

1. Pijet



Non-Religious Society

Vishnuh-Society

2. Pijet

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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 pressure on nerve points is a technique that has been applied for centuries in various cultures around the world. The idea is that by exerting pressure on specific points on the body, the flow of energy is influenced, thereby reducing pain and discomfort.

The Vishnuh Society emphasizes the importance of having a solid knowledge of anatomy and physiology to safely and effectively apply this technique. This means that those who wish to use this method must understand how the body functions and where the correct pressure points are located.

... It is essential to carefully follow the instructions and rules as described in the Vishnuh Society's book to ensure that the treatment is performed correctly and that no harm is done to the area being treated. Adhering to these rules

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also ensures that the treatment is conducted safely and straightforwardly.

However, while nerve pressure point therapy may hold promise for relieving pain, it is important to recognize its limitations. It is not a panacea for all ailments and conditions.

... It is important to have realistic expectations and not to think that this technique provides a solution to all health problems. Instead, it should be seen as a complementary approach to pain management, which can be used in conjunction with other medical treatments.

It is always wise to seek medical advice before starting a new treatment method, especially if there are severe or persistent pain symptoms.

Remember, the Pijet techniques of the Vishnuh Society are not a magic cure-all for all kinds of physical discomforts.

This chapter focuses on pain relief and pain management throughout the body, including the ears, legs, face, back, and other body parts by applying pressure with the fingers on the body and through massage techniques (Pijet = Javanese word for acupressure massage).

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What is pain?

Indeed, it is crucial to understand the actual causes of pain when treating it. Pain serves as a warning signal from the human body, and ignoring it can lead to serious complications. Therefore, it is essential to identify and address the underlying causes to effectively treat the pain.

The nerve pressure point theory of the Vishnuh Society offers practitioners various effective treatment methods. It is important that they understand the rules for application and strictly adhere to them to ensure the treatment is safe and effective.

... Furthermore, it is practical for practitioners to be able to locate pressure points as needed, providing flexibility in the treatment of pain.

The human body has a remarkable ability to utilize stimuli optimally, and stimulating nerve pressure points can contribute to improving both high and low blood pressure.

By applying targeted pressure to specific points, the body can be stimulated to achieve balance, thereby beneficially affecting various

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physiological processes, including blood pressure regulation.

However, it is important to emphasize that while the nerve pressure point theory of the Vishnuh Society may hold promise for treating certain symptoms, it should not replace professional medical care.

... In cases of severe or persistent pain, it is always advisable to consult a qualified healthcare provider for a thorough evaluation and appropriate treatment.

Stimulating specific nerve points can indeed have a wide range of effects on the body, ranging from correcting a slow or accelerated heartbeat to promoting blood circulation and the healing process.

... By applying targeted pressure to these points, the body can be stimulated to activate various biochemical reactions that contribute to recovery and overall health.

An remarkable aspect of this approach is that the body's own bio-magnetism is influenced and restored by the pressure on the nerve points. This has a direct impact on the body's balance and can

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lead to the release of encephalins, natural pain relievers, by the brain. This response is crucial in alleviating pain and restoring an individual's well-being.

An interesting aspect is also the idea that treating a painful area of the body by massaging the nerve points of the healthy leg can help heal the other leg. This suggests that the body has an inherent interconnectedness and self-regulating ability, whereby treating one area can have a positive influence on other parts of the body.

The application of this method of pain management appears promising and has the potential to be applied indefinitely. It emphasizes the importance of understanding and harnessing the body's natural energy flows and responses to alleviate pain and promote well-being.

However, as previously emphasized, this approach should be seen as a complementary approach alongside, rather than a replacement for, conventional medical treatments. It is always wise to seek professional medical advice for persistent or severe pain symptoms.

Applying finger pressure to nerve points on the body has indeed shown demonstrable success in

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reducing pain sensation and promoting recovery, such as increasing paralysis. This technique harnesses the power of deep penetrating pressure on muscles and tendons, which has an inhibitory effect on pain.

Every action on the body elicits a reaction, and the body responds to stimuli at various levels depending on factors such as the location, duration, and nature of the stimulus. This means that the effects of finger pressure can vary depending on how it is applied and what it is targeted at.

It is also important to emphasize that the human body is the crucial factor in finger pressure treatment. The correct placement, duration, and method of application, such as with finger pressure, needles, or electrical stimuli, determine the degree of calming or numbing simulated in the body.

By understanding these principles and precisely applying finger pressure techniques to the appropriate nerve points, one can maximize the inhibitory and beneficial effects of this approach. ... However, as with any form of treatment, it is essential to proceed with caution and consider the

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individual needs and conditions of the patient. Consulting a qualified healthcare provider for guidance and advice is always advisable.

The nature of the response to finger pressure is indeed crucial to the outcome of the treatment, whether it be healing, numbing, or paralysis. The applied finger pressure acts as a stimulus to the body, and when this pressure is maintained for five to ten seconds, numbness or paralysis can occur in the treated area.

However, it is important to recognize that there are also drawbacks associated with this finger pressure method. After treatment for pain relief, irritations and changes may occur at the treated nerve points and in adjacent parts of the organism. This underscores the importance of caution and a good understanding of the body's responses to the applied pressure.

All nerve pressure points of the body have close relationships with the body's organs and functions. Moreover, specific points on the earlobe, face, hands, and legs have connections to reflex effects of the body.

This relationship between nerve points and bodily functions is the basis of many traditional healing