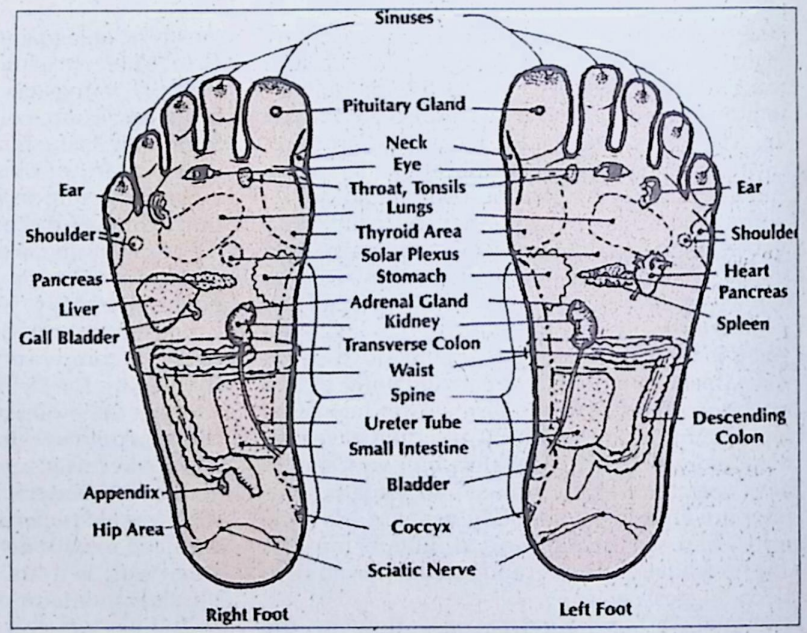


Equipments used in acupressure treatment.

these then accumulate in the kidneys. Thus, it's very important that everyone doing acupressure must press the kidney points last, in order to eliminate all the toxins released from pressing the other points."

Acupressure can be carried out with the help of your fingers or by using a blunt stick. You will also find acupressure equipments such as the Bongojo stick, the hand roller, the foot roller and the Mongol stick at Acupressure Service Centre in Purana Paltan.

"The equipment doesn't matter as long as we find the correct location of our pressure points by being aware of the pain in the point being pressed. We just need to be careful in doing it in a way that feels correct to us," says Sagir.



The different pressure points on the sole of the feet.

Does Acupressure Really Work?

Dr Abul Azad was restricted to his hospital bed for around five months after his heart surgery. The surgery had brought about several other complications in his body; he had trouble breathing, couldn't move about due to acute muscle aches, would complain of constant headaches. Overwrought with agonizing pain, Dr Azad finally decided that he would rather end his life than die a slow, painful death.

As if on cue, just when Azad had made up his mind to take his life, a friend brought acupressurist Sagar Sagir to his bedside who advised him to give acupressure a try. Taking this as a last resort and skeptical of its results, Dr Azad started to follow the guidelines set by Sagir. He soon began to see a drastic change in his health and began to implement acupressure in the everyday routine of his life.

"I've found a new lease on life. I'm leading a healthy lifestyle, thinking positive thoughts, practicing acupressure regularly; the changes are visible to all. I have been able to get rid of ten ailments