

PHOTOS COURTESY: SAGAR SAGIR

The body has several pressure points corresponding to the different organs of the body.

It was then that an acquaintance suggested that she try acupressure, an alternative, natural form of treatment. He gave her the contact details of noted acupressure practitioner, Sagar Sagir who could help her understand and adapt this technique in her everyday life. She started experiencing the difference in her body within days.

"I had met Sagir during an event before but had forgotten all about him. This second meeting, around a year back, proved to be a blessing in disguise for me, as I had given up all hopes of ever recovering my health by then," says Roushan.

With the help of her husband, she practices acupressure at least twice everyday and swears by its effects. She is able to stand on her feet now, attend meetings and has even been able to reduce the dosage of her strong medicines to a bare minimum. Slowly but quite steadily Roushan is being able to get her life back on track.

The human body has a natural ability to heal itself. Hands were the original therapeutic tools used as treatment by early human beings. Even today, we instinctively start massaging the places in our bodies that ache or hurt. Be it a stomach cramp or a sprained ankle, we find our hands applying pressure on the painful spot for some relief. This is the reason why acupressure is termed as the "original healing therapy installed in our consciousness" by most acupressurists.

Even though it has been in practice in ancient civilizations like India, China, Egypt and South America for thousands of years, this natural healing practice has only gained widespread recognition in recent years. Most people in Bangladesh don't even know that such practice of healing exists and many still confuse this healing practice with acupuncture, a more invasive form of alternative medicine.

Acupuncture or Acupressure?

While acupuncture uses thin needles in treating health concerns, acupressure doesn't break the skin for treatment. Acupressure is actually much older than acupuncture, dating back to around 5000 years ago, possibly in India. In the Sanskrit epic 'Mahabharata', sage Bhishma is said to have lain still on a bed of arrows for half a year. This can be seen as a practical example of acupressure, according to renowned Indian acupressurist Devendra Vora.

Acupuncture and acupressure use the same pressure points and meridians that carry energy or chi throughout the body. Treatment in both these methods depends on the bio-electricity generated within human bodies; both acupuncture and acupressure motivate energy to flow freely within different parts of the body, thus contributing in relieving pain and eliminating harmful toxins from your body.