

# TOUR OF INDIA 2005

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## 1. ACADEMY TOUR TO INDIA 2005

### Introduction

**An invitation for a state visit to Punjab in northwest India was due to a positive result in treatment for an ex Indian national now living in Australia. Her family in India is connected to and part of the political elite. Underlying the purpose of this visit was to connect people from the best of traditional medicine from the ancient culture of China, with those representing the best of traditional Ayurvedic medicine from the ancient culture of India. Further, for Professor Wong to meet people from the highest echelons of mainstream western medical practice, these including educators and hospital and medical college directors in order to further define what role traditional medicine has in the support of the increasingly expensive mainstream allopathic medicine in India.**

Madam Deputy Chief Minister (former Chief Minister) Bhuttal of the Punjab Government in conjunction with retired National Government Senator Madam Amarjit Raur, having heard about Professor Wong Lun and the Academy of T.C.M. are those responsible for championing this information exchange and through the officers of the Punjab Government, were our hosts.

**Presentation of gift to Madam Deputy Chief Minister (former Chief Minister) Bhuttal**



Our intrepid team of presenters arrived at the Delhi airport ready to suffer the inevitable customs cues, only to find ourselves met by an officious moustached Sikh gentleman who immediately ushered us past crowds and offered us chairs. He then processed our passports and treated us as state guests and VIPs, (which we were) we were through. This was a taste of things to come. Before long we arrived at the Punjab Government residence in Delhi – *Punjab Bhawan* for the first of our late night suppers. Here we met our official tour host, Doctor Tinned - Dr. of Forensic Medicine, Chief registrar of the Punjab Medical Association etc. Prior to leaving Australia we had been trying to settle our program, when asked about this Dr. Tinned replied in a way we were soon to become used to, “do not worry about anything, all is arranged and you need not concern yourselves with any details”. The next morning and after our first experience of curd, cuddy and potato chapattis – Indian flatbread, we left for our thrilling (in the roller-coaster sense) three-hour drive to Punjab’s capital city Chandigarh.

On the way we passed through **Mahabharata**; the site where famous dramatic events took place immortalised within the Indian spiritual classic of the same name. Probably written in the 1<sup>st</sup> or 2<sup>nd</sup> Century AD. Within this extensive poem can be found the profound discourse between the warrior Prince Rama and Lord Krishna (in the person as his charioteer). When riding between the opposing forces arrayed and ready for battle, Rama became unmanned with extreme doubt about the wisdom of the actions they all were about to embark on. Krishna, revealing his divine nature then guides Rama through despair thus forming the dialogue of the **Bhagavad-Gita – The Song of The Lord**, the immortal classic of Indian spirituality that is found within the Mahabharata classic.

**Haryana and Punjab** states cover the vast plains that stretch between the river Indus and the Gangetic belt. Fertile soil and the improved agricultural techniques of the 1960s green revolution have made this region the granary of India, producing more than half the wheat, rice and millet grown in the entire country. Industrial development followed the success of the green revolution and the two states now also have a flourishing dairy and wool based industries. The state capital of both Haryana and Punjab is Chandigarh, which was built in the early 1950s. The partition of India by the British formed Muslim Pakistan and because of this the state of Punjab was thus divided and the ancient capital of Punjab, Lahore was on the Pakistan side. Lahore became the capital of Pakistan; Chandigarh was built to become the capital city of Punjab.

**Sikhism is a religion founded by Guru Nanak (1469 – 1539)** in the Punjab region of North India. It combines aspects of Hinduism and Islam. The Sikh way of life is closely related to Punjab identity and forms the basis of the movement for Punjab separatism. They do not believe in any

form of caste system and treat the home and family as their temple for service. There were 24 million Sikhs counted in 2004.

Our base in Chandigarh, *Punjab Bhawan* is the government guest residence – hotel. The property is surrounded by a reinforced concrete wall topped with barbed wire with armed guards stationed at guard shacks located at each corner of the lush lawn and gardened property. As we approached the crash proof barrier at the outside entrance to the property, a guard slid a trolley fitted with a large mirror under our vehicle to inspect for bombs. Once inside the perimeter we were well met by Mr. G.K. Singh (Madam Deputy Chief Minister Bhuttal's private secretary) and others and presented bouquets of flowers. Professor Wong and Glenys Savage found themselves ensconced in a grand three-roomed apartment obviously kept for ministers and VVIPs. Here we met a secretary working on behalf of Mr. G.K. Singh – and our direct connection to Madam Deputy Chief Minister Bhuttal, for an effusive welcome. We were assured everything would be taken care of and that we need not worry about any plans or anything at all!

The same night we visited Deputy Chief Minister Madam Bhuttal at her residence. We were ushered to an elegant meeting room and greeted by Madam Bhuttal and retired National Government Senator of twelve years; Madam Amarjit Raur and Madams personal Ayurvedic physician and close friend, Dr. Kalyani. We were offered Chai tea and sweetmeats, pakoras and samosas as snacks. We met members of the family and fell into extended conversation over a couple of hours.

The very nature of our visit found us discussing all matters relating to health and wellbeing. Professor Wong gave himself to the task and attended the health concerns of all who raised issues or asked questions. In this he was un-fatigable. Madam Bhuttal herself presented as regal a countenance as one could ever meet, she is humble yet poised and grand. The British incarcerated her parents for being freedom fighters and she was born in gaol. Her father was considered the **Nelson Mandela of India** and hence was held in reverent regard by the people. She has served as Chief Minister of Punjab and has a deep and committed devotion for the upliftment of her people and the ordinary person reveres her. During the period of our stay Professor and Glenys attended her for treatment as often as her schedule allowed. Madam made a comment about being a woman and holding high office, she stated that many people wanted to find some sort of weakness in her, much more so than her male counterparts and that she always had to appear strong.

Our group was assigned two Government vehicles and two drivers for our exclusive use. In 1954 – 57 the British built a motorcar factory in India replicating the Austin motorcar. Since that time the design of this car has not changed though some modifications must have been made, and the government vehicles are all white.



**Madam Bhuttal and Vice Principal Glenys Savage**

### **DESH BHAGET AYURVEDIC COLLEGE AND HOSPITAL**

Our group, led by Dr. Tinned headed out for our **first conference presentation**. This was a teaching institution owned by the Desh Bhaget Group of Industries. This is a privately owned enterprise seeking to become declared a fully-fledged and government supported university. Within this campus are 13 schools with curriculum ranging from engineering, hotel management, nursing, dentistry, medical sciences and an Ayurvedic college and hospital. Students pay fees and for the most part were boarding on campus. Faculty staff headed by Dr. Zora Singh and his wife who is assistant Director greeted us and presented bouquets of flowers. After drinks and a tour of the faculty we were ushered into a lecture theatre to present Traditional Chinese Medicine to an audience of

around 200 people. The opening ceremony consisted of Dr. Zora Singh, Professor Wong and Glenys each lighting a candle from a standing ornamental brass wick burner and then offering the lighted candle to a garlanded Puja – shrine, supporting a painting of Lakshmi – the Indian Goddess of wealth. All of this while the whole room sang the prayer *Jyota Se Jyota* which translates as, light my lamp from your lamp O *Sadguru* (true teacher), light my lamp from your lamp. Remove the darkness covering my heart. Shower your grace upon us...

### **Opening ceremony**



Our presentation broadly consisted of two halves. In the opening section, Glenys Savage provided an oral overview of T.C.M. that was taken from previous lectures given by Professor Wong and Academy class notes etc and assisted by power point or overhead projection. This was followed by Professor Wong offering demonstrations by either asking someone to come forward, or by a doctor offering one of their patients for him to treat. Glenys would provide a commentary describing what Professor was doing. Professor would then take questions. As the need arose, James Middleton would demonstrate a variety of preventative exercises. Pam Nixon would stage-manage and provide critical feedback in her role as Senior Training and Development Consultant and Michael Wong managed the technical side. Presentations at the various conferences were adjusted and modified according to the specialities of an audience.

## THE ACADEMIC PRESENTATION AT THE SIX CONFERENCES

### **Title; Traditional Chinese Medicine, Secrets From The Ancient World Of Dao – Harmonious Balance Of Body, Mind And Spirit**

#### **Introduction**

TCM theory states that healthy life depends on a harmonious balanced interaction between the physical (Xing) and spirit (Shen). When a person becomes sick - in whichever context, it represents a breakdown of this relationship; either the physical body or mental emotional aspects - spirit (*Xing or Shen*) is leading the cause.

The modern version of the medical classic, *The Yellow Emperor's Classic on Internal Medicine, (Huang Di Nei Jing,)* was written approximately 300 - 500 B.C. in China. This work was the earliest book on internal medicine and served to collate previous medical knowledge and experience. The understanding and lessons from this book applied 2500 years ago and equally apply today. The effort towards the attainment of long healthy robust lives is not anything new. I would like to remind people of a conversation that took place in the earliest days of writing, expressed in the book.

The following conversation paraphrases a famous excerpt from Chinese historical literature. The Yellow Emperor *Huang Di* is questioning Daoist master *Qi Bo* in matters concerning natural health and longevity. Thus forming both the introduction and the body of work immortalised within *Huang Di Nei Jing*, the great classic of TCM that has pervaded the art of medicine in China for thousands of years. The modern version of *Nei Jing* is divided into two sections, Questions of Fundamental and Organic Nature, *Su Wen* and the Classic of Acupuncture, *Ling Shu*. The existing version was compiled around 300-500 BC. the original version 4 to 5000 years ago.

#### **Emperor Huang-Di addresses Qi Bo**

I have heard it said that in the time of our ancestor's common life expectancy was over one hundred years. Now, in our time people live only fifty years before starting to run down, what is wrong, why is our time so different?

#### **Qi Bo replied**

The people of the old time clearly understood union with the Dao, the Way of Life. They were able to practise Daoist precepts such as Yin/Yang and *Yi Jing* theory in order to balance and harmonise their lives to nature's way. Thus they formulated practices such as Dao-in, exercises combining stretching, massaging and breathing techniques to promote energy flow and meditation to help stabilise the mind and harmonise with the greater universe. They ate a balanced diet at regular times, arose and retired at

regular hours all in accord with changing seasons and personal lifestyle. Daily activities were governed to balance work and rest, neither to consistently overwork *Xing*, form or *Shen*, mental emotional resources. They knew how to balance one with the other, (*Xing* and *Shen*) never allowing prolonged depletion of either. This is why they were able to live for over one hundred years.

These days, people have changed their way of life.... They do not know the secret of conserving/storing their energy and vitality. Seeking emotional excitement and momentary pleasures, people disregard the natural rhythm and order of the universe. They fail to regulate their lifestyle and diet, and sleep improperly. So it is not surprising they look old at fifty and that many die or carry sickness soon after. (Ni, p.1. Paraphrase by Prof. Wong Lun)

Of course it still applies in the 21<sup>st</sup> century AD. People fail to think properly about propriety, (correct thinking and action). Instead they believe it is right to do and think what they please, thus leading to accidental misuse of body and mind, a loss of ethics and a dulled sense of life purpose.

In today's world people tend to drink too much alcohol and carry adolescent understanding regarding sexual behaviour and ethical standards. Wrong thinking and wrong action is all from ignorance of a right or better way. Many people simply suffer from overwork, thereby creating any of the five taxations without knowing how to recover well enough, before doing it again. Overindulgence, excessive sexual activity, general over work and lack of a clear sense of life purpose will cause imbalance of Yin and Yang. This is why in our time also, people begin to run down at only fifty years of age. Wrong thinking and wrong actions is all from not knowing a 'purposeful' way for one's life.

As the above conversation indicates, the knowledge of natural life, health and longevity comes down to us from the old culture, from an unbroken lineage leading back in time to the ages before writing developed. Further, from these concepts, originated the foundation principles of traditional Chinese medical practice. The origins of these principles are from various sources, but particularly include that from Dao (Tao) - the study of nature and natural change.

In the interest of 'general education', I would like to present a brief overview of a few of these basic concepts, some of which people might have heard something about. I also would like to explain a little of the heritage of traditional Chinese Medicine (T.C.M.) and what it is I want to share with the modern world. I aim to highlight the critical principles, which in essence are the 'secrets' for us to understand and apply in everyday life. These are still the secrets of harmony and balance, which lead to a healthy, robust life.

Each of the following headings was then described in some detail.

- **Professor Wong's Background**
- **Wu Da Liao Fa, Integration of the five methods of T.C.M.**
- **Yin and Yang Theory. The nature of change/movement between opposite polarities**
- **Xing Shen Yi Xue, Physical and spirit balance each other, unity of form and spirit**
- **Tian Ren He Yi, Unity of heaven, life and the elements of earth**
- **Stages of personality development, from birth to old age**
- **Wu Xing, five-elemental phase theory. The five-element phase theory is structured to explain the movement between the elements of earth, how they effect, balance and support each other**
- **Physical Arts Training Systems**
- **Ru-Yi, T.C.M. medical literate**
- **Shi Liao, Dietary considerations**
- **Holistic strategy for integrated treatment and prevention**
- **Wu De Hui - Martial Arts Moral Ethics Club and School**
- **The Nature Dao**

Professor Wong followed the oral presentation with a demonstration.



**Professor Wong Lun, Conference Demonstration**



**The response to him was similar at each of the six conferences** – people were transfixed with attention and holding on to every word, also animated and asking questions. He enunciated detail of the treatment method and the underlying principle's involved. Using the "patients" as his models, he pointed here, touched there, then having this one raise an arm, now bending them over at a particular angle while pointing out regions of over-development contrasting this with regions of under-development. And this was to illustrate how lifestyle habits create pernicious pressures upon anatomical structure. He demonstrated the way muscle and skeletal form could inhibit the meridian channels, blood vessels, compromise the arrangement of joints and finally cause affect upon organ function. The way unregulated strong emotion, thinking too much, or overwork, can drain the physical allowing physical structure to

“collapse” upon itself or become “empty,” all according to an individual’s own physiological and emotional psychological makeup. (*Xing* - physical and *Shen* - Spirit) He explained the contribution appropriate physical training and correct understanding regarding the seven emotions balances the excess or deficiency that is caused by the inevitable demands of a busy life. He pointed out the necessity of good food at the appropriate time as a tonic for the blood, to warm the internal and as a support to maintain strong digestive function.

At Desh Bhaget Campus, Professor administered acupuncture to a thin woman who could not walk; her doctor had been treating her for two years without success. He brought her to Professor and watched happily as she was relieved of her pain. Another man suffered chronic migraines and had his pain eased immediately. People had gathered around Prof. surrounding him. We usually had to extract him by insisting on group photos. In this case it was time for presentations and speeches, each of us received a trophy denoting our visit to the Desh Bhaget Campus. Students then performed a vigorous local dance in our honour accompanied by traditional music consisting of Harmonium and tabla.



**Students performing a local dance**

The end result of this presentation was an overwhelming expressed desire from the faculty for us to find a way to return and teach more about T.C.M. Director, Dr. Zora Singh took time throughout to question us very carefully about acupuncture treatment and he expressed a strong wish to add acupuncture and Chinese medical principles to the course curriculum

at his medical school. Perhaps to be integrated as further units for the Ayurvedic medical course or as a separate stream of learning. The discussion included thoughts concerning student exchange. He stated he knew of no other institution in India teaching acupuncture or Chinese Medical protocol.

## THE CITY OF PATIALA

Patiala city is located 62km. SW. of Chandigarh. It was formally a princely state ruled by a string of flamboyant rulers – Maharajas, in the 19<sup>th</sup>. Century. Our residence seemed distinctly like a leftover from the times of the British Raj. Although now quite old, the building and grounds were well kept. One could easily imagine the gatherings of officers and officials in the cool of the evenings, on immaculately tended lawns as servants served tea, sherry, or something stronger. Here three women met us and they collectively ran the Government **Medical College and associated Hospital of Patiala**. Patiala has a bazaar famous for its hand crafted leather shoes – jutties, tasselled silken braids – pirandis and brightly embroidered phulkari fabric. The ladies had been well informed that we were interested in shopping and intended for us to do just that! However, Professor wasn't at all interested in this and when asked what he wanted to do, he replied he wanted to see the hospital and to see patients. This was no problem at all. While the others went shopping, Madam Director took Professor and James to her office at the Medical School campus. She explained that the Medical school and hospital was started by her father and opened in 1953. It had since become the largest hospital college in the region.

### **Highlights from a visit to the largest government allopathic College Hospital in Patiala**

Sitting in the office of Madam Director at the largest western Medicine College and associated Hospital at Patiala, we were served tea while Madam Director organised for department heads to attend her office. After a time, approximately 20 people came and sat. Professor addressed questions and talked about his own history and the benefits of T.C.M. in a modern world. He attended the director of the Pathology Dept. (he had a headache) and manoeuvred his neck and back. Madam commented "all true doctors are alike, they cannot stay away from helping people and seeing patients, if Professor wants to see patients – so patients he will see". We were then introduced to the Hospital chief administrator, who led us across the road to a magnificent classical building with open pillared hallways, the various wards contained within.

**After a tour and some discussion, we found ourselves within the internal medicine wards.** Here we were passed to the ward director and the ward doctors. Professor first attended a man who was kept

immobile with severe chest pain – chronic for the past two years. After examining his pulse, tongue, eyes etc. he declared the problem was not with his heart. (Explaining why the variety of heart medications were not working) Professor asked the man to stand up in order to check for further signs. Professor pointed out to those assembled the way his ribcage and shoulder structure was causing pressure upon the chest, all from overworking his right side in his job. He then proceeded to stretch and pull the man's body using the specialised methods of *Wu-Yi*, which immediately and to the surprise of all, eased the pain. He then taught him two specific exercises for prevention and gradual repair of this problem.



**Madam Director at the largest western Medicine College and associated Hospital at Patiala**

**Our audience of ward personnel began to increase as word passed around.** Professor next attended a stroke patient suffering left side paralysis with speech impairment. Prof pointed out a distinct indentation on the right side of centre, at the top of his head – saying this was indicative of stroke. He then told everyone that the cause of the blockage was from a sudden excess of strong emotion - which builds internal pressure, in concert with a sever twist of the neck and shoulder – both together blocking the circulation through his head. As he pressed into the neck, the man could feel the pain of the twist. Professor asked some of the assembled Doctors to feel the neck and the inflammation there and they nodded their agreement. Prof explained the twist of the neck was caused by the mans left knee and ankle, that over a long period both were not seated correctly creating poor weight distribution upon the rest of his body – finally disrupting the cervical vertebrae of his neck. He then

proceeded to exercise a variety of masterly manoeuvres to the man's back, hip, legs, knees and ankle (which gave an almighty crack) and finally his neck. With this the man felt immediately better.



### **The Internal Medicine Ward**

**When Professor Wong first started examination of the ward patients, I was sure the Doctors were wondering what in the world was going on.** I began a running commentary describing what Professor was doing in an attempt to articulate the principles behind his actions. It soon became quite apparent to me that these bright, seen it all, hardened – coal face professional doctors of internal medicine, changed with the growing awareness they were seeing something special. I saw they were realising another side of cause and effect, one they hadn't ever considered but immediately grasped and recognised as they heard and saw it. Doctor like concern transformed into animated interest and enthusiasm, suddenly we were being led from patient to patient, seeing the difficult cases. In one bed lay an unconscious man, he had been there for three weeks with his eyes open and rolling. He couldn't see, even though his eyes had opened in the last couple of days. The doctors told us they had performed every imaginable test to find out what was wrong; they could find nothing and were reduced to doing nothing. All they could do is feed him and wait. Professor was able to give them an explanation that helped them. Prof. administered to about 10 patients before being ushered to the doctors ward offices and refreshed with a drink. Our companions were enthusiastic and complementary and

expressed a marked interest in the source of Professor's knowledge. They were overwhelmed to learn Professor Wong was approaching his 87<sup>th</sup> birthday. It took a Directors summons to return us to Madam Director's office; we reluctantly took our leave of our new friends with a hope in our hearts to return some day.

### **Moti Bagh Palace, home of the richest and most famous Maharaja of India**

Our next stop was to Madam retired National Senator Amarjit Raur's residence where we were to meet her husband Cecil and their children. Warmly welcomed with snacks and Chai tea, we were regaled by stories and photos of the families past. **Madam was raised at the feet of Prime Minister Indira Ghandi** and it was she who encouraged the young women to a life of politics. We heard stories about the Ghandi family and the true story behind Indira Ghandi's assassination. We were shown majestic photos of Cecil's father, grand and resplendent in the regalia of the richest and most famous Maharaja of India. Although ruled by the British during their occupation, India was actually divided into what could be described as tribes or kingdoms, each ruled by a Maharaja and their family. As Cecil pronounced, "The British ruled British India, the Maharajas ruled Indian India". The British ruled through the Maharajas until the time of Democracy. Cecil told of the time when his father was invited to Germany during the Second World War. He was grandly received by Adolph Hitler and was asked by him to use his influence, as the richest of the Maharajas, to influence others and agitate against British rule. This he refused to do, he was of the opinion the British had overall helped his country. With the coming of elections India became the worlds largest Democracy and he felt this was a good thing. The British built the roads, the train lines and put in place a vast working infrastructure that united the country, thus forming otherwise unknown domestic and national economic co-operation and development. I actually heard this from several people. One hospital director actually said that if it wasn't for the British, he thought India would present more like the Africa of today – with separate and splintered groups – tribes, all working or warring against each other. (Cecil said, "Offcourse, the British still had to go").

Glenys, Pam and Michael shortly arrived from their shopping. Cecil and Madam Amarjit Raur offered to take us to the place of Cecil's birth, the **Old Moti Bagh Palace**; completed in the early years of the 20<sup>th</sup> century. It has as many as 15 dining halls. Counted as being one of the largest residences in Asia, the palace is set amongst terraced gardens and water channels originally inspired by Mongol gardens. The main Palace, amazingly grand in it's presence, has now been given over to the National Institute of Sport. (Cecil thought it should have gone to the army, they would know better how to look after such a place.) And the large

pleasure pool where the Maharaja once hosted opulent parties has been converted into a wrestling pit. (Cecil thought it a crime they filled in the man made lake, where he swam as a child)



**Moti Bagh Palace**

As we walked, Cecil lamented the gradual decay of the buildings from lack of care and as he was heart broken to see this, he rarely came now ("trees belong in the ground, not growing out of Palace walls"). He spoke of his early years. Being one of 49 children he rarely saw his father. Movement about the palace was strictly limited and when he did walk, was always chaperoned by an armed guard. He spoke of English Tutors and strict protocols of behaviours. He mentioned how he thought the world was now a better place. "In those days it was strictly regulated with whom you could converse with. Though 3000 people lived there, you could only fraternise with a few", he did not like this and found it stifling. Cecil thought that the **partition of India and Pakistan was a serious mistake** and that the current hostilities between the two nations were actually the fault of the British. He spoke of carrying his Muslim friends bag to the train station, tears streaming down his face as he waved goodbye to the family he had grown up with. That this same sentiment was occurring all over Punjab, no one understood why and no one he knew wanted this to happen. He told us Muslims and Indians had lived together for so long and that no one seriously cared about the religious differences; was not the Indian continent full of minority races?



**Moti Bagh Palace**

We arrived back at their residence to greet others from the family and friends. Knowing Professor would be present, several of these came for health reasons. We adjourned to a sitting room so Professor could address the various health issues. Issues varied from injured knees from a car accident, bad backs and necks, also cancer etc. Several times throughout the stay we found ourselves in the position of looking after everyone's health issues. Around a dozen people were in the room and all chatted while Prof. and Glenys busied themselves. Prof. entertained everyone by reading the signs presented by their hands and facial lines, colour, body types etc. These gatherings were full of laughter and mirth. The most serious cases were looked at more privately. His reputation for hand reading spread and he found himself inundated by people wanting him to read their hands, even the police guards asked him. When all of

this was done, we were served a magnificent meal, prepared by the family of live in servants. As usual, eating time was at 10 30 pm. As it is in the Punjab, the tradition is for people to eat last thing at night, then go to bed. Upon leaving, Cecil informed us "our home is your home" and extracted a promise for us to return. To be continued!

**Note; the outcome of this state visit to India was a declaration of full support from Deputy Chief Minister Madam Bhuttal, (former Punjab Chief Minister) for any plan that would bring together a lasting relationship between the Punjab Government medical institutions and Professor Wong's Academy of T.C.M. and develop T.C.M. in India.**

**By James Middleton,**

### **The Sikh Sacred Golden Temple of Punjab**



