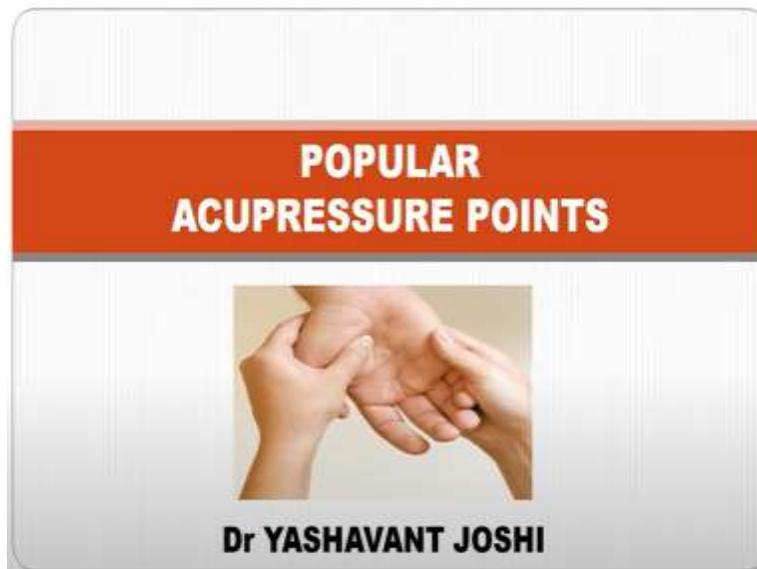


Certificate in Integrative Palliative Care – 3
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Week-06
Lecture 50: Popular Acupressure Points

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Hello friends. Namaste. We already saw two lectures. Firstly, we spoke about meridians because basically acupuncture and acupressure depends on acupoints which are located on meridians. Then we saw what is acupressure. Now, in this lecture, we will discuss about important popular acupressure points.

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PRELUDE

- **Acupressure** is an alternative medicine technique often used in conjunction with acupuncture or reflexology.
- **It is based on the concept of life energy (prana or qi), which purportedly flows through "meridians" in the body.**
- In treatment, physical pressure is applied to acupuncture points, or ashi trigger points (Sensitive Points on Body), with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow, or with various devices.
- There is no scientific evidence for the existence of acupuncture points, meridians, or qi.

Just the prelude acupressure is an alternative medicine technique often used in conjunction with acupuncture or reflexology. So acupressure you can continue with the acupressure at the same time you can have acupuncture also you can do reflexology whatever system if it suits you fine. it can provide remedy to your problem. It is based on the concept of life energy, prana or qi, which perpetually flows through meridians in the body.

In treatment, physical pressure is applied to acupuncture points. Those points, they are called acid trigger points, means sensitive points on the body with the aim of clearing blockages in these meridians. Pressure may be applied by hand, by elbow or with various devices like small roller, big roller or pressures can be applied like this, something if you want to apply pressure like this, with this. Friends, there is no scientific evidence for the existence of acupuncture points, meridians or qi.

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Medical Studies

- Although some medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting, insomnia, low back pain, migraines, and constipation, among other things, such studies have been found to have a high likelihood of bias.
- There is no reliable evidence for the effectiveness of acupressure.

Although some medical studies have suggested that acupressure may be effective at helping manage nausea and vomiting, insomnia, low back pain, migraines and constipation among other things, such studies have been found to have a high likelihood of bias.

There is no reliable evidence for the effectiveness of acupuncture.

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HISTORY & INSTRUMENTS

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Acupressure Points

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FAQs

We will see in three parts.

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Firstly, we will see history and instruments. In part two, we will talk about acupressure points and in part three, again frequently asked question. In most of the topics, I have added this particular part FAQs, frequently asked questions.

It is because if you have got certain questions, some curiosity to be satisfied, through this FAQs you can satisfy them. You will find the answers to your questions. History and instrument. The first slide starts itself with a roller. Here you can just see types of rollers.

This is one roller another roller. Similar roller is here it is with me. This can be used to roll over your skin on your parts there are bigger rollers available and this tip it can be used to apply pressures on a particular point.

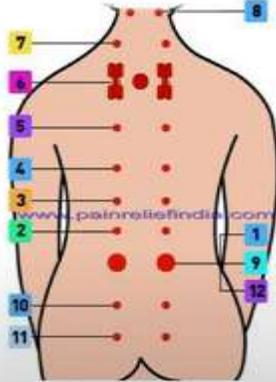
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HISTORY

There are different theories as to the origin of acupressure.

One theory posits that it originated in India and then was brought to China.

Another theory posits that it originated in China.



The diagram shows the back of a human figure with 12 numbered points. Points 1-6 are on the left side, and points 7-12 are on the right side. Points 1, 2, 3, 4, 5, and 6 are located along the spine. Points 7, 8, 9, 10, 11, and 12 are located on the upper back and shoulder area. A watermark 'www.painreliefindia.com' is visible in the center of the diagram.

There are different theories as of the origin of acupressure. One theory posits that it originated in India and then was brought to China.

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HISTORY

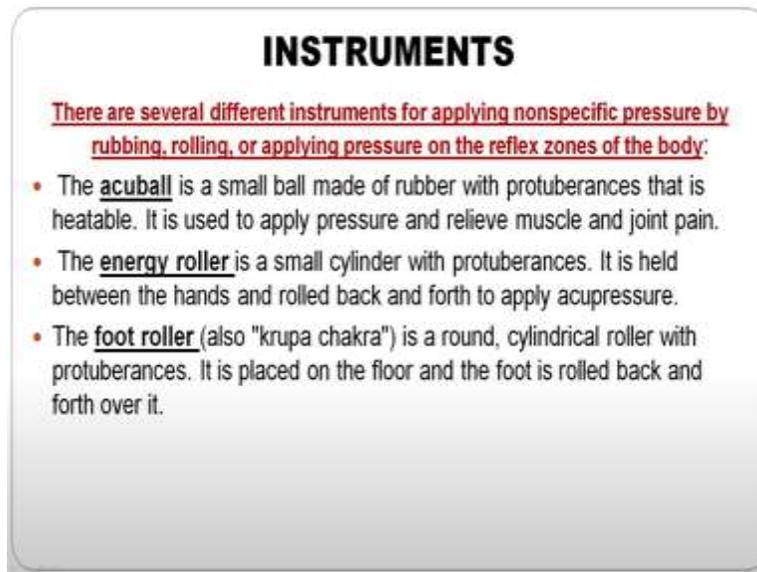
<h3 style="text-align: center;"><u>INDIA THEORY</u></h3> <p>Acupressure therapy was prevalent in India. After the spread of Buddhism to China, the acupressure therapy was also integrated into common medical practice in China and it came to be known as acupuncture. Scholars note these similarities because the <u>major points of Indian acupressure and Chinese acupuncture are similar to each other.</u></p>	<h3 style="text-align: center;"><u>CHINA THEORY</u></h3> <p>The Huangdi Neijing is perhaps <u>the oldest known medical textbook in the world.</u> The Lingshu Jing section mentions acupressure and acupuncture. A case described in the book is the healing of an abscess (swelling with pus) with a stone needle.</p>
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Another theory posits that it originated in China. Indian theory acupressure therapy was prevalent in India after the spread of Buddhism to China. The acupressure therapy was also integrated into common medical practices in China and it came to be known as acupuncture. Scholars note this similarity because the major points of Indian acupressure and Chinese acupuncture are similar to each other. China theory says the Huangdi

Neijing name is perhaps the oldest known medical textbooks in the world. The Lingshu Jing section mentions acupressure and acupuncture.

A case described in the book is the healing of an abscess with a stone needle.

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INSTRUMENTS

There are several different instruments for applying nonspecific pressure by rubbing, rolling, or applying pressure on the reflex zones of the body:

- The **acuball** is a small ball made of rubber with protuberances that is heatable. It is used to apply pressure and relieve muscle and joint pain.
- The **energy roller** is a small cylinder with protuberances. It is held between the hands and rolled back and forth to apply acupressure.
- The **foot roller** (also "krupa chakra") is a round, cylindrical roller with protuberances. It is placed on the floor and the foot is rolled back and forth over it.

There are several different instruments for applying non-specific pressure by rubbing, rolling or applying pressure on the reflexions of the body. There are acuball. Acuball is a small ball made of rubber with protuberances that is heatable. It is used to apply pressure and relieve muscles and joint pain.

The energy roller is a small cylinder with protuberances. It is held between the hands and rolled back and forth to apply acupressure. I do not have a bigger energy roller. The smaller energy roller is there. it can be applied like this.

The foot roller Krupa Chakra is a round cylindrical roller with protuberances. It is placed on the floor and the foot is rolled back and forth over it.

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INSTRUMENTS

- The **power mat** (also pyramid mat) is a mat with small pyramid-shaped bumps that you walk on.
- The **spine roller** is a bumpy roller containing magnets that is rolled up and down the spine.
- The **Teishein** is one of the original nine classical acupuncture needles described in the original texts of acupuncture. Even though it is described as an acupuncture needle it did not pierce the skin. It is used to apply rapid percussion pressure to the points being treated.

The power mat also called pyramid mat is a mat with small pyramid shaped bumps that you walk on. The spine roller is a bumpy roller containing magnets that is rolled up and down the spine. The Teishein is one of the original nine classical acupuncture needles described in the original text of acupuncture.

Even though it is described as an acupuncture needle, it did not pierce the skin. It is used to apply rapid percussions precious to the point being treated.

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INSTRUMENTS



Here are some of the instruments. I have got one here that is something like roller. These are accuballs.

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This is also accuball. These are the ring to apply pressure on a particular point. This is also a sort of accuball.

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Again this is the shoe sole, this is the mat, I got vacuum on a particular acupoint you can just press and then it stays there.

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Here these are the protuberances what you can see here.

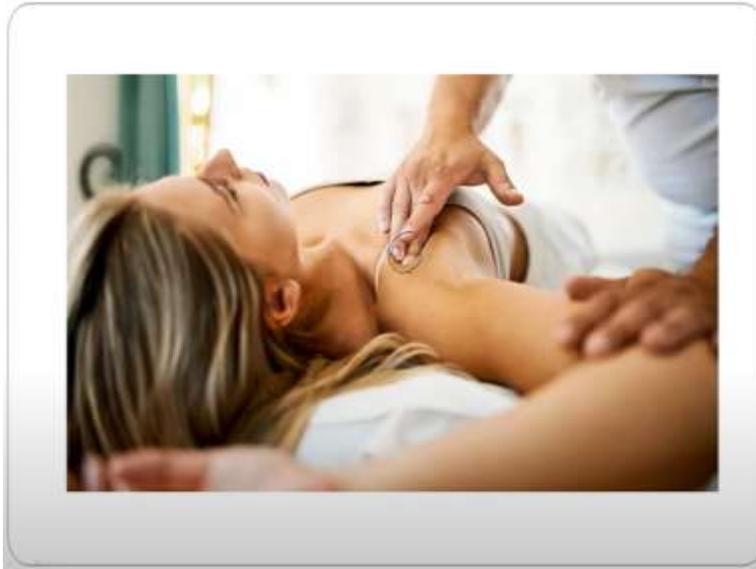
So, automatically some sort of pressure is being applied on your sole. This is a mat whenever you just put down your foot it gives you acupressure automatically.

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Coming to part 2. Popular acupressure points. Massaging, pressing or touching certain acupressure points on the body may help relieve stress, tension, sleep, troubles and more.

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This is how the pressure is being applied with one finger, maybe with two fingers.

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1. Abdomen Point



- Place your fingers around 2 inches below your belly button.
- Now, move your index finger and middle finger in a circular motion to massage the point.
- Follow this process for two minutes every day.
- The abdomen point is responsible for the digestive system. Doing this exercise will enhance the digestive system process and boost the immune system as well. The technique is also beneficial to get relief from constipation.

First is the abdomen point. Place your fingers around 2 inches below your belly button. This is the belly, 2 inches below. This is the place where you have to put your fingers.

Now move your index finger and middle finger in a circular motion to massage the point, circular motion like this. Follow this process for just 2 minutes only, every day. The abdomen point is responsible for the digestive system. Doing this exercise will

enhance the digestive system process and boost the immune system as well. The technique is also beneficial to get relief from constipation.

These are the, I am going to tell you about five such points, popular points. You can just do it on your own. You do not have to go to acupuncturist. At the most you can just buy some book on acupressure, read it so that you get more and more knowledge, precise knowledge.

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2. Ear Point



- Put your finger on the area where your jaw and ear meet.
- Keep moving your jaw up-down and press the region for a minute.
- Pressing the ear point in **acupressure therapy** will help keep control of your appetite.
- This point further helps in reducing stress associated with neck and back.

Second is ear point. Put your finger on the area where your jaw, because of beard you cannot see, but it is somewhere here. Can you see this? Somewhere here. This is the ear and this is the jaw. This is where you have to put your finger. Put your finger here and move your jaw up and down and that is how automatically the pressure will be applied.

Pressing the ear point in acupressure therapy will help keep control of your appetite. This point further helps in reducing stress associated with neck and back.

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3. Knee Point



- Place your finger two inches below the kneecap.
- If you find movement in muscles under your finger when you flex your foot, it is a sign you have found the right spot.
- Press and massage the point for two minutes to improve the digestion process and nourish the blood running in your veins.
- Follow the practice every day and press this acupressure point to suppress appetite.

Third is the knee point. Two inches below this is the kneecap. Two inches below, this is the knee point.

If you find movement in muscles under your finger when you flex your foot, it is a sign you have found the right spot. Press and massage the point for two minutes to improve the digestion process and nourish the blood running in your veins. Follow the practice every day and press this acupressure point to suppress appetite.

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4. Elbow Point



- Find this acupressure point on the inner side of the elbow towards the ribs.
- This acupressure spot is responsible for stimulating the large intestine functioning.
- Pressing with the thumb and massaging the points helps eliminate excess heat and moisture accumulated in the body. Make sure to use the thumb to put on extra pressure.
- Exercise this technique for a minute every day.

Four, find this acupressure point on the inner side of the elbow towards the rib.

This is the system. This acupressure spot is responsible for stimulating the large intestine functioning. Pressing with the thumb and massaging the points help eliminate excess heat and moisture accumulated in the body. Make sure to use the thumb to put an extra pressure. Normally, we are making use of either a finger or a thumb. Whenever you want to put extra pressure on any acupoint, it is better to make use of a thumb because thumb has got more power, finger may not be able to do that, but thumb Pressure.

Pressing with the thumb and massaging the points help eliminate excess heat and moisture accumulating in the body. Make sure to use the thumb to put on extra pressure. Exercise this technique for a minute every day.

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5. Ankle Point

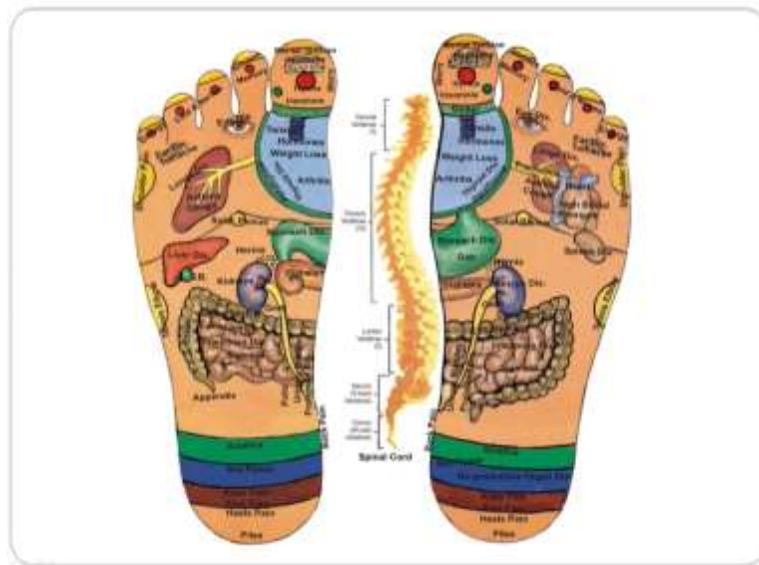
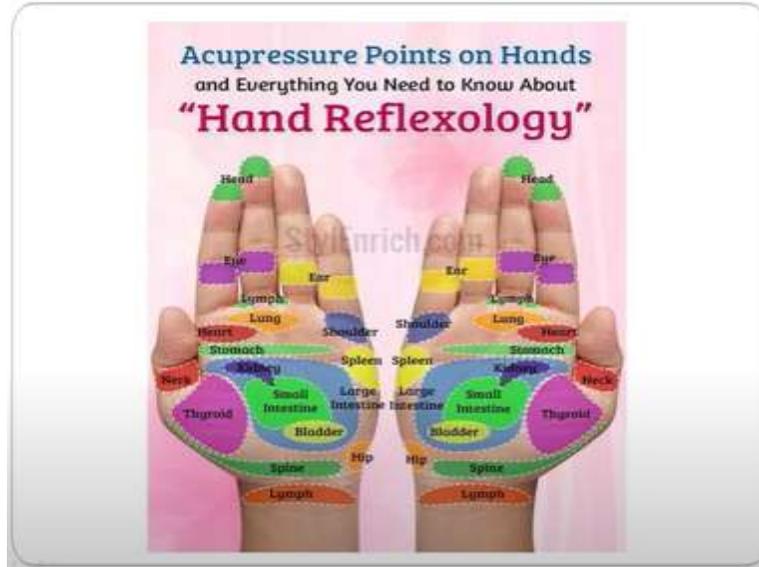


- If you want to improve your digestion process and the immune system, **locate a point two inches above your ankle** on the inner side of the leg.
- Metabolize your meals by applying thumb pressure to this acupressure point each day for a minute.

Ankle point. If you want to improve your digestion process and the immune system, locate a point 2 inches above your ankle.

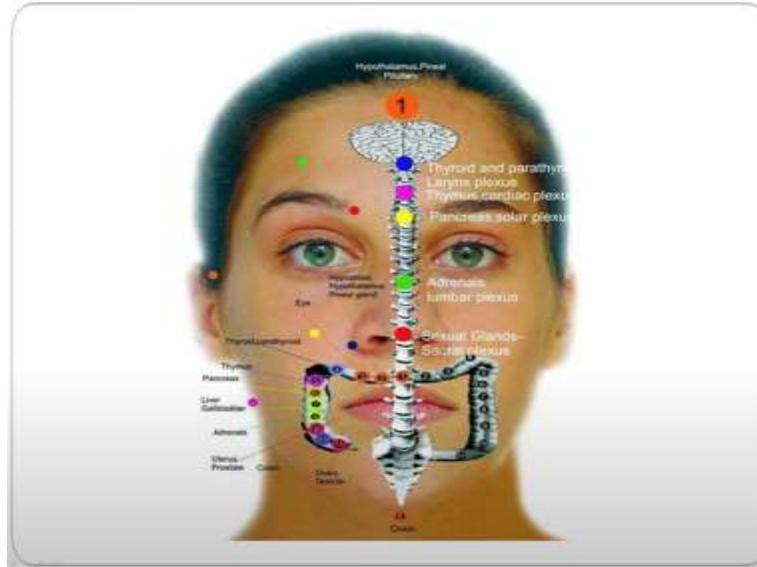
This is the ankle. Two inches above on the inner side of the leg metabolize your meals by applying thumb pressure to this acupressure point each day for a minute.

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This is about hand reflexology the same acupressure points are available on your hand also this is on your leg.

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These are the acupressure points on your face. .

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Try Stimulate!
These Acupressure Points at Home

As I mentioned above, acupressure can be done on your own body and may help ease many common symptoms. Here are some popular pressure points to try:

- **LI 4 – He Gu:** This pressure point, located on the muscle between your thumb and index finger is good for headaches, toothaches and neck pain. It may also induce contractions, so don't use if you are pregnant.
- **GB 20 – Feng Chi:** This point is recommended for migraines, fatigue, and low energy. It's found beneath the ear bone, where the neck muscles meet the skull.
- **P6 – Nei Guan:** You'll find this acupoint between the two tendons at the bottom of your forearm. Try applying pressure here to relieve nausea or anxiety.
- **LV 3 – Tai Chong:** This point, located on top of the foot, may relieve stress, menstrual cramps, and lower back pain.

Try stimulate these acupressure points at home Li 4 large Li means large intestine Li four point this pressure point located on the muscle between your thumb and index finger is good for headache this is the thumb this is the index finger these are the muscles so that point comes here. This pressure point located on the muscle between your thumb and index finger is good for headaches tooth aches and neck pain it may also induce contraction.

So, do not use if you are pregnant. Feng Chi, this point is recommended for migraines, fatigue and low energy. It is found beneath the ear bone where the neck muscle meet the skull. Nei Guan, you will find this acupoint between the two tendons at the bottom of your forearm. Try applying pressure here to relieve nausea or anxiety. Tai Chong, this point located on top of the foot may relieve stress, menstrual cramps and lower back pain.

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CAUTION

NOTE

If you are pregnant, consult your doctor before practicing acupressure as a few points around your ankle may induce labor.



Caution, my dear friends, if you are pregnant, consult your doctor before practicing acupressure as a few points around your ankle may induce labor.

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PART: III
FAQs



Some frequently asked questions.

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1. Does Acupressure Therapy Work?

- While biomedical research is still investigating the various purported benefits of acupressure, **some studies suggest that the practice may help relieve some symptoms of pain, anxiety, and depression, as well as sleep troubles, nausea, and vomiting.**

Does acupressure theory work? lots of people have got doubt. While biomedical research is still investigating the various purported benefits of acupressure, some studies suggest that the practice may help relieve some symptoms of pain, anxiety and depression, as well as sleep troubles, nausea and vomiting. So, it does give benefits in certain conditions.

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2. What Happens in Acupressure Massage?

- **During acupressure massage, pressure is applied manually to specific points of the body using either fingers or tools.**
- This is meant to elicit therapeutic effects on **physical, emotional, and mental health.**

What happens in acupressure massage? During acupressure massage, pressure is applied manually to specific points of the body using either fingers or tools.

This is meant to elicit therapeutic effect on physical, emotional and mental health.

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3. What Are the Risks of Acupressure?

- Acupressure is considered generally safe for most people, but **side effects** can include soreness, tenderness, dizziness, emotional release, low blood pressure, headache, palpitations, and in rare instances, nausea and vomiting.

What are the risks of acupressure? Acupressure is considered generally very safe for most people. But side effects can include soreness, tenderness, dizziness, emotional release, low blood pressure, headache, palpitations and in rare instances nausea and vomiting.

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4. What Should You do or Avoid After Acupressure?

- Like acupuncture, after acupressure it's advised to drink plenty of water to stay hydrated, to eat healthily, and to avoid strenuous exercise as well as stimulants like caffeine.

What should you do or avoid after acupressure? What should you do? Like acupuncture, after acupressure it is advised to drink plenty of water to stay hydrated. To eat healthily and to avoid strenuous exercise as well as stimulants like caffeine.

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5. Can You do Acupressure on Yourself?

- It's possible to perform acupressure safely on yourself, similar to self-massage, if you know what you're doing.
- Ask for guidance from your provider or seek out reputable online courses, videos, or books to learn proper technique.

Can you do acupressure on yourself? It is possible to perform acupressure safely on yourself similar to self-massage if you know what you are doing. That means you must know lot of things about acupressure points on your body. Ask for guidance from your provider or seek out reputable online courses, videos or books to learn proper technique.

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Doing Acupressure Yourself!

The infographic, titled "Acupressure Points", provides a visual guide to self-acupressure. It features several illustrations of hands and feet with red starburst markers indicating specific points. The text on the infographic includes: "To get rid of unpleasant feelings, it's just pressure on these points!" and "The point of relief for the heaviness of hands", "The point of relief for the heaviness of feet", "The point of relief for the heaviness of legs", "The point of relief for the heaviness of arms", "The point of relief for the heaviness of legs", and "The point of relief for the heaviness of feet".

This is doing acupressure yourself on some of the acupressure points. Thank you.