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## Acupressure in first aid for life savers

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Rejoice at the World Conference on Drowning Prevention 2011! The Wiseman – Dr. Yeung Patrick – brings three Treasures (Myrrh, Gold & Frankincense) from the Orient to all the delegates attending this conference. These three treasures come in the form of three acupressure points, namely the Philtrum Point (DU 26) – to restore consciousness (wakening effect like the myrrh), the Meeting Valley Point (L.I. 4) – to relieve pain (gold can cure most people's headache), and the Inner Gate Point (P. 9) – to regulate cardiac irregularities (it may claim to have similar value as frankincense).

According to the theories of traditional Chinese medicine, life is a flow of vital energy through the body in a continuous circuit via 14 meridians. Each meridian is associated with specific internal organs, external body parts and physiological functions; along each lie specific points which control or influence the energy flow. Stimulating certain points on the body can enhance traditional first aid procedures. This form of treatment is easy to learn, effective – proven therapeutic value and safe to use, requiring only knowledge of some selected points and one's hands to treat casualties.

The concept of combining acupressure and first aid was developed by Dr. Patrick Yeung in 1973. Introduced to the 1st Asia Pacific Life Saving Commonwealth Conference five years later, and offered the first course to the public in 1987. The three points which comprise this paper were chosen from the full course on 'Acupressure Aid in First Aid' for their specific application in Common Emergencies.

It is hoped that this simple technique can become more widely known and used – and eventually consolidated in First Aid Handbooks worldwide – for the benefit of everyone.

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