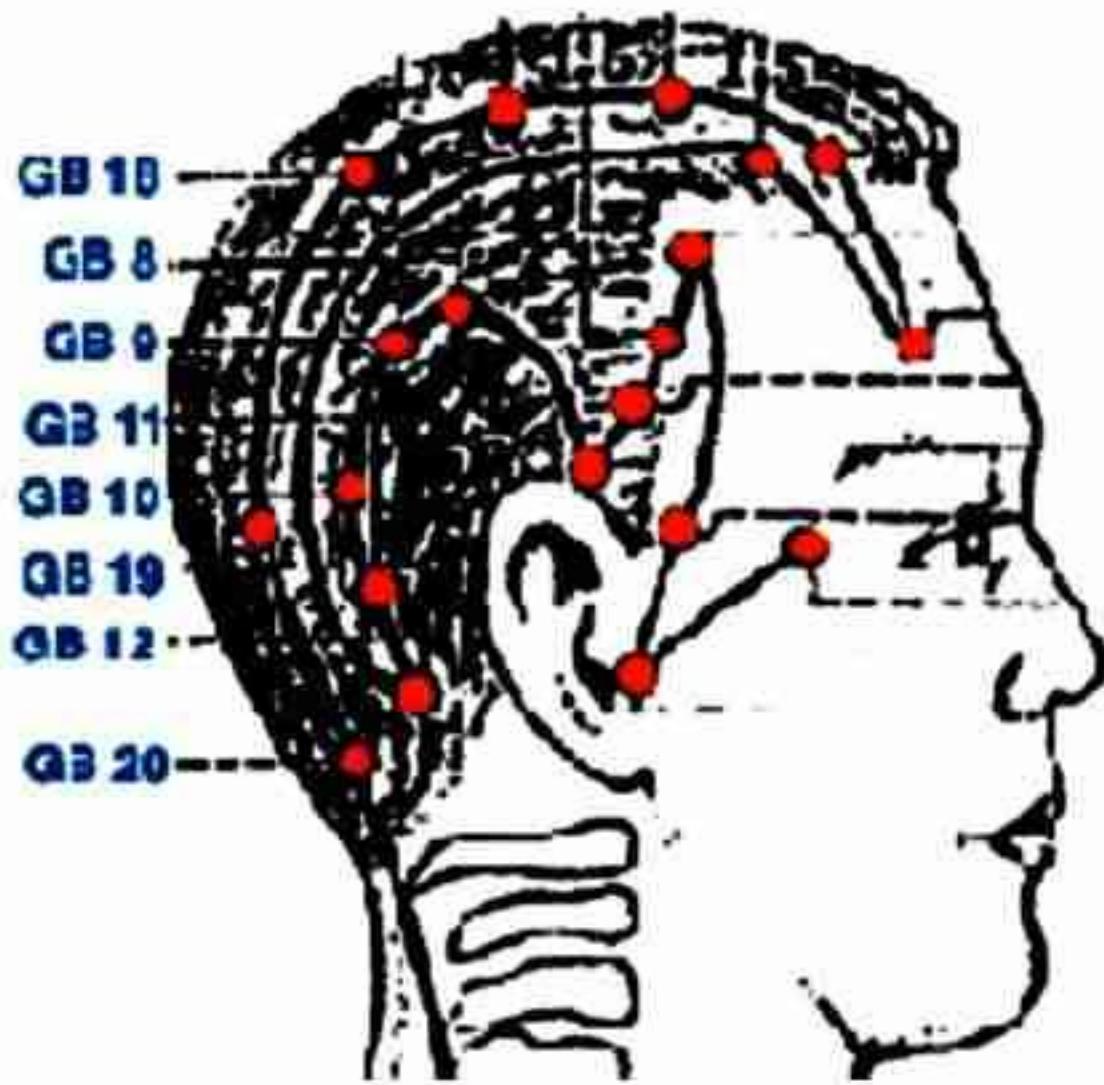
## Head, Scalp, and Shoulder points



Below we will discuss the common acupressure points located on the head, scalp, and shoulder points. Head and scalp points are important in getting rid of headaches, dizziness, insomnia, or excessive thinking. The human brain cannot feel pain however the heads muscles, bones, and joints can so it is important to use these acupressure points to ease the pain.

Acupressure is not used to “cure” but used to “normalize” the blood circulation and Qi flowing through our body. For example at work we often forget to stretch and get awful neck cramps. Strain on the neck changes the blood circulation in the head which alters blood pressure. Acupressure is then used to normalize the circulation, not exactly as a pain killer.

This is the Governing Vessel meridian located along the hairline. Taking a look at GV 20 which can be located in between your ears on the top of your head. When applying steady pressure on these points it can benefit us by getting rid of headaches, prolapses, low energy, and dizziness.



The Gall bladder meridian has half of its acupoints on the head while the rest are scattered amongst the rest of the body.

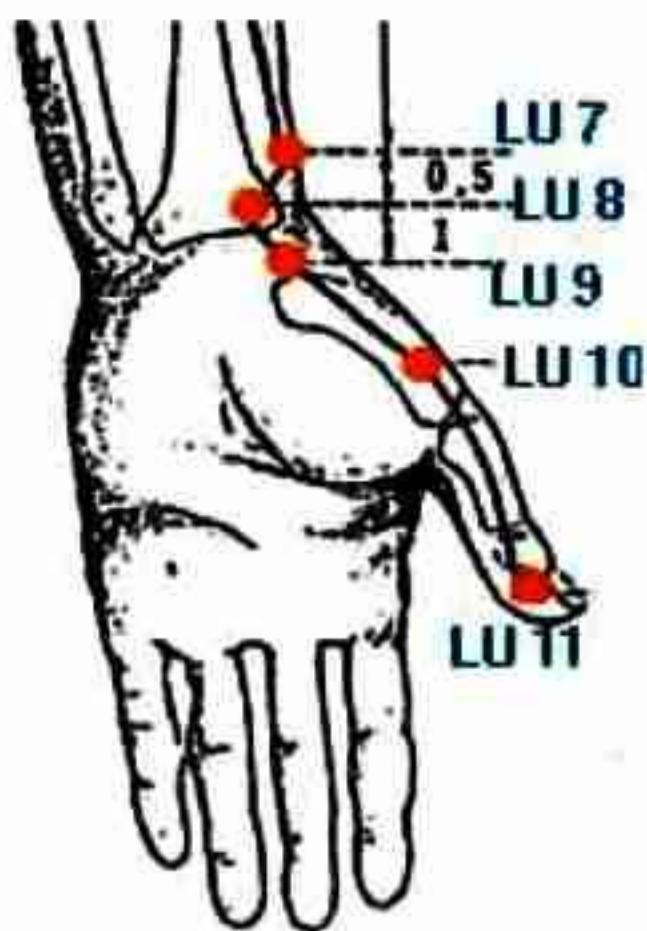
Looking at the picture above, point GB 20 can be found by following your hairline down until you hit the part where your head caves in.

This acupoint is responsible for relieving headaches, dizziness, and neck pain.

Switching gears to the figure on the right focuses on GB 21. This point can be found above your nipple to the highest point of the shoulder. Applying acupressure on this point will reduce shoulder and neck pain as well as minimizing stress levels. It is also recommended not to use acupressure on this specific point while pregnant.

## Arm and Hand Points

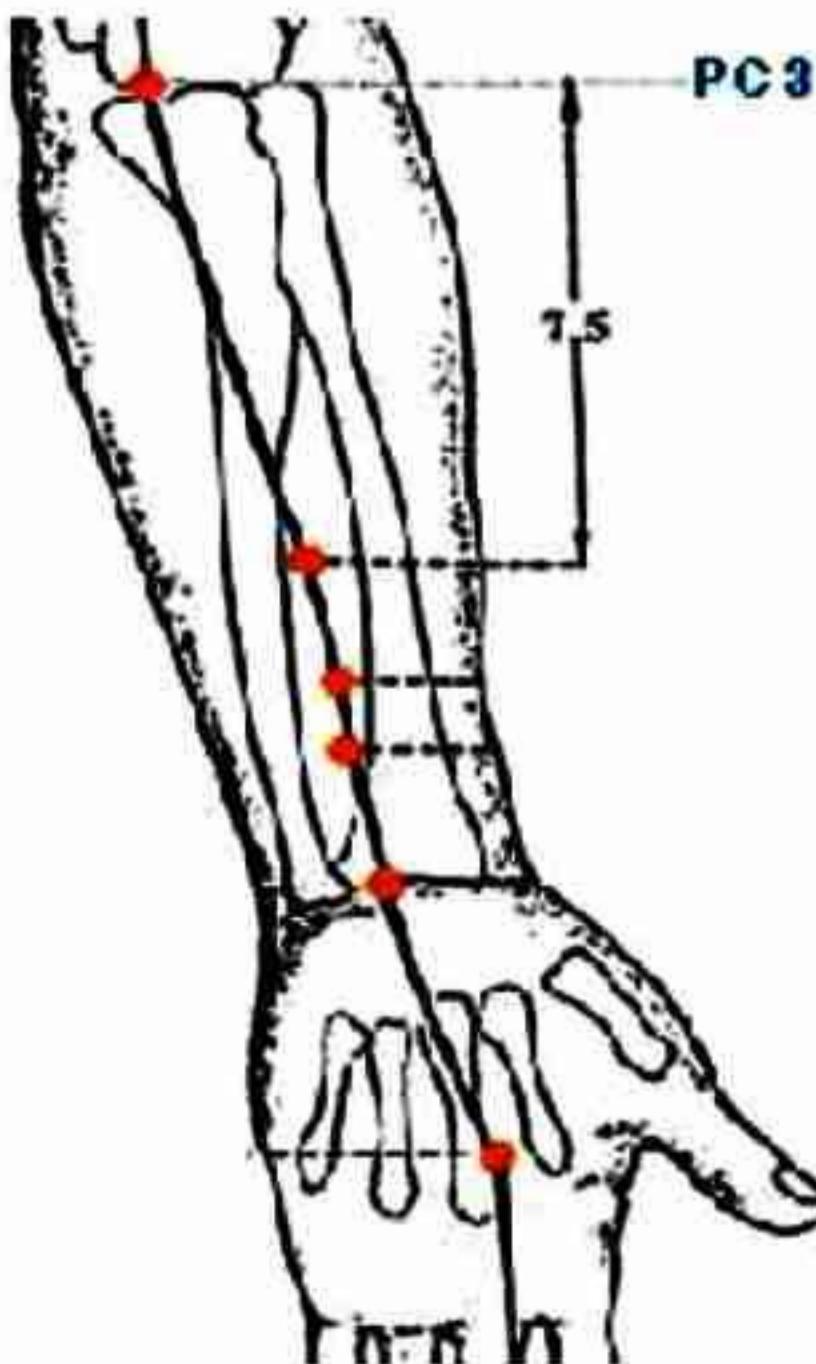
The arm and hands have many pressure points that do not correlate with the actual arm and hands. They are more focused on curing cold symptoms, respiration difficulties, anxiety, and digestive problems. In hand acupressure all points are bilateral so this means you can find these points on both the hands. Hand acupressure points become accustomed to the stimulation so it is important to rest for a few days after continuous stimulation. Below is a diagram of all the points located in our hand for treatment. Now we will start to discuss the specific points in the arm and hands.



The first two points we will discuss are on the Lung meridian and located on our wrist.

The point at LU 7 can be found when our wrist creases to our hand.

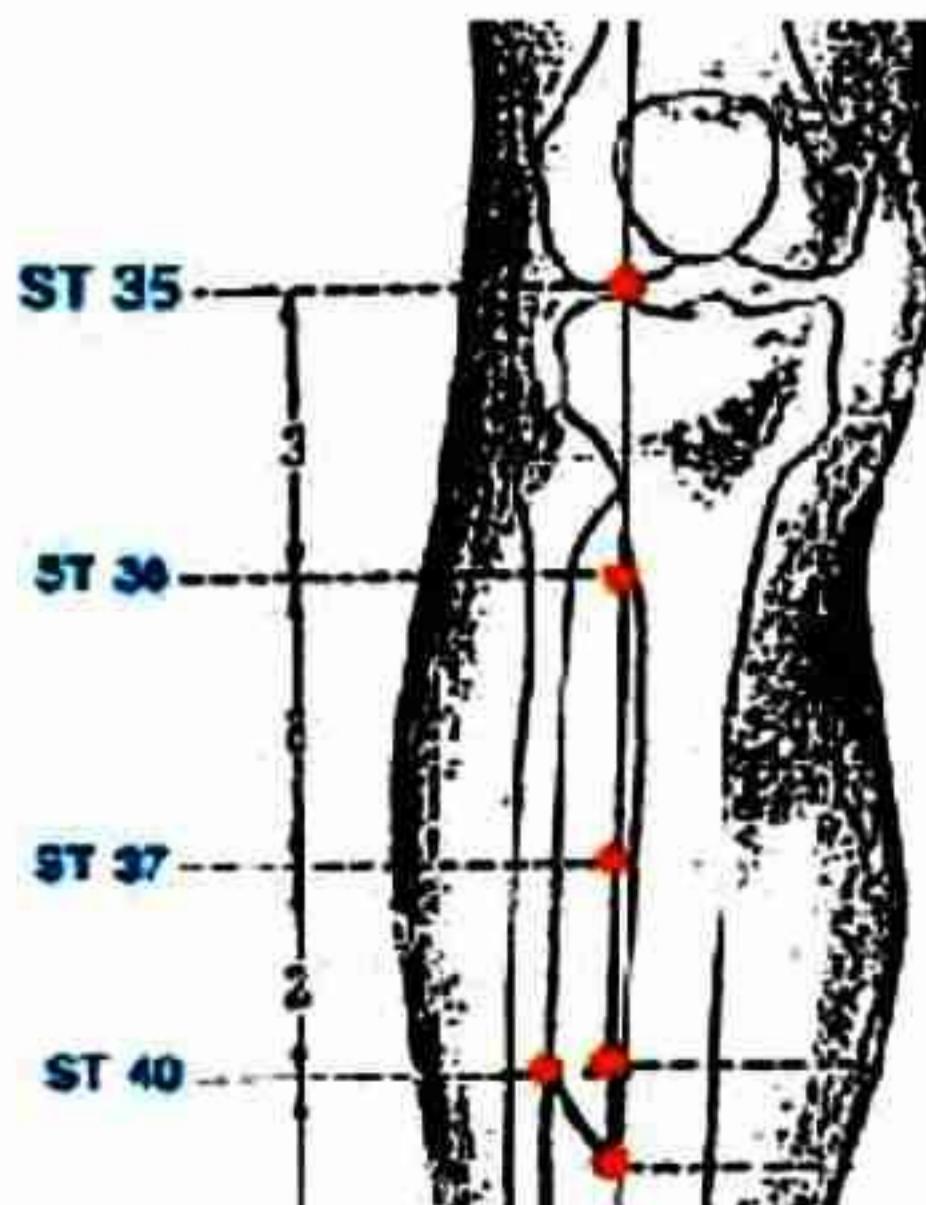
When pressing on this point it is known to relieve cold symptoms such as sneezing, chills, runny nose, and sore throat. Looking at the point at LU 9 can be found by feeling your pulse. Applying acupressure on this point can relieve cough, asthma, and shortness of breath.



Looking at the lower part of our arm onto our hand is point PC 6. This point can be found by sliding the finger from the wrist crease between the two tendons in the middle of the arm where it is most sore. This point is responsible for clearing anxiety, motion sickness, nausea, and carpal tunnel syndrome.

As the points move lower toward our palm it leaves the Pericardium meridian and onto the Heart meridian. HT 7 can be found on the wrist crease. To find this point slide your finger from your pinky till it hits the bone on your wrist. This point is accountable for helping with anxiety, insomnia, heart palpitations, and depression.

## Leg and Feet Acupressure Points

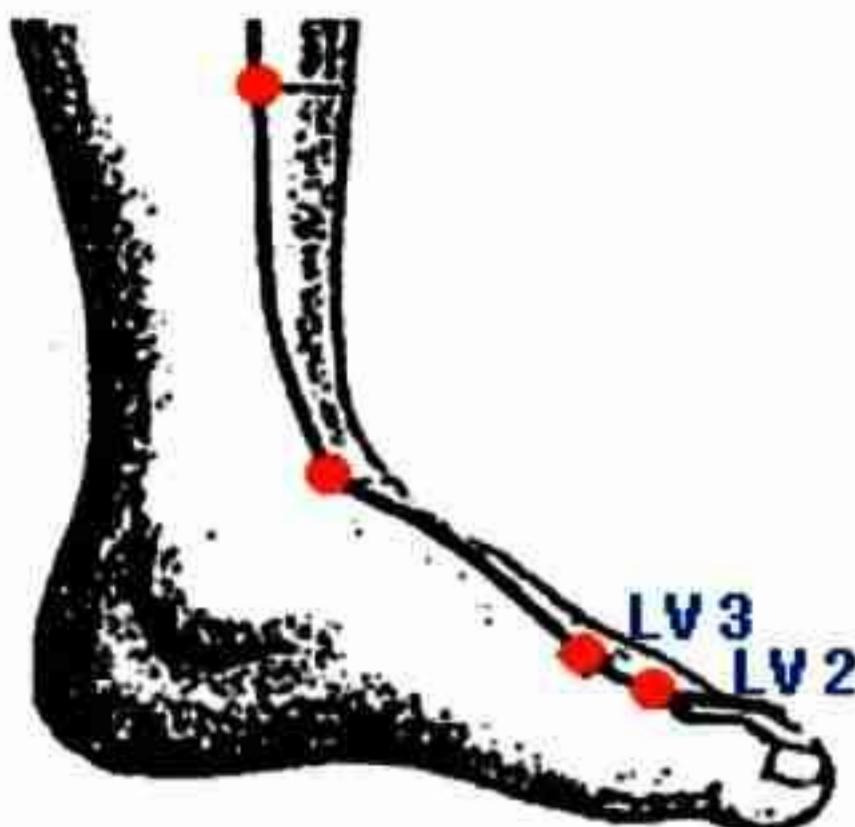


Acupressure points on the leg and feet are used for a variety of different problems throughout the body. It is important to apply acupressure on the feet to improve circulation throughout the body.

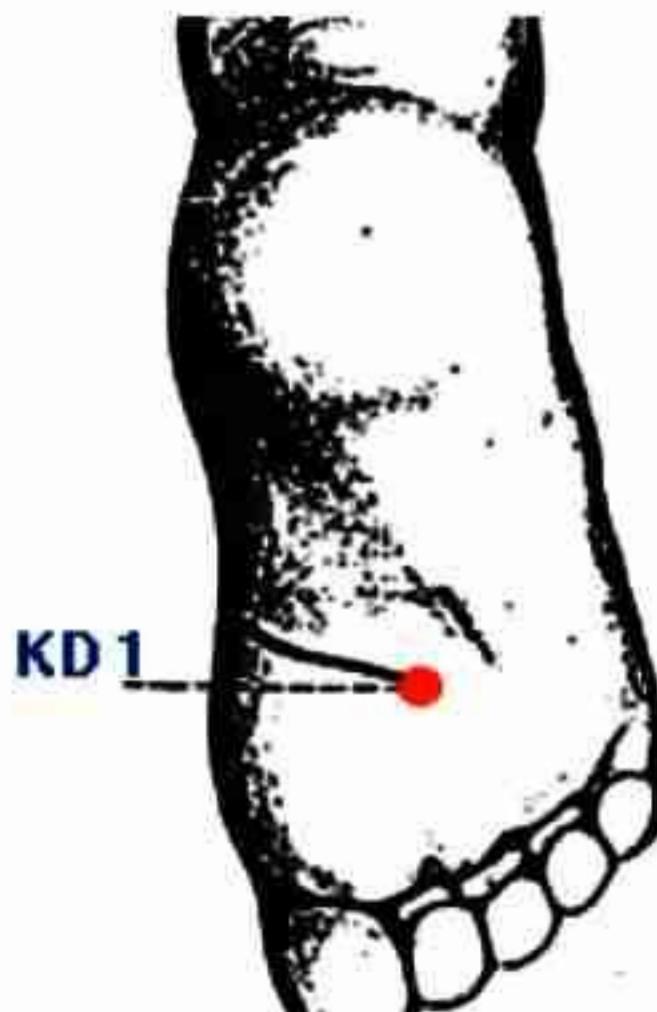
Lets take a look at point 36 which can be found under the knee cap. It is located on the stomach meridian and is accountable for relieving pains including anxiety, depression, low energy, leg pain, and low immunity.

Moving to the Spleen meridian on SP 6 is found by sliding the finger along the inside of the tibia. Applying acupressure on this point can relieve stress, insomnia, anxiety, and low energy. It is strongly important to not use this point while pregnant.





Taking a look at the leg on the right brings focus to the Liver meridian. Point LV 3 is located in the depression between your big toe and the second toe where your tendons meet. Find the point that is most sore and apply pressure. This will help with anger, irritability, stress, headaches, menstrual pain, and anxiety.



This point on the bottom of the foot is located on the Kidney meridian. This point can be found when sliding your finger from your big toe till it meets the depression on the sole of your foot. Applying acupressure here will help with poor memory, hot flashes, night sweats, insomnia, and anxiety.

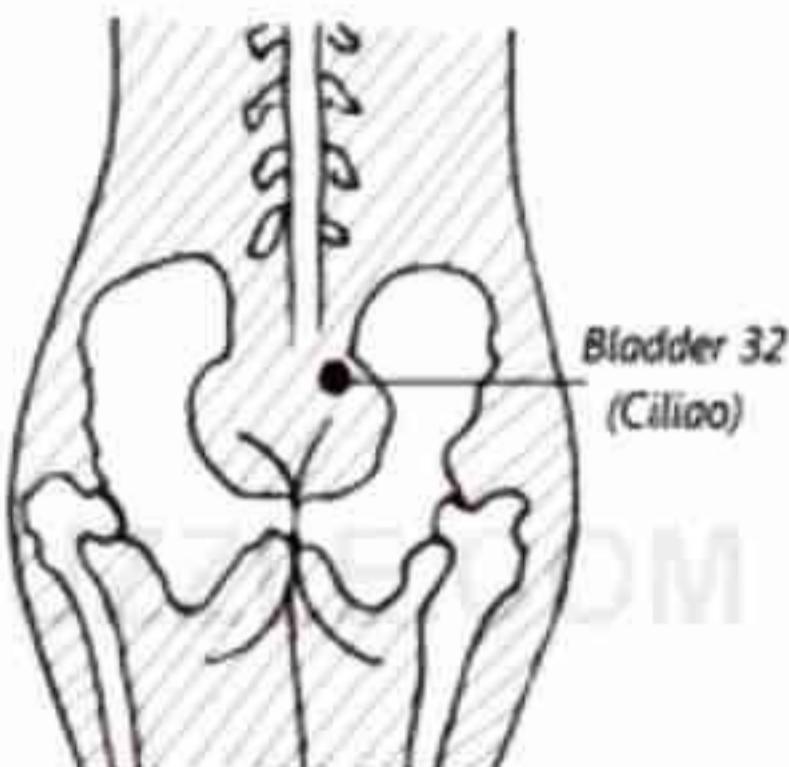
## 5 Most Effective Points

### Spleen 6 (SP 6)



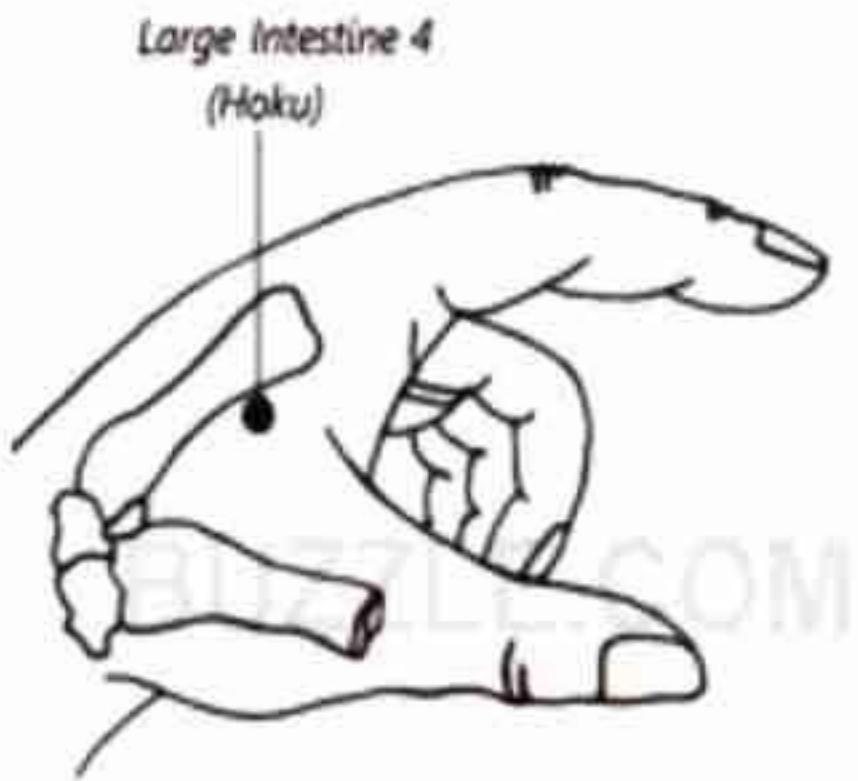
- » **Chinese Name - 'San Yin Jiao' (Three Yin Intersection or Life Support)**
- » **Position -** This is a point where three yin channels meet, i.e., kidney, spleen and liver. This point is located on the inner side of the leg, between the Achilles tendon and the ankle bone, four-fingers width upwards from the ankle bone and on the back side of the shin bone.
- » **Role -** Firmly press this point by rubbing it for several minutes, every hour. This procedure might help in expansion of the cervix and toning the contractions. It may also stimulate the baby to move downwards into the pelvis.
- » **Other Ailments -** This point is also used in treating sleep disorders, menstrual cramps, abdominal pain, gynecological issues, urinary infections, anxiety, diarrhea, digestive problems, and emotional instabilities. It nurtures the blood vessels as well.

## **Bladder 32 (UB 32)**



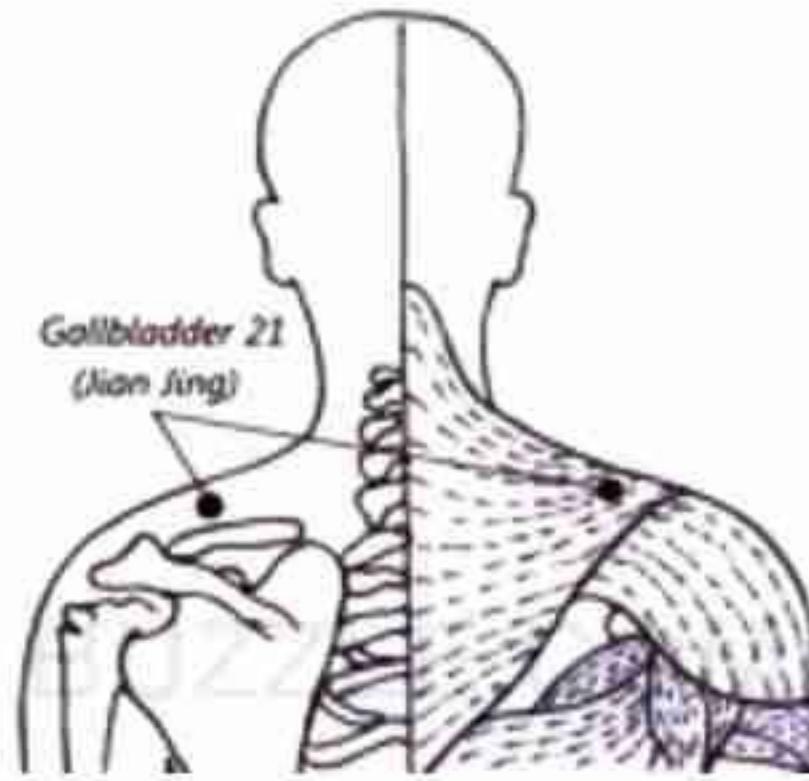
- » Chinese Name - 'Ci Liao' (Second Bone Hole)
- » Position - It is located on either sides of the body's median, in the little hole on the sacrum, behind the superior iliac spine, in the second sacral hiatus. You can feel this point as a small dimple above the top of the buttock bend.
- » Role - Using the thumb, apply firm pressure from this point vertically downward till the buttocks. Repeat this procedure for around five to six minutes. It helps in regulating the lower abdomen and the pelvic area and hence, elevates labor. This pressure point can be used in combination with bladder 31, 33, and 34 points (all located in the little holes on the sacrum).
- » Other Ailments - Stimulating this pressure point helps in curing problems related to gynecology like painful menses and leukorrhea (white mucus discharge from vagina, indicating infection), poor blood circulation, urinary tract related disorders, etc.

## **Large Intestine 4 (LI 4)**



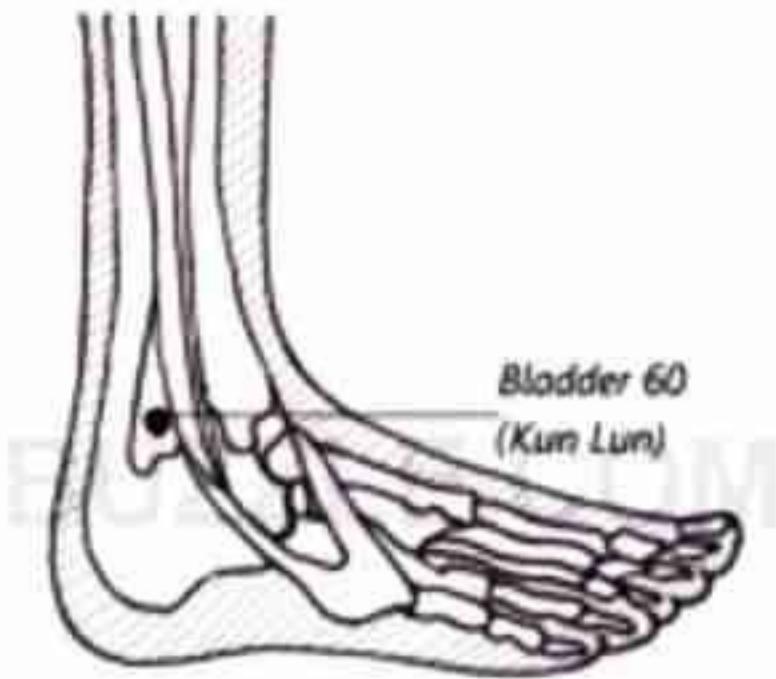
- » **Chinese Name** - 'Hoku' or 'Hegu' (Union Valley or Great Eliminator)
- » **Position** - It lies in the webbing between the thumb and the index finger. It is exactly located at the juncture of these two finger bones.
- » **Role** - Apply pressure and gently massage this point. Rubbing this point for a few minutes would stimulate contractions. A part of the uterus which is bordered by the large intestine is affected by this pressure point. Hoku, when pressed on steadily during labor, eases pain.
- » **Other Ailments** - This point is very effective for the head, face and mouth and is used for the treatment of headaches, fever, sore eyes and throat, sinus-related problems, allergies, etc. It also reduces shoulder and arm pain.

## Gallbladder 21 (GB 21)



- » Chinese Name - 'Jian Jing' (Shoulder Well)
- » Position - This pressure point is located at the stem of the neck and at the peak of the shoulder (acromial process) on either sides of the body and it is also very tender.
- » Role - Place your thumbs or elbows at this point and by pressing it firmly, stimulate it downwards. GB 21 has proven to be helpful in pushing down the retained placenta and relaxing the mother.
- » Other Ailments - This pressure point is also used in curing other ailments like headaches, muscle tension, asthma, spasms, etc.

## Bladder 60 (UB 60)



- » Chinese Name - 'Kun Lun' (Kunlun Mountains)
  - » Position - It is located in the back of the foot, at the center of the ankle and Achilles tendon.
  - » Role - Apply firm and steady pressure using either the thumb or hold your ankle with the thumb's grip and use your knuckles to apply pressure. This particular point helps in expelling the placenta and easing labor.
  - » Other Ailments - UB 60 is also useful in curing chronic backache, dizziness, infantile paroxysm, and any kind of swelling and pain in the ankle.
- Apart from the most effective acupressure points mentioned above, a few other points which also help in easing the birth procedure are as follows:
1. » Liver 3 (Tai Chong) - It is located in the depression lateral to the joints of the first and the second metatarsals.
  2. » Kidney 1 (Yong Quan) - It is located near the top third sole of the foot, and it can be spotted clearly when the foot is flexed towards the ankle.

3. » Bladder 67 (Zhi Yin) - It is located at the extreme outside corner of the little toe.
4. » Pericardium 8 (Lao Gong) - Located right at the center of the palm, in between the second and the third metacarpal bones, it can be spotted easily when the middle finger is bent towards the palm.

## **Best Acupressure Points for Weight Loss**

Here's how to use acupressure points for weight loss:

### **1. Ear Point for Appetite stimulation**

Your ear has a pressure point known as appetite control point. This acupressure point is the fleshy part of you ear that is in front of your ear canal. This point helps in controlling your appetite and most importantly stop you from overeating. Put constant pressure on this point for about 3 minutes and repeat on both ears.



### **2. Ankle point to Buckle up your digestive system**

This pressure point is correlated to the spleen and helps in strengthening your digestive system. This pressure point is basically located near your ankle bone to the part facing inside of your legs. From your ankle bone's centre (your ankle bone is not a straight line, so the centre will be at a rough 60 degree angle), move exactly four finger space upwards to find this pressure point. This point should be held in pressure by the thumb for about 2 minutes and repeated on both legs.

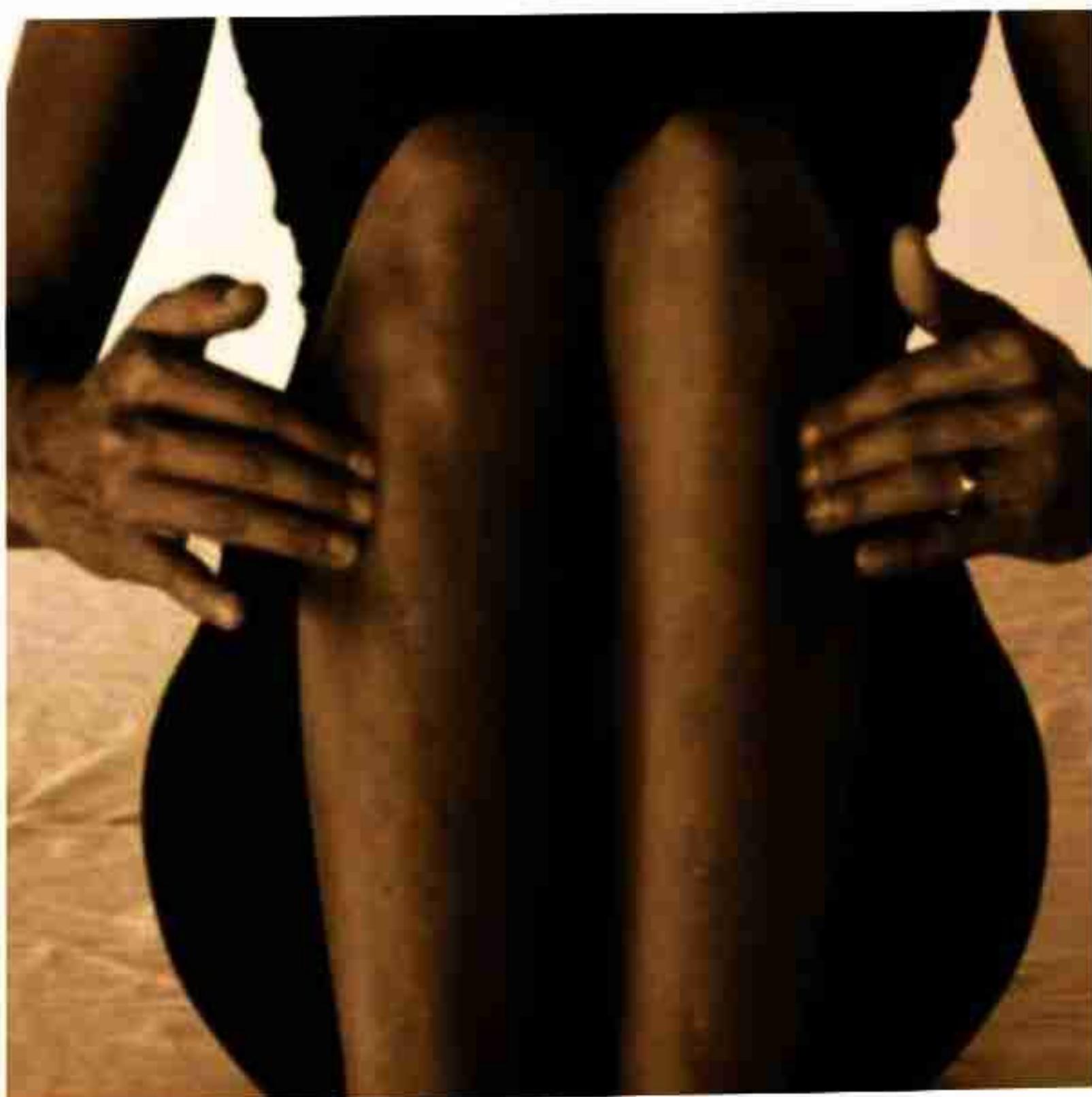


### **3. Knee Point for regulating blood and digestive system**

This acupressure point is correlated to your stomach and regulates blood circulation to aid digestion. This pressure point lies near your knee cap. From your kneecap, move four finger spaces down and try to feel the muscle when you move your leg at this point. This point falls

### **3. Knee Point for regulating blood and digestive system**

This acupressure point is correlated to your stomach and regulates blood circulation to aid digestion. This pressure point lies near your knee cap. From your kneecap, move four finger spaces down and try to feel the muscle when you move your leg at this point. This point falls about 1 finger space away from the shin bone. Do not press hard but use gentle amount of pressure for one minute at this point on both legs.

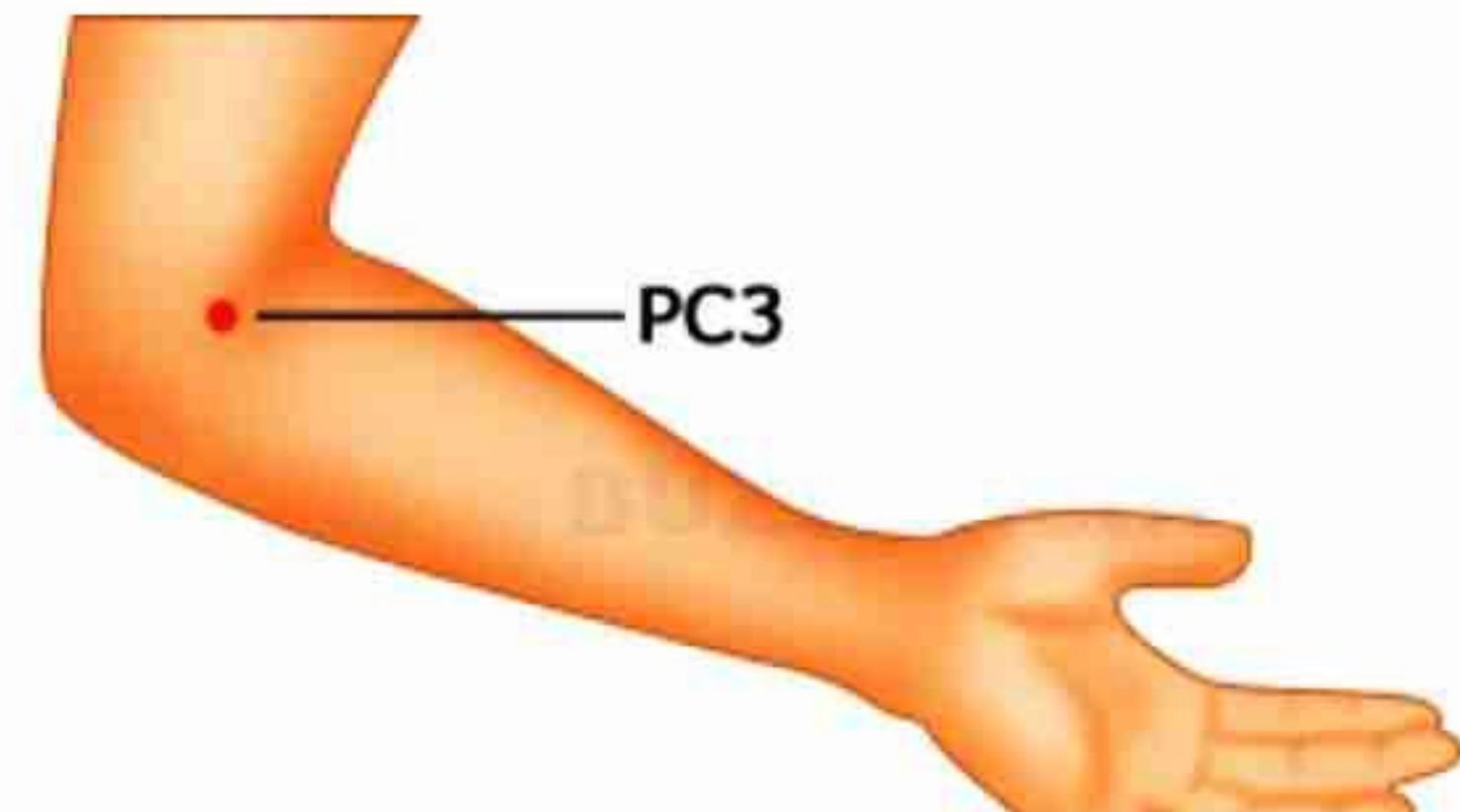


#### **4. Control water metabolism in your body**



This pressure point is connected to the spleen as well and helps regulate water in your body. This pressure point is located on the shin bone. Move upwards on the shin bone towards the knee cap and you will find a natural hollow. Keep constant pressure on this point for one minute and repeat on both legs.

#### **5. Rev up the way your intestines work**



This pressure point is located near the elbow. Leave two finger spaces from the elbow and move inside. Use your thumb and index fingers to put pressure on this point for one minute.

Repeat on both hands.

**Note:**

1. *A good diet to give you the vital nutrients your body requires while combining it with acupressure is what is ideal to get the best results. Take about 30 minutes to 45 minutes off each day to practice these acupressure techniques and get your diet in control to start seeing a difference in your body.*
2. *Breathe properly throughout the process to eliminate stress and aid in blood circulation.*
3. *Decide carefully the amount of food portions you take in and what you eat. Take care that a proper 10-11 glasses of water is being drunk each day to avoid water retention in the body and help in clearing the system of all toxic wastes.*

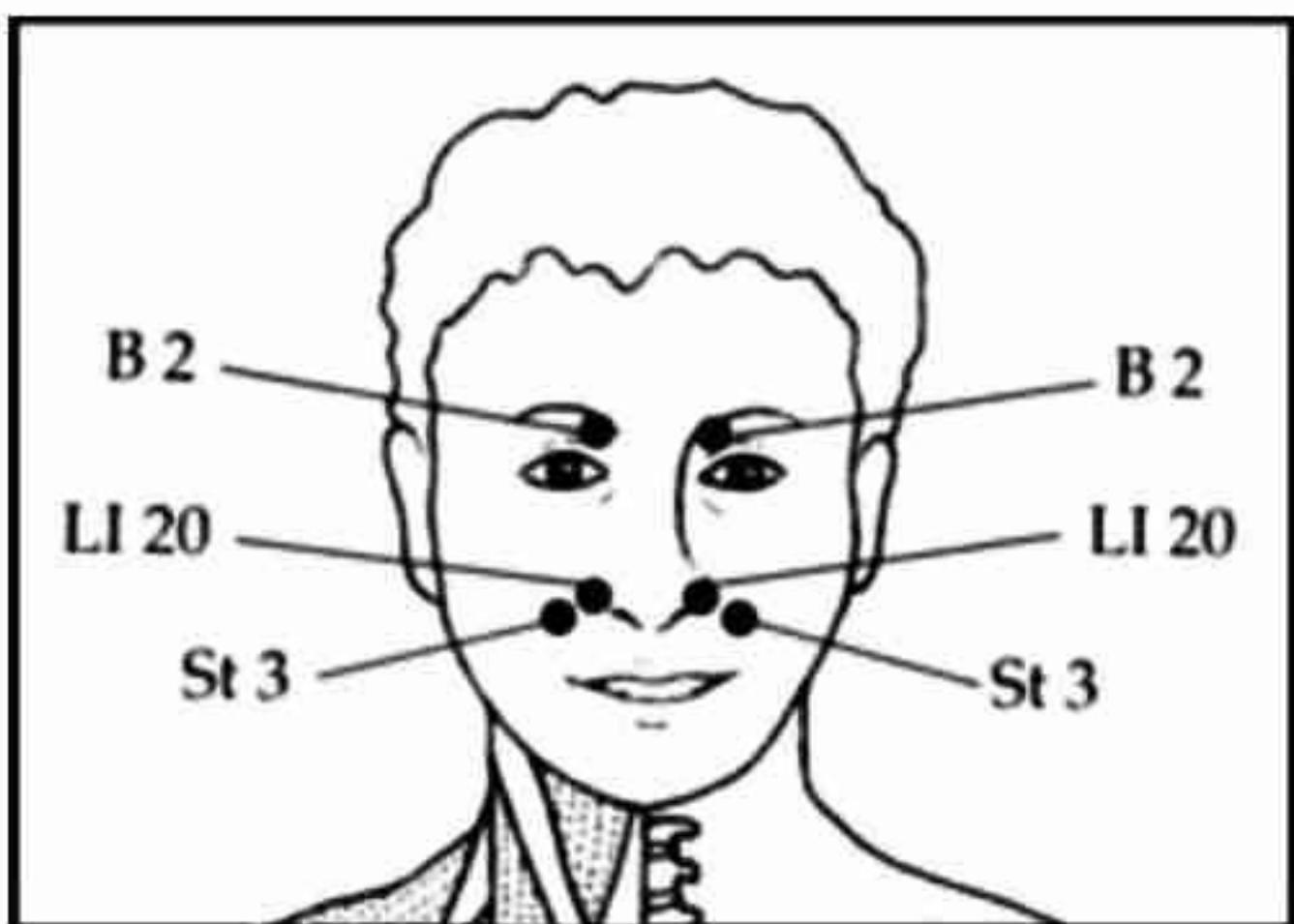
# **Acupressure Points for Colds and Flu**

## **Potent Points for Relieving Colds and Flu**

### **Drilling Bamboo (B 2)**

**Location:** In the indentations of the eye sockets, on either side of where the bridge of the nose meets the ridge of the eyebrows.

**Benefits:** Relieves colds, sinus congestion, frontal headaches, and tired eyes.



### **Facial Beauty (St 3)**

**Location:** At the bottom of the cheekbone, directly below the pupil.

**Benefits:** Relieves stuffy nose, head congestion, burning eyes, eye fatigue, and eye pressure.

### **Welcoming Perfume (LI 20)**

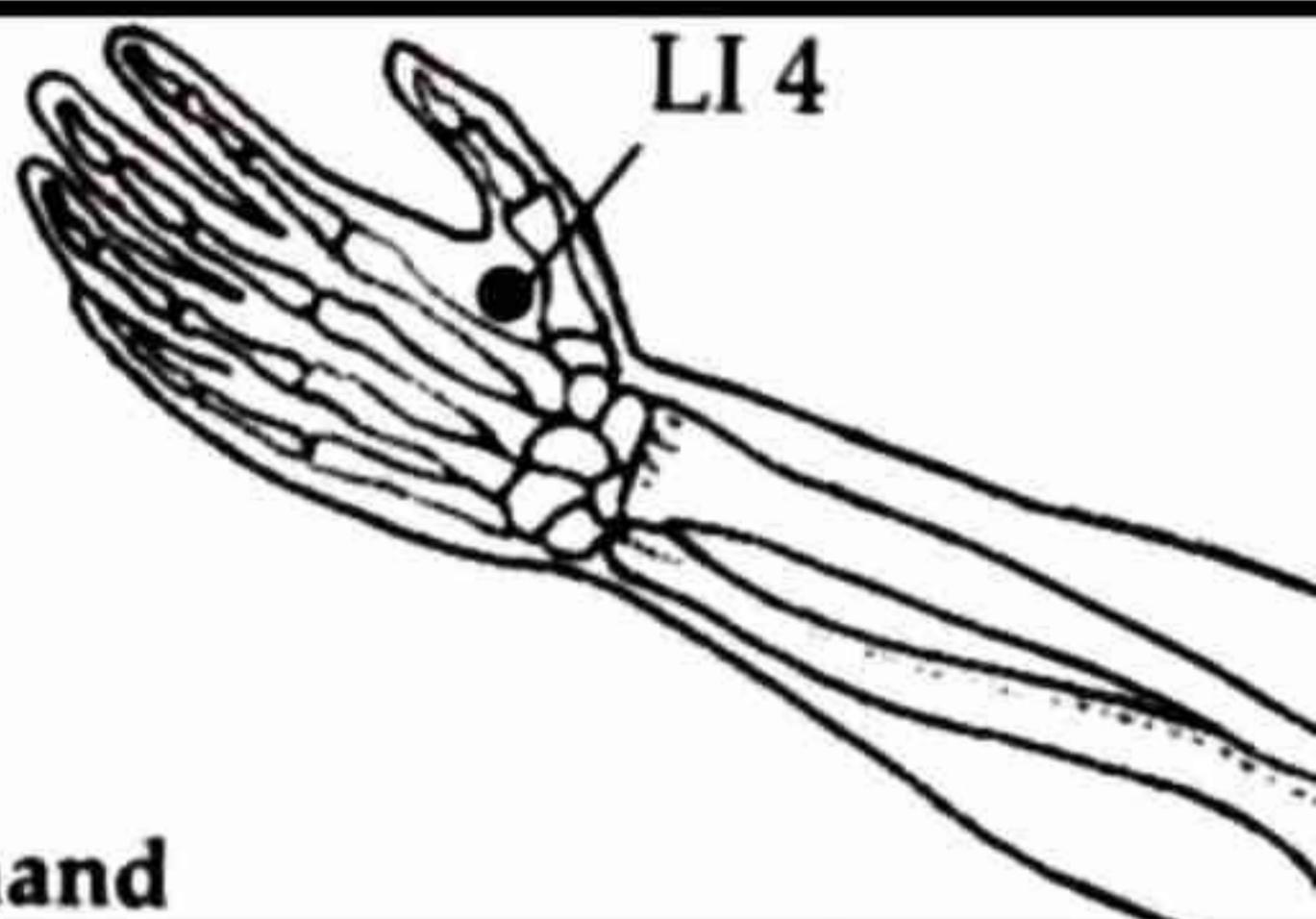
**Location:** On either cheek, just outside each nostril.

**Benefits:** Relieves nasal congestion, sinus pain, facial paralysis, and facial swelling.

## **Crooked Pond (LI 11)**

**Location:** At the outer end of the elbow crease.

**Benefits:** Relieves cold symptoms, fever, constipation, and elbow pain; strengthens the immune system.



## **Back of hand**

## **Joining the Valley (Hoku) (LI 4)**

**Caution:** This point is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus.

**Location:** At the highest spot of the muscle on the back of the hand that protrudes when the thumb and index finger are close together.

**Benefits:** Relieves colds, flu, head congestion, constipation, and headaches.

## **Gates of Consciousness (GB 20)**

**Location:** Below the base of the skull, in the hollows on both sides, two to three inches apart depending on the size of the head.

**Benefits:** Relieves headaches, head congestion, arthritis, neck pain, and irritability.

## **Wind Mansion (GV 16)**

**Location:** In the center of the back of the head, in the large hollow under the base of the skull.

**Benefits:** Relieves head congestion, red eyes, mental stress, headaches, and stiff neck.

## **Third Eye Point (GV 24.5)**

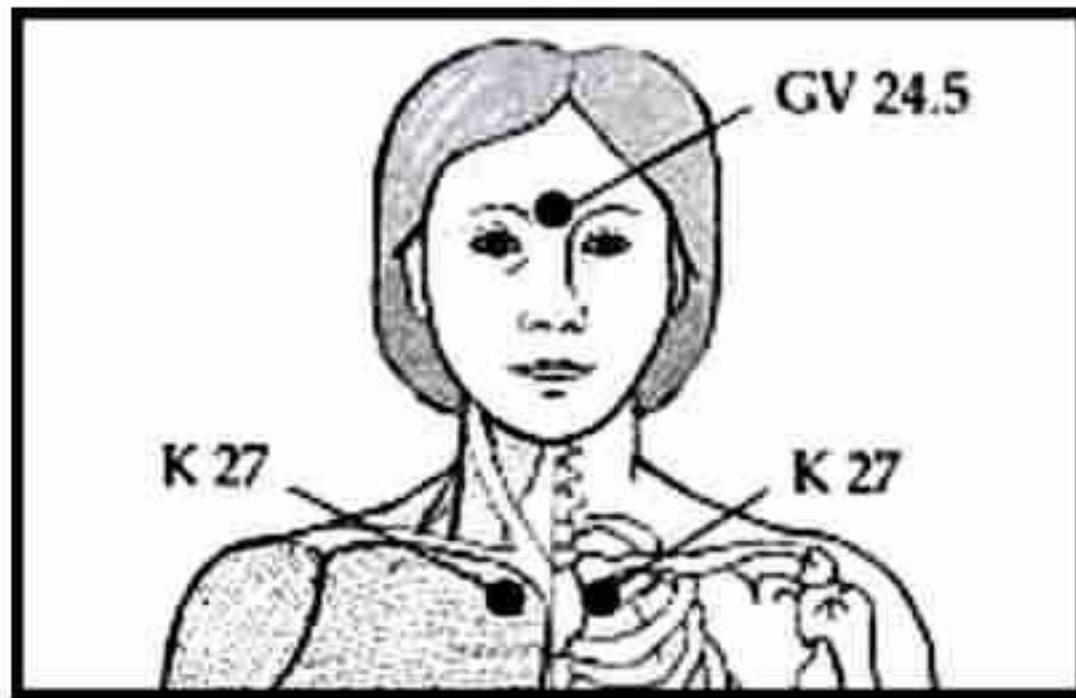
**Location:** Directly between the eyebrows, in the indentation where the bridge of the nose meets the center of your forehead.

**Benefits:** Relieves head congestion, stuffy nose, and headaches.

## **Elegant Mansion (K 27)**

**Location:** In the hollow below the collarbone next to the breastbone.

**Benefits:** Relieves chest congestion, breathing difficulties, coughing, and sore throats.



## **Potent Point Exercises**

You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

Lie down on your back or sit comfortably.

### **Step 1**

Press into B 2: Use your thumbs on the upper ridge of your eye socket to press into the slight hollow near the bridge of your nose for one minute. Close your eyes and take a few deep breaths, letting the weight of your head relax forward onto your thumbs.

### **Step 2**

Press St 3 and LI 20: Place both of your middle fingers beside your nostrils and your index fingers next to them; gradually press up and underneath the cheekbones for one minute. You can easily teach this step to your child to help relieve nasal congestion.

### **Step 3**

Press both LI 11: Bend your arm and place your thumb at the- end of the elbow crease on the outside of your forearm. Curve your fingers to press firmly into the elbow joint for one minute. Repeat on your opposite arm.

### **Step 4**

Press LI 4 firmly: Spread your left thumb and index finger apart. Place your right thumb in the webbing on the back of your left hand and your fingertips on the palm directly behind your thumb. Firmly squeeze your thumb and index finger of your right hand together to press into the webbing. Angle the pressure toward the bone that connects with your left index finger, and hold for one minute. Then switch hands.

## **Step 5**

Firmly press GB 20: Now close your eyes and place your thumbs underneath the base of your skull, two to three inches apart. Slowly tilt your head back and apply pressure gradually, holding the position for one minute to fully release these important cold-relief points.

## **Step 6**

Firmly press GV 16: Place the tips of your middle fingers into the hollow in the center of the base of your skull. Keeping your fingers on the point, inhale as you tilt your head back and exhale as you relax your head forward. Continue to slowly rock your head back and forward, and breathe deeply while you hold this important point for relieving head congestion.

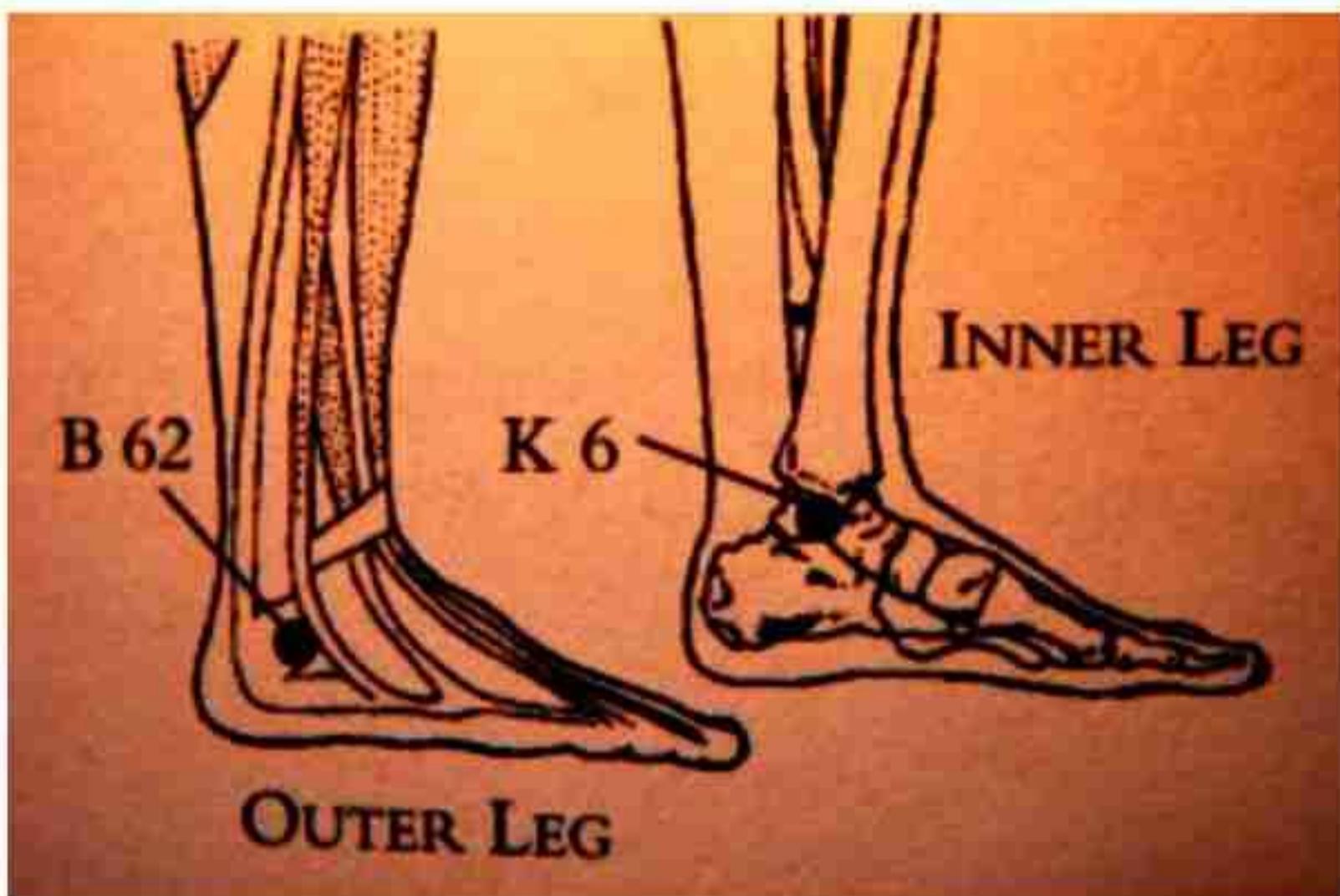
## **Step 7**

Touch the GV 24.5: Bring your palms together and use your middle and index fingers to lightly touch the Third Eye Point located between your eyebrows. Breathe deeply as you hold this point for balancing your endocrine system.

## **Step 8**

Firmly press K 27: Place your fingertips on the protrusions of your collarbone, then slide your fingers down and outward into the first indentation in between the bones. Press into this hollow as you breathe deeply and visualize the congestion clearing.

# **Insomnia & Sleep Disorders Acupressure Points & Tips**



**The Acupressure Points (K 6 and B 62)** between your heel and anklebones (on both sides) have traditionally been used to relieve and prevent insomnia. The acupressure point on the inside of the heel below your inner anklebone is called Joyful Sleep. Can you guess what to do to obtain joyful sleep? Just hold this ankle acupressure point while taking deep breaths for a few minutes before you go to bed.

The Acupressure points on the outside of your heel, below your outer anklebone are called Calm Sleep. Pressing these ankle points together by placing your thumb on one side and your fingertips on the other side of your ankle, can relieve pain from the waist down, and enable your body to relax deeply for a good night's sleep. This acupressure technique and the following tips are easy to teach your child.

## **4 Tips for Getting to Sleep Naturally**

**Gentle Stretching** – Before you try to go to sleep, gently stretch your arms, legs, side-to-side bends, and massage your shoulders and neck.

**Eye Stretches** – With your eyes open, move your eyes slowly in a large circle – three times in each direction. Repeat this slow eye rotation with your eyes closed while breathing deeply. End by stretching your arms up and back as you take a few deep breaths.

**Induce Yawning** – Exaggerate several yawns, as you stretch your arms and legs.

**Deeply Relax** – Nestle comfortably into a very relaxed position. Take several slow, deep breaths as you enjoy relaxing. Focus on taking slower and deeper breaths. Let yourself completely relax.

**Causes of Insomnia:** The inability to get to sleep, or stay asleep, can be caused by emotional distress, noise, jetlag, sexual frustration, medication side effects, drinking caffeine or overeating before bedtime.

# **How to Use Acupressure to Induce Labour**

*Many women wish to naturally induce labor, and using acupressure points is 1 method that may help start or speed labor. Proponents of acupressure as an induction aid believe it works by encouraging cervical dilation and stimulating productive contractions. The 2 acupressure points to use to induce labor are known as hoku and san-yin-chiao.*

## **Method 1 of 2: Hegu**

- 1 Locate the webbing between your index finger and thumb on 1 of your hands. You will be focusing on the area towards the middle of your hand, between the first and second metacarpal bones.
- 2 Pinch the webbing between the index finger and thumb of your opposite hand.
- 3 Rub your fingers in a circular motion for 30 to 60 seconds.
- 4 Take a short break and resume rubbing the webbing until you feel a contraction start.
- 5 Discontinue the pressure during contractions.

**6 Continue applying pressure between contractions until contractions become regular.**

Time contractions to determine if they are coming at regular intervals. Use a stopwatch to record when each contraction begins and ends. The duration of a contraction is the time between when 1 contraction begins and ends, while the frequency is the time between when the first contraction begins and a new contraction starts.

## **Method 2 of 2: San-yin-jiao**

**1 Reach down towards 1 or both of your ankles. You can use acupressure on 1 leg at a time, or on both legs at once.**

**2 Place your hand on your leg directly above your ankle. Your pinkie finger should be right above the ankle bone.**

**3 Find the san-yin-chiao acupressure point. This acupressure point is located on the lateral tibia, a little below your index finger.**

**4 Move your thumb over the pressure point. You can let your other fingers gently wrap around your lower leg.**

- 5 Press your thumb firmly into the pressure point. When you hit the point, it may feel sore.
- 6 Begin rubbing circles with your thumb.
- 7 Continue applying pressure for several minutes to stimulate contractions.  
Discontinue rubbing motion during contractions.

## **Foot Reflexology : Simple foot reflexology points**

*Foot Reflexology : Simple and natural ways to a healthier you:*

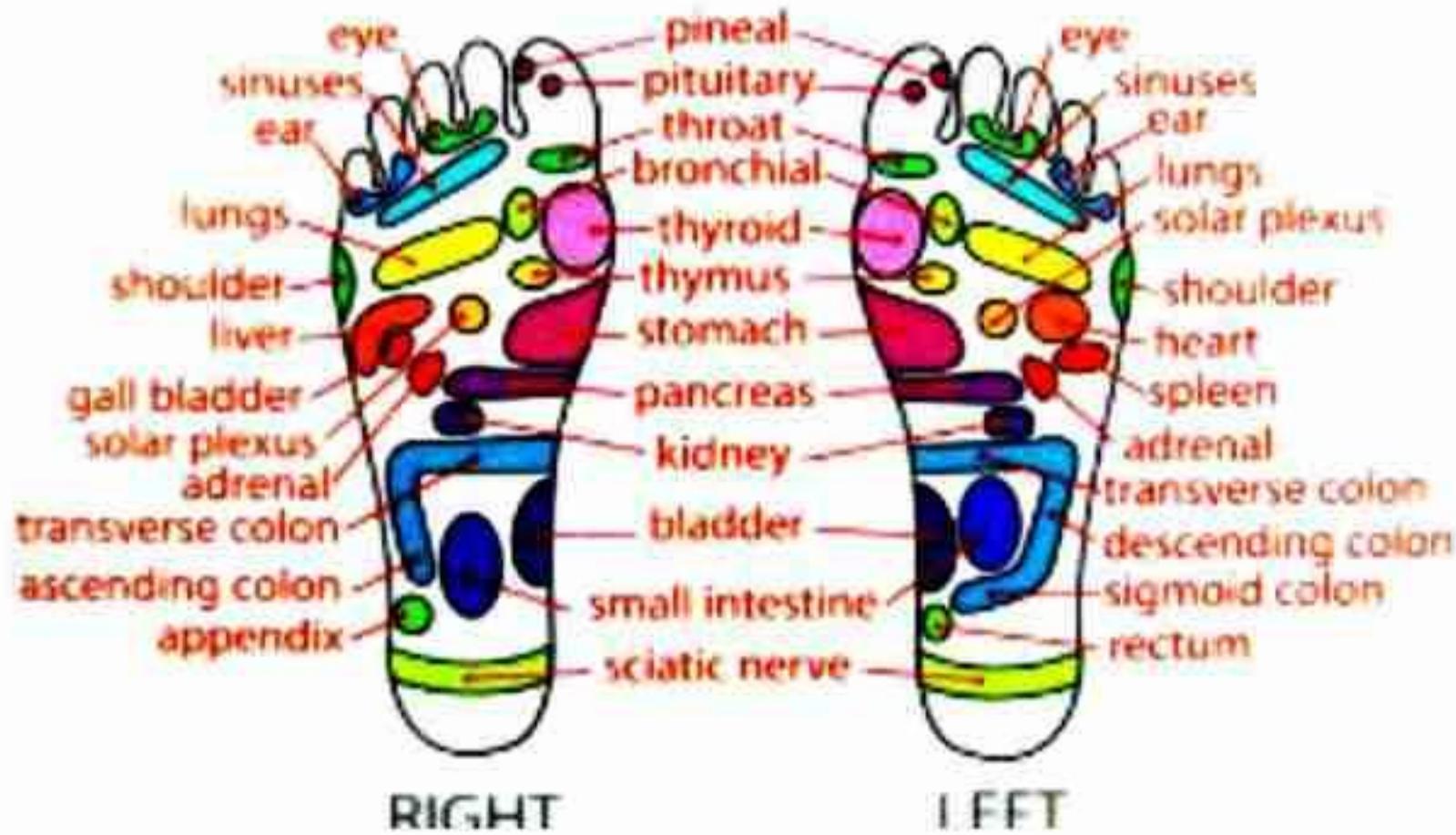
In this era of allopathy, where chemicals are taken in for every small and big ailment in the body, the recognition of reflexology and its natural properties of healing has risen to a great extent due to the side effect of allopathic medicines. Reflexology is a natural way of healing pain and ailments in one's body by using pressure on hands, feet and certain other body parts. This is a science that is backed by logical facts and is proven to help cure ailments if used sensibly and in the right way.

Reflex points are those points on the body that have a connection to various body parts as in a correlation. According to the chinese medicine, these points on the feet connect and correspond to various organs of the body.

The foot reflexology chart basically shows all the points on the foot and what all are the organs the certain points given represent. It is seen that the foot represents the human body as in the toes are known to relate to the head, shoulders and the neck and as we go down to the ball and arch of the foot, it is said to relate to the various internal organs in the body.

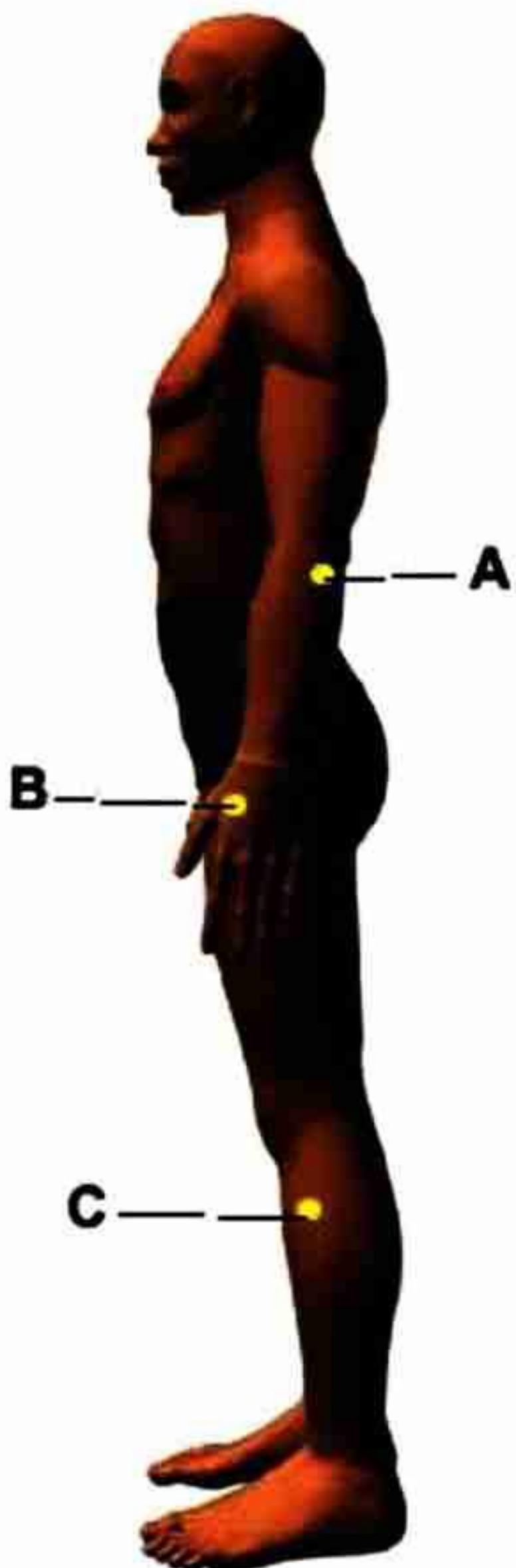
# Foot Reflexology Chart:

## FOOT MASSAGE CHART



## Acupressure Points for Relieving Constipation

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.



## **Points (A) -- Crooked Pond**

Location: At the outer end of the elbow crease. Benefits: Relieves fever, constipation, and indigestion. This is a powerful trigger point for the colon.

## **Points (B) -- Joining the Valley**

Caution: This point is forbidden for pregnant women, because its stimulation can cause premature contractions in the uterus.

Location: At the highest spot of the muscle on the back of the hand that protrudes when the thumb and index finger are brought close together. Benefits: Relieves constipation, headaches, toothaches, shoulder pain, arthritis, and labor pain.



## Points (C) -- Three Mile Point

Location: Four finger widths below the kneecap, one finger width to the outside of the shinbone. If you are on the correct spot, a muscle should flex as you move your foot up and down. Benefits: Strengthens the whole body, aids digestion, and relieves stomach and intestinal disorders.

3 Continue to move your fingers about 1 to 2 inches (2.5 to 5.0 cm) to the sides of your neck until you find a small indentation.

4 Tilt your head slightly backward.

5 Apply pressure with your thumbs to this indented area and press upward for 2 minutes or until the pain stops. Be sure to breathe deeply during this procedure.

#### **Method 4 of 5: Top of Head**

1 Locate the pressure point at the top of your head by drawing an imaginary line from the front of 1 ear over to the front of the opposite ear.

2 Draw another line from the middle of your brow up to the top of your head at the midpoint to meet the first imaginary line. This intersection is the pressure point.

3 Apply firm pressure to this point for 1 minute or until the pain stops, breathing deeply.

## **Method 5 of 5: Foot**

- 1 Locate the area between your big and second toes on the top of your foot.
- 2 Apply pressure with a rubbing motion to this area with either your thumb or the heel of your opposite foot for 1 minute.
- 3 Switch and repeat the procedure on your other foot, breathing deeply.

# **3 Acupressure Points for Beautiful, Healthy Skin!**

## **How Does Acupressure Benefit Skin?**

Acupressure for the skin is designed around basic pressure points that rejuvenate the entire body and help reestablish the health and beauty of the skin. By pinpointing specific points, you can effectively increase your metabolism and the circulation of blood in your skin to help restore the texture and glow of the skin. This practice also helps reduce wrinkles and treat acne.

## **Acupressure Points for Treating Skin Conditions**

Like any other massage technique, knowing the right areas to target is important. The following points incorporate general and specific treatment areas to restore the brilliance of your skin.

### **The Heavenly Pillar**

At the base of your skull, one inch outward on either side of the spinal column are two pressure points which comprise the heavenly pillar. By pressing and holding these points for at least 2 minutes a day, you can relieve basic stress on the skin, reduce acne, and promote general health.

## **Blemish Free Point**

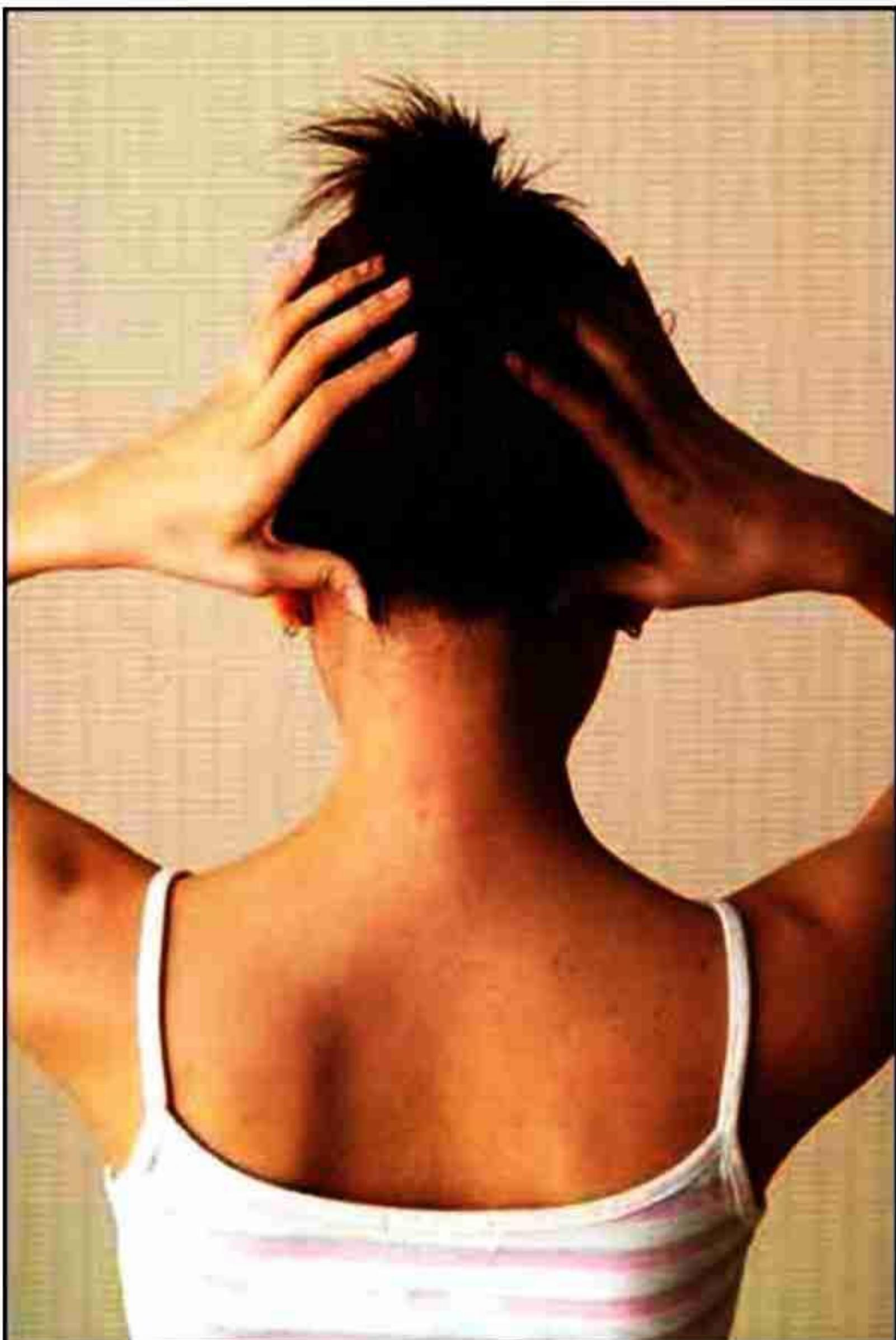
The pressure point that is situated one centimeter below the lower ridge of the eye socket is connected to treating blemishes. This point is right below the iris and near the cheek bone. To access this point, place your index fingers on either side of your face and hold a light pressure for 60 seconds. This treatment will treat acne and remove old blemish marks.

## **Heavenly Glow Point**

The pressure point just behind the jaw and a few inches below the ear lobe is responsible for increasing the overall glow and luster of the skin. Regularly accessing this point also balances the thyroid and treats hives.

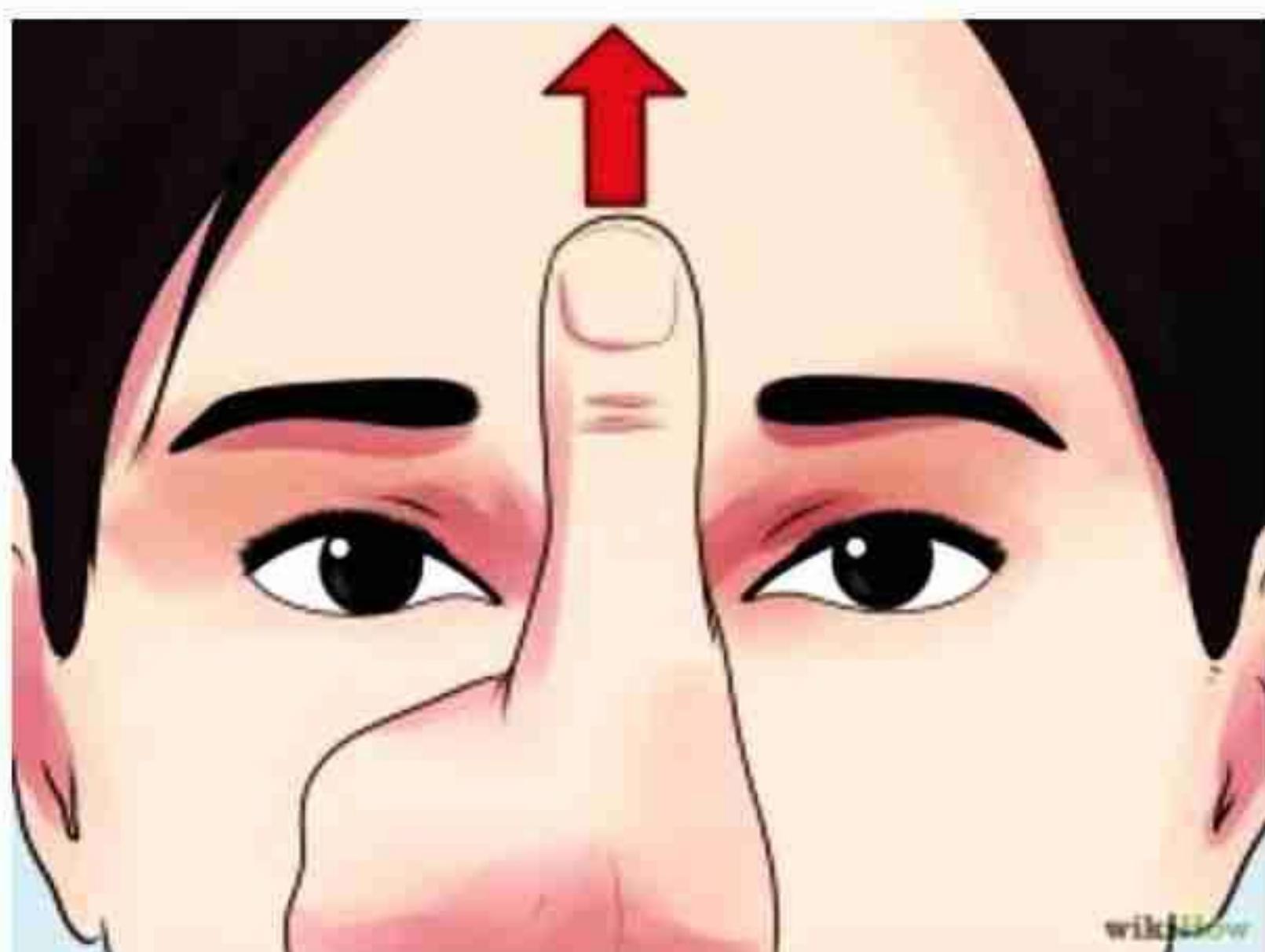
## 5 Simple acupressure points for headache

### 1. Neck



The back of your neck is a very sensitive area and should be very carefully used while treating any kind of pain with acupressure. Pull your hair up in a bun and locate a hollow right at the end of your hairline or the end of your skull. Place your hands on either side of this hollow or indented area. Put pressure and press your hands from the middle to the right or middle to the left with your right hand and left hand respectively while letting your fingers put equal pressure on both sides. Make sure that before you put pressure you tilt your head slightly backward. Continue massaging for a minute or until the pain releases.

## 2. Forehead



The space between your eyebrows near your forehead is a very crucial point to release headache. Take your thumb and push it vertically upwards putting a considerable amount of pressure for about two minutes. Continue doing so gently for as long as headache persists or for two minutes by alternating thumbs but keeping the pressure steady. Also remember to take deep breaths while doing the above.

### **3.Hand**

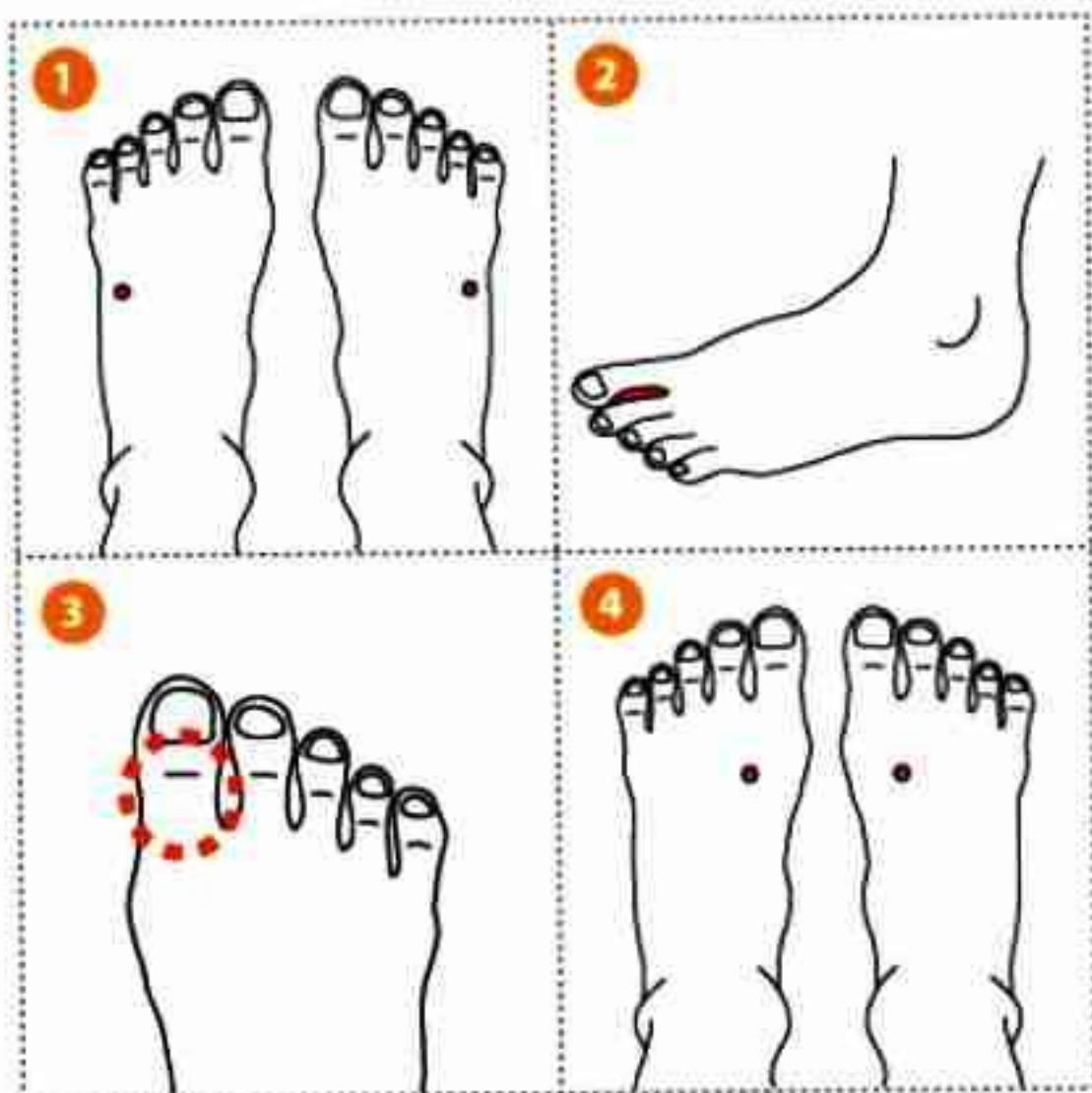


Hands and feet are some of the main parts of the body that have a cure to most problems through acupressure. Locate the area on your hand between the thumb and your finger. This area is known as web area. Use your index finger and your thumb of another hand to press the web area on your hand. Apply good amount of pressure and keep squeezing the web area properly sideways. Once you are done with one hand, repeat the same process of squeezing the web area on the other hand. Make sure that you take about two minutes for each hand and you will notice the pain will subside soon enough.

## 4. Foot

# 4 POINTS ON YOUR FEET FOR HEADACHES AND MIGRAINES

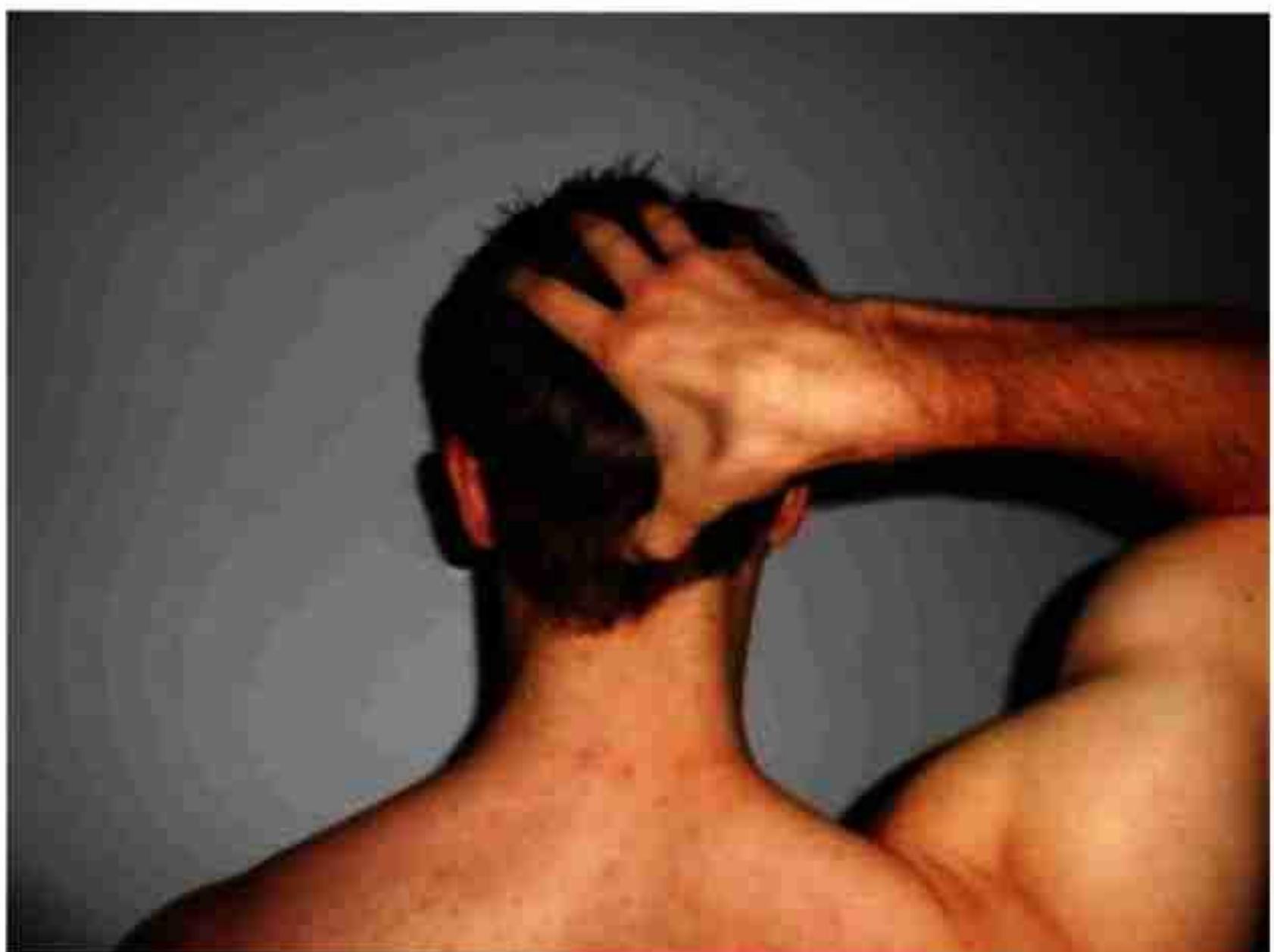
Learn how to massage your feet for natural pain relief



Read the full article at:  
[ChineseFootReflexology.com/4points](http://ChineseFootReflexology.com/4points)

Your feet and acupressure have a great way to keeping you absolutely healthy. See the picture number 2 above. The space between your first toe and second toe is the area we are targeting. You can either use your hands or the opposite foot's toes to massage this area. In a gentle rubbing motion, apply good amount of pressure in this space between the two toes and keep doing so for a minute. Reverse the motion and do the same to your opposite foot as well. This will help comfort your pain due to the headache.

## 5. Head



This acupressure point is located exactly on top of your head,in the middle. Draw an imaginary line from your right ear to your left ear and then draw an imaginary line from the space between your eyebrows to the end of your skull. There will be a point where the two imaginary lines meet and that is the point that will release your headache. Put your fingers on top your head and keep breathing deeply while putting ample amount of pressure on this point for instant release of pain.

**Note:** Acupressure focuses on sensitive points on your body and it is absolutely necessary that you put the right amount of pressure while massaging carefully in the right way. You will have to try a few pressure points to know what works best for you. Breathing properly while doing these experiments is suggested for best results

With these 5 steps for acupressure points for headache,you should be able to control the pain headaches and migraines cause within a short period of time. Acupressure is absolutely safe and natural while it gives good results if you know which pressure point helps relieve you from the stress.

# **Acupressure Points for Relieving Hangovers**

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

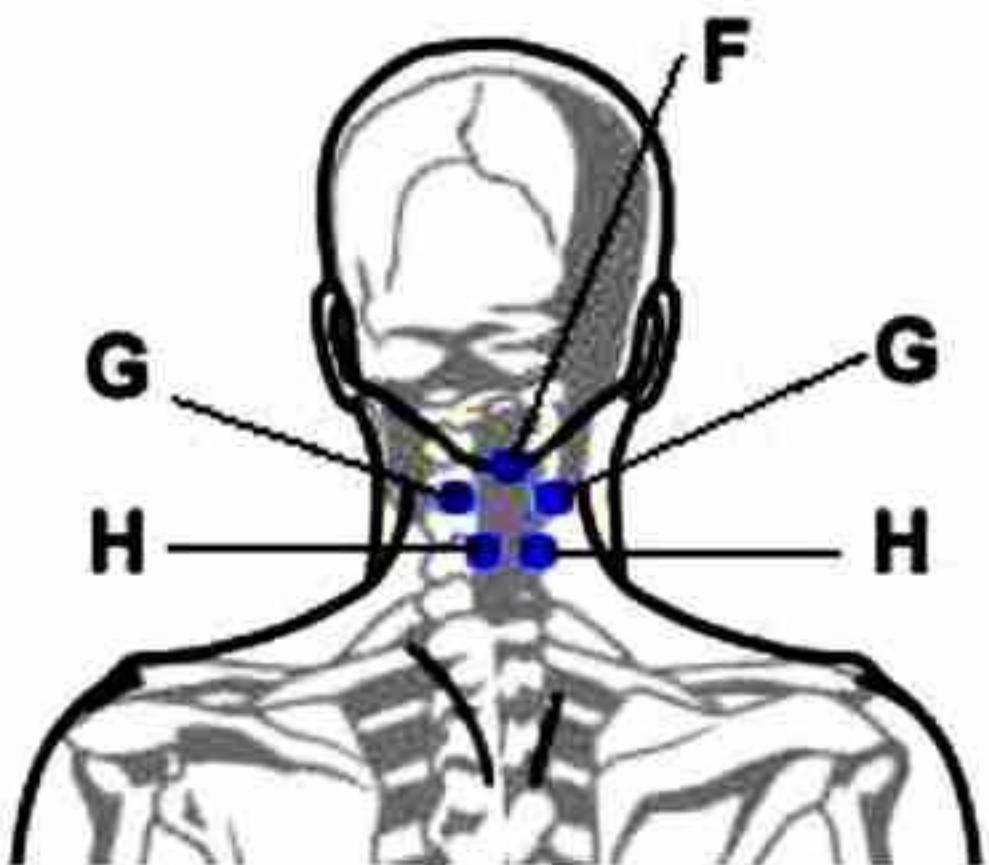


## **Points (A) -- Third Eye Point**

Location: Directly between the eyebrows, in the indentation where the bridge of the nose meets the forehead. Benefits: Relieves headaches, indigestion, and low morale; helps those who feel their spiritual growth is blocked.

## **Points (B) -- Drilling Bamboo**

Location: In the indentations on either side of where the bridge of the nose meets the ridge of the eyebrows. Benefits: Relieves hangovers, red and painful eyes, headaches, foggy vision, sinus pain, hay fever, and head congestion.



## **Points (C) -- Facial Beauty**

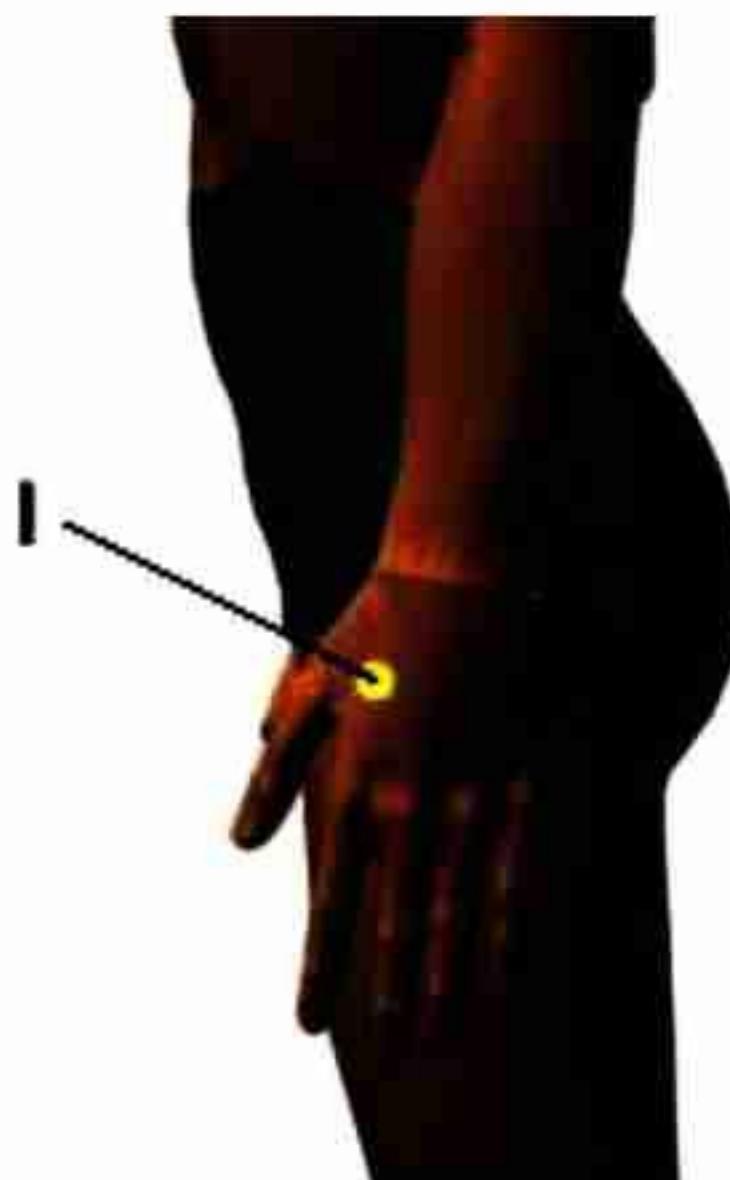
Location: At the bottom of the cheekbone, directly below the pupil. Benefits: Relieves head congestion, burning eyes, and bloodshot or swollen eyes.

## **Points (D) -- Abdominal Sorrow**

Location: On the lower edge of the rib cage one-half inch in from the nipple line. Benefits: Relieves hangovers, nausea, ulcer pain, indigestion, appetite imbalances, abdominal cramps, and hiccups.

## **Points (E) -- Bigger Rushing**

Location: On the top of the foot, in the valley between the big toe and the second toe. Benefits: Relieves headaches, tired eyes, hangovers, allergies, and arthritis.



## **Points (F) -- Wind Mansion**

Location: In the center of the back of the head in the large hollow under the base of the skull. Benefits: Relieves hangovers, headaches, vertigo, stiff necks, head congestion, and mental stress

## **Points (G) -- Gates of Consciousness**

Location: Below the base of the skull, in the hollows between the two major neck muscles, two to three inches apart depending on the size of the head. Benefits: Relieves eye pain, throbbing headaches, dizziness, stiff neck, coordination problems, and irritability.

## **Points (H) -- Heavenly Pillar**

Location: One-half inch below the base of the skull, on the ropy muscles one-half inch outward from the spine. Benefits: Relieves stress, burnout, exhaustion, insomnia, heaviness in the head, eyestrain, stiff necks, and sore throats.

## **Points (I) -- Joining the Valley**

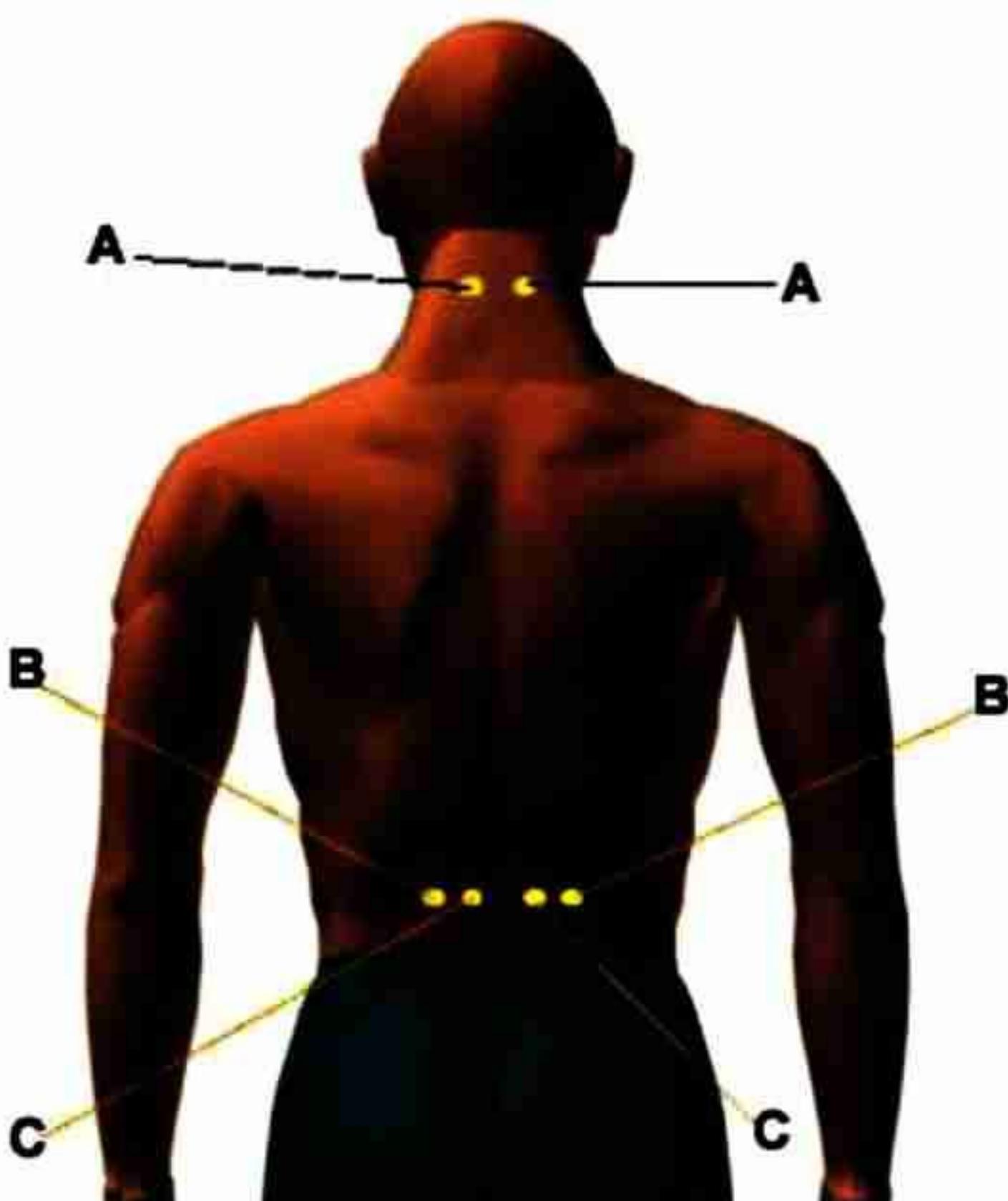
Caution: This point is forbidden for pregnant women until labor because its stimulation can cause premature contractions in the uterus.

Location: In the webbing between the thumb and index finger, at the highest spot of the muscle that protrudes when the thumb and index finger are brought close together.

Benefits: Relieves general pain, especially frontal headaches due to hangovers, shoulder pain, and labor pain.

## **Acupressure Points for Relieving Acne, Pimple and Other Skin Problems**

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

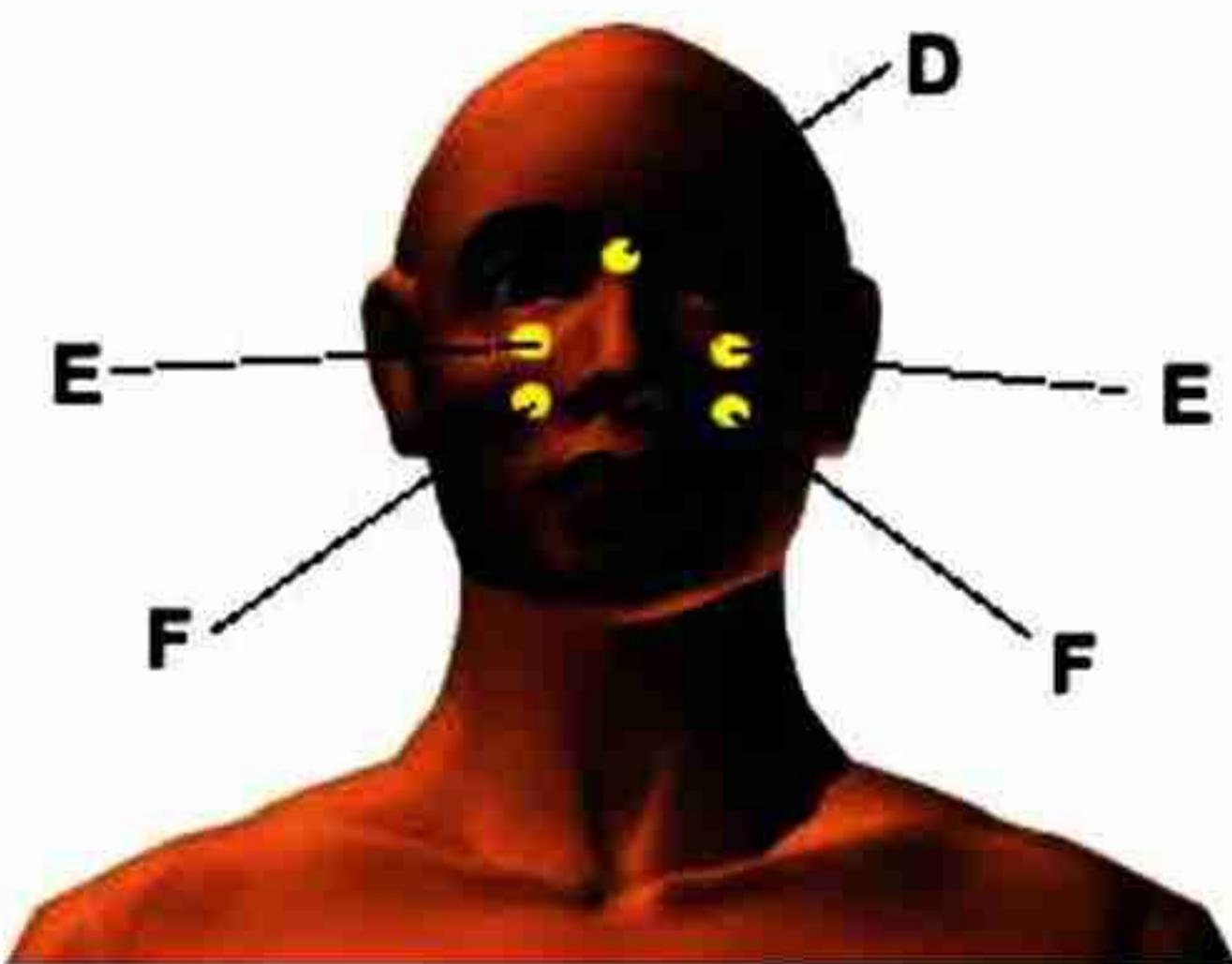


**Points (A) -- Heavenly Pillar**

**Location:** One-half inch below the base of the skull on the ropy muscles one-half inch outward from either side of the spine.  
**Benefits:** Relieves stress related to skin disorders such as acne. Relieves stress, burnout, exhaustion, insomnia, heaviness in the head, eyestrain, stiff necks, and sore throats.

## **Points (B) & Points (C) -- Sea of Vitality**

**Caution:** Do not press on disintegrating discs or fractured or broken bones. If you have a weak back, a few minutes of stationary, light touching instead of pressure can be very healing. See your doctor first if you have any questions or need medical advice. **Location:** In the lower back (between the second and third lumbar vertebrae) two to four finger widths away from the spine at waist level.  
**Benefits:** Relieves acne, eczema, and bruises on the body.

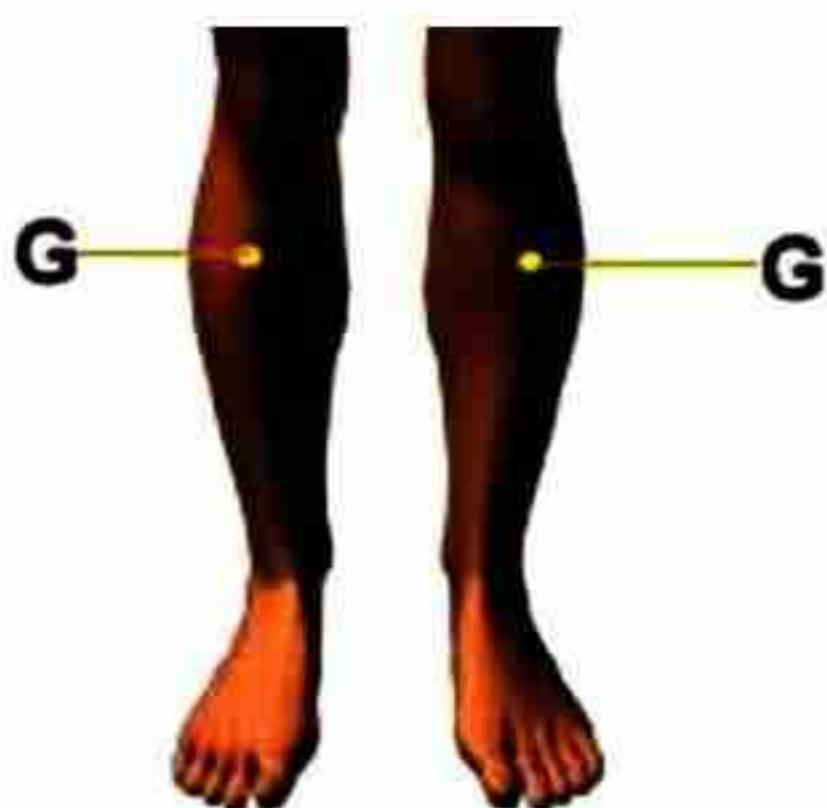


## **Points (D) -- Third Eye Point**

**Location:** Directly between your eyebrows in the indentation where the bridge of the nose meets the center of the forehead. **Benefits:** Stimulates the pituitary gland, which is the master endocrine gland, to enhance the condition of the skin throughout the body.

## **Points (E) -- Four Whites**

**Location:** One finger width below the lower ridge of the eye socket in line with the center of the iris in an indentation of the cheek. **Benefits:** Remedies acne and facial blemishes.

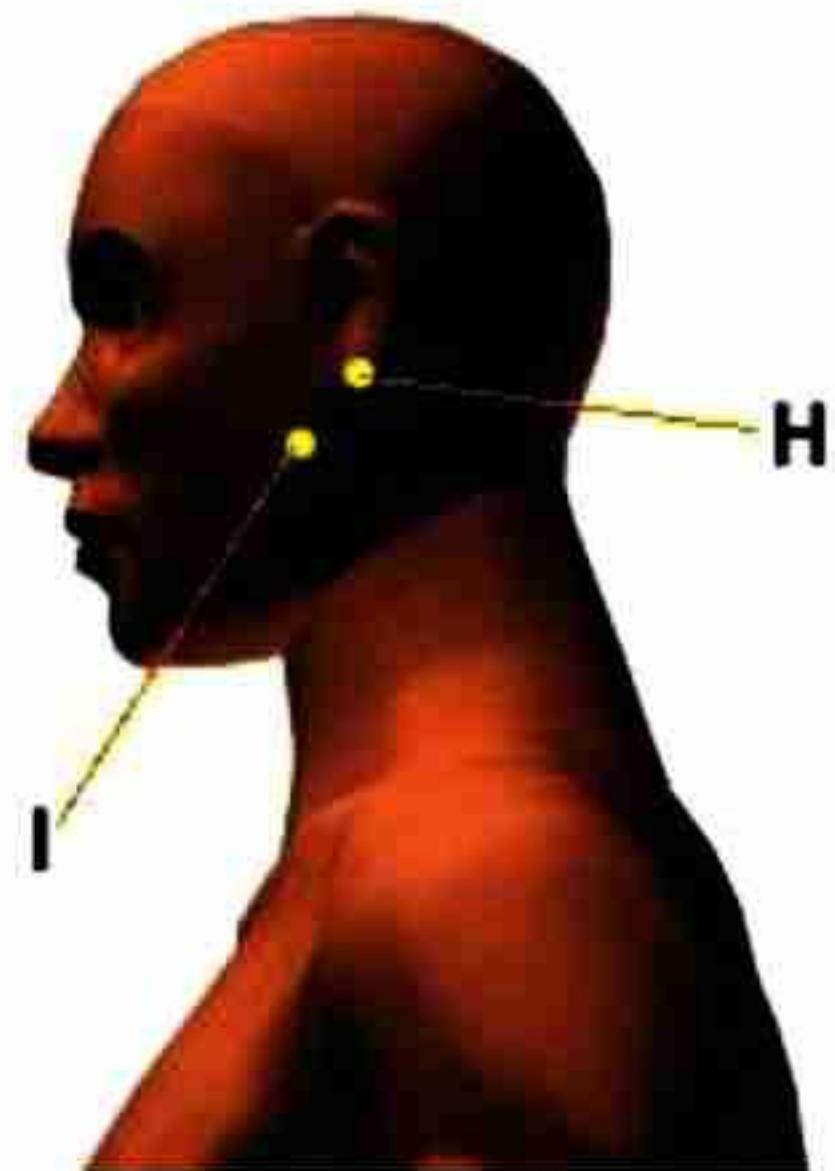


## **Points (F) -- Facial Beauty**

**Location:** At the bottom of the cheekbone, directly below the pupil. **Benefits:** Relieves acne, facial blemishes, poor complexion, and sagging cheeks; and improves facial circulation.

## **Points (G) -- Three Mile Point**

**Location:** Four finger widths below the kneecap toward the outside of the shinbone.  
**Benefits:** Strengthens and tones the muscles and improves the condition of the skin throughout the entire body.



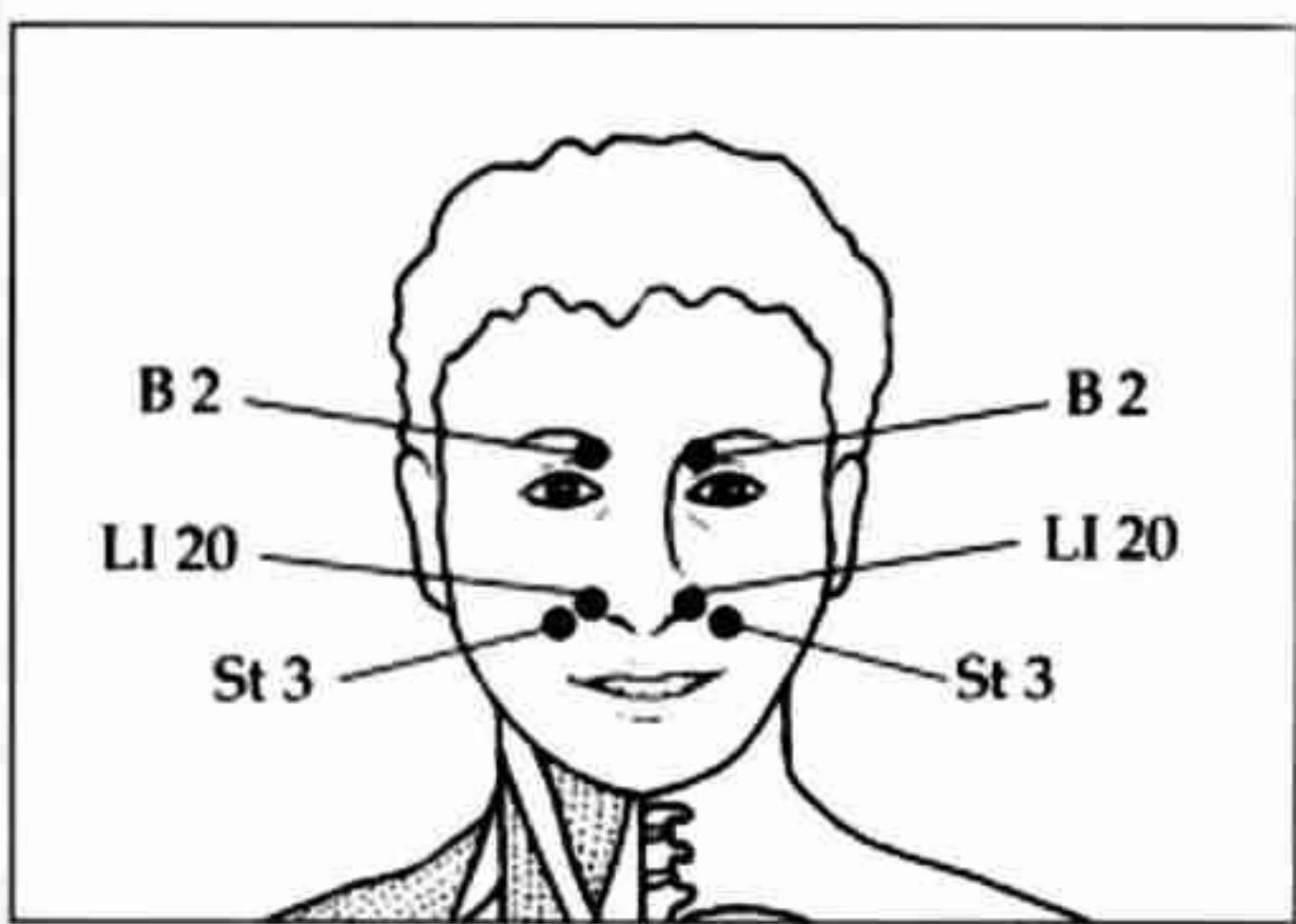
## **Points (H) -- Heavenly Appearance**

**Location:** In the indentation directly below the ear lobe and behind the jawbone. **Benefits:** Balances the thyroid gland to increase the luster of the skin; relieves hives.

## **Points (I) -- Wind Screen**

**Location:** In the indentation directly behind the ear lobe. **Benefits:** Balances the thyroid gland to increase the luster of the skin; relieves hives.

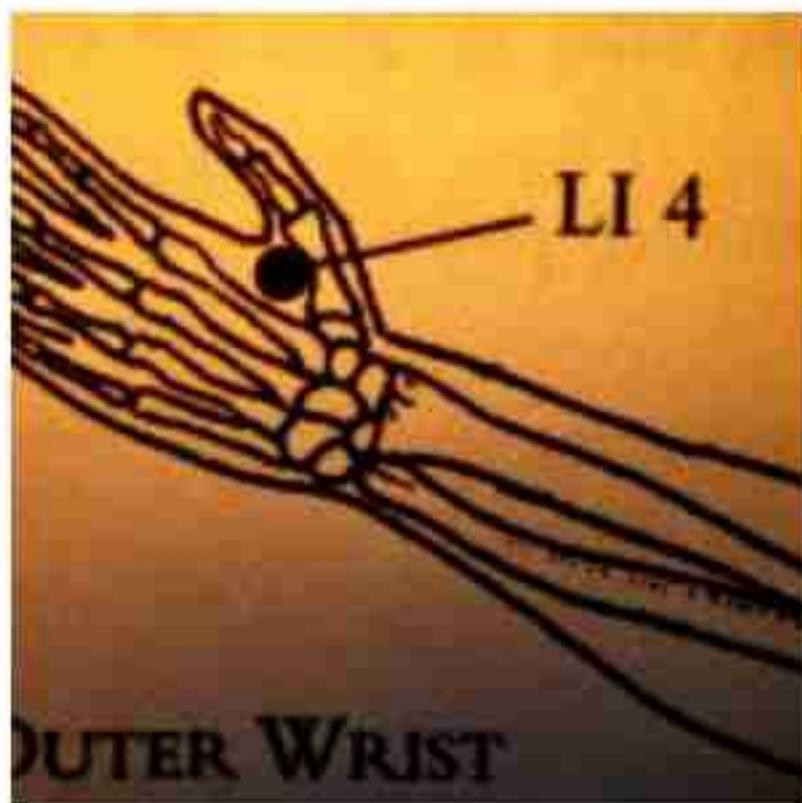
## **Acupressure Points for Sinus Problems & Nasal Congestion**



To relieve your upper or frontal sinuses, use B2, located at the bridge of your nose. This mental stress point is located in the indentation of your upper eye socket, where the bridge of the nose meets the ridge of your eyebrows.

To open the maxillary sinuses in the cheek, use the foremost acupressure points for the sinuses: LI20 and St3, underneath your eyes, just below your cheekbones. Use gentle pressure. These points are safe and useful to teach to children.

Light touch on the points at the end is very important for getting the energy to flow and for sealing the acupressure points. If you let yourself deeply relax immediately afterward, you may find that the results are longer lasting.



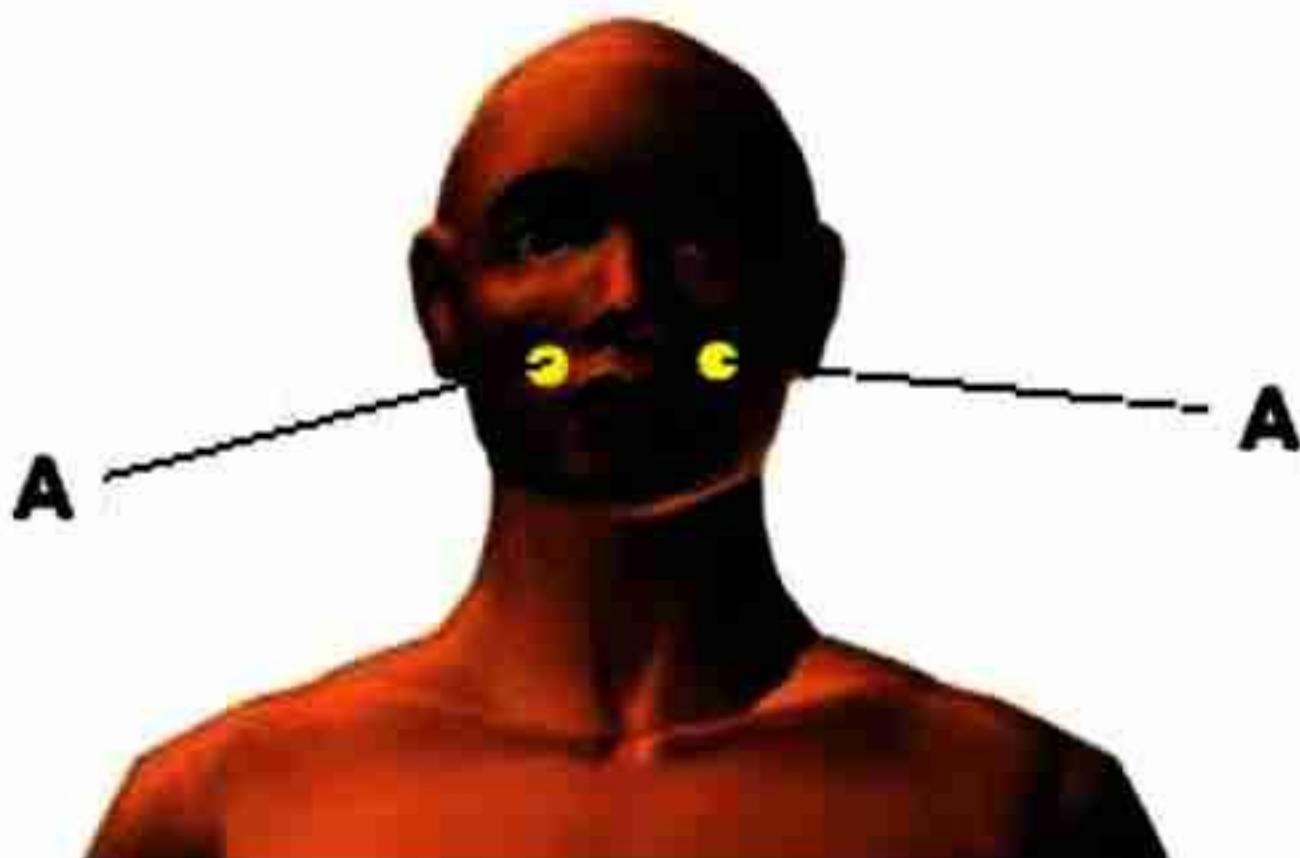
Hoku (LI 4) in the webbing between your thumb and index finger, is distal acupressure point for relieving pain in your sinuses. This is a nasal decongestive point, which has an antihistamine affect, opens the descending flows for bringing blocked energy downward.

The sinuses resemble packets or valleys. When either the upper or lower sinuses are congested or inflamed, pressure can build causing referred pain, headaches, toothaches, unclear thinking, general confusion and more.

The Neti Pot uses salt water to clear the sinuses. Steam can also be helpful for clearing your nasal passages. Use the acupressure points for the sinuses before and after using the Neti pot to increase its effectiveness.

# **Acupressure Points for Relieving Toothaches & the pain associated with gum disease**

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

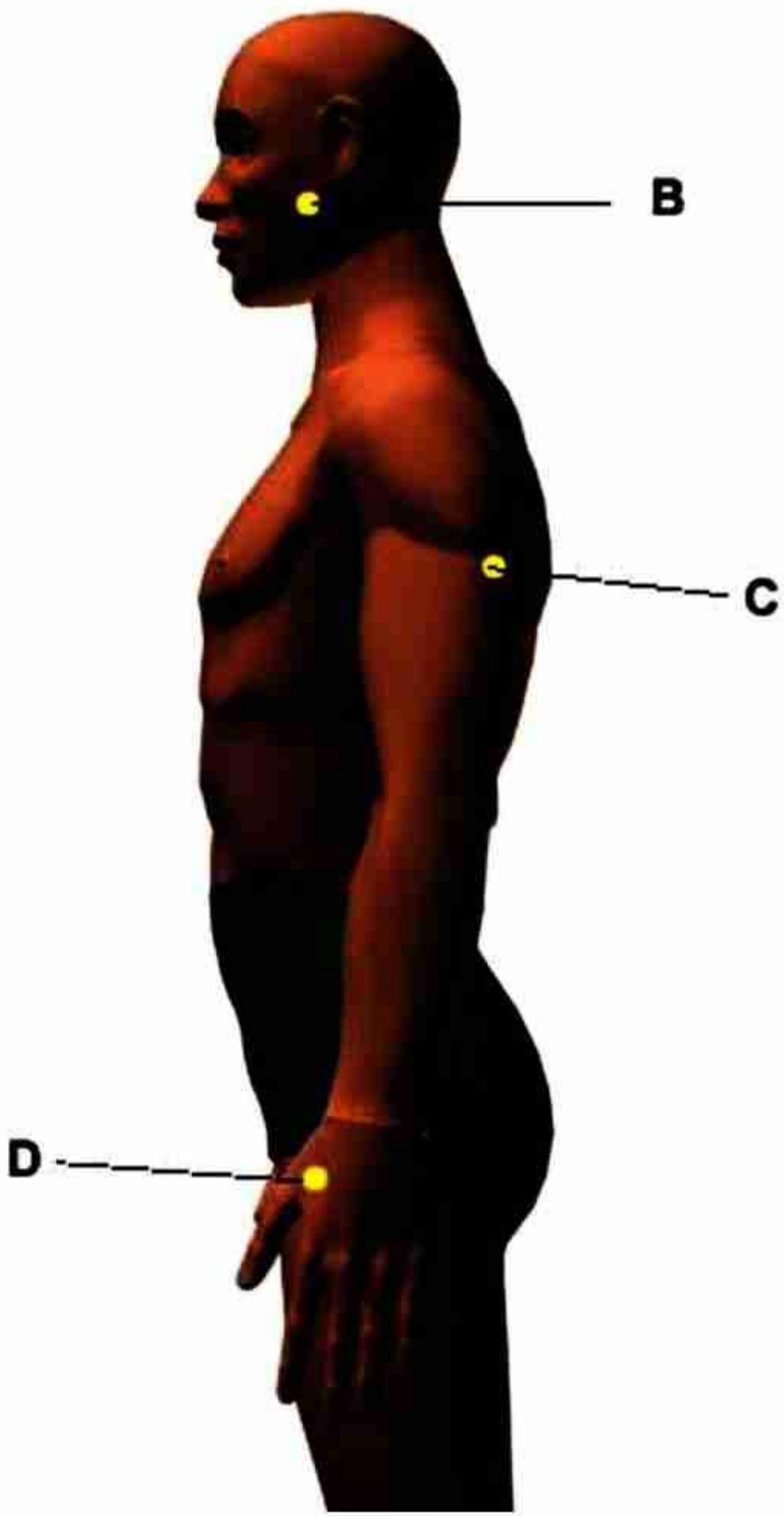


## **Points (A) -- Facial Beauty**

Location: At the bottom of the cheekbone, directly below the pupil. Benefits: Relieves toothaches, head congestion, and sinus pain.

## **Points (B) -- Jaw Chariot**

Location: Between the upper and lower jaws, on the muscle in front of the earlobe that bulges when the back teeth are slightly clenched. Benefits: Relieves jaw pain and spasm, TMJ problems, lockjaw, sore throats, dental neuralgia, and toothaches.



## **Points (C) -- Shoulder Meeting Point**

**Location:** On the outer surface of the upper arm, one thumb width in back of the base of the upper arm muscle (the deltoid) and two finger widths higher up toward the shoulder.  
**Benefits:** Relieves toothaches, elbow pain, shoulder pain, and painful arm extension.

## **Points (D) -- Joining the Valley**

**Caution:** This point is forbidden for pregnant women because its stimulation can cause premature contractions in the uterus.

**Location:** In the webbing between the thumb and index finger at the highest spot of the muscle when the thumb and index finger are brought close together. **Benefits:** Relieves headaches and toothaches; also traditionally used as a general pain reliever, decongestant, and anti-inflammatory point.

## **Acupressure Points for Relieving Lower Back Aches.**

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

### **Points (A) -- Sea of Energy**

Location: Two finger widths directly below the belly button.

Benefits: Relieves lower-back weakness, tones weak abdominal muscles, and prevents a variety of lower-back problems.

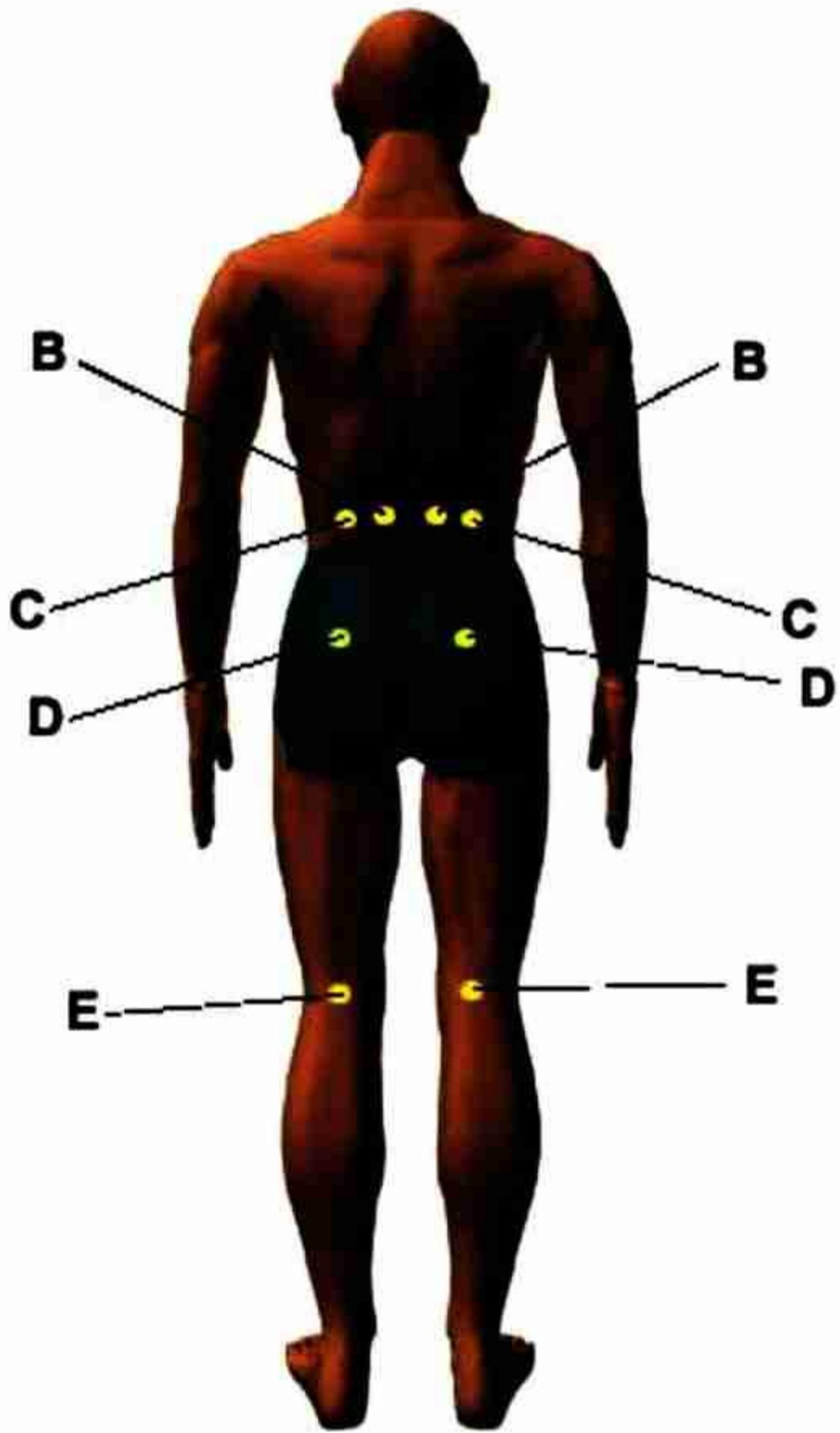


### **Points (B) & Points (C) -- Sea of Vitality**

Caution: If you have a weak back, the Sea of Vitality points may be quite tender. In this case a few minutes of light, stationary touch instead of deep pressure can be very healing.

Location: In the lower back (between the second and third lumbar vertebrae) two to four finger widths away from the spine at waist level.

Benefits: Relieves lower-back aches, sciatica, and the fatigue that often results from the pain.



## Points (D) -- Womb and Vitals

Location: One to two finger widths outside the sacrum (the large bony area at the base of the spine) and midway between the top of the hipbone and the base of the buttock.

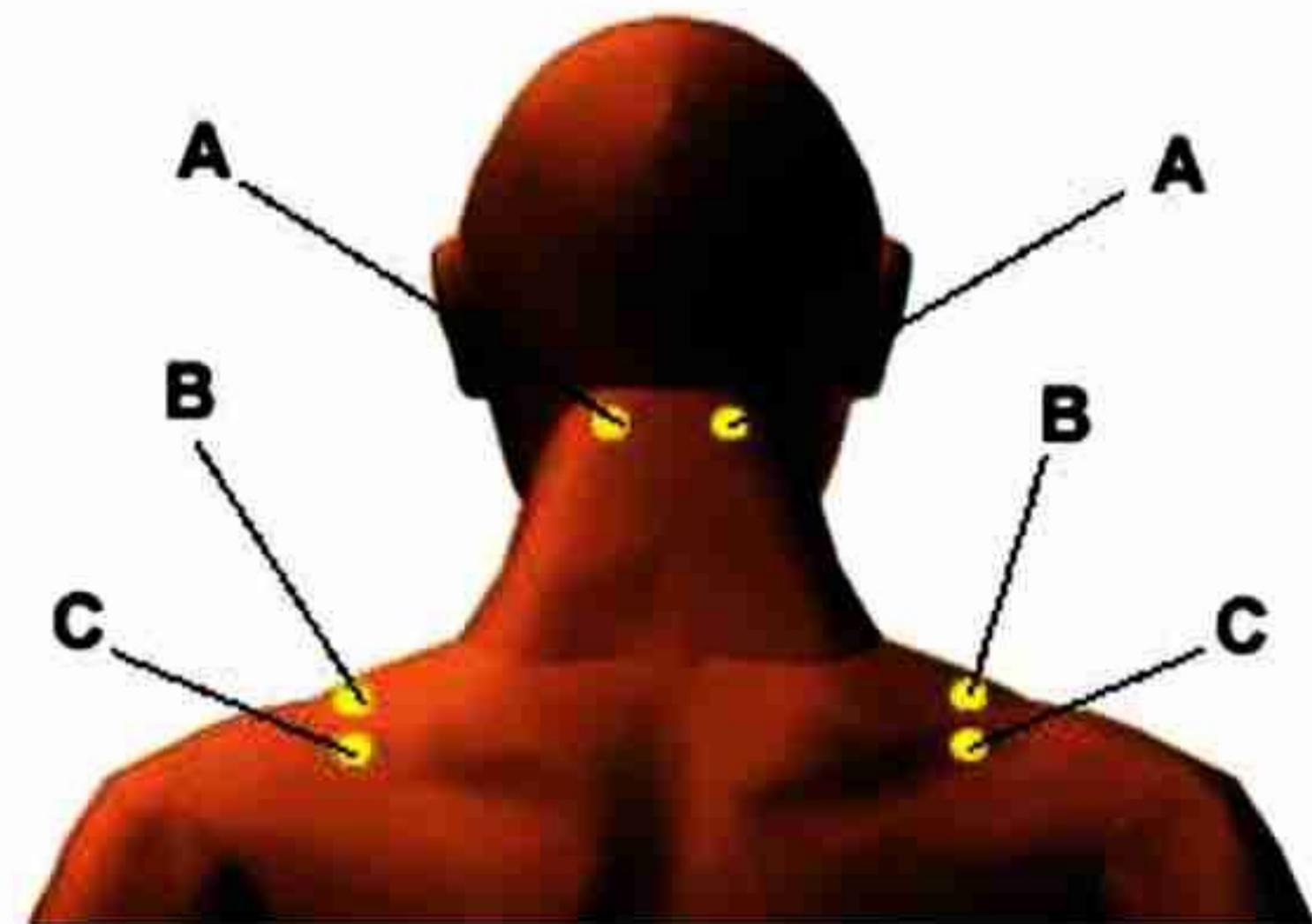
**Benefits:** Relieves lower-back aches, sciatica, pelvic tension, hip pain, and tension.

## **Points (E) -- Commanding Middle**

**Location:** In the center of the back of the knee crease.

**Benefits:** Relieves back pain; sciatica; knee pain; back stiffness; and arthritis in the knees, back, and hips.

# **Acupressure Points for Relieving Shoulder Tension.**



Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.

## **Points (A) -- Gates of Consciousness**

**Location:** Below the base of the skull, in the hollow between the two large vertical neck muscles, two to three inches apart depending on the size of the head.

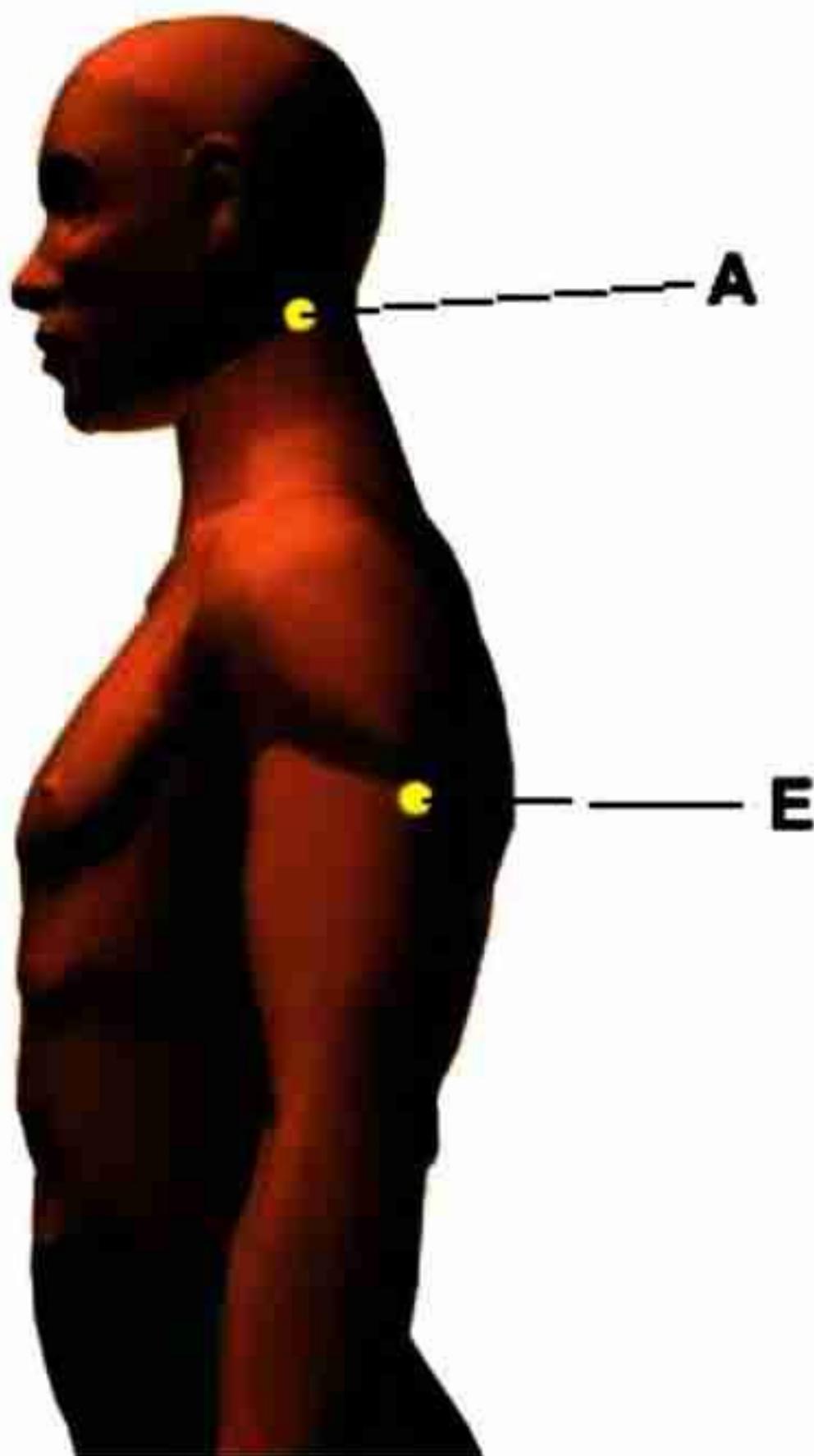
**Benefits:** Relieves arthritis in the shoulders and neck, headaches, and stiff neck.

## **Points (B) -- Shoulder Well**

**Caution:** Pregnant women should press lightly on this point.

**Location:** On the muscle at the highest point of the shoulder, one to two inches out from the side of the lower neck.

**Benefits:** Relieves shoulder tension, nervousness, irritability, and fatigue.



### **Points (C) -- Heavenly Rejuvenation**

**Location:** On the shoulders, midway between the base of the neck and the outside of the shoulders, one-half inch below the top of the shoulders.

**Benefits:** Relieves muscular tension, stiff necks, and shoulder pain.

## **Points (D) -- Outer Arm Bone**

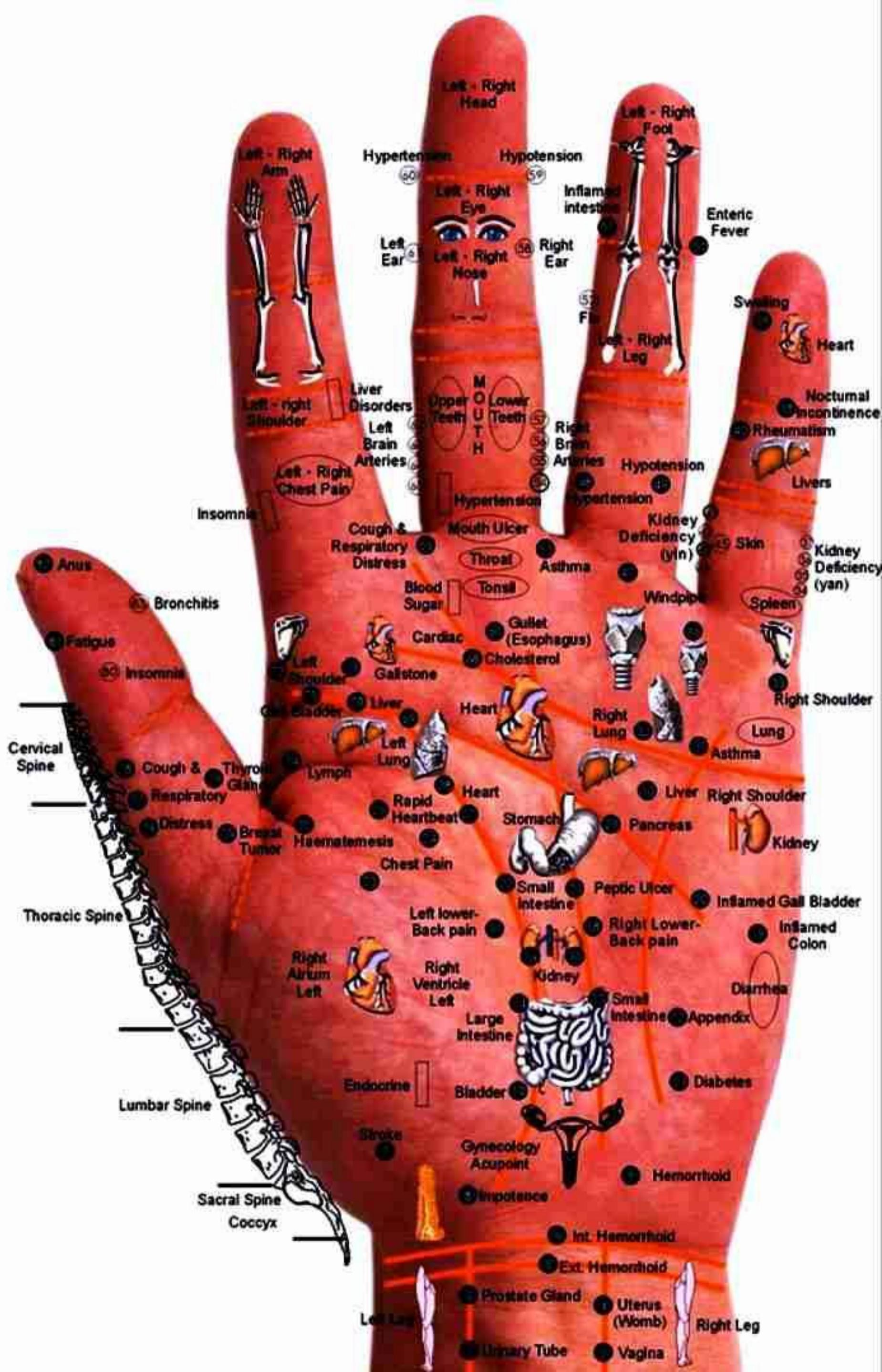
**Location:** On the outer surface of the upper arm one-third of the way down from the top of the shoulder to the elbow. Find a wiry muscle band by rubbing the fingers over the bone on the outside of the arm.

**Benefits:** Relieves aching in the arm, shoulder tension, and stiff necks.

## **Acupressure Points for the Hands**

Western “Acupressure” is coming from the Japanese techniques of Jin Shin Do. In China a similar form of acupressure is developed from a combination of martial art techniques. It involves applying pressure to acu-pressure points through pointing, poking, pinching, knocking, patting and pounding by hand.

In China pointing therapy is often used in healing of joints, muscles and back, but in Western world, it's often used for relaxation and relief of stress. Thousands of research papers have confirmed the extensive benefits of these techniques.

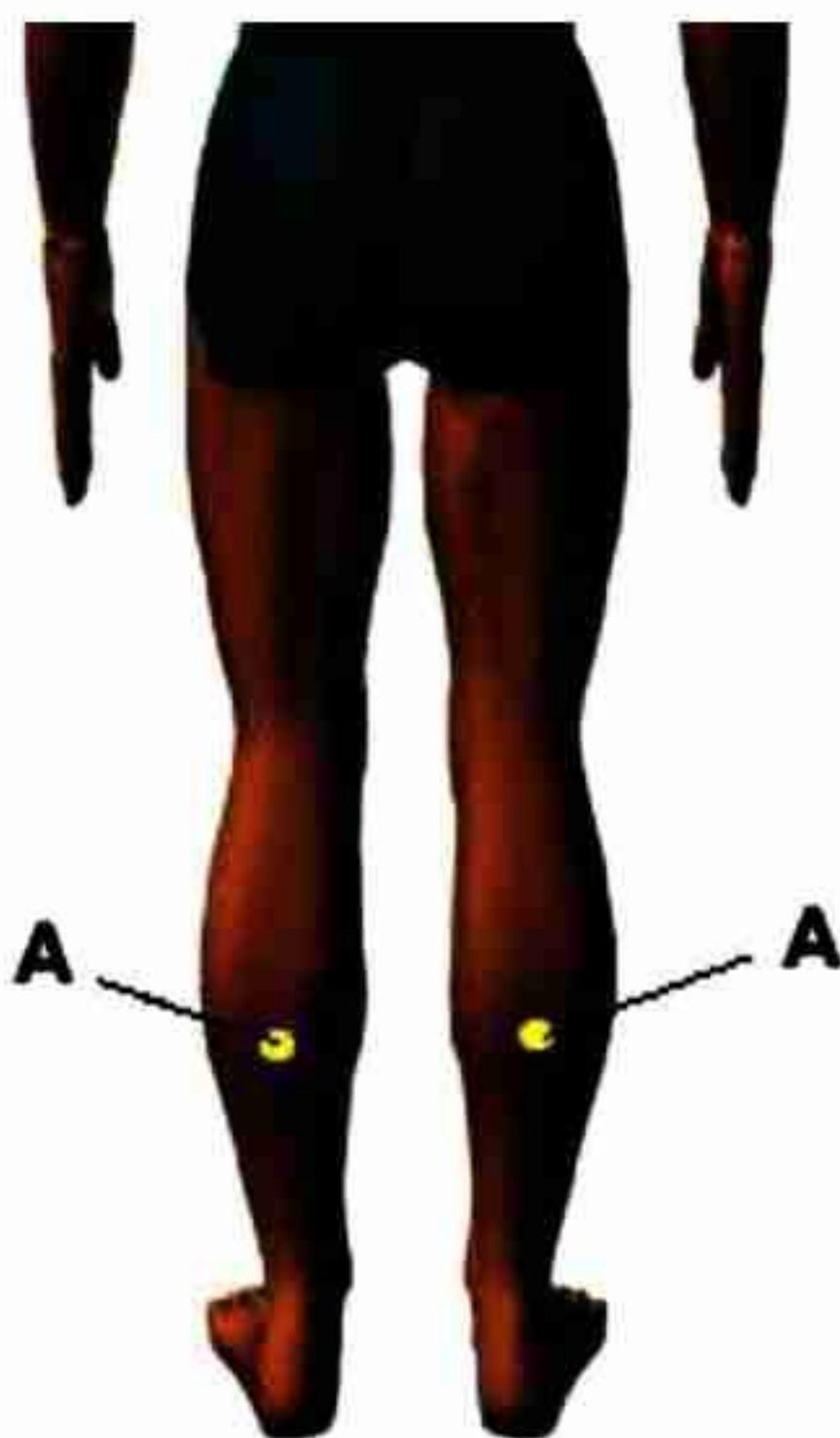


Hands are one of the most important organs in pointing therapy. There are many important acu-pressure points in the hand; And these points are extensively connected to different organs of the body. As you can see in this figure, these points are easy to find by yourself and you can perform these trigger-point therapy on your hands.

Hand massage is a useful technique to get the tension out of your hand and consequently remove the stress from your body.

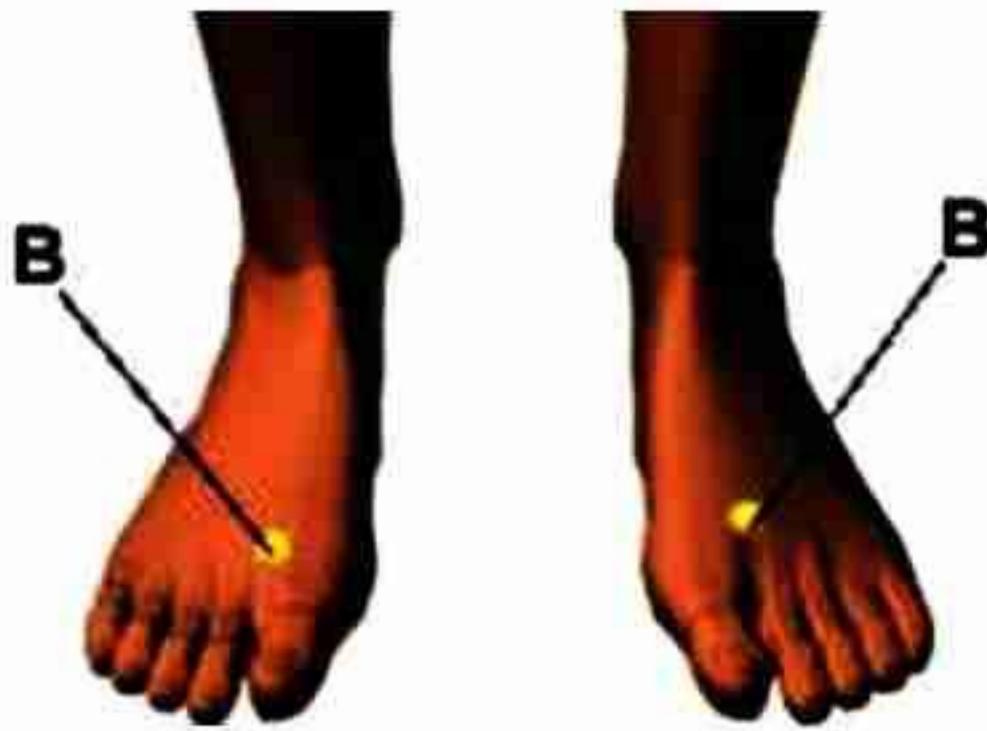
## **Acupressure Points for Relieving Cramps and Spasms.**

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.



### **Points (A) -- Supporting Mountain**

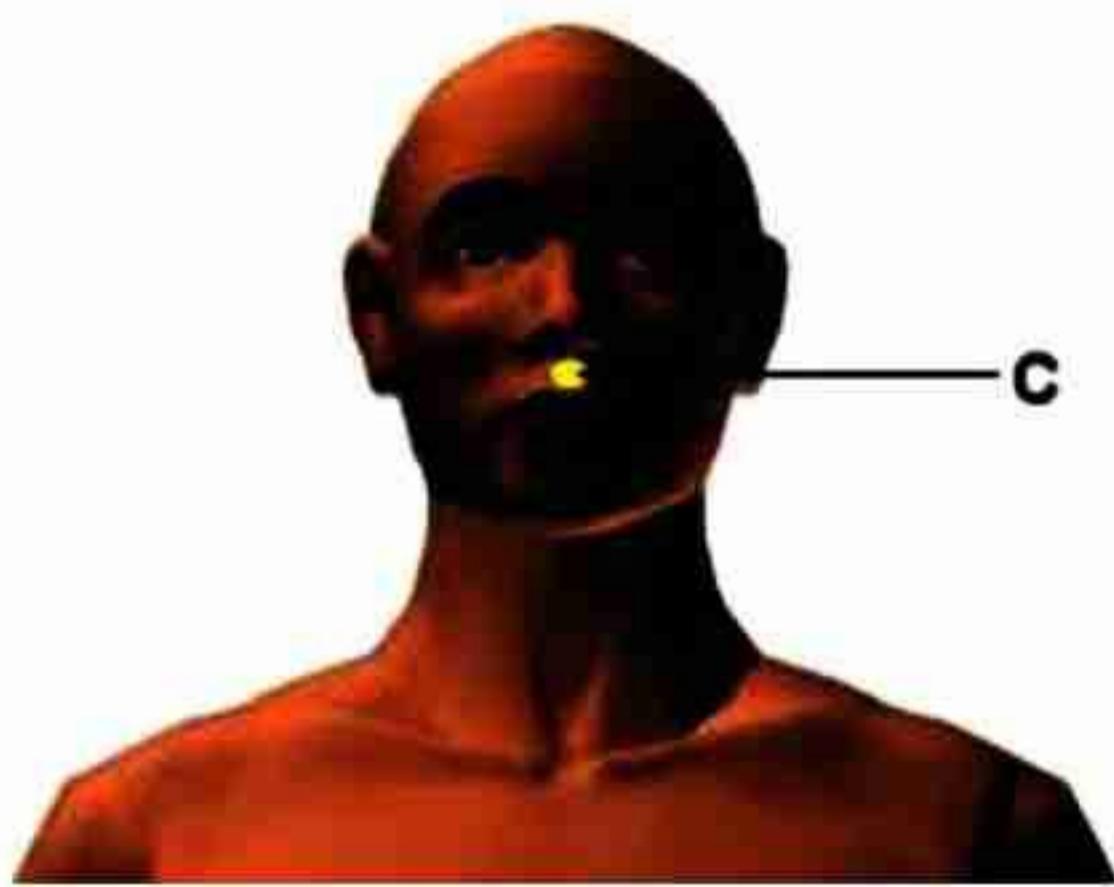
**Location:** In the center of the base of the calf muscle, midway between the crease behind the knee and the heel, at the bottom of the calf muscle bulge. **Benefits:** Relieves leg cramps (especially in the calf muscle), knee pain, lumbago, and feet swelling.



## Points (B) -- Bigger Rushing

Location: On the top of the foot in the valley between the big toe and the second toe.

Benefits: Relieves foot cramps, headaches, tired eyes, and hangovers, as well as allergies and arthritis.

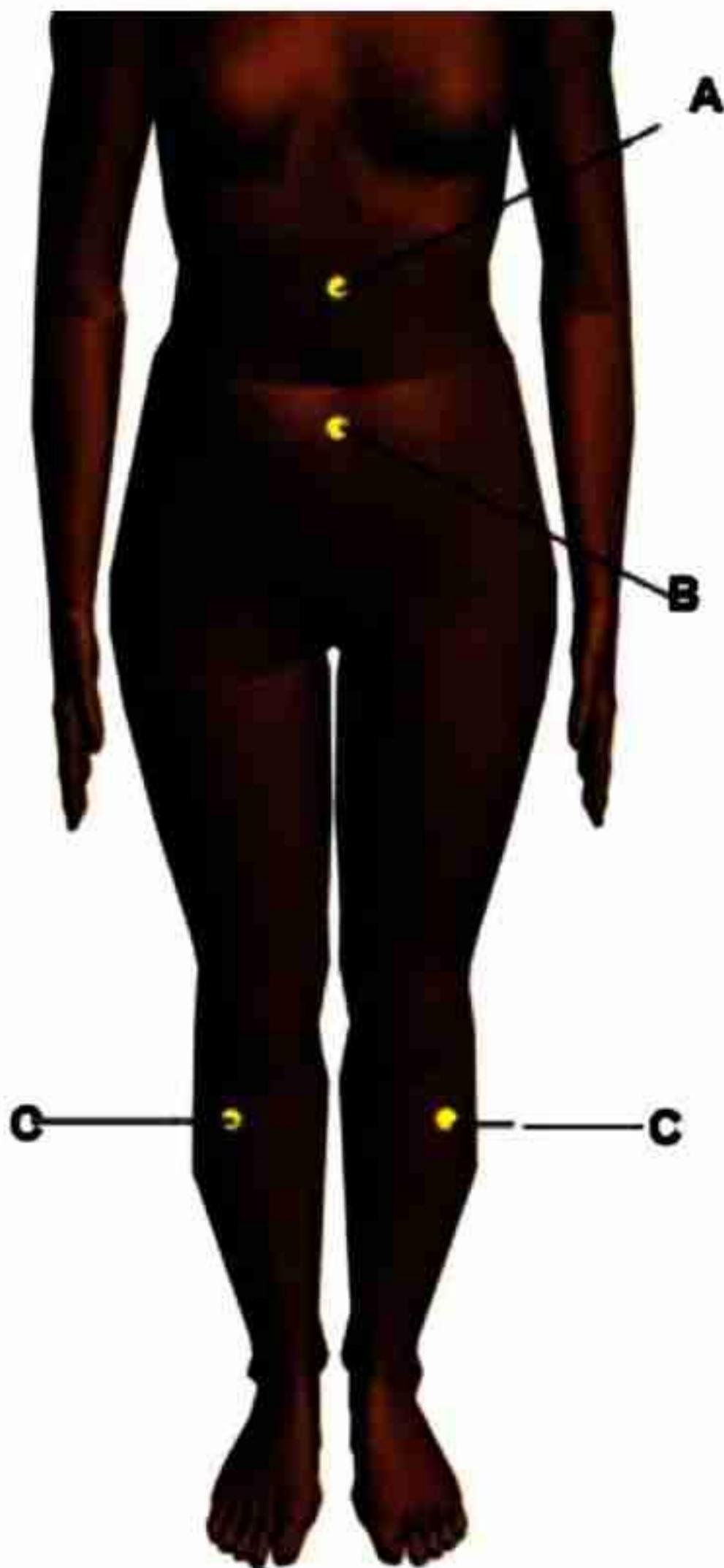


## Points (C) -- Middle of a Person

Location: Two-thirds of the way up from the upper lip to the nose. Benefits: This first-aid revival point has traditionally been used for cramps, fainting, and dizziness.

## **Acupressure Points for Relieving Stomachaches, Indigestion, and Heartburn.**

Working on these points can help you get better quicker. You do not have to use all of these points. Using just one or two of them whenever you have a free hand can be effective.



**Points (A) -- Center of Power**

**Caution:** Do not hold this point deeply if you have a chronic or life-threatening illness such as heart disease, cancer, or high blood pressure. It is best not to hold this point for more than two minutes and to use it only on a fairly empty stomach.

**Location:** On the midline of the body, one-half way between the base of the breastbone and the belly button.

**Benefits:** Relieves stomach pains, abdominal spasms, indigestion, heartburn, constipation, and emotional stress such as worry and frustration that often causes digestive problems.

## **Points (B) -- Sea of Energy**

**Location:** Two finger widths below the navel.

**Benefits:** Relieves abdominal pain, lower back pain, constipation, gas, and digestive problems.



## **Points (C) -- Three Mile Point**

**Location:** Four finger widths below the kneecap, one finger width to the outside of the shinbone. If you are on the correct spot, a muscle should flex as you move your foot up and down.

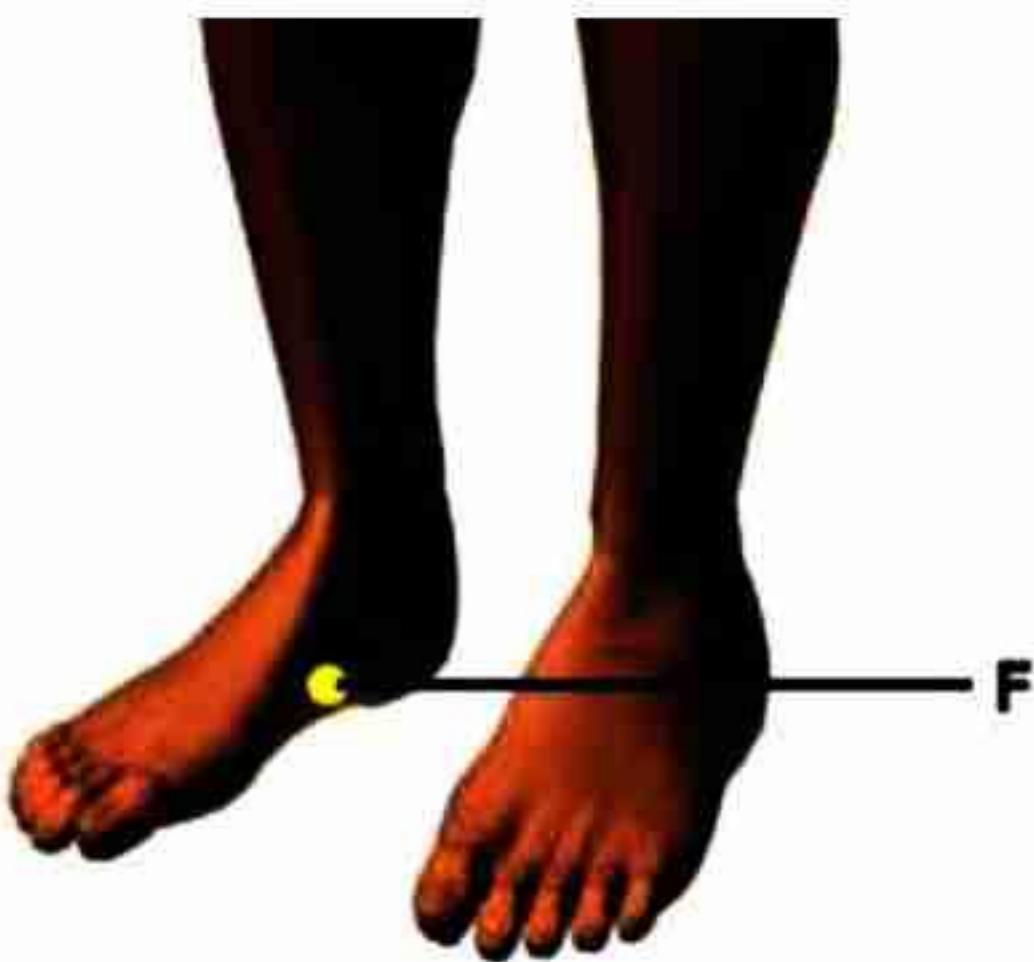
**Benefits:** Relieves stomachaches, poor digestion, stomach disorders, and fatigue.

## **Points (D) & Points (E) -- Sea of Vitality**

**Caution:** Do not press on disintegrating discs or fractured or broken bones. If you have a weak back, a few minutes of stationary, light touching instead of pressure can be very healing.

**Location:** Location: In the lower back two (Point E) and four (Point D) finger widths from the spine at waist level.

**Benefits:** Relieves indigestion, abdominal pain, and stomachaches.



### **Points (F) -- Grandfather Grandson**

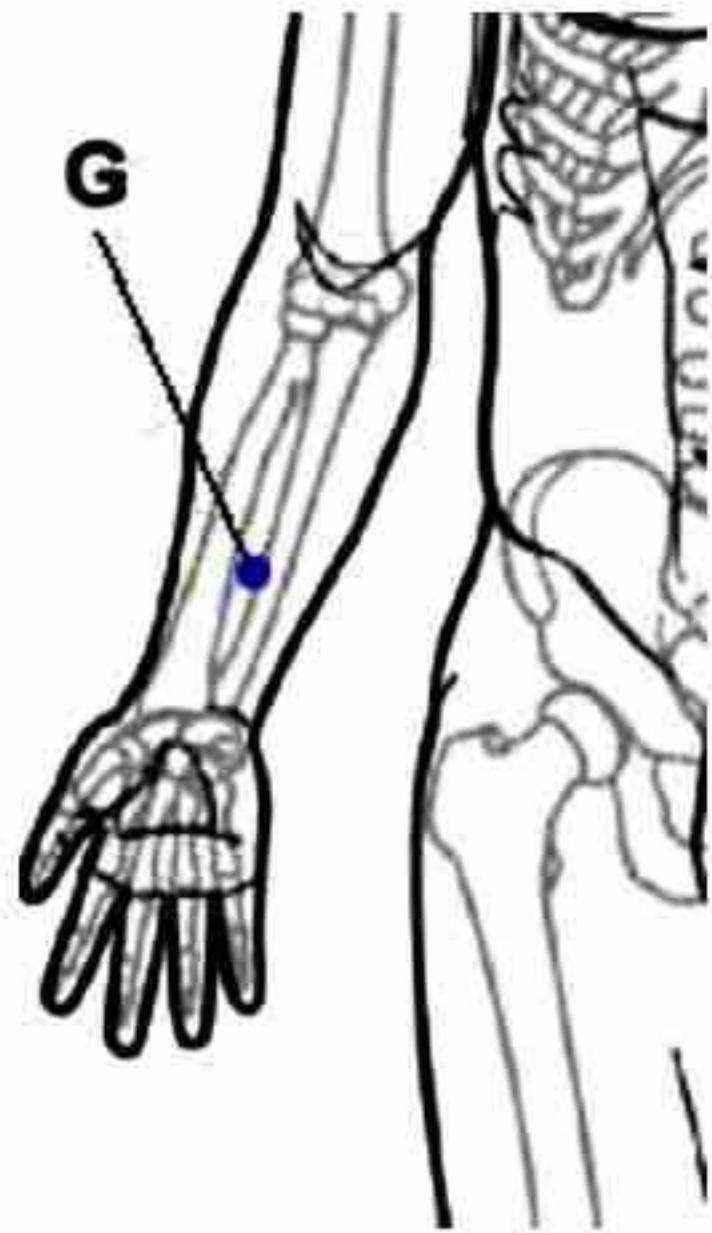
**Location:** On the arch, one thumb width from the ball of the foot toward the heel.

**Benefits:** Relieves abdominal cramps, stomachaches, indigestion, and diarrhea. Also good for balancing a person who is inclined toward anxiety or hypochondria.

### **Points (G) -- Inner Gate**

**Location:** In the middle of the inner wrist, two-and-one-half finger widths below the wrist crease.

**Benefits:** Relieves stomachaches, indigestion, nausea, and anxiety.



# How to Use Acupressure Points for Foot Pain

## Steps

- 1 Diagnose where your pain is coming from. The foot is where a number of acupressure meridians lie. Since there is no 1 spot for foot pain relief, by knowing its origin, you will be able to use the right acupressure point.
- 2 Try acupressure points that are not on the foot if your feet are bruised or very tender.
- 3 Take a finger and follow your calf muscle up from the ankle until you find a divot right below the meaty part of the calf muscle. This is called "Bladder 58" in traditional Chinese medicine.
- 4 Move your finger diagonally down toward the outer edge of your calf muscle to find "Bladder 57."
- 5 Press deeply with your thumb on Bladder 57 for a second to test the point and see if you have any stimulation. Press for 30 seconds to 2 minutes when you are sure you have located the right point.
- 6 Test Bladder 58 by pressing it for a second. Press and hold for 30 seconds to 2 minutes. These points are especially helpful if you are having problems with motor control in your feet.
- 7 Repeat on the opposite leg.

## **Method 1 of 3: Heel Points**

- 1** Move your thumb and forefinger to either side of the Achilles tendon on your ankle. The spot on the outside of the ankle is "Bladder 60." The spot on the inside of the ankle is called "Kidney 3."
- 2** Press your thumb and forefinger on either side of this tendon in with firm pressure for a second to test it. Then, hold with medium to firm pressure for 30 seconds to 2 minutes.
- 3** Repeat on the opposite ankle if you have pain on both sides. This set of points can be especially useful if you have bone spurs.
- 4** Find the place on the inner edge of your heel where red and white skin meet on either side of the heel.
- 5** Press for a second to make sure you have found the point.
- 6** Press and hold with very firm pressure for 30 seconds to 2 minutes.
- 7** Find the spot on the back of the heel where the red and white skin meet at the bottom of the Achilles tendon. Press to test and massage firmly around the heel with your fingers between the 3 points.

**8** Move your thumb to the center, bottom of your heel. Use your thumb and the pressure from your arm to press very firmly. This can be quite a painful spot if you have severe heel pain. Press firmly as long as you are able.

**9** Repeat on the opposite side if you have pain in both feet. This is especially useful for people with plantar fasciitis and bone spurs.

## **Method 2 of 3: Ball of the Foot**

**1** Take your thumb and place it just below the meaty part of the ball of your foot in the center.

**2** Press on this spot with firm pressure for 10 seconds to 2 minutes.

To further stimulate this point, make a fist with your opposite hand and hit this acupressure point about 30 times.

## **Method 3 of 3: Top of the Foot**

- 1 Find the point in the top and center of the foot right before the ankle begins. It should be approximately between your second and third toes. It is also called "Stomach 42."
- 2 Press with medium pressure for 10 to 30 seconds.
- 3 Move your finger down to the point where the second and third toes meet. This is called "Stomach 44." Press and hold for 10 to 30 seconds.
- 4 Repeat on the opposite foot.

## **5 Easy Acupressure Points For Back Pain and Lower Backaches**

*Here are three main acupressure points for back pain:*

### **1. Foot**

Sit in a relaxed position and press your feet gently with your hands. This acupressure point is basically that joint where the first two toe bones meet. Press this point for two minutes each rotating clockwise and anticlockwise for 3-4 times to get some relief. Care must be taken that massage is done with alternating pressures of low and high intensities for best results.

### **2. Hand**

There are various acupressure points on the palm and hand that can control your back pain. Stressful activities worsen back pain.

Sit down in a very relaxed position.

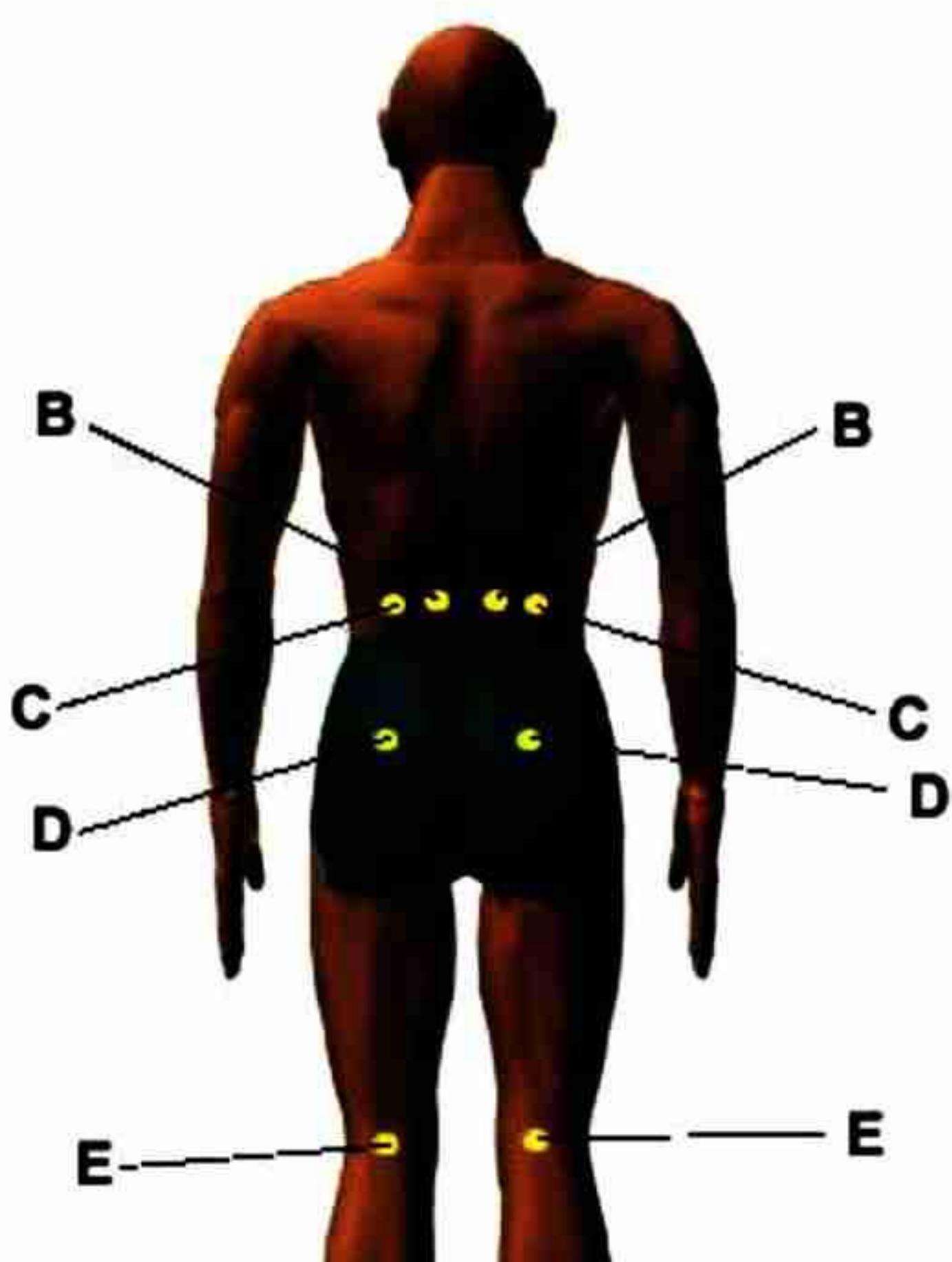
Acupressure points on the hand will be easily reachable. The acupressure point lies between the index finger and the thumb.

Press this point on both hands one after the other for fifteen seconds each for five to six times to get some relief. This is due to the rise of endorphin levels thereby helping to soothe your backache.

### 3. Elbow

This acupressure point falls on the elbow. Sit up in a comfortable position and gently massage your elbow. Put it in a raised position to get hold of the acupressure point. Follow the elbow bone and move four finger spaces from your elbow to find this acupressure point. Start with that side of the body that is hurting more. Press these acupressure points for about 30 seconds each for about 3-4 times for best results.

*These acupressure points are to cure lower backaches:*



#### **4. Lower back : Points (B) & Points (C)**

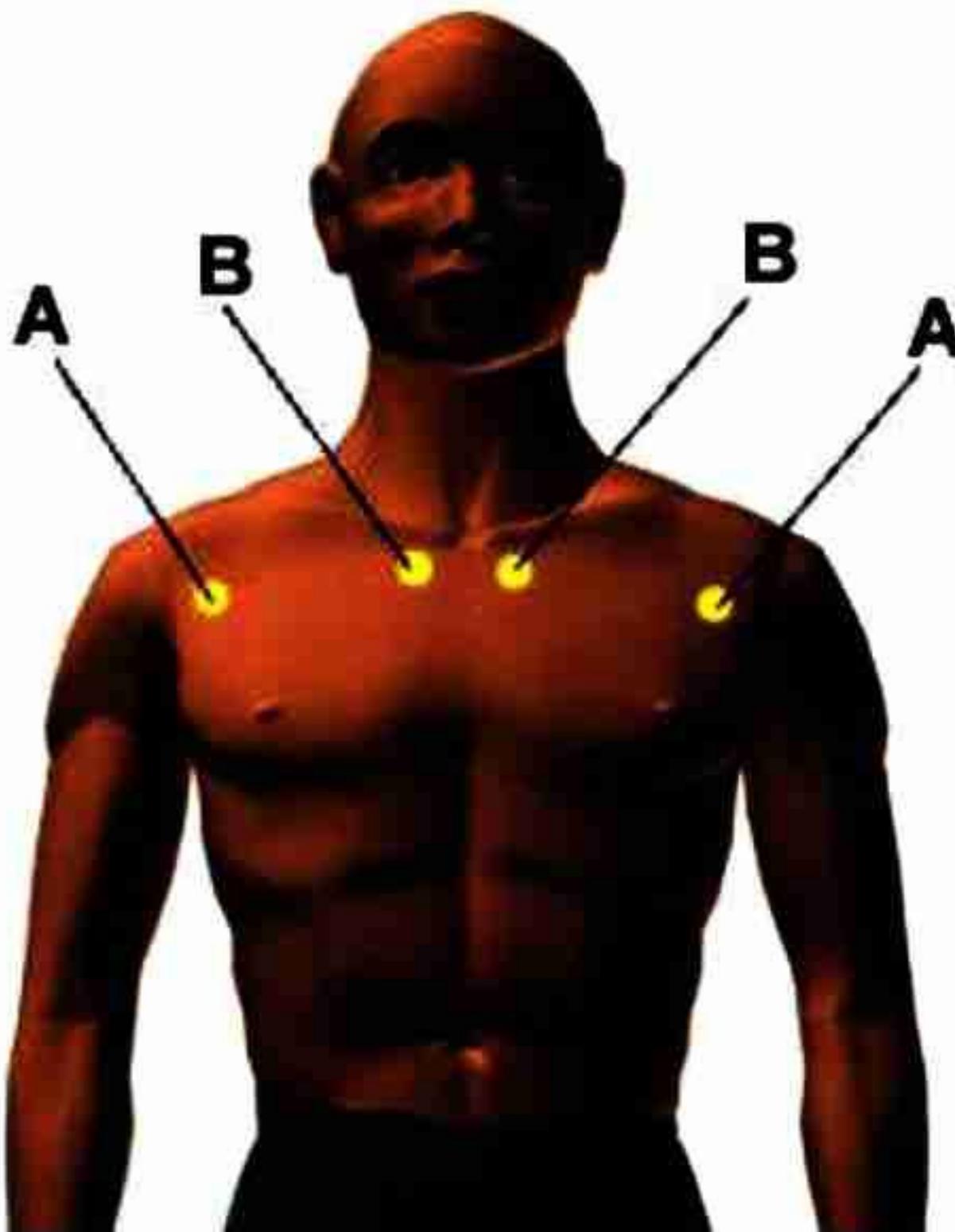
At the end of your spine, there is an evident hollow. There are four points with two finger spaces in between that fall on a straight line that is the lowest point on your back and spine. In medical terms, these are known as the second and third lumbar vertebrae. Few minutes of light pressure on this points will get rid of fatigue as well as harsh lower back pain within no time. Practice this for a few minutes every day to keep back pain at bay.

#### **5. Back of the knee cap : Points (E)**

There is an evident hollow that is right behind your knee cap. This acupressure point lies exactly in the middle of the back of the knee cap. Keep pressure on this point for three minutes on each of the legs to get some relief in lower back ache. Alternate pressure intensities so that it is soothing instead of pinching.

These simple acupressure points for back pain are very easy to practice and give results depending upon accuracy in finding the acupressure points and using them consistently for longer period of time.

# Acupressure Points for Asthma



Acupressure is an alternative treatment for asthma that offers a very beneficial way to get relief from the common

complications of the condition. Rather than conventional medicine that poses great risks of side effects, acupressure is a harmless and natural way of getting relief from the symptoms of asthma. You just need to know the right acupressure points for asthma.

## Acupressure Points for Relieving Asthma

One of the points is located towards the outer part of the chest, close to the shoulders. The width of three fingers together below the collarbone is its exact location. This point can be found on both sides of your chest. The benefits of applying pressure on this point are relief from difficulties in breathing, chest tension, congestion, coughing and even tension caused by emotional problems.

The hollow found below the collarbone located next to the breastbone is an acupressure point for asthma. The benefits of pressing on these points are relief from chest congestion, coughing, breathing problems, anxiety and other asthma symptoms.

A very effective acupressure point for asthma is on the back. It is between the upper part of shoulder blades and the upper spine. You can feel for knots on both sides in this area of the upper back. A good way of applying pressure on these points once you locate them is to place two tennis balls while you lay on your back with the knees bent. Let your feet rest on the floor or the bed. Take deep breaths in this position as you allow your body to apply pressure through these balls, keeping the eyes closed. Deep relaxation for 5 to 10 minutes helps you get full benefits.

On your palm pad's centre, there is the base of the thumb. It is one of the points for acupressure. It is one of the more convenient points and you can press it anytime in the course of the day. It gives you benefit from shallow breathing, swollen throat and coughing.

Another convenient acupressure point for asthma on your hand is where your wrist ends and below the base of the thumb. You can press this point throughout the day to get relief from lung problems, coughing and other asthma symptoms.

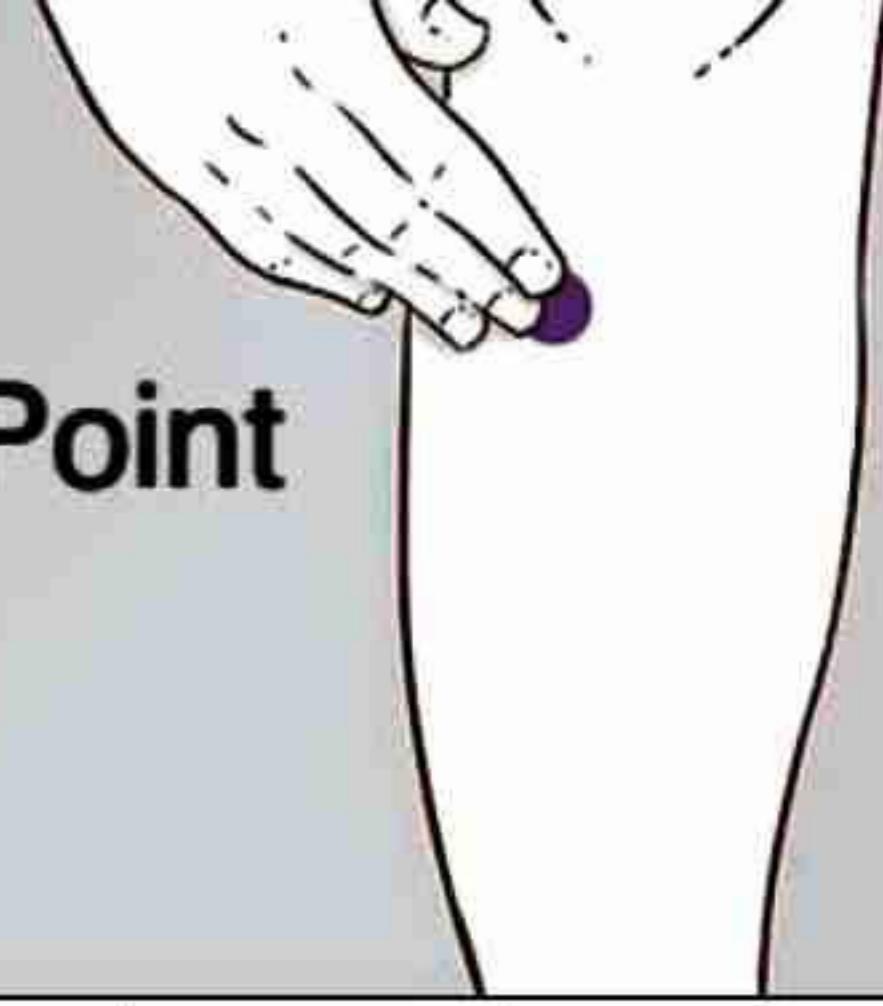
Other than acupressure, acupuncture is also a viable alternative treatment for asthma. You can find many professional experts who are adept at acupuncture for asthma treatment. But the acupressure points mentioned above are quite effective and you may not need professional assistance if you press these points regularly.

# Acupressure Points for Nausea



There are various ways by which you can get relief from nausea. However, acupressure remains the best and widely used treatment for this condition. In our body, there are many anti-nausea pressure points which can be used to get relief. Once you know these acupressure points, you can comfortably carry out the treatment at home on your own. Have a look at the various anti-nausea acupressure points, here.

1. The webbing between your thumb and your index finger is the most commonly known pressure point to relieve nausea. Press it between the fingers of the other hand. If a spot at webbing pains slightly, it should be squeezed more.
2. The next pressure point is located on your elbow joint. It will be located on the inside of the bicep tendon. For a few minutes, rub this part gently with three fingers. Repeat it as many times as you can. Massage on this point helps you treat other conditions as well, such as stomach complications, indigestion and chest congestion.



## Knee Point

3. The knee joint of a person is another anti-nausea pressure point. Place your hand at one hand's width below your knee and firmly press with your fingernail on the bone there.
4. Vomiting at times accompany nausea. In order to get relief from both these conditions, pressure can be applied on the spot between your collarbones.
5. P6 is among the most common points for relieving nausea and morning sickness. It is located on the palm's side of your wrist. Pericardium (P6) passes through your chest, diaphragm, and stomach. When pressure is exerted on this point, it gets stimulated and makes your condition better. P6 is also considered a great acupressure point for heart conditions, such as angina (heart pain), palpitations and carpal tunnel pain.

# **Effective Acupressure Points to Relieve Sleeping Disorders**

## **Types of Sleep Disorders**

Trouble in falling asleep or staying asleep throughout the night can be caused due to various factors. Some of the common sleep disorders are as follows:

**Insomnia** – It is a condition which is characterized by difficulty in falling asleep and staying asleep.

**Central Sleep Apnea** – In this disorder the breathing during sleep is disrupted because of improper brain functions.

**Obstructive Sleep Apnea** – This disorder is caused by partial or complete blockage of the upper airway during sleep.

**Parasomnias** – This is a disruptive sleep disorder that is caused during arousal from REM sleep and is characterized by nightmares, night terrors, sleeping walking, etc.

**Nightmares** – This is a problem in which an individual wakes up suddenly from sleep terrified from a disturbing nightmare.

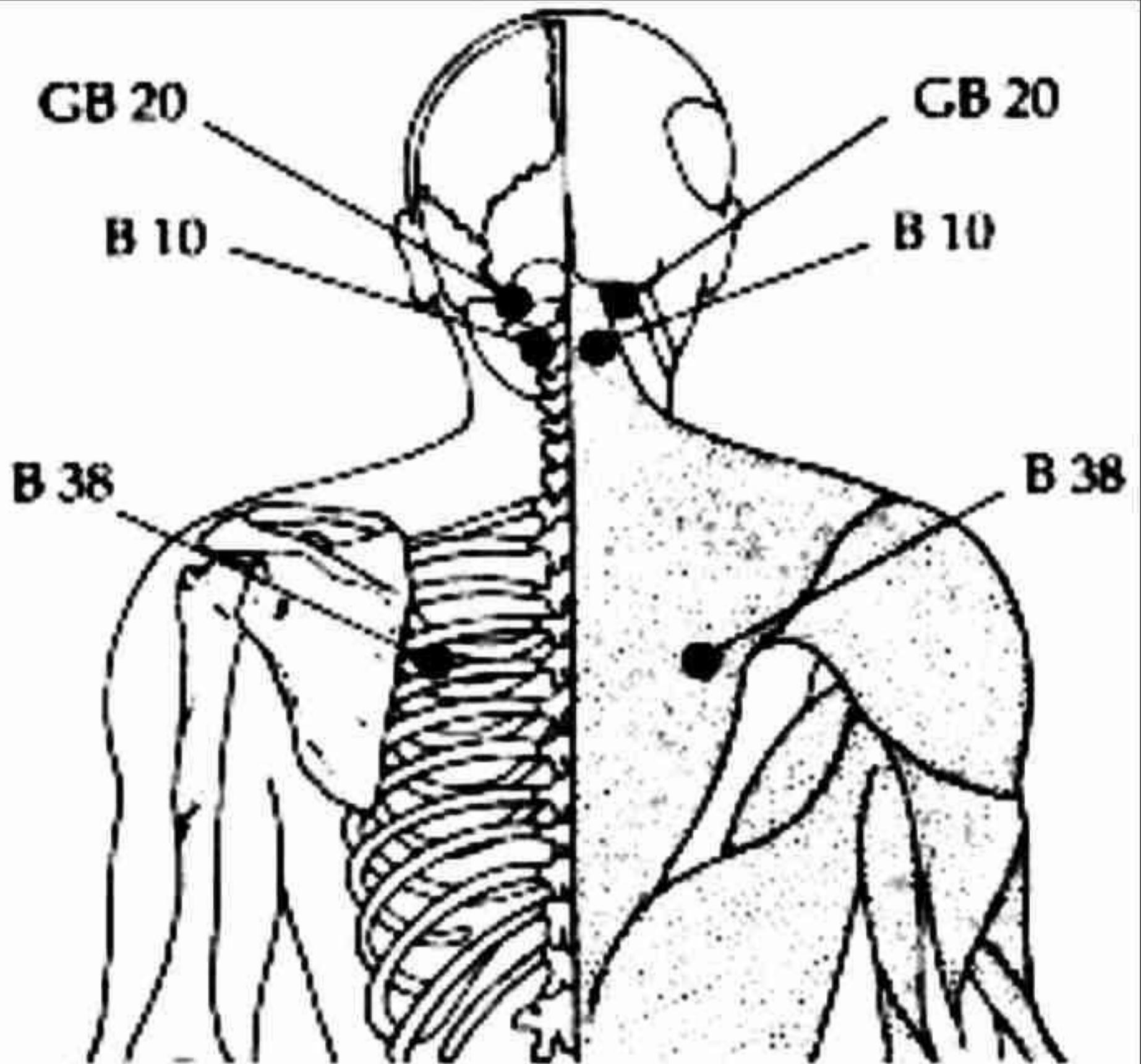
**Narcolepsy** – This is a neurological disorder that disrupts the control of sleep and wakefulness.

**Circadian Rhythm Sleep Disorder** – In this disorder, the circadian rhythm or the internal body clock is disrupted.

**Snoring** – Snoring is a problem that not only disrupts the quality of sleep of your partner but also affects your own sleep quality.

## **Useful Acupressure Points to Promote Restful Sleep :**

Chronic stress, anxiety, and tension can create sleeping disorders. Here are 10 soothing acupressure points that treat insomnia and improve sleep.

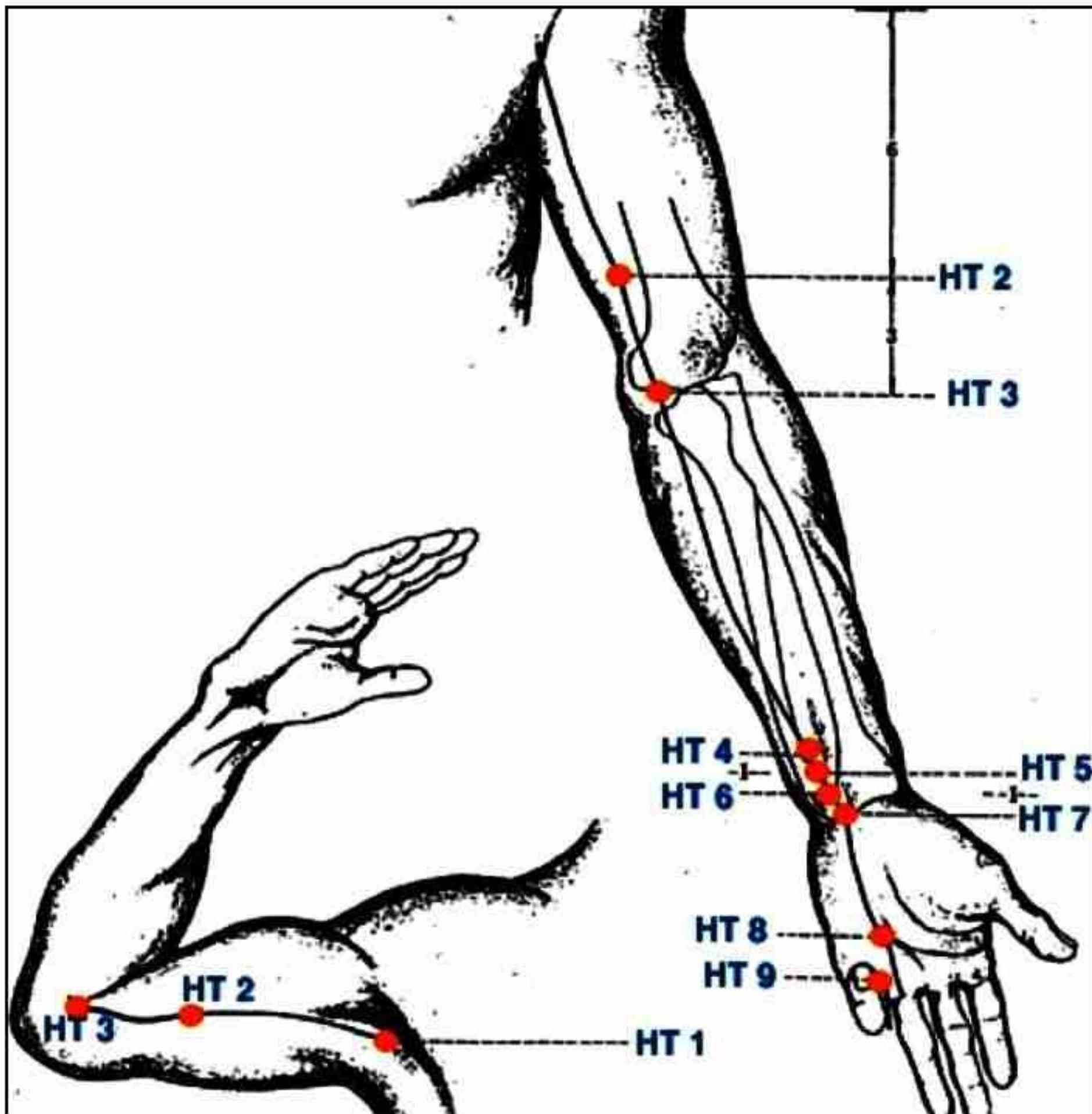


The point B38 or Vital Diaphragm is one of the most important acupressure and acupuncture pressure points for treating sleeping disorders and promoting restful sleep. This point is located in the back at the heart level, between the shoulder blade and the spine. Stimulating this point helps in balancing emotions of stress, anxiety, grief and fear that hinder sleep and it is one of the widely used acupressure points for insomnia.



Acupressure point P6 or Pericardium 6 is a well-known point of treating nausea and vomiting. This point is called the Inner Gate point, and it is located in the central point of the inner side of the forearm, two and half finger widths from the wrist crease. This is one of the effective acupressure points for sleep that relieves insomnia and reduces anxiety, indigestion, and palpitations – some of the common problems that hinder sleep.

This point is also beneficial for treating chest congestion, cardiac pain, depression, dizziness, asthma, cough, irritability, and malaria. This point can be stimulated by placing the right thumb on the inner side of the left wrist and pressing the point firmly for one minute and then pressing the point on the other hand.



H7 or Heart 7 is commonly used in acupressure for sleep disorders treatment. This point is also known as the Spirit Gate, and it is located on the inner side of the wrist crease, in line with the little finger. Stimulating this point helps in relieving insomnia caused by overexcitement, emotional issues, anxiety and cold sweat. It also relieves cardiac pain, palpitations, chest pain, epilepsy, and irritability.

This point can be activated by placing the thumb of the right hand on the wrist crease of the left hand and pressing the hollow in the crease for one minute and then switching sides.

## B10

B10 or Urinary Bladder10 is a famous acupressure point for treating headache, neck pain and dizziness. This point is positioned on the back of the neck, one-half inch below the base of the skull, on the muscles located on the outer side of the spine. It is also one of the significant acupressure and acupuncture points for sleep that relieves insomnia, stress and exhaustion that also aids in relaxing and clearing the head and bringing thoughts to rest. It is also useful for treating shoulder pain, back pain, nasal congestion, sore throat and skin problems. In order to stimulate this point curve your fingers and place the fingertips on the thick muscles on the back of the neck. Apply firm pressure on the muscles of 1 minute as you breathe deeply.

GV 16

GB 20

TW 16

B 10

GB 21

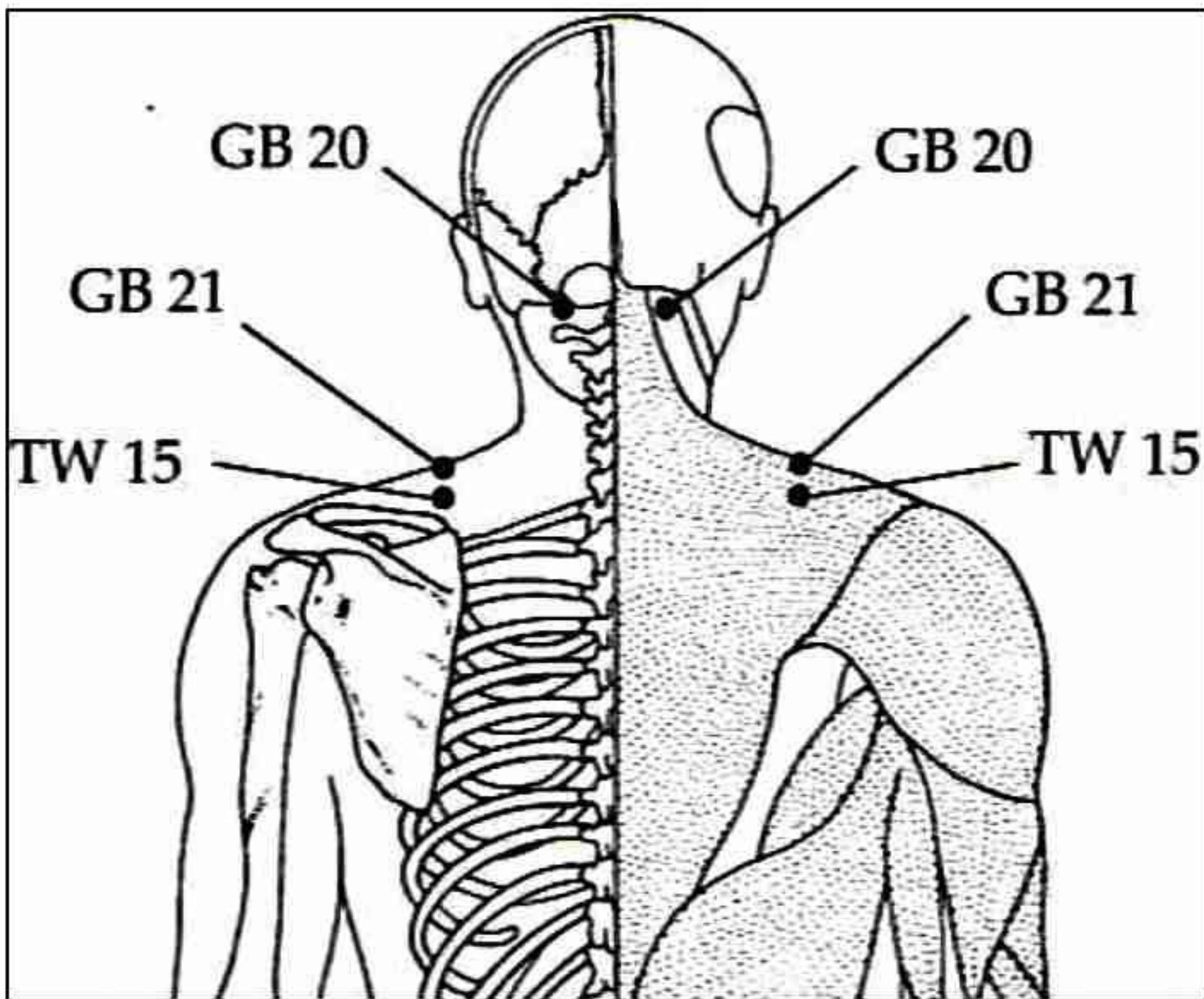
GV16

GB

TW 16

B 10

Acupressure point GV16 or Governing Vessel 16 is yet another vital pressure point used in the treatment of sleep disorders. This point is also called the Wind Mansion, and it can be found in the center of the back of the head, in a large hollow under the base of the skull. This point helps in relieving insomnia and sleeping disorder caused by mental stress, palpitations, fear, fright, mania and suicidal thoughts. It also aids in treating earache, headache, throat swelling, eye problems, nosebleeds, asthma, chest tightness and spinal cord issues. In order to stimulate this point locate the hollow at the center of the base of your skull and place your middle fingers in this hollow. Tilt your head back and press firmly into this hollow for 1 minute while keeping your eyes closed and breathing deeply.



GB20 or Gall Bladder 20 is a popular acupressure point for relieving migraine, headache, blurred vision, low energy, fatigue and symptoms of cold and flu. This point is also called the Gates of Consciousness, and it is situated below the base of the skull, in the hollow between the two vertical neck muscles. 2 to 3 inches apart based on the side of the head. This point helps in relieving insomnia and disturbed sleep.

# **Acupressure Points for Vertigo, Dizziness, Fainting, Lightheadedness**

Acupressure Points for Vertigo, Dizziness and Fainting are helpful to heal such diseases by applying the pressure points on a regular basis. The person having feeling of movement of body without actual movement may have Vertigo or Dizziness. When a person feels his/her head weightless, that feeling is called lightheadedness. When any person loses consciousness for a short period of time, that person may be suffering from Fainting. Fainting usually arise in any person's body because of a temporarily insufficient supply of oxygen to the brain. However, all these problems or diseases can be healed and cured through Acupressure Points. Acupressure Points are useful to get relief in Vertigo, Dizziness and such relevant problems.

## **What is Vertigo?**

Vertigo is a situation of the person when he/she feels a particular feeling of moving or whirling (feeling of moving round and round) without any action of real movement. Such feeling of Spinning or imbalance of body normally occurs due to having common weakness. But one should not consider it lightly, because sometimes such problems lead to worse situation in near future.

Any person having problems like Vertigo, Dizziness, Fainting, Lightheadedness, Losing of Balance, Losing Consciousness etc., should learn and apply the Acupressure Points on a regular basis to get better results. It is most important that the person must have appropriate knowledge of Pressure points before applying Acupressure Points to relieve Vertigo, Dizziness, Fainting and Lightheadedness.

Here we provide some information regarding Acupressure Points for Vertigo, Dizziness etc. problems. The Most Effective Acupressure Points for Vertigo, Dizziness, Fainting and Lightheadedness are presented as follows:

**Warning:** The people who are suffering from Diabetes or Blood Pressure (High Blood Pressure or Low Blood Pressure) or such severe disease(s), are strictly advised to consult their Doctor of concerned disease/problem before applying Acupressure Points for Vertigo, Dizziness, Fainting and Lightheadedness.

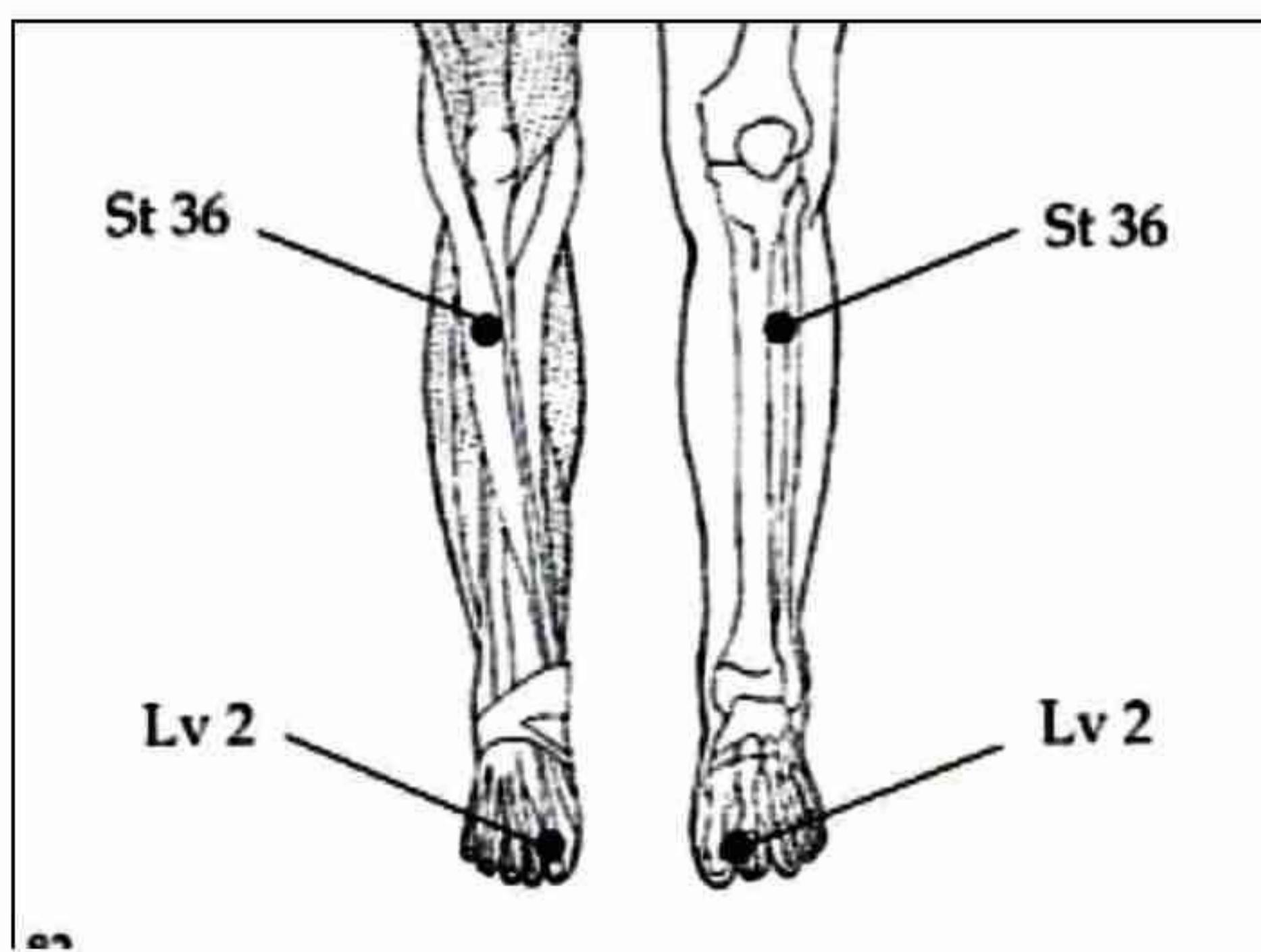
**Best Acupressure Points for Vertigo, Dizziness, Fainting, Lightheadedness :**

**01) Third Eye Point:**



Acupressure Third Eye Point is the most popular and common pressure point that helps to heal various diseases. You can find the Third Eye Point in between your eyebrows. The exact place of Acupressure Third Eye Point can be spotted where the bridge of the nose meets your forehead as displayed in the picture above. As you are able to find the Third Eye Point, put the Thumb of your hand on that point and apply gentle pressure for three to four minutes. It is advisable to repeat the process by stimulating the Acupressure Third Eye Point 2 to 3 times in a day. By applying pressure on the Third Eye Point regularly will be helpful in Nervousness, Anxiety, Dizziness, Vertigo etc.

02) Three Mile Point OR Stomach 36 Point (ST 36):



Acupressure Three Mile Point is also a common pressure point to get relief in many problems which arise in human body and it is also known as ST 36 Point. The Three Mile Point is situated on both the legs under the Knee cap. You can find the exact place of Acupressure Three Mile Point at around five centimeters below the Knee cap and one centimeter away from the Shinbone as shown in the picture above. As you find the right spot of Three Mile Point (ST 36), apply mild pressure with your Index Finger and Middle Finger for four to five minutes. Applying pressure on Acupressure Three Mile Point (Stomach 36 Point) on a regular basis will be beneficial to tone your muscles, strengthen the whole body, reduce Dizziness, heal the Fainting problem etc.

### 03) Kidney 1 Point (KD 1) OR Bubbling Spring Point:



Acupressure Kidney 1 Point is an important pressure point for relieving Fainting. The Kidney 1 Point (KD 1) is also known as Bubbling Spring Point. You can find the Acupressure Bubbling Spring Point on the sole of your foot (on both feet). The Kindly 1 Point is exactly located in between the two pads (as displayed in the picture above). As you are able to find Acupressure Kidney 1 Point (KD 1) on your foot sole, rub the pressure point with your fist for 20 to 30 seconds. After that, rub the Kidney 1 Point on the other foot. By stimulating the Acupressure Bubbling Spring Point (Kidney 1 Point) on every day basis to get relief in fainting, insomnia, headache, hypertension, sore throat, lower back pain, convulsions etc. The Kidney 1 (KD 1) Point is also helpful in restore the consciousness.

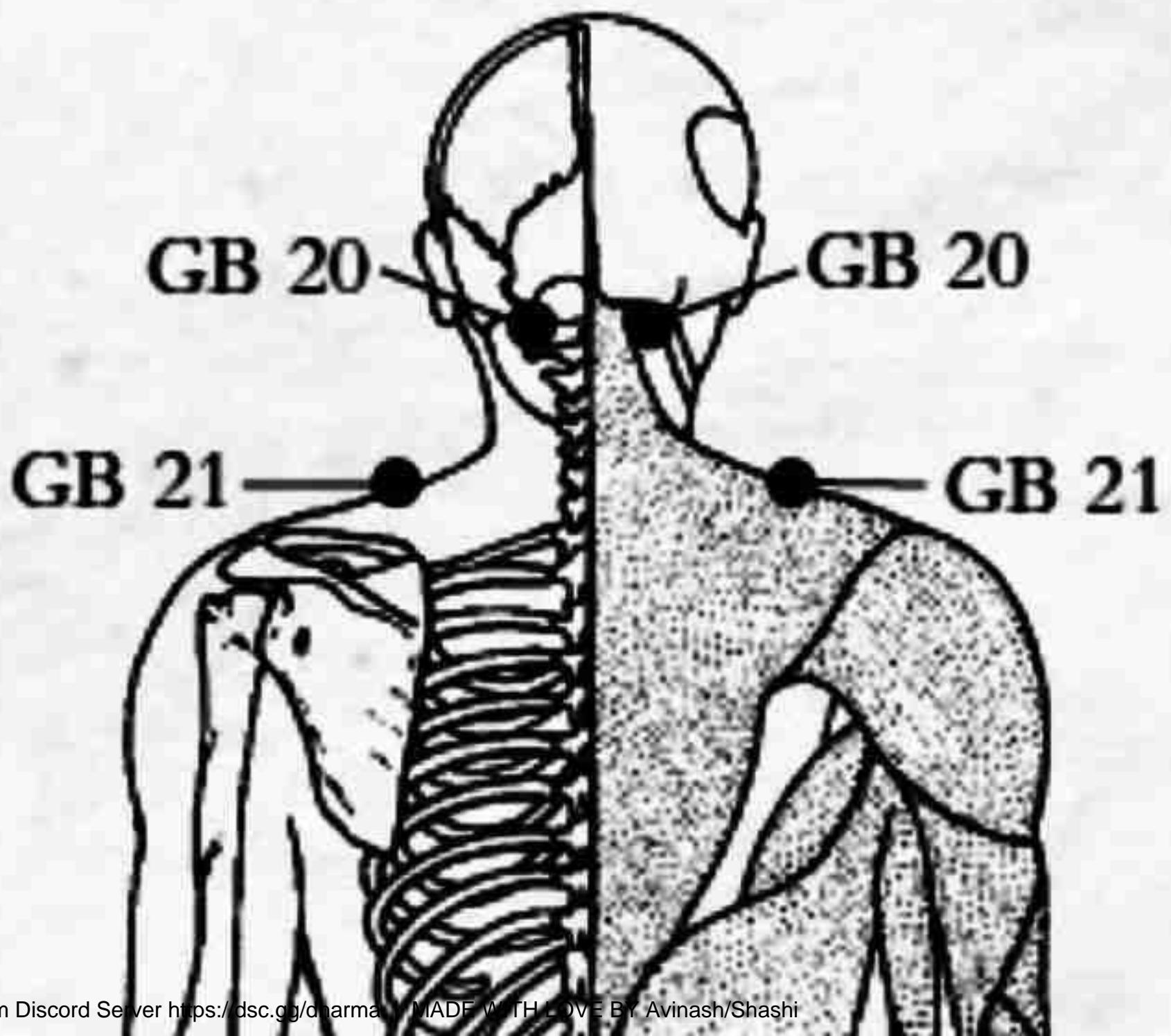
04) Governing Vessel 26 Point (GV 26):

## **GV 26**



Acupressure Governing Vessel 26 Point plays a vital role to heal the problems like Dizziness and Fainting. The Governing Vessel 26 (GV 26) Point is also called Middle of a Person Point. You can find the Governing Vessel 26 Point in between your upper lip and nose. The Acupressure Governing Vessel 26 Point is situated at 2/3rd (two third ways) above from the upper lip towards the nose. You can see the exact place of Governing Vessel 26 Point (Middle of a Person Point) in the picture displayed above. As you find out the GV 26 Point, put your finger on the point (i.e. between the upper lip and nose) and press it firmly for one to two minutes. Applying pressure on Governing Vessel 26 Point regularly will help in relieving the problems like cramps, collapse, dizziness, fainting, spinal pain, epilepsy etc.

## 05) Gall Bladder 20 Point (GB 20) or Gates of the Mind:



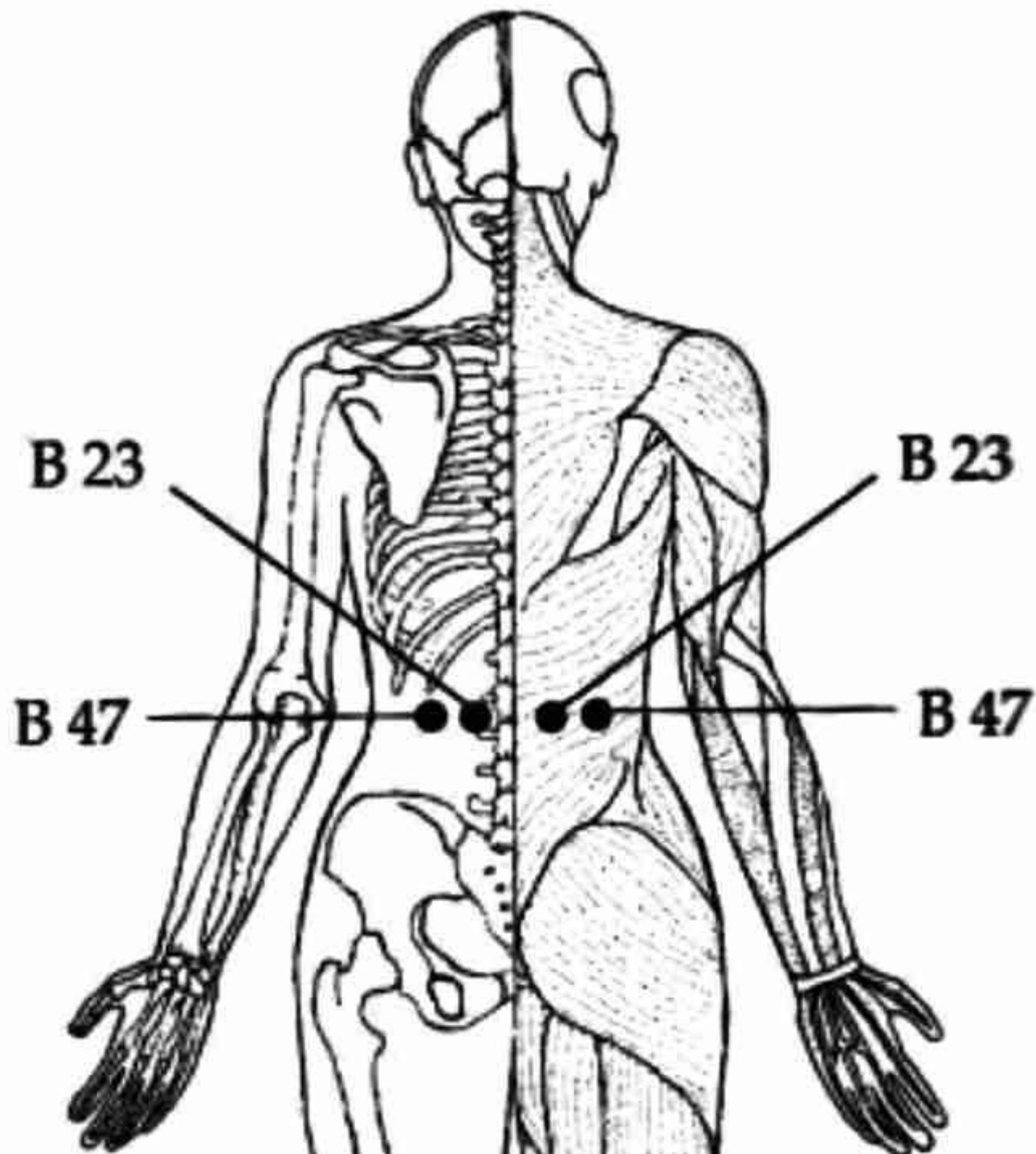
Acupressure Gall Bladder 20 Point is a very popular pressure point for relieving nervousness and stress. The Gall Bladder 20 (GB 20) Point is also known as Gates of the Mind Point. You can find the Gall Bladder 20 Point at the base of the skull. The exact place of the Acupressure Gall Bladder 20 Point is underneath the skull bone, in the gap on both sides of the neck. You can recognize the GB 20 Point in between the two perpendicular muscles of neck. As you are able to find the Acupressure Gall Bladder 20 Point, apply firm pressure on both sides simultaneously with your thumbs for two to three minutes. Applying pressure on Gall Bladder 20 (GB 20) Point regularly will help you to get relief from irritability, nervousness, mental stress, sleeping disorders or insomnia, migraine, dizziness and vertigo.

06) Pericardium 6 Point (P6):



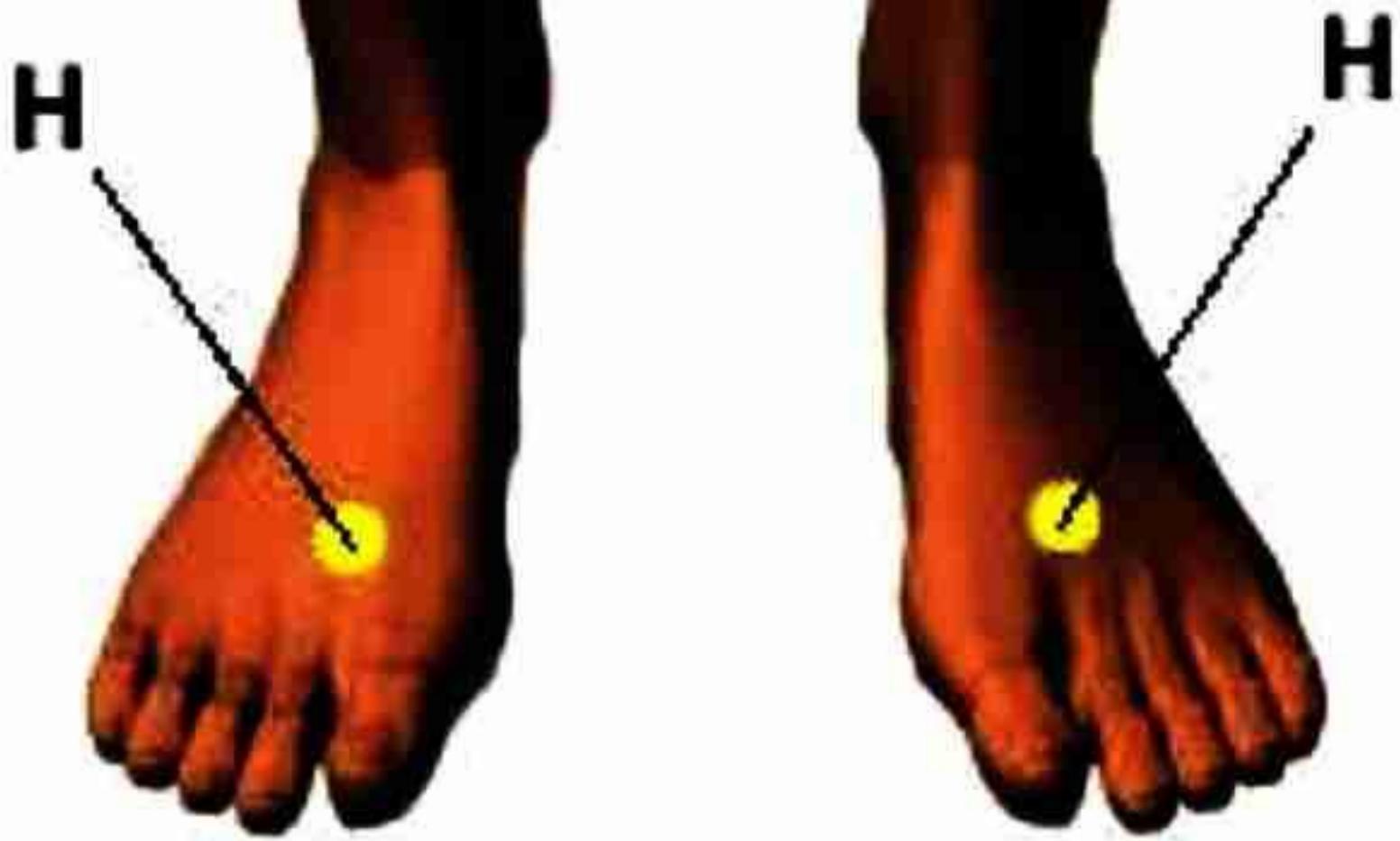
Acupressure Pericardium 6 Point is very helpful point to get relief in Vertigo and Dizziness. The Pericardium 6 Point is shortly known as P6 Point. You can easily find out the Pericardium 6 Point on your wrist on the volar surface of the arm between the two tendons. The exact location of P6 Point is below three fingerbreadths (2 to 3 centimeters) from the wrist crease. If you still have difficulty in recognizing the Acupressure Pericardium 6 Point, see the picture given above. As you are able to spot the Acupressure Pericardium 6 Point, apply pressure on P6 Point gently for a few moments. Then stimulate the P6 Point on the other hand also. You can get healing in various troubles like vertigo, dizziness, anxiety, wrist pain, nausea, apoplexy, depression, chest congestion etc. by applying the Pericardium 6 (P6) Point on a regular basis.

## 07) Sea of Vitality Points (B 23 and B 47 Points):



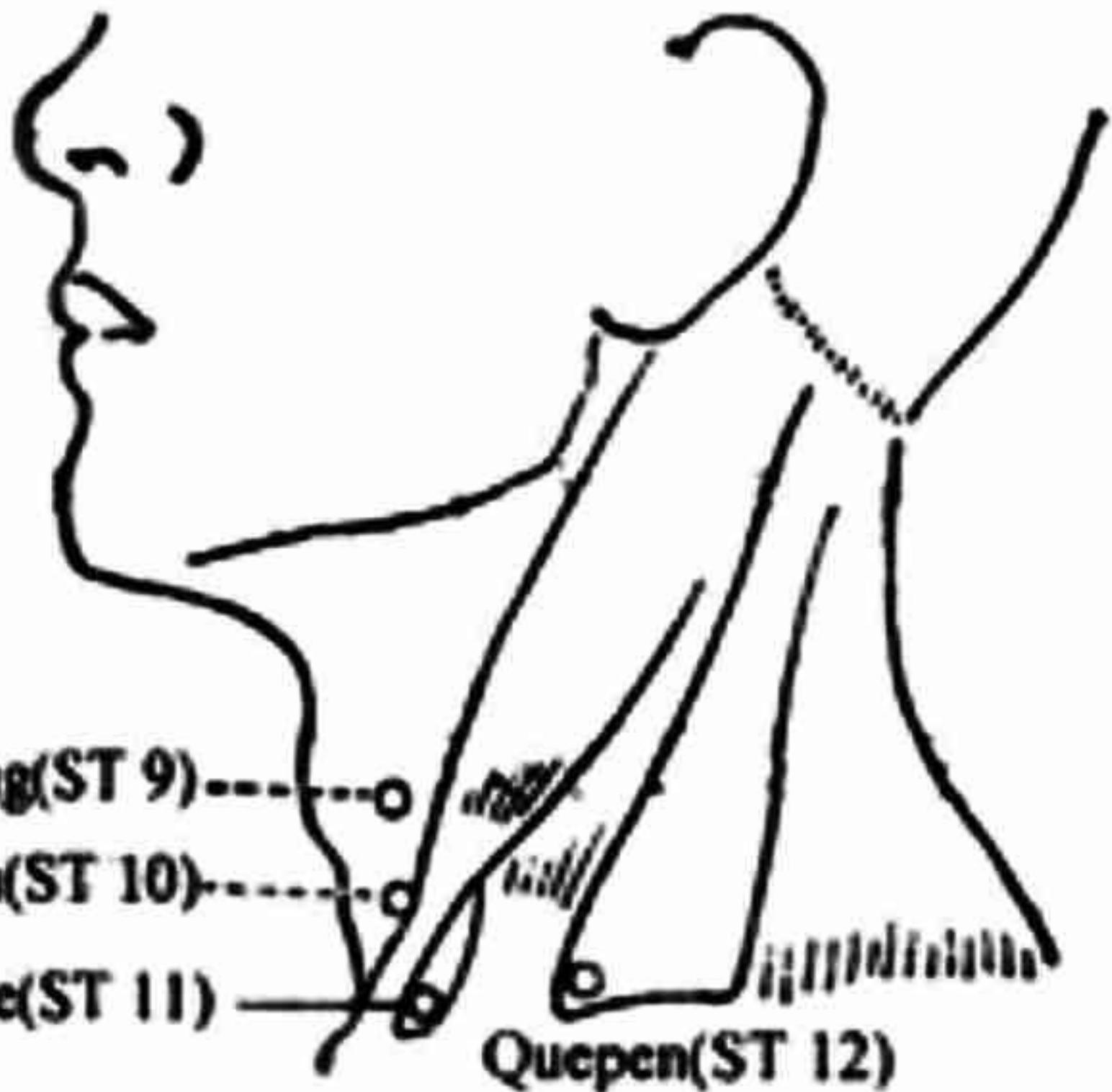
Acupressure Sea of Vitality Points are very effective to heal fainting and dizziness. The Sea of Vitality Points includes Bladder 23 and Bladder 47 Points which are shortly known as B 23 and B 47. The Acupressure Sea of Vitality Points are located on the backside on lower back. The exact locations of Sea of Vitality Points are on the lower back around two centimeters away from the spine (B 23) and four centimeters away from the spine (B 47) as displayed in the above picture. As you find the Sea of Vitality Points, apply pressure and rub the B 23 and B 47 Points one after another with your knuckles for one minute. On stimulating the Sea of Vitality Points on daily basis will give benefit like treatment of dizziness, fainting, instability, fatigue and weakness.

## 08) Bigger Rushing Point or Liver 3 Point:



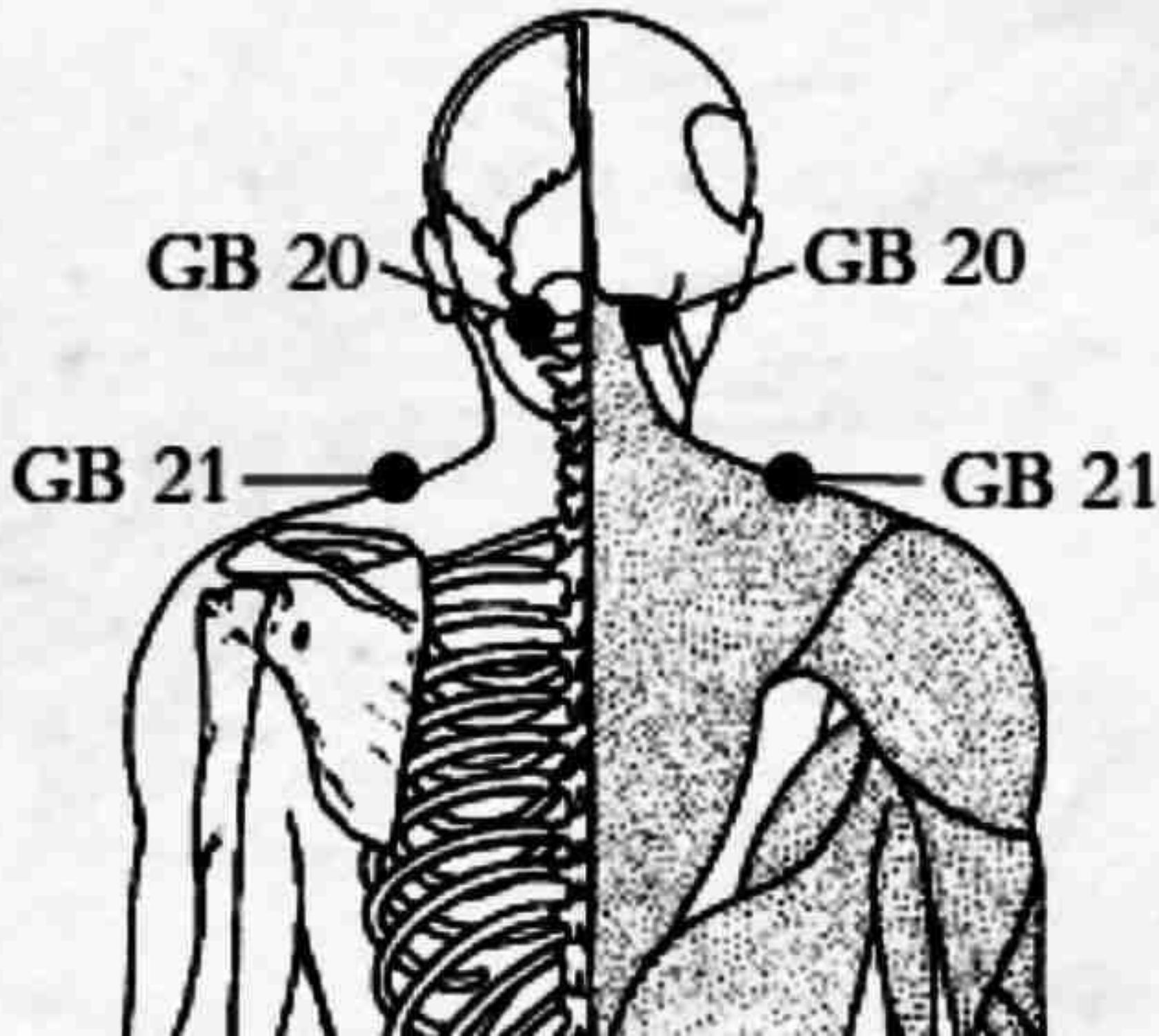
Acupressure Liver 3 Point is a well known point that can heal dizziness as well as fainting. The Liver 3 Point (LV 3) is also called Bigger Rushing Point. The Acupressure Liver 3 Point is situated on the top of the foot. You can find the proper spot of Bigger Rushing Point (LV 3 Point) in the gap between the big toe and second toe as displayed in the picture above. The gap between the big toe and second toe is also known as valley where the Acupressure Liver 3 Point is located. As you find the Liver 3 (Bigger Rushing) Point on your foot as shown in the picture, apply firm pressure on LV 3 Point with your thumb for 30 seconds approximately. Thereafter stimulate the Liver 3 (LV 3) Point on the other foot. Repeat the process for better results. Applying pressure on Acupressure Liver 3 Point (Bigger Rushing Point) on both feet will be helpful to cure problems like anxiety, anger, menstrual problems (in female), headache, fainting, dizziness, loss of consciousness, exhaustion etc.

## 09) Stomach 9 Point (ST 9):



Acupressure Stomach 9 Point is very vital and useful pressure point for treatment of fainting and dizziness. The Stomach 9 (ST 9) Point is situated on the neck at sideway of Adam's apple. You can easily find the Acupressure Stomach 9 Point (ST 9) on the frontal edge of the muscle as displayed in the picture above. As you recognize the Stomach 9 Point, apply pressure on Stomach 9 Point with gentle pressure to heal the problems like dizziness, fainting, nausea, hypertension, lower back pain, headache etc.

## 10) Gall Bladder 21 Point (GB 21):



Acupressure Gall Bladder 21 Point is an effective pressure point for treatment of vertigo and dizziness. The Gall Bladder Point is usually known as Shoulder Well and shortly as GB 21 Point. The Acupressure GB 21 Point is located on the backside of shoulder. You can find the Gall Bladder 21 Point (on both sides) in the midway between the Shoulders and Foundation of the Neck. Find out Gall Bladder 21 (GB 21) Point as shown in the picture above and apply mild pressure on the GB 21 Point (both sides) to get relief in vertigo, nausea, dizziness, neck pain, headache, shoulder pain, stiffness in neck etc. To get better and faster results, stimulate the Acupressure Gall Bladder 21 Point on a regular basis. The Acupressure GB 21 Point must NOT be touched/applied on a Pregnant Woman except you wish to induce labor.

# Benefits of Acupressure Mats



Acupressure Mats are useful to heal various day to day pains and disorders. Acupressure Mats are available in various categories. But most of Acupressure Mats are available for relieving Back Pain and Neck Pain. These two are most effective tools to a working person in daily life. Acupressure Mats improve the level of Energy and Oxygen in body that results in more efficiency to work. Every person is looking for improvement of efficiency to work better. Acupressure Mats are the best tools for relieving pains.

Acupressure Mats are user friendly i.e. you don't need to learn the tough lessons or complete a course regarding Acupressure Mats. All you need to do is just learn a few things about Acupressure Mats. You must know how to use Acupressure Mats, when to use Acupressure Mats, who can use Acupressure Mats and most important who cannot use Acupressure Mats. There are simple rules and guidelines to use Acupressure Mats in daily life. If you once look out them than you can easily apply them in your routine life.

Acupressure Mats are tools to get relief from various pains and problems like Back pain, Neck pain, Sleeping disorders, Stress and Anxiety, Insomnia, Shoulder Tension, Headache, Foot pain, etc. Of course not everyone can easily buy Acupressure Mats, but it is worth buying an Acupressure Mat. Acupressure Mats makes you relax and stress free so that you can work more energetically the next day. A daily use of 20 minutes of Acupressure mats will regulate blood circulation and oxygen level in your body.

## **Benefits of Acupressure Mats :**

Acupressure Mats are very much beneficial to be stress free and work enthusiastically in daily life. Any person who works for 8 to 10 hours a day or a working woman or even a housewife gets tired at the end of the day. Acupressure Mats are beneficial for all of them. The best thing about Acupressure Mats is that they reduce your tiredness and relax your mind as well as body. Acupressure Mats reenergize your body hormones to make you feel good from inner side. Before we discuss Benefits of Acupressure Mats, we must check out using techniques of Acupressure Mats.

### **How to Use Acupressure Mats :**

Acupressure Mats are user friendly for everyone. Any person, who knows some simple things about Acupressure Mats and using methods, can easily use Acupressure Mats. There are no typical rules or terms to use Acupressure Mats. Acupressure Mats can be used as explained below:

Acupressure Mats can be used anywhere you prefer, i.e. you can put the Acupressure Mat on floor, on chair, on sofa or any other flat surface you like.

You can use Acupressure Mats at anytime, but generally it is advisable to use them in early morning when you wake up.

You should use Acupressure Mats for 20 to 30 minutes on a regular basis (every day) to get best results of using Acupressure Mats.

If you are going to a tour, keep the Acupressure Mat with yourself. Acupressure Mats are easy to carry out anywhere you go. You can use the Acupressure Mats on a beach when you are on a tour or trip.

Acupressure Mats give pain in beginning moments but after that they start relieving your pain, stress and tiredness. If you feel more painful with bare skin as a beginner of using Acupressure Mat, you can wear a thin T-Shirt or put a thin cloth on Acupressure Mat.

It is advisable to drink some more water after you take massage of Acupressure Mat for 20 to 30 minutes. You should do deep breathing in the beginning when you lie down on Acupressure Mat.

### **Benefits of Using Acupressure Mats :**

- 1) Acupressure Mats relieve Stress from body.
- 2) Acupressure Mats relax mind and body.
- 3) Acupressure Mats increase blood circulation.

- 4) Acupressure Mats oxygenate the body i.e. improve oxygen level in body.
- 5) Acupressure Mats give relief in Headache and related problems (Migraine).
- 6) Acupressure Mats heal Back pain including lower back aches on daily using.
- 7) Acupressure Mats reduce anxiety and related problems.
- 8) Acupressure Mats reduce depression level by stimulating endorphins to make you feel good.
- 9) Acupressure Mats relieve Neck pain and related troubles on regular use.
- 10) Acupressure Mats remove Sleeping disorders and also helpful for Insomnia.
- 11) Acupressure Mats relieve Muscle tension and Shoulder tension.
- 12) Acupressure Mats help to relieve Heartburn and inflammation.
- 13) Acupressure Mats heal the leg pain and foot pain.
- 14) Acupressure Mats are helpful to reduce Sciatica pain.

15) Acupressure Mats give relief in Sinus Congestion and Nasal problems.

16) Acupressure Mats are also beneficial in Diabetes.

17) Acupressure Mats reduce Constipation, Indigestion problems.

18) Acupressure Mats re-energize your body and improve your efficiency.

19) Acupressure Mats heal fatigue problems.

### **Who can use Acupressure Mats?**

Acupressure Mats are beneficial for all. So there is no rule about using Acupressure Mats. But sometimes we want to know whether I need to use Acupressure Mat or not. Here we discuss about who should use Acupressure Mat.

- A person who works for 8 to 10 hours a day and feels stress at the end of the day.
- Anyone who is suffering from Sleeping disorders due to lots of work-stress or any other reason.
- A person having Back Pain or lower back pain and backaches.

- A person who has anxiety and stress feeling every day.
- A person who has Muscle tension or Shoulder tension.
- A person suffering from Neck pain.
- Anyone who finds lack of energy while working on routine.

Ultimately a person, who has such pains or aches and wants to get rid of them, must use Acupressure Mat.

### **Who should not use Acupressure Mats?**

- A woman who is pregnant must not use Acupressure Mat at all. It may lead to any critical problem.
- A woman who breastfeeds her child must not use Acupressure Mat.
- A person, who has Heart Disease or critical heart condition, should not use Acupressure Mat.
- A person, who is on medication of high blood pressure or low blood pressure, should not use Acupressure Mat.

- A person, who has Heart Disease or critical heart condition, should not use Acupressure Mat.
- A person, who is on medication of high blood pressure or low blood pressure, should not use Acupressure Mat.
- A person, who has skin infection or inflammation, should not use Acupressure Mat.

#### **Note :**

Acupressure Mats are available in various types. You can easily purchase an Acupressure Mat via online or offline purchase method. The Acupressure Mats are very effective and beneficial in relieving various pains, aches, disorders, tensions etc.

The Benefits of Acupressure Mats and other information that mentioned above are best of our knowledge and research. Still if you have any doubt about whether you or your family member should use an Acupressure Mat or not, please consult your family physician & an Acupressure Expert before start using an Acupressure Mat. Acupressure Mats are beneficial for everyone.

## **Acupressure Instruments : Pencil Jimmy**



### **Use :**

Just like the diagnostic probe, used to diagnose sensitive acu points but which are bigger in size. Also used to treat these very points. The jimmy can also be used to give a generalized massage on any part of the body.

### **Method :**

Move the rounded end of the jimmy over the search area of the body with uniform pressure. The most sensitive point will respond with a typical, sharp pain and is the acu point. To treat the acu point, press the same with the jimmy for the required length of time. Use the serrated portion along the length of the jimmy to roll over the required body part to give generalized acupressure treatment.

### **Precaution :**

Apply just adequate pressure. Sharp pressure may cause intolerable pain to the patient.

## **Acupressure Instruments : Flexible Acupressure Ring**



### **Description :**

A thick, flexible, metallic ring of approximately 10 mm inner diameter, 25 mm outer diameter and 7.5 mm thickness. The ring comprises of many strands of metallic wire.

### **Use :**

Used to stimulate energy points on fingers and toes to give generalized or specific acupressure treatment.

### **Method :**

Roll the ring over the finger/toe from the base to the tip several times with adequate and uniform pressure. For generalized treatment, roll the ring over all ten fingers or over all twenty fingers/toes for better results. Roll over each finger for about half to one minute. Perform two or three times a day. For specific treatment, roll over the specified finger/toe or over the specified joint of a finger/toe.

## Precaution :

Never wear the ring in a finger or toe for any length of time. The ring is meant to be moving along the fingers/toes and is not to be left in place or else it will hamper blood circulation.

# **Acupressure Instruments : Hand Roller & Acupressure Ball**

**Hand Roller**



The hand roller/acupressure ball comes in various shapes and sizes and is made of wood, plastic or any other hard material. The current versions with the Sansthan are made of wood. The

hand roller is approximately 13-14 cm long and has an average diameter of approximately 3.5 cm. The acupressure ball has an approximately diameter of 6 cm. Both the items have got sharp teeth all along their surface.

## **Use :**

Used to give generalized acupressure treatment on the palms.

### Method :

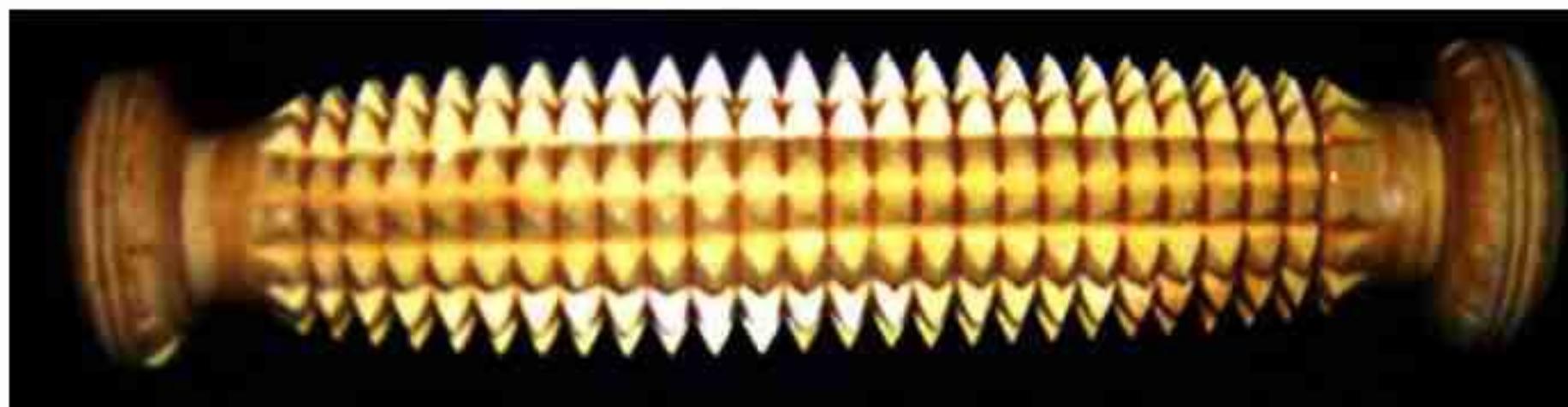
Roll the hand roller (karela)/acupressure ball over the palm on both its front and back or as required. Alternately, grip the instrument in the fist and hold for 20 to 40 seconds at a time. About five minutes treatment is adequate.

or three times a day. For specific treatment, roll over the specified finger/toe or over the specified joint of a finger/toe.

### Precaution :

Roll or press with just adequate pressure. Avoid too hard a pressure or else the skin may get damaged.

## **Acupressure Instruments : Foot Roller**



It comes in various shapes and sizes and is made of wood, plastic or any other hard material. The current version with the Sansthan is made of wood. The foot roller is approximately 28 cm long and has an average diameter of approximately 4-5 cm. It has got sharp teeth all along its surface.

### **Use :**

Used to give generalized acupressure treatment on the feet.

### **Method :**

Sit comfortably on a chair/stool. Place the foot roller on the ground below the feet. Press and roll both the feet on the foot roller forward and backward for about 5 minutes.

### **Precaution :**

Press and roll with just adequate pressure. Avoid too hard a pressure or else the skin may get damaged.

## **Acupressure Instruments : Thumb Pad**



This is a flexible rubber/plastic pad of about 3.5 cm by 2 cm size, with pointed and hard bristles fixed at one end and a strap that can be tied around the thumb.

### **Use :**

It is used to apply pressure on various parts of the palm or feet to give general/specific acupressure treatment.

### **Method :**

Simply strap the device around the thumb and press the bristled end of the pad on the required part of the palm or feet for the required length of time.

## Precaution :

Apply moderate pressure. Do not apply too hard a pressure that may cause distress to the subject.

## **Acupressure Instruments : Sinus Cure Device**



The device consists of two long plastic bars, interconnected with three metallic springs. The outer surfaces of both the bars have numerous, small rounded projections on them. It is a handy device that can easily be put in the pocket; hence a key ring is often attached for the convenience of the user.

### **Use :**

As per reflexology branch of acupressure, sinus points are located on the tips of all the fingers. This device is used to provide acupressure treatment for all types of sinus disorders by applying pressure on the tips of fingers.



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## **Method :**

Hold the device in the palm of any one hand in such a manner that one bar is resting in the center of the palm and the tips of fingers on the outer surface of the other bar. Now, try to rest in the center of the palm and the tips of fingers on the outer surface of the other bar. Now, try to compress the springs using both the palm and the fingers. Most of the pressure will be felt by tips of the fingers, thus stimulating the sinus points. Hold the spring in compressed position for about 20 to 40 seconds. Repeat the operation two or three times. Now, perform the operation with the other hand. Do twice or thrice in a day.

## **Precaution :**

Do not hold the spring in a compressed position for more than 20 to 40 seconds at a time. Do not compress so hard as to cause distress.