

HEALTH

By Rita Hanspal

Dr Yudhveer Gandhi is a self-made doctor. Having suffered enough from chronic cold (sinus), Dr Gandhi got himself treated by Dr BPS Chandel of Chandigarh. Impressed by Dr Chandel's treatment without medicine, Dr Gandhi also started practising this mode of treatment in 1992 and since then has cured a number of people suffering from various diseases, such as sinus, cervical, slip disc, sciatica pain, and so on. He runs



Dr Yudhveer Gandhi



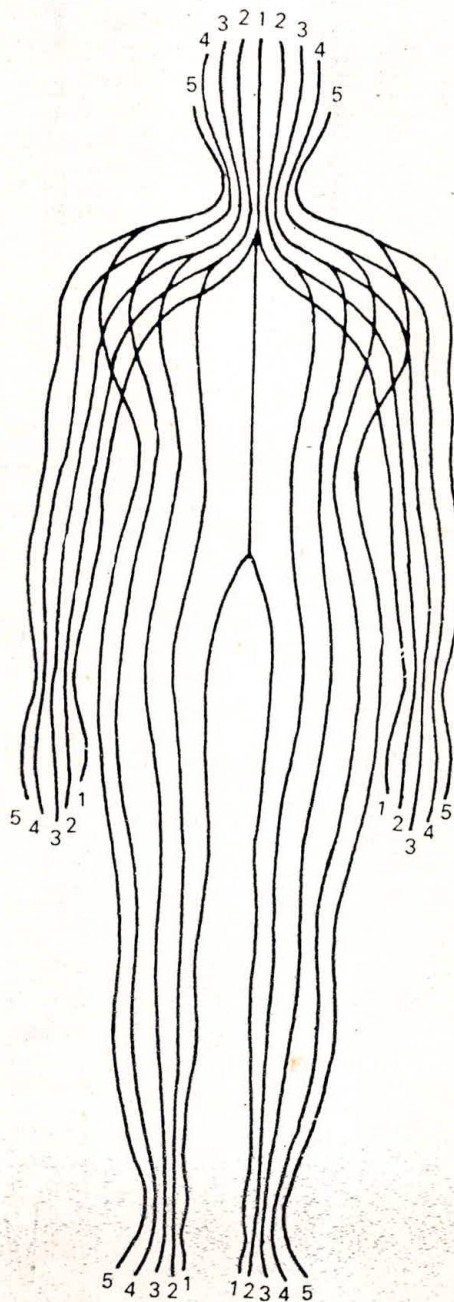
Vanita Gandhi

his Vinni Acupressure Clinic at Yamuna Nagar (Haryana) with his doctor-wife Vanita Gandhi. The clinic claims to have provided relief to many without administering any medicine. When asked about the line of treatment, Dr Gandhi explains that the mechanism of human body is very similar to a machine.

ACUPRESSURE

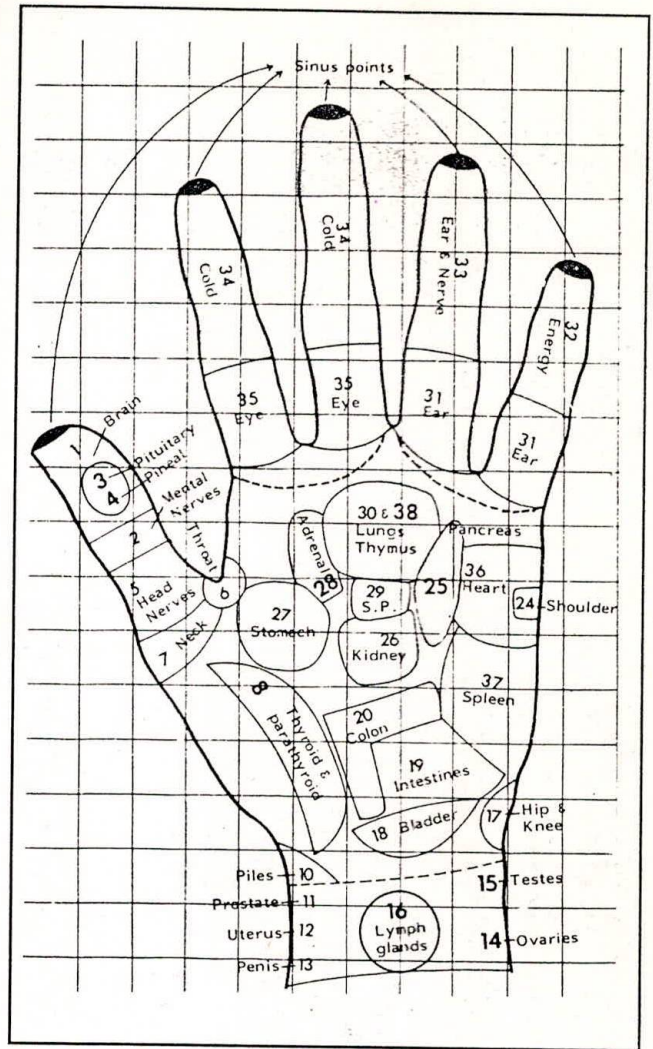
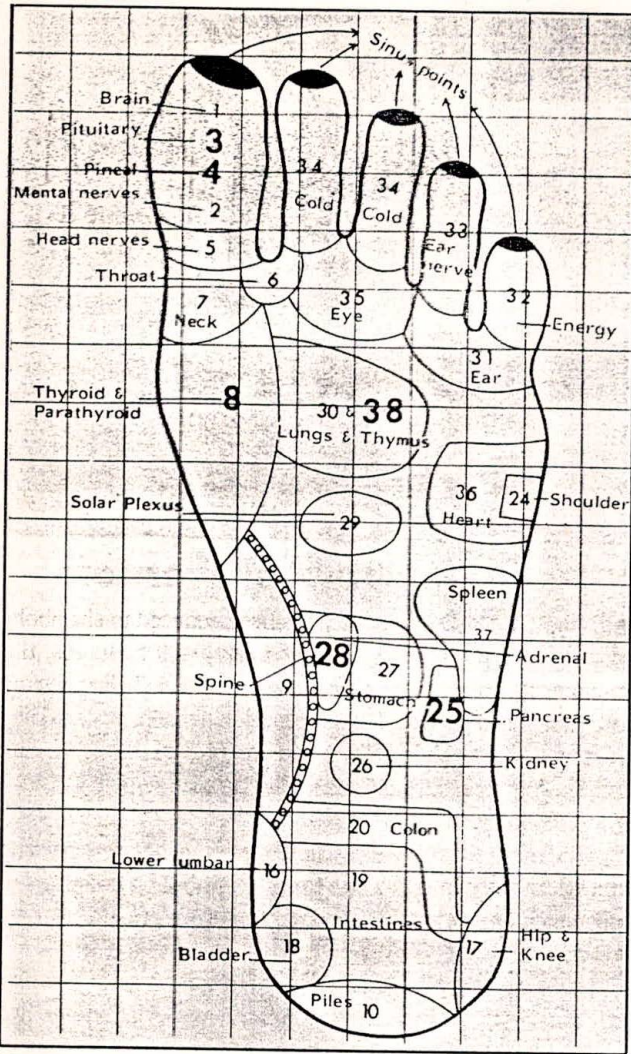
Treatment sans medicine

A Midas touch for patients



Flow of Chetana divided into five zones, each on the right and left sides

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Location and number of points connected with different organs and endocrine glands on the left hand (left) and left leg (right)

According to him, nature has provided in human body an 'in-built mechanism' to maintain its functioning. The science of health which makes use of this 'in-built mechanism' is popularly known as Acupressure.

Dr Gandhi considers this therapy to be the most precious gift to mankind by the Creator himself. Acupressure is a science of nature which teaches us the technique of how to send the current (*chetana*) to all the desired parts of the body along the lines.

Acupressure therapy was known in India 5000 years ago (*Sushruta Samhita*). Unfortunately, it was not preserved properly and went to Ceylon in the form of Acupuncture. From Ceylon, this therapy was taken to China and Japan by the Buddhist monks or nomadic Aryans and at present China is teaching Acupuncture to

the world. This therapy was known to Red Indians (nomadic Aryans who later settled in the USA) way back in the sixteenth century. In the twentieth century, researches done in the USA have contributed greatly to the development of this therapy. It is practised by many allopathic and naturopathic doctors there. Now the World Health Organisation too has paid attention to this simple and easy treatment.

The word Acupressure is related to acupuncture. 'Acu' means a needle and 'puncture' means to pierce. Acupuncture means the art of treating diseases by piercing specific points in the body. Acupressure means the art of treating diseases by applying pressure on specific points with the help of one's thumb or unpointed things.

According to Acupuncture, *Shiatsu* or Pointed Pressure therapy, there are about

900 points all over the body. Puncturing is done or pressure is applied on these points to cure illness or pain or to create an anaesthetic effect. However, this requires a good deal of study and skill and so, a layman cannot do it.

Swati (aged seven years), a polio-affected child could hardly stand on her feet. Her parents, say that merely after 15 sittings with Dr Gandhi, Swati started taking steps with little support. That speaks amply about the doctor's acumen.

Patients, reportedly cured by Dr Gandhi include people of all age groups. They all speak very high of Dr Gandhi's mode of treatment. Said a 70-year-old patient Sheela Thapar, "I have almost recovered from spondylitis and high blood pressure through this miracle treatment. However what impressed me most was that no medicine was used." ■