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Sujok: The healing touch

Shashikanth Seth

Mumbai, India

Abstract

Theories of Sujok: Sujok energetic theory is founded on the theories of traditional oriental medicine, but it goes beyond that . The foundation theory that provides a rationale for understanding and treatment includes: energy-flowing theory and therapy; six ki harmonization in the body; eight origins and six energies theory for meridian and charka treatment; emotion and mind treatment; and treatment through time and space energies. Additionally there are various alternate correspondence mappings of the body onto the hands.

Scope of Sujok Medicine: A main advantage of sujok therapy is its immediate and strong treatment effect, which can be received without additional pharmaceutical drugs or medical apparatus. Sujok therapists have a considerably wide range of options for treating diseases including neurological diseases; acute and chronic gastrointestinal diseases; cardiovascular diseases;endocrine diseases and metabolic abnormalities; emotional disturbances and addiction problems.

Stimulation and Treatment: Sujok contains many methods of treatment. One method we experience is walking on our feet and working with our hancds. This gives us constant, random stimulation on corresponding points; however, purposeful hand and foot massage (also known as hand or foot reflexology) is even better. There are many methods of stimulation besides mechanical pressure.

Applying Sujok: The first step, as with any approach to healing, is to understand the exact nature of the patient's problem. If it is a pain syndrome, or is accompanied by pain, it is crucial to know the exact location of the patient's pain. It is also important to assess the limitations of movement visually. The second step is to learn the relationship between hand and body. Basically the yin side of the body is represented on the palmer side of the hand; the yang side is represented on the dorsal surface. This information allows you to correctly search for the corresponding points on the hands. The third(and perhaps the most important) step is to learn how to diagnose and find the exact corresponding point(s) to treat.

Diagnostic Criteria: If there is pain, spasm, irritation **or** inflammation in some part of the body, it will be reflected in all of the corresponding systems as a lower pain threshold to palpation, it will be more sensitive to external pressing. First, find the general corresponding area of increased sensitivity, then probe in very tiny increments for the most sensitive hand and/or foot prints. Due to the relatively small size of the hand/foot in relation to body size, small movements on the hand represent relatively large distances in the body. Pressing the correct reflex or corresponding point will result in patient blinking, wincing or quickly pulling the hand/foot away. The quality/intensity of the reflex pain will be significantly greater than due to pressure on non-corresponding points. Only when you see the reaction will you know you are on the correct point.

The sensitivity to pressure of a corresponding point will have a direct correlation to the pain level in the part of the body. Acute, high levels of pain in the body are reflected as great sensitivity; low-level chronic pain is reflected as less sensitivity. If there is a pain or some limitation of movement in the body, you can be assured of the presence of a sensitive corresponding point on the hand/foot. You may find sensitive points, but the correct reflux point(s) will be very sensitive.