

**A HOLISTIC REVIEW OF NATUROPATHIC DIET PATTERN IMPACT ON POSITIVE HEALTH****Dr. Jajbir Singh\***

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**ABSTRACT**

Naturopathy is a science of health believes in the natural way of healing. It means body has the capacity to heal itself. This selfhealing mechanism is promoted by the use of natural measures i.e. food, water, mud, air, sunrays, fasting, massage, relaxation etc. The philosophy of naturopathy was first used in Hippocratic School of medicine in 400 B.C. They used a Latin term “Vismedicatrix Naturae” which means “The healing power of Nature”. The term “Nature Cure” was given in 1895 by Dr. John Scheel of New York. The term Naturopathy was given in 1902 by Dr. Benedict Lust in U.S.A. Vincent Priessnitz (1799-1851) from Austria is father of naturopathy. He treated the people naturally in his own principles. In naturopathy food is considered as medicine. In term of Hippocrates “Let food be thy medicine and medicine be thy food”. Food does not enhance the vitality, but build the body. Fasting helps the body to heal itself. A dietary pattern is the combination of foods and beverages consumed over time. Dietary patterns can reflect the quality of diets and risk of diseases. A healthy dietary pattern focuses on variety, nutrients density and quality of foods and beverages. Having too much sugar, salt or fat in diet can raise risk for certain diseases. Healthy eating can lower risk for heart disease, stroke, diabetes and other health conditions. A healthy eating plan emphasizes vegetables, fruits, whole grains and fat-free or low-fat dairy products includes lean meats, poultry, fish, beans, eggs and nuts. Limits amounts of saturated and trans fats, sodium and added sugars. Most dietary patterns are vegetarian with a predominance of fruit, vegetables and pulses as well as cereals. Dietary patterns based on high-fat, high sugar food and more meat also identified. There was large variability between regions in dietary pattern and there was some evidence of change in diets over time, although no evidence of different diets by sex or age was found. Consumers of high-fat dietary patterns were more likely to have greater BMI and a dietary pattern high in sweets and snacks was associated with greater risk of diabetes compared with traditional diet high in rice and pulses but other relationship with NCD risk factors were less clear.

**KEYWORDS:** Naturopathy, Vismedicatrix, Vitality, Beverages, Predominance.**INTRODUCTION**

Naturopathy is an alternative medicinal system that philosophizes on a holistic approach for preventing and curing ailments. This approach includes natural remedies and believes in curing the cause rather than the symptoms. Naturopathy has almost no side effects as it does not require surgery and drugs. Naturopathy gives utmost importance to regular exercise, maintaining the right diet and being mentally stress free. One needs to give up sedentary lifestyle and modify their diet, as it restores the body to good healthy and has long-lasting results.

**DEFINITIONS OF NATUROPATHY**

Naturopathy is the art and science of disease diagnosis, treatment and prevention using natural therapies including botanic medicine, hydrotherapy, traditional

Chinese medicine and lifestyle counseling. Naturopathy is defined as a distinct school of healing, employing nature's forces. It is a system of healing in which diseases are cured by means of natural and rational remedies such as water, sunlight, air, earth power, electricity, magnetism, exercise, rest, proper diet, various kinds of mechanical treatment, mental and moral science. It is also a way of life in which combination of different methods of natural healing are used.

**HEALTH PROMOTING RULES OF DIET IN NATUROPATHY**

1. Diet should be taken at fixed timings, usually twice a day.
2. Diet should not be taken unless the previous diet is already digested.
3. Nothing should be taken between the meals.

- Frequent eating and overeating cause indigestion.
- Adequately chewing of food is necessary, it makes the food digestible.
  - During the meal one should be happy and quiet.
  - Water should be taken in less quantity with meal.
  - Fruits and salad should be compulsory ingredient of diet.

### ACIDIC AND ALKALINE DIET

The diet which produces the acidic or alkaline end product after digestion and assimilation is called acidic or alkaline diet. Again the food has been divided into three categories.

#### i) Eliminative Diet

Liquids e.g. lemon juice, fruits juice, coconut water, vegetable soups, butter milk etc.

#### ii) Soothing Diet

E.g. Fruits, salads, boiled vegetables, sprouts, vegetable chutney etc.

#### iii) Constructive Diet

Whole grain flour, unpolished rice, pulses, sprouts, curd etc.

For healthy person the proportion of positive and negative food should be taken 2:1, in diseased person it should be 4:1 or 5:1.

### NATURAL DIET

Food is considered as medicine in naturopathy. The natural food helps to eliminate the toxins deposited in the body and enhance the vital energy and immunity.

### TYPES OF FOOD OR NATURAL DIET

In naturopathy there are two types of foods i.e. Positive Food and Negative Food

Sr. No.	Positive Food [Primary Food]	Negative Food [Secondary Food]
1.	Healthy food	Unhealthy food
2.	Alkaline in nature	Acidic in nature
3.	Light and easily digestible	Heavy and constipating
4.	Rich in cellulose or roughage	Refined food
5.	Rich in vitamins and minerals	Rich in carbohydrate, protein and fat.
6.	Helps to elimination the toxins from the body	Promotes accumulation of the toxins in the body
7.	Non mucus food	Mucus producing food
8.	Examples:- Vegetables and fruits	Examples:- Cereals, pulses, milk, egg, nuts and nonvegetarian food

### NATUROPATHIC DIET

A system or method of treating disease that employs no surgery or synthetic drugs, but uses special diets, herbs, vitamins, massage etc. to assist the natural healing processes.

### NATUROPATHIC PRINCIPLES APPLIED TO MEAL PLANNING

A naturopathic diet follows the six guiding principles of naturopathic medicine

- Trust that the body can heal itself.
- Identify and treat the cause.
- Treat the person as an integrative whole.
- Use non-harming and non-invasive techniques.
- Focus on overall health, wellness and disease prevention.
- Use education to allow people to take responsibility for their health.

A typical naturopathic meal includes a combination of approximately 50% organic vegetables, 25% whole grains and 25 % protein made up of organic dairy products or free-range meats.

### FUNCTIONS OF NATUROPATHY

- Naturopathic medicine is based on the belief that the diet should not include food that is unnatural or wholesome as it produces toxins that poison the

body.

- Conditions that are treated and eliminated with a naturopathic diet include digestive issues, food sensitivities and allergies, immune disorders, reproductive imbalances, high cholesterol, insomnia, stress and anxiety.
- Naturopathy focuses on the body's ability to heal naturally and without external interference.
- A healthy diet as per naturopathic standards supports balance and wellness in the body and mind, while stimulating the body's ability to heal.

### BASIC GUIDELINES FOR NATUROPATHIC DIET

- Naturopathic nutrition begins with assessing which foods cause harmful reactions in the digestive system.
- Food allergies and intolerances have crucial points of interest in a person's wellness and diet.
- Once determined the foods are eliminated and a diet based on whole, natural foods is advised.
- Naturopathic nutrition encourages eating locally grown organic foods and foods lowest the food chain as well as eating slowly to improve digestion.
- A Naturopathy diet plays an extremely important role in the one's health. Our diet has a direct bearing on our health and almost all illness is related to our diet.
- The diet must include adequate protein, vitamin,

calcium, minerals and other nutrients. A well balance diet is the key to good health and preventing serious ailments such as heart diseases, increased blood pressure, diabetes, risk of cancer, obesity, peptic ulcer and many other diseases.

7. Avoid consumption of too much sodium, sugar, oily, fried and junk food, processed and refined food. White sugar, white rice and white flour (Maida) must be substituted by their brown counterparts. One must also consume as little of tea and coffee as possible.
8. Herbal tea such as green tea, ginger root tea, chamomile, mint and holy basil, to name a few are better options as they are good for health and avoid consuming alcoholic beverages completely.
9. Consuming the juice of two oranges and an apple in the morning has many health benefits such as easing bowel movements.
10. Start the day with proteins, as it keeps oneself energetic throughout the day and prevents frequent hunger pangs.
11. To especially consume lot of spinach, broccoli, tomatoes, asparagus, lettuce, cabbage, cauliflower, kale, beetroot and collard green to name a few, as these are rich sources of vitamin A, C and K, fiber, calcium and vitamins.
12. Also drink coconut water and juices of carrot, spinach, bitter gourd and beetroot as frequently use. One must also avoid meats. Oils such as olive and canola are better than hydrogenate vegetable oils.

#### **INTAKE OF CALORIES IN NATUROPATHIC DIET**

Naturopathic nutrition does not emphasize caloric intake through consuming appropriate amounts is important. Roughly 70% of total daily calories should come from grains and legumes, 20% from fruits & vegetables and 10% from concentrated protein such as meat and eggs.

#### **OPTIMUM FOOD**

Natural, whole foods are the foundation of a healthy naturopathic diet. Legumes such as beans, peas, peanuts, lentils and whole grains such as whole wheat, bulgur, barley, quinoa and spelt provide rich amounts of vitamins, minerals and dietary fiber. They also provide modest amount of protein. Fruits and vegetables provide vitamins, minerals, fiber, water and antioxidants which are disease –fighting nutrients. According to the American Dietetic Association, most people's antioxidants can be met by consuming 2 cups of fruit and 2½ cups of vegetables daily. Organic meat, poultry, fish, dairy products and eggs provide rich amount of protein, vitamins, iron and zinc. Fatty fish provide omega-3 fatty acids – Healthy fats the body must obtain from food known as to support brain function and heart's health. Refrigerated oil such as olive oil also provides healthy fats.

#### **FOODS TO AVOID**

Naturopathic medicine encourages users to avoid foods

linked with disease, poor digestion and weight gain. According to Boice, these foods include processed snack foods, fast food, added sugars, saturated fats and trans fats. Saturated fats are found in fatty red meat, dark meat poultry, poultry skin, butter, whole milk, high fat cheese and cream. Trans fats including shortening, margarine and hydrogenated vegetable oils.

#### **NATUROPATHIC DIET RECIPES**

As per naturopathy, a combination of healthy diet along with wheat grass powder shows better health enhancing results. Following are the recipes for preparing items mentioned in the diet plan as

##### **1. Brown Rice**

This semi-polished rice has a reddish brown color and contains more beneficial nutrients than white (polished) rice. It should be washed minimum and soaked for 2-3 hours before cooking it in a pressure cooker using the same water.

##### **2. Rice Soup**

Follow the above method, but add water 8-10 times the quantity of rice. Remove the rice to a side and the thick rice soup that is obtained contains many proteins, amino acids, minerals and vitamins etc.

##### **3. Moong Dal (Green Gram) soup**

Add 7 to 8 times water and boil without stirring, strain out the thick watery soup and add a little salt and add a little salt and pepper for taste. The soup thus obtained contains many proteins, amino acids, minerals, vitamins etc.

##### **4. Sprouted Pulses**

Pulses such as green moong, makti, harbara dal etc are very nutritious when eaten raw after sprouting. For sprouting first soak the selected pulses in water for 8-12 hours. Then, drain the water and keep the pulses wrapped in a thick wet cloth for 1 day. Keep the cloth moist by frequent watering. Length of the sprouts increases if kept for another day or two. Longer sprouts are more nutritious. Raw sprouts are recommended to be included in daily diet. The sprouts can also be boiled/stir fried by adding a little salt, pepper and spices for flavor.

##### **5. Carrot Juice**

Remove the inner whitish stem because its acidic nature and use the outer reddish layer of the carrot for extracting juice by adding water as required.

##### **6. Vegetable Salad**

Use vegetables such as carrot, cucumber, cabbage, radish, beetroot, spinach, lettuce, coriander etc. by cutting them into the small pieces or shredding. Mix them well and add salt and pepper. Another version is to add dry fruits and honey to the previously mixed salad. It has a little sweet taste and is liked by children also.

##### **7. Basil Leaf Tea (Tulsi Kadha)**

Take 2 cups of water + 3 or 4 basil (Tulsi leaves) +

Lemon grass + Ginger (2 gm) + Jaggery as a sweetener. Boil the above ingredients without adding milk and pour the tasty drink in a tea cup. Try this tea instead of the regular tea and find it more refreshing.

### 8. Jiggery Syrup (Gud Paak)

Use organic jiggery, which is dark brown in color. Break into small pieces. For 1 kg jiggery, add 2 cups water and let it soak for about 10 hours. Then, add a little more water and boil well to form thick syrup. Let it cool naturally, strain the syrup and store it in a glass /ceramic jar. It should be prepared fresh in quantity as required for a week. Jiggery syrup is an excellent sweetener and should be used wherever required instead of sugar. It can be added to milk also or eaten with roti by adding a few drops of lemon juice for taste.

### 9. Lime Water (Nimbu Pani)

Take a glass of water (Warm or cold water as per the season), squeeze a half /full lemon in it and stir well (do not add any salt or sugar). Having a glass of lime water first thing in the morning has therapeutic values.

### 10. Vegetable Soup

Select two/three vegetables from a variety such as bottle gourd, ridge gourd(dodka), cabbage (patta gobi), fenugreek leaves (methi), spinach (palak), cow pea (chowli) etc. cut them into small pieces, add water twice the quantity of vegetables and steam cook into the cooker. Let it cool a little and then extract its soup by grinding and removing the fiber through a wire-mesh strainer. Give seasoning of cumin seeds (jeera), garlic, turmeric powder and kari patta. This soup has very high nutritious value.

### 11. Baked Potatoes

They are better than the boiled potatoes. Apply a mudpack before baking them over coal ember in a tandoor/barbeque and eat them without removing the skin. In urban areas, they can be baked in an oven/microwave.

### 12. Ragi Roti (Madua/Nachni Roti)

Ragi is good in minerals and fiber supplement. Rotis are prepared from ragi flour. Another version is to prepare roti by mixing bajra/jowar flour with it.

### 13. Ragi (Madua/Nachni) Milk

Take a bowl of ragi seeds (nachni) and soak for 12 hours. Then grind the sprouted ragi by adding water as required in a mixer. Strain it using a cloth. It is good for diabetes patients.

### 14. Khichdi

Mix two-third part brown rice and one-third part of sprouted green moong + four times the quantity of water + garnishing of turmeric, salt, grinded groundnuts, coriander, jeera, garlic, ginger etc. add previously cut vegetables such as bottle gourd, cucumber, carrot, green peas etc. mix and steam cook in a cooker.

### 15. Vegetable Parathas

Add pre-cut vegetables such as cabbage, potato, cow pea, fenugreek, ginger, garlic, onion etc to wheat/jowar dough and roast the parathas over a flat pan by adding a little oil/ghee/butter.

### 16. Fruit Salad

Cut and mix sweet fruits such as papaya, chikoo, banana, apple, dates etc. Add thick buttermilk/sweet whipped curd. Do not add milk with custard powder, as is the general practice. A few mint (pudina) or basil(tulsi) leaves for add flavor.

### 17. Potato Skin Soup

Wash clean 4-5 medium sized potatoes and scrap off the skin using a scraper. Boil the skin in water and strain out the thick soup. Add a little salt for taste.

### 18. Til (Sesame Seed) Chutney

Dry roast a bowl of til (sesame seeds) on a low flame till they splutter. Add a little dry coconut, roasted garlic 10 flakes, rock salt and red chili powder 1 tsp or dry pepper for taste. Pound or dry grind it in a mixer.

### 19. Jawas (Flaxseed/Linseed) Chutney

Flaxseeds are the best source of essential omega-3 fatty acids and rich in antioxidants. Dry roast a bowl of jawas (flaxseed) on a low flame till they sputter. Add a little dry coconut, roasted garlic 10 flakes, rock salt and red chili powder 1 tsp or dry pepper for taste. Pound or dry grind it in a mixer. One spoonful with every meal is a healthy addition to the diet, it can also be sprinkled over salad sprouts.

## DIET THERAPY

Various types of diets are in use all over the world. The name of such diet and the conditions where they are used are as follows:

- ❖ Anderson Diet: Peptic Ulcer
- ❖ Lehnartz Milk and Eggs Diet: Peptic Ulcer
- ❖ Meulengracht Diet: Peptic Ulcer
- ❖ Sippy Diet: Peptic Ulcer
- ❖ Atkins Diet: Obesity
- ❖ Yo-Yo Syndrome Diet: Obesity
- ❖ Bland Diet: Gastrointestinal Disturbances and peptic Ulcer
- ❖ Grollman Diet: Hypertension
- ❖ Kemper's rice Diet: Hypertension
- ❖ Karrel Milk Diet: Myocardial Infraction
- ❖ Ketogenic Diet: Epilepsy
- ❖ Pritikin Nathan Diet: High performance
- ❖ Rowe's Diet: Allergy
- ❖ Synthetic Diet: Allergy

## CONVENIENCE FOODS

Convenience foods items served to patients on regular diets are rarely appropriate for therapeutic diets unless the suppliers of foods prepare them according to rigid specification set by the dieticians or nutritionists.

## DIETETIC FOODS

Foods for special dietary use that are commonly available include fruits canned without the addition of sugar, bread made without salt, vegetables canned without sodium and artificially sweetened pudding mixes, gelatin dessert powder, cookies, jellies, candy, gum and carbonated beverages.

## THERAPEUTIC DIET

Diet therapy deals with modifications necessary in the diet in the treatment of different diseases. This is necessary as the metabolism of the individual changes in different diseases with respect to one or more nutrients. Some examples are as inefficient utilization of carbohydrates in diabetes mellitus, inability of the kidney to excrete sodium chloride in nephritis, increased production and inefficient elimination of uric acid in gout and increase in energy metabolism and in the catabolism of tissue proteins in fever. The simplest modification of diet is in the treatment of allergy where the food or foods responsible for allergic reactions are eliminated. Modification in diets in other diseases may involve changes in different constituents such as

1. Bland diets omitting condiments and spices
2. Low fibre or high fibre diets
3. High protein or low protein diets
4. High fat or low fat diets
5. High carbohydrate or low carbohydrate diets
6. High calorie or low calorie diet
7. Low sodium diets
8. Low purine diets.

In case, the patient cannot consume food orally, then administration of nutrients through parenteral route or through nasogastric tube is essential to avoid starvation and loss of proteins and other nutrients from the tissues. The types of changes required in the diets in different diseases are briefly discussed below

### 1. Modifications in carbohydrate content

High carbohydrate diet may be indicated in Addison's disease, various diseases of the liver and in pre-operative conditions. Hypoglycemia may be present in Addison's disease, while in the other two conditions, adequate glycogen storage is of considerable value in the therapy of these conditions. Restricted carbohydrate diet is essential in the treatment of diabetes mellitus.

### 2. Modification in calorie content

Diets with increased calorie value are used for the treatment of patients who are markedly underweight and also for patients with increased calorie requirements as in fever, infections, malabsorption and hyperthyroidism. Low calories diets are used for the treatment of obesity, cardio-vascular disease, acute uraemia and hepatic coma.

### 3. Modifications in protein content

High protein diets i.e. about twice the actual requirements with restriction in other nutrients are prescribed in a variety of disease such as protein-calories malnutrition, cirrhosis of liver, peptic ulcer, nephrosis

and celiac diseases. Low protein or complete withdrawal of protein may be necessary in hepatic coma, acute uraemia.

### 4. Modifications in fat content

Moderately high fat diet is used in the treatment of severe under nutrition. Restricted or low fat diet may be necessary in the treatment of steatorrhoea, malabsorption syndrome and disease of the liver.

### 5. Modifications in mineral content

High calcium diet is essential in the treatment of rickets and osteomalacia, while a diet restricted in calcium and phosphate is desirable in renal calculi. Sodium restricted diets are essential in the treatment of cardiac failure and hypertension. Restricted in NaCl intake is essential in diseases of the kidney.

### 6. Modifications in vitamin content

Increase in the content of vitamins can be easily achieved by the addition of synthetic vitamins. This is essential as most of the therapeutic diets may be partially lacking in one or more vitamins.

### 7. Modifications in fibre content

Diets rich in fibre are prescribed for the treatment of constipation, while low fibre diets are essential in the treatment of several gastrointestinal disorders such as peptic ulcer, ulcerative colitis, celiac diseases, diarrhoea's and dysentery.

### 8. Modifications in other constituents

Diets lows in purine content are prescribed in the treatment of gout, while diet low in oxalic acid and purines are prescribed in renal calculi.

### 9. Modifications in diet consistency

The most important are the liquid diets used in oral feeding and nasogastric feeding. The basis of such diets is milk to which soluble carbohydrates such as sucrose, glucose and dextrimaltose and emulsified fats are added to increase their calorific value.

## CONCLUSION

Naturopathic Diet is a method of treating disease that employs no surgery or synthetic drugs, but uses special diets, herbs, vitamins, massage etc. to assist the natural healing processes. Food is considered as medicine in naturopathy. The natural food helps to eliminate the toxins deposited in the body and enhance the vital energy and immunity. Conditions that are treated and eliminated with a naturopathic diet include digestive issues, food sensitivities and allergies, immune disorders, reproductive imbalances, high cholesterol, insomnia, stress and anxiety. Naturopathy focuses on the body's ability to heal naturally and without external interference. A healthy diet as per naturopathic standards supports balance and wellness in the body and mind, while stimulating the body's ability to heal. Naturopathic nutrition encourages eating locally grown organic foods



and foods lowest the food chain as well as eating slowly to improve digestion. A Naturopathy diet plays an extremely important role in the one's health. Naturopathic diets provide the positive impact on good health and well being.

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