

Acupuncture

a life science

Questionnaire – Truths about Health and Disease

Compiled by:
SAC Executive body



DR.M.SATHICK, MD(Acu)

Safa Acupuncture Clinic

(An organization creating classical acupuncture awareness)

Contact: 9443389935, 8903333300

Web: www.darulsafa.com

➤ **What is Acupuncture?**

Acupuncture is an art of curing disease by touching with right thought on the surface of the skin using a fine needle or the fingertip. This living system is more than 8000 years old.

The deficient (stagnancy) in the meridians (energy flow path) of the internal organs is disease. Acupuncture Pulse Diagnosis identifies the center of deficiency and then the chosen acupuncture point, by touching, relieves the disease. Acupuncture helps the body in its natural process of getting relieved from disease.

➤ **Acupuncture is inserting many needles and giving electric current to the body. Is it correct?**

As already said, touching in only one or two energy points by a fine needle or the fingertip is Acupuncture treatment. To be accurate the real acupuncture is, treating only by using the fingertip. As, metal needles were not discovered in the earliest days of Acupuncture.

When, Acupuncture system spread to other countries from China, it transformed according to the condition and requirement of those regions. Countries like America and Britain completely commercialized Acupuncture when it reached them. Patients developed as customers to make business. The result - Electrical Stimulators, Computer Meridian Diagnosis, Supplementary foods viz. Medicines, Blood Circulative Massagers, etc., came into the Market. Acupuncture has nothing to do with these items.

➤ **Is treatment required daily?**

It is not necessary. Treatment given once in 7-15 days gives good recovery.

➤ **Skipping the treatment once or twice, will it harm?**

The intensity of the disease is reduced in every treatment. Skipping the treatment once or twice does not reduce the improvement already received. However, continue the treatment.

➤ **Approximately, how long will it take to know the difference in the body?**

For few, from the day treatment started. Some will note the change suddenly after 4 or 5 weeks.

➤ **How long will be the improvement for a treatment?**

According to the condition of the disease in the body, patients get cure even in the first treatment. Some may get improvement in phases. Continue the treatment for further improvements.

➤ **What is the period for cure for a disease in Acupuncture?**

There is cure no doubt. You will feel better after few treatments. It is advisable to take treatment until the condition of the body improves satisfactorily. The conditions of the body of all the patients are not unique. Therefore, treatment period varies according to the condition of the individuals.

➤ **Should we bring all the test reports taken by us in Allopathy system?**

It is good for nothing. Acupuncture treatment does not require it. In human body, energy change takes place followed by chemical change. Your test reports only identify these chemical changes.

It is useless to analyze the ever-changing chemical changes, as it cannot stabilize nor detect the energy change. Spending millions of Rupees in numerous tests for the whole body is a wasteful exercise for it does not help any treatment.

➤ **Without taking tests how do we know we have cured?**

It is so easy. Patients tell some difficulties. When problems and difficulties reduce they say, "Its better". No tests are required after this. The patients' brain can be believed cent percentage. What it says is only true. Diagnosing equipment, machines and tests cannot equal a human brain.

➤ **It is said that the intensity of the disease increase initially and then decrease, is it true?**

Yes, some patients may have it. Consider this a good sign. For example, a patient's phlegm increases in the lungs and he coughs. In this phlegm is the disease. Cough is a symptom/action of the body to eliminate phlegm.

During treatment cough gets increase in some patients and phlegm eliminates. This is the only way to get cure. The phlegm produced in the body, transforms and eliminates. When not done increases cough. It is a positive change!

➤ **Presently, we are taking drugs and medicines for our treatments. Can we continue these drugs along with Acupuncture treatment?**

Discarding drugs and medicines is the best option. Drugs block the symptoms of the disease from reaching the brain and nervous system. It does not reduce the disease.

Disease grows unchecked and uncontrolled underneath without showing any symptoms. So, stopping drugs does not harm. At least we will know the condition of the disease.

➤ **We do not see any improvement in the body even after taking six or eight sittings. Then, is the treatment useful or useless?**

Yeah! Very few have this condition. Those with less energy state (immune energy) take few months to show changes. Sure, Acupuncture does activate them. They will be relieved from the disease suddenly without notice.

➤ **Do you have any diet control in Acupuncture treatment?**

There is no diet control.

➤ **Particularly who can get benefits in this treatment?**

Men and women in all age group i.e. from newborn babies to elderly persons will get benefit completely from this treatment.

➤ **For women, during menstrual periods can they take treatment?**

Of course, treatment during the menstrual cycle will also help in relieving all difficulties in those periods.

➤ **Can we take drugs for any fever or headache during Acupuncture treatment?**

It is not required. We know that waste stagnate, will develop in the body when it is not properly eliminated is disease. When the immune system (immune energy) is strengthened during Acupuncture treatment, it eliminates wastes i.e., fever or headache occurs.

This denotes treatment method is functioning well. So, when fever, headache, vomiting, diarrhea occurs food should not be taken until these difficulties reduces. This uneasiness will reduce on its own.

➤ **What are the diseases that gets cure in Acupuncture treatment?**

Acupuncture philosophies' that all diseases are curable. There is complete scope for this in acupuncture treatment.

Disease related to eyes, headache, cold, cyanus, problems in kidneys, disease related to heart, uterus, lungs, skin, bones, liver, gastritis, ulcer, blood, nerves, hormones, intestinal problems, etc., and many more diseases whatever are, there is cure in Acupuncture treatment. Acupuncture is the promise to the future medical world.

➤ **A patient having say 10 problems informs only five of them. The untold difficulties will it get cure?**

This is the specialty in Acupuncture pulse diagnosis. The said and unsaid problems of the patients are all the symptoms of one disease. Acupuncture pulse diagnosis identifies the root cause and the diseased organ then treated subsidizes all the symptoms on its own.

➤ **What is the specialty in this treatment?**

The nature of the disease somewhat can be understood by the difficulties said orally. Small or big, any discomfort has a clear meaning in Acupuncture.

For example, saying, “he is sluggish”, it does not mean he is willingly lazy even if you beat or scold him. The less energy in him makes inactiveness even if he desires to work.

Acupuncture is an energy-based method of treatment. When there are changes in the energy level, disease develops. Let us see the initial difficulties of disease in this stage:

1. Excess sleep
2. Frequent dreams in sleep
3. Inactiveness after waking up
4. Feeling asleep but cannot sleep.
5. Cannot sleep again after waking up at night
6. Headache after getting from sleep
7. Loss of appetite
8. Hungriness frequently
9. Heavy feeling in stomach after taking food
10. Feeling to clear the bowels immediately after food
11. Drowsiness after taking food Etc....

Treat these symptoms now. Else, in less than 5 to 10 years a particular disease will have grown.

The specialty in Acupuncture method is that either in the initial stage or in the later stage, the disease can be rooted out. This is a complete system of treatment.

➤ **Can mental diseases (psychosomatic disorders) get cure in Acupuncture?**

Of course, there is cure. We cannot relate mental diseases to brain. Brain, reflects the imbalance in exertion of the internal organs.

Say a person with heavy appetite hears distress news. His desire to eat diminishes immediately. Stomach losses its function when the rest of the organs like heart, lungs and kidneys still working well.

i.e., mental difficulties like grief worry relate the disorder of stomach.

Same manner, anxiety brings heaviness in chest. Sobbing brings shortness of breath. Sobbing increased by anxiety relates the problem to lungs. Children feared discharge urine. Kidneys under-activity relates to fear.

Alcohol damages Liver. Drunkard gets anger easily. Liver's under-activity relates to anger. Analyzing the behavioral changes identifies the disease center. By balancing the energy of the particular organ and restoring its function, the mental behaviors corrected. We do not relate mental diseases to brain.

When there is deficiency of energy in the organs, there is change in the mental behaviors. This is the initial stage of the disease. We can cure disease of this stage that develops in an organ in the latter stage.

This is another specialty in Acupuncture.

➤ **Modern medicine scientifically is fast developing. What is your opinion?**

A small example will convince you. Modern medicine can cure a disease in 2 days that took 10 days in the past is advancement. If modern medicine administers one or two drugs instead of high potency multiple drugs prescribed earlier is worthy mentioning.

Some years back there are so many tests taken for diagnosis but now tests are few, then consider it as scientific development. So far, medicines brought side effects. Now those problems resolved. We could satisfy as sign of progress.

In reality, what we see and experience is contradictory.

➤ **How do you analyze the condition of the disease by Acupuncture Pulse Diagnosis?**

There are 12 vital organs in our body. They are stomach, spleen, Lungs, large Intestines, kidneys, urinary bladder, liver, gall bladder, heart, small intestines, pericardium and triple warmer.

The energy for the function of these organs, is it available? Which organ is getting insufficient energy? What is required to balance it? We can understand all these details in seconds! With Acupuncture and pulse diagnosis, we balance the energy flow and the disease condition depletes.

➤ **What is disease? Kindly can you brief it?**

Human body has the potential to self-sustain. The body can rectify even the smallest problems caused by atmospheric changes like climatic reasons even before we know it.

Violating natural laws is the beginning of disease. Hungry but not taking food, taking food but there is no hunger, eating more than required, working when you need rest, unhealthy food habits are against natural laws. In addition to that smoking, alcohol and other bad habits increases disease. All these causes stagnates waste in the internal organs. This is the first stage of the disease. By nature, the stagnated wastes come out. We should help this process in the body condition instead if we indulge against nature; the stagnated waste develops and spoils the function of organ pertaining to it. This is the second stage of the disease. It is in this stage that we get bodily symptoms.

Further, due to unhealthy foods and habits, disease developed will damage the internal organs. Administering chemical drugs then worsen the condition of the organs. It is in this final stage, allopathy with their scanning and x-rays diagnose symptom of disease and remove the affected parts. Even then, you will not cure from the disease. Organ transplanted also develop same problems as the waste stagnated affects it too.

Transplanting and removing is not the permanent solution. Removing fully the stagnated waste from the body is the permanent solution for cure.

➤ **Is there any cure for hereditary diseases?**

Kidneys play an important role in development and growth of the genital organs and the offspring. The activity against the mother's nature during pregnancy reduces the energy of the kidneys. Chemical drugs, unnatural foods taken during pregnancy further damage the kidneys.

During this stage, the foetus grows with weak organs. The under-activity of these organs in later stage transforms into hereditary diseases. Acupuncture treatment for problems during pregnancy, removes hereditary diseases as well as pave the way for normal and pleasurable childbirth.

➤ **Can Acupuncture cure BP (Blood Pressure)?**

We can cure BP easily as it is not at all a disease. Blood flow increases to restore damage/deficiency in any organ. It is impossible without increased heart rate and BP.

High blood pressure should indicate that there is damage in some organ. Pulse Diagnosis can easily identify that organ. By balancing its necessary energy, high blood pressure reduces thereby normal heart rate and BP restored.

Example, legs, hands and face swells for problem in kidneys. Now, blood pressure develops. When gas problem increases in stomach BP also increases.

BP increases when Liver gets damage due to alcohol. Therefore, we can understand that BP is not a heart disease.

It is necessary that heart rate and blood pressure have to increase until the difficulties in any organ inside the body subsidize.

Contradictorily modern medicine considers BP as a heart disease. They manipulate, to reduce the heart rate and BP against its nature. This is the reason for BP getting higher and higher even while patients take drugs regularly. Difficulties in the organ concerned get worse due to this Allopathic treatment. In a period, heart's energy reduces due to its prolonged hyperactive activity. Result fatal.

A very important ideology of modern medicine, as quoted by Hippocrates, the father of modern medicine is, "Not to harm a patient in the first place". However, in modern practice it is exactly the opposite.

➤ **Kindly let us know whether Diabetes get cure in Acupuncture?**

First, let us know what Diabetes is. Only then, we can understand there is treatment.

Modern medicine says that less insulin secreted by the pancreas is the cause for Diabetes. Why does insulin reduction occur all of a sudden? When the rest of the secretions in the body functioning well, insulin alone reduce why? Earlier diabetes was a one in million disease. How it has become a fearful killer disease now? Only reply modern medicine has is, "still not known, it is under research!"

Acupuncture easily puts forth the reason for Diabetes and the treatment for it.

The end-product glucose, gained by our unhealthy food habits and under-activity of digestive organs is poor in quality. We know that in cholesterol there is high density (good) and low density (bad), the same we have in glucose too.

The quality of glucose we get by digestion determines the secretion of insulin. The insulin secretion reduces by half when the quality of glucose gets half by digestion. Insulin secretion goes on reducing when the quality of glucose gets poor and poor. The kidneys remove the poor quality glucose as urine from blood. Poorer the glucose more the urine discharge.

Heavy appetite and reduction in body weight happens. Urine discharges the poor quality glucose. Artificially when drugs and medicines stop this poor quality glucose in the body Liver followed by kidneys collapse gradually. The Human immune system will not accept or tolerate any foreign DNA or proteins like drug insulin to trick, suppress or control it longtime.

The basic reason for Diabetes is the increase in poor quality glucose available in the blood. Acupuncture treatment controls and balances the digestion (energy restored by the under-acting digestive organs) by fully discharging poor quality glucose as urine. Body then gets good quality glucose. Health regains as insulin secretion increases naturally.

➤ **What is your opinion about Surgery? Is growth in this field felicitous?**

Symptoms of disease occur in an organ. The symptoms increase alarmingly and the organ gradually gets damage, as there is lack of knowledge about disease. The testing equipment (scan, etc.,) and investigation reports show pictures of the damage part only in this condition. Now by surgery they simply remove the affected part from the body.

When a patient, to relieve a disease in an ailing organ, approaches a Doctor, he removes the organ itself!

Example: A boy is recommended for removal (tonsils operation), when he is having cold and tonsillitis. After taking treatment (drugs) for several years for knee pain, the final information we get is that the knee joint has wear and tear. We have to replace the knee joint!

Allopathy does not cure even the gas problem in the stomach. They only cut and remove it as ulcer.

Appendicitis is a common problem. It does not occur suddenly. Many years acute pain in the lower abdomen comes and go. When drugs maximize this, they do emergency operation. They promptly remove the uterus after prolonged treatment. The uterus problems of women neither understood nor rectified!

After making all these crimes they say we have cured the disease! When the organ itself or partly is removed, saying, "We have cured the patient" is not worthy. The severity of the disease roots in the body and starts to damage other organs too...

➤ **What is your opinion about organ transplantation?**

Damage is a symptom in an organ caused by the disease. Removing that organ is only removing a symptom!

The disease is still growing inside the body. Unless the disease energy is balanced, any numbers of organ transplants fail repeatedly. The best example is today's kidney transplantation (Kidney theft has alarmingly increased due to the repeated failure) any numbers of transplants does not equal the original kidneys. "Donate (organs) Kidneys" slogan is a crime against humans.

➤ **Can you explain the diagnosing methods in Acupuncture?**

BP, Sugar, Thyroid, etc. are all meaningless words in Acupuncture treatment. This diagnosis of modern medicine has no value. The problems as told by the patients considered along with the pulse diagnosis and the condition of the disease assessed for giving treatment. Not all BP's are the same. We treat each disease in its own angle according to their pulse diagnosis.

In course of time, patients themselves will know the diagnosis in modern medicine is useless. The frequency of treatment is reduced gradually complaints of the patients gets reduced naturally, diseases BP, sugar, thyroid, etc. relieves from the body slowly. Difficulties and complaints of the patients combined with pulse diagnosis regarded as diagnosis.

➤ **Nowadays, knee pain is a common problem faced by many. Modern medicine says the knee joint has torn out. Can Acupuncture cure in this stage?**

Surely, there is no wear in the knee joint. The state of functional energy and under-activity of the tendons connecting the joints is the cause of pain. By giving treatment the energy of the tendons restored and the pain is relieved fully.

➤ **Why do tumors formed in liver, ovaries, uterus, glands, etc., can Acupuncture cure this?**

The waste produced in the body stagnates in the form of harmful gas and water. It transform with respect to the organs it reach. Watery substance turns into fibroids and tumors. Heat stagnates in these tumors. This trapped heat energy alarmingly grows the cells and tissues – this is unnatural.

These tumors grow and burst into cancer cysts. Administering chemical drugs, laser treatment or surgery to reduce the cancer cysts – increases only the gravity of the problem and helps spreading it faster (we do see this around us). The trapped heat energy has to circulate only then the tumors break and diminish. Acupuncture treatment clears these tumors fully.

➤ **How do we assess the improvement in the body after taking Acupuncture treatment?**

Let us consider a person taking treatment for 10 complaints. He may be, not relieved from few complaints in each treatment. For few, it reduces and again increases after some days.

This does not mean the disease has again shoot up. It diminishes permanently after they get continuous treatment. Repeated occurrence and treatment as per change in pulse diagnosis root out the disease in a good manner.

➤ **Vaccines like D.P.T (Diphtheria, Polio, and Tetanus), oral polio, typhoid, cholera, small pox are really protecting us from the above disease. Can you disclaim it?**

Vaccines does not develop the immune energy, rather weakens the immune energy. We are still seeing the ‘affected’ even after administering the vaccines. Vaccines do not give the guarantee for protection from the disease.

Researchers are opposing the idea right from the day vaccines were developed. Modern medicine until now has no idea for the cause of above-mentioned diseases. There are so many drugs for Polio. The drug administered for polio in India is not at all acceptable to the American medical practitioners. Confusions of this nature are common within the medical scientists. Even before clearing these contradictions taking the same drugs without hesitation is sheer nonsense.

All vaccines contain toxic chemicals, DNA from animal tissue & aborted fetuses and foreign proteins in the form of either live or dead viruses or bacteria. Vaccine technology is based on science that is over 200 years old and which says vaccines “safely stimulate an immune response”. Today’s advanced science states that **this is impossible!** – (ref. K.N.O.W. vaccine awareness of Florida)

The Human immune system will not accept or tolerate any foreign DNA or proteins to trick, suppress or control it. It always involves a killer reaction upon the foreign invader. (This phenomenon referred as auto-immune-disease by modern science).

➤ **How does Acupuncture vary from modern medicine?**

The complaints of the patient are the symptom of the disease. Modern science considers symptoms as disease and gives treatment for it. Where as, Acupuncture finds the root cause of the disease and rectifies the symptom as well as the disease completely.

Let us take a patient with headache. Modern medicine first administers analgesic drugs. Then with no relief searches the cause of headache by investigating or scanning inside the head in vain.

Nevertheless, what the truth is? Head is not the cause for headache. Headache may be due to problems in spleen and stomach. Liver and gall bladder difficulties may cause headache. Heart and pericardium due to their misconducting of heat may cause headache.

Kidneys and urinary bladder functioning problems may cause headache. Still the following also cause headaches: less sleep, constipation, not taking food while you are hungry, taking excess food than required, etc.

Investigating the head will not show or cure the headache that appeared for one or other reasons mentioned above. The waste stagnated in some parts of the internal organs shows symptom on the

surface of the body. Removing one or two of the symptoms does not relieve it from the disease.

Modern medicine only searches the cause of disease outside the body. Where as Acupuncture searches inside and rectifies it.

➤ **Fine, disease cures, can we prevent it?**

We should take care of our eating habits. That is food does not cause disease but the way we eat, cause disease. We should eat food (by chewing), only when we have an appetite.

Drink water (sipping), only for thirst. When there is an unpleasant feeling, stop eating. Avoid stuffing the stomach. Food at night should be simple and less (avoid late night food).

➤ **Why do this amazing treatment not famous within the public?**

It is because of the less capableness of the Acupuncture Doctors. The father of Acupuncture Dr. Wo.Wei.Ping quotes “a single needle, placed on the skin surface should free the body from ten thousand maladies”. Acupuncture has the scope to cure any disease. The subject is conceptual and thought provoking.

The success of an acupuncture practitioner depends entirely upon his capacity to apply his mind to this highly perceptual and meditative subject to the extent that he is guided into the treatment mode by intuition.

Where as, those acupuncture practitioners who does not understand, confuse in the mode of treatment as also get confused. Using more number of needles, electric current or equipment for their treatment, they degrade this drugless treatment by giving drugs and supportive foods in the name of treatment.

If we achieve even 1% of the scope in Acupuncture, we can reach the whole world. We are putting our effort only on this. Save world without disease and humans from drugs.

➤ **There is neither cure nor relief for any disease in Allopathy system, then why do the governments fold their hands?**

Not only has the Indian government the World Health Organization too declared this. Treatment should not be given

to any disease when the root cause of the disease is not known. In this basic, the following act has been written by the govt. of India and is valid till date. This is one of the hidden truths kept away from the public. The act:

“Drugs and Cosmetics Act 1940, Drugs and Cosmetics Rule 1945, and Drug prices control order 1995, in its Schedule – J warns the medical practitioners thus; Here is a list of 51 Diseases and ailments (by what ever name described) which a drug may not purport to prevent or cure or make claims to prevent or cure.”

Schedule – J

1. Aids
2. Chest Pain
3. Appendicitis
4. Block in Heart vessels
5. Baldness
6. Blindness
7. Asthma
8. Cysts to Cancer tumors in body
9. Cataract
10. Hair growth and grey hair removal
11. Changing the foetus to male or female
12. Congenital maladies
13. Deafness
14. Diabetes
15. All diseases related to uterus
16. Epilepsy and all mental diseases
17. Brain Fever
18. Changing the black skin to fair Colour
19. Development of breast
20. Gangrene

21. DNA related diseases
22. Glaucoma eye disease
23. Thyroid
24. Hernia
25. Hypo and hyper blood pressure
26. Hydrocele
27. Madness
28. Absent-mindedness and improving it
29. To raise the height of children
30. Common eye diseases long sight, short sight

Schedule – J

31. Prolong the size and stamina of penis
32. Treatment for protecting the teeth by calcium drugs
33. Yellow fever, hepatitis and all diseases related to liver
34. Blood cancer
35. Leucoderma
36. Increasing stamina while intercourse
37. Less brain development
38. Heart attack
39. Obese to slim
40. Paralysis
41. Neurotic diseases - sympathetic
42. Piles and hemorrhoid
43. Regaining youthfulness
44. Elderly appearance in youth
45. Grey hairs in youth
46. Rheumatic Heart disease
47. Male impotency fast semen discharge
48. Cervical and pains of lumbar spondylosis
49. Stammering

- 50. Kidneys, Gall bladder and Urinary bladder stones
- 51. Varicose Veins

Contact for Treatment:

“SAFA ACUPUNCTURE CLINIC”

5/31; Sannathi Street, Behind Meerania Masjid,
Colachel – 629 251. KK.Dist., Tamilnadu.

&

“SAFA ACUPUNCTURE CLINIC”

Ammasimadam street, OPP: Shajahan Jewellery,
Behind Anna Bus Stand, Meenakshipuram, Nagercoil-1

ATAMA Registration No: 0131463/09

Mobile: 94433 89935, 8903333300

Email: acusafa@gmail.com

Web: www.darulsafa.com

“Ulcer to Cancer, Acupuncture is an Answer”