

Naturopathy: An Ancient And Complete Health Science

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Abstract

Life style induced disorders are increasing at an alarming rate. To avoid and manage these ailments people are adopting non pharmacological approaches to manage these lifelong mal adjustments. Diet, exercise and a lot of other complementary therapy centers are mushrooming everywhere as educated and prosperous society has now starting moving back towards its roots to ensure a healthy disease free life (Halaye,2019). Naturopathy is one of such holistic approach to completely change our life and synchronize it with nature to avoid disease and discomfort in all stages of life.

Keywords: Traditional, Ancient, Yoga, Pranayam, Charaksamhita.

1. Origin of naturopathy

All biologists agree that origin of life took place through abiogenesis (origin of life from nonliving components) about 3.7 billion years ago. Same was claimed by naturalistic, chemical and heterotroph theories of evolution. Oparin,1923; Haldene,1928 and Miller,1953; confirmed abiogenesis and said energy for evolution came from solar radiation(sun) ,basic material was earth (soil) and atmospheric gases (air). Most recent of these the chemical theory (Miller,1953) informed that first living cell appeared in the sea(water).Later on further evolution and modification resulted in various existing organisms including human being. Role of Fifth element sky in evolution was explained by the theory of special creation, based on bible and hindu mythology, as a symbol of super natural, unexplained concepts which fill up the gap of all modern scientific theories (Dhami,1998).Hence, human body is a balanced aggregate of five natural substances-fire, air, soil, water and sky (Jindal,1996).

Hence, all these theories of evolution make a solid platform for the crux principle of naturopathy i.e. *vis medicatrix naturae*, it means "Nature is the physician(s) of diseases"

2 History of naturopathy

The word Naturopathy was coined by a homeopathic doctor of NewYork John. H Scheel in 1895 and was propagated and popularized in western world by Dr. Benedict Lust. Nature cure movement gained momentum in India as Mahatama Gandhi became very interested in this system (Employment news,2004). Lust published first periodical of naturopathy in 1902 and named it – “The Naturopathy and its Herald of Health” (Bhamgara^a,2002). Father of nation Mahatma Gandhi and president Morar ji Desai were great admirers of naturopathy and contributed a lot in its spread in India.

3 Definition of naturopathy

- Dr Benedict Lust (1903) beautifully praised naturopathy in the first naturopathy journal as- “Naturopathy is a hybrid word. It is purposely so. No single term could distinguish a system whose origin, scope and purpose is universal-broad as the world, deep as love ,high as heaven with the glorious power of vibrating and radiant health.-----we believe in strong pure and beautiful bodies thrilling perpetually with the glorious power of vibrant and radiating health-----we plead for the renouncing of poisons such as coffee, white flour, glucose, lard tobacco, liquor and other sources of perverted appetite.
- Naturopathy means to assist the natural process of your body by following the simple laws of nature. (Gandhi,1949)
- According to Kuhne (1979) Naturopathy makes use of natural resources such as water, sunlight, air, mud, food and mineral apart from electricity.
- The concept of naturopathy includes not merely a cure for the disease after it has taken root but also prevention of ill health together by living according to the laws of nature. (Stanley and Davidson,1980)
- According to Singh (1980) naturopathy is an easy safe and drugless method of disease elimination
- Naturopathy is a drugless therapy of arousing self-curative forces inherent in the human body and working towards health and healing. (Jindal,1996)

- Joshi (2002) defined naturopathy as the treatment system which aims at removing the basic cause of disease through the rational use of elements freely available in nature like earth, water, fire space and air.
- According to Bandarnaike (2004), Naturopathy advises on life style changes, dietary pattern or methods of purifying the body.
- Arya (2004) named it as a science of know thyself.
- According to Webster's dictionary (2020) Naturopathy can be defined as a system of treatment of disease that avoids drugs and surgery and emphasizes the use of natural agents (such as air, water, and herbs) and physical means (such as tissue manipulation and electrotherapy)

4 Concept of naturopathy

Intensive study of ancient Indian literature (Vedas, Shastras, Charak Samhita and Sushrut Samhita) indicated that naturopathy, ancient mythology, science and modern evolution theories are the concentric circles having single axis i.e. the principle of Panch Mahabhuta from hindu shastras.

The naturopathy includes not merely a cure for a disease, after it has taken root but also prevention of ill health altogether by living according to the laws of nature. (Davidson,1980)

One of the primary beliefs of this science as well as art of life is to develop a harmonious relationship between human being and laws of nature. Naturopathy asserts that unnatural life style breeds many diseases. According to Dr. Lindlahar (1919) eminent naturopath, all unnatural habits result in internal insanitation creating the toxaemic conditions and perverting the body chemistry and internal homeostasis. In the (Virat Swarnaga) cosmic form of lord Krishna in Bhagvad Gita Joshi (2002) found that "Nature's each and every element is present in human body. Identically, naturopathy believes that the human body owes its existence to nature cure's five elements- earth, water, fire, air and ether, a composite representation of all forces of nature." The element earth stands for solid structure like bones, Water is a representation of fluids like blood, lymph etc. Air represents the breath of life, fire symbolizes the vitality and ether or space personifies the reflection of human spirit, soul the unseen aspect of human entity (Jindal,1996). Furthermore, disease occurs as a result of

the imbalance of these five elements as clarified in a shloka of Charaksamhita – Sutrasthanam (1000-800BC) translated by Sharma(1983):

Sometime all our five senses lose the rhythm of their functional correlation. This causes imbalance in the overall coordination of faculties. Nature and yoga help to restore the balance.

Hence the “vis medicatrix naturae” i.e. Healing power of nature is exercised for the treatment in naturopathy (Bhamgara^b,2002). It takes place by two ways:

Firstly, by utilizing the self efficient, self repairing and self operating mechanism of body. (Jussawala,1993). It has been beautifully explained by Bhamgara^c (2002):

“There is a divine intelligence in our body that pervades each and every cell and organ of the body. The repair replenishment and restoration of damaged diseased organ, naturally go on from womb to tomb without being aware of these miraculous spontaneous physiological processes.”

It is achieved through life style changes chiefly diet and exercise. Secondly, by correcting the imbalance of body constituting five elements which are abundant in nature, it could be brought about by adopting various therapies, which are practiced in naturopathy centers.

5 Nature cure’s ideology

Nature cures ideology is vitalism and self-healing. According to Arya (2004) nature cure’s ideology is to teach a person how to live healthy life rather than to merely treat diseases.

6 Philosophy of Naturopathy

Naturopathic philosophy is considered as the sanatana satya or swasthya vidya i.e. eternal truth . So, it will remain relevant also to the process of healing in human ailments of all types, for all time to come-All healing is prerogative of nature: This means that the Vital Power-Prana Oorja with in us being the curative power. Referring to our Shastras, we can affirm and confirm that we are constituted of Panch Mahabhutas ,and we have four other **koshas**/ sharirs, besides the one we identify ourselves with all our lives, viz. the Annamaya physical body. Our other four bodies are the Pranamaya Sharir, the Manomaya sharir, the Vigyan maya sharir and the Anandmaya Sharir. All five Sharirs are our nourishers and protectors (Ghatke,2002).

According to Swami Vivekananda (1958) Advaita Vedanta believes that human being is composed of three bodies: gross, subtle and casual. All these three bodies are composed of five elements of nature; space, air, fire, water and earth and they work incessantly for overall virtuous development of man by giving subtle massages through its various elements.

According to Joshi (2002) earth teaches us forbearance, forgiveness and neutrality. Water accepts the shape of the vessel in which it is poured, teaches us to develop flexible and adjustable attitude in life and to be happy wherever we are placed. Ocean teaches us to develop vastness in our thoughts and action. Blowing air teaches us to be a ceaseless worker. Air imbibes both fragrance and foul smell, still remains pure neutral. Same way, one must be indifferent towards virtues and vice of life. Fire's enlightening part teaches us to spread knowledge and energizing part gives the message to support poor and needy people. Space is all pervasive and subtle and thus teaches us to develop oneness and universality. As a matter of fact, nature's each and every element is selfless and dedicated, while man is egoistic and self centered. To eliminate this basic difference, man needs to implement the subtle lessons taught by various natural elements. Only then the dream of making heaven on the earth will be full filled.

7 Basic principles of naturopathy

The basic principle of naturopathy is to maintain and enhance the vital force of body through healthy living habits such as correct dietetics, sound sleep, sunlight, fresh air, plenty of water and freedom from emotional stresses (Rao,1979). The basic principle of naturopathy is equally applicable for all diseases and ailments and thus the method and strategy of naturopathy treatment does not have generally a pin pointed specific approach but is targeted at the establishment of physiological rejuvenation as a whole and to uproot the disease from its through depth pathological connection by purifying and balancing various elements of the body by following general health principles and detoxification techniques. Naturopathy does not prescribe drugs because it believes in healing power within the body. According to this traditional system of treatment, disease is ailing-crisis, instituted by the body itself for the purpose of cleansing, repair and restoration.

Whatever the disease may be, the first step which naturopathy follows is cleansing of entire body to eliminate the

accumulated morbid matter, responsible for causing diseases condition. As Dr. Kuhne(1979) points out the cause of all diseases is the presence of foreign substance. According to him, Naturopathy makes use of natural resources such as water, sunlight, air, mud, food and minerals apart from electricity.

Disease means effect of our mistakes and foolishness. Nature tries maximum to rectify those mistakes (Benjamin,2002)

According to Joshi (2002) the whole philosophy and practice of naturopathy is built on three basic principles: The first and most basic principle of nature cure is that all forms of diseases are due to the same cause i.e. accumulation of waste matters in the body. So, it follows from this basic principle that the only way to cure disease is to employ methods which will enable the system to throw off these toxic accumulation. All natural treatments are actually diverted towards this end.

The second basic principle of nature cure is that all acute diseases such as fever and cold, inflammations, digestive disturbances and skin eruptions are nothing more than self initiated efforts on the body to throw off the accumulated waste materials and that all chronic diseases such as heart disease, diabetes ,rheumatism and asthma are the results of the continued suppression of the acute diseases through harmful methods such as drugs, vaccines, narcotics and drug extracts.

The third principle of nature cure is that the power to cure diseases lies with in the body it self. Shelton (1979) too supported the presence of remarkable recuperative powers with in the body that help in healing naturally on its own

Thus, nature cure believes that violation of natural laws has an adverse effect on human systems. So, three main basic causes of diseases according to Joshi (2002) are :

1. Lowered Vitality.
2. Accumulation of toxins in the body.
3. Irregularities of the blood and lymph.

Hence, treatment principle is rightly explained by Rao (1990) as “Unity of disease and unity of treatment.”

So, the naturopath should take measures to get rid of accumulated waste matters from the body, increases the resistance of the patients by increasing vitality and removing

irregularities of the blood and lymph by adopting natural healing agents such as fresh air, sunshine, clay, water and fire.

According to naturopathy one can not expect to enjoy sound health by observing proper diet and neglecting other laws of health. To attain and maintain proper health, it is necessary to observe natural laws such as fresh air and sunshine, rest relaxation and sleep, a right mental attitude correct posture etc. (Joshi, 2002). Therefore, naturopathy utilizes the physical benefits of various treatments.

8. Various therapies practiced in Naturopathy

Naturopathy believes that human body is a composite of five basic elements hence various therapies are practiced to correct the balance of these elements in human body to restore vigour and health.



Figure 1: Various therapies and strategies practiced at naturopathy centres

8.1 Mud Therapy

O Goddess earth! the root ,base and origin of all creatures ,Grower of all seeds and plants, omnipotent, realizer of all our wishes. Mother earth ! I pray thyself to bless me with all my desires be fulfilled.(Rigveda mandal 9)

According to Bakhru (2000), earth was used extensively for remedial purpose in the ancient and middle age. It came in to prominence in the last century through the indefatigable efforts of Emanuel Felke, a German borne Lutheran minister who was nick named the “Clay Pastor. He found that the earth has remarkable effects upon human body during the night. During the mud therapy body is repaired with the element from which it is assumed to be made.

In treatment, the effect of wet packs, compress is much the same whether the material used be mud clay or any mild acting substance (Kaur, 2002). It relieves inner congestion by drawing blood to the surface and eliminating waste matter (Joshi, 2002).

The beneficial results of mud therapy were revealed by Kaur (2002) as cool moisture in and under the packs relaxes the pore of skin, draws blood to surface and helps in decreasing fat layer present on abdomen region.

8.2 Hydro Therapy

The ancient Vedic literature in India contains numerous references about the efficacy of water in the treatment of disease.For bathing drinking and washing Dewan (1996) recommended the use of such water which is live, which has just come out of the earth ,which is flowing and is not stagnant.

Most common daily use example of water therapy is bath, it stimulates circulation and opens up the pores of the body and carries oxygen to the system. Further, appropriate advanced techniques and modifications are adopted according to the disease and organ requirements (Ghatke and Rao, 1990). In modern times the therapeutic value of water was popularized by Vincent Priessnitz, Father Sebastian Kneipp, Louis Kuhne and other European were water cure pioneers. There are numerous spas and “Bads” in most European countries where therapeutic baths are used as a major healing agent (Ghatke,2002). According to Bakhru (2006) water equalizes

circulation, boosts muscular tone, aids digestion and nutrition, tones up the activity of perspiration glands and eliminates the damaged cell and toxic matter from the system.

8.3 Air Bath

“O sacred wind! Thou the elixir! O great air! Blow swiftly because thou possess cure for all the diseases of the world on the earth. You are labelled as angel.” (Rigveda mandal 9)

As long as man lives he respire, breathe in oxygen and exhale carbon dioxide. Hence oxygen purifies the blood and exhalation throws out gaseous waste products in order to purify the body. (Jussawala, 1974)

8.4 Helio Therapy (Sun Bath)

O holy fire! Nourisher of all human beings, protect my body. I pray to the eternal self to bless me long life. O empowering fire, provide me wisdom. I pray to the fire goddess to bless me that all my physical and mental demerits be converted to merits. (Rigveda mandal 9)

Sun showers three types of rays- visible light, ultraviolet light, infra red rays. visible light made of seven colors (Harvey, 1972), it encircles the benefits of chroma therapy. Ultra violet light help in synthesis of vitamin D (Rao, 1999), which strengthens the bones and muscles (Mudambi, 2003). Infrared rays of sun are pain killer and antibacterial in property, relax muscles, reduce swelling and relieve pain. Hence, helio therapy is a scientific system of treatment with the help of sunlight (Joshi, 2002).

8.5 Exercise

The world famous physical educationist, Eugene Sandow (1897), has very aptly said “Life is movement and stagnation is death.” Regular exercise taken properly will activate the metabolism, distress the physiology as a whole and rejuvenate the whole system, it dissolves the excess fat and makes one look smart and healthy and gives a feeling of fitness, strength and vigour.

Yogasanas are developed on the basis of practice of centuries and are very useful for the physical, mental and spiritual development of man. They provide exercise to the glands, muscles, ligaments and nerves and help them to keep in good health (Ranjan et al, 2006).

According to Murthy (2002) food and exercise are the twin pillars that support the temple of health. If either be neglected, the structure may fall. To become an enthusiast for either diet or exercise to the exclusion of other would lead to disappointment.

Other treatments used are massage, acupressure, physiotherapy etc. to supplement the effectiveness of treatment provided at naturopathy center.

8.6 Yogasanas

Nimbalkar (2002) stated that yogic therapy and naturopathy are akin to each other. Both of them are drugless therapies. Both of them have a holistic approach and both believe in the power of panchmahabhutas and chaitanya behind them. Both insist the purity of body, mind and spirit.

Yoga the art and science of maintaining physical and mental well being that has its origin in India, is among the most ancient yet vibrant living tradition that is getting increasingly popular today. Yoga is an ancient art based on harmonizing system of development of the body (Biswas and Debnath, 2017). So, it can play a prominent part in all walks of life including health and disease. Yogic practices were systematized by Patanjali around the third century B.C. Recently awareness about yoga has increased considerably due to wide publicity and also because of its being convenient to practice asanas either at home or in the nearest yoga center. Several chronic diseases can be modified by yoga practice. (Ghafoorunissa and Krishnaswami, 1994; Chadha, 2004).

Bakhru (2006) reported that yogasanas are developed on the basis of practice of centuries and are very useful for the physical, mental and spiritual development of man. The term 'yoga' is derived from the Sanskrit root 'yug', which means to join. It signifies union between the individual soul (jivatma) and the universal soul (parmatma).

According to Bakhru (2000) "It aims at obtaining relief from pain and suffering. Basically the human evolution takes place on three different planes, namely physical, mental and spiritual. Yoga is a means of attaining perfect health by maintaining harmony and achieving optimum functioning on all three levels through complete self control."

Bhalkar (2005) is of the opinion that unlike other forms of exercise which develops fitness by stressing the body, yoga

builds strength and endurance while lowering the stress hormones that age us. Including some form of yoga on daily basis can greatly benefit a person.

Yogasanas provide exercise to the glands, muscles, ligaments and nerves and help them to keep in good health. Yoga is an integral part of naturopathic treatment, it keeps the body healthy and leads to spiritual perfection. Naturopathy treats yoga as a perfect alignment with the divine force, which helps to attain physical and physiological harmony with the body. For naturopaths, yoga is not merely practice of yogasanas. Living the natural life is the first and for most necessity of the real practice of yoga (Bakhru,2006). Further he considered yoga as an integral part of naturopathic treatment; it keeps the body healthy and leads to spiritual perfection. Naturopathy treats yoga as a perfect alignment with the divine force, which helps to attain physical and physiological harmony with the body. For naturopaths, yoga is not merely the practice of yogasanas. Living the natural life is the first and for most necessity of the real practice of yoga. Experts are of the view that yoga exercises should be learnt from a well-trained person or in a medical clinic, because if done in the wrong way they can lead to injuries of many kinds like neck stiffness, back pain, muscles sprains etc. It can also lead to old injuries getting flared up. Warming up is essential before performing the asanas to avoid injuries to muscles and ligaments (Chadha,2004; Hills,2004; Chadha,2005).

Yoga and pranayam are religiously incorporated in the naturopathy center routine, scientific claims of the beneficial effect of yoga and pranayam are well explained by Swami Ramdev and well accepted world wide (Chowdhary,2002). According to Bakhru (2000) meditation is a para science which contributes to overcome various physical and mental inefficiencies.

8.7 Color therapy

According to practitioners of chromo therapy disease can be traced to the lack of a particular color in the human system, by applying that colored light that imbalance can be restored. It was a popular method of cure even before 2500 years ago. Later on in modern time various discoveries by Neils Finsen of Denmark in 1877, in 1896 by Gerrard and Hessay in 1932 has supported this concept. Color therapy is beautifully discussed by Verma and Naraina (2000) as: Sun is the source of all life on

earth. Sun worship and sun bathing date back to antiquity and is common to all living creatures.

Bakhru (2000) has reported that Pythagoras have also used color therapeutically. In ancient India, China and Egypt, color halls are reported to have been used for healing. Recently, Dr. Alexander Schauss, Director, the American Institute of Bio-social Research in Tacoma, Washington has stated that "These band of light energy stimulate the pituitary and pineal glands, which regulate hormones and other physiological systems in the body. Linda Clark in her book "The Ancient Art of Color Therapy" attributes the following colors to various vitamins:

Vitamin A	Yellow
Vitamin B ₁₂	Red
Other B vitamins	Red and Orange
Vitamin C	Lemon
Vitamin D	Violet
Vitamin E	Scarlet
Vitamin K	Indigo

All yellow foods are rich in Vitamin A and yellow and green foods rich in Vitamin C."

According to Bakhru (2006) A correct and balanced diet is essential during the treatment of diseases through chromotherapy. The patients should take foods with analogous coloring. The various color contain in various food items are presented in the table 1.

Table 1 : Color contribution of various food items.

Color	Food items
Red	Red beets, radish, red cabbage, tomatoes, water cress, most red skinned fruits, red berries and water melon.
Orange	Orange skinned vegetables and fruits such as carrot, orange, apricot, mango, peach and pa paya
Violet	Egg plant, berries, black carrot and purple grapes.
Yellow	Lime and lemon, sweetlime, grapes, pumpkin, melon, banana, mango, yellow apple and guava.
Purple	Foods having both blue and violet coloring.

Green	Green vegetables and fruits such as gourds, spinach, plantain, lettuce, pea, green mango, goose berry, pears, beans etc.
Blue	Blue plum, blue beans, blue grapes etc.

8.8 Acupressure

According to Shah (2000), our body is held together by Pranas i.e. the life force. That life force moves around meridians, which are electric pathways in our body, connecting various organs and glands with endings in our hands, feet and some other parts of the body. As the arteries carry blood, so do these meridians carry electric energy throughout the body, through a master system. All the senses and even physiological and emotional aspects are connected. This electric system has switches and junction points which could be activated to supply this life force to various parts of the body. When this life force does not uninterruptedly flow to certain parts of the body, disease develops. The remedy lies under this system of acupressure in switching on the current to the affected part by applying pressure at a corresponding point located in the hands feet or elsewhere in the body.

8.9 Massage

According to Bakhru (2006) As far as 400 B.C., the great Hippocrates, the father of medicine, employed massage and its manipulations in healing his patients. The word is derived from the Greek word 'massier' which means to knead. Massage is an excellent form of passive exercise. It involves the scientific manipulation of the soft tissues of the body. The general massage deals with all parts of the body, tones up the nervous system, influences respiration and quickens the elimination of poisons and waste material from the body through various eliminative organs such as the lungs, skin, kidneys and bowels. It also boosts blood circulation and metabolic processes.

8.10 Life style

Health and vigour through naturopathy is the summative effect of being conscious about eating and living habits. As said in Charak Samhita (1000-800BC) the basic book of Ayurveda:

“A wise man in order to lead a happy and healthy life will pay attention to your eating and living habits throughout his life.

Contrary to this, a foolish man by being slave to his senses of pleasure will not follow the rules of eating and living, and thereby becomes a prey to indigestion which is the root cause of all diseases.”

To curb the escalating Incidence of chronic degenerative disorders (CDD) and their associated risk factors, Ranjan et al (2006) felt imperative to highlight the need of lifestyle modification (LSM) to the subjects. A total of thirty- nine subjects, both Males and females were enrolled from the Integral Health Clinic, All India Institute of Medical Sciences (AIIMS), that provides lifestyle interventions based on the principal of yoga. Baseline data were gathered and the subjects were taught yoga and imparted necessary information through lecture-cum-group discussion and problem solving sessions using the specifically designed IEC material where in the subjects were apprised of need to practice the concepts of LSM viz. yoga, meditation, increased physical activity, cessation of smoking, stress and weight management. Post intervention data were gathered after eight weeks on similar lines as the baseline data (n=27, 12 dropped out). The results indicated a decrease in total fat coupled with reduction in body weight BMI and WHR. The mean blood pressure and mean total cholesterol and LDL : HDL ratio showed a reduction along with an increase in HDL-C. However, the glucose levels also slightly increased (the lipid profile of the subjects also showed a desirable change). The Minnesota Personality Inventory stress test also showed a reduction in their stress levels. ANOVA revealed a significant increase in energy expenditure, which was associated with the number of sessions attended, and the duration of exercise/ yoga undertaken.

Wahliqvist (2003) on the basis of new insights in to physical activity in Australia has demonstrated the importance of strength training in deferring the onset of metabolic dysfunction (abdominal obesity, diabetes), cardiovascular risk (lipid disorders and hypertension), immune dysfunction and osteoporotic bone disease in ageing population.

Ishi et al. (2003) studied the correlation of life style patterns with serum lipid pattern of 200 urban adult males aged 31-60 years. The subjects under study were consisted of smokers (21.5 per cent) and non smokers (78.5 per cent). Results revealed non-significant correlation between smoking and lipid status. A significant correlation was found between fast food intake and LDL-C, VLDL-C and TG; between alcohol

consumption and HDL-C, VLDL-C and LDL-C; between obesity and TC; between sweets and sugar consumption and LDL-C, and in between increased body fat and VLDL-C and TG levels. No significant correlation of serum lipids was found with smoking, consumption of milk and dairy products, or with non vegetarian food consumption.

Aziz et al. (2003) collected dietary data on 1476 participants of the Tehran lipid and glucose study and 77 daily smokers were selected and control group included 78 subjects who were matched with regard to age, sex, BMI, WHR and total energy intake with smokers. Results indicate lower consumption of fruits and vegetables (rich sources of Vitamin C and potassium) and lower HDL-C among smokers.

Khoshnik et al (2003) studied cardiovascular risk profiles in 129 (78 male and 51 female) subjects of age range 40-73 years and recommended that considerable prevalence of CVD risk factors in the subjects in this study supports the need for population lifestyle modifications and preventive approaches for high risk groups. Kaur and Kochar (2006) studied the association of lifestyle with obesity in middle aged men (40-50 years) in Pathankot, Punjab and found that adverse lifestyle was responsible for obesity in the subjects.

In naturopathy centers, smoking, drinking and snacking from outside is strictly prohibited. So naturopathy center treatment completely harnesses the benefits of above researches through strict life style modifications. Hence, naturopathy paves a way to live according to the laws of nature to enjoy the life as a whole.

9. Naturopathy and diet

Subbulakshmi and Ranjani (2003) has reported during IX th Asian Congress of Nutrition (February 23-27,2003 ,New Delhi,India) that modern therapeutic diets are nothing but scientifically proved traditional practices. The three Indian systems of Medicine namely Ayurveda,Unani and Sidhha or the home remedies were dismissed as folk medicine by the modern culture for lack of scientific evidence in their study women above the age of 60 years were interviewed and the documented information on home remedies was used in comparing with modern therapeutic diets.Home remedies had upper hand over modern medicines. As Rastogi and Rastogi (2017) has clearly proved food as medicine.

Blesson et al (2003) has reported that 80 per cent people in developing countries rely exclusively on traditional medicine for their health care needs. Ayurvedic medical system has a good theoretical base with conceptual frame work quite archaic yet logical. The sources of these raw materials are of vegetable, animal and mineral origin, with most important therapeutic sources being of vegetable origin and superior to the other two in the form of herbal foods. The scientific backing for this is the presence of phytochemicals (e.g. antioxidants etc.) as the active principles in the common Indian dietary having their role in good health, prevention and care of different diseased forms. Along with from these principles naturopathy possess one more surprising principle of healing called fasting, i.e. healing without eating. So, naturopathy includes all the concepts of healthy eating as a whole. As Bhamgara (2002) given general hints of healthy diet for an average person like avoid tea, coffee, cocoa, chemically treated foods, hydrogenated fats, fried foods and reheated foods. Consume least quantity of salt, spices and condiments. Take fresh food soon after cooking and at body temperature and raw salad soon after cutting. He recommended to use honey instead of sugar, hand pounded rice instead of polished one and whole wheat and pulse products. Further suggested to chew food properly, follow vegetarianism and avoid over eating. Sun cooked foods like apples, peaches etc. should not be peeled before eating. Mind the food combinations. Avoid incongruous mixtures. Do not take starch with starch or protein with protein in the same meal .This is best achieved by having no more than two or three dishes in one meal. There is an apt saying “many dishes ,many diseases”

The findings of the above research studies suggest that without dietary modifications nature’s disease elimination power does not work.

Conclusion:

Naturopathy offers a complementary and collaborative relationship between social, mental and physical well being to deliver research that more accurately provides the opportunity to improve health outcomes more generally(Wardle,2010).Intensive study of the collected reviews declares that naturopathy is a drugless system of medicine having scientific and holistic approach to restore vitality and health. It rejuvenates and harmonise not only the target function but the physiological status as a whole, attack the disease all around by using physical as well as mental

strengthening strategies. It helps in materializing the World Health Organisation (WHO) definition of health as “Health is not merely the absence of disease or infirmity but a state of complete physical, mental and social well being.” Hence , naturopathy is the best integrative approach to restore and maintain health.

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