

## Naturopathy: A Holistic Way of Treatment

**N**aturopathy may be defined as an art, a science, a philosophy and practice of following definite laws, including physical, chemical, biological, mental and spiritual, for restoration and maintenance of health and correction of bodily disorders without the use of poisonous drugs. Diseases are treated with natural means and methods that are easily available, cheap and harmless. Here the stress is on internal or within oneself—vital life giving force.

### **A holistic way of treating the patients:**

1. Healing comes from within the body itself by preserving the self-curative forces that always work to heal the body and boost health.
2. Primary cause of disease, except trauma, is conscious violation of nature's laws in drinking, breathing, eating, dressing, working, resting as well as in moral, social and sexual life. These violations of nature's laws result in certain manifestations due to lowered vitality, abnormal composition of blood and lymph and accumulation of waste matter in the system.
3. All acute diseases are self-purifying with healing effort of nature but if acute conditions are suppressed by drugs or by any other means it results in chronic diseases.
4. Diseases are cured by increasing vital force, raising vitality, purifying blood, removing

waste from the body and by stimulating the organs.

5. Treatment is based on the human body as a whole, not the effected part of the body like repair or replacement of part of a motorcar.
6. Specialties of Naturopathy:
  - (i) Naturopathy is harmless and has no side effect;
  - (ii) Basis of Remedies:
    - (a) Elementary: Water, Air, Light, Mud and Ether;
    - (b) Chemical: Selection of natural foods, herbs etc;
    - (c) Mechanical: Massage, Corrective exercise, Surgery in accidents etc; and
  - (d) Mental & Spiritual: Proper relaxation, Constructive thoughts, Prayer of Faiths, etc.
  - (iii) Naturopathy not only cures the disease but also emphasizes equally on prevention of disease and building of health;
  - (iv) Allopathy aims to kill the germs whereas naturopathy seeks to remove soil i.e. waste material from the body on which germs thrive;

**Diseases are treated with natural means and methods that are easily available, cheap and harmless. Here the stress is on internal or within oneself—vital life giving force.**



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- (v) Naturopathy is simple to understand & adopt and cheaper as compared to allopathy; and
- (vi) In naturopathy, mere entry of germs cannot cause disease, unless and until the body is predisposed, i.e. lowered vitality.

7. Points to be taken care of in naturopathy:

- (i) Personal cleanliness and cleanliness of surrounding area;
- (ii) Prevention of breeding of insects and insect carriers;
- (iii) Proper protection of food;
- (iv) Use of fresh foodstuff;
- (v) Avoid unhealthy methods of cooking food to help proper digestion;
- (vi) Take food quantity 85% of the requirement or capacity;
- (vii) Keep the bedroom window open for fresh air while sleeping;
- (viii) Sun rays are compulsory for health;
- (ix) Proper ventilation in all rooms is essential;
- (x) Proper and routine habit of exercise or regular morning walk;
- (xi) Proper bathing twice daily;
- (xii) Proper rest to body;
- (xiii) Proper knowledge of oneself and of the mind in relation to health;
- (xiv) Should not give unnecessary stress and strain to body and mind;
- (xv) Maintain harmonious relationship

with family, staff, subordinates, superiors and friends;

- (xvi) Take things lightly, calmly and peacefully;
- (xvii) Avoid insecurity and conflicts - these lead to heart trouble and hypertension, even suicide sometimes;
- (xviii) Keep in mind the principle of polarity: day-night, male-female, sorrow-happiness etc. It is nature's law.
- (xix) Never worry about results. Remember the essence of Geeta — do your duty honestly and He (Nature—the Supreme Intelligence) will definitely award accordingly;
- (xx) Medicine cannot measure emotions and inner feelings. Therefore, proper balance of mind is required otherwise imbalance of mind results in sleeplessness, indigestion, loss of appetite, weakness, laziness, loss of concentration, gastric trouble, disorder of respiratory system, disorder of endocrine system, disorder of blood circulation, hyperacidity, hypertension, blood pressure, heart attack, cancer, etc;



(xxi) Have faith in nature's law—it definitely works; and

(xxii) Don't waste semen merely for enjoyment. It is generated after 27 days and is the final product of the human body. According to Ayurveda it is 7<sup>th</sup> last Dhatu generated out of the intakes.

8. Always remember:

(i) A happy home is one in which both spouses grant the possibility that the other may be right, though neither believes it;

(ii) A habit is a shirt of iron;

(iii) A happy family is but an earlier heaven;

(iv) A critic is a man who knows the way but can't drive the car;

(v) Any man can make mistakes but an idiot persists in his error;

and to manifest that realization in all planes of existence;

(x) It is possible for man, by perfecting yogic practices, to get over the five limitations of:

- Grey hair;
- Dim vision;
- Old age;
- Disease and
- Death

(xi) Man's body is so particularly constructed as to contain several principal psycho-energy centers, known as chakras, which when stimulated by yogic practices awaken one's higher spiritual facilities.

(xii) By perfecting yogic practices eight great spiritual powers (Siddhis) may manifest:

Nos.	Yogic name of the siddhi	Description
1	Anima	Power to become as small as atom, at will.
2	Mahima	Power to expand oneself without limit.
3	Karima	Power of becoming heavy at will.
4	Lahima	Power of becoming as light as feather.
5	Prapti	Faculty of knowing everything, past, present and future and to reach anywhere, even to other planets and stars.
6	Prahamiyam	Power to achieve all one's desire; absolute keenness of the mind and senses.
7	Esathuvam	Supreme power over both animate and inanimate objects throughout the universe.
8	Vasithuvam	Power of command over all by thought or word.

(vi) Always set a high on spontaneous kindness;

(vii) Hold a true friend with both hands tight;

(viii) Man is miniature representation of Paramatma (Supreme Intelligence);

(ix) The purpose of life is to realise God

(xiii) The span of life is inversely proportional to the rate of breathing.

(xiv) "There is nothing great about earth except man; there is nothing great about man except his mind." - Sir William Hamilton.

(xv) Great scientists of the world used only 5-10% of their mind. □