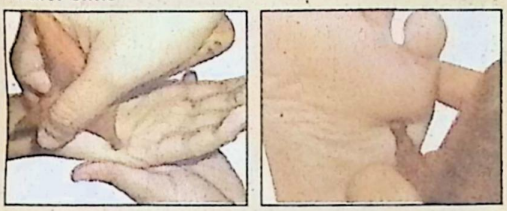
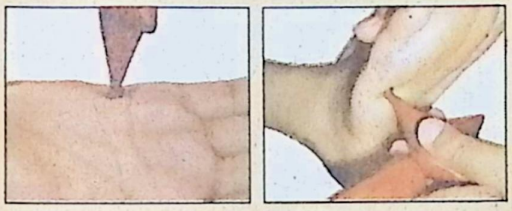
Getting to Know Some Acupressure Points

Heart Points



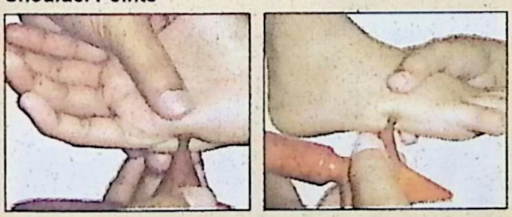
You should use an instrument to apply pressure on the on the left side of the left hand. You could also apply pressure on the left corner of your left foot as shown above.

Liver Points



You should use an instrument to apply pressure on the top-left corner of your right hand. You could also apply pressure on the right side of your right foot as shown above.

Shoulder Points



The location of the right shoulder is below the index finger of the right hand and the left shoulder is similarly placed on the left hand. The points on the feet are located below the little toe on each foot.

Breast Points



Pressing on the above shown points could help you prevent breast cancer and offer relief when you are already afflicted with it.

The location of the right breast point is on the middle of the back of the right hand and the left breast point is similarly placed on the left hand. The points on the feet are located an inch below the little toe on each foot.

like breathing problems, muscle aches, piles, insomnia, etc, all thanks to acupressure," says Dr Azad, a Deputy Registrar at Jahangirnagar University.

Lutfur Nahar Nazma, 56, claims that her ailments could not be diagnosed by any doctor or medical institute. Nazma suffered from water retention in her hands and feet but didn't find any relief from her pain for a very long. Apart from that, Nazma also had high blood pressure and chronic back pain for 15 long years and was dependent on a number of medicines to help her get by.

After her ailments went undiagnosed and untreated in her native Rangpur, Nazma was referred to Bangladesh Medical College in Dhaka. Unable to detect what was wrong with her body, she was sent to the Bangabandhu Sheikh Mujib Medical University but even that didn't yield any results.

At the suggestion of a friend, Nazma visited the Society for Bongojo Shachikisha Proibar (BSP), an organisation that promoted the self-healing practice of acupressure. She felt inspired by the various success stories she heard there and began a 40-day treatment in the organisation. She even asked to be included in the self-training course, which would help her self-administer acupressure techniques on herself and her family members. Along with her husband and children, Nazma is now an active volunteer and consultant at the BSP.

A study at the Institute of Preventive Medicine at the National Taiwan University in Taipei showed an 89 percent reduction in significant disability in those treated with acupressure compared with those treated with physical therapy.

Another research conducted in the University of Portsmouth in UK show that acupressure as a treatment for acute pain could be as effective as painkillers. The research suggests that acupressure can usefully complement conventional treatments for conditions like osteoarthritis, cancer and other diseases associated with pain. The study further showed that receiving acupressure or reflexology resulted in about 40 percent less pain while the ability to withstand pain lasted for about 45 percent longer.

The Poor Man's Treatment

Even as treatments and methods of diagnosis are advancing over time, people are going back to ancient forms of treatment in hope for a healthier life without having to depend on expensive medicines and inaccessible techniques. The beauty of acupressure is that we can practice it in the comfort of our homes, without having to spend big bucks on the treatment. As National Professor Dr Nurul Islam says, "Acupressure is a great benefit to us all in the sense that with a minimum of instructions we can treat ourselves expertly. For this to happen all we need is a desire to heal ourselves." ■