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Review Article on Importance of Naturopathy in Our Healthy Life

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Abstract

The five big components (Pancha mahabhutas) of nature are used in naturopathy, a drug-free therapy, to restore, enhance, and preserve health. Old sciences like "nature cure" are built on solid philosophical principles. Ancient literature make reference of the benefits of various Yogic practises and Nature Cure modalities for promoting good health, preventing sickness, curing, and treating patients as well as for rehabilitation. Naturopathy was once seen as a minority health movement. The goal of a nature cure is to eliminate the underlying cause of an illness by making judicious use of the naturally occurring ingredients. It is not only a method of healing but also a way of life that is in harmony with the natural elements or internal vital forces that make up the human body. The art and science of living have undergone a full revolution. It can assist you in taking back control of your health or in simply preserving it for the rest of your life. In this essay, the core ideas of naturopathy are highlighted, along with the contribution of naturopathy to a healthy lifestyle. Additionally, it examines new areas of research and sheds light on the causes, underscoring the necessity of an evidence base.

Keywords: Naturopathy, fasting, healthy life

Introduction

The study of health and good living is known as naturopathy. It is a method of primary health care medicine that combines conventional medical interventions with cutting-edge procedures based on cutting-edge science and research. The foundations of treatment and the notions of health and sickness are unique to naturopathy. It places more emphasis on the preventive rather than the curative aspects of healthcare. This is one of the factors contributing to the naturopathy system's rising popularity. Numerous naturopathic treatments, such as ushapanam and upvas (fasting), were a component of early-era customary living habits. Vedas and other ancient texts provide us with a thorough description of this customs ^[1]. Naturopathy is primarily a preventive medical approach. The body should be treated physically, psychologically, socially (morally), and spiritually for overall health because it is believed that man is a whole health unit ^[2].

The idea behind nature cure is that since man is born healthy and powerful, he may maintain that state by living in line with the natural rules. Even if a person has a hereditary illness, they can get rid of it by making the most of natural healing agents ^[3]. In addition to prayer and meditation, other factors that contribute to maintaining a sound mind in a sound body include sunlight, fresh air, a healthy diet, exercise, scientific relaxation, positive thinking, and the appropriate mental attitude. According to the theory of nature cure, illness is an abnormal state of the body brought on by a breach of the natural laws. Every one of these violations has effects on the

human system, including decreased vitality, abnormalities in the blood and lymph, and the buildup of waste and pollutants ^[4]. So, a poor diet has an unfavourable effect on more than only the digestive system. When toxins build up, other organs like the lungs, skin, kidneys, and bowels become overworked and are unable to eliminate these dangerous compounds as soon as they are created.

History of Naturopathy

Although the word "naturopathy" is relatively new, its philosophical underpinnings and a few of its therapy modalities date back thousands of years. Ancient Egypt, Greece, and Rome all practised it. The founder of medicine, Hippocrates (460-357 B.C.), fervently endorsed it. India seems to have had a much more developed natural healing system in the past than other nations. The extensive usage of nature's powerful healers including air, earth, water, and sun is mentioned in ancient sacred texts from India ^[5]. Ancient India used water for therapeutic purposes, as evidenced by the Great Baths of the Indus Valley civilisation, which were found at Mohenjodaro in ancient Sind. When Vincent Priessnitz founded the first hydropathic facility in Germany in 1822, the current methods of nature cure got their start there. Because of his remarkable success with the water cure, the concept of drugless therapy spread throughout the developed world, and many doctors from America and other nations enthusiastically became his students and followers. These trainees later expanded and developed the numerous natural healing techniques in their own unique ways. Later, the entire

body of knowledge was compiled under the name of Naturopathy [6]. Dr. Benedict Lust (1872-1955) is referred recognised be the Father of Naturopathy since he is credited with coining the term "naturopathy."

Basic Naturopathic Principles

Additionally, emotional and mental disorders lead to an imbalance in the crucial electric field that regulates cell metabolism, which results in the production of toxins. Undisturbed soil in this electric field allows disease-causing microorganisms to survive without proliferating or creating toxins. The bacteria don't grow and become dangerous until they are disturbed or the blood is contaminated with toxic waste.

1. The first and most fundamental tenet of nature cure is that all diseases have the same root cause, which is the buildup of waste products and bodily refuse in the body. The organs of elimination in a healthy person eliminate these waste products from the system. However, in the unhealthy individual, they have been progressively accumulating in the body over years of poor lifestyle choices, including poor nutrition, poor body care, and behaviours that deplete energy and cause nervous tiredness, such as worrying, overworking, and engaging in excesses of all kinds [7]. This fundamental tenet implies that the only option to treat illness is to use techniques that will allow the body to rid itself of these harmful buildups. Actually, this is the goal of all natural remedies.
2. The second fundamental tenet of nature cure is that all acute illnesses, including fevers, colds, inflammations, digestive problems, and skin eruptions, are simply the body's self-initiated attempts to eliminate accumulated waste products, and that all chronic illnesses, including heart disease, diabetes, rheumatism, asthma, and kidney disorders, are the results of the prolonged suppression of the acute illnesses using harmful measures like drugs, vaccines, and other interventions.
3. The body has an innate healing process that can restore one's health to normal if the appropriate techniques are used to help it do so, according to the third principle of nature cure. In other words, the ability to heal sickness comes from within the body, not from the doctor [8].

Causes of Toxin Buildup in the Body Include

- Eating unhealthy meals, such as fried food, spicy food, salt, sugar, maida, polished rice, vanaspati, fast food, and non-vegetarian options, etc.
- Eating while not hungry
- Over-eating
- Untimely supper
- Eating while distracted, eating when feeling angry or sad, eating without chewing properly, eating frequently, eating only one type of food, and eating damaged food are all bad eating habits.
- Tobacco, alcohol, tea, coffee, soft drinks, medications, sedatives, barbitones, tranquillizers, and other stimulants are consumed. Sexual activity is also increased. Physical activity is lacking.
- Water consumption is insufficient. Drinking water while eating and just after eating [9].

Naturopathy Uses Natural Remedies to Restore and Manage Health

1. **Fasting:** For a brief or extended amount of time, complete abstention from food is referred to as fasting.

The name comes from the old English word "feastan," which meant to observe, fast, or be austere. Fasting is nature's most traditional, cost-effective means of curing sickness. It is acknowledged as the basis for all forms of natural healing. One of the oldest customs is the practise of fasting. It is practised by practically all religions. Muslims, Buddhists, Hindus, and many more religions all observe rigid fasting periods. The saints of mediaeval times emphasized this approach greatly. Water is the only thing that should be consumed when fasting, and that amount should be doubled. Most of the vital energy used to normally support digestion, absorption, and assimilation of food will be preserved and diverted during a fast in order to activate the organs responsible for removing toxins from the body [10].

Fasting are 3 types

- a) **Dry Fasting:** Not consuming anything, even water
 - b) **Juice Fasting:** Consuming only juices
 - c) **Fruit Fasting:** Eating only fruit
2. **Enema:** An enema, also referred to as rectal irrigation, involves injecting fluid into the rectum. Only lukewarm water is used to clear the bowels during a natural therapy. The patient is made to lie on his left side with his right leg slightly bent and his left leg extended. The enema nozzle is placed into the rectum and lubricated with oil or vaseline. The lukewarm water enema container is then elevated gradually, allowing water to enter the rectum. One to two litres of water are typically injected. The patient can move a little while holding on to the water or lay down on his back. The water and accumulated morbid material can be expelled after five to ten minutes. The rectum can be cleared of stored faeces with the use of a warm water enema. Not only is this the most secure method of bowel cleaning, but it also enhances peristaltic motion, which alleviates constipation. For inflammatory disorders of the colon, such as dysentery, diarrhoea, ulcerative colitis, haemorrhoids, and fever, a cold water enema is beneficial [11]. A hot water enema is useful for reducing discomfort brought on by severe haemorrhoids and rectal inflammation. Leucorrhoea women can also benefit from it.
 3. **Mud Bath:** Another therapy method is a mud or clay bath. Similar to packs, it is applied to the entire body, but on a greater scale. This involves first grinding and sifting mud or clay to remove all impurities, making a smooth paste, and combining it with hot water. After the paste has been applied, the body is wrapped in a sheet. Depending on the temperature of the room and the pack, one or two blankets are then wrapped around this. A cleansing warm water bath and a quick cold shower come after a mud bath. By boosting circulation and energising the skin tissues, the mud bath is believed to tone the skin. Taking frequent mud baths can help to lighten spots and areas of skin that have developed as a result of smallpox or other skin conditions. Treatment for skin conditions like psoriasis, leucoderma, and all forms of leprosy benefit greatly from it. This treatment is helpful in relieving rheumatic pain as well as joint pain brought on by injury. The bathing session should last between 30 and an hour. Additionally, care should be made to prevent the patient from getting a chill during the bath. Applications of mud are an essential component of natural beauty care [12].

4. **Hip Bath:** One of the most effective types of hydrotherapy is the hip bath. This form of therapy only targets the hips and the area of the abdomen below the navel, as the name would imply. For this, a unique kind of tub is employed. When the patient is sitting in the tub, the water is positioned such that it covers their hips and comes up to their navel. Four to six litres of water are typically needed. In the absence of the special tub, a regular tub may be used. One edge may be raised by two or three inches by placing a support underneath it. Hip baths can be administered at cold, hot, neutral, or varying temperatures.
5. **Cold Hip Bath:** The water should be between 100 and 180 degrees Celsius. The bath lasts 10 minutes on average, although under certain circumstances it could last up to 30 minutes. A hot foot immersion should be administered in addition to the cold hip bath if the patient is feeling chilly or is very weak. With a somewhat coarse, damp cloth, the patient should vigorously rub their abdomen from the navel down and across their entire body. The upper torso, legs, and feet should all remain entirely dry throughout and after the bath. After the cold hip bath, the patient should engage in light movement like yoga poses to warm the body. Most ailments are routinely treated with a cold hip bath. It alleviates obesity, indigestion, and constipation, and it supports healthy elimination. It is also beneficial for uterine issues such as irregular menstruation, chronic uterine infections, pelvic inflammation, piles, hepatic congestion, chronic prostate gland congestion, seminal adequacy, impotence, sterility, uterine and ovarian displacements, dilation of the stomach and colon, diarrhoea, dysentery, bladder haemorrhage, and other similar issues. The use of the cold hip bath should be avoided in cases of acute pelvic and abdominal organ inflammation, ovarian pain, and painful bladder, rectus, or vaginal contractions^[13].
6. **Hot Hip Bath:** Typically, this bath is taken for eight to ten minutes with water that is between 400 and 450 degrees Celsius. At 400C, the bath should begin. The temperature should be raised to 450C gradually. The abdomen shouldn't be subjected to any friction. The patient should consume one glass of cold water before getting in the tub. The head should be covered with a cold compress. A hot hip bath relieves painful piles, inflamed rectum or bladder, difficult urination, painful menstruation, and pain in the pelvic organs. Additionally, it helps with sciatica, enlarged prostate gland, painful bladder spasms or contractions, and ovarian and bladder neuralgia. The hot hip bath should be followed immediately by a cold shower bath.
7. **Spinal Bath:** Another significant hydrotherapeutic method is the spinal bath. This bath has a calming impact on the spinal column, which affects the brain and neurological system. It is administered in a tub that has been particularly created with the rear raised to properly support the head. You can use the bath at cold, neutral, or heated temperatures. The patient should lie in the tub for three to ten minutes with the water level in it being between an inch and a half and two inches. The spinal bath's cool temperature soothes annoyance, weariness, hypertension, and exhilaration. It helps practically all nerve problems, including hysteria, fits, mental illnesses, memory loss, and tension. Particularly for the anxious and agitated patient, the neutral spinal bath is a calming and relaxing treatment. The stress in the spinal column is also relieved, making it the best treatment for insomnia. This bath lasts for 20 to 30 minutes^[14] the heated spinal bath, on the other hand, aids in energising the neurological system, particularly when it is depressed.
8. **Steam Bath:** One of the most significant and effective water therapies that naturally induces perspiration is the steam bath. The patient is made to sit on a stool within a specially built cabinet while wearing no more than a loincloth or underpants. The patient should drink one or two glasses of cold water and cover their head with a cold towel before opening the cabinet. Typically, a steam bath lasts 10 to 20 minutes, or until perspiration starts. After the bath, you should take a cold shower. This bath should be avoided by very weak patients, pregnant women, cardiac patients, and anyone with excessive blood pressure. The patient should be removed from the steam bath as soon as they begin to feel queasy or disturbed, and their face should also be cleaned with cold water. The steam bath facilitates the removal of filthy debris from the skin's surface. Additionally, it enhances tissue activity and blood circulation. Rheumatism, gout, uric acid issues, and obesity are all alleviated. All types of chronic toxaeemias benefit from the steam room. Additionally, it treats tetanus, migraine, chronic nephritis, infections, and neuralgias^[15].
9. **Neutral Immersion Bath:** This bath can be given for 15 to 60 minutes between 260 and 280 degrees Celsius. Given that the water temperature is similar to body temperature, it can be administered for a long time without causing any harm. Without affecting breathing, the neutral bath lowers pulse rate. The ideal sedative is this procedure. The neutral bath is advised in situations involving the skin and kidneys since it stimulates both of their activities. Additionally, it helps with cases of organic disorders of the brain and spinal cord, including rheumatoid arthritis, rheumatoid meningitis, and other chronic inflammatory diseases^[16].
10. **Epsom Salt Bath:** Approximately 135 litres of hot water heated to 400°C should be added to the immersion bath tub. In this water, one to one and a half kilogrammes of Epsom salt should dissolve. The patient should fill a glass with cold water, wrap a cool towel around their head, and then lie down in the tub for 15 to 20 minutes, fully submerging their torso, thighs, and legs. Just before going to bed is the ideal time to take this bath. This is helpful for conditions including sciatica, lumbago, rheumatism, diabetes, neuritis, the common cold and catarrh, kidney diseases, and other uric acid and skin conditions.
11. **Sunbath:** A natural method of treating a variety of health issues is sunbathing treatment. The body has to produce melatonin in order to maintain its circadian rhythms, and sunlight helps to control this process. Our brain's pineal gland produces the necessary hormone melatonin. This hormone manages our circadian rhythm.
Precautions: Exercise that is strenuous in any way shouldn't be done right before meals or for at least an hour thereafter. Patients who are weak or have significant illnesses like cancer, heart disease, tuberculosis, or asthma shouldn't engage in vigorous exercise unless a qualified doctor is supervising them. Stop exercising as soon as you feel fatigued. Exercise should be done to make you feel relaxed and rejuvenated, not exhausted. The most crucial fitness plan rule is to begin with very mild activity and gradually increase the level of difficulty. The feeling of wellbeing will start almost

instantly. One can begin by going for a 15 to 20 minute brisk stroll. The goal should be a relaxed level of fatigue. Being fatigued or severely out of breath has no value and may even be detrimental. Perhaps one should aim for tasks that use around two-thirds of one's maximum capacity. Counting your own pulse is one approach to make an assessment. It is simple to count pulses. With the middle three fingers of your right hand, check the pulse on your left wrist. Simply press down hard enough to feel the heartbeat. Now, using a watch with a visible second hand, count the number of beats in 15 seconds, then multiply that number by four to determine your heart rate [17]. At rest heart beats 70 to 80 times a minute. This rate increases during exercise. Really vigorous can produce rates as high as 200 beats per minute or more.

Tips for Healthy Living

- Eat two meals every day, one at least three hours before bedtime and the other seven hours apart.
- Sip on at least eight glasses of water each day.
- Engage in physical activity every day for an hour (brisk walking, cycling, or yoga).
- Eat more salads and fresh foods.
- Steer clear of processed foods like white flour, sugar, rice that has been polished, etc.
- Limit your intake of ghee, salt, sugar, and other seasonings.
- Steer clear of beverages including tea, coffee, fried meals, Tambaku, alcohol, sedatives, and soda.

Every week, fast on juices and drink plenty of water. Avoid drugs that are more dangerous than illnesses. Chew your food well and slowly.

Discussion

Health is a quality of general well-being that emerges from a person having a healthy body, mind, and emotional quotient. Naturopathy is one approach to achieving health and well-being. It is a means of preserving health and can be used both as a curative and preventive method to either cure a sickness or preserve health. The majority of naturopathy's treatments work to strengthen the body's natural propensities for self-healing with the goal of improving general health. Systems in naturopathy have a lot of potential. If proper support is given to these systems to evolve in accordance with their own principles, they can demonstrate their effectiveness in the scientific age of today. Where other systems have failed to offer any form of relief, these drugless systems are more successful in treating numerous chronic life style-related diseases like Coronary Artery Disease (CAD), Diabetes Mellitus, Asthma, Arthritis, Hypertension, and Anxiety, among others.

Conclusion

The human body has an amazing capacity for disease recovery. Give it a chance to recover on its own. The body is able to employ this capacity to treat the illness thanks to nature cure. Additionally, it guarantees long-term health maintenance. The majority of naturopathy's treatments work to strengthen the body's natural propensities for self-healing with the goal of improving general health. Natural healing powers, health professionals serving as teachers, treating the underlying causes of sickness, preventive care, and attention to an individual's entire wellbeing are some of the tenets of naturopathic approaches. Naturopathy is capable of treating a

wide range of illnesses, including infertility, low immunity, various types of allergies, arthritis, digestive disorders, depression, and other mental health issues. Naturopathy has nothing to offer in the way of contributions in surgical and accident cases. However, Naturopathy can demonstrate its value in cases following surgery.

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