

Certificate in Integrative Palliative Care – 3
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Week-02
Lecture 09: Introductory Dialogue

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Hello friends, Namaste. So, one week of our course that is certificate in integrative palliative care is over the first because basically it was a sort of introduction to what is palliative care and what is integrative palliative care and there was two three lectures about the salient features what is required in palliative care. There is importance what is given to community participation and the communication skills.

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NATUROPATHY

- **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.

Now we come to week number two and that is naturopathy one of the most important. While, I'll say it is the therapy in complementary medicine which anybody can, which anybody can do. You have to just read few books, you have to consult some naturopath.

Even if you do not consult the naturopath, you can take sort of therapy for yourself and then you can become a master of naturopathy. I learnt naturopathy when I was a child because my parents taught me. I mean to say that was the way of life, naturopathy is a way of life and normally in India everybody is following naturopathy in their home, particularly about the diets, about the nutrition, some of the remedies they what they apply at homes for minor ailments. So, the second week pertains to naturopathy.

What is naturopathy? It's an old science and medicine used from ancient times in India. Thousands years back, we had been depending on naturopathy. 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. Our body has got vital energy and through which if something is happening, something wrong, something ill is happening to our body, it can automatically heal itself. That is the principle of naturopathy.

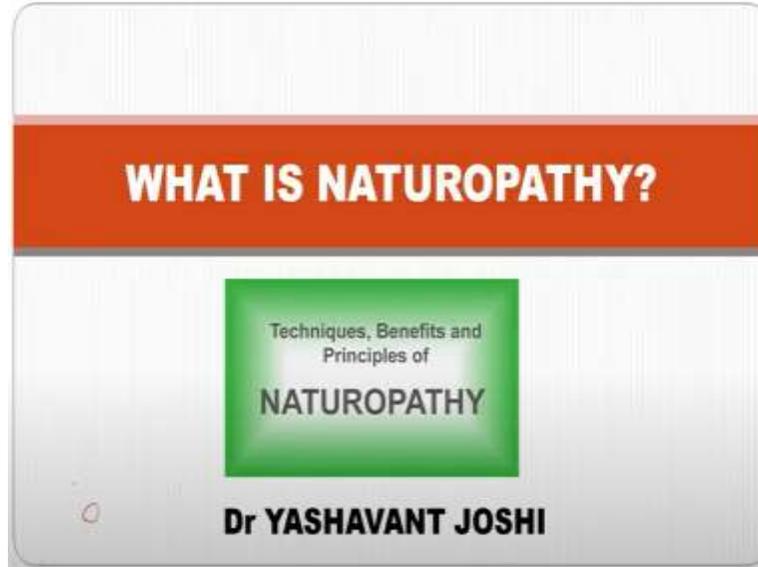
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This is the week 2. We will have the following lectures. What is naturopathy? And the basic concepts and principles. I will be taking those lectures. First two lectures in which I will tell you what is naturopathy.

Then thereafter we come to the naturopathic modality just for you, so that you can understand there are so many modalities. Lots of modalities in naturopathy we cannot discuss in this particular time limit of about 2 to 3 hours for this particular course. So, I have selected some of the finest modalities that is air therapy, value therapy, that is a light therapy, hydro, hydro means water, water therapy, mud therapy, fasting, massage and meditation. We will just see in brief about all these therapies.

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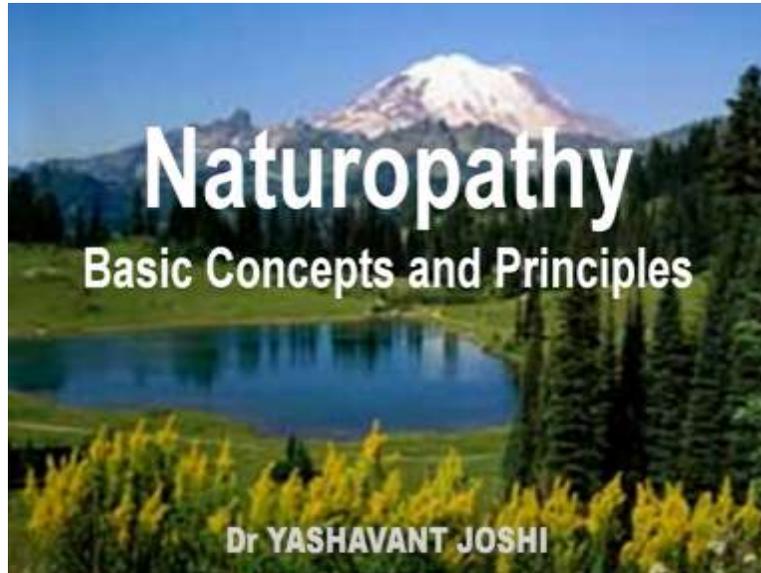


Naturopathy, I will be talking about what is naturopathy, I will explain it to you and these are the common naturopathic modalities which are there and most of these modalities we will be covering in our course.

So, my dear friends, I want you to continue with this course for 12 weeks. Do not leave it away. This is something which if you know will be useful to you for your whole lifetime till you leave. Not only to you, to your family members, to your friends and everybody. You don't have to consult any doctor at all about all these naturopathic

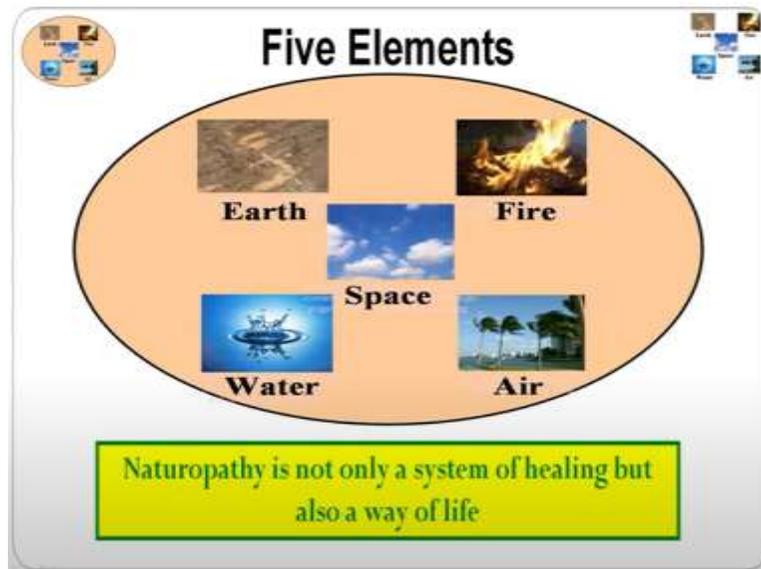
remedies.

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Second lecture pertains to naturopathy basic concepts and principles.

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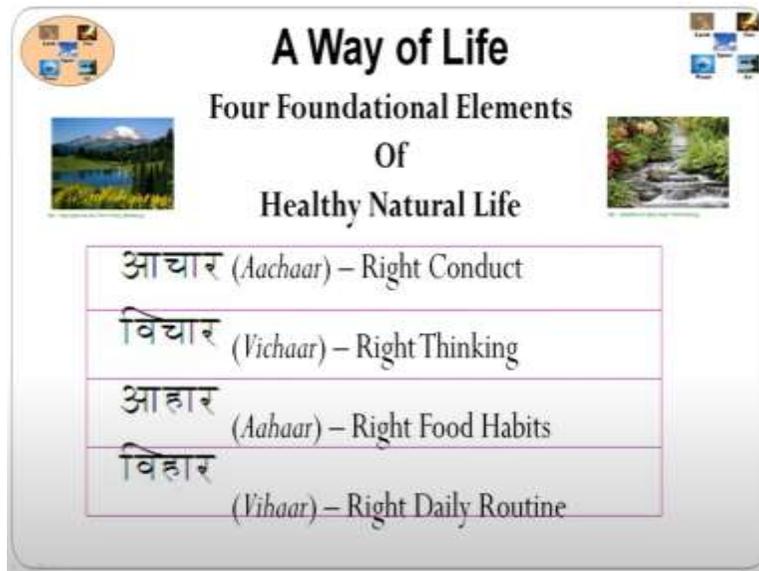


Naturopathy basically depends on the five elements. Naturopathy always said, believed that everything whatever has been made in this world including our body, it consists of

five elements. Earth, fire, space, water and air. This will be explained to you how our body has been made of these five elements in this particular lecture.

This is what I said. Naturopathy is not only a system of healing but also a way of life. In some of the homes, not some, most of the homes in India believe in naturopathy and the parents generally give this particular remedy in their home and therefore it is a way of life.

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Why way of life? Four things, four fundamental elements of humanity, moral conduct, social conduct, they have been interwoven into the naturopathy. Right conduct.

In Hindi we call it aachaar, right thinking, vichaar, right food habits, aahaar, and right Daily routine we call it Vihaar. So, when you combine this, it just becomes a way of life.

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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.

Two beliefs. Nature cures belief that all the diseases arise due to accumulation of morbid matter in the body. Morbid matter in the body.

What is morbid? Toxic. It is given for its removal, it provides cure. Second belief, nature also believes that the human body possesses inherent self-constructing and self-healing powers.

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AIR THERAPY

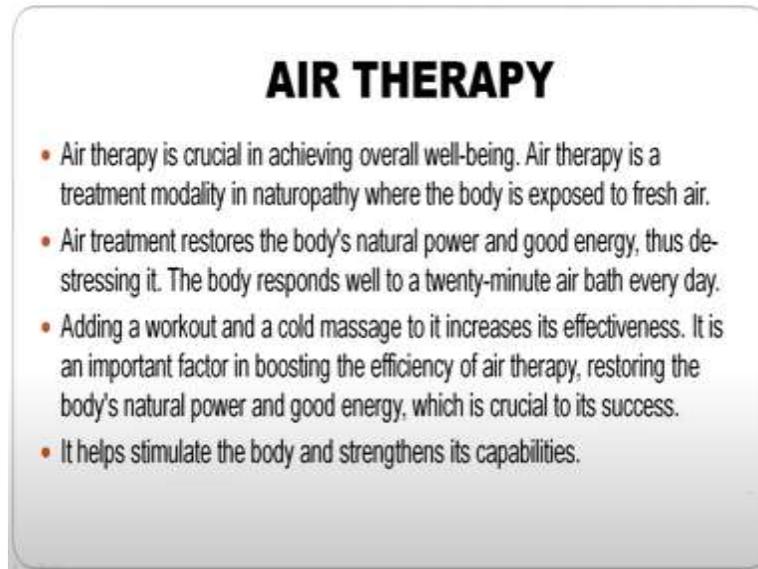


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Air therapy, without air we cannot survive. Without food we might survive for a week or two or even months also.

Without water, you may survive for two days, three days, sometimes maybe a little more, but not beyond that. However, without air you cannot survive for few minutes. You will die because body needs prana, prana vayu. In science we call it oxygen.

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AIR THERAPY

- Air therapy is crucial in achieving overall well-being. Air therapy is a treatment modality in naturopathy where the body is exposed to fresh air.
- Air treatment restores the body's natural power and good energy, thus de-stressing it. The body responds well to a twenty-minute air bath every day.
- Adding a workout and a cold massage to it increases its effectiveness. It is an important factor in boosting the efficiency of air therapy, restoring the body's natural power and good energy, which is crucial to its success.
- It helps stimulate the body and strengthens its capabilities.

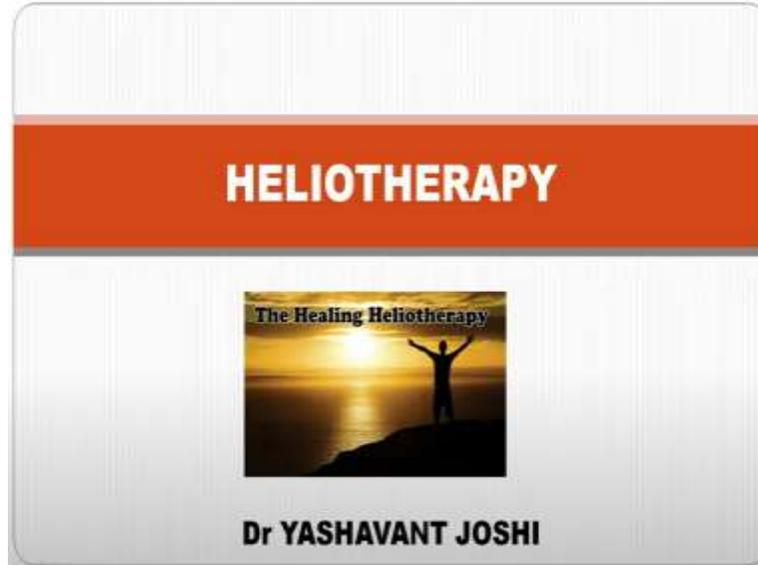
So, air therapy is crucial in achieving overall well-being.

Air therapy is the treatment modality in naturopathy where the body is exposed to fresh air. Air treatment restores the body's natural power and good energy, thus de-stressing it. The body responds well to a 20-minute air bath every day. 20-minute air bath. Now what is this air bath? Nothing else to go out.

Like today in the morning when I got up, the first thing what I did, I just got ready and went out. I had a walk for about 30 minutes in the IIT campus, IIT. Kanpur campus, fresh air, lots of vegetation, so much of greenery. Of course, it was foggy today. But then I was walking, I was living, I was staying in that nature where fresh air is available.

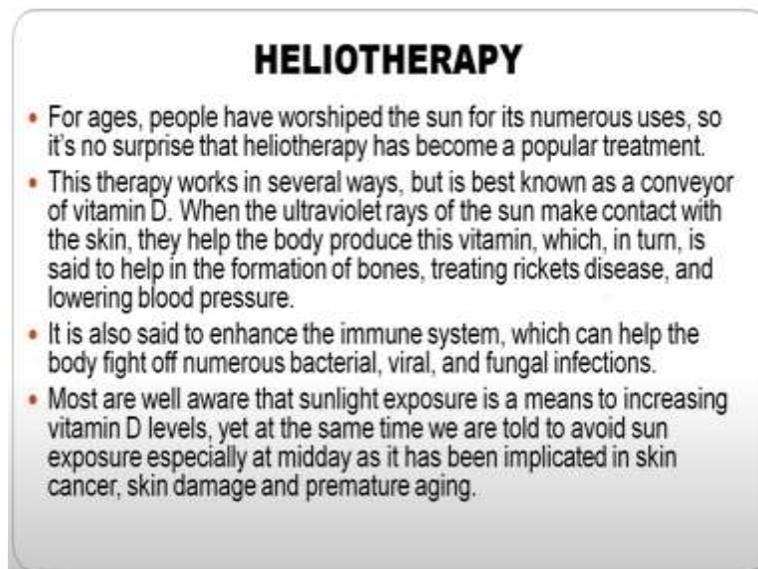
You must make a habit of going out in the nature for 20 to 30 minutes whenever you have time. This time to go out and spend with the nature is morning time. But everybody is so busy nowadays. Getting a workout and a cold massage to it increases its effectiveness. Air therapy stimulates the body and strengthens its capability.

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Helio therapy. What is Helio?

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Sun. Sun power. Sun rays. And particularly in India we will worship the sun for its numerous uses. So it is no surprise that heliotherapy has become a popular treatment.

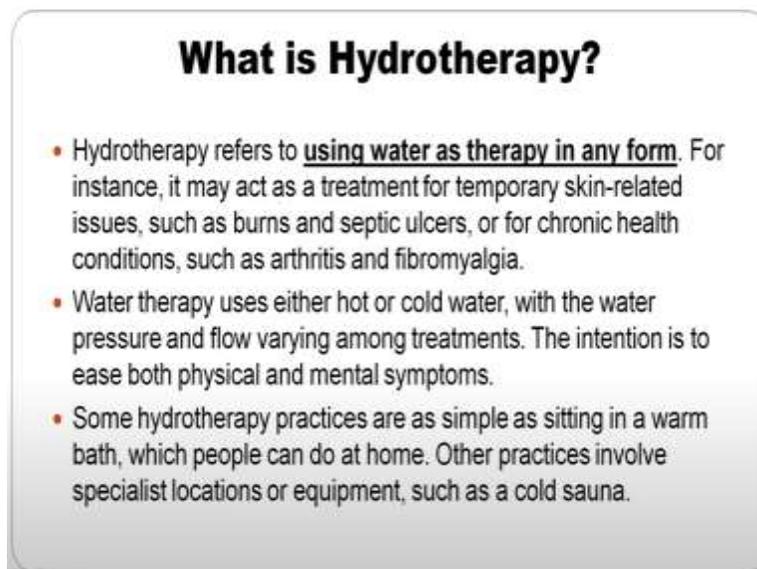
It is a normal tradition in Indian families that after taking a bath in the morning, when sun comes out, sun rises up from the horizon, we come out and pray argha (Hindi word meaning offer), we offer water to the sun god. It serves two purposes. We express

gratitude, We express gratitude to sun god that yes, after darkness light has come. And second, we are exposing our body to the morning sun rays and that automatically provides vitamin D to our body. And number of other religious belief also associated with worshipping all these elements, natural elements.

And one of the natural elements out of five elements is sun heat. This therapy works in several ways known as a conveyor of vitamin D. As a child everybody must have studied where do you get vitamin D easily without paying anything that is sun which it is also taking on the immune system it can help the body fight off numerous bacterial viral and fungal infections Most are well aware that sunlight exposure is a means of increasing vitamin D levels. Yet at the same time we are told to avoid sun exposure especially at midday as it has been implicated in skin cancer, skin damage and premature aging.

Yes. Too much of sun therapy is bad for the skin. So that you should try and avoid and you should protect your skin accordingly.

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What is Hydrotherapy?

- Hydrotherapy refers to using water as therapy in any form. For instance, it may act as a treatment for temporary skin-related issues, such as burns and septic ulcers, or for chronic health conditions, such as arthritis and fibromyalgia.
- Water therapy uses either hot or cold water, with the water pressure and flow varying among treatments. The intention is to ease both physical and mental symptoms.
- Some hydrotherapy practices are as simple as sitting in a warm bath, which people can do at home. Other practices involve specialist locations or equipment, such as a cold sauna.

Hydrotherapy. Water as therapy, for instance it may act as a treatment for temporary skin related issues chronic health conditions such as arthritis and fibromyalgia whenever burns takes place some parts of your body has been burnt out it is very productive, very beneficial if you just pour water on that one part and then thereafter you take some sort of first aid. Water therapy is either hot or cold water.

In our lecture in hydrotherapy, we will see hot or cold water. Both parts will be taught to you. Some hydrotherapy practices are as simple as sitting in a warm bath which people can do at home. Other practices involve specialist locations of equipment such as cold

sauna. In some of the beauty palace and other places you find all sort of water therapy which can be used by you people.

I personally, I tell you from my experiences that if you take enough water during the day, you will never have a problem of constipation. In my 75 years of life, I never had this issue of constipation or diarrhea. I measure my glasses of water from morning till evening, because this much water I have to take. So, automatically motion in the morning is very smooth.

My body gets cleaned automatically. And I am fresh for the whole day.

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That is why we used to play in the mud. Nowadays of course the parents and particularly everybody is playing in the city where they just cannot find mud. But I was born and brought up in a village where we used to play with the sand.

Sand or soil or whatever you call it. We used to go to the pond of water and there we used to play over there. We used to get inside, swim a little. We used to take out the wet mud and make some toys.

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Mud Therapy

- Mud is one of five elements of nature having immense impact on the body in health as well as disease.
- Mud has a remarkable effect to refresh, invigorate and vitalize the human body.
- Mud procured for treatment purpose is free from pollution and contamination and is cleaned and sifted before use.
- Mud therapy includes Mud bath, Mud pack etc.

Mud is one of five elements of nature having immense impact on the body in health as well as diseases. Mud has a remarkable effect to fresh, invigorate and vitalize the human body.

Mud procured for treatment purpose is free from pollution and contamination and is cleaned and sifted before use. Mud therapy includes mud bath, mud pack, etc. Mud bath means the whole body, rather than you just get inside the mud, of course keep your head above, otherwise you will die instantly. Mud pack means you just apply mud patches on those parts where you require some remedy.

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What is Fasting?

- The duration of carrying out fast therapy is based upon the patient's age, nature of the disease and prior drug consumption.
- Thus, it is always recommended to consult a naturopath before conducting the practice of prolonged fast.
- One must also be mentally prepared and gather professional guidance as skilled practitioners would advise one to undertake short fasts lasting two to three days and gradually increase the duration.

The duration of carrying out fast therapy is based upon the patient's age, nature of the disease and prior drug consumption.

Thus, it is always recommended to consult a naturopath before conducting the practice of prolonged fast. If you fast too much, the type of fast and other things that will be taken up in fasting. Too many days of fasting is not good for the body. Of course, Mahatma Gandhi had fasted for number of days, more than months at times.

But that was sort of satyagraha. He wanted to impress upon a particular point, particular wrong which he wanted it to be righted. One must also be mentally prepared and gather professional guidance. Still practitioners would advise one to undertake short fast lasting two to three days and gradually increase the duration. Short fast of two to three days, you can fast daily also, you can fast in the morning, there are so many things, so many modalities in fasting.

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This is also very common. I think this is the way of life. So, normally a mother always, a newly born child, mother or grandmother keeps on massaging them.

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Massage Therapy

- **Massage Therapy** is one of the oldest healthcare practices known involving manipulating the soft tissues of the body, improving the flow of blood and lymph, reduce muscular tension or flaccidity, enhancing tissue healing and more by exercising manual (hands-on) techniques.
- Generally, the massage therapist applies fixed or movable pressure, holding, and stretching muscles and body tissues to release the tension or pain.

Child with some sort of oil and other things required they give a sun bath to the newly born child this is all naturopathy, one of the oldest healthcare practices known involving manipulating the soft tissues of the body soft tissue I want to massage I'm not going to massage my bones inside these are the soft tissues of my hand. So if I massage like this, I massage like this in twisting and this provides relaxation to my body and it improves the

flow of blood and lymph, reduce muscular tension or acidity, enhancing tissue healing and more by exercising manual hands-on techniques. Generally, the massage therapist applies fixed or movable pressure, holding and stretching muscles and body tissues to release the tension or pain.

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MAGNET THERAPY



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PRELUDE

- **Magnet therapy** is a therapeutic practice in which naturopath place magnets of varying sizes and strengths on the body of the patients to relieve pain and treat disease.
- It is a painless naturopathy treatment that hardly has any side effects.
- People exercise this therapy by buying magnetic belts for different body parts like knee, abdomen, wrist, or wearing them as magnetic necklaces, glasses, and bracelets.
- The design of the magnets helps communicate with the body's energy system and have a great influence on cellular and organic activities.

Magnet therapy is a therapeutic practice in which naturopath places magnets of varying sizes and strengths on the body of the patient to relieve pain and treat diseases. It is a painless naturopathy treatment that hardly has any side effects. People exercise this therapy by buying magnetic belts for different body parts like knee, abdomen, wrist or

wearing them as magnetic necklaces, glasses and bracelets. The design of the magnets helps communicate with the body's energy system and have a great influence on cellular and organic activities.

This is magnetic therapy.

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The first two lectures, what is naturopathy and concepts and principles of naturopathy, I will be taking it. And the other modalities, air therapy, value therapy, hydrotherapy, you know it goes on to magnet therapy. It will be taken by Dr. Shilpa. She is a naturopath practicing since last more than 2-3 decades in Lucknow.

She is a very good naturopath. She will explain to you in details about various modalities of naturopathy. I sincerely hope and pray God that after this particular week, when the week 2 is over, you will become a fan of naturopathy. You will study more and more. And as a human being, you will be so curious that you try and apply certain principles of naturopathy in your own life.

Then you see the result. I am just telling you. You will not believe it that we have such a science of naturopathy which is so useful. Naturopathy gives you totally everything. It prevents the actions. It prevents the diseases. You don't have to go to the doctor at all.