

## **Relief from Asthma through Sujok Acupuncture/Sujok Acupressure**

Asthma or wheezing is a common disease of respiratory system affecting all age groups. I have come across several cases with this malady. Chronic cases, after exhausting all other systems of medicines approach me as a last resort.

The symptoms and the time of aggravation play a crucial role in diagnosis and treatment. Symptoms for Asthma, experienced by the patients, invariably breathlessness and aggravation around 3 am.

### **Symptom—breathlessness**

Breathlessness indicates involvement of respiratory system especially the air passage starting from nose up to alveoli. Most of the patients do not feel the nasal block. The cause of breathlessness is due to block in the air passage i.e. nose, larynx, pharynx, trachea, bronchi and its branches. Since all branches of bronchi are within the thorax, patients feel the symptoms in thoracic region only.

### **Time of aggravation of symptoms--- around 3am**

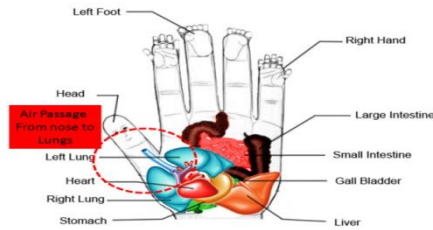
Time of aggravation is early morning around 3am. According to principles of bio rhythm, lungs are most active from 3am to 5 am. So breathlessness during this time is a clear indication that the problem lies in the respiratory system and not any other systems of the body. This time is called 'Brahma muhurtham'. Breathing exercises during this period are extremely beneficial to the respiratory system. This is the reason for performing pranayama during this period. (Pranayama is Breathing exercises – Prana is Breath or vital energy and Ayama, is control). So one controls the passage of Pranic energy in the body. Pranayama, if performed during 3-5 am, when lungs are most active, breathing capacity of the lungs gets enhanced.

In most of the cases pollution results in allergic symptoms and weakens the immune system..

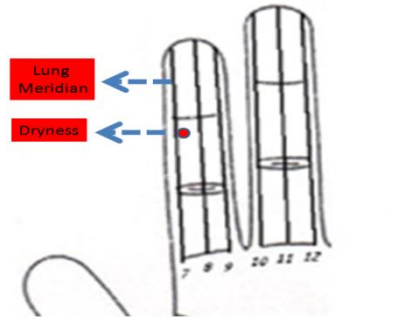
### **Treatment for Asthma through Sujok Acupuncture**

SUJOK acupuncture (Korean System of treating patients by applying needles in pressure points only in palms and feet). All organs in the body are represented in the palms (Su) and feet(Jok). The representation points are called correspondence points. Needles or Pressure applied by pressing with fingers at key pressure points will ensure smoother flow of energy thus restoring health.

To remove the block in the air passage-- acupuncture needles (or Pressure with fingers) are applied on the primary correspondence points of nose, larynx, pharynx and bronchi.



To get relief from the aggravation of symptoms early morning, one needle is applied at dryness point in lung meridian to sedate the excessive dryness of air passage.



To strengthen immune system and resistance power, one needle in spleen point is applied

Since the air passage is cleared by clearing the block for continuous flow of air [Prana] the recovery is immediate.

**Dr.P.S.Lalitha, M.V.Sc, Ph.D**

**Reiki Grandmaster, Acupuncturist**

**Consultant, Bharathi Rajaa Speciality Hospital**

Flat no 8, coral block, Park Royale Apartments

21, Kottivakkam Kuppam Road, Valmiki nagar

Thiruvanmyur, Chenna 600 041

[www.pslalitha.com](http://www.pslalitha.com)

[lalithareiki@gmail.com](mailto:lalithareiki@gmail.com)