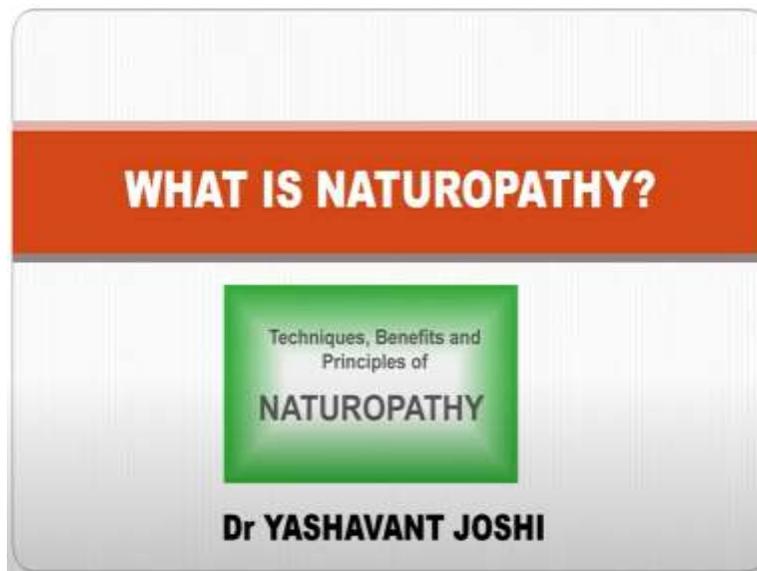


Certificate in Integrative Palliative Care – 3
Dr. Geeta Joshi
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International Institute of Distance Learning
Indian Institute of Technology, Kanpur

Week-02
Lecture 10: What is Naturopathy?

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Hello friends. Namaskar. So, we are in week number 2 and the first lecture of week number 2 is what is naturopathy. Week number 2 pertains basically to naturopathy therapy. So, it is pertinent to give certain details about what is naturopathy in the first lecture itself.

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Aim of NAPC AIM

"Integration of all medical specialties like Allopathy, AYUSH etc. for the purpose of Palliative Care"



The logo consists of a white circle on a yellow-to-orange gradient background. Inside the circle, there is a red hand reaching up, a green hand reaching down, and a green leaf with a yellow sun above it. The text 'Palliative Care' is written in a small font across the middle of the circle.

I am giving the aim of my organization that is called NAPCAIM, that is National Association of Palliative Care for Ayush and Integrative Medicine.

So, basically we want integration of all medical specialties like allopathy and Ayush. Now, in Ayush, A stands for Ayurveda, Y stands Yoga and naturopathy, U stands for Unani, S stands for Siddha and H stands for homeopathy. So, for us also this particular therapy naturopathy is very very important because that is where we are aiming our integration.

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PRELUDE

Naturopathy or naturopathic medicine is an old science medicine used from ancient times in India, the modern version of Naturopathy originated in Germany and Europe in the 16th and 17th century, based on a belief that the body encompasses the ability to heal itself through special vital energy.

Naturopathy or you can say naturopathic medicine is an old science medicine used from ancient times in India.

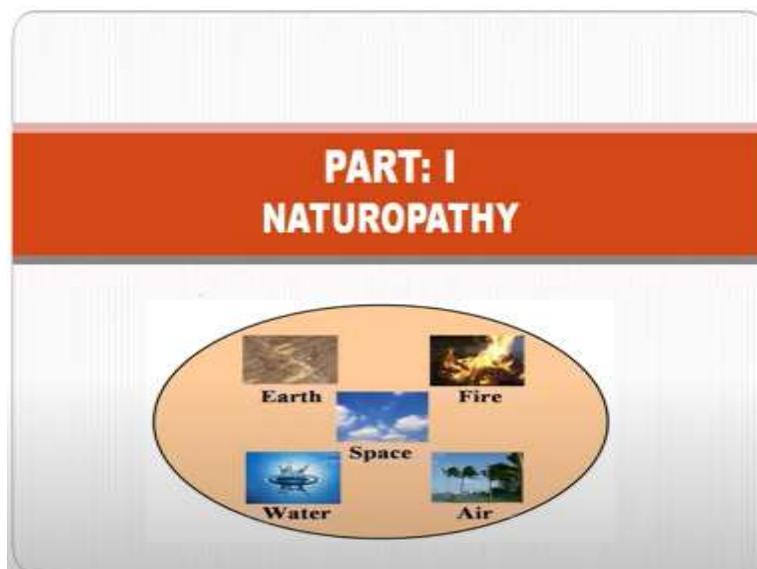
The modern version of naturopathy originated in Germany and Europe in the 16th and 17th century, based on a belief that the body encompasses the ability to heal itself through special vital energy. In India, we call that vital energy prana.

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In today's lecture, we will talk about naturopathy in part one, and in part two, will deal with certain common naturopathic modalities.

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What is Naturopathy?

Naturopathy is a system of healthcare that emphasizes disease prevention, recognizes the body's innate healing capacity, and has great potential to attain optimal health. The

practice of Naturopathy comprises many therapies, including massage, acupuncture, exercise, nature cures, proper hygiene, and nutritional counseling.

Naturopathy is a system of healthcare that emphasizes disease prevention. This is the main aim.

Before we fall sick, how do we remain healthy? That is the job of naturopathy. There are some naturopathic therapies which if we make use of it, falling sick it will be a rare event. You see one cannot say that he or she will not fall sick, it can happen, but then these therapies can definitely give such immunity to the body that sickness will become a rarity. That emphasizes disease prevention, recognizes the body's innate healing capacity and has great potential to attain optimal health. The practice of naturopathy comprises many therapies including massage, acupuncture, exercise, nature cures, proper hygiene and nutritional counseling.

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Development of Naturopathy

- Naturopathy is an art and science of healthy living and a drugless system of healing based on well founded philosophy. It has its own concept of health and disease and also principle of treatment. Naturopathy is a very old science. We can find a number of references in our **Vedas** and other ancient texts. The morbid matter theory, concept of vital force and other concepts upon which Naturopathy is based are already available in old texts.
- The revival of Naturopathy started in India by translation of Germany's Louis Kuhne's book "**New Science of Healing**". Shri D. Venkat Chelapati Sharma translated this book in Telgu language in **1894**.
- Shri Shrotri Kishan Swaroop of Bijnor translated this book into Hindi and Urdu languages in **1904**. All this gave a wide propagation to this system.

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All this gave a wide propagation to this system of naturopathy.

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Development of Naturopathy

The term "Naturopathy" originates from "natura" (Latin root for birth) and "pathos" (the Greek root for suffering) to suggest "natural healing". Naturopaths claim the ancient Greek "Father of Medicine", **Hippocrates**, as the first advocate of naturopathic medicine, before the term existed. Naturopathy has its roots in the 19th-century Natural Cure movement of Europe. In Scotland, **Thomas Allinson** started advocating his "Hygienic Medicine" in the 1880s, promoting a natural diet and exercise with avoidance of tobacco and overwork.

The term naturopathy originates from natura that is Latin root for birth and pathos the Greek root for suffering to suggest natural healing. Naturopaths claim the ancient Greek father of medicine, that is Hippocrates, was the first advocate of naturopathic medicine before the term existed. Naturopathy has its roots in the 19th century natural cure movement of Europe. In Scotland, Thomas Allinson started advocating his hygienic medicine in the 1880s, promoting a natural diet and exercise with avoidance of tobacco and overwork.

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Mahatma & Naturopathy

- Gandhiji was influenced by the book **“Return to Nature”** written by Adolf Just: **“The Paradise Regained”** and **“New Science of Healing”**. And become a firm believer of Naturopathy.
- He not only wrote several articles in favour of Naturopathy in his newspaper **“Harijan”** but did its several experiments on himself too, on his family members and members of his Ashram.
- It may be noted here that Gandhiji used to stay at the “Nature Cure Clinic” of Dr. Dinshaw Mehta situated in Pune during 1934 to 1944. In his memory, the Government of India established **“National Institute of Naturopathy”** in 1986 at that place.
- Gandhiji included Naturopathy in his constructive programmes. Due to influence of Gandhiji, several National leaders joined this minority health movement. The names of Ex-Prime Minister Shri Morarji Desai, Ex-Governor of Gujarat Shri Shrimannarayanji, Ex-President Shri V.V.Giri, Acharya Vinoba Bhave and Shri Balkova Bhave need special mention in this regard.

Mahatma Gandhi and naturopathy. Mahatma Gandhi was influenced by the book written to nature, written by Adolf Just, The Paradise Regained and New Science of Healing and became a firm believer of naturopathy. He not only wrote several articles in favor of naturopathy in his newspaper Harijan, but did its several experiments on himself too, on his family members and members of his ashram. It may be noted here that Gandhiji used to stay at the Nature Cure Clinic of Dr. Dinshaw Mehta situated in Pune during 1934 to 1944.

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The Founding Figure of Naturopathy in India!

SEVEGRAM ASHRAM



Parchure Shastri
Sanskrit Scholar
Leprosy Patient



This is the Sevagram Ashram located in Varda that is where Mahatma Gandhi went after Dandi march after 1930 and here in this ashram he asked Mr. Parchure Shastri, he was a leprosy patient to stay there in one of the huts and he himself used to look after him as per the laws of nature.

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7th National Naturopathy Day 2024



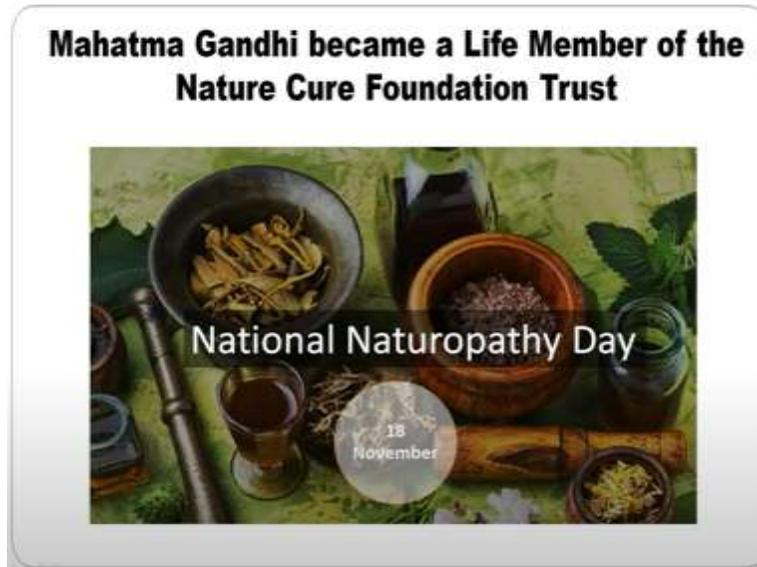
प्राकृतिक चिकित्सा दिवस
Naturopathy Day
१८ नोव्हेंबर २०२४

Every year on November 18th, India observes National Naturopathy Day, dedicated to advocating positive mental and physical health through drug-free therapy. **Initiated in 2018 by the Ministry of AYUSH** (Ayurveda, Yoga and Naturopathy, Unani, Siddha, and Homeopathy), **this annual event commemorates Mahatma Gandhi's pivotal role in endorsing Nature Cure back in 1945.**

Seventh National Naturopathy Day. Every year on November 18th, India observes National Naturopathy Day dedicated to advocating positive mental and physical health through drug-free therapy.

Initiated in 2018 by the Ministry of Ayush, this annual event commemorates Mahatma Gandhi's pivotal role in endorsing nature cure back in 1945.

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Mahatma Gandhi became a life member of the Nature Cure Foundation Trust and that is how that National Naturopathy Day 18th November is being observed every year.

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How does Naturopathy work?

- A Naturopathic practitioner or doctor examines one by questioning the medical history, lifestyle habits and stress levels, document symptoms of the patient and make their diagnosis, recommendation, and prescription using holistic and nontoxic approaches.
- The Naturopathic doctor focuses on treating the root cause of illness, emphasizing disease prevention, enlisting the body's self-healing abilities, working on the nutrition and wellness of interviewed patients.

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and non-toxic approaches. The naturopathic doctor focuses on treating the root cause of illness, emphasizing disease prevention, enlisting the body's self-healing abilities, working on the nutrition and wellness of interviewed patients.

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How does Naturopathy work?

- Naturopathic physicians also perform laboratory tests in combination with the patient's diagnosis to determine the most effective treatment.
- Instead of prescribing heavy doses of a drug, the naturopathic practitioner uses naturally occurring remedies that can be easily found in foods, herbs, and vitamin supplements.
- The doctors emphasize the use of natural healing agents but also exercise complementary and alternative therapies regimens like homeopathy, mindfulness training, biofeedback, and Ayurvedic or Chinese medicine to heal and reduce pain.

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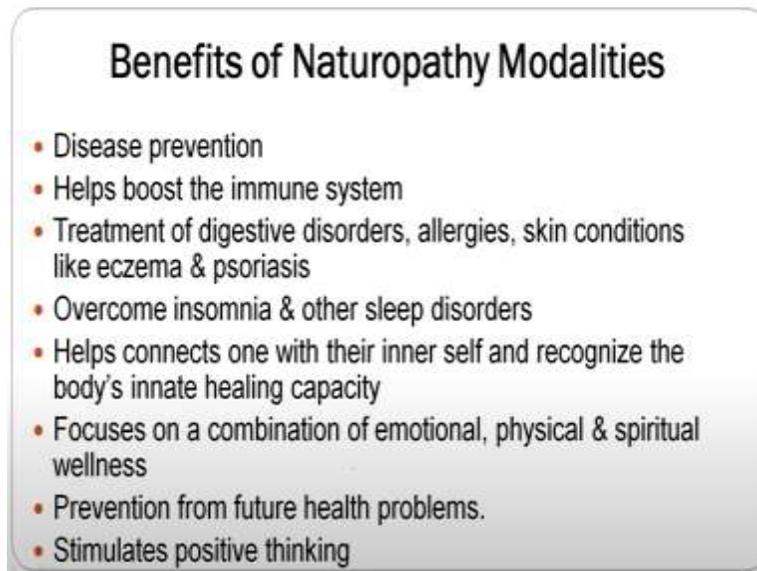
Techniques of Naturopathy Modalities

- Naturopathy is a **highly individualized treatment** that is often successful at treating chronic conditions even when conventional medicine and practices fail to respond.
- One of the main principles of **Naturopathic medicine** is to promote & maintain the body's long-term optimal health. Naturopathic physicians develop a suitable treatment plan involving nutritional supplements, diet therapy and recommend exercising a combination of multiple therapies such as acupuncture, massage, physical manipulations and much more following the Naturopathic principles to gain optimum benefits:

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What are the benefits of naturopathic modalities? Disease prevention. Prevention is the biggest benefit of naturopathy. Disease prevention helps boost the immune system.

Treatment of digestive disorders, allergies, skin conditions like eczema and psoriasis. Overcome insomnia and other sleep disorders. Help connects one with their inner self and recognize the body's innate healing capacity. Focuses on a combination of emotional, physical and spiritual wellness. prevention from future health problems, stimulates positive thinking.

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Part 2, we will see common naturopathic modalities.

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These are the modalities we are likely to study in this course of ours that is certificate in integrative palliative care. We will study about air therapy. In Hindi we call it Vayu Chikitsa, Diet Therapy we call it Ahar Chikitsa, Fasting Therapy Akash Chikitsa, Heliotherapy Surya Chikitsa, Hydro Therapy Jal Chikitsa, Magnet Therapy Chumbak Chikitsa. Massage therapy, massage therapy, mud therapy, prithvi chikitsa, acupressure therapy, marma chikitsa and acupuncture therapy, siravedhana.

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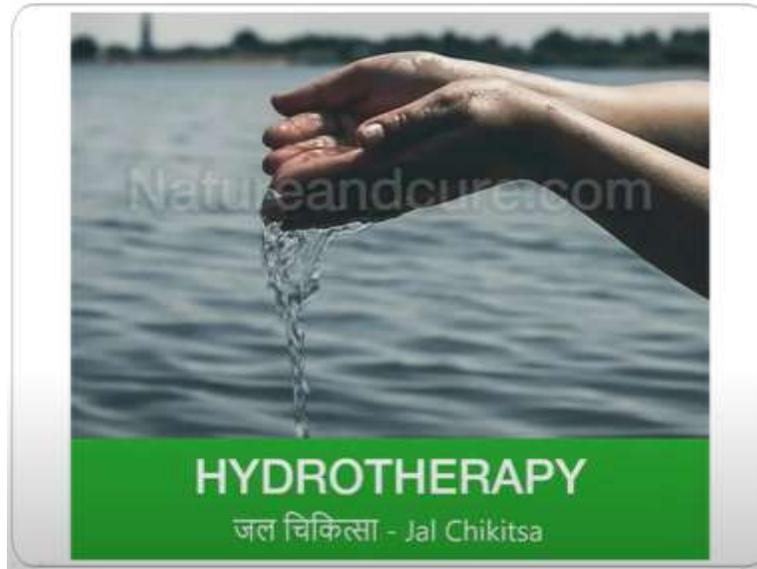
This is the air therapy, vayu chikitsa. It does not cost anything to you. You do not have to go to the doctor also. Just go out in the morning. 6-6.30, roam around, take fresh air and that is called air therapy.

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Heliotherapy, Surya Chikitsa, do not shy away from sun rays. It has got beneficial ultraviolet rays. It will give you free vitamin D instead of spending money on pharma vitamin D.

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Hydrotherapy, Jal Chikitsa, very important.

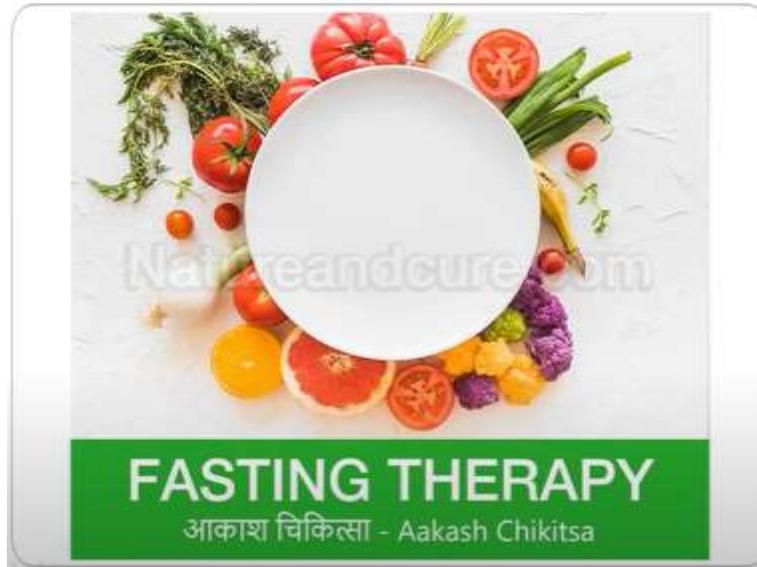
Keeps your body flexible. You will never have constipation, if you drink few glasses of water every day.

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Mud therapy, prithvi therapy because mud comes from the soil, you can do it at home also.

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Fasting therapy, everybody requires this, we generally eat, we want to eat and we basically eat, not that we are hungry. Stomach does not demand. It is our mind thinks that I want to eat this, I want to eat this, I want to eat this.

Even after having a full breakfast or full lunch, if you see something interesting, some sweet, you will go and rush for it. That is where that control, that balance needs to come on eating habits and fasting therapy helps you in calculating that sense of discipline over eating.

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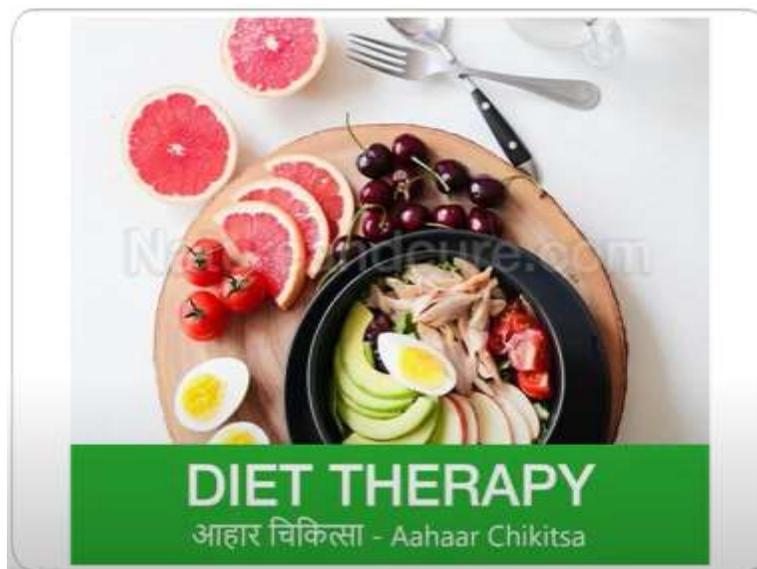
Massage therapy is very common, in India particularly whenever a child is born at least for two, three years the mummy keeps on massaging.

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Magnet therapy, use of magnets.

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Diet therapy, it is connected with fasting, opposite of fasting is diet therapy, but in diet therapy we are not asking to eat everything whatever has been laid out on the table. We request you to eat natural food and that is what is here in front of you.

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Acupressure therapy, I will just take a minute you know. There is a principle of meridians. There are meridians running from north to east just like what we have a blood circulation system. Blood circulation system is scientific, it has been proved, but meridians we have not proved.

Number of meridians are there. Basically primary 12 meridians are there and there are divergent you know meridians. So, many meridians are there and on these meridians certain points are there which are called acupoints. These acupoints are connected with organs of our body. So, if you give a pressure on that acupoint either with a finger like this, if you want little more pressure, then you can make use of thumb also on that point. You can make use of a tool also, this is also basically it is for applying pressure.

You can make use of a small pointer that is called acupressure therapy.

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Then comes acupuncture therapy, siravedhana. Here again we are making use of acupoints, but instead of the pressure given by hands or fingers or thumb, we make use of needles, very fine sharp needles. These needles are basically inserted onto into acupoints. You must be thinking these needles will be very very painful.

No, these needles are very sharp needles. So, just like putting pressure on those acupoints, you make use of this acupuncture needles onto, into those points and the needle sticks like this. Of course, you get a tingling effect, but there is no pain at all, you do not feel any pain. you have to understand this. So, it is making use of sterilized very fine sharp needles.

You have to keep it for 20 to 30, 40 minutes, depends how much pain is there. Then you take them out and throw it away. Once it is used, it cannot be used on anybody else.

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So, these are the modalities of natural therapy, we are like to see, we are like to discuss in our course. So, it is very important that you keep going ahead, do not stop at week number two.

Now, you must be thinking how do we apply, what are the methodology, what are the treatment forms like in allopathy, yes there are number of treatment forms, they give you tablets, If somebody cannot gulp the tablets, then the injection can be given. There are so many methodology by means of which the medication can be done on a patient. So, here in naturopathy, what are the modalities, what are the treatment forms?

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Naturopathic Treatment Forms

The naturopathy doctors and practitioners work on various modalities to help patients attain good health. Naturopathic medicine is effective in treating most health problems, both acute and chronic using various forms of treatment like **Clinical Nutrition, Counseling and Stress Management, Botanical Medicine, Physical Medicine, Homeopathy.**

The naturopathy doctors and practitioners work on various modalities to help patients attain good health. Naturopathic medicine is effective in treating most health problems. Both acute and chronic using various forms of treatments like clinical nutrition, counseling, stress management, botanical medicine, physical medicine, homeopathy, etcetera.

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1. Clinical Nutrition

It is a practice of using nutritional food to maintain proper health, disease prevention and treat illness. Doctors conduct clinical assessments and accordingly recommend the dietary plan as per the symptoms.

First, this is one of the forms how naturopathy is being administered to the patient. It is a

practice of using natural foods to maintain proper health, disease prevention and treat illness. Doctors conduct clinical assessments and accordingly recommend the dietary plan as for the symptoms. So, naturopathy can be given by conducting clinical nutrition on the patient.

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2. Counseling and Stress Management

Naturopaths also conduct counseling, biofeedback, meditation therapies and other mind-body techniques to work on mental attitudes and emotional states of the patients that can affect health.

Counseling and stress management. Naturopaths also conduct counseling, biofeedback, meditation therapies and other mind-body techniques to work on mental attitudes and emotional state of the patients that can affect health.

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3. Botanical Medicine

This form of treatment is also referred to as herbal medicine. Many plant substances are powerful and safe to be used as medicine. Tulasi, Lemon etc. are some of the most popular botanicals.

Botanical medicine. This form of treatment is also referred to as herbal medicines. Many plant substances are powerful and safe to be used as medicine. Tulsi, lemon, etcetera are some of the most popular botanicals.

In fact, if you go to the kitchen of any Indian household, you will find number of masalas, condiments. All these condiments are basically herbal medicine, be it turmeric, be it chili, be it garlic, all these things. So, these are the herbal medicine and correct use of all these condiments really give you some effect like botanical medicine.

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4. Physical Medicine

Hydrotherapy, exercise, naturopathic manipulation of the muscles, bones, and spine, therapeutic ultrasound, acupuncture are some of the forms of treatment included under Physical Medicine.

Physical medicine? Physical, I mean so at that time you have to make use of your body.

So, here it comes hydrotherapy. In hydrotherapy not only drinking of water, but making use of water if you go for swimming, exercise, naturopathic manipulation of the muscles, bones and spines, therapeutic ultrasound, acupuncture are some of the forms of treatment included under physical medicine.

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5. Alternative Medicine

Certain health conditions do not respond well to conventional medicine. To treat illness in such cases doctors exercise another form of a medical system known as **Homeopathy**.

Homeopathy is an old form of medical treatment that uses highly diluted natural substances to treat sickness.

Alternative medicine, what is alternative medicine? When conventional medicine does not make any headway, even the patient is not getting better, then what the patient does? Use of conventional medicine and that is nothing but allopathy and then looks for something, some alternative and here he has got alternative as homeopathy mostly. All over the world homeopathy is being used as alternative medicine. In India we have got Ayurveda also, but it is certain that when you make use of alternative medicine you stop that previous medicine we had been using it for quite some time. Certain health conditions do not respond well to conventional medicine, that is allopathy.

To treat illness in such cases, doctors exercise another form of a medical system known as homeopathy. Homeopathy is an old form of medical treatment that uses highly diluted natural substances to treat sickness.

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Who Can Use Naturopathic Medicine?

- If one fails to find relief for chronic illness using traditional medicine, we recommend naturopathy treatment as a great option.
- In many cases, one can follow both conventional and naturopathic medicine to treat an ailment. Naturopathy treatment includes proper medication for allergies, chronic pain, digestive issues, hormonal imbalances, obesity, headaches, respiratory conditions, fertility problems, menopause, cancer, chronic fatigue syndrome, and more health problems.
- Though make sure your doctors know about your conventional medications and naturopathic treatments if practiced.

Who can use naturopathic medicines? If one fails to find relief for chronic illnesses using traditional medicines, we recommend naturopathic treatment as a great option. In many cases, one can follow both conventional and naturopathic medicine to treat an ailment, both because naturopathic medicine does not have any side effects. So you can continue taking allopathy and at the same time you can take this complementary medicine or naturopathy.

Naturopathy treatment includes proper medication for allergies, chronic pain, digestive issues, hormonal imbalances, obesity, headaches, respiratory conditions, fertility problems, menopause, cancer, chronic fatigue syndrome and more health problems. Though make sure your doctors know about your conventional medications and naturopathic treatments if practiced. You must tell them doctor who is treating you that you are taking naturopathic medicines also. Thank you. Thanks friends.