

Emerging Trends in the Alleviation of Depression and Anxiety Disorders through Application of Acupressure 14 Points Exercises Combined with Sky Practice Designed by Swamiji Vethathiri Maharishi - A Case Study on a 54 year Old Male Patient

C. Vijayalakshmi¹, V. Devarajan²

¹Department of Yoga, WCSC, Aliyar, Coimbatore, Tamilnadu, India

²Department of Yoga, Bhavani, Erode, Tamilnadu, India

Abstract: *Acupressure has been practiced as a healing art for at least 5000 years that use the fingers or any blunted objects to press key points called ACUPOINTS (Energy points) on the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release not only muscular tension and promote the circulation of blood but also enhances body's bio-magnetic energy to aid healing. There are 14 main meridian lines each of which corresponds to an individual organ of the body. When stimulated, the bio-magnetic energy is able to flow freely without any short - circuit through the meridians in a balanced and even way, the result is good health. If one experience pain or illness it is an indication that there is a block in the flow of bio-magnetic energy within the body. In this research article, a maiden attempt has been made to find an alternative non - pharmacological path -way to alleviate depression and anxiety disorders faced by a 54 year old male patient through a regular and continuous practice of the physical exercises including acupressure 14 points exercise combined with Simplified Kundalini Yogic (SKY) exercises for one year designed by Swamiji Vethathiri Maharishi to enhance the free flow of body's Bio-magnetic energy for a significant recovery from depression and anxiety disorders. Thus Acupressure 14 points exercise coupled with SKY exercises play a significant role in treating various physical and mental illness which arise due to hurly-burly and hustle and bustle life of the present day modern world.*

Keywords: Swamiji Vethathiri Maharishi, Acupressure, Bio-magnetism, Simplified Kundalini Yoga, Self-Curative, Non-pharmacological

1. Introduction

World Health Organisation (WHO) puts the depression and anxiety disorders at the top of the list and estimates that 350 millions of people around the world are affected by depression and anxiety disorders. The depression and anxiety disorders interfere with the productivity at work and impacts the relationship with close friends and relatives and interferes with sleep, diet, and overall enjoyment of life. Therefore, the main objective of this case study is to explore the effectiveness of acupressure 14 points exercise [1] combined with Simplified Kundalini Yogic Exercises designed by Swamiji Vethathiri Maharishi, which is a non-pharmacological treatment to alleviate depression and anxiety disorders found on a 54 year old male patient.

Swamiji Vethathiri Maharishi, a South Indian born Saint and Savant (14.08.1911-28.03.2006) was a Spiritual leader, World peace activist, Scientist, Philosopher, Siddha, Ayurvedic, Homeopathic practitioner and founder - trustee of World Community Service Center in 1958 in Chennai. He came out with a novel concept of Bio-magnetic energy [2] flowing freely in every human being after a period of 4 decades of untiring, unintermittent and strenuous research in yogic practice called Simplified Kundalini Yoga which he had passed on to humanity as a gift to get rid of diseases.

According to him, the Bio-magnetic energy is a vital force, which determines the physical and mental health of human being. The depletion of bio-magnetic energy below certain critical level due to various natural and unnatural causes such as change in food habits, negative thoughts, natural calamities, hereditary problems, changes in planetary motion and unexpected happenings in life will result in the eruption of various kinds of serious illnesses such as depression and anxiety disorders, hypertension induced insomnia problems and so on so forth.

The depleted bio-magnetic energy [3] below certain critical level could be enhanced to above the minimum critical level to restore normal health by a continuous practice of Simplified Kundalini Yogic Exercises. This exercise insists on performing not only Simplified nine types of physical exercises, such as Hand exercises, Leg exercises, Neuro-muscular exercises, Eye exercises, Kapalapathi, Makarasanam exercises Part 1 and Part 2, Acupressure 14 Points exercises but also practicing Meditation, Kayakalpa Exercise, and Introspection technique to purify the Body, Mind and Soul.

Daily continuous practice of the physical exercises including acupressure 14 points exercise together with SKY practice is very much essential for a significant and

remarkable recovery from depression and anxiety disorders [4] to a near normal level.

1.1 Case Study

The main purpose of this research study is to explore an alternate pathway for depression and anxiety disorders found on a 54-year-old male patient through the application of acupressure 14 point's exercise coupled with SKY exercise to enhance bio-magnetic energy flowing in the body and thereby develops immunity to fight against the entry of diseases. This concept was designed by Swami Vethathiri Maharishi.

The present study is focused on one Mr. Mukesh aged 54, who was under the clutches of depression and anxiety disorders due to sudden disappointment that erupted within the weeks' time of his marital life. He did not anticipate this sudden development and so he could not digest this problem. This resulted in him to feel persistently sad and anxious and had feelings of guiltiness, worthlessness, restlessness and loss of interest or pleasure in his daily activities. He could not sleep properly and felt decreased energy and had a reckless behavior and had the problems of concentration on his work. He often got irritated and expressed his anguish against his parents, relatives, and friends. This resulted in the loss of appetite and weight. Under these circumstances, his beloved parents were worried much and so they took him to a psychiatrist to have a consultation. The doctor on examining the patient found that he was suffering from depression and anxiety disorders and prescribed heavy doses of antidepressants. The patient consumed the antidepressants prescribed by the doctor. But these medications did not make any difference in his troubled and depressed status. Under this prevailing situation, the patient with tears rolled down on his cheeks poured his pitiable condition to his close confident friend and sought for a permanent remedy to get relieved from this problem.

His confident friend suggested to him about the functioning of the Manavalakalai center, running at Rasipuram, under the control of World Community Service Center, Aliyar, Coimbatore. On hearing this timely suggestion made by his friend, the patient contacted the center and prayed for help. The programme coordinator at the center suggested to him to practice Physical exercises including the acupressure 14 point's exercise and Meditation, Kayakalpa and Introspection technique to get a gradual relief from his current problems. At the same time, the programme coordinator suggested to him that he could continue to take the allopathic anti-depressants prescribed by the psychiatrist doctor while practicing these exercises. While practicing the acupressure 14 points exercises, he was instructed to concentrate on this exercise for four times a day and for every point to apply pressure for one minute. The patient followed the instructions systematically with much determination and with a fervent hope of getting gradual relief from this depression and anxiety disorders.

After, one year of rigorous practice of these exercises, he went for a review with psychiatric doctor. The doctor on examination found that the patient had shown a remarkable recovery from depression and anxiety disorders and so

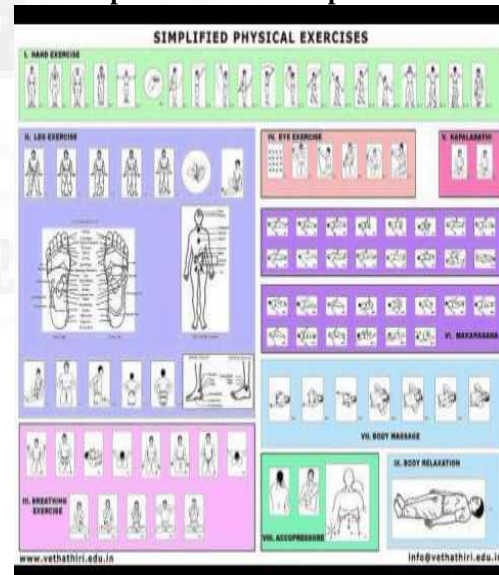
advised him to continue the practice of Physical exercises including acupressure 14 points exercise [5] and simultaneously to practice Meditation, Kayakalpa and Introspection techniques and further advised him to discontinue the consumption of anti-depressants. The doctor further advised him to come for a review after three months' time for the general checkup.

As advised by the doctor, the patient consulted the doctor after 3 months' time. The doctor after thorough examination found him absolutely free from symptoms of depression and anxiety disorders and advised him to continue the practice of these exercises without fail [6]. On hearing the soft spoken and consoling words of the doctor the patient felt very jubilant and thanked him.

Column indicates an excellent improvement by reducing the medicine gradually

DATE	MEDICINE NAME	MORNING	LUNCH	NIGHT
30.06.2014	DAXID 50 MG	0	0	1
	STALOPAM 5 MG	1	0	1
	MERSOL 7.5 G	0	0	1
08.07.2014	DAXID 100 MG	0	0	1
15.07.2014	DAXID 100 MG	0	0	1.5
29.07.2014	DAXID 100 MG	0	0	1.5
	DOTHIP 25MG	1	0	1
11.09.2014	DAXID 100 MG	0	0	1.5
	DOTHIP 25MG	0	0	1
12.12.2014	DAXID 100 MG	0	0	1.5
06.03.2015	DAXID 100 MG	0	0	1
24.06.2015	DAXID 100 MG	0	0	1
14.11.2015	DAXID 100 MG	0	0	1
01.02.2016	DAXID 25 MG	0	0	1
20.02.2016	STOPPED			

The pictorial representation of simplified exercise

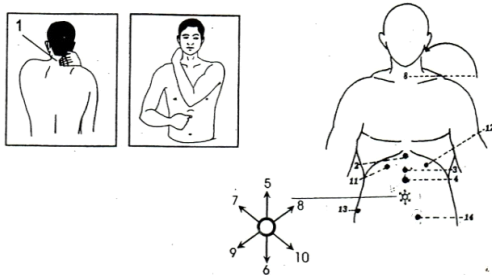


1.2 Benefits of Physical Exercises, Meditation, Kaya kalpa and Introspection technique (SKY practice)

- Mental wave frequency gets reduced and mind becomes peaceful.
- Drifting of mind towards the emotions is prevented.
- Analytical ability increases, helps to analyses the need of five senses.

- Help to build up a very high level of immunity against diseases.
- It improves one's wisdom and ensures personality development.
- Chronic diseases will get cured or controlled.
- Introspection technique not only removes the impurities in the genetic centre but also inculcates good qualities like contentedness, tolerance, charity, chastity, equality and forgiveness in human being.

The pictorial representation of acupressure 14 pointsexercise



- 1) Lie down on the back and close your eyes. Pressure will be applied to 14 points on the body. Bend your left arm at the elbow joint diagonally and let the first three fingers of the left hand touch and press the top of the spine in the upper back. This is point number 1. This position should be retained throughout the acupressure exercise.
- 2) With the tip of the right index finger press the point no.2, this is one inch directly below the chest cavity. Other fingers should not touch the body. Thus pressing, meditate on this point no.2 for 30 seconds.
- 3) Shift the tip of the right index finger downwards by one inch to point no. 3. As before, meditate on this point for 30 seconds.
- 4) Shift the tip of the right index finger further downwards by another inch to point no.4, which is one inch above the navel. Meditate here for 30 seconds.
- 5) Place the tip of the right index finger in the center of the navel at point no.5 and press upwards. If you imagine the navel as a clock, then the point no. 5 is at 12 o'clock.
- 6) Next, place the tip of the right thumb in the centre of the navel and press downwards. This is point no.6 corresponding to 6 o'clock.
- 7) Place the tip of the index finger of the right hand in the centre of the navel at point no.7 and press upwards diagonally, at an angle of 45° towards right shoulder, as if the navel clock shows 10:30.
- 8) Place the tip of right index finger in the centre of navel at point no.8. With the same finger press upwards diagonally at an angle of 45° towards the left shoulder as if the time is at 1:30 on the navel – clock.

- 9) Place the right index finger in the centre of the navel at point no .9 and press downwards diagonally towards right thigh. The time on the navel – clock is 7:30.
- 10) Place the tip of the right thumb at point no.10 and press downwards diagonally towards the left thigh. The time on the navel clock corresponds to 4:30.
- 11) Place the tip of the right index finger at point no.11, which is one inch below the centre of the lowest rib on the right chest. Press and meditate on this point for 30 seconds.
- 12) In the same manner, with right index finger, touch point no.12, which is one inch below the centre of the lowest rib on the left chest. Press and meditate on this point for 30 seconds.
- 13) With the right thumb, press on point no.13 which is one inch below the extreme tight side of the lowest rib. Meditate on this point for 30 seconds.
- 14) In the same way, place the right index finger and press point no.14 which is on the left side, exactly mid – way between the navel and the left groin (that is, thigh joint). Press and meditate on this point for 30 seconds.

Then remove both hands from the body and keep on the floor. Relax for one minute.

1.3 Benefits of Acupressure 14 points exercise

- Short circuit of electrical energy in any part of the body would be cleared
- Acu-pressure is a preventive measure for the heart ailments.
- It reduces high blood pressure.
- It regulates the nervous system and reduces tension.
- It is very helpful in alleviating insomnia

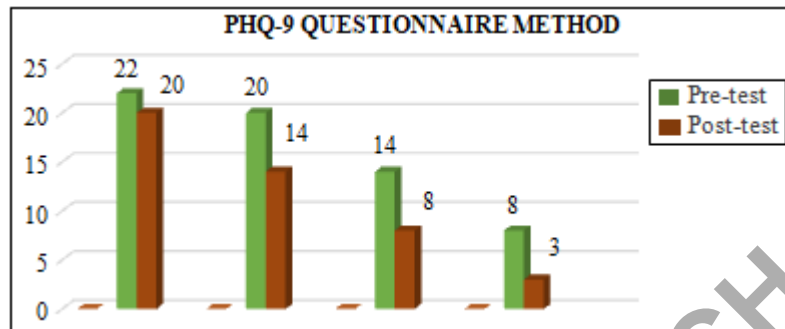
2. Method

Initially, the subject was assessed for depression and anxiety disorders by completing PHQ-9 [7] quick depression-assessment questionnaire which showed a score of 22. The subject was given training mainly on Acupressure 14 points exercise along with eight types of other Physical exercises, Kayakalpa, Meditation and Introspection (SKY practice) for one year. The severity of depression was monitored once in three months by filling the PHQ-9 questionnaire and the scores were recorded. At the end of one year, the PHQ-9 questionnaire evaluation showed a score of 0 to 3 suggested a normal range. Further, the validity of PHQ-9 values was analyzed statistically by Pearson Coefficient method to get a 'p' value ≤ 0 .05.

3. Evaluation Method

Pearson coefficient correlation for PHQ-9 questionnaire method

S.no	PHQ-9 questionnaire (Total Score)	Pre-test Score (Prior to yogic practice)	Post-test Score (After yogic practice)	Pearson Coefficient Correlation	P- value
1.	27	22	At end of I st quarter - 20	0.803	0.009
2.	27	20	At end of II nd quarter- 14	0.826	0.006
3.	27	14	At end of III rd quarter - 8	0.848	0.003
4.	27	8	At end of IV th quarter - 3	0.898	0.001



Bar diagram for phq-9 questionnaire method for pre and post-test

4. Results and Conclusions

Prior to the practice of acupressure 14 points exercise coupled with SKY practice, the patient was suffering from depression and anxiety disorders. After a rigorous, untiring and un-intermittent practice of these exercise for one year, the subject showed a significant recovery from depression and anxiety disorders. This was evaluated by means of a pre and post-test PHQ-9 questionnaire method.

Thus, based on this research study which mainly concentrated on acupressure 14 points exercise combined with Physical exercises, Kayakalpa, Meditation and Introspection (SKY practice), it could be concluded that these exercises if performed regularly without interruption, would help fight against diseases of depression disorders and also other health related problems like hypertension induced insomnia problems and diabetes diseases and so on so forth.

Heavy doses of allopathic medicines could cure a particular type of disease, but allopathic treatment is only a temporary solution for any disease. Further it involves additional expenditure and leads to enormous amount of side -effects. It does not provide a permanent remedy to the health related problems. On these lines, it could be concluded that acupressure 14 points exercises and SKY practice fall under non-pharmacological [8] self- curative process, which is very safe, cost effective and which does not involve any side - effects.

A regular practice of these exercises can be as effective at treating depression as Medications. Not only do these exercises press the specific nerves and related parts but also these exercises boost secretions of Serotonin, endorphin's which trigger the growth of new brain cells and connections just like the functions of anti-depressants [9].

The patient felt very happy and his joy knew no bounds. He thanked wholeheartedly Swami Vethathiri Maharishi for having given him a new lease of life. He also expressed his sincere thanks to WCSC organization and its branch of MVKM center at Rasipuram and his close confident friend who took him to the center.

5. Recommendations

Based on the findings of this study, the following recommendations are made for future research study.

- 1) A similar study can be undertaken to prove the efficacy of acupressure 14 points exercise and SKY practice to treat middle aged men and women patient's suffering from Diabetes Mellitus and Asthma problems.
- 2) A similar study can be carried out to assess the effectiveness of acupressure 14 points exercise and SKY practice in treating the middle aged women who suffer from Poly Cystic Ovary Syndrome diseases. (PCOD)
- 3) A similar study can be performed to treat the patients suffering from hypertension induced insomnia problems found among middle aged men.
- 4) The author would like to suggest that a similar study on a pilot scale may be undertaken on the flight attendants such as pilots and air hostess flying in International air-crafts who suffer from the major problem of JETLAG which makes them undergo an ordeal of sleeplessness.
- 5) In view of this Acupressure 14 points exercise and SKY practice being a non - pharmacological treatment, which does not involve any side -effect and so a safe method and also cost effective, this exercise may prove to be useful for people of age ranging from 8 years to 80 years to lead a happy, peaceful and contented life devoid of all kinds of diseases.

References

- [1] Vethathiri Maharishi, 2012 *Simplified Physical Exercise*, Vethathiri Publications. pp.51
- [2] Vethathiri Maharishi, 2010 *Bio-Magnetism*, Vethathiri Publications. pp.8
- [3] Nagarjuna sangem, 2012 , *Bio-Magnetism Of Life Force In Physical Body .International Journal of Health, Physical Education and Computer Science in Sports* Volume No.15, No.2,pp117-119.
- [4] H. MacPherson et al., 2013, *Acupuncture for Depression: Patterns of Diagnosis and Treatment within a Randomised Controlled Trial*, Evidence-Based Complementary and Alternative Medicine.
- [5] Vijayalakshmi, 2014 "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) *Research and Reviews: Journal of Ayurvedic Science, Yoga and Naturopathy* Volume 1, Issue 3 pp 19 – 24.
- [6] Singh A, 2010, *Acupressure Do it Yourself Therapy*, In charge, Acupressure Health Centre, Chandigarh - 160122, India; pp 126-127.
- [7] K. Kroenke, R. L. Spitzer, and J. B. W. Williams, (2001) "The PHQ-9: validity of a brief depression

severity measure," Journal of General Internal Medicine, vol. 16, no. 9, pp. 606–613,

[8] Cady SH, Jones GE. 1997 "Massage therapy as a work place intervention for reduction of stress, perceptual and motor skills". Pp 157-8.

[9] Dr. Devendra Vora, M.D., "Instant diagnosis through acupressure" (1999) pp-102

Dr (Mrs) Vijayalakshmi .C. obtained her Ph.D., Degree from Bharathiar University Coimbatore, South India. Her main area of interest is to apply Acupressure 14 points exercise therapy which, is a part and parcel of Simplified Kundalini Yogic (SKY) principles and philosophies designed by Swamiji Vethathiri Maharishi, to treat various diseases faced by men and women. She hails from a small town Rasipuram, located in Namakkal District, South India.

Author Profile



Prescription given by the doctor

The image shows four medical prescription forms arranged in a 2x2 grid. Each form contains a table with columns for 'Medicine', 'Dose', 'Frequency', and 'Quantity'. The forms are dated 30.6.2014, 3.7.2014, 15.7.2016, and 29.7.2014. The forms include handwritten text and signatures.

The image shows four medical prescription forms arranged in a 2x2 grid. Each form contains a table with columns for 'Medicine', 'Dose', 'Frequency', and 'Quantity'. The forms are dated 11.9.2014, 12.12.2014, 6.3.2015, and 24.6.2015. The forms include handwritten text and signatures.

