

THE METHOD OF TRADITIONAL WAY OF CLEANING THE BODY AND SPIRIT

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Key words: *Traditional medicine, cupping therapy, purifying blood, old method of cleaning the blood*

Abstract: *The way of taking care of health in old cultures in the world, is new for all of us, but there are some old medicine reports which are transmitted from one generation to another and now available to us as a way of purify the body and blood.*

There are a lots of ways of purifying the blood, many of them are with eating specific foods , or not to eat food, or drinking some herbs, some teas, some mixtures for cleaning the body, Paradoxically , animal blood can be used as a cleansing agent in some ritual purification processes , and when this purification has been completed , but not before , the people are free to eat of the new corps....etc etc...They use to clean the body of animals and they eat the animal clean... and by that way they cleaned themselves

All that cleaning of blood means that the old cultures knows a lot about the way how to clean themselves and the food they eat, by cleaning the animals blood.

But the most used method is this way of purifying the blood and body and which is directly to blood, is with clean cupping therapy method.

Always the humanity has been in touch with lots of diseases and consequences from different reasons, from there is the neediness of different ways of treating the diseases and sickness. For therapeutic methods they used a lot for us now unknown or known for us methods. From the most known methods which they used than and we use now are phytotherapy, massage, purifying blood, purifying blood in the home animals, spiritual methods etc...which are used today as traditional way of treating diseases, also acupuncture, scraping therapy, cupping therapy etc...etc...

Introduction

From the beginning of humanity the people has different health problems from different reasons, they realize that main part of being health is to have a clean blood ,so they used a lots of ways to clean the blood by purifying the blood from specific places on the body. And after that procedure they believe that they are healthier than before.

That conditions which make diseases are endogenous and exogenous reasons.

In exogenous reasons can be unhealthy food ,geo-pathogenic or cosmic radiations, as well as technical sources of radiations which the known geo-pathologist Dr. Stoian Velkovski sad that 95% of cancer diseases are from geo and cosmic radiations.

In endogenous reasons are generic factors, chromosomes, DNK and RNK.

The knowledge about the role of purifying blood and being with better healthier after that method is becoming in use on peoples after the use on animals, as well as sheep's ,cows. The humans start to treat the high blood pressure by this method, diseases of lung and heat ,digestive organs etc...they used to clean the blood by different ways of purifying blood from different parts or points on the human body. So today we investigated that there are a lots of ways how to do that but we choose the method of purifying blood with cups or with cupping method, like in fig. 1.



Fig. 1. The method of purifying blood cleaning

The cupping method is not used just for this method, this method is used for different diseases and conditions and when the muscle is with deep injuries we often use cupping method without bleeding to relief the pain in muscles. There will also be edema in the area involving the coagulation of sticky proteins. The combining presence of these elements usually results in stagnation of circulation to the area - resulting in pain in the area and discomfort, dysfunction, and chronic conditions.

The vacuum formed by Cupping draws up the old non-circulating stagnant blood and sticky fluids from the area, bringing them up to the surface and away from the injury so that healthy free circulation can be restored to the affected area, thus creating space for oxygen, living cells and nutrients for faster recovery.

Where there is dead, static blood, lymph, cellular debris, pathogenic factors, and toxins present in the body, Cupping can leave marks which indicates that the stagnation or disease has been moved from the deeper tissue layers to the surface.

In many countries - this is a non-issue; they've experienced themselves the amazing detoxifying effects suction therapy can provide. But in some industrialized countries, where Allopathic Medicine still over-shadows more holistic, natural approaches, these surface discolorations are misinterpreted as damage rather the result of debilitating agents being drawn to the surface. Westerners also live in an image conscience society that also has a heightened sensitivity to domestic abuse... so, without sufficient understanding, some people are unnerved upon seeing this important after effect of the treatment. Once people understand what these marks are, and feel the results - the concerns disappear.

The color and pattern of the marks depend on the level of stagnation in the area, and range from a bright red to dark purple, usually lasting 3 days to a week - sometimes longer if the person is very sick or sedentary. If there is no stagnation present, there will be only a pink marking which disappears in a few minutes to a couple of hours.

People who live/work/play in toxic environments (or were exposed to a heavy dose of toxic material) may consistently mark. Sites where there is old trauma or injury may require multiple Cupping treatments to remove all stagnation (Fig.2 cupping therapy without purifying blood).



Fig. 2 .Cupping therapy without purifying

Materials for the method

In this researching for this work we research methods and techniques for treating different disease and conditions. For this research we need this materials:

1.seven star needle like in fig 3.



Fig. 3. Seven star needle.
2.cupping set Fig 4.



Fig 4. Cupping set.
3. Fire for making vacuum in cups, cotton ,alcohol.

The method of purifying blood with cupping method

One of the oldest medical treatments, which involves suctions that draw out stagnant or congested blood from a wound deliberately cut in the body, The practice in some cultures has persisted to the present day with many in the region still using it to treat ailments from traditionally; the main instrument used to create a vacuum was a hollowed-out bull's horn. The specialist would locate meridians on the patient's body - such as the back of the neck to treat headaches, or the inside shoulder for chest pains - and then place the bell of the horn on the site. With a sharp knife, the healer would slice very fine, superficial cuts into the targeted area and then re-cover the marked skin with the horn, while sucking the horn's mouthpiece to extract dead blood cells from the wound. A clot of dark blood would begin accumulating in the cup. Modern medicine has all but eliminated the old ways headaches and eye problems to gout and heart disease. "We know that when we do cupping therapy, making these suctions on the skin and clearing out the stagnated blood, it can decrease problems like chest diseases and blood pressure because we remove the bad blood," explained Dr Mohamed Tamimi, a physiotherapist who treats patients using hijama at the Al Rahma Medical Center. In the same way that a tree log can impede a river's flow, the idea is that "bad" or dark clotted blood is to blame for circulation problems. "When there is an area of water that becomes stagnant, when there is not running water, what happens?" Dr Tamimi said. "This water, after time, will bring diseases and flies, so it's the same with blood. We can say a section is more liable to be diseased and infected." "Kidney problems, heart problems, stroke, gout - these can be treated with this procedure," he said, adding that he would prescribe the treatment for anyone feeling fatigued, restless, stressed or

sluggish. "It is in my view that it feels like 20 or 30 times more effective than a massage," said DR tamimi . The procedure has changed over the centuries, with modern medicine and concerns about hygiene and infection. he also sad

But in this method we do as old cultures we use clean and non infected materials.

As D-r Stojan Velkoski from the institute Gape in Skopje says that, the water have the memory of bad energy and as we know that the main ingredient in blood is water we can be sure that when we change the water or when we remove the water from the body we can clean the body from the energy who make the disease, and when we make the purifying method on specific places on the body that water will be the first one who will go out of the body. And after that the body will be cleaned from the bad memory.

Researching tell us that this method who is known from old way of treating disease in Chinese traditional medicine(TCM),is one of the most used ways of purifying blood in the world now. They used to clean the Qi and blood in the body by using cupping method of treating diseases. The theory of cleaning the blood and the body ,or the time when this method is made is when the weather is "good"(means quiet, clean), which means not too hot and not too cold , or in autumn and spring when the weather is nice and calm and when the energy is clean and strong. Then there are places in the body where some meridians are associated with others and make a energetic connection and balanced the energy knowing like Qi and blood. The most used meridian for this way of purifying blood is UB meridian this meridian is from the head and goes through paravertebral bout sides on back ,then on the back side of legs and ends on the fit. From the points of back this meridian has connection with other organs in the body and other meridians. This are the points where we make the cleaning.

- BL 13 – LUNG by putting the cup on this area we clean the cold in blood and qi stagnation in lung meridian. We improve the immune system and better breathing.

- BL 14- PERICARDIUM- by putting the cup on this area we clean the heat in this meridian and we improve the better working of heart muscle.

- BL15-HEART-by putting the cup on this area we clean the dampness and heat in heart meridian and heart like organ ,and we tonify the organ

- BL-20-SPLEEN by putting the cup on this area we clean the spleen meridian and the blood formation in the body cell of all body

- BL-19 GALL BLADDER by putting the cup on this area we clean the toxins and bad energy in gall bladder as organ and we tonify the digestive system

- BL-23 KIDNEY by putting the cup on this area we clean the kidneys from toxins and heating in them.

- BL-27 SMALL INTESTINE by putting the cup on this area we clean the stagnation of Qi energy in the digestive system, and make better energy from food which will be in small intestine after the treatment

- BL-28 BLADDER by putting the cup on this area we clean the stagnation of bladder energy and blood.

- BL-21- STOMACH by putting the cup on this area we clean the stomach heating and we clean the organ as well, cleaning the emotions and inner energy.

- BL 25- LARGE INTESTINE by putting the cup on this area we clean the stagnation of blood and qi in the organ and make the better movement of toxins from into the out of the body

- BL 18-LIVER by putting the cup on this area we clean the liver stagnation as in portal blood circulation as well as like organ, and we improve the clean blood and stronger Qi.

How we do the method:

- After finding the area of acupoints on the back, we preparing the person for the cleaning method. He or she lay on stomach and we start to make an explanation about the method, the way of and how we will clean his or she's blood

-Than we clean the back with the cotton and alcohol, specially the places where we have to put the glasses.

- Than we take the sterile seven star needles, and we start to puncture on the accupoint area, we choose 6 to 12 places from where we clean the body.

- Than we put the hot cup (we take the cup and with fire we remove the oxygen from the cup and by quick movement we put on the place). We do not move the cup we put it on the place and we wait for the process to be come real.

-Than we do the same thing on all area of acupints on back and we wait for 5 do 10 min, while we wait we can see that the glasses are full of blood which is darker and sticky and smells unusual. That blood-filled: is full of old and stagnated energy. Like in fig. 5.



Fig. 5. Purifying method

At the end we take the clean cotton with alcohol and we remove cup by cup, and we put the cotton for 2-3 minutes on the area

The close connection of this places on the body make the way of cleaning the blood in the body, cleaning the energy in the body, and bad memories of the blood.

After the treatment we suggest to person to eat just rice for three days and to drink a lots of water 5-6 l each day.

Results

The main result is that we have cleaned the body and blood by removing dirty blood and energy from the body. After removing the glasses from the body, we can see the sticky, blood full of toxins and the color is not red as we know is darker and smells unusual (Fig. 6).



Fig. 6. After cupping method

Cupping has few major side effects aside from the pain of skin cuts. One potentially serious risk is infection if we don't use alcohol and sterile needles, Other possible minor side effects that may occur is feeling of slight light headedness post therapy, this is similar to the sensation one feels after having blood taken when donating blood. Cupping encourages blood flow to the cupped region (hyperemia), one may therefore feel warmer and hotter as a result of vasodilatation taking place and slight sweating may occur. Pregnant women or menstruating women, cancer (metastatic) patients and patients with bone fractures or muscle spasms are also believed to be contra-indicated. Some practitioners suggest that a low risk blood clotting is possible and therefore walking and staying awake after a procedure is advisable.

The positive effects of this method are that we can see changes in the blood structure in the blood picture. After this method we can see from one sample blood test that MCHC and MCV are in better condition than before the blood cleaning method.

This method is known as body cleaning method and can be use twice per year.

Blood cleaning is because remove Qi stagnation in the body and mind. And it can be used for treating different diseases as well as high blood pressure, digestive problems, eye problems, problems with blood circulation, bone problems, menstrual problems, infections, colds, and many other conditions.

Purpose

The purpose is to insights the effectiveness of the TCM method in treating diseases, and improving the better health, which is mentioned in the results of this method.

Conclusion

The conclusion is that the main result is that we have cleaned the body and blood by removing dirty blood and energy from the body. After removing the glasses from the body, we can see the sticky, blood full of toxins and the color is not red as we know is darker and smells unusual.

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