

**GENERAL CONSIDERATION NEED TO KNOW ABOUT NATUROPATHY****\*Dr. Himanshu, Dr. Sunayana Sharma and Dr. Gajendra Kumar Dubey**<sup>1</sup>PG Scholar Dept. of Swasthviritta & Yoga, Sriganganagar Collage of Ayurvedic Science & Hospital, Tantia University Rajasthan.<sup>2</sup>Professor & H.O.D In Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tantia University Rajasthan.<sup>3</sup>Assistant Professor In Department of Swasthviritta & Yoga Sriganganagar Collage of Ayurvedic Science & Hospital, Tantia University Rajasthan.**\*Corresponding Author: Dr. Himanshu**

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**ABSTRACT**

In India Naturopathy is a traditional medicine system which is in use from ancient time. It can also be considered as system of modern times as a lifestyle medicine. Naturopathy uses natural healing techniques to heal a human body and increase immunity. It decreases psychological stress, increases immunity, helps in getting sound sleep hours and keep people healthy on other hand yoga keeps people active and keep body moving, it increases stretchability and keeps body strain free. It builds up muscles strong and flexible, as we can observe that Naturopathy and yoga are complementary to each other and they both help keeping human being healthy. In this review article we will study about yoga and naturopathy in modern lifestyle.

**KEYWORDS:** Yoga, Naturopathy, Diseases.**INTRODUCTION****Naturopathy**

It is based on preventive care of human being. The main focus principle of this is that fixing someone's life by modulating immunity and after that by using preventive technique. And to enhance immunity of human being it uses many types of infections, several useful measures and methods are used. These measures and methods used in naturopathy are preventive in nature and help in improving immunity of individual. Naturopathy is a primary healthcare system that stresses upon the body's self-healing mechanism. A wide range of therapies are used to support human wellness, main foundation of naturopathy is based on exercise, sunlight, freshwater, stress management, healthy diet and so on. In naturopathy it always puts importance of its own health and minimizing symptoms of illness, balancing entire human mechanism and improve body's own ability. According to paper published by British Naturopathic Association "Naturopathy is a system of treatment which lays emphasis on the existence of vital curative force of the body" hence it aids the human system to cause of the diseases i.e. Toxins by elimination of unwanted and unused matters for curing of diseases.

**Historical Roots of Naturopathy**

Term Naturopathy was stated in USA in 18<sup>th</sup> century from Germany. This term Naturopathy was given by John

Scheel in 1895 and popularized by Benedict Lust who is also known as father of modern day naturopathy. A movement for Naturopathy was started in Germany and European countries with water healing techniques which is called Hydrotherapy. Vincent Priessnitz was one of the personalities who made water cure famous in world later many other personalities contributed in this. Louis Kuhne put the principle of unity of disease and treatment and he also gave a theoretical base to this method.

**Naturopathy in India**

Revival of naturopathy started with translation of Louis Kuhne book "New Sciences of Healing". This translation was done by Shri D. Venkat Chelapati Sharma in 1894 in Telugu. In year 1904 it was translated into Hindi and Urdu by Shri Shrotri Kishan Swaroop. All of these efforts give naturopathy a natural boost in Indian society.

MK Gandhi was also a firm believer of Naturopathy techniques he was inspired by a book written by Adolf. MK Gandhi wrote many articles in his newspaper named "Harijan" and he also experimented many principles on himself, on his family members and also on members of his ashram. He also lived in clinic of Dr. Dinshaw Mehta situated in Pune from year 1934 to 1944 thus GoI established the National Institute of Naturopathy in his memory in year 1986 other than Gandhi many prominent

leaders supported in growth of Naturopathy for healthy life and these names are like Former prime minister Shri Morarji Desai, Ex president V.V. Giri, Acharya Vinoba Bhave and many more personalities.

Naturopathy movement was primarily started from Indian states like Andhra Pradesh, Gujarat, Maharashtra and Uttar Pradesh.

### Salient Features of Naturopathy

Naturopathy adopts a holistic approach for human wellness and human development for a way of healthy living. There are few features of naturopathy which are being described.

- Other than from environmental and traumatic conditions, all diseases include same causes and treatments. The basic cause of the diseases is the accumulation of pathogens/morbid in the body and treatment for these involves removal of pathogens.
- Naturopathy has a basic concept that the primary cause of any disease is accumulation of morbid matter in the body and secondary cause is bacteria and viruses. They get inside the body when the body accumulates more morbid.
- One important concept of naturopathy says that acute diseases are self-healing efforts of the body and chronic diseases are result of incorrect treatment and suppression of acute diseases.
- Basic concept on which naturopathy relies is that „Nature is a great healer“. Human body has power to protect itself from diseases and retrieve it.
- In this process the entire human body is targeted to heal.
- Naturopathy successfully heals the chronic diseases and makes the human body full with positive energy.
- With help of naturopathy those diseases which are suppressed for long time come on the surface and are eliminated permanently.
- In naturopathy all aspects of the human body are treated gradually and in a synchronized manner.
- Naturopathy is a boon to the human body and treats the body as a whole.
- A firm believer of naturopathy is that „Food is the only medicine“ and no external medication is used.
- In naturopathic treatment religious factor is also involved in creating a positive environment. It believes that a prayer based on firm belief of the one's faith is important.

### Techniques and Benefits of Different Modalities in Naturopathy

Naturopathy uses different types of self-healing techniques, few of them are described in this article.

#### Fasting Therapy

- Mud Therapy
- Hydrotherapy
- Massage Therapy
- Acupressure
- Acupuncture

- Chromo Therapy
- Air Therapy
- Magnet therapy
- Diet Therapy

The word fasting is derived from the old English. In Sanskrit “Vrat” word is used which means “Upasana”. According to naturopathy the root cause of every disease is assemblage of toxic matter in the digestive system. Fasting is one of the prominent methods because it promotes the idea of natural healing without promoting any chemical.

Fasting helps to start the natural toxin cut process with cut down the additional load to digest the food. This therapy gives rest to the digestive system to regain the healthy and freshness of the body.

Fasting timing is totally dependent on age group and level of toxin in the human body. It is also a fact that long term fasting should be performed under supervision of a naturopath to ensure that there is no harm done to the patient.

#### Benefits of Fasting Therapy

- It reduces the level of oxidative stress and decreases oxidative damage to proteins, lipids and DNA.
- It increases the resistance to several types of stresses including heat, oxidative and metabolic stresses.
- Intermittent fasting profoundly affects both gross and cellular physiology.

#### Acupressure

Acupressure is an ancient healing art which uses fingers of any properly shaped objects for pressing the key points which are called the „Acu Points“. These points are stored with energy and the work in a synchronized manner to strengthen the body's natural self-curative abilities. These points release the muscular tension when pressed and boost blood circulation to aid healing. Acupressure is an effective treatment to relieve sinus problems, eye strain, neck pain, headaches, menstruation pain, arthritis, pains due to stress. It balances the body and gives a good health.

#### Hydrotherapy

It is an important healing system of naturopathic treatment. It utilizes the water supplies in several ways and also encourages specific results in any patient's treatment plan. It can be used in the treatment of following diseases.

- Immune system disorder.
- Treatment of circulatory and respiratory diseases.
- To detoxify the body and elimination.
- Treatment of injuries and inflammatory disorders.
- Treatment of cold, flu and other infections.
- Pain relief.
- Treatment of insomnia, stress and headache.

In hydrotherapy, water is used at different temperatures to

improve its efficiency in treatment such as Hot and cold bath, saunas are proved to effective in all forms like vapour, steam, ice, and fluid.

Hydratic applications are performed on different temperature.

| S. No | Temperature | Celsius   | Fahrenheit |
|-------|-------------|-----------|------------|
| 1     | Very Cold   | -1 to -13 | 30-55      |
| 2     | Cold        | 13 to 18  | 55-65      |
| 3     | Cool        | 18-27     | 65-80      |
| 4     | Tepid       | 27-33     | 80-92      |
| 5     | Warm        | 33-37     | 92-98      |
| 6     | Hot         | 37-40     | 98-104     |
| 7     | Very Hot    | >40       | >104       |

#### Effects and Uses of water

- It is one of the most flexible mediums for producing the thermic and mechanical effects.
- It is effective in absorbing heat and reflect heat efficaciously.
- Water is universal solvent so it can be used in form of enema or colonic irrigation as it helps in elimination of uric acid.
- There are few contradictions in hydrotherapy process. It should be avoided during following situations.
- If patient is Hydrophobic.
- Open wounds.
- If there is any active infection in patient.
- If Patient is unable to tolerate hot and cold temperature indifference.

#### Hydrotherapy Treatment benefits

It uses the body reaction to hot and cold temperature and also the pressure exerted by water and reaction of body. It aims to stimulate to immune system, influencing the production of hormones of stress. Heat calms the body and helps in slowing down the internal organs activity on other end cold induced the body activity and invigorated the internal activities. There are numerous benefits of hydrotherapy which are.

- Rehabilitation for pre and post-joint replacement surgery.
- Aid in relaxation and lower stress levels.
- Improve strength via resistance training.
- Improve range of motion.
- Improve muscle flexibility.
- Relieve arthritis pain.
- Improve range of motion

#### Magnet Therapy

It is a clinical system which uses magnet for treatment of diseases. In this process magnets are attached to body with help of any adhesive. According to naturopath practitioners it leads to change in physical and emotional states of human beings. Many propagators of this therapy believe that the disruption of body can be treated by use of magnet and is very useful in treatment of headaches and arthritis, migraine and stress related pain.

#### Benefits of Magnetic therapy

- It works effectively for general well-being.
- It alleviates the symptoms of pain.
- It reduce swelling.
- It helpful in removing the symptoms of osteoarthritis.
- It is beneficial in post-up recovering.

#### Applications of Magnetic Therapy

Magnetic therapy has good healing approach and health benefits. It has excellent results in diseases like Asthma, Heart, Nose, cough and cold, joint pain, spinal problems, stomach pain, lower back pain, chest pain, acidity, spondylitis, Migraine, blood pressure, and weakness.

#### CONCLUSION

Naturopathy educate individual about its health benefits and aims to make you aware about healthy changes in order to get well. From advising a dietary and lifestyle changes to guiding towards an emotional wellbeing, it holds an important place in medicine world. In modern world of scenarios it has a prominent role to play and it is placing itself very well. It has been accepted as an independent system of medicines and presently it gained a prominent position as well.