ABSTRACT

The diseases and disorders have become part and parcel of human life mainly due to the consequences of the industrialization and modernization. The human society has developed many methods since the dawn of human civilization to combat different types of diseases/disorders using traditional medicines, tribal medicine, folk medicine, country medicine, and so on. Some of the popular traditional systems of medicine are, Siddha, Ayurveda, Unani, Tibetan, Nepalese, Burmese, Chinese, Japanese and Jewish medicines. Further, the modern homoeopathic and allopathic medicines are predominantly used all over the world. In addition to these traditional and modern systems of medicines, there are thousands of therapies that are being practiced across the globe to treat various diseases/disorders. The present article proposes a new natural self therapy called ‘Jackfruit therapy’ for the benefit of the common public. It may also be considered as a substitute or an alternate source to Acupressure. Since this therapy is inexpensive, it may be referred to as Poor man’s therapy.

KEYWORDS: Jackfruit therapy, Poor man’s therapy, People friendly therapy, Substitute to acupressure, Alternate source to acupressure.

INTRODUCTION

Pharmacognosy is the study of crude drugs derived from natural sources/resources, which predominantly depends on the medicinal plants. Jackfruit is one of edible cum medicinal plants. The traditional systems of herbal medicine that are practiced throughout the world are considered as an alternate to the allopathic system of medicine, which is also called Modern medicine or English medicine or Western medicine. Further, thousands of therapies (both drug and drugless therapies), that are practiced in different parts of the world, which may be either conventional or non-conventional in nature.
The proposed jackfruit therapy may be considered as a substitute/an alternate source to Acupressure. Acupressure is basically a touch therapy, which is done on the specific bodily sites to promote healing. Acupressure at times referred to as reflexology and it can be performed by individuals with the help of foot/palm massager (artificially designed acupressure massage tools/balls) that are sold in the market.

The English name "Jackfruit", is botanically known as Artocarpus heterophyllus Lam. belonging to the family Moraceae. The jackfruit tree is widely cultivated throughout the tropical regions of the world. Jackfruit is also considered as the national fruit of Bangladesh.

A single jackfruit tree can produce 100 to 200 fruits in a year. The jackfruit is botanically called multiple fruit. It is the fleshy perianth that is eaten as fruit by the people. The peelings of jackfruit are generally thrown out after removing the perianth from the jackfruits. One has to wait for summer season to collect jackfruit peelings from the fruit markets, because it is a fruit of summer.

In this article, a new therapy, viz., Jackfruit therapy is proposed. It is similar to acupressure in methodology and treatment, but varies only in the massage material, which is used for this therapy. It aims to activate the nerves (acupressure/verma points) and to deactivate the nervine blocks that are connected with the soles and palms, thereby bringing back the bodily functions to a normal healthy condition.

India is not only the largest producer of Jackfruits, but also the tastiest jackfruits. It is to be noted that Panruti, a small town located in Cuddalore district of Tamil Nadu in India, is known for the Sweetest Jackfruit of the world. Panruti town is just 15 km away from the home town of the author, which gave him an idea to write an article on Jackfruit therapy.

MATERIALS AND METHODS
Jackfruit therapy is a self-practiced feet and hands massage therapy. In fact, it is a substitute or an alternate source to Acupressure. It can be used in place of artificially designed sophisticated acupressure massage tools that are being sold in the markets for a higher price. Jackfruit therapy requires only jackfruit peelings (the left out jackfruit peelings that are earmarked for disposal in the dust pins by the jackfruit vendor) which may be collected from fruit markets free of cost, after removing the pulpy fruits (Perianth) from the jackfruits. One has to stand on the hard, cone-like portion of Jackfruit peelings for 1–2 minutes as shown in...
the photographs (Plate 1). Then, after giving 5 minutes gap, the same procedure can be repeated for 2–3 times or even more if required. The same procedure may also be applied on the palms/hands.

OBSERVATION AND RESULTS

Since jackfruit therapy is similar to Acupressure in methodology and treatment, one can get all the health/healing benefits like that of Acupressure therapy. Acupressure finds its root in ancient Indian and Chinese traditions, which are more than 5000 years old (Vora, 1982; Gala, 2000; Singh, 2017). In general, more the pressure/massage is given on the soles and palms, more the benefits one can get. The results of jackfruit therapy may vary from person to person according to one’s health conditions, the diseases and disorders. Normally, one can feel the changes that happen in the body after doing jackfruit therapy. By this technique, the nerves will get activated; therefore, one can feel refreshed for quite some time. The author has personally practiced the Jackfruit therapy at home and benefitted out of it.

Jackfruit therapy is recommended for variety of health problems. It activates acupressure/verma points/meridians that are found in the feet and palms. As a result, it improves the blood circulation and boost up the immune system, also energizes the internal organs. It also paves way for the prevention of certain lifestyle diseases/disorders in the body. It gives relief in the case of fatigue, muscle pain and stiffness. It may be useful to get relief from pain and discomfort caused during the sports and athletic activities. It reduces stress and depression in the body. By regular usage of jackfruit therapy, one can get remarkable results from neurological disorders such as partial paralysis or numbness, headache, sleeplessness, pain during periods, etc.
CONCLUSION

Jackfruit therapy is similar to acupressure therapy in methodology and treatment, wherein acupressure points or verma points that are found naturally throughout the body are stimulated with pressure, which in turn triggers the release of endorphins, the neuro-chemicals to get number of health benefits (Singh, 2017). Those who want to know more details about Acupressure may consult plenty of books available on Acupressure; some of them give pictorial data on acupressure points that are seen on the hands and feet (Jain, 2016).

Though, both jackfruit and acupressure therapies are aiming at the same goal, but they vary only in the type of massage materials (instruments/tools) that are used for the treatment. In jackfruit therapy, the natural jackfruit peelings are used to refresh/rejuvenate the body by giving an intermittent pressure mainly on the soles of the legs and on the palms of the hands. In the case of acupressure therapy, mainly artificially designed massage instruments/tools are being used. Therefore, one can expect a comparatively better health/healing benefits in jackfruit therapy than the artificially stimulated acupressure therapy.
ACKNOWLEDGEMENTS
The author is thankful to the Director, Botanical Survey of India, Kolkata for the facilities and Dr. W. Arisdason, Scientist, BSI, Headquarters, Kolkata for fine tuning the manuscript.

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