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Modern Day Benefits of Acupressure 14 Points Exercise in Alleviating Heart Related Ailments Designed By Swamiji Vethathiri Maharishi: A Case Study (Observed on a 38 Year Old Woman with Mitral Valve Problem)

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Abstract

Millions of people struggle from the complications of cardio-vascular degeneration including hypertension, chronic heart disease, stroke (cerebro-vascular accident) and valve prolapse. Human beings can get relieved from this struggle by practicing regularly in Kundalini yoga Acupressure 14 points exercise which is a part and parcel of Kundalini yoga, a system designed by Swamiji Vethathiri Maharishi (Sky yoga). The main objective of this research article is focused on a lady 38 years old who is affected by Mitral Valve shrinkage and she got relieved from this Acupressure 14 points exercise, there is no drug, no side effect and inexpensive therapy. Acupressure is a gate way for the prevention of heart problem. There are 14 main points which can be pressed to make specific nerves activate. Acupressure 14 points exercise ensures free flow of electrical energy without any short circuit by removing air bubbles in the nerves and helps in free flow of blood circulation there by increasing the bio-magnetism. Overall, the aim of this study is to introduce the practice of Acupressure exercise and highlight its potential role in the maintenance of health and wellness.

Keywords: Acupressure, life energy, cardio vascular, mitral valve.

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INTRODUCTION

Man is a crown of creation. He is a Schizophrenic and a split personality. Today life has become never ending process due to advancement of science and technology has resulted in the infusion of various diseases like DM (Diabetes mellitus), Hypertension, Insomnia and Cardio related problems.

Hence to eradicate this problem in day to day life and to lead a peaceful life void of all this man killer diseases, Swamiji designed Acupressure 14 points exercise [1] which is a part and parcel of Sky yoga. The effect of doing exercise, any short circuit or temporary stoppage of electric supply around the body which relation between the chest, stomach and navel and also related to the Endocrinal system. In every human being, the bio-magnetic intensity and strength depend on the quantity and quality of the life force particles [2].

MECHANISM OF ACUPRESSURE EXERCISES AND ITS FUNCTIONING

Acupressure exercise by giving pressure it ensures free flow of electrical energy without any short circuit by removing air bubbles in the nerves and helps in free flow of blood circulation [3]. Prana Shakthi (Cosmic energy) is spread all over the body from universe this prana is known as Uvir Sakthi (Life energy) where ever making centers in the human body. The general theory of acupressure is based on the premise that bodily functions are regulated by an energy called chi [4] which flows through the body; disruptions of this flow are believed to be responsible for disease.

THE VALUE AND BASE OF BIO-MAGNETISM

Innumerable life-energy particles are circulating inside the body. These particles are also rotating, i.e. spinning. Due to their

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