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INTRODUCTION

Yoga is a systematic practice of physical exercise, breath control, relaxation, diet control, and positive thinking and meditation aimed at developing harmony in the body, mind, and environment. The practice entails low-impact physical activity, postures (called *asanas*), breathing techniques (*pranayama*), relaxation, and meditation. Most people are familiar with the physical poses or yoga positions but don't know that yoga involves so much more.

Yoga is a science of right living, and as such, it is intended to be incorporated in daily life. It works on all aspects of the person, – the physical, mental, emotional, social and spiritual levels.

The word Yoga means "Unity" or "Oneness". It is derived from the Sanskrit word *YUJ* which in spiritual terms means the union of the individual consciousness with the universal consciousness. On a more practical level, yoga is a means of balancing & harmonizing the body, mind & emotions and this state needs to be achieved before union with the higher reality takes place.

The four major schools or streams of Yoga are:

- (i) KarmaYog –
- (ii) BhaktiYog –
- (iii) JnanaYog –
- (iv) RajaYoga – Path of Self

IMPACT OF YOGA

1. Yogic exercises recharge the body with cosmic energy and facilitates:
2. Attainment of perfect equilibrium and harmony
3. Promotes self- healing.
4. Removes negative blocks from the mind and toxins from the body
5. Enhances personal power
6. Yoga to live with greater awareness
7. Helps in attention, focus and concentration, especially important for children.
8. Reduces stress and tension in the physical body by activating the parasympathetic nervous system
9. Yoga for better relationships

IMPORTANCE OF YOGA

Yoga is a fantastic remedy for overcoming problems that modern man is facing in his daily life. Yoga helps to enhance the auto-immune system, to increase the vital energy in the body system. This will help to increase the vital energy in the body and help to develop the thought of mental efficiency. This will help to minimize the mental attitude of the human.

Yoga is a precious pragmatic science evolved over thousands of years which is dealing with physical, moral, mental and spiritual well-being for man. The term Yoga is derived from Sanskrit meaning to bind, join, attach and yoke. It increases one's concentration and attention.

The system of Yoga teaches the individual soul (Jivatma) which can be united with communion with the Cosmos (Paramatma) and it will help to attain Moksha. Yogi will find grace within himself through his practice and he finds fulfillment in his life. Yoga will help to reach wisdom in work or skillful living and this will bring harmony in our life.

The practice of Yoga is not a course or exam which can be completed within a stipulated period of time. But it can be based on the dedication towards their practice. One cannot expect favorable results within an exact period of time. Yoga is based on the relationship between Guru and Shishya and really this is special when compared to other relationships like husband and wife or friends. A Guru should be free from world affairs and he should bear a role model for Shishya. But Shishya should have higher realization and development and he is having more responsibilities and he should have more love and devotion towards his Guru.

GENERAL BENEFITS OF YOGA PRACTICES

• Physical Benefits:

- Creates a toned, flexible, and strong body.
- Improves respiration, energy, and vitality.
- Helps to maintain a balanced metabolism.
- Promotes cardio and circulatory health.
- Relieves pain.
- Helps you look and feel younger than your age.
- Improves your athletic performance.

• Mental Benefits:

- Helps you relax and handle stressful situations more easily.
- Teaches you how to quiet the mind so you can focus your energy where you want it to go - into a difficult yoga pose, on the tennis court or golf course, or in the office etc...
- Encourages positive thoughts and self-acceptance.

• Spiritual Benefits:

- Builds awareness of your body, your feelings, the world around you, the needs of others.
- Promotes an interdependence between mind, body, and spirit.
- Helps you live the concept of "oneness."

YAMA AND NIYAMA

PREPARING ONESELF FOR YOGIC PRACTICES

The influence of the mind on the body is far more profound than the influence of the body on the mind. The physical training in Yoga will give the desired result only when it is backed up by mental training through the cultivation of correct psychological attitudes.

This is exactly why in yoga, Yama and Niyama are placed as the first and second items correspondingly in the yogic curriculum and has assigned as anathethird place. If followed faithfully, Yama and Niyama give supreme mental peace to a student of Yoga. He is freed from all violent emotions. He develops a robust optimism. He maintains a clear conscience and can carry the sunshine of happiness wherever he goes. In short he is able to ensure perfect health for his mind.

The Yama and Niyama were originally a part of the Yoga Sutras, which are a series of short sentences of wisdom through which Sage Patanjali convey his teachings. Patanjali explains the steps through which even an ordinary person can realize God. According to the Yoga Sutras, the Yama and the Niyama are the first two steps in the eight-fold path of Yoga. The Yama and Niyama are eternal and can be applied in people's lives always, even though they were formulated as a practice thousands of years ago. The world of human beings always seem to have the same problems in different forms at different times, always with the roots in their egos.

The Yama and Niyama are self-disciplinary qualities that everyone should have and observe for their own spiritual development. They are the code of conduct for anyone seeking spiritual development. It would not be beneficial to practice the other steps of Ashtanga Yoga without mastering the Yama and Niyama simultaneously, as they are the base of the ladder leading to Self-realization.

One may practice Asana and have a fit body. One may practice Pranayama and balance the Pranic energy in the Nadis. One may practice Pratyahara and reach deeper states of consciousness, but it results with no use without the practice of Yama and Niyama. The Yama and Niyama create a fit and balanced mind. Most of all they establish mental and physical Sanyam in our mind, actions and behaviour.

What is Sanyam? "If you want to generate electricity from a river, first you have to construct a dam to control the normal flow, ensuring that it becomes a source of greater potential energy. You do not block the passage of water or dry up the river, rather you create more power. That controlled and guided action is Sanyam."

The Yama and Niyama also correspond to some of the chakras and, therefore, through practicing them, one is also awakening the Kundalini Shakti.

The various types of Yogic practices from which everyone can get benefited are:

- (i) Yama and Niyama (Attitude Training Practices)
- (ii) Asana (Steady Postures)
- (iii) Pranayama (control of the breathing process)
- (iv) Mudras and Bandhas (seal and lock for energy)
- (v) Shat Kriya (six purification techniques)
- (vi) Dhyana (Meditation)

restraints from performing actions of the weaker lower mind.

ahimsaa-satyaasteya-brahmacharayaaparigrahaayamaah-II:30

The PanchaYama the five moral restraints or rules of social conduct are:

1. Ahimsa : Non-violence
2. Satya : Truthfulness
3. Asteya : Non-stealing
4. Brahmacharaya : Chastity
5. Aparigraha : NonCovetedness

Ahimsa

Ahimsa, non-violence, not only means not causing harm or pain to any creature in thought, word or action, but also not having even a hint of aggression within your being.

Usually your actions in themselves are violent, though your purposes are not at all so. When a mother slaps a child, she does so because she wants to teach the child a lesson. It is done out of love, not hatred. Therefore, it is the purpose that matters, and not the action.

It is equally sinful if we encourage others to be violent or if we are violent to ourselves. Ahimsa (violence) is not only physical violence, but also includes manipulation, hurting someone's feelings, psychic influence and so on. The most important thing is not to directly deny people, even if they get violent, i.e.

not getting into fights, arguments, disputes, quarrels. Ahimsa is not considered to be violence if it is to save your life, or if you kill one in order to save many. It is said that when you practice Ahimsa, a sort of magnet will attract around you, preventing anyone from doing you harm or being violent. People will start to enjoy your presence and feel no discomfort as long as they are in your presence.

In the Christian Bible, Christ says, "If one slaps thee on thy right cheek, turn to him the left also." Christ, Krishna, Rama, Prophet Mohammed, Buddha and all other saints, prophets and messiahs were great followers of Ahimsa and Dharma. Great saints like St. Francis of Assisi and Ramana Maharishi, who could communicate with animals, were also great followers of Ahimsa. Aggression is a reaction to fear and, therefore if we overcome our fears, we can practice Ahimsa.

The fruit of perfection in Ahimsa are "There is no hostility in his presence"

A good example is the story of the Sufi saint who called his disciples together and said, "I have five birds, one for each of you. Take them and kill them in separate places, but no one must see you doing it. When you bring them here, we'll have a feast." So they all came back sooner or later and gave explanations about where they killed their birds and how no one saw them. When the last disciple came, he said "I'm sorry Guruji, I failed you. I could not kill it. Wherever I went, I felt as though someone was watching me." He turned out to be the best disciple.



Satya

Satya, or truth, is the second Yama, and also a very important qualification. Let's take Galileo as an example of Satya. He was caught by the Inquisition twice for his discoveries, but, in spite of the danger, he went on with his writing, teaching and research until he could no longer use his eyes and ears. He stuck to the truth of his discoveries till the end, because he knew they were true, and he wasn't even prosecuted. Swami Sivananda says, "God is truth, and He can be realized by observing truth in thought, word and deed." According to him, the thirteen forms of truth are: truthfulness, equality, self-control, absence of jealousy, absence of envious emulation, forgiveness, modesty, endurance, charity, thoughtfulness, disinterested philanthropy (being too public-spirited or civic-minded), self-possession, and unceasing and compassionate harmlessness. Under certain circumstances, telling a (white) lie to produce immense good is regarded as truth.

The fruit of perfection in Satya are "Whatever he utters will come true"

Vak Siddhi (Vak means speech, and Siddhi is a special power a Yogiree receives through practicing Sadhana and Tapasya) can be mastered by observing truth always and at all times. The Vak Siddhi gives, on the spot, the power to accomplish things by mere thought.

Lie is not only a lie if you speak incorrect or dishonest words. If you acted foolishly and afterwards blinded yourself with the belief that you did the right thing, it is also considered to be a lie, even though it all happened in your mind. It's the same if you exaggerate, or brag, in order to boost your ego. Satya is not merely abstinence from telling lies, but also the ability to see the truth, to be aware of the truth behind everything. If you tell people what they should or should not do and then do whatever pleases you, you are a hypocrite. You say one thing and do another, thereby not being true even to yourself. Why should one lie? One lies to escape the consequences of the actions of one

eself for one's associate. This is a manifestation of the petty mind. Therefore, Satya also helps in overcoming the petty mind.

Asteya

Asteya, the third Yama, is commonly known as honesty (in the sense of abstinence from theft). To be able to follow Asteya, we must be satisfied with what we have, our personal belongings, our way of thinking, what we do, where we are, who we are, etc. In other words, we must not be greedy and should try to be contented. We steal things because we desire them. To be able to be strong enough to resist the temptation to steal the object that one desires, one's mind must be strong. Hence, through mastering Asteya, one purifies the mind of desires and Vrittis.

Asteya makes the mind pure, like a mirror in which your divine mind is reflected. The very thought of gain through theft should not arise in the mind, because a constant desire for objects not belonging to oneself is actual theft. We steal things because we desire them, so it does not necessarily mean that we steal physical objects. There are people who steal the ideas of others. That is the worst form of theft. Try to keep your desires moderate.

The fruit of perfection in Asteya are

"All the riches will flow toward him"

Brahmacharya

Brahmacharya is usually depicted in books, discourses, scriptures etc. as celibacy. But Brahma literally means the 'divine consciousness' and charya, in this case, means 'living' or 'one who is established in'. Therefore, Brahmacharya actually means 'being established in divine consciousness', or 'being established in the higher (form of the) mind'.

Scientists have proved that only ten percent of the average human brain is active and is rarely accessed during daily activities. Spiritually evolved people said long ago that the human mind has an enormous capacity. Unfortunately, a large part of the ten percent is driven by instincts and indulges in sensual and petty activities. The four basic instincts that drive are: Ahara (food), Nidra (sleep), Bhaya (fear) and Maithuna (sexuality). These are dominant in our minds for the simple reason of survival. Since survival is not such a big problem in today's society as it was in ancient times, a sort of vacuum is created. Food is over-available, fear becomes an obstacle in daily life, and the world is over-populated and soon. Most people fill this vacuum by amplifying the fulfilment of these desires for sensual pleasure. Brahmacharya deals with filling this vacuum with spirit

uality.

To most people, following Brahmacharya would mean suppression of desires. Brahmacharya should not be suppression, and suppression is not the remedy for overcoming the lower mind or controlling any of its instinctive drives. Unless one is established in the higher mind, suppression is of no avail. One may be able to stop oneself from satisfying any of these instincts, but one cannot suppress them from dwelling upon them continually. That is not Brahmacharya, being established in the higher mind, and the higher mind does not waste time by dwelling on such matters.

The fruit of perfection in

Brahmacharya are

"Great Valour is gained and fear of death is lost"

There is a story about two monks on a pilgrimage in (supposedly) strict Brahmacharya. When they come across a lady unable to cross a large puddle, the senior monk carries her across to safety. Shocked, the younger monk eventually remonstrates with the senior monk, who replies, "You are still carrying her in your head while I left her by the bank of the puddle!" The younger monk is a perfect example of the opposite of Brahmacharya.



Aparigraha

Aparigraha, the fifth and last of the Yamas, is non-possessiveness (also known as abstinence from greed). It is actually complete freedom from greed or covetousness. You should not try to possess more than you minimally need. As Swami Satyananda Saraswati mentions in Four Chapters on Freedom, "This keeps the mind unoccupied and also the aspirant does not have to worry about anything because there is nothing (no possessions) there to be protected." When we become non-possessive, or non-attached, we become impartial and in that way the conditioned love, affection, compassion and soon becomes unconditional, and not merely restricted to family, friends, relations, etc.

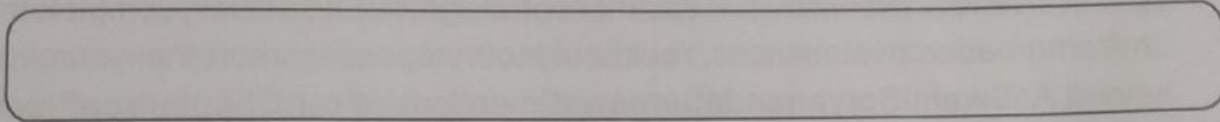
The memories and habits of possessing objects must be first washed away from the mind, and only then can you start life anew. The mind also becomes pure by following Aparigraha,

The fruit of perfection in Aparigraha
are

“Knowledge of previous births and future births as well”

NIYAMA

The Niyamas are these self-disciplinary qualities which are entirely devoted to helping the aspirant on their spiritual journey. They are also fixed rules one should follow in order to do the practices of meditation (Dhyana) and to reach Samadhi



The five Niyamas are the five evolutionary observances or rules of self-conduct are:

1. **Soucha** : Cleanliness
2. **Santhosha** : Contentment.
3. **Tapas** : Austerity or Discipline
4. **Swadyaya** : Self-Analysis
5. **Iswara pranidhana** : Surrender to the divine will
of God

or

Devotion to the almighty
God

Soucha

Soucha, cleanliness, is the first Niyama. Not only external cleanliness, like having a shower, brushing your teeth, etc., but purity of actions, purity of mind from evil and distracting, unnecessary thoughts and from bad, haunting memories. Cleanliness of the environment and of oneself is necessary for hygienic reasons, but the state of the environment also affects your mind. If it is clean and tidy, you will become more centered and will be able to concentrate properly, but if it is an unhygienic, messy or untidy environment, your mind may become disorganized. That is why it is better to tidy up your room in the morning. Such things seem trivial, but they help to keep the mind free of clutter and make it sharp and clear.

In other words, practicing Soucha on the physical plane also affects the mind on the Pranic and mental levels.

The fruit of perfection in Soucha are

“Indifference towards the body and non-attachment as well as fitness for

cheerfulness, one-pointedness, sense control and vision of the self”

Santhosha

Santhosha, contentment or satisfaction, is the second Niyama. Santhosha is being content with one's actions and with what one has, what one is, where one is, and with what one has done or what one is doing. It also means to be content about where one is, whether it is concerning time or space. We should not daydream about the future nor should your mind linger in the past. Be content with where you are, or you will never be happy or feel true satisfaction. Also, Santhosha is being content with what one is. If you do not like being what you are, you won't find any happiness in life either. You have to be contented with what you do, if you have done your best.

A beggar is a king if he is contented with what he has, while a king is like a beggar if he still desires more riches to add to his treasure troves and vaults by imposing more taxes on the poor.

If you are dissatisfied, it causes psychic infirmity and many other complexes. In the Yoga Vashishtha, Sage Vashishtha, who was one of Rama's teachers, says that *Vichara* (reflection), *Shanti* (peacefulness), *Satsang* (being in the company of truth, in any form), and *Santhosha* (contentment) are the four sentinels at the gate of Moksha (salvation, or being completely freed from the cycle of birth and rebirth). He says that if you have mastered *Santhosha*, the other three will let you pass automatically.

The fruit of perfection in *Santhosha* are

“Unexcelled Happiness”

Tapas

The third Niyama is *Tapasya* (or *tapas*), austerity or moderation—depending upon one's capacity. The main purpose of attaining *Tapasya* is to be able to meditate properly. It creates a controlled mind which will not accept any interference from the body, like “I'm thirsty!” or “I want food!” or “that hurts!” etc. It also hardens the body, so that these desires aren't too frequent. It strengthens the organs and makes them healthy in order not to experience painful distractions during meditation. Thus it leads to *Pratyahara* or abstraction of the senses.

In the *Bhagavad Gita* it is mentioned that there are three types of austerities:

- (i) Austerity of the physical body,
- (ii) Austerity of communication and speech (*Mouna*)
- (iii) Austerity of the mind.

Tapas includes control over one's thoughts in order to avoid unnecessary talking.

As a sculptor chips away all the unnecessary bits of rock to make a beautiful sculpture, so the hardships through which the body goes strengthen the mind and chip away all the unnecessary bits, leaving only the true essence of your real self. By practicing *Tapasya*, the body becomes immune to extensive heat, cold and even poisons and other hardships.

According to Swami Satyananda Saraswati in *Four Chapters on Freedom*, there are five types of *tapas*: (i) exposure to the sun to harden the skin, (ii) exposure to fire to mak

one's body slim and brown, (iii) doing Pranayama to heat the body, (iv) accumulating the fire of concentration at one point, and (v) the fire of fasting. These are the five fires which remove the toxins to make the body fit for meditation.

The fruit of perfection in Tapas are

"Impurities are destroyed and the body and sense organs attain perfection"

Swadhyaya

Swadhyaya is the fourth Niyama, which I have defined as study of the self in the introduction. It is usually defined as 'study of ancient spiritual scriptures', but one can read the scriptures and not understand or apply a single thing from them in our daily lives. Swa means 'self' here; therefore, Swadhyaya is actually the study of the self, or self-analysis. One must be the Drashta, the witness, the observer. The high type of knowledge is actual experience, while the lower form is learning directly from books and the even lower form is learning from books but not understanding anything that one is reading. It is recorded in the *Essene Gospel of Peace* that Jesus said, "Seek not the law in your scriptures, for the law is life, whereas the scripture is dead."

Through Swadhyaya we can improve ourselves and guide ourselves on the right path to some extent without the help of the guru. If you can see your life and observe it like a book, as in the yogic practice of Antar Mouna, we can observe Swadhyaya. One can observe and modify one's reactions, one can moderate one's negativity and improve one's way of perceiving things through observing the self.

From another point of view, chanting the name of God in the form of the Gayatri mantra, the Om mantra, a prayer, etc., or even your own initiation mantra, helps to focus the mind, which helps in Swadhyaya. When one chants a mantra from the heart, one does not necessarily need to understand what one is chanting in order to experience spiritual upliftment.

The fruit of perfection in Swadhyaya are
"Union with the desired deity"

Ishwara Pranidhana

Ishwara Pranidhana, or complete self-surrender to God, is the last and one of the hardest Niyama. One gets to a stage on the spiritual journey when the Guru steps back and when one cannot proceed without help and one becomes desperate. Such is the human mind that one can develop complete faith in God only when a desperate situation arises, where none but God (by God which can be Ishwara, Allah, Yahweh, or any other) only can help, whether you believe in God or not. People understand God in many different ways. Some do not even believe in the concept of God. Yet everyone whose seek spiritual guidance and evolution reach this stage if they are sincere in their quest. As God is different to many people, we reach this stage through different means and situations. It is the time when one completely lets go of all ego and surrenders to destiny.

The fruit of perfection in Ishwara Pranidhana is

"Samadhi is attained"



There is a story about a dedicated monk deep in meditation in his cave. Suddenly there was a freak flood and the town nearby was filled with gushin gwater. Some good-natured people paddled laboriously on their little raft to try and save the monk. But when they reached his cave, the monk said, "Do not worry. I am a pious man who has been serving God a

His life. God will not desert me now. Never fear, He will come and save me with His own hands."

A few minutes later a yacht with five men arrived. They attempted to rescue the monk, but received the same reply. Finally, a rescue helicopter arrived and hovered outside the cave, but the monks sent them away.

The water rose, flooded the monk's abode and he drowned. When he reached heaven he said to God, "I've been worshipping you all my life and yet you didn't come and save me when I needed you the most!" And God replied "Well, I don't know what you expected. First I sent you a raft, then a yacht, then a first class helicopter, and you only said silly things like 'God will save me with His own hands.' The raft, yacht and helicopter were my hands."

It all seems to be a mental process; however, the physical outcome is that when one surrenders to and realizes Ishwara, one never remains the same because one cannot realize God if one has even the smallest hint of a human ego.

Conclusion

The Yama and Niyama are all in a way interrelated, so they don't allow you to skip any of them if you are sincere in your desire to master them. Also, the Pancha Yama and Pancha Niyama are not meant only for Yogis and Sanyasins, but for every one to practice.

According to Yoga, the influence of mind over the body is much more than that of the body over the mind. For this reason, Yoga has laid great emphasis on the cultivation of correct psychological attitudes through Yama-Niyama. They bring about tranquilization of mind necessary for getting maximum benefit possible through various Yoga practices.

NATUROPATHY AND ITS IMPORTANCE

TOPICS FOCUSED HERE-
A BRIEF INTRODUCTION AND ITS BENEFITS ALONG WITH
DIFFERENT TECHNIQUES
USED ALONG WITH ITS RELLEVANCE TO PRESENT ERA

INTRODUCTION

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.

Gandhiji was influenced by the book Return to Nature written by Adolf Just 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.

Indian Naturopathy movement started mainly in the States of Andhra Pradesh, Uttar Pradesh, Bengal, Maharashtra and Gujarat. The Naturopaths who did foundation work in revival of Naturopathy in different States are Dr. Mahavir Prasad Poddar, Dr. Janaki Sharan Varma, Shri Sharan Prasad, Dr. Khushi Ram Dilkash, Dr. S.J. Singh, Dr. Hiralal, Dr. Vitthal Das Modi, Dr. Kulranjan Mukherjee, Dr. Sukhram Das, Dr.J.M. Jussawala,
Dr. M.M. Bhamgara, Dr. Vegi Raju Krishnam Raju, Dr. B. Venkat Rao, Dr. B. Vijaya

इसका, Dr. जगदा प्रसाद जगु Nahar, श्री Dharam Chanda Baravagi, Dr. Sukhbir
शेखर सिक्का, Acharya K. Laxman Sharma etc.

इसके, it may also be mentioned that modern Naturopathy movement was started in
वेस्टर्न अर्थ वेस्टर्न countries with Water Cure (Hydrotherapy) therapy.
वेस्टर्न Water Cure was synonymous with Nature Cure in those early days. The credit of
वेस्टर्न Water Cure world famous goes to Vincent Priessnitz (1799-1851), who was
a farmer. Later on, other personalities also made their contribution in this work. The
नाम डॉ. विलियम क्यूने ने special mention, who propounded the Principle of Unity
of Disease and Treatment and provided a theoretical base to this method. The book
New Science of Healing written by him has been translated into several languages of
दुनिया.

दो नाम डॉ. Henry Lindlahr, Dr. J. H. Kellogg, Arnold Ehrit, D. D. Palmer,
रॉबर्ट, E.D. Babbit, Beman Macfadden, Arnold Rickley, J.H. Tilden, Father Kneipp,
इत्यादि हैं।

Stanley Lee and Henry Benjamin etc. may also be mentioned among others who had
दो अर्थ डॉ. contribution to the development of Naturopathy.

आज तो today, Naturopathy is Recognised and well accepted as an independent
System of Medicine. Presently there are 12 Degree Colleges, Affiliated to Universities
and are imparting its five and a half years degree course of Bachelor of Naturopathy
& Yoga Sciences (BNYS).

The main features of Naturopathy are as under:

All diseases, their causes and treatment are one. Except for traumatic and
environmental conditions, the cause of all diseases is one i.e. accumulation of
morbid matter in the body. The treatment of all diseases is elimination of morbid
matter from the body.

The primary cause of disease is accumulation of morbid matter. Bacteria and
virus enter and survive in the body only after the accumulation of morbid matter
when a favorable atmosphere for their growth is established in body. Hence, the
basic cause of disease is morbid matter and bacteria secondary causes.

Acute diseases are self-healing efforts of the body. Hence, they are our friends, not the enemy. Chronic diseases are outcome of wrong treatment and suppression of the acute diseases.

Nature is the greatest healer. The human body itself has the healing power to prevent itself from disease and regain health if unhealthy.

In Nature Cure it is not the disease but the entire body of the patient which is caused and is renewed.

Naturopathy Cures Patients suffering from chronic ailments are also treated successfully in comparatively less time by Naturopathy.

In Nature Cure the suppressed diseases are brought to surface and are removed permanently.

Naturopathy treats all the aspects like physical, mental, social and spiritual at the same time.

Naturopathy treats the body as a whole.

According to Naturopathy, "Food is only the Medicine", no external medications are used.

Performing prayer according to one's spiritual faith is an important part of treatment (According to Gandhiji "Rama Nama" is the best Natural Treatment)

Naturopathic History

Naturopathy has been part of Germany for centuries. Many of the principles and philosophies of naturopathy originated in Germany and Europe in the 16th and 17th century. The original naturopaths – prior to 1900s – from around the world, were trained by European doctors using hydrotherapy, herbal medicine and other traditional forms of healing. Currently, European countries consider their practice of naturopathy as a system of healthcare that has evolved by incorporating the traditional medicine of each country with the naturopathic principles, theories,

modalities and traditions that have been codified in North America. Traditional forms of naturopathic teaching and practice are still common in Europe.

North America is considered the home of modern naturopathy, or naturopathic medicine. Most North American schools are government-accredited and all regions within North America are working toward regulation or licensure (with 50% of Canadian provinces and 38% of all states / regions in the USA regulated). There are strong national and regional naturopathic associations, ongoing naturopathic research and specialized groups and journals to support the practice of naturopathic medicine. North America is credited with codifying the naturopathic principles and for contributing some of the established theories and practices that are now used worldwide.

Throughout its history, naturopathy / naturopathic medicine is introduced into a country when a naturopath / naturopathic doctor that has been trained in North America or Europe moves and takes their skills with them. There is a synthesis of the European or North American training with the traditional systems of medicine in their country. For example, naturopathy was introduced to India after a medical doctor was trained by naturopaths in Europe; two of the respondents from South East Asia indicated that they were originally trained in the USA.

The World Naturopathic Federation is currently undergoing a research project to clarify and codify the historic roots of naturopathy from around the world.

Naturopathic Principles

Although there has been historically broad discussions on the principles and practice of naturopathic medicine, there was no formal codification process until 1986, when the American Association of Naturopathic Physicians (AANP) formed a committee that consisted of naturopathic doctors Pamela Snider, Jared Zeff and others. These practitioners spent over three years reviewing the historic data and documents and interviewing over 1,000 people. In 1989, a definition of naturopathic medicine and the description of the six naturopathic principles was formally codified and accepted by the two North American national naturopathic associations (American Association of Naturopathic Physicians (AANP) and the Canadian Association of Naturopathic

Doctors (CAND)).Based on the 2014/2015 global naturopathic workforce survey these principles appear to have international recognition and acceptance.

The naturopathic principles taught in most countries include:

- First, Do No Harm (*primum non nocere*)
- Healing Power of Nature (*vis medicatrix naturae*)
- Treat the Cause (*tolle causam*)
- Treat The Whole Person (*tolle totum*)
- Doctor as Teacher (*docere*)
- Disease Prevention and Health Promotion
- Wellness

Naturopathic Theories

There are a number of naturopathic theories practiced around the world including:

- Humoral Theory
- Therapeutic Order
- Emunctories
- Theory of Complex Systems

Methods

Naturopaths are often opposed to mainstream medicine and take an antivaccinationist stance.

The particular modalities used by a naturopath vary with training and scope of practice. These may include herbalism, homeopathy,¹ acupuncture, nature cures, physical medicine, applied kinesiology, colonic enemas, chelation therapy, color therapy, cranial osteopathy, hair analysis, iridology, live blood analysis, ozone therapy, psychotherapy, public health measures and hygiene, reflexology, rolfing, massage therapy, and traditional Chinese medicine. *Nature cures* include a range of therapies based on exposure to natural

elements such as sunshine, fresh air, or heat or cold, as well as nutrition advice such as following a vegetarian and whole food diet, fasting, or abstention from alcohol and sugar. Physical medicine includes naturopathic, osseous, or soft tissue manipulative therapy, sports medicine, exercise, and hydrotherapy. Psychological counseling includes meditation, relaxation, and other methods of stress management.¹

A 2004 survey determined the most commonly prescribed naturopathic therapeutics in Washington State and Connecticut were botanical medicines, vitamins, minerals, homeopathy, and allergy treatments. A examination published in 2011 of naturopathic clinic websites in Alberta and British Columbia found that the most commonly advertised therapies were homeopathy, botanical medicine, nutrition, acupuncture, lifestyle counseling, and detoxification.

Following are a few of the many benefits of Naturopathic treatment:

1. Disease prevention

Preventing the disease from developing in the first place, is the most effective way of combating it. In Naturopathy, prevention of disease is at the forefront of the field, followed by proper nutrition in order to gain a healthy body & a healthy immune system.

2. Treatment of disorders

Naturopathy has the power to holistically treat many of the common ailments by traditional medicine. Some of the most common types of disorders & disease treated using naturopathy treatment are digestive disorders, allergies, headaches, common colds, skin conditions like eczema & psoriasis. The key part of managing the symptoms is nutrition & another part of the naturopathic process.

3. Sleeping aid:

Naturopathic medicine offers solution to overcome insomnia & other sleep disorders. Herbal treatments offered in Naturopathy combined with a nutritional regimen ultimately helps better sleeping habits.

4. Alternative therapies:

Naturopathy offers multiple treatments depending on the individual requirements. It employs the use of natural supplements, herbs, botanical remedies, homeopathy, performing reiki & acupuncture, or facilitates a powerful combination of these treatment options.

5. Increases self-awareness:

Naturopathy treatment helps connect the patients with their inner self. It helps the patients better understand their bodies. As when one gets to know their body, they better understand what it's trying to communicate in the form of symptoms. It eventually helps one listen to their body as to what it's telling when they experience aches, pains or other symptoms.

6. Changes the way one think:

Naturopathy is an approach that emphasizes on a combination of emotional, physical & spiritual wellness, so one is exposed to a holistic path to health. It helps one recognize the importance of spiritual, psychological & social elements to one's well-being.

7. Safe & effective treatment:

Naturopathic practice aims at treating the underlying disease & disorders & restoring the natural body functions by encouraging the body's own healing capacities. It assist's the body's healing powers by using safe & effective non-pharmaceutical approaches.

It is a highly individualized treatment that involves facilitating effective restoring techniques, self-care decisions, and much more which can prevent future health problems.

Naturopathy stimulates positive thinking, lowers stress, anxiety & depression, improves overall health, enhances outlook, boosts optimism, improves one's ability to cope with health-related issues.

It is an individualized treatment that aims at transforming one's overall well-being.

List of naturopathy remedies for better health

Benefits of Mud: Mud Therapy



1. Mud therapy is refreshing, invigorating, and vitalizing.
2. Mud therapy provides coolness as well as absorbs toxic substances from the body.
3. When mud pack applied over the body for 20-30 minutes, gives reliefs from indigestion, effective in decreasing intestinal heat and stimulates peristalsis.
4. Mud being a black colour absorbs all the colours of the Sun and conveys to the body.
5. A thick mud pack applied to head in congestive headache relieves the pain immediately. Application of the pack over the eyes is effective for conjunctivitis, hemorrhages in the eyeball, itching, short sight and long sight.
6. When soaked mud is applied on the face and allowed to dry for 30 minutes, helps to improve skin complexion, removing pimples, eliminate dark circles around eyes and open skin pores.
7. Mud bath helps to improve the skin condition by increasing the circulation and energizing the skin tissues.
8. For wounds and skin diseases, application of mud is the natural and true bandage.
9. Mud is used successfully for diseases like constipation, headache, high blood pressure, skin diseases etc.
10. The mud should be taken from 3 to 4 ft. depth from the surface of the ground to avoid contamination of chemicals, stones, debris, etc.

Benefits of fasting for kidney

1. Fasting expels huge amounts of accumulated wastes and poison from the body.
2. The building of new cells speeded up during fasting whereas diseased, damaged, aged and dead are destroyed and eliminated.

3. The eliminative power of lungs, liver, kidney and skin is greatly enhanced after fasting.
4. Sugar in natural juices strengthens the heart, liver and kidney.
5. Fasting gives rest to digestive, assimilative and protective organs and systems of the body thereby capacity and utilization of these organs and systems greatly enhance after fasting.
6. Fasting has bigger role in diseases like Indigestion, Constipation, Gas, Digestive disorders, obesity, bp, and gout.
7. The best, safest, and most effective method of fasting is lime juice fasting.

Benefits of water:Hydro therapy

1. Having bath with clean and cold water open up all the pores of the skin and make the body light and fresh.
2. Cold bath activates and improves the blood circulation.
3. Hydrotherapy is used mainly for preserving health and curing diseases of bilious character.
4. Colon Hydrotherapy washes out or detoxify colon of stagnated faecal materials and bacteria.
5. Hydrotherapy helps to eliminate out undigested food and other waste products.
6. Proper bath improves the natural defense mechanism or immune system of the body.

How massage is beneficial for you?

1. Massage activates blood circulation and strengthens the body organs.
2. Massage is useful High or Low blood pressure, Joint disorders, Paralysis, Depression, Weakness, Indigestion and Obesity
3. Localized or generalized painful conditions are also getting relieved from masso therapy.
4. Massage with mustard oil, sesame oil, coconut oil, olive oil, aroma oils etc. have therapeutic value. Powders of neem leaves and Rose petals are of medicinal value and used as lubricants for massage.
5. Massage movements are performed through Touch, stroking, friction, kneading, vibration, percussion and joint movements.

What is chromo therapy?

1. Water and oil when exposed to sun for specified hours in coloured bottles or glasses, used in treating different disorders.
2. Chromo Therapy also helps in the recovery from different disorders.

What is air therapy?

1. Taking fresh Air Bath outside for 20 minutes is utmost important for good health.
2. Air bath has soothing and tonic effect upon the millions of nerve endings of the body.
3. Air bath is effective for nervousness, neurasthenia, rheumatism, skin and mental disorders.

Health benefits of magnet therapy

1. Magnet therapy activates the iron content in the blood and increases the RBCs and WBCs count.
2. Acts like as anticoagulant and keeps the patient free blood clotting.
3. Reduces the calcium and cholesterol deposits in blood
4. It helps to promote hormones secretion the body.
5. It is also beneficial for the normalization of nervous system.
6. For magnet therapy, therapeutic magnets, magnetic belts, magnetic necklaces, glasses and bracelets are also used for treatment.

IMPORTANCE

Naturopathy cures patient suffering from chronic illness in comparatively less time. Naturopathy treats all the aspects like physical, mental, social, and spiritual at the same time. According to naturopathy, "food is the only medicine", so external medications are used.

Naturopathy diet as medicine

As per the norms of diet therapy, diet is divided under three sub-headings.

1. Elimination Diet which includes Liquids-Lemon, Citric juices, Coconut water, Vegetable soups, Butter milk, etc.
2. Soothing Diet which comprises Fruits, Salads, Steamed Vegetables, Sprouts, Vegetable chutney, etc.
3. Constructive Diet consists of wholesome flour, unpolished rice, little pulses, Sprouts, Curd etc.
4. Food is medicine.
5. Your diet should consist of 20% acidic and 80% alkaline food for maintaining health.

There are randomized controlled trials that suggest that **naturopathic** treatments, such as botanical medicine, nutritional therapies, acupuncture, and physiotherapy are **effective** at treating some conditions, such as fibromyalgia, migraine headaches, depression, asthma, hypertension, and type II diabetes.

How Does It Work? The goal of **naturopathic** medicine is to treat the whole person -- that means mind, body, and spirit. It also aims to heal the root causes of an illness -- not just stop the symptoms. A **naturopathic** doctor may spend 1 to 2 hours examining you

Naturopathy and Present era

Naturopathy is one of the most widely used methods in the present era. It is gaining popularity around the whole world as it is very safe and effective method of healing. Naturopathy promotes home remedies for various ailments. All diseases are believed to be caused from what we eat and what we don't eat. There are no side effects caused due to naturopathy. The number of diseases has increased in the present era due to the stressful and tightly scheduled life. This has led the present

generation to be more health conscious. They follow naturopathy for better health and cure of the ailments. Thus it can be concluded that naturopathy has a huge significance in the present era.

NATUROPATHIC MEDICINE OVERVIEW

Naturopathy is a distinct type of primary care medicine that blends age-old healing traditions with scientific advances and current research. It is guided by a unique set of principles that recognize the body's innate healing capacity, emphasize disease prevention, and encourage individual responsibility to obtain optimal health (List 1). The naturopathic physician (ND) strives to thoroughly understand each patient's condition, and views symptoms as the body's means of communicating an underlying imbalance. Treatments address the patient's underlying condition, rather than individual presenting symptoms. Modalities utilized by NDs include diet and clinical nutrition, behavioral change, hydrotherapy, homeopathy, botanical medicine, physical medicine, pharmaceuticals, and minor surgery^{1,2}. Naturopathy can be traced back to the European "nature cure," practiced in the nineteenth-century, which was a system for treating disease with natural modalities such as water, fresh air, diet, and herbs. In the early twentieth-century, naturopathy developed in the U.S. and Canada, combining nature cure, homeopathy, spinal manipulation and other therapies.