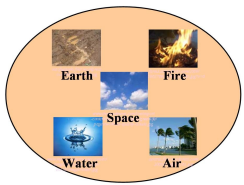




# Naturopathy – I

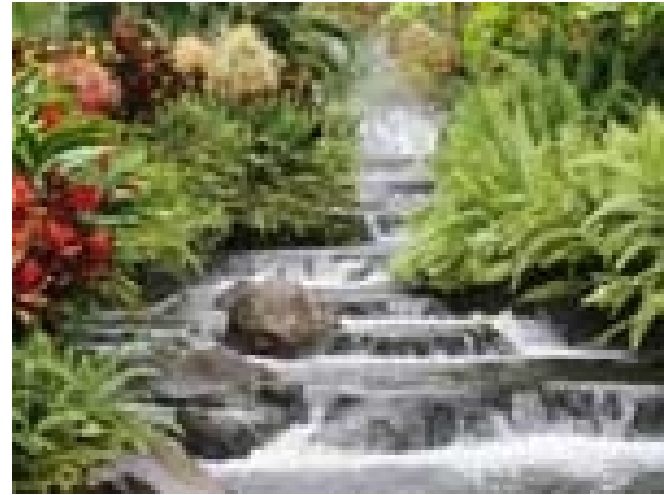
## Basic Concepts and Principles



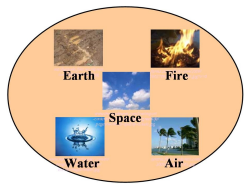
# Definition



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<http://itpeoplenet.com/popup/images/Nature-Beauty.jpg>



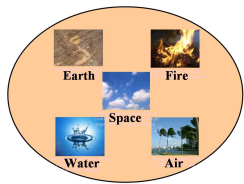
# Definition

*Nature cures, not the physician*  
*Hippocrates (Father of Medicine: 460-357BC)*



[http://blogs.targetx.com/pbu/Trevor/Nature\\_Mountains.jpg](http://blogs.targetx.com/pbu/Trevor/Nature_Mountains.jpg)

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.



# Five Elements



**Earth**



**Fire**



**Space**

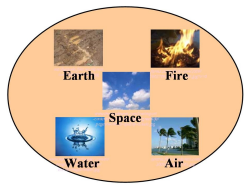


**Water**



**Air**

**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



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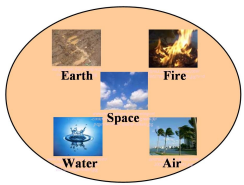
<http://iteoplenet.com/popup/images/Nature-Beauty.jpg>

आचार (Aachaar) – Right Conduct

विचार (Vichaar) – Right Thinking

आहार (Aahaar) – Right Food Habits

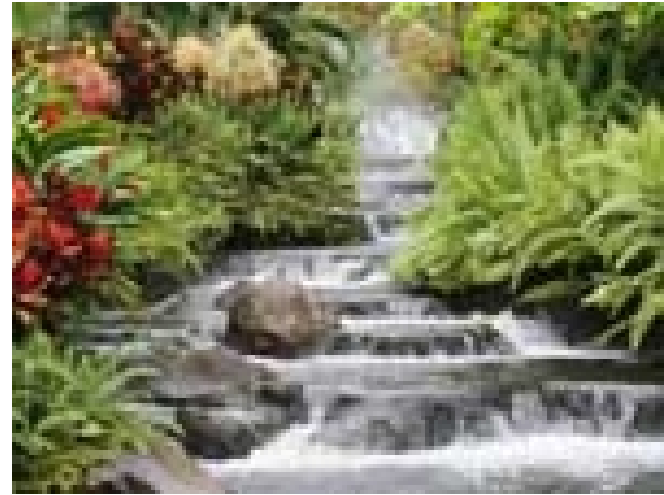
विहार (Vihaar) – Right Daily Routine



# Beliefs

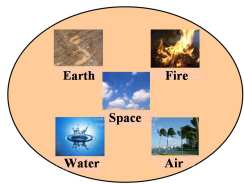


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# Beliefs

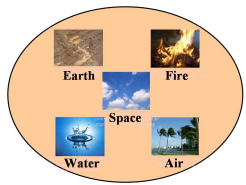


[http://blogs.targetx.com/pbu/Trevor/Nature\\_Mountains.jpg](http://blogs.targetx.com/pbu/Trevor/Nature_Mountains.jpg)

(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.

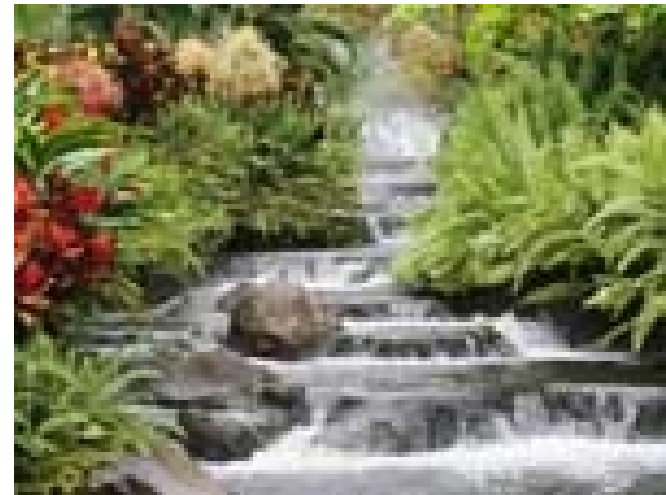
(2) Nature Cure also believes that the human body possesses inherent self constructing and self healing powers.



# Basic Concepts

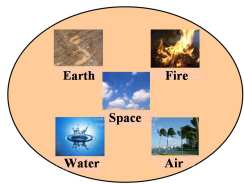


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<http://itpeoplenet.com/popup/images/Nature-Beauty.jpg>





# Basic Concepts



## Three basic concepts of Nature Cure

- **Accumulation of morbid (waste & toxic) matter**
- **Abnormal composition of blood & lymph**
- **Lowered vitality**



[outofuganda.files.wordpress.com/2009/04/earth.jpg](http://outofuganda.files.wordpress.com/2009/04/earth.jpg)  
**Earth**



[www.mynewworld-builder.com/ex110/images/water.jpg](http://www.mynewworld-builder.com/ex110/images/water.jpg)  
**Water**



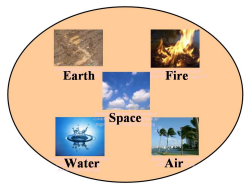
[farm3.static.flickr.com/2009/2208627690\\_9000.jpg?v=0](http://farm3.static.flickr.com/2009/2208627690_9000.jpg?v=0)  
**Fire**



[centria.files.wordpress.com/2009/04/air.jpg](http://centria.files.wordpress.com/2009/04/air.jpg)  
**Air**



[www.thisgreennews.com/live/export-content/space-greenlife/pages/workshop-quality-clouds.jpg](http://www.thisgreennews.com/live/export-content/space-greenlife/pages/workshop-quality-clouds.jpg)  
**Space**

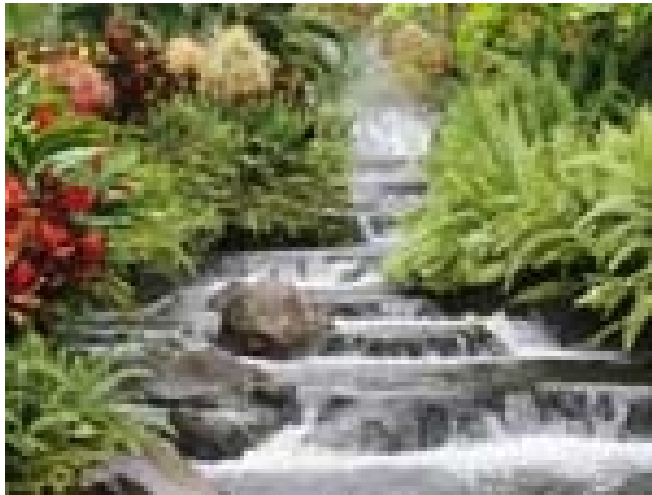


# Basic Concepts



## 3 basic concepts of Nature Cure

- **Accumulation of morbid matter**
- **Abnormal composition of blood & lymph**
- **Lowered vitality**



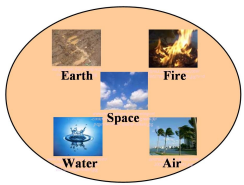
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Nature Cure **does not believe** in the **specific** cause of disease and its specific treatment

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

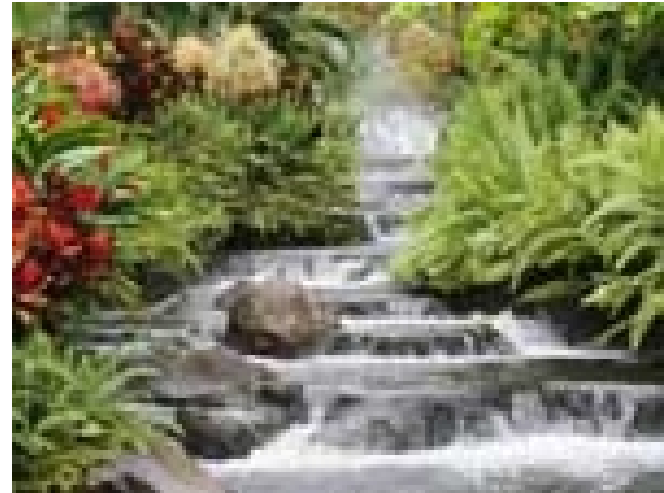


# Principles

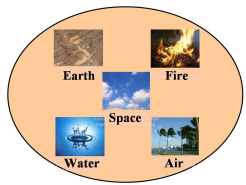
There are 12 Basic Principles



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<http://itpeoplenet.com/popup/images/Nature-Beauty.jpg>



# Principles

There are 12 Basic Principles



[http://blogs.targetx.com/pbu/Trevor/Nature\\_Mountains.jpg](http://blogs.targetx.com/pbu/Trevor/Nature_Mountains.jpg)

(1)

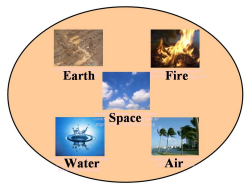
**All disease, their cause and their treatment are one**

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

*Dr. H. K. Bakhru, "A Complete Handbook of Nature Cure – Edition 4", Jaico Publishing House: Mumbai, 2006.*

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

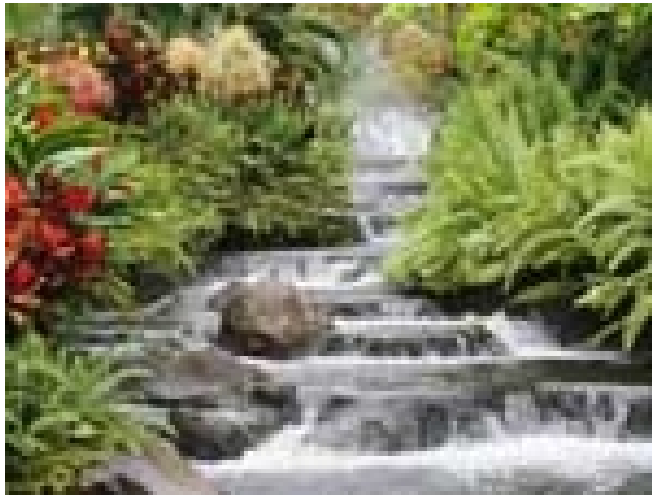


# Principles

There are 12 Basic Principles

(2)

**The basic cause of disease is  
not bacteria**



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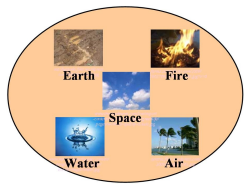
Bacteria develops after the accumulation of morbid matter, which provides a favorable atmosphere for their growth

Basic cause is morbid matter and not the bacteria.

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

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

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



# Principles

There are 12 Basic Principles

(3)

**Acute diseases are our friends  
not the enemies**



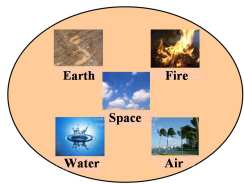
[http://www.ummatspace.com/ASP/UserPictureUpload/26\\_Nature%20world\\_nature17.jpg](http://www.ummatspace.com/ASP/UserPictureUpload/26_Nature%20world_nature17.jpg)

*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

Dr. H. K. Bakhru, "A Complete Handbook of Nature Cure – Edition 4", Jaico Publishing House: Mumbai, 2006.

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





# Principles

There are 12 Basic Principles

(3)

**Acute diseases are our friends  
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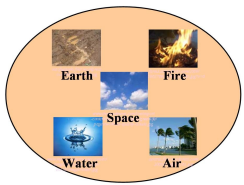


[http://www.ummatspace.com/ASP/UserPictureUpload/26\\_Nature%20world\\_nature17.jpg](http://www.ummatspace.com/ASP/UserPictureUpload/26_Nature%20world_nature17.jpg)

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

Dr. H. K. Bakhru, "A Complete Handbook of Nature Cure – Edition 4", Jaico Publishing House: Mumbai, 2006.

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



# Principles



There are 12 Basic Principles

(4)

**Nature is the greatest healer**

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

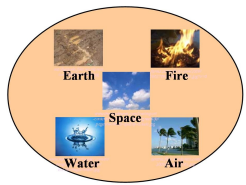
The role of a Naturopath is just to help the body in regaining back and fully developing its natural healing capacity



[nature-reserve-screensaver.smartcode.com/images/sshots/nature\\_reserve\\_screensaver\\_27016.jpeg](http://nature-reserve-screensaver.smartcode.com/images/sshots/nature_reserve_screensaver_27016.jpeg)

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

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



# Principles

There are 12 Basic Principles



[infoxp.files.wordpress.com/2008/09/art-nature-wall.jpg](http://infoxp.files.wordpress.com/2008/09/art-nature-wall.jpg)

(5)

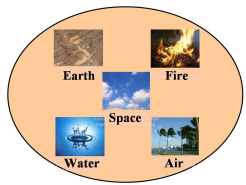
**In Naturopathy, patient is treated and not the disease**

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?

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

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



# Principles

There are 12 Basic Principles



[infoxp.files.wordpress.com/2008/09/art-nature-wall.jpg](http://infoxp.files.wordpress.com/2008/09/art-nature-wall.jpg)

(5)

**In Naturopathy, patient is treated and not the disease**

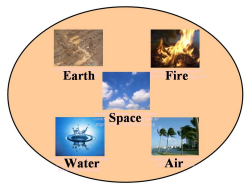
(iii) How much patience does the patient have?

(iv) How strong medication/operation the patient has already gone through?

(v) How much belief does the patient have in Naturopathy treatment?

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

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



# Principles

There are 12 Basic Principles

(6)

**In Naturopathy diagnosis is easily possible**



[www.layoutsville.com/images/graphics/nature/nature6.jpg](http://www.layoutsville.com/images/graphics/nature/nature6.jpg)

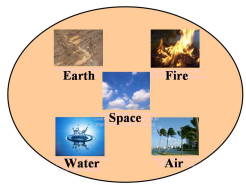
Long wait for diagnosis is not required

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 Ayurvedigyan (Hindi)", Arogya Seva Prakashan:Modinagar, 2005.*

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



# Principles

There are 12 Basic Principles



[www.alkalima.com/images/08-02/nature.jpg](http://www.alkalima.com/images/08-02/nature.jpg)

(7)

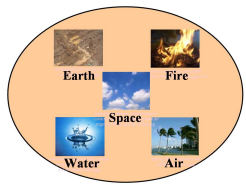
**Chronic ailments can be treated successfully; this treatment can take slightly long time**

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

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

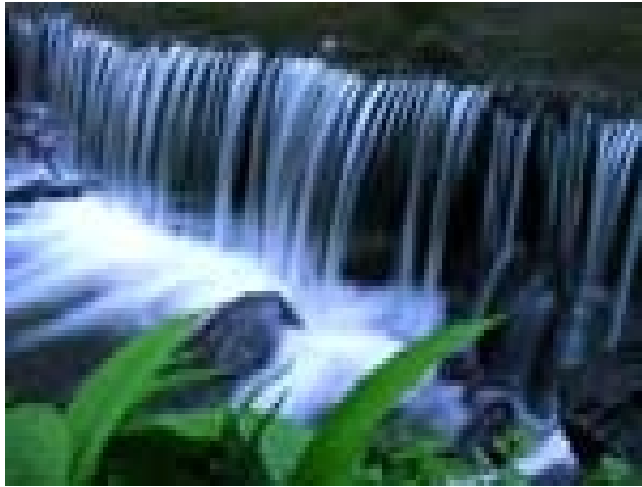
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# Principles

There are 12 Basic Principles



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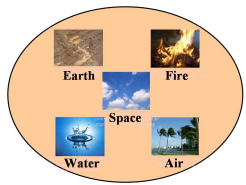
(7)

**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

*Dr. Rakesh Jindal, "Prakratik Ayurvedigyan (Hindi)", Arogya Seva Prakashan:Modinagar, 2005.*

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



# Principles

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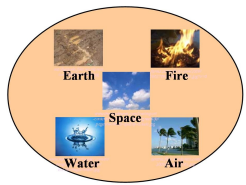
**Chronic ailments can be treated successfully; this treatment can take slightly long time**

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 Ayurvedigyan (Hindi)", Arogya Seva Prakashan:Modinagar, 2005.*

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



# Principles

There are 12 Basic Principles

(8)

**Suppressed diseases emerge again during Naturopathy, and are cured forever**



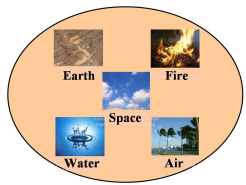
[media.photobucket.com/image/nature/mainhoondon\\_2007/Nature.jpg](http://media.photobucket.com/image/nature/mainhoondon_2007/Nature.jpg)

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.*

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



# Principles

There are 12 Basic Principles



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(8)

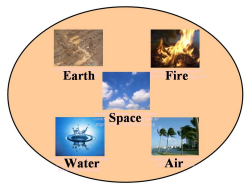
**Suppressed diseases emerge again during Naturopathy, and are cured forever**

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

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

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



# Principles



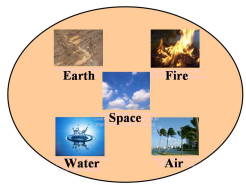
There are 12 Basic Principles

(9)

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



[media02.hongkiat.com/nature\\_wallpapers/Viva-La-Nature-5-\(3\).jpg](http://media02.hongkiat.com/nature_wallpapers/Viva-La-Nature-5-(3).jpg)



# Principles

There are 12 Basic Principles

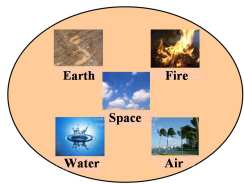
(10)

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



[www.vistawallpapers.org/images/wallpapers/57339581/Wallpapers/Nature/Sunset-behind-rock-nature.jpg](http://www.vistawallpapers.org/images/wallpapers/57339581/Wallpapers/Nature/Sunset-behind-rock-nature.jpg)





# Principles

There are 12 Basic Principles

(11)

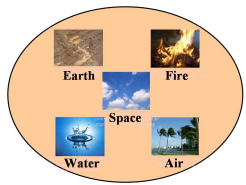
**Naturopathy does not use  
medicines.  
According to Naturopathy**

***“Food is Medicine”***



<http://www.lifepositive.com/Body/Health/images/Fasting2.jpg>

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



# Principles



There are 12 Basic Principles

(12)

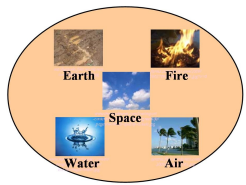
According to **Gandhi Ji**  
“*Rama Nama is the best  
Natural Treatment*”

*Meaning*

**Doing prayer** according to  
one’s spiritual faith is an  
important part of treatment



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# Principles



There are 12 Basic Principles

(12)

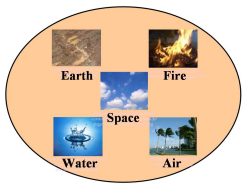
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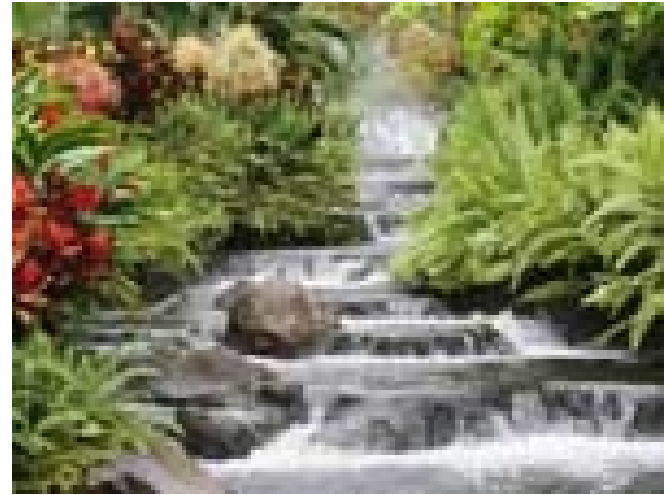
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# Reference Books

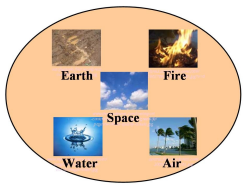


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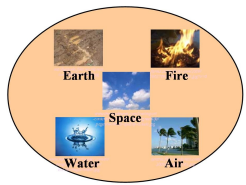
<http://itpeoplenet.com/popup/images/Nature-Beauty.jpg>

# Reference Books (English)



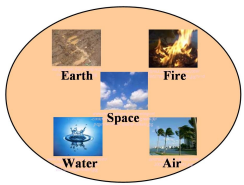
- Dr. H. K. Bakhru, “**A Complete Handbook of Nature Cure – Edition 4**”, Jaico Publishing House:Mumbai, 2006.
- M. K. Gandhi, “**Key to Health**”, Navjivan Publishing House:Ahmedabad, 2005.
- Adolph Just (Author), Benedict Lust (Translator), “**Return to Nature: The True Natural Method of Healing and Living and the True Salvation of the Soul, Paradise Regained V1**”, Kessinger Publishing:LLC, 2007.
- Louis Kuhne and Benedict Lust, “**Neo Naturopathy: The New Science of Healing** or the Doctrine of Unity of Diseases”, Kessinger Publishing:LLC, 2010.

# Reference Books (English)

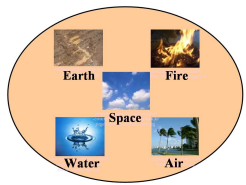


- Sebastian Kneipp, “**My Water-Cure**”, Kessinger Publishing:LLC, 2010.
- Dr. Herbert M. Shelton, “**Fasting Can Save Your Life**”, Prakruthi Jeevan Kendra:Bangalore, 1995.
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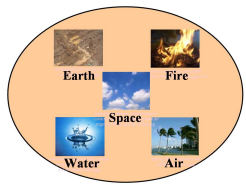


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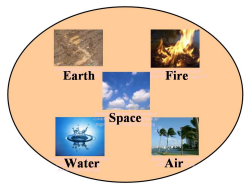




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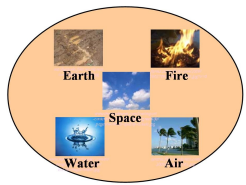
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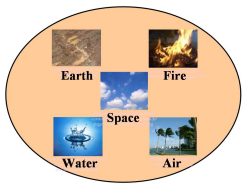
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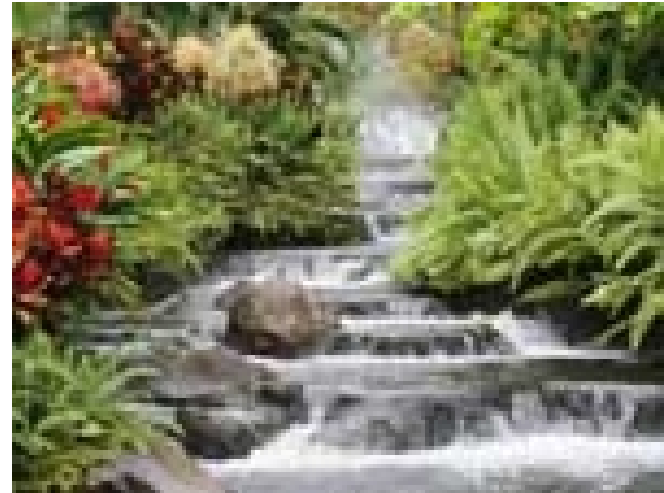
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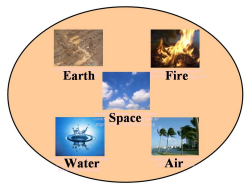
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