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## Acupuncture techniques

### Ved Prakash Banga

Acupuncture practitioner, India

**S**ince the year 2000, we at Acupuncture India Centre New Delhi have developed an Assimilated Technique, which includes diagnostic knowledge from the Modern Medicine, Acupuncture-Chinese, Sajak and Ayurvedic, also includes ancient regenerative techniques from ancient Ayurveda and Yoga. This technique is for curing Retinal Degeneration, Macular Degeneration and Optic Nerve atrophy. Improvement is not only subjective but verified by the diagnostic tests as Perimetry, OCT, ERG, Fundus photo plane and for diabetic patients Fluorescein angiography as well. This technique has been given an ISO 9001:2008 Certification, Centre's Director has been conferred Ajmal Khan Global Award in the year 2009 presented by Dr Farooq Abdullah the then Union Minister Govt. of India. Slowly we have refined the technique, so results now are faster and stable. Usually patient feels improvement on very first day of treatment which lasts for three hours treatment. Total duration in most of cases is 12 days treatment, in more severe loss patient might need two or three such courses of treatment. We have dedicated web pages for this information [www.retinitis-pigmentosa.in](http://www.retinitis-pigmentosa.in) and uploaded few of patients results. We follow up the patients and happy to know that over 90% patients are stable over the years with our self-help technique and dietary and other precautions. We are working hard to improve further this technique on one hand and also for the recognition of this system of treatment in such patients, we hope many more will be able to see this mesmerizing world again.

### Biography

Ved Prakash Banga is a qualified Acupuncture practitioner. He had his initial medical training in Modern Medicine and after completing his M.B.B.S. degree in 1983, he pursued his practise in Modern Medicine till 1997. However, his keen interest in the various ancient healing methods led him to travel extensively to personally find out, verify and experience for himself, the efficacy of these methods. He finally decided to go deeper into Acupuncture and the traditional system of Medicine. He has received training in Acupuncture from various international luminaries in this field. He was very active on the various platforms of the Indian Medical Association, specifically in quackery eradication and was the Chairman of this programme. He was conferred the President Appreciation Award and the Secretary Appreciation Award for this service rendered during 1990 to 1997. He has also written a book on this subject in the year 1995, the foreword for which was written by Dr Harsh Vardhan then Honab'le Health Minister Delhi Govt.

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