

# Neurotherapy Intervention: A novel approach of healing

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## KEY WORDS

Neurotherapy  
Disease  
Alternative medicine  
Healing

## ABSTRACT

**Background:** Neurotherapy is an alternative and complementary medicine originated in India. It is drugless holistic treatment founded and developed by Sh. Lajpatrai Mehra respectfully called "Guruji" by using ancient knowledge of 'Nadi Vigyan' (knowledge of nervous system), Ayurveda and principles of Anatomy and Physiology.

**Summary:** It uses the finding of medical physiology but views them from a uniquely and refreshing approach, one that negates the use of medicines or drugs. Supported by basis of physiology, Dr. Lajpatrai Mehra (Guruji) has combined these palpations with symptoms and related them with various health conditions.

**Key message:** The therapy acts on root-cause of the disease. It uncovers the root cause of the disease and cures the same in a sophisticated manner without the use of drugs or medication. It is simple therapy with potential to normalize or revive the functioning of the organs

doi: 10.38205/imcr.020128

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## Introduction

Neurotherapy is an ancient way of treatment for various diseases. It was developed by Dr. Lajpatrai Mehra (Guruji). Neurotherapy, "Nadi Mardan Kriya" is an ancient Indian rehabilitative therapy based on the vedic principles & philosophy. 'Nadi Vigyan' (knowledge of nervous system) is one of branch of medical science in Ayurveda, which developed neurotherapy thousands of years ago (1). This drug-free therapy acts on nerves, muscles, joints and blood & lymphatic channels. The neurotherapy practitioners believe that the energy forces as Vata (air) pitta (bile) and kapha(water) coordinate the body. It is believed that neurotherapy rectify and maintain the balance between these forces of the body which control the physiological equilibrium to perform normal function of the body (1,2).

Neurotherapy has always been mentioned in ayurveda as a rehabilitative treatment popular by traditional names in various parts of India, like 'Ladara' in north India and as 'Kerali Massage' in the south India. Neurotherapy was re-founded by Mr. Lajpatrai Mehra in Mumbai, India. The term 'Neurotherapy' (neuro means nadi or nerves; therapy is application), was coined in 1950's. Neurotherapy treatment has the potential to balance the chemicals required for normal functioning of the healthy body. Neurotherapy is an experiential therapy (The word 'experiential therapy' in relation to Neurotherapy means a therapy whose foundation and knowledge were based on experience of patients undergoing treatment and not by laboratory experiments), whose observations have been verified by treatments given to several patients on persistent success in the various parts of India. Many a times it

happens that because of malnutrition, pollution, improper postures of sitting, stress, extreme physical or mental exertions or anger or fear or any other anxiety can cause harmful effects on a particular body organ or a gland, resulting in the non-functioning of that body organ or gland. This reduces the production of the chemicals or the hormones from these glands. This leads to an imbalance between the acids and the alkalis of the body, and which may lead to a disease condition. Thus, in neurotherapy, pressure is applied on the specific points to regulate the lymph, nerve and blood circulation. The treatment is based on the necessity of the patient, where pressure is applied to specific points to actuate or activate the glands to function normally (2-5).

## Neurotherapy is divergent from Physiotherapy and Acupuncture

Neurotherapy should not be confused with physiotherapy, both the therapies are based on natural process but the application of both therapies are different. Physiotherapy is known as a therapy which is based on the science of movement which may help patients to revive, balance and increase their physical strength, function, motion and overall health by addressing the underlying health issue. In neurotherapy treatment is done by applying pressure on pressure points. Neurotherapy is completely based on pressure points but physiotherapy treatment is followed by physical activity such as exercise and massage. Moreover, any type of equipment or external source is never used in neurotherapy but various type of equipments are used in physiotherapy like TENS Machine, Ultrasonic Machine, acupressure equipment, massage equipment, health

care equipment. Also the neurotherapy should not be considered same as acupuncture where the treatment use needles to stimulate the nervous system and work to decrease pain, release muscles and boost the immune system (6).

### *Hypothesis behind the Neurotherapy*

The basis of neurotherapy believes that the organ(s) can be activated or deactivated by pressure points or massaging on the nerve channels to release or repress the blood and the nerve signal so as to balance and reinstate the body's equilibrium. The therapy works on the root cause and not on the symptoms of the disease.

When some glands fail to work properly, or their chemicals or hormones are not produced in required quantity, or these chemicals fail to reach the required destination then the disease formed in the human body. If the digestive system, lungs and liver work properly, a man can never fall sick. Besides this, neurotherapy has certain believes, according to which we treat a patient. There are two types of believes: one which Guruji has learned through his experience and the other which are based on the physiology. These believe are incorporated in a different way by Guruji to provide a medicine-less treatment.

Neurotherapy is an absolute process of healing, involving physical, psychological, and biochemical aspects. Imbalance in the biochemical profile will cause the progression of the disease. The neurotherapist normalize the functioning of the organ(s), by giving pressure on points or by massaging. The therapy results into stimulation of the glands and the internal organs. It is believed that glandular secretion takes place only when there is normal nerve stimulation, along with proper blood supply. So it was believed that neurotherapy smooth the functioning of the nervous system, probably through trigger of synaptosomes on the skin. Hence since 1976, this therapy is defined as Neurotherapy, a therapy involving the nerves and glands.

### *Principle behind the Neurotherapy*

With understanding of conception process, in neurotherapy it is assumed that the navel is the epi-centre of the human structure. Imbalance between the navel and the internal organs might show symptoms as pain or hardness around the navel, when palpated in a specific manner. This pain might indicate improper blood supply towards lymph or nervous system, internal organs, esp. the organs of digestion. Improper blood supply to nerve channel functioning might cause stimulation and result primarily as a pain in one or more body parts, with exceptions in few cases. Functioning of organs rely on normal blood supply and nervous signals. Disturbance in any of these might hamper the normal digestion of the body. There are certain points in our body which when pressed in certain order and for specified period, we can treat the pain around the navel. Similarly, by pressing or rubbing other points, we can activate the desired glands to produce the required chemical in the body. In this way the

glands which were not functioning earlier will start functioning properly and the disease will get cured.

### **Important assumptions of Neurotherapy Intervention**

In neurotherapy, the role of navel is considered as of extreme importance. Navel displacement is considered as the root cause of stomach disorders, once it is set in its position, many diseases related to stomach can be cured. Many diseases related to the digestion, such as constipation, gastric trouble, acidity, stomach ache, ulcer, diarrhoea, etc. can be treated miraculously in neurotherapy. For example in case of hypothyroidism, the basic chemical of thyroid gland is tyrosine amino acid, which is secreted during digestion in the intestine. If the digestive system is not working properly, this chemical will not secret, thus it reduces the secretion of T3 and T4 hormones from thyroid gland. This will increase the TSH level in the blood. Due to decreased activity of the thyroid gland, the chemicals produced by it, will not be produced. That's leading to its deficiency in the body which impact entire body of the person. Digestion problems results in abnormal assimilation of proteins or fats into the body. When digestion problem are continuous in body, it might cause the progression of disease. Neurotherapy believes that disturbances in digestion might be the one of the reason for chronic diseases progressing in the body. In Lajpatrai Mehra reinvented neurotherapy (LMNT), the healing is initiated by stimulating the nerves and by improving the blood circulation to organs, which will re-balance the biochemical and physical profile of the body.

Based on the symptoms LMNT splits into two main categories – one which related to *acidosis* (a decrease in fluid content) and other related to *alkalosis*. The theory is based on assumption that the health problem might be because of disturbance in the bio-chemical composition of the fluids in the body. For examples people who drink less water likely to have constipation, hard stools, piles, low blood pressure, dry hair, blocked nose, yellow urine with burning sensation, scaly skin, itchy dry rashes etc. In this case the patients have pains on the left part of navel or body.

On the other hand, alkalosis is associated with the increase in fluid content. For example like loose motions, high BP, running nose, white colour-less urine, etc. In this case the patients have pains on the right part of the navel or body. This therapy analyzes the physiology with different approach. The perception is that the cause of any health condition maybe because of an improper functioning of gland that does not secrete a required chemical, leading to disease. For example, it was found that neurotherapy heals by stimulating the liver, the fever was brought down within few days. This intervention has proved its potential in treating patients suffering from malaria and jaundice. With the increasing success of the therapy, neurotherapist started to record a series of assumptions from four decades ago in Mumbai. These assumptions have been verified repeatedly on lakhs of patients in various parts of India. This again proves the effect of the therapy (4–5).

## Diagnosis and treatment techniques used in Neurotherapy

With experience over the years, Dr. Mehra has pinned sixteen particular points of pain around the navel and hip. Decrease in one or more of these pains resulted in a improvement in health condition, which was again verified by the patient. It is observed during the treatment that the healing is progressed when the condition of the patient is becoming better with duration of time. The treatment is completed when the patient was totally free from all symptoms as well as from the disease. Backed by study of physiology, Dr. Mehra studied and related the pain points with symptoms associated with different health conditions (1).

It is assumed that the insufficient flow of the blood to any organ may be because of the excess circulation of the blood to other part of the body, since the blood level cannot be altered randomly, with exception of an accident or a surgery. Therefore, neurotherapy intervention may normalize the circulation of the blood inside the body thus helping in restoring functions.

The first step of the therapy is to identify the palpation and verify for hardness or tenderness or pain. After diagnosis of the pain point, a protocol of pre-determined set of formulas was developed by Dr. Mehra. The application of the formulas in a sophisticated sequence and for controlled time period is given to the patient (7). This protocol is repeated until the pain is relieved by specific areas. The set of formulas are mentioned in the Table 1.

**Table 1:** The set of formulas practiced during neurotherapy intervention

S. No.	Name of Disease	Name of the treatment	Number of Sitting
1.	Cervical Pain	1. (60) TF Gal liv × 3 2. Acid Treatment formula 3. Neck Clockwise	15 sittings
2.	Back Pain	1. (60) TF Gal liv × 3 2. Acid Treatment formula 3. Scitica setting	25 sittings
3.	Knee Pain	1. (60) TF Gal liv × 3 2. Acid Treatment formula 3. Cap free	90 sittings
4.	Fever	1. (1) pt Gal (2) liv 2. (1) Gal (4) liv 3. (3) Gal (7) liv 4. viral treatment formula	After every 2 hours
5.	Cold	1. Cold treatment formula 2. (5) medulla × 3	Thrice a day
6.	Dry cough	1. Oxygen treatment 2. Acid Treatment formula	7 sittings
7.	High BP	1. cnns pan pan Gal liv Gas Gas Gal liv × 2 2. (6) Gas 1 × 2	Twice a day for 90 days

S. No.	Name of Disease	Name of the treatment	Number of Sitting
8.	Migraine	1. oxygen 2. M hparine 3. (15) medulla × 4	90 sittings
9.	Vertigo	1. (15) medulla × 4 2. (4) Pit (4)†	30 sittings
10.	Herpes Zoster	1. (1) Gal (4) liv × 3 2. Viral Treatment Fomula	Twice a day for 7 days
11.	Mumps	1. (1) Gal (4) liv × 3 2. Viral Treatment Fomula	Twice a day for 7 days
12.	Malaria	1. (1)pt Gal (2) liv 2. (1) Gal (4) liv 3. (3) Gal (7) liv 4. viral treatment formula	Twice a day for 10 days
13.	Acne	1. Oxygen Treatment Formula 2. Viral Treatment Formula	90 sittings
14.	Spur	1. Acid Treatment Formula 2. (4) Para (7) Liv (8) CH only (10) ADR BOF	90 sittings
15.	Stomatitis	1. Acid Treatment Formula 2. Inflammation Treatment 3. Black Treatment	15 sittings
16.	Gastritis	1. (1) Pt Liv × 6 2. (1) Gal (4) Liv × 4	Thrice a day for 10 days
17.	Leryngitis	1. Inflammation Treatment 2. P. Heparin	30 sittings
18.	Sinusitis	1. Cold Treatment Formula 2. (5) Medulla × 3	90 sittings
19.	Constipation	1. (4) Gal (4) Liv (4) Rtov (4) Liv <sup>0</sup> (4) CH only 2. Acid Treatment Formula	30 sittings
20.	Dysentery	1. (6) ADR (6) SWT × 2 2. (6) ADR (6) SWT (8) PAN (3) SPL (3) Gal (5) MU (7) Liv	2 sittings

## Significance of the Neurotherapy Intervention

Neurotherapy intervention, the therapy not just cures the symptoms but rectifying the disease condition. The success of therapy is in the fact that the organs are smoothly triggered so they function normally without intake of any drug or other therapy. The intervention when performed continuously for days, the quality of life was improved in patients with disease condition. It was observed that hunger and sleep is much improved in patients undergoing the treatment. From the past six decades the intervention has excellently improved the condition in patients suffering from the disease. In a recent published case report, neurotherapy intervention was found to reduce the knee pain in 65 year old female patient who was suffering the pain from last 6 years. Yet, we enumerate only a few where success has been obtained in a reasonably short period (8-9):

- Various types of gastric problems like peptic and duodenal ulcers.
- Menstrual/gynaecological problems like irregular periods, pain during menses and including hypo-plastic uterus, cysts, uterine fibroids.
- Improvement in blood pressure level, blood sugar level, lipid profile, serum uric acid, including an improvement in condition like hypothyroidism or hyperthyroidism.
- The intervention was success in patients suffering with gall stones or kidney stones, prolapse of uterus.
- Intervention has extraordinary success in improving the quality of life of children with various genetic disorders which includes, down syndrome, fanconi's syndrome, attention deficiency disorders (ADHD), and conditions like dyslexia, ataxia, fits, autism, epilepsy etc.

Various *in vitro* and *in vivo* model for several diseases have been developed in order to understand the potential of therapies against various disease condition like neurodegenerative disorder, amnesia, Alzheimer's disease (10–14). Besides curing the above conditions the neurotherapy intervention is also beneficial in the prevention of diseases. A normal person can also get the neurotherapy intervention to stay fit.

## Conclusion

Neurotherapy helps in maintaining the level of biochemical's and enzymes and also increases the vital force/immunity of the body. It also helps in rejuvenation and increase the working capacity of a person. It is also seen that by taking this treatment without any disease has reduced the age factor in that person. It also improves the metabolism. Many people have experienced reduction in their weight and under eye dark circles. Persons appetite improves and tiredness reduces.

## Authorship contribution

SJ: conceptualized, written, finalized the manuscript.  
RGP: co-conceptualized and finalized the manuscript.  
AG: written and editing of manuscript.

## Sources of funding

None.

## Conflict of interest

None.

## Acknowledgement

I want to thank my whole Neurotherapy team for their support and contribution to this article.

Received Date: 01-06-20; Revised Date: 07-09-20

Accepted Date: 17-12-20

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