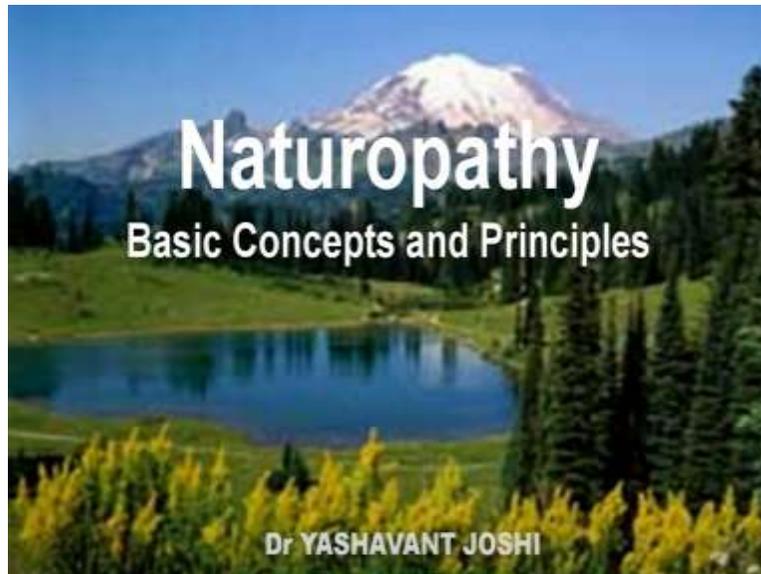


Certificate in Integrative Palliative Care – 3
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Week-02
Lecture 11: Concepts & Principles of Naturopathy

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Hello friends, Namaste. So, we are into week number 2 and earlier I have already spoken to you regarding naturopathy. What is the naturopathy and what are the modalities which can be used for naturopathy therapy? In this lecture, we will be talking about the basic concepts and principles of naturopathy.

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Definition

Nature cures, not the physician

Hippocrates (Father of Medicine: 460-357BC)



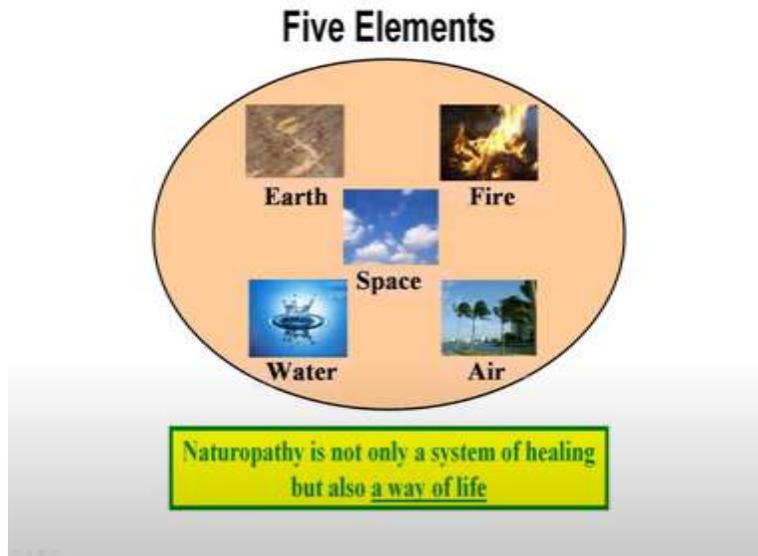
Nature cure is a **constructive** method of treatment, which aims at removing the **basic cause** of disease through the rational use of the **elements** freely available in nature.

Firstly, we take on the definition. This is what the Hippocrates had said. People call him father of medicines.

Nature cures and not the physician. Nature cures, physicians do not do anything. Nature cure is a constructive method of treatment which aims at removing the basic cause of disease through the rational use of the elements freely available in nature. Nature cure wants to remove the basic cause of the disease.

What is the basic cause. We will see later and what do they want to use. Five elements, which are those five elements which are available in nature, these are the five elements available in nature earth, mud, fire, space, water, air.

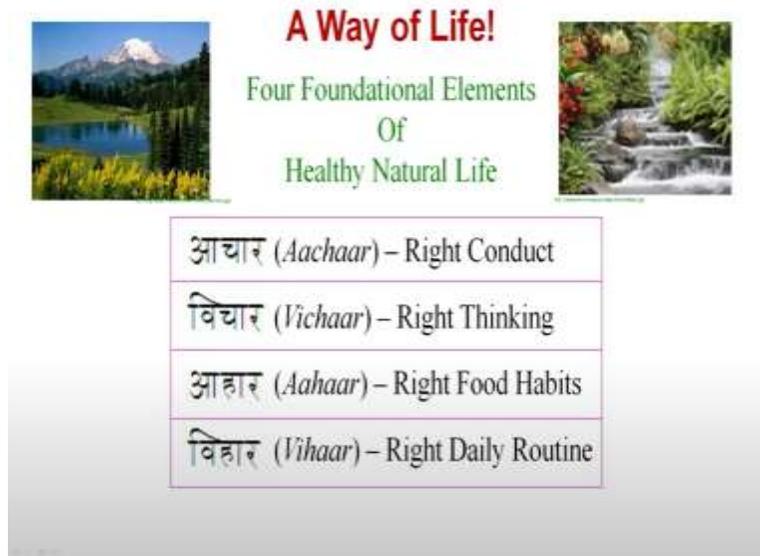
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These are the five elements and dear friends, if you just analyze yourself, your whole body is made up of these five elements. There is water in the blood, there is fire in your digestive system because that is where the digestive action takes place, there is air in your lungs, there is water in your blood and your muscles, your bones they are made of earth.

Therefore, in Indian system of philosophy we say we were made of this five elements and when we leave this world we get merged with the five elements in crematorium and thereafter whatever is left out the ash and some small bones that is being thrown, scattered over some holy rivers like Narmada, Ganga, Kaveri, etc. Naturopathy is not only a system of healing but also a way of life. For some people, they just obey the rules of nature and that is how they live, they breathe, they drink, they sleep, they eat.

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A Way of Life!
Four Foundational Elements
Of
Healthy Natural Life

आचार (Aachaar) – Right Conduct
विचार (Vichaar) – Right Thinking
आहार (Aahaar) – Right Food Habits
विहार (Vihaar) – Right Daily Routine

Four fundamental elements. When I said way of life, what should be the way of life as per Sanatan system of philosophy? Four points are there.

Right conduct, we call it aachaar. How do you behave? Your behavior with others, your behavior with yourself. Right thinking, vichaar. What are you thinking? Good things or evil thinking. Right food habits, aahaar.

Are you eating natural food or fast food? Right daily routine that is called Vihaar, where are you roaming around, what are your friends, how do you pass your time? So, these four fundamental elements, it creates the way of life what we live.

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Basic Concepts



Belief, what are the beliefs of naturopathy?

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Beliefs!

(1) Nature Cure believes that all the diseases arise due to accumulation of morbid matter in the body

If scope is given for its removal, it provides cure or relief.

(2) Nature Cure also believes that the human body possesses inherent self constructing and self healing powers.

Nature cure believes that all the diseases arise due to accumulation of morbid matter, morbid matter in the body. What is morbid matter? Toxic. If scope is given for its removal, it provides cure or relief. You also must have noticed, must have felt, must have experienced sometimes that when you have constipations and you have not gone and passed motion for two days, three days, four days, you feel very uneasy because morbid matter gets accumulated in your intestines, but when you pass the motion you feel so comfortable, happy because the waste material has gone out of the body.

So naturopathy says that accumulation of morbid matter in the body is the root cause of all the diseases. Second, Nature cure also believed that the human body possesses inherent self-constructive and self-healing powers. It has got self-healing powers. Therefore, I also I believe I do it whenever I fall sick, what I do? I stop eating food. What else I do? I take lots of rest.

I don't go out. I don't do any exercise. I take enough rest. So, this is how my body recuperates. It has got the proper healing system.

Those were two beliefs which were those firstly everything all this is what is the root cause accumulation of morbid matter. Second, body has its own healing mechanism.

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Basic Concepts

Three Basic Concepts of Nature Cure

- Accumulation of Morbid (Waste & Toxic) Matter
- Abnormal Composition Of Blood & Lymph
- Lowered Vitality



What are the basic concepts of naturopathy? The basic concepts of naturopathy are accumulation of morbid, waste and toxic matter, abnormal composition of blood and lymph and lowered vitality. When I say vitality, We call it prana, chi, life energy. You also must have felt sometimes you know you feel so sad, you are not sick, nothing has happened to you.

You are disease free, but still that vital element, that prana shakti, that life force, you are missing that life force and you feel really depressed, but then all of a sudden something happens and you know that life force comes back, you get activated, lower vitality.

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Basic Concepts

Nature Cure **does not believe in the specific** cause of disease and its specific treatment

It **looks at all the factors** responsible for diseases, which include:

- One's **un-natural habits** in living, thinking, working, sleeping, relaxation, sexual indulgence etc.
- The **environmental factors** involved

This disturbs normal functioning of body leading to a morbid, weak & toxic state

Basic concepts, nature cure doesn't believe in the specific cause of disease and its specific treatment. Remember this, nature cure doesn't believe in the specific cause. They don't say why you suffering from fever, why do you have this skin problem, they don't say anything, they don't go for skin disease, they don't treat the skin. They treat you by food, by water, by other things.

It may take some time, but then finally it cause the disease. It looks at all the factors responsible for diseases which include one's unnatural habits in living, thinking, working, sleeping, relaxation, sexual indulgence, etc. So, this is nothing but our way of life. How are you passing over days, how are you passing over time, if this is good as per the laws of nature it is fine nothing will happen to you, but if it against nature, against the law of nature then yes you will have problems. The environmental factors also involved, basically air, water contaminated all these factors also affect your health.

If this disturbs normal functioning of body leading to a morbid weak and toxic state.

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Principles

There are 12 Basic Principles

(1)

All disease, their cause and their treatment are one

All forms of disease are due to a single cause, i.e. accumulation of waste (morbid) materials and bodily refuse in the system

The only way to cure the diseases is to employ methods, which will enable the system to throw off these toxic accumulations

There are twelve basic principles friends, just see we will just take one by one. First principle, all disease their cause and their treatment are just one, nothing else. All forms of disease are due to a single cause that is accumulation of waste, toxic and waste, morbid matters and bodily refuse in the system. The only way to cure the disease is to employ methods which will enable the system to throw off these toxic accumulations from the body.

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Principles

There are 12 Basic Principles

(2)

The basic cause of disease is not bacteria

Bacteria develops after the accumulation of morbid matter, which provides a favorable atmosphere for their growth

Basic cause is morbid matter and not the bacteria.

If one practices righteous living, no bacteria can cause any disease

The basic cause of disease is not bacteria, doctors and scientist they will not understand this. The basic cause of disease is not bacteria. Bacteria develops after the accumulation of morbid waste, morbid matter which provides a favorable atmosphere for their growth and this is what is happening everywhere in city you find lots of dumps of garbage. And then thereafter lots of fleas and bacterias and rats and all other things. They did not exist earlier, they came because of the waste materials, the garbage dumps you go.

In Kanpur also where we are having this particular course, you will find lots of garbage dumps scattered all over the city, maybe they may be little outside. So, when you have accumulation of morbid matter, then the bacteria comes. So, what is the root cause? Accumulation of morbid matter and not the bacteria. Basic cause is morbid matter and not the bacteria. If one practices righteous living, no bacteria can cause any disease.

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Principles

There are 12 Basic Principles

(3)

Acute diseases are our friends not the enemies

All acute diseases such as fever, cold, inflammation, digestive disturbances and skin eruptions are nothing more than self initiated efforts on the part of the body to throw off the accumulated waste materials

Chronic diseases, such as heart disease, diabetes, rheumatism, asthma, kidney disorders, etc. are the outcome of wrong treatment and suppression of the acute diseases

Third principle, acute diseases are our friends not the enemies. All acute diseases such as fever, cold, inflammation, digestive disturbances and skin eruptions are nothing more than self-initiated efforts on the part of the body to throw off the accumulated waste materials. Lots of time, many times I discussed this issue with Dr. Geeta Ban who is here. She is also taking lectures here in this our course.

She does not believe it. I just tell her if whenever she suffers from a Sickness I say it is good, your body needs rest, so the fever has come. If you are vomiting it is good because something has gone in your stomach which your stomach is not accepting and it will come out through vomit. If yet that particular poisonous material has gone much inside into the intestine then it will come out through dysentery. So, in a way what we say is bad that is the dysentery, fever, vomiting all these things they are not bad, they are the part of body mechanism to cleanse your body system, body is not accepting them. This is what the law of nature says, do not then run to the doctors every time, take one day, two days, three days, I am telling you automatically if you have got vitality, if you have got pranic energy, that life force in your body will just come back to that normal original form within just two to three days.

But you have to have fasting, you have to have water control, you have to have lot of rest and other things. Chronic diseases such as heart disease, diabetes, rheumatism, asthma, kidney disorders, etcetera are the outcome of wrong treatment and suppression of the acute diseases. When you suppress acute diseases, automatically they will try and find out other routes of spreading themselves.

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Principles

There are 12 Basic Principles

(4)

Nature is the Greatest Healer

Body has the capacity to prevent itself from
diseases & regain health

The role of a Naturopath is *just to help the body in
regaining back and fully developing its natural
healing capacity*

Fourth principle, nature is the greatest healer. Body has the capacity to prevent itself from diseases and regain health.

The role of a naturopath is just to help the body in regaining back and fully developing its natural healing capacity. This I experienced myself so many times across 70 years of my life more than that and many times I abused my body and then body becomes weak. So, what I do for almost 21 days, I just come back to the original thing. No drinks, no fast food, nothing that discipline way of life that we saw four basic elements that I start following and then again body bounces back. So, body has the greater power to heal itself.

Only thing that you have to walk on a right path. The role of naturopath is just to help the body in regaining back and fully developing its natural healing capacity.

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Principles

There are 12 Basic Principles

(5)

In Naturopathy, patient is treated and not the disease

The successful treatment of a patient depends on 5 factors:

- (i) How much morbid matter is there in patient's body?
- (ii) How much is the vital life force of the patient?
- (iii) How much patience does the patient have?
- (iv) How strong medication or operation the patient has already gone through?
- (v) How much belief does the patient have in Naturopathy treatment?

Fifth naturopathy patient is treated and not the disease we are treating the patient here. Like in palliative care also the same principle is there. In palliative care we are treating the patient and not the disease and along with the patient we treat the family as a unit patient and family they are the unit.

And that is how palliative medicine is only medical stream in the world which takes charge of the medical health system from diagnosis to the death and even after death also because we look after bereavement also, counseling of the family members. Here the naturopathy is treated, patient is treated and not the disease. And therefore, naturopaths give you so many restrictions, eat like this, do not eat like. The successful treatment of a patient depends on five factors. How much morbid matter is there in patient's body? How much is the vital life? You see vital life is something you can make out.

If you are going around, how you are walking, how you are talking, how you are laughing, how you are smiling, how you are behaving, that is where that whole vital life comes out. It can be seen by others, cannot be touched, but it can be felt. So all these doctors, naturopaths, they say you are bloody gone, you are doomed, there is no life. That is what we say, oh there is no life in you. When I say there is no life means you do not have that pranic energy, that vital force which is required.

In China they call it Chi, we call it pran. How much patience does the patient have. Naturopathy takes time. It is not like a fast food.

That way I salute allopathy. It is very fast. It is very fast in action. But naturopathy takes its time because naturopathy does not want to strike at the disease, but he wants to strike, not exactly strike, but he wants to treat the patient. Treatment will take longer, but then it

will be a good treatment. In allopathy treatment will take very very little time, action will be very fast.

Particularly nowadays all those antibiotic medicines, but then it bad effects will continue. How strong medication or operation the patient has already gone through? What is his earlier case history about medicines, about his body health? How much belief does the patient have in naturopathy treatment? This is very important, not only naturopathy treatment. Dear friends, whenever you go to a doctor, you got to have lots of, lots of trust, faith in the capacity of doctor. So, test your doctor first. When you go to God, what do you do? Why do you go to God? Because you got full trust with the God.

God may be anything, Ram, Krishna, Christ, Allah, so many of them are. There are so many doctors also, whether naturopath or allopath or homeopath or anything. The first requirement is trust on the doctor. If you do not trust him, do not go. Because if you do not trust the doctor, that means you do not trust the medicine what is going to prescribe.

Cultivate trust and then only approach the doctor.

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Principles

There are 12 Basic Principles

(6)

In Naturopathy Diagnosis is Easily Possible

Long wait for diagnosis is not required

Only thing that is required for diagnosis:

→ **Morbid matter** is accumulated in which **location** (front, back, side, whole body) or **organ** (heart, kidney, liver, stomach, intestine, etc.) of the body

Sixth principle, naturopathy diagnosis is easily possible. You do not require so many test, yes naturopath also carry out certain laboratory test because when something good is available why not to take it. We say in naturopathy that we depend on those five great elements air, earth, sky, fire all those five elements, but when something better has come up because of advancement in medical technology they go for laboratory test. And therefore, long wait for diagnosis is not required, it is easily possible only thing that is required for diagnosis is morbid matter that particular waste we call said what we say in

body.

Where is it located? Location, front, back, side, whole body. Like when you become fat, you understand it is located here, it is located here in the belly, it is just coming out. Some organs sometimes heart, kidney, liver, stomach, intestine of the body, they just want the location on organ and thereafter they immediately they start the treatment.

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Principles

There are 12 Basic Principles

(7)

Chronic ailments can be Treated Successfully; This Treatment Can Take Slightly
Long Time

Nature's Law - Nature works at slow pace...Growing a tree takes much longer than cutting it.

Chronic ailments are also accompanied by the toxicity generated by medications.

Naturopathy treatment has to remove this toxicity in order to fully cure the disease.

In Naturopathy, cure doesn't only mean removing the disease. Holistic cure also includes becoming fully healthy, strong, and full of life

Seventh, chronic ailments can be treated successfully, this treatment can take slightly longer time.

Nature works at slow pace. Growing a tree takes much longer than cutting it. Growing a tree takes much longer than cutting it. Similarly, tree is also part of nature. Chronic ailments are also accompanied by the toxicity generated by the medications. Naturopathy treatment has to remove this toxicity in order to fully cure the disease.

In naturopathy cure does not only mean removing the disease. They want to remove the disease, but in addition to that they are trying to give you holistic care. Holistic care which includes becoming fully healthy, strong and full of life.

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Principles

There are 12 Basic Principles

(8)

Suppressed Diseases Emerge Again During Naturopathy, and Are Cured Forever

This is called Healing Crisis or Curative Crisis. Time period for this phase is 2-7 days. The diseases emerge and are cured in the reverse order of their occurrence in the past

Every emergence should be considered as a milestone for holistic health

Number eight principle, separate diseases emerge again during naturopathy and are cured forever, it happens. You must have been cured by the naturopathy, but maybe after sometime 5 months, 6 months again the same disease comes up.

It is normal, but it will go off. This is called healing crisis or curative crisis. Time period for this phase is just 2 to 7 days. So, if sickness is gone, weakness is gone, again after 2 to 7 days you might feel feverish or sick, but do not worry, it will also go off automatically. The disease emerge and occurred in the reverse order of their occurrence in the past. Every emergence should be considered as a milestone for holistic health.

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Principles

There are 12 Basic Principles

(9)



**Nature Cure treats
physical, mental, social
(moral) and spiritual, all
four aspects, at the same
time**

Ninth, nature cure treats physical, mental, social and spiritual all these aspects and therefore, I say natural or naturopath is akin to palliative care. In palliative care I just said, we saw it in our first week, we spoke about total pain. Total pain is also this. We want to remove physical, mental, social and spiritual problems.

All these problems that is called total care. When you remove this, it becomes life is successful holistic. So, we want to remove total pain and that becomes a holistic cure. Naturopathy provides the same thing.

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Principles

There are 12 Basic Principles

(10)



**Nature Cure treats body
as a whole, instead of
treating each organ
separately**

Nature cure treats body as a whole instead of treating each organ separately.

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Principles

There are 12 Basic Principles

(11)



**Naturopathy does not
use medicines.
According to
Naturopathy
*“Food is Medicine”***

Naturopathy does not use medicines. According to naturopathy, food is medicine, food is medicine. How you take food? It will take time. And another thing, once you start taking food, you become your doctor yourself, because you are eating the food, you understand what are the effects of that particular food, what you are eaten, you can feel it and then

accordingly you change it. Food is medicine and that is what friends you must try at home.

Mahatma Gandhi, he was a firm believer in naturopathy. We saw in our first lecture that is what is naturopathy. He used it on himself. He used the same naturopathy on his children also sometimes. One of his son was very seriously sick, you know, Kasturba, his wife, she was crying, he gave him the injections, you know, what doctor is prescribing, antibiotic or something, but Mahatma Gandhi said, no, nothing doing, nothing doing, he kept on putting cold water, clothes on his forehead, on his body parts and other things. Sometimes Gandhi was also you know shaken up, what will happen, my son will live or not, but he had full faith in naturopathy or rather he had full faith in God.

He kept on pursuing the same thing and after fifth or sixth day he got recovered. So, you got to have faith in a system of medicine and the doctor who is administering that particular medicine.

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Principles

There are 12 Basic Principles

(12)



According to **Gandhi Ji** "**Rama Nama is the best Natural Treatment**"
Meaning
Doing prayer according to one's spiritual faith is an important part of treatment

Here in this case was Mahatma Gandhi himself and patient was his own son. Again Mahatma Gandhi, according to Gandhiji, Rama Nama is the best natural treatment, faith on God.

What is God by the way? God is nothing but nature. We in Hindustan, in Sanatana Dharma, we treat all the natural elements. Water, just take the form of our goddess Narmada, we worship rivers, we worship plants, Tulsi plant. All these natural forces air, Vayu, Vayu is a god for us, fire, it is a god for us, Agni, So, we worship natural forces, all the five elements and the derivative of all these elements. And when we apply these

forces in our practical life, we have full trust on God. Doing prayer according to one's spiritual faith is an important part of treatment and I have done it.

About a decade back, I was suffering from swine flu. And I had seen the messengers coming from our Lord Yama. He had sent the messengers, come, go, get that Dr. Joshi back here. They were hovering over myself. But that treatment which my doctors gave me and most important I had faith.

For three days, four days I have worked, I was just having that mantra, my mantra even breathing exercise and I survived and now I am in front of you. So, I firmly believe what Mahatma Gandhi said, God, believe in God, have some faith on him and believe in nature.

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There are number of books, you can go through these books, even Mahatma Gandhi has written number of books on fasting, water therapy, mud therapy and other things. But I seriously I request you try all these medicines sometimes on yourself and just see the beautiful some miracles, health miracles you will be able to see on yourself even you can try on your families also. Thank you. Thanks friends.