



PIJET
JAVANESE MASSAGE NERVE
PRESSURE POINTS DOCTRINE
Pain relief through Pijet techniques

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CHAPTER 1

Introduction

Pain Treatment through Local Paralysis and Nerve Point Pressure

Pain relief through local paralysis and targeted pressure on specific nerve points is an ancient technique practiced for centuries across diverse cultures worldwide. The fundamental principle is that by applying controlled pressure to designated points on the body, the natural flow of energy can be influenced, thereby alleviating pain, discomfort, and tension.

The Vishnuh Society underscores the importance of a thorough understanding of anatomy and physiology for the safe and effective application of this technique. Practitioners must possess detailed knowledge of the body's structure and the precise locations of nerve points to ensure treatments are both accurate and beneficial. Without this expertise, the therapy may fail to produce desired effects or, worse, could cause harm.

Following the detailed instructions and guidelines outlined in the Vishnuh Society's manual is essential. Adherence to these protocols ensures that each session is conducted with precision and care, minimizing the risk of injury and maximizing the potential for pain relief. Proper technique is critical, as even minor deviations in pressure or placement can significantly impact outcomes.

While nerve point therapy shows considerable promise for alleviating pain, it is important to approach it with realistic expectations. This method is not a universal remedy for all ailments and should be regarded as a complementary approach to pain management. It works best when integrated with conventional medical treatments and overall wellness strategies, providing support rather than replacing professional care.

Prior consultation with a qualified healthcare professional is always recommended before beginning any new treatment, particularly for individuals experiencing severe or persistent pain. It is vital to remember that the Pijet techniques of the Vishnuh Society are tools for relief and support—they are not a magical cure-all, but a practical and time-tested approach to enhancing comfort and well-being.

This chapter focuses on methods for pain relief and management throughout the body, including the ears, legs, face, back, and other areas. Using finger pressure and specialized massage techniques, Pijet – a traditional Javanese form of acupressure – offers a structured, hands-on approach that can significantly enhance overall comfort, reduce tension, and promote a sense of balance and relaxation when applied correctly.

What is pain?

Understanding Pain and Nerve Point Therapy

Effectively treating pain begins with a clear understanding of its underlying causes. Pain is the body's natural warning signal, alerting us to potential injury or dysfunction. Ignoring these signals can lead to severe complications, making it crucial to identify and address the root causes rather than simply masking the discomfort.

The nerve pressure point theory, as taught by the Vishnuh Society, provides practitioners with a structured and effective framework for pain management. Success in this approach depends on