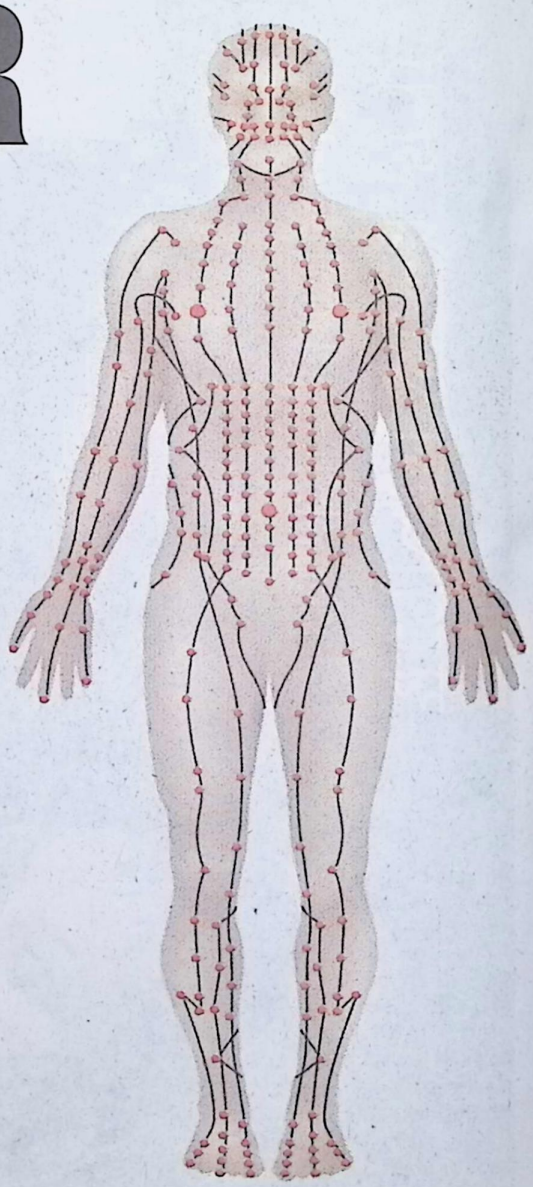
THE ORIGINAL HEALER



Even before the advent of modern science, human beings knew how to guard their bodies form harmful ailments and diseases. Our body has the natural ability to heal itself. We have the power to cure our diseases within our body. *the Star* looks at the ancient healing practice of acupressure, a self-treatment based on the flow of bio-electricity running through human bodies.

UPASHANA SALAM

A couple of years back Roushan Ara Begum could not even imagine walking from one room to another without assitance, let alone attend to the tasks of everyday life. Her food would be brought to her bed, she could not articulate her thoughts, the phone was off-limits, she even needed help eating her meals. This ordeal was too much to bear for the once active Roushan, who cherished living life on her own terms, doing the things she loved doing without having to depend on anyone.

"My life had come to a standstill. I couldn't even move my fingers and my thoughts were a jumbled mess in my head," says Roushan, a celebrated dance choreographer.

Roushan Ara, 60, was diagnosed with cancer around five years back and was recommended radiation treatment to lower the risk of a relapse. The severe side-effects of the treatment confined her to the bed, attacking every organ of her body, making each day a struggle for the once vivacious dancer and social activist.