

## Success Stories

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1. Atopic Eczema :- Miss Mona is a young girl aged 20 years who developed a topic eczema since childhood. She used to have severe itching and reddened eczematous patches all over her face and body. All types of topical applications and oral steroids were tried with little or no response.

She started acupuncture therapy about 3 years ago and within the first three months of treatment with acupuncture and laser therapy, her itching had totally stopped. All her lesions gradually started getting better and as of today she is totally asymptomatic

## 2. BRONCHIAL ASTHMA

Case I :- Miss Mona, a 14 year old girl, had recurrent cough and cold since she was a child, started wheezing at 11 years of age. She was put on steroids for 3-4 months. When she came to us, she was on oral deriphyllin twice a day, 6-7 times asthalin inhaler in a day and unlimited use of the inhaler at night when she gets up with episodes of wheezing and salsol nebulizer 2-3 times a night. She started Acupuncture treatment for her bronchial asthma from 24/4/2002 . Initially her treatments were daily for the first month, during which time her nebuliser was stopped and oral medication (deriphyllin) was stopped in the first 15 days of starting treatment. She felt so much better that by the end of the first month she had totally stopped even her inhaler. Subsequently, her treatment was reduced to thrice a week in the second month and then to twice a week in the third month. She was so pale and underweight when she started treatment and as she progressed, her complexion became rosy and she gained about 5 kg. Weight. Her appetite became normal and she has never experienced any wheezing till now. She will go onto once a week treatment in the next month and then her treatment will be over. Since the problem of asthma is getting rampant among school going children, more so due to high level of pollutants in the atmosphere and low immunity levels. It is important that such children be given Acupuncture as the first line of management so as to cure them of the disease by improving their body immunity.

Case II :- Mr. Sunil Jain , Associate Editor at Business Standard, had a near-death experience when one day while traveling back home, he fainted and at the hospital, his nails went blue. He had been living on cortisones for bronchial asthma for the past many years, till he was given acupuncture treatment by us. He was treated for about 6 months with periodic acupuncture sessions. He is cured now and has got rid of his steroids.

## 3. BILATERAL POLYCYSTIC OVARIAN DISEASE WITH INFERTILITY

Mrs. Anita Shora, aged 37 years, came to us with history of amenorrhoea ( no menses) since December 2000. Her ultrasound showed her to be having polycystic ovaries and she was put on hormone therapy. Even with hormone treatment, she was not getting regular menses, and the bleeding used be very scanty. Acupuncture treatment was started on 21-8-2001 . Initially patient was treated daily for first 4 months, during which time, her cycles became normal and all hormone therapy was stopped. Thereafter, she was given acupuncture only for 7 days in a month, prior to onset

of menstrual cycle. This process continued for about 6 months. In the month of april 2002, she missed her cycles. A pregnancy test was done and it came positive. An ultrasound revealed a normal growing foetus. Acupuncture thus helped this lady recovery from her problem of hormonal imbalance and then conceive a child.

#### 4. CALCANEAL SPUR IN BOTH FEET

Mrs. Anuradha Bhandari, aged 45 years, was suffering from severe pain in both feet since the last 2 years. She was diagnosed as having calcaneal spur in both the feet for which she took ultrasonic, laser, pain killers but with no relief.

She came to us on 13th , April,2002, for treatment. Regular acupuncture treatment over a period of 2 months completely relieved her of pain in both the feet. Her pain was so intolerable that she was unable to even keep her foot on the ground and walking or standing for long was impossible for her. She used to be mostly on bed because of her acute pain. After she got cured of her ankle pain, she told us about her chronic lumbar pain which has also been taken care of with acupuncture.

#### 5. CENTRAL SEROUS RETINOPATHY

Mr. Manohar das, a 35 year old patient came to me in November 2001. He is a pilot with Air India and during a routine eye check up he was informed that he is suffering from Central Serous Retinopathy in left eye, a condition which causes gradual deterioration of vision. He developed this problem since July 2001 and since then he was not allowed to fly anymore. He took all treatments available but to no avail. His carrier was in jeopardy and with this problem, he may have to stop flying totally. An angiography done in November 2001, showed changes of retinopathy and vision in his left eye was 6/18.

Acupuncture treatment was started on 10th Nov. 2001 , and gradually the vision of the patient started improving. By April 2002, his vision had become 6/6 in the left eye. He was seen again by doctors at Jaslok Hospital who did a repeat fundus angiography and found that central serous retinopathy had resolved and his vision in the left eye was 6/6. His licence for flying which was temporarily cancelled was renewed after this latest report. For a man whose career is of a pilot and a condition like this can ruin his career, acupuncture came as a boon.

#### 6. CERVICAL SPONDYLOPATHY

Mrs. Kamlesh Dua, aged 65 years, was suffering from acute pain in her left hand since November,2001. The pain used to start from her neck, travel to the shoulder, then upper arm and forearm and then spread to all the fingers of her left hand. She was unable to even lift her left shoulder, and developed gradual weakness in her left hand. She was on regular proxyvon twice a day, with no relief and used to be constantly crying in pain. X ray of her cervical spine had showed markedly reduced disc spaces at C4-5-6 levels with osteoporosis. MRI showed degenerative disc disease with disc bulge at C4-5-6-7 levels.

She visited us for treatment on 17th April ,2002 . Her pain was agonizing and she was even unable to sleep due to the severe pain. Within just 3 sessions of Acupuncture , the acute pain disappeared. Thereafter, in another 15 sessions her left frozen shoulder got cured. Thereafter, we reduced her treatment to alternate days, then twice a week and now to once a week. She is totally pain free and even the pain in her fingers has gone. She recovered completely from all her symptoms.

## 7. CIGARETTE ADDICTION :-

Case I :- Dr. Dhawan, a 40 year old doctor, had been a smoke addict for the past 10 years . He used to smoke about 10-15 cigarettes a day. Ear acupuncture was given to him daily for 15 days and his craving got reduced so much that he would smoke only 2-3 cigarettes a day. Thereafter a small intradermal needle was placed at a special acupuncture point and he felt that whatever little craving was left also disappeared. Now he is total off cigarettes and feels more healthier.

Case II :- With nearly 20 cigarettes down daily, it is easy to lose count or even attempt to restrain lighting up. And if you are like Premola Ghose, the 55 year-old chief programme coordinator at India International Centre, every hour is a stress bomb that makes you pine for the next drag. For 30 years Premola gave in to addiction, till recently she tried acupuncture to kick the habit. Today, thanks to the therapy, the butt is safely buried. " I was a chain-smoker. I knew it was bad, but I had no will to quit smoking,": says Premola, thinking back. However, last year during a seminar on acupuncture she helped organize, Premola learnt about how acupuncture could help in de-addiction. " I did try quitting but nothing worked. I used to get severe headaches. With acupuncture it was a painless process,": she says. It has been a year since Premola took acupuncture therapy for de-addiction. She has not touched cigarettes ever since, and even her therapist vouches for Premola's results.

" Premola was a very serious case since she had been smoking for a very long time. We studied her smoking pattern before starting her treatment and within 20 sessions her smoking habit was successfully controlled. There have been no serious withdrawal symptoms".

8. Cosmetic acupuncture for face list :- Lacoste Catherine, a 49 –year-old French lady living in India, decided to try acupuncture for her sagging facial skin and crow's feet and is happy with the results. She says, with a broad smile on her face, " I took about 10-12 sessions for this problem but I also had other health problems when I first started getting acupuncture done. After the sessions, even my husband commented on the change in my face." And husbands do not lie, especially when it comes to being brutally honest about their wives' appearance. Acupuncture can and does offer remedies for many cosmetic problems like sagging facial skin, double chin, sagging breasts, breast augmentation, bags under the eyes, upper and lower medial eye areas, reducing male breasts, forehead wrinkles, cheeks, upper and lower epigastria area ( middle of the stomach), obesity, sagging upper arm.

9. Colour therapy restores 4 years old's life:- Darkness enveloped four –year-old Sukhbir's life in the form of an accident. Around 7:30 am dated June,14,2004 at Dabwali near Bhatinda, Sukhbir and his 11 year-old cousin Vicky were walking back home with their punctured cycle. Sukhbir was on a visit to his grandfather. Suddenly a speeding Maruti car hit both the kids. Vicky died on the spot while Sukhbir suffered a head injury and lost consciousness. After remaining on ventilator for three days, he finally opened eyes on the thirteenth day.

But that was it. He had lost speech, vision, swallowing reflex and even control over bowel movements. He was being fed through Ryle's Tube. In short, he had become a vegetable. He was discharged from the local hospital after 25 days.

For Jasjeet and Rani, it was worse than losing their child. Sukhbir was as good as dead and they were helpless spectators. " The doctors told us they could not predict his recovery," recalls Jasjeet.

Not giving up hope, they brought Sukhbir to Delhi . Vimhans, AllMS, Safdarjung, Shroff Eye Centre- Sukhbir was tke to every hospital in the city worth its name. "In Safdarjung Hospital , the doctors said Sukhbir would be bolid for the rest of his life. We were asked to locate a blind school for our son," Jasjeet adds. Finally, it was Dr. Satyakarna of Shroff Eye Centre who recommended alternate therapy and suggested the name of acupuncture specialists Raman Kapur and his wife Sunita.

When Dr. Kapur examined Sukhbir on August 3, he did not see any hope. It would be better to take the child back, he told Jasjeet and Rani. However, they persisted. Finally Dr. Kapur agreed, but on one condition: Sukhbir would be treated for 15 days and the treatment would proceed only if the child showed any improvement.

The treatment began with Colour therapy on acupuncture points. To everyone's utter disbelief, Sukhbir started

responding as if he was just waiting for the treatment to begin. " He regained his swallowing reflex in just seven days and the Ryle's Tube was also removed on the same day. The

child could speak after nine days and also regained bladder and bowel control. On the 12 th day he started seeing and in 20 days, he was walking. Sukhbir has already recovered 80 percent of his eyesight. There was little loss of memory which was recovered soon after.

10. DEAFNESS :- Mr. Balram, a 65 year old male, developed complete loss of hearing about 2 years ago in his right ear. He consulted an E.N.T. specialist who did an audiometry and diagnosed it as total nerve deafness with complete hearing loss. He asked for a hearing aid but was told that an aid has no role as he has no hearing. He visited us for acupuncture and within 7 days of start of treatment, he could start hearing the tick-tock of a clock. His hearing gradually went on improving and an audiometry done 2 months later showed a 30% improvement in hearing. He could now use a hearing aid and carry on with his normal activities.

## 11. FACIAL NEURALGIA

Ms. Neeru Gulati, aged 28 years, developed Lt. Sided facial paralysis in october 2000. She took Wysolone and electro stimulation and recovered. However, she developed an acute pain in the left eye since last 5 months and she was put on pain killers. As she got no relief, she was started on Tab. Mazetol, initially once a day, to now upto four a day with little relief. She came to us on 27-4-2002 , when acupuncture treatment was started on her. Initially she was given daily treatment for 20 days, during which time she totally stopped all her medication and had substantial pain relief. Later, this schedule was made to alternate days for 2 weeks, then twice a week for 2 weeks. Her pain is now totally cured and there has been no relapse since her treatment was completed.

12. Leukaemia – Acupuncture gave him second life :- In February 2006, 60 years-old Francis Wacziarg, was diagnosed with leukaemia. In his own words, " I am an Indian national, I have been here since 1970s. But as I was going to France to see my mother. I decided to see doctors there."

When he reached the public Assistance Hospital of France, Saint Louis, his blood cell counts were detected dismally low with just 1,900 white blood cells and 1,83,000 platelets. His haemoglobin was down to 7.9 gm/100 ml. His myelogram showed 20% haemoblasts ( primitive cells that are usually less than 1%) and numerous abnormal blood cells.

Francis underwent chemotherapy. Though the initial response was good, his discharge summary talks about the "failure of intensive treatment." Talking about the phase, Francis said: " My oncologist said' I am sorry the treatment has not worked. There is not much we can do now, come back after six months and we will see'. That is when I decided to try acupuncture."

When Francis met us in June 2006, his platelet count was 42,000 and total white blood cell count was just 800. His haemoglobin was 10 gm/10 ml. Six months after acupuncture therapy, his blood reports show a platelet count of 2.05 lakh, total WBC count is 2,800 and his haemoglobin is 11.5 " I went back to France for a check-up. The fresh myelogram showed that blast cells are down to 1% which is normal. My doctor said whatever you did seems to have worked and what's more all the hair I had lost because of chemotherapy is back," said Francis.

Now that the treatment is over, he visits our clinic once in a month for a followup treatment. We have given him moxa herb rolls to heat few acupuncture points regularly.

## 13. LUMBAR DISC PROLAPSE WITH ACUTE SCIATICA

Mrs. Saroj Modi, aged 67 years, had been suffering from acute pain in her left leg since March 2002. She had an episode of similar pain in the right leg last year but in 6 months she got relieved with pain killers and exercise. However, this time the pain was so acute that inspite of pain killers, no relief was there and she was unable to walk for a few steps also. Clinical examination confirmed a left sciatic nerve root compression. She came to us in June 2002 and her treatment was started on 10th June 2002 . Initially she took 20 sittings daily followed by alternate days and then twice a week sittings.

Her leg pain is totally gone and she is able to go on her morning walks like before. Acupuncture is considered to be the first treatment of choice today for lumbar disc prolapsse and sciatica, the world over.

#### 14. LUMBAR CANAL STENOSIS WITH PARAPARESIS AND ASTHMA

Mrs. Sukhda chadha, aged 60 years, developed paralysis of her right leg along with numbness in May,2001. Gradually the left leg also became weaker. Her situation became so bad that she was totally bedridden and had to use a walker for support to walk at home. She came to us in february,2002. An examination of the patient revealed that she had lumbar canal stenosis which had resulted in gradual reduction of blood circulation to her legs with constant pain in the legs and numbness and gradually diminishing muscle power.

Acupuncture treatment was started from 12th Feb,2002 . Initially she was given daily treatment for over 1 month. She showed such tremendous improvement that her leg pains disappeared and she felt more active. After 3 months of treatment by May ,202, she was able to leave her walker and walk independently.

Now in July 2002, she takes only twice a week treatments and her muscle power is returned to near normal. She also had a chronic bronchial asthma since last 20 years for which she was on heavy medication. We concomitantly also treated her for asthma and now she is fully cured and does not use any medication for the same.

15. Macular Degeneration :- Rajat Chopra is a child aged 8 years. He came to our clinic 2 years back after complaints of having severe diminution of vision and having been diagnosed as bilateral macular degeneration with a vision of 4/60. According to western medical science there is no treatment available for this disease which is progressive in nature.

Acupuncture treatment was started on this patient 2 years back. He started showing a positive improvement in vision. Within first 2 months of treatment itself, his vision improved to 6/60. He still continues therapy with us and his vision has been showing a continuous improvement with the present corrected vision being 6/24.

#### 16. MIGRAINE

Mr. Krishan Kant , aged 32 years, complained of left sided headache since the last 8 years, gradually became more worse and also shifted to the right side of head since 3 years. Presently, his pain was only left sided and he was diagnosed as a patient of migraine. When he came to us for treatment, his headaches had become so severe that he was taking 1-2 tablets of vasograin daily, and he would be suffering from headache almost 4-5 days in a week. His headaches used to get worse with sunshine. He was started acupuncture therapy from 27-4-2002 . Initially for first 20

treatments, the treatment was given daily. Within the first 10 sessions only, he got so much relief that he stopped taking vasograin. Gradually, the frequency of headache got less. After 20 treatments, the session was reduced to alternate days for 2 weeks, by which time he had totally stopped having any headaches. He could now even move in sunshine without any headache. He had once a week treatment for 2 weeks and then we stopped his treatment. Follow up till now has not shown any relapse.

## 17. MULTIPLE SCLEROSIS

Mrs. Manisha Garg, a 40 year old lady, came to us for the first time in May 2000 with complaints of double vision, severe vertigo, deterioration of vision, numbness, weakness and abnormal gait in the right leg and pain and heaviness in the right arm. She also complained of frequency and urgency of urination.

Her past history revealed that her problem started in March 1997 and she was diagnosed after an MRI as having multiple sclerosis. She was prescribed wysolone for 2 weeks to be tapered off slowly. She again had an acute episode of vision deterioration, weakness of legs and arms in July 97 and was admitted to Apollo Hospital and given intravenous methyl prednisolone for 5 days. During 1998 she kept very bad health and kept on taking prednisolone orally off and on.

A repeat course of intravenous methyl prednisolone was given to her in Jan 99 when the weakness in the right leg and arm got aggravated. This same course was repeated in September 99 and in February 2000.

She has been under Acupuncture therapy with me since 1st May 2000 and has shown a substantial improvement. Her vertigo is totally gone. Her vision initially was 6/12 and now it is 6/9 with no double vision and no subsequent deterioration of vision. Her pain and weakness in the right arm is totally cured. Her problem of frequency and urgency of urination is cured. Her weakness in the right leg with staggering gait is now about 80 percent better. This overall improvement in a patient of multiple sclerosis for which there is no answer in any other system of medicine is a definite indicator of the effectiveness of acupuncture in this disease.

## 18. Optic Nerve Atrophy

Case I :- Another big success with acupuncture has been complete recovery of vision in a lady with OPTIC ATROPHY who had total loss of vision (Read on for the complete case history of this patient).

This is a condition in which there is a wasting away or near total disuse of the eyes due to degeneration of the optic nerve.

Divya Chopra, female, 57 years. She came for the first time on January 15, 1998, with complaints of complete loss of vision in both eyes. She was only able to make out hand movements, but was unable to count the fingers. Her history revealed that she had been suffering from recurrent fever with chills from December, 1996. The fever was associated with loss of appetite and loss of weight. She was investigated for the same. A chest X-ray showed prominence of the left hilum which was most likely due to enlarged left hilar lymph nodes.

Divya Chopra's case was diagnosed as pulmonary tuberculosis and she was put on ATT (Anti Tubercular Therapy) from May 3, 1997. She started noticing slight blurring of vision from September 1997. This blurring worsened on October 18, 1997. It was accompanied with formication in both feet and associated tiredness. Her visual acuity at this stage was 6/36.

She was diagnosed as having acute Ethambutol toxicity and her Ethambutol was stopped. She was treated for pan uveitis (bilateral). The VEP (Visual Evoked Potential) done at the Rajendra Prasad Ophthalmic Centre showed prolonged latency. A trial of systemic steroids was given with no improvement in vision. A perimetry (charting for any visual blind spots) done at the All India Institute of Medical Sciences (AIIMS), Delhi on November 18 showed poor fixation with poor response in both eyes. A brain MRI done on December 13 was normal. She was seen by a team of top doctors at AIIMS and then at Mohan Eye Institute, Delhi, but medication produced no improvement. Her vision steadily went on deteriorating and she was diagnosed as having developed bilateral toxic optic nerve atrophy for which there was no treatment possible. She even tried homoeopathy medicine with no response.

Acupuncture treatment was given to her initially on a daily basis for a duration of about two months. Within the first week of treatment, her vision showed such a sudden change that a woman who had not been able to move out of her room without support, was able to read the number plate of her car. Her vision gradually went on improving and the treatment was reduced to an alternate day schedule. She was then given acupuncture only twice a week. The improvement in her vision was substantial and she regained seventy-five per cent of her vision.

In order to clinically correlate the symptomatic improvement, she was referred to Dr. S.N. Jha at Sir Ganga Ram Hospital, Delhi on June 11, 1998. He checked her vision and found it to be 6/24. He also did perimetry on this patient and found a substantial improvement as compared to the previous perimetry done at AIIMS. Even he was amazed to see

such an improvement. This patient finally improved her vision by ninety-five per cent.

Case-II :- Mrs. Sunita Sharma, a 42 years old woman, suddenly had a brain hemorrhage and developed optic nerve atrophy in both her eyes. This led to complete vision loss in both eyes. The doctors at the hospital where she got treated told her that her vision can not come back. Acupuncture treatment with Dr. Kapur has been able to bring her vision back by 60% in over 6 months time.

#### 19. Patients Revived out of Deep Coma

Coma is defined as a condition where the patient goes into a state of unconsciousness. There can be various causes of coma.

Case I:- Ashok Sharma , male, 75 years. He had sustained a head injury in an accident. He was operated upon and the clot in his brain removed but he still did not come out of coma. He was given acupuncture continuously for three hours on the first day and he came out of deep coma on the same day itself. Thereafter, he was given acupuncture treatment daily for the next fifteen days and he recovered fully.

Case II:- Deepak Mehta , male, 40 years. He had been in deep coma for three and a half months following a brain haemorrhage and was on a ventilator and tube-feeding. He showed first signs of improvement after ten sittings of acupuncture treatment and was given a total of sixty sittings for recovery.

Case III:- Karan Kumar , male, 35 years. He had pontine haemorrhage following severe uncontrolled hypertension and went into deep coma. He was admitted into a hospital and put on a ventilator. His relatives were told that there were no chances of his survival. Acupuncture was tried as a last resort and it worked wonders on him. He came out of deep coma by the 15 th day, and the ventilator was removed. At the end of forty sittings, he recovered substantially enough to be discharged from the hospital. He was then under acupuncture treatment for residual paralysis and had regained even his normal mental abilities.

20. Post-Operative multiple prolapsed intervertebral disc :- Mr. Nikhil Bharadwaj, aged 45 yrs, came to our clinic with complaint of lower backache radiating down to right thigh and leg. Also, there was numbness in left toes. He could not walk for even two steps and was brought with the help of two attendants. His lower torso was tilted towards one side. He had been two attendants. His lower torso was tilted towards one side. He had been operated for the same six months ago, followed by a series of treatments with physiotherapy, ayurveda and panchkarma. Nothing could give him relief. With 30 sittings of acupuncture his pain had completely gone and he started walking for 3 km a day with a straight back. His numbness of toes is also reducing with every treatment. He is still under our treatment.

21. Prolapsed Lumbar Disc with Acute Sciatica and Migraine :- Mr. G.N.Khaitan aged 78 years, chairman of Radico Khaitan, used to suffer from Chronic migraines since he was 30 years of age, He had tried all types of treatment without success. He came to know about Dr. Kapur after watching a programme on acupuncture with him about 10 years ago. He took a total of 30 treatment sessions with Dr. Kapur and thereafter has never suffered from any migraine headaches since the last 10 years. Recently he developed a prolapsed disc in his back which caused an acute sciatica pain in his right leg. He immediately contacted his acupuncture doctor and in just 10 treatments his pain was cured.

22. Secretory otitis media with hearing loss :- Neeraj Kapoor, aged 14 years came to our clinic 12 years back with complaints of pain in left ear and hearing loss of 40 decibals. He had been advised myringotomy by the western doctors. Being afraid of surgery, he came to us for treatment with a acupuncture. He was given ten regular sittings with acupuncture and moxibustion with which his pain and heaviness in the ear disappeared. A repeat audiometry test showed complete recovery of hearing loss.

23. Splenomegaly :- Mrs. Renu Sinha, a 45 years old female, suffered three repeated attacks of malaria leading to an

enlarged spleen (4 times the normal size). Splenic functions were also deranged, her Hb came down to 6gm% and she was advised splenectomy (removal of spleen). Her appetite was very poor and she had severe hyperacidity, and could not perform any routine work. Acupuncture was given daily for 20 sittings. During this period her G.I.T. symptoms disappeared and her Hb level rose to 8 g%. Gradually the treatment was reduced to alternate days for a period of 1 month, during which time the size of spleen reduced to half and Hb rose to 10g%. Subsequently she was put on twice a week treatment for 1 month which brought her Hb level to 12 g% and her spleen size became normal.

24. TINNITUS WITH DEAFNESS :- Mr. Chawla, a 62 year old female developed tinnitus 2 years ago, in both the ears. Gradually the intensity went on increasing and became a continuous buzz. She came to us for acupuncture therapy about 3 months back. She was given daily treatment initially for 20 days and her tinnitus in right ear disappeared in this session of treatment and hearing loss also became alright. Her treatment sessions were reduced to alternate days and then twice a week. After further 10 sessions, the tinnitus in left ear also disappeared.