

## Role of Swamiji Vethathiri Maharishi' S Acupressure 14 Points Exercise Therapy in the Effective Management of Neurological Disorders (Seizures) Found on A 16-Year-Old Male Student--A Case Report

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**Abstract:** We reported a 16-year old male student with a history of neurological disorders (Seizures) and a significant reduction in the frequency of recurrence of seizures through a practice of Acupressure 14 points exercise. Administration of anticonvulsant drugs combined with Acupressure 14 points exercise therapy designed by SWAMIJI Vethathiri Maharishi, South Indian Born Saint and Savant (1911--2006) was followed. Acupressure 14 points exercise therapy was practiced by the patient for one year unintermittently and that too one minute at each point and four times a day. This resulted in a remarkable recovery from the frequency of occurrence of seizures to lead a normal lifestyle and tapering of anticonvulsant drugs. Acupressure 14 points exercise therapy designed by Swamiji Vethathiri Maharishi is a non- pharmacological, complementary alternative medicine (CAM), which is very safe to use, involves no side-effects, very inexpensive therapy. Further, it is very appropriate exercise therapy for elderly people who suffer from neurological disorders which include Alzheimer's disease, Parkinson's disease, Multiple Sclerosis, etc. Thus this Acupressure 14 point's exercise therapy would be helpful to avoid the taking of anti convulsant drugs and the patients can very well escape from the side- effects of those deadly medications.

**Keywords:** Seizures, Vethathiri Maharishi, Acupressure14 points, CAM, Anti convulsant drugs.

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### I. Introduction

Acupressure is an ancient healing art that uses the fingers or any blunted objects<sup>1</sup> to press key points called as 'Acu Points'(Energy Stored Points) on the surface rhythmically on the skin to stimulate the body's natural self-curative abilities. When these points are pressed, they release muscular tension and promote the circulation of blood and the body's life force to aid healing. Acupressure has been practiced as a healing art for atleast 5000 years<sup>2</sup>.

This complete health system has been documented for use in treating over 3000 conditions. Acupressure therapy works on the principle of stimulating specific reflex points located along the lines of energy which run through the body, called meridians. There are 14 meridian lines, each of which corresponds to an individual organ of the body. When the vital energies are able to flow through the meridians in a balanced and even way, the result is good health. When you experience pain or illness, it is an indication that there is a block or leak in the bio magnetic energy or vital life force Energy or Chi energy flow within the body.

In this research article, the research scholar has made a maiden attempt in presenting an original case report pertaining to the effective management of chronic neurological disorders characterized by recurrent seizures and a significant recovery from this neurological disorders found on a 16 year old male student through a regular and unintermittent practice of acupressure 14 points exercise<sup>3</sup> therapy designed by SWAMIJI Vethathiri Maharishi, a South Indian born Saint and Savant. According to him, a continuous practice of Acupressure 14 points exercise regulates the free flow of bio-magnetic energy or vital life force energy or "Chi" 'energy as coined in TCM Acupressure therapy, throughout the body without any short circuit by removing air bubbles in the nerves and helps in the free flow of blood circulation and restores the body to the normal conditions free from pain and any other diseases. Acupressure 14 points exercise effectively alleviates recurrent seizures, a nervous system disorder characterized by unregulated brain cell activity causing seizures. Therefore, a sincere attempt has been made to establish that acupressure 14 points exercise is more effective in reducing the frequency of recurrence of seizures within a span of one year of rigorous practice of this exercise. It is to be admitted that during the practice of this exercise, the patient is advised to continue the intake of anti-convulsant medicines as prescribed by the neurologist.

## **II. Case Study**

The present study is mainly focused on a 16-year-old male student who was delivered to his beloved mother as a second child through Operative Vaginal Delivery mode. The patient has one elder sister aged 19, a B.Com, graduate. She was delivered through normal delivery leading a hale and healthy life.

Every mother hopes to be able to deliver her baby naturally by God's grace without the assistance of external aids. But this was not possible in the second issue since the baby was in a difficult position to be able to deliver by the mother's efforts alone and moreover, the labor was not progressing, no matter how much mother was pushing.

Therefore taking into consideration of the safety of the mother and baby, the gynecologist after getting the consent of the mother decided to carry out operative vaginal delivery with the assistance of forceps to gently pull and guide the baby's head from the birth canal. The risks to the baby during the operative vaginal delivery using the forceps included minor external eye trauma and seizures as the baby grew older.

At present, the patient is doing his 11th standard. When he was in 10th standard, he uttered some meaningless words for a minute without his consciousness<sup>4</sup> and after a minute or so, he would regain his consciousness. He would not know what he spoke. This type of abnormal behavior occurred once in a month. The parents thought that the probably the boy might be under stress and strain due to over academic workload that was given to him in the form of tests and assignments in the school. But this abnormal behavior of uttering meaningless words without consciousness occurred once a week. On seeing this, the parents were shocked and much worried. So, they took him to a nearby physician and on careful examination, he diagnosed that he was mentally alright but suffering from some form of neurological disorders and suggested the parents consult a neurologist at Chennai.

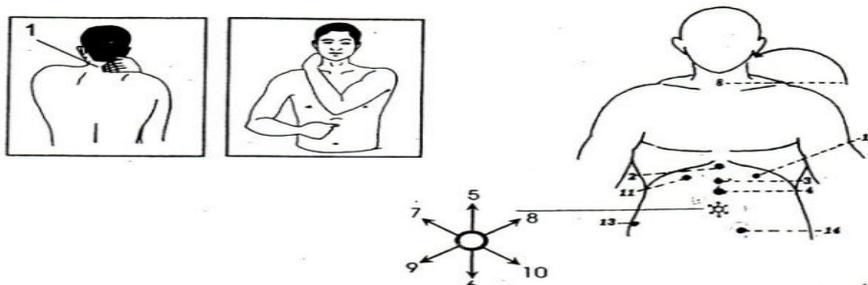
Accordingly, the parents took him to a famous neurologist at Chennai. The neurologist after careful examination advised the parents to take EEG scan which showed abnormal record. Ongoing through the EEG scan, he suggested that the boy was suffering from one form of neurological disorders called seizures and prescribed anticonvulsant medications such as Levipil 500 mg and Oxetol 150 mg to be taken two times regularly for some time(vide Table I). The parents gave the tablets to the boy as prescribed by the neurologist. The parents thought that due to the medications, his sufferings would finally come to an end. But their dream was only short lived. The boy would not show the symptoms for a month, and after a month, he again would utter the meaningless words unconsciously for a minute and regained his normal position after that. Therefore the deeply disturbed and saddened<sup>5</sup> parents again took him to the neurologist and explained the situation to him. On seeing the pitiable condition of the patient he advised the parents to take MRI scan, he increased the dosage of anticonvulsant medications. The increased dosage of tablets led to the side effects such as dizziness, fatigue, and vomiting etc.

Just like a saying that adding fuel to the fire, the abnormal behavior<sup>6</sup> occurred in the school also where he is studying. On seeing the boy's abnormal behavior, his classmates and class teacher were frightened and called the parents and told them the matter. The parents went to the school and met the class teacher and his friends and narrated the pitiable story and the treatments that are being given to the boy and prayed for their help and cooperation for which they agreed. In the meantime, the much worried and shocked parents seriously gave a thought that why not they try some alternative complementary medicines such as yogic exercises taught at the centre for Yoga for Human Excellence which would come to the timely rescue of their sibling. Earlier the mother of the boy got relieved from the clutches of thyroid problems by practicing simple physical exercises, meditation techniques, and kaya kalpa exercises taught at the center. Hence, the parents took a bold decision and took the boy to the center for Yoga for Human Excellence and poured their woes and prayed for help. The Program coordinator in the center for Human Excellence gave a patient hearing to the patient's condition and assured the parents their wholehearted support to give yogic exercises to the boy for a gradual recovery from the current problems.

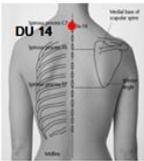
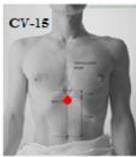
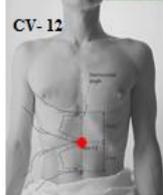
The programme coordinator suggested to the mother to lend a helping hand to practice Acupressure 14 points exercise therapy to the boy to get a gradual recovery from his current problems and at the same time he could continue his anticonvulsant drugs as prescribed by the neurologist while practicing the Acupressure 14 points exercise therapy. While practicing the Acupressure 14 points exercise therapy, the boy was instructed to concentrate on this exercise four times a day and for every point to apply pressure for one minute. The patient followed the instructions systematically with much concentration and with a strong hope of getting gradual relief from the seizures problems. After a year of continuous practice of Acupressure 14 points exercise, the parents took the boy for a review and told the neurologist that the boy was practicing acupressure 14 points exercises and so frequency of occurrence of abnormal behavior occurred only once in a month and the boy showed no signs of fatigue and his face showed a freshness and takes much interest in doing his classwork and boldly says he would pass the examinations with good percentage of marks. On hearing these words from the patient and on thorough examination, the neurologist advised the parents to continue the practice of the Acupressure 14 points exercise therapy till his lifetime and at the same, he reduced the dosage to half.

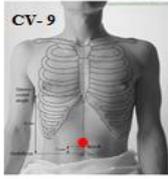
He advised them to come for a review if any problem arises, otherwise he can continue the exercise along with the half dosage of anticonvulsant. On hearing the words from the mouth of the neurologist, the parent's joy knew no bounds. The parents and the patient expressed their sincere gratitude to Swamiji Vethathiri Maharishi for having given him a new lease of life.

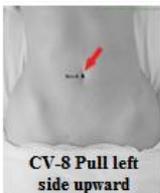
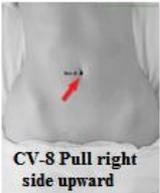
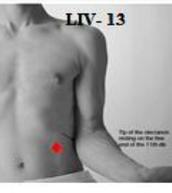
**SIMPLIFIED DIAGRAM OF SWAMIJI VETHATHIRI MAHARISHI'S ACUPRESSURE 14 POINTS EXERCISE**



**COMPARISON BETWEEN SWAMIJI VETHATHIRI MAHARISHI'S ACUPRESSURE 14 POINTS EXERCISE AND TCM ACUPRESSURE POINTS**

Point	*SVM Acupressure Points	TCM Acupressure Points (Du – 14)
1..	 <p>Lie down on the back and close your eyes. Bent 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) as referred by Swamiji audio speech.<sup>7</sup></p>	 <p>On the midline at the base of the neck, in the depression below the spinous process of the seventh cervical vertebra (C7). Hypertension, insomnia, vomiting blood, Epilepsy, nosebleed that does not stop, etc., could be cleared<sup>8</sup>.</p>
2.	 <p>With the tip of right index finger press the point 2 which is one inch directly below the chest cavity. Other fingers should not touch the body. While pressing, meditate on this point 2 for 30 seconds<sup>7</sup>.</p>	 <p>On the midline of the abdomen, 7 cun above the umbilicus and 1 cun below the sternocostal angle. Oppressive sensation in the heart, chest pain, excessive sighing, pain radiating from the heart to the back. Fright palpitations. Fullness of the chest, etc., could be cleared<sup>8</sup>.</p>
3.	 <p>Shift the tip of the right index finger further downwards by one inch and this point is taken as point number 3. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>On the midline of the abdomen, 4 cun above the umbilicus and midway between the umbilicus and the sternocostal angle. Heart pain, loss of consciousness, mania-depression, epilepsy, tongue thrusting, etc., could be cleared<sup>8</sup>.</p>

Point	*SVM Acupressure Points (Point- 4)	TCM Acupressure Points (CV- 9)
4.	 <p>Shift the tip of the right index finger further downwards by one inch and this point is taken as point number 3. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>On the midline of the abdomen, 1 cun above the umbilicus and 7 cun below the sternocostal angle. Deficiency and distension of the intestine and Stomach, , no pleasure in eating, acid regurgitation, vomiting after eating, abdomen swollen and hard like a drum, periumbilical pain rushing up to the chest and Heart causing difficulty breathing, etc., could be cleared<sup>8</sup>.</p>
5.	 <p>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. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>CV 8 point – Pulls up at the umbilicus. Tonifies the original qi, strengthens the spleen, Kidney qi energy raised upwards to pancreas, stomach, heart, throat and up to head (brain), etc., could be cleared<sup>9</sup>.</p>
6.	 <p>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. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>CV 8 point – Pull downwards at the umbilicus. Strengthen the original qi energy, and also the bladder. The small intestines are the paired organs of the heart, so digestive problems can cause the heart to overheat. The elimination of waste products can be done and gives energy to heart<sup>9</sup>.</p>
7.	 <p>Place the tip of the right index finger in the Centre of the navel and this point number is 7 and pull upwards towards the right shoulder which corresponds to 10.30 in the navel clock. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>CV 8 Point – Pull upwards to the right shoulder at the umbilicus. Tonifies the original qi energy, Strengthens the liver. When pulling upwards, the qi energy of kidney is raised upwards to liver, gallbladder, heart, right lungs and all the organs in the right side<sup>9</sup>.</p>

Point	*SVM Acupressure Points (Point- 8)	TCM Acupressure Points (CV- 8)
8.	 <p>Place the tip of the right index finger in the Centre of the navel and this point number is 8 and pull upwards towards the left shoulder which corresponds to 1.30 on the navel clock. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>CV 8 Point – Pull upwards to the left Shoulder at the umbilicus. Tonifies the original qi energy, strengthens the spleen. When pulling upwards the qi energy of kidney raised upwards to the spleen, gallbladder, heart and the left lungs and all the organs in the left side<sup>9</sup>.</p>
9.	 <p>Place the tip of the right index finger in the Centre of the navel and this point number is 9 and pull downwards towards the right thigh which corresponds to 7.30 on the navel clock. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>CV 8 Point – Pull downwards towards the right thigh at the umbilicus. Tonifies the original qi energy, strengthens the genital organs. When pulling downwards towards the right side thigh, the genital organs (ovary benefited), appendicitis eliminated, relief from right ovarian cyst<sup>9</sup>.</p>
10.	 <p>Place the tip of the right thumb in the Centre of the navel and this point number is 10 and pull downwards towards the left thigh which corresponds to 4.30 on the navel clock. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>CV 8 Point – Pull downwards towards to the left thigh. Tonifies the original qi energy, strengthens the left ovary. When pulling the downwards towards left side thigh, it gives energy to flaccid type of apoplexy, prolapse of rectum, and useful in ovarian cysts<sup>9</sup>.</p>
11.	 <p>Place the tip of the right index finger one inch below the centre of the lowest rib on the right chest and this point number is 11. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>Directly anterior and inferior to the free end of the eleventh rib. This point is just above the level of the umbilicus and on or near the mid-axillary line. Fullness of the chest and lateral costal region, sudden difficulty in breathing, inability to catch the breath, dyspnea, cough, stone oedema, etc., could be cleared<sup>8</sup>.</p>
Point	*SVM Acupressure Points (Point- 12)	TCM Acupressure Points (Spleen 16)

12.	 <p>Place the tip of the right index finger one inch below the centre of the lowest rib on the left chest and this point number is 12. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>On the abdomen at the depression at the lateral border of the rectus abdominal muscle, 4 cun from the midline, 3 cun superior to Sp-15, level with CV-11 and, St-22. Regulates the intestines, Periumbilical pain, cold of the abdomen, undigested food in the stool, dysenteric disorder, and stool containing pus and blood, constipation, etc., could be cleared<sup>8</sup>.</p>
Point	*SVM Acupressure Points (Point- 13)	TCM Acupressure Points (GB26)
13.	 <p>Place 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 number is 13. As before, meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>Directly below Liv-13 (anterior and inferior to the 11th rib), level with the umbilicus. Lower abdominal pain, Cold disorder, and irregular menstruation. Abdominal pain due to retraction of the testicles, constipation, pain of the back, lumbar region and ilium, etc., could be cleared<sup>8</sup>.</p>
Point	*SVM Acupressure Points (Point- 14)	TCM Acupressure Points (Stomach 27)
14.	 <p>In this same way, place the right index finger and press point exactly midway between the navel and the left groin (that is thigh point) and this point number is 14 (Where spleen is accommodated). Press and meditate on this point for 30 seconds<sup>7</sup>.</p>	 <p>On the abdomen, 2 cun lateral to the midline and 2 cun inferior to the umbilicus, level with CV-5. Premature ejaculation, seminal emission, irregular menstruation, difficult urination, retention of urine. Fright palpitations and insomnia, prostate prolapse, agitation with thirst hemiplegia, etc., could be cleared<sup>8</sup>.</p>

\*Swamiji Vethathiri Maharishi

### BENEFITS OF ACUPRESSURE 14 POINTS EXERCISE

- Short circuit of electrical energy in any part of the body would be clear.
- 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

### TAPERING OF ANTI-CONVULSANT WHICH SHOWS A SIGNIFICANT RECOVERY FROM THE FREQUENCY OF RECURRENCE OF SEIZURES DUE TO ACUPRESSURE 14 POINTS EXERCISE THERAPY

Date	Month duration	Medicine name	Morning	Lunch	Night
28.10.2017	Oct	Levipil	500mg(1)	0	500mg(1)
25.12.2017	Dec	Levipil	500mg(1)		500mg(2)
5.4.2018	April	Levipil	500mg(2)		500mg(2)
29.10.2018	Oct	Levipil	500mg(2.5)	0	500mg(2.5)
		Oxetol	150mg (1)	0	0
7.12.2018	Dec	Oxetol	150mg (1.5)	0	150mg (1.5)
		Levipil	500mg(2)	0	500mg(2)

15.2.2019	Feb	Oxetol	150mg (2)	0	150mg (2)
		Levipil	500mg(1.5)	0	500mg(1.5)
15.4.2019	April	Next review			

### III. Discussion

Neurological disorders are diseases of the Central and Peripheral Nervous system, in other words the brain, spinal cord, cranial nerves, peripheral nerves, nerve roots, automatic nervous system, neuromuscular junction and muscles<sup>10</sup>. The main objective of this research article is to find out an alternative complimentary therapy to treat one form of neurological disorders such as seizures found on a 16 year old male student through Acupressure 14 points exercise therapy designed by SWAMIJI Vethathiri Maharishi ,a South Indian Born Saint and Savant (14.8.1911- 28.03.2006) .According to SWAMIJI Vethathiri Maharishi, regular and continuous practice of acupressure 14 points exercises aids in the free flow of bio-magnetic energy<sup>11</sup> without any short-circuit, by removing air bubbles in the nerves and helps in the free flow of blood circulation. In TCM theory, they also describe the same idea that Acupressure is based on the premise that bodily functions are regulated by an energy called Qi energy (Pronounced "Chee" energy) which flows through the body and any obstruction in the flow are believed to be responsible for diseases. The research scholar gave regular practice to this patient for one full year.

In this connection, it is pointed out that even though SWAMIJI Vethathiri Maharishi had instructed to apply a pressure of half a minute at every point with either thumb/index finger and also to perform acupressure 14 points exercise one time per day, now taking into consideration of the patient's age and health and for a speedy recovery from Seizures, the patient was instructed to apply pressure at every point for a minute's duration and four times a day. This modified instructions helped the patient to recover from the problem at an early date. At this juncture, it is submitted with much humbleness that it is not our intention on any account to violate Swamiji Vethathiri Maharishi's concept of half a minute duration and performance of this exercise one time per day and this modified version is adapted to help the young and energetic 16-year-old male student to recover very easily from the clutches of seizures. After one year of continuous practice of this exercise, the young boy had overcome miraculously from the frequency of occurrence of these seizures.

### IV. Conclusion

It is distinctly evident from this case study that a regular and continuous practice of Swamiji Vethathiri Maharishi's Acupressure 14 points exercise therapy with full concentration of mind on all the 14 points by the patient resulted in the gradual reduction in the frequency of occurrence of seizures which also ended in the tapering of anticonvulsant tablets. It can be said with much confidence that the patient is in his prime youth period and if he continues to practice this exercise till his life time, he can recover fully from the clutches of this deadly seizures and escape from the intake of anti convulsant drugs and their serious side effects to lead a normal, peaceful, prosperous and happy life.

The concept of Acupressure 14 points exercise therapy designed by Swamiji Vethathiri Maharishi is based upon the bio magnetism<sup>12</sup> .It can be recalled at this point that Traditional Chinese Medicine (TCM) acupressure therapy is also based upon Qi energy<sup>13</sup> . Accordingly, the depletion of either bio-magnetic energy or Qi energy below certain critical level will result in the development of various illness.

Thus the decreased bio-magnetic energy can be enriched to above the critical level by a regular practice of Acupressure 14 points exercise therapy similar to that of enhancement of Qi energy in TCM theory<sup>14</sup> . Enrichment of biomagnetic energy or Qi energy increases immunity in this patient's health which resulted in the reduction in the intake of anticonvulsant medications. Therefore this acupressure 14 points exercise therapy offers significant contribution to the enhancement of good physique to rejuvenate mind, longevity of life retaining youthfulness, increase the biomagnetic energy and to attain peace, pleasure and ecstasy in individual's life. Thus the Acupressure 14 points exercise therapy can be said as a legacy given to human being by SWAMIJI Vethathiri Maharishi.

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**Appendix  
EGG REPORT DETAILS**



**Impression in EGG Report  
Abnormal Record  
Date 12.10.2017**



**PRESCRIPTION & MRI SCAN REPORT DETAILS**



**Prescription details  
28.10.2017**



**MRI Scan Report  
details  
7.11.2017**



**Prescription details  
29.10.2018**

**EEG& BRAIN MAP ANALYSIS& PRESCRIPTION DETAILS**



Blood Cell Analysis Report  
4.12.2018



Liver Function Test  
4.12.2018



After one year Result: Normal  
From EEG& Brain Map  
Analysis  
7.12.2018



Prescription to be  
continued up to next  
review  
7.12.2018

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