



She has set-out on a curative mission

Uzma Talha, Oct 26, 2013, WFS:



Anju Gupta finds healing through Su Jok more satisfying in life beyond all else, finds-out Uzma Talha

Anju Gupta has expertly juggled many different roles in life. For the longest time she was a busy homemaker, a part-time social worker and an active Army wife. But it is her work as a proficient Su Jok healer that has given her the greatest satisfaction. According to her, nothing can compare to the feeling of joy she gets when she is able to help someone overcome years of ill-health and get to lead a normal life.

Su Jok

Gupta was introduced to Su Jok therapy entirely by chance. It was renowned Delhi-based Su Jok healer Bhupinder Kaur – Gupta describes her as “mentor, friend, guide and teacher” – who opened this new world of healing to her.

For the uninitiated, here’s what Su Jok is all about: ‘Su’ means hands and ‘Jok’, feet. So this therapy essentially advocates restoring good health by simply applying pressure on a patient’s hands and feet. It is a part of Onnuri Medicine, a system of treatment comprising a variety of techniques to prevent and cure illnesses without administering medicines.

With the use of colours, seeds, and magnets, Su Jok therapy opens blocked channels of energy in the human body thereby improving the energy flow and blood circulation in the affected area. Evolved by the eminent South Korean scholar and scientist of oriental therapy, Prof Park Jae Woo, Su Jok is considered one of the safest and simplest forms of alternate medicine. In fact, according to Gupta, it has a success rate of anywhere between 40 to 100 per cent.

Alternative medicine

Sitting in her large, airy clinic in a leafy part of Lucknow, Gupta elaborates on the basic principles of Su Jok, “All diseases in the human body occur primarily because of imbalances of the energies acting on

the mind and body. It is, therefore, necessary that a correct balance of these forces is created. A number of micro points on the hands and feet are used to treat the diseased organ.” She adds that the hand is like a photocopy of the human body: most health conditions are diagnosed by analysing the pressure points on the hand.

A significant advantage of Su Jok is that it can be done along with other more mainstream medical treatment. “While this therapy removes the disease from the root, permanently, it can be done along with any other course of treatment. Also, it has no side effects,” assures the reputed healer, who has been awarded with the Bronze Medal by International Su Jok Association, Moscow, in 2011.

Free healing

Over the years, Gupta has been catering to patients of all age groups – she has treated over 5000 people and trained around 260 students to become Su Jok practitioners. “I have been able to get fairly good results for most ailments. I am happy with the positive results while treating children with neurological problems, and those suffering from skin conditions such as psoriasis and leucoderma,” she says.

Incidentally, Gupta provides treatment to her patients free-of-charge.

She says, “With the escalating costs of health care, such therapies are one of the most effective mediums of social outreach. It definitely reduces the dependency on medicines and allows the auto repair system of the body to take over.

Also it’s 100 per cent safe and doesn’t take long to get the desired results if the diagnosis is correct.”

On a healing mission

Gupta has opened charitable healing centres in Dehradun, Alwar, Bhopal and Lucknow and, according to her, she has never really had to promote Su Jok as it speaks for itself and people come to her centres on their own. She sees her involvement in Su Jok therapy as social service to people who have reposed their trust in her. Besides running her clinics, Gupta has visited Army’s multi-speciality Research and Referral hospitals in New Delhi, Ambala, Leh and Jhansi, to spread the word about Su Jok.

Healing is relaxing

How does a woman, who spends most of her time trying to relieve the pain and traumas of others, unwind and recharge her batteries? With a smile she remarks, “Healing is relaxing for me. I feel very calm when I see someone feel better. When patients come to the centre they have this unrelenting hope of recovery. Seeing them recover and the expression of gratitude in their eyes is the best gift for any doctor. At the end of the day, I actually feel more refreshed than when I started.”

Today, Gupta fervently hopes that she can encourage people to go in for Su Jok, As she puts it, “While minimising their dependency on medicines, it will help them lead a healthy and fulfilling life.”