Naturopathy – I
Basic Concepts and Principles
Definition


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.


Naturopathy is not only a system of healing but also a way of life.
A Way of Life

Four Foundational Elements Of Healthy Natural Life

<table>
<thead>
<tr>
<th>(Aachaar) – Right Conduct</th>
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<tbody>
<tr>
<td>(Vichaar) – Right Thinking</td>
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<tr>
<td>(Aahaar) – Right Food Habits</td>
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<td>(Vihaar) – Right Daily Routine</td>
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May 26, 2012

Beliefs


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.
Basic Concepts


Basic Concepts

Three basic concepts of Nature Cure

• Accumulation of morbid (waste & toxic) matter
• Abnormal composition of blood & lymph
• Lowered vitality
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.

http://indianmedicine.nic.in/naturopathy.asp
Principles

There are 12 Basic Principles

http://indianmedicine.nic.in/naturopathy.asp


http://itpeoplenet.compopup/images/Nature-Beauty.jpg
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.

Principles

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(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

Dr. Rakesh Jindal, “Prakratik Ayurvedya (Hindi)”, Arogya Seva Prakashan:Modinagar, 2005.
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.

Principles

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(3) Acute diseases are our friends not the enemies

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


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(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


http://indianmedicine.nic.in/naturopathy.asp
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?

Principles

There are 12 Basic Principles

(5) In Naturopathy, patient is treated and not the disease

(iii) How much patience does the patient have?
(iv) How strong medication/operation the patient has already gone through?
(v) How much belief does the patient have in Naturopathy treatment?


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Principles

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(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

*Dr. Rakesh Jindal, “Prakratik Ayurvigyan (Hindi)”, Arogya Seva Prakashan:Modinagar, 2005.*

http://indianmedicine.nic.in/naturopathy.asp
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

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http://indianmedicine.nic.in/naturopathy.asp
Chronic ailments can be treated successfully; this treatment can take slightly long time. 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.
Principles

There are 12 Basic Principles

(7)

Chronic ailments can be treated successfully; this treatment can take slightly long time

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

Dr. Rakesh Jindal, “Prakratik Ayurvedyan (Hindi)”, Arogya Seva Prakashan:Modinagar, 2005.
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.

*Dr. Rakesh Jindal, “Prakratik Ayurvigyan (Hindi)”, Arogya Seva Prakashan: Modinagar, 2005.*
Suppressed diseases emerge again during Naturopathy, and are cured forever.

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.

Principles

There are 12 Basic Principles

(9)

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

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Principles

There are 12 Basic Principles

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

http://indianmedicine.nic.in/naturopathy.asp
Naturopathy does not use medicines. According to Naturopathy

“Food is Medicine”

http://indianmedicine.nic.in/naturopathy.asp
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.
Principles

There are 12 Basic Principles

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

http://indianmedicine.nic.in/naturopathy.asp
Reference Books


Reference Books (English)


Reference Books (Hindi)

• Dr. Rakesh Jindal, “Prakratik Ayurvigyan (Hindi)”, Arogya Seva Prakashan:Modinagar, 2005.


Reference Books (Hindi)


• Dr. Kulranjan Mukherjee, “Abhinav Prakritik Chikitsa (Hindi)”, Sadarn Offset Printers: Kolkatta, 1947.

• Dr. Kulranjan Mukherjee, “Dainandin Rogon Ki Prakritik Chikitsa (Hindi)”, Sadarn Offset Printers: Kolkatta, 1947.

• Dr. Kulranjan Mukherjee, “Purane Rogon Ki Griha Chikitsa (Hindi)”, Sadarn Offset Printers: Kolkatta, 1947.

Reference Books (Hindi)


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Websites


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• http://www.ccryn.org/
  (Indian Government – AYUSH)

• http://indianmedicine.nic.in/naturopathy.asp
  (Indian Government - AYUSH)

• http://punenin.org/
  (Indian Government – Bapu Bhavan)

• http://nccam.nih.gov/health/naturopathy/
  (US Government – Clinical trials and research papers)

• http://arogyamandir.org/
  (Arogya Mandir, Gorakhpur – Vitthalidas Modi)

• http://en.wikipedia.org/wiki/Naturopathy
Thank You