

Useful during the Adverse times
and at other times too : Acupressure - Vol. 3

Reflexology

(Acupressure points on the palms and soles)

(English)

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Sanatan Sanstha

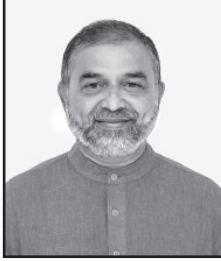
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Introduction to the Author

Mr Vinayak Chandrakant Mahajan, Senior Acupressure Consultant and Therapist



Mr Vinayak Chandrakant Mahajan, a senior Acupressure Consultant from Madgaon, Goa has been giving Acupressure treatment to patients at his clinics in different cities in Goa. He has been consistently doing research in this field since 2002. He has vast experience in the field of Acupressure. So far, he has helped thousands of patients in maintaining good health. He has saved the lives of many patients during extreme emergencies such as heart attacks or paralysis, unconsciousness and loss of blood during accidents.

Introduction to the Compiler

Vaidya Megharaj Paradkar (Ayurvedacharya)



Vaidya Meghraj is well-versed in Sanskrit too. He has served as an Ayurvedic Physician in Sanatan's Ashram at Ramnathi (Goa) and as a Compiler in the Texts Section. Currently, he is a practicing Ayurvedic Physician in Goa.

Pray while performing spiritual remedies !

By praying, we obtain God's energy and blessings; hence, pray intermittently while performing spiritual remedies - 'O' God ! Let me be able to complete the spiritual remedies appropriately and obtain complete benefit from them'.

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Special features of this Text

1. There are a lot of variations in the science of Reflexology. The pressure-points provided in this Text have been confirmed by Mr Mahajan after treating thousands of patients successfully.
2. To avoid confusion in the minds of preliminary students, only a few pressure-points that are very effective and useful in day-to-day life are mentioned here.
3. How to locate a pressure-point exactly has been explained in easy language using appropriate figures.
4. This Text will enable anyone to confidently treat himself.

Reason why the word 'ailment' is used in this Text

This Text provides information on minor problems such as insomnia, lack of appetite. Such problems cannot be called 'ailments'. As per Ayurveda, 'Deterioration in health' means having some ailment. Therefore, Sanatan's Texts in the series on 'Lifeline during the adverse times' use the inclusive word 'ailment' instead of words such as 'problem', 'disease', 'illness'.

Speciality of Mr Vinayak Mahajan

1. Experienced and successful Acupressure Consultant

Mr Vinayak Mahajan has been treating patients through Acupressure since 2002. He does not advertise his skills; yet, patients seek his advice on their ailments, which is proof enough of his success. He does not merely stop at treating his patients; in fact, he goes a step further and trains his patients and their relatives in using Acupressure therapy - pressing pressure-points that are helpful in day-to-day life. By treating his patients, he has experienced that Acupressure therapy is helpful not only on physical ailments but also on psychological and spiritual ailments.

2. Studious and research oriented

He always carries 2 to 5 Jimmies (A wooden object used for Acupressure). He can be seen using them all the time. He is so absorbed in the study of this science that whenever he sees any object such as grills of a window, a comb or a ruler, he explains to those who are accompanying him how these objects can be used for Acupressure treatment. Due to his scientific approach, he has discovered many easy methods of Acupressure treatment and some new Acupressure-points too. He studies the nature of an individual depending on their Zodiac sign, and advises them about the Acupressure-points. Inversely, he has also mastered the art of finding a person's Zodiac sign by pressing Acupressure-points.

3. Special experiences of Mr Anirudha Dumbre (Mr Mahajan's friend) associated with Mr Mahajan

3A. After Mr Mahajan treated his own shoulder pain, the pain in the shoulder of his friend too reduced : 'Once, in October

2014 at around 8.45 a.m., my shoulder began to pain. Then, by 9 a.m., the pain automatically subsided. The same day, Mr Mahajan visited me at around 10 a.m. I told him about the incident. He said that around the same time his shoulder too began to pain and he had a feeling that Anirudha's shoulder is also paining. After Mr Mahajan treated his own shoulder, the pain subsided by 9 a.m. Surprisingly, my shoulder pain also stopped at 9 a.m. Thus, when Mr Mahajan treated his shoulder pain in Madgaon (Goa, India), my pain subsided in Ponda (Goa). He explained this - 'The greater the affinity of a patient with the doctor, the quicker the treatment works'.

3B. Mr Mahajan foreseeing the type of patient he is going to treat first : On the same day I took Mr Mahajan to Ramnathi Ashram. Before entering the Ashram, his shoulder began to pain. At that instant, he said that most likely the first patient he will examine in the Ashram will be one with shoulder pain and in all probability, it is going to be a lady. Upon entering the Ashram, this turned out to be true. In most cases, Mr Mahajan knows in advance what type of patient he is going to get. I have experienced this many times. How he knows this is a subject of research.'

- *Mr Anirudha Dumbre, Ponda, Goa, India. (12.11.2014)*

4. Faith in Shrī Gajanan Maharaj

'Mr Mahajan has immense faith in Shrī Gajanan Maharaj of Shegaon (Maharashtra, India). He gets spiritual experiences that his affairs are governed by Shrī Gajanan Maharaj. He always says that it is Shrī Gajanan Maharaj who has helped him overcome every difficulty in life. He keeps expressing gratitude at the Holy feet of Shrī Gajanan Maharaj during his normal conversation. He has played a major role in erecting the 'Shrī Gajanan Maharaj Temple' next to his house.' - *Vaidya Megharaj Paradkar*



Preface by the Author

My father was suffering from diabetes in his thirties. As a result, his health deteriorated. I was barely 13-years-old then. Seeing my father's illness, I became alert about my own health and began to look for preventive measures. To reduce my weight, I did various exercises like pull-ups, push-ups, sit-ups and exercising on a double bar. However, I was unable to control either my weight or waist. I would visit the gymnasium regularly and also perform *Yoga*. Until the age of 42, I used to perform 37 *asanās* (Postures) every day. Subsequently, I started suffering from pain in the waist region and then I stopped *Yoga*.

It was at around this time that my cousin gifted me with a roller (A spiked wooden instrument used for Acupressure) with its information card. While going through the information card, my interest in the subject was aroused. I treated myself with the roller for about an hour and immediately my belly felt light and the pain in the waist too vanished. Since then, Acupressure became my hobby and I spent a lot of time studying the science. My friend, Mr Ramkrishna Khandeparkar encouraged me to study the science of Acupressure. Previously, I could not walk for even half-a-kilometre at a stretch; today, however, I can easily walk 25 kilometres at a stretch and that too without any regular practice ! Today I am leading a perfectly healthy life and despite being above 50 years in age, I have the capacity to work 12 to 18 hours a day with barely 3 to 4 hours of sleep. This amount of sleep is sufficient for me, I can attribute this to regular Acupressure therapy. The credit for all these changes goes to Acupressure.





Just like me, my mother Mrs Rohini Chandrakant Mahajan (who is above 80-years-old) is also leading a healthy life. She knows all the Acupressure-points by heart. When she has the slightest doubt of an oncoming ailment, she treats herself with Acupressure therapy and drives away the ailment. Just like me, my friends from Madgaon - Mr Gurudas Borkar, Mr and Mrs Suresh Ghorpade and Mr Shripad Sukerkar, and my cousin from Dharbandora (Goa) Mr Santosh Mahajan are all enthusiastic followers of Acupressure therapy.

During an in-depth study of the Acupressure science, by Shrī Gajanan Maharaj's grace, I could discover some new Acupressure-points that are not mentioned in the conventional texts on the subject. For all to benefit from this knowledge that I was able to obtain by Shrī Gajanan Maharaj's grace, I quit my well-paid service and started treating patients in and around Goa. I consider myself fortunate that I have served thousands of patients so far.

Due to various requests, I began thinking of writing a Text on this subject. By Shrī Gajanan Maharaj's grace, this Text got completed too. Sanatan Bharatiya Sanskruti Sanstha (SBSS) shouldered the entire responsibility of publishing this Text and brought out a compact Text; hence, I am indebted to SBSS.

To conclude, I have a small piece of advice - To face the coming dreadful times, start practising Acupressure right away ! During calamities, doctors, medicines, etc. will not be available easily. At that time, those who practice Acupressure will be able to survive with no medical aid.

- Mr Vinayak Chandrakant Mahajan

