



# A REVIEW OF EFFICACY OF SWAMIJI VETHATHIRI MAHARISHI ACUPRESSURE 14 POINTS EXERCISE THERAPY TO ALLEVIATE INSOMNIA RELATED PROBLEMS

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## ABSTRACT

*Sleep is a physiological and psychological state of rest for the body, mind, sense organs, and motor organs. All the rejuvenation functions of the body cells take place during sound sleep. It is a very well-accepted fact that the body and mind are closely interconnected with each other. Physical health and mental health such as depression or insomnia problems erupt due to mental worries. The inherent reason for the physical and mental health problems is due to the depletion of biomagnetism flowing in every individual to a level below a certain minimum critical level in the body. The main reason for the depletion of biomagnetism to a level below a certain minimum level can be attributed to wantonly neglecting or overindulgence or improper usage of five factors such as food, rest, sleep, sexual gratification, and usage of thoughts. Further, the main objective of this review article is also to show that the decrease in biomagnetism of an individual can be enhanced or enriched or boosted to above minimum critical level by the regular and unintermittent practice of acupuncture 14 points exercise therapy. This unique acupressure 14 points exercise therapy was designed by Swamiji Vethathiri Maharishi, a South Indian born Saint and Savant (1911-2006) by his untiring and unintermittent strenuous hard work for 40 years passed on this concept as a gift to the welfare of mankind. Hence Swamiji Vethathiri Maharishi's concept to get rid of diseases and to lead a disease-free, happy, and peaceful life is called as Simplified Kundalini Yoga (SKY) principle.*

**KEY WORDS** -Swamiji Vethathiri Maharishi, Physical and Mental health, five factors, Biomagnetism, insomnia Acupressure 14 point's exercise, SKY yoga

## INTRODUCTION

Maintenance of health is essential. All kinds of sensory pleasures, mental satisfaction, development, and perfection can be achieved only with perfect physical health. Pain or illness disturbs one's activities and diverts the mind towards the sufferings. The human body is a divine treasure with sophisticated mechanisms and wonderful works of Nature, the

maintenance of the body is the worship of the divine. It is the law of Nature that as much as one respects and acts in unison with Nature, he gets the boon of success and satisfaction in life. By the same law, one gets pains, miseries, and problems in life when he neglects or conflicts with the force and working order of nature. Thus, in this light, maintenance of health is of paramount importance for everyone.<sup>[1]</sup>



## DEFINITION

Every human being is a rare gift of God. Good health is the cause of pleasure and achievement in life. According to K.L. Chopra, Sleep is defined as a distinct state of mind and body, in which the body is extremely at rest, the metabolism is getting lowered and the mind becomes unconscious of the outer world. Asleep concentration does not become lifeless completely. Though, it shifts the direction of consciousness from one level to the next. In fact, the brain has to work very hard during the dreaming period of sleep than during the day. Sleep type is usually measured by an electroencephalogram (EEG) and is described behaviorally as reversible loss of consciousness. The EEG configuration during deep sleep comprises prevailing delta waves when the most restoration takes place.

## TYPES OF INSOMNIA

Primary insomnia  
Secondary insomnia

### PRIMARY INSOMNIA

Primary insomnia means that an individual is suffering from sleep problems Such as stress, depression, heartburn, cancer, asthma, arthritis, pain, medication, or alcohol consumption. Insomnia can be acute, lasting for the short- term, or chronic, which is long-lasting. Primary insomnia can also be intermittent in circumstances such as emotional instability, where insomnia may last from one night to a few weeks. These problems may lead to some internal trouble in the sleep-wakeup cycle.

### They include the following

**Dyssomnia** --- A common type of Dyssomnia is the circadian rhythm sleep disorder involving resetting of the body's sleep clock. It is abnormalities in the extent, quality or timing of sleep.

**Hypersomnia** --- Sleeping too much and sleeping at the various times.

**Narcolepsy** --- a sudden, irresistible need to sleep at all times of the day

**Primary insomnia** --- having trouble falling to sleep or staying asleep

**Sleep apnea** ---During sleep normal breath may be stops

**Parasomnia** --- unusual behavior or body events associated with sleep, including nightmare disorders which involve frightening dreams, sleep terrors, abrupt awakening and intense fear.

**Sleepwalking** --- sleepwalking or somnambulism may also be part of a mental disorder such as anxiety or depression.<sup>[2]</sup>

## SECONDARY INSOMNIA

Secondary insomnia is the indication or side effect of another sleep problem. Secondary Insomnia is when there is a medical, psychiatric, or environmental cause. If there is any medical problem intricate including emotional, neurological, physical, or additional sleep disorder, is called Secondary Insomnia. It is also considered Secondary Insomnia if sleep quality is being affected by the medications taking to alleviate health issues.<sup>[3]</sup>

## SIGNS AND SYMPTOMS OF INSOMNIA

Insomnia is a symptom, not a disease. People who have insomnia have trouble falling asleep, staying asleep, anxiety, Phobia, or depression. In this situation, they may get too slight sleep or require only poor-quality sleep. People may not feel relaxed when they awaken up. Lie awake for a long time before fall asleep. Sleep for only short periods,

- Be awake for much of the night
- Wake up too early
- Sleepiness during the day.
- General tiredness.
- Irritability.
- Problems with concentration or memory.
- No satisfaction in night sleep

## CAUSES OF ACUTE INSOMNIA

According to S.D. Dwivedi 2000 in nutshell, worry, thoughts, of sex, over-indulgence in smoking or drinking, late dinners, preoccupation with business or work even after working hours, airless bedrooms, playing of games like chessboard or Rummy cards before going to bed are some of the main reasons of insomnia. Unnecessary noise in the atmosphere is also bad for sleep.

- Significant life stress such as loss change of a job, death of a loved one, and environmental stress.
- Calamity in the family such as divorce, separation, and struggle.
- Major illness.
- Emotional or physical discomfort.
- Some medicines may interfere with sleep due to taking regular medicines for cold, allergies, depression, high blood pressure, and asthma.



- Such as jet lag or switching from a day to the night shift. [4]

### CAUSES OF CHRONIC INSOMNIA

- Depression
- Anxiety.
- Chronic stress.
- Pain or discomfort at night
- Chronic pain
- Chronic ailments such as cancer and arthritis

### DIAGNOSING INSOMNIA

A sleep disorder problem may be diagnosed by analysis of medical history, physical examination, and blood tests. A sleep study known as polysomnogram and it may be recommended for sleep analysis. This test measures the following body functions during sleep – air flow and recuperating effort, Blood oxygen levels, blood pressure and heart rate, electrical activity in the brain, eye movement, and muscle movement. A multiple sleep latency test measures the speed of asleep. To check the levels of carbon dioxide and oxygen, an arterial blood gas test may also be required.

### THE LONG-TERM HAZARDS OF SLEEP DEPRIVATION

Sleep deficiency can lower an individual's quality of life and also increase the risk of accidents. Up to 50 percent of risk individuals with sleep apnea have high blood pressure. They are also at increased risk of arrhythmia or irregular heart rhythm which may be fatal; enlargement and weakening of the right side of the heart; cardiac problems, heart attack; pulmonary hypertension, or high blood pressure in the lungs; and paralysis. [5]

### TREATMENT FOR INSOMNIA

Acute insomnia may not require treatment. Slight insomnia can often be prevented or cured by practicing good sleep behaviors. If insomnia makes it hard to function during the day because of sleepy and tired, the doctor may prescribe sleeping pills for a limited time. Rapid onset, short-acting medications can help in avoiding side - effects such as drowsiness the following day. Avoiding sleeping pills may overcome the side effects for long life. Medical response for chronic insomnia includes first treating any causal conditions or health problems that are affecting insomnia. If insomnia continues, a doctor may suggest behavioral therapy. Behavioral approaches aid in changing the behavior that may worsen insomnia and learning new behavior to promote sleep. Methods such

as relaxation exercises sleep restriction therapy and overhauling may be very useful.

### PREVENTIVE MEASURES TO KEEP INSOMNIA AT BAY

Healthy sleep behaviors are essential for treating insomnia . The following approaches (in addition to the steps mentioned in the "Preventive Care" section) may help treat the sleeping disorder condition:

- Maintain a constant sleep and waking time regularly.
- Arrange the bedroom as a place for sleep and sexual activity only, not for reading, watching television, writing or working.
- Don't take unnecessary naps, especially in the evening.
- Before bedtime take a hot bath.
- Always keep the bedroom cool, well ventilated, quiet, and dark.
- Don't look at the clock -- this stimulates anxiety and obsession about time.
- Don't take any fluids just before bedtime
- Do not exercise just before bedtime
- Don't use television, cellphone ,unnecessary gadgets just before bedtime
- Don't drink caffeine in the later hours of the day
- Move to another room with dim lighting if sleep does not occur after spending 15 - 20 minutes in bed [6]

### UNDERSTANDING THE CONCEPT OF SWAMIJI VETHATHIRI MAHARISHI'S TREASURE FOR REAL SLEEP

Every living being is a biomagnetic unit. The man is a refined laboratory and mechanism performing sophisticated and specific functions managed by the two divine principles of Nature: force and consciousness. The human being life is due to the collective activities of the Physical body, the astral body, Biomagnetism, Genetic Centre and the transformation process of biomagnetism into five elements that is pressure, sound, light/heat, taste, smell and the special process of mind. Biomagnetism is the fuel for all the physical and psychic functions

The charging capability of biomagnetism and its capacity to hold reserve in the standard is limited. So both physical and psychic functions cannot constantly and simultaneously run without break. The involuntary physical functions such as digestion, breath, and blood circulation are carried out by the autonomic nervous system; the psychic and sensory functions, which are voluntary actions, are carried out by the somatic



system. Both are wonderfully regulated and controlled by the central nervous system, for which the blueprint and directing power is the genetic Centre.

The physical body transforms into seven organic elements: Extract, food, flesh, fat, bone, marrow and sexual vital fluid. This sexual vital fluid is the necessary compound of the physical body. In the human body, the centripetal force of the magnetic and spiritual life force Centre is the major portion of the sexual vital fluid. Also is deposited at the same Centre. These three phenomena jointly comprise the “Genetic Centre”, which is the seat of all mental, physical and spiritual functions in the human body. [7]

Swamiji well explains that the main stock place for biomagnetism is the Genetic Centre. The omniscient consciousness has provided programmed aspects within the Genetic Centre to control the charge (production), flow and consumption of Biomagnetism to the body and mind. The Genetic Centre has provided the blueprint for charging Biomagnetism as required and shutting off the consumption when the minimum critical level is reached. We cannot measure or account for the charge and consumption of Biomagnetism by our limited capacity of mind. Nevertheless, let us have a conceptual grasp to understand the working systems of the biological switches for charging and shutting off excess consumption of our Biomagnetism.

The biomagnetic force is required minimum stock for both the autonomic and somatic functions. Minimum critical level of biomagnetism stock is programmed and provided in our body. The Quantity of biomagnetic force charged is not enough to carry out both the somatic and autonomic functions continuously and concurrently. So, after about 16 hours of conscious activity, the pressure force of biomagnetism is decreased: which shows that the stock is less than the minimum required. Then the balance pressure of biomagnetic force in stock, plus the hourly chargeable quantity is only enough to maintain automatic functions for the next several hours. So the central nervous system switches off the somatic functions automatically, Conscious sensory functions and movements of limbs stop and the man goes to sleep.

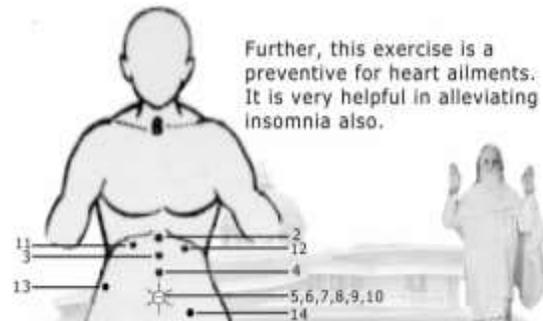
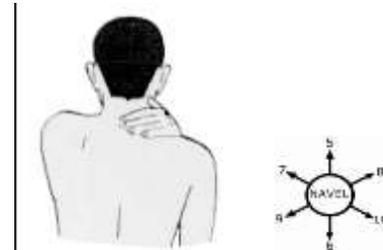
An individual sleeps for several hours the charged bio-magnetic force which is surplus after meeting the requirements for the autonomic functions is added to the stock. When the stock is replenished and comes back to the biomagnetic force that causes the central nervous system to again switch on the somatic functions. [8]

### BIO-MAGNETISM - LIMIT AND METHOD FOR ENJOYING THE SOUND SLEEP

The theory of bio-magnetism is a new occurrence put forth by Swamiji Vethathiri Maharishi. According to him, bio-magnetism is a fundamental vital force that determines the physical health of a human being. Every human being is blessed with bio-magnetism. So, every individual’s should maintain the existing level of bio-magnetism for the routine metabolic activities of the body, then it is said to be a balanced sensation felt like peace. On the other hand, if bio-magnetism is depleted below critical level results in the development of various diseases. [9]

The essential reason for the reduction of bio-magnetism is due to negligence or over indulgence or improper use of five factors i.e. Overeating, Relaxation, Sleep, Sexual Gratification and Usage of thoughts. If these five factors are rigorously followed by a limit and method process, each can lead a disease-free life.

#### Acupressure 14 points exercise designed by Swamiji Vethathiri Maharishi - “To keep insomnia away”



#### PRACTICAL SESSION

Throughout this exercise, take the left hand towards of the right side of the neck and press the neck



bone with the three middle fingers. Using the thumb and index finger of the right thumb press the 13 points in the body concentrate on them for ½ a minute. Thus, the life force circulation is balanced. The body becomes active after relieving obstructions in the circulation.<sup>[10]</sup>

1. First lie down on the back and close your eyes.

Set your left arm at the elbow point diagonally and let the first three fingers of the left hand touch and press the top of the spine in the upper back. This position can be taken as positive point (point 1). From this positive point 1, the Biomagnetism energy is passed on to point 2.

(While pressing each point, we should concentrate every point for 30 seconds until the exercise complete)

2. Using the tip of right index finger press the point 2 which is one inch directly below the chest cavity. This point 2 is taken as positive point. Other fingers should not touch the body.

3. Shift the tip of the right index finger further downwards by one inch and this point is taken as point number 3

4. Shift the tip of the right index finger further downwards by another one inch and this point is taken as point number 4 which is one inch above the navel..

5. Place the tip of the right index finger in the Centre of the navel and this point is taken as point number 5 and pull upwards. Imagine the navel as a clock, this point number 5 is at 12 o'clock.

6. Place the tip of the right thumb in the Centre of the navel and press pull downwards. This point is taken as point number 6. This point corresponds to 6 o'clock.

7. Using the tip of the right index finger in the Centre of the navel and this point is point numbers is 7 and pull upwards towards the right shoulder which corresponds to 10.30 in the navel clock.

8. Place the tip of the right index finger in the Centre of the navel and this point is point number is 8 and pull upwards towards the left shoulder which corresponds to 1.30 on the navel clock.

9. Place the tip of the right index finger in the Centre of the navel and this point is point number is 9 and pull downwards towards the right thigh which corresponds to 7.30 on the navel clock.

10. Place the tip of the right thumb in the Centre of the navel and this point is point number is 10 and pull downwards towards the left thigh which corresponds to 4.30 on the navel clock.

11. Place the tip of the right index finger one inch below the centre of the lowest rib on the right chest and this point no is 11.

12. Place the tip of the right index finger one inch below the Centre of the lowest rib on the left chest and this point no is 12.

13. Using the tip of the right thumb one inch below the extreme right side of the lowest rib (Where gall bladder is accommodated) and this point no is 13.

14. Using the tip of the right index finger exactly midway the navel and the left groin that is thigh point and this point no is 14

## CONCLUSION

This acupressure 14 points exercise can very well be practiced by those patients who suffer from heart trouble with insomnia problems. They can do this exercise twice a day and others can practice one time a day. They will definitely feel a peace of mind in the long run. The continuous practice of this exercise reduces not only Blood pressure but also removes the imbalance in the blood circulation in the whole body. This exercise is protective measure for heart disease. It reduces high blood pressure. The nervous system gets regulated and balanced. The stiffness of nerves gets rectified. It helps to have a sound sleep.

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