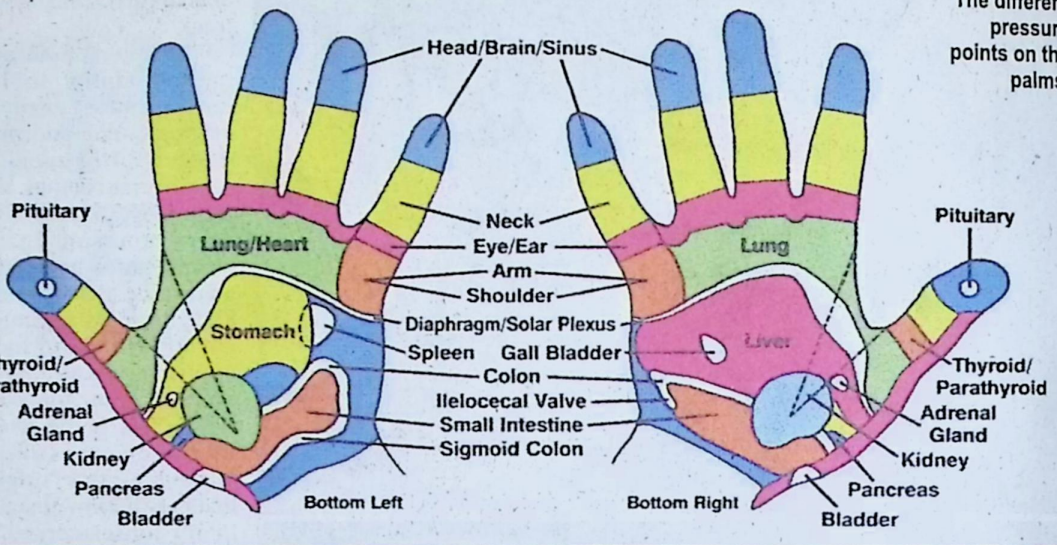


The different pressure points on the palms.

The Expert Talks

Any conversation regarding the growing demand of acupressure in Bangladesh would be incomplete without the mention of Sagar Sagir. He has been instrumental in popularising this natural form of self-treatment in Bangladesh and can boast of a long list of clientele who swear by him. Interestingly, Saghir began his career as a journalist before he switched gears to devote all his time to the practice of acupressure.

Like all other patients of acupressure, Sagir also came by this form of treatment when he had almost given up on life. He was suffering from a list of ailments, starting from low blood pressure, migraine, spondylitis, acute stomach aches, etc. Doctors were unable to diagnose what was wrong with him while his health kept getting worse everyday. Sagir's colleagues were also quite worried about his deteriorating condition. With their help, he managed to collect enough funds to travel to Kolkata to seek treatment there. But the treatment he received there was also unsatisfactory.

"I happened to visit a book store in Kolkata and came by a book on acupressure called 'Health In Your Hands' by Devendra Vora. I was quite sceptical about the claims made in this book but the shopkeeper insisted that I purchase it, stating that I would definitely see the difference in my health. On my way to Dhaka, I experienced a sharp pain in my stomach and in an effort to distract my mind from the pain, I decided to follow the instructions listed in the book. My pain subsided almost instantaneously."

Following this experience, Sagir practiced acupressure on other members of his family and friends with equally good results. Over time, more and more people began to come to him in search for a cure to their ailments and he gradually began to understand that practicing acupressure was his calling.

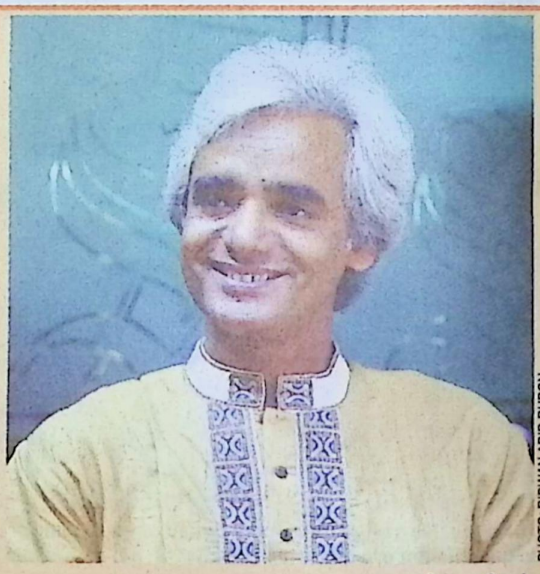


PHOTO: RIDWAN ADID RUPON

Sagar Sagir

He established and led an organisation called Shachikitsha Andolong Bangladesh in 2004. The members of the organisation, all beneficiaries of acupressure, joined it with the intention of spreading this natural healing practice all over the country. He also received training from Davendra Vora to have a better understanding of acupressure and completed his diploma course in acupressure and reflexology in Kolkata in 2005.

Only practicing acupressure will not help in