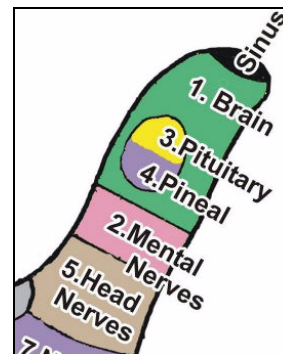
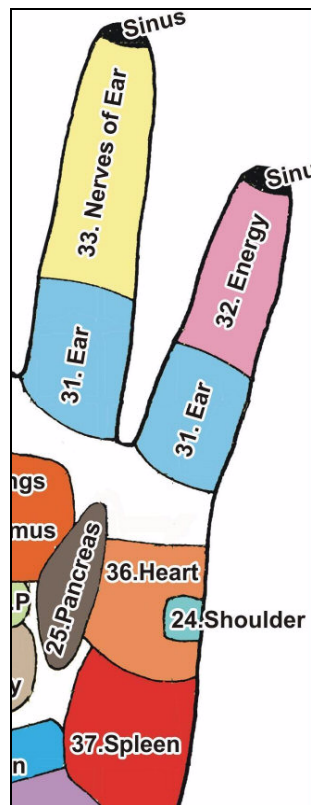


## Emergency – What to do

In case the patient finds it difficult to breathe or has become unconscious or similar type of problem like stroke, brain haemorrhage, etc. has arisen; do not panic.

### Do the following:

1. Make the patient lie down on the floor.
2. Start pressing point No.36 of heart which is located on the left palm, just below the little finger, on the horizontal line (See the picture below) for 2 minutes like pumping using the thumb and repeat after 5 minutes.



3. Press point Nos 1 to 5 (See the figure above) on both the thumbs. Take 3 to 4 minutes to do so.
4. Press each earlobe for 1 minute.

Any type of attack will subside within 5 minutes. Then give one glass of hot water to drink and ask him/her to take it sip by sip slowly.

Give the patient 1 glass of fresh fruit juice (of any fruit which is not sour in taste) or in case the fruit juice is not available, give him 100 grams of jaggery to eat. That will give him/her instant relief.

During that day, no food is to be given. Give only fruit juice without sugar and ice (of any fruit which is not sour in taste) whenever he/she feels hungry. Whenever they feel thirsty give only water and ask them to take it sip by sip slowly.

Don't give anything until they feel hungry even it is a day or two.

Ask them to take complete rest for a day.

Try to diagnose the root cause (If required meet a qualified acupressure therapist) and cure it.

**Never take any medicines. Just follow the Acupressure/Acupuncture treatment to get rid of all your problems.**

**Ref:** Health in your hands, Vol-I Page No.207 by Dr.Devendra Vora.

**Read "Health in your hands, Vol-I & II" by Dr.Devendra Vora.**