

Naturopathy

- ❖ This slide show titled 'Naturopathy' is dedicated to my Medical Guru.

What is Naturopathy?

- ❖ To follow rules of the nature.
- ❖ To cure disease with the use of forces of Nature such as food, water, clay, sun-energy etc.
- ❖ It aims at strengthening the natural defenses of the body.
- ❖ It does not attempt to get rid of illness but aims primarily to restoring health.

Advantages of Naturopathy.

- ❖ No side effects.
- ❖ Cost effective.
- ❖ Disease need not be diagnosed exactly before treatment is given.
- ❖ Preventive effect.
- ❖ It compels the patient to take active interest in his health.
- ❖ Fundamental principles of Naturopathy.
- ❖ There is only one & only one cause of all diseases. I.e. The accumulation of toxins and foreign substances in the body.
- ❖ It is the Nature that heals, not the medicines.
- ❖ Acute disease signifies an activation of immunity.

Toxemia

- ❖ The accumulation of toxins in the body is the fundamental cause of all diseases.
- ❖ Formation of small quantity of toxins in the body is almost inevitable.
- ❖ However these toxins are promptly eliminated from the body.
- ❖ Toxemia results if more toxins are put into or forced inside the body and /or if fewer toxins are eliminated.

Weapons of Naturopathy

- ❖ Diet
- ❖ Juice diet
- ❖ Fasting
- ❖ Exercise
- ❖ Hydrotherapy
- ❖ Clay therapy
- ❖ Sun bath
- ❖ Air bath
- ❖ Massage
- ❖ Magneto therapy
- ❖ Acupressure
- ❖ Color therapy
- ❖ Hasta mudra
- ❖ Su-jok

Diet

- ❖ Diet is the mainstay of Naturopathic treatment.
- ❖ Food must serve two purposes. (i) Supply all essential nutrients to the body (ii) maintain acid-alkali balance in the blood.
- ❖ The 5 ingredients of foods essential for the nutrition of the body are (i) proteins (ii) carbohydrates (iii) fats (iv) vitamins (v) minerals.

Proteins

- ❖ Proteins are essential for the growth, maintenance and regeneration of body.
- ❖ Sources: Pulses, milk, eggs, meat.
- ❖ All proteins are made of amino acids.
- ❖ A non-vegetarian diet provides excessive amounts of proteins to the body.
- ❖ Many diseases result from excessive consumption of proteins.
- ❖ When too much of proteins enter the blood stream, it gets converted in to nitric acid, sulfuric acid and phosphoric acid. The body is forced to use up large amount of alkali minerals to neutralize these acids.

- ❖ No adult wishing to have good health should consume more than 15/20 grams of proteins per day.
- ❖ One gram of protein gives 4 units of calorie.
- ❖ Protein rich diet should be given to growing children.
- ❖ Animal proteins including milk should be avoided.
- ❖ Meat contains methionine which if not metabolized increases the risk of heart attack.

Carbohydrates

- ❖ Carbohydrates provide heat and energy to the body.
- ❖ Sources: cereals, tubers, roots, pulses, milk.
- ❖ 1 gram of carbohydrates gives 4 units of calorie.
- ❖ Use of processed carbohydrates is not desirable for the body as fiber is removed.
- ❖ We should consume carbohydrate centered diet.
- ❖ 80 % calorie requirement should be derived from carbohydrates.
- ❖ Maida, refined white sugar should be avoided at any cost.

Fats

- ❖ Fats perform the function of supplying heat and energy to the body.
- ❖ Sources: Ghee, butter and oils.
- ❖ We should not consume more than 10 gram of fats per day or maximum 10% calories consumed in a day.
- ❖ There are two types of fats: saturated & unsaturated.
- ❖ 1 gram of fat gives 9 units of calories.
- ❖ Saturated fats are solid at room temperature. It is necessary to minimize the intake of saturated fats as the prolonged use causes constipation and hardening of the arteries.

❖ **Following foods contain saturated fats.**

- ❖ Butter, ghee, coconut oil, palm oil.
- ❖ Whole milk, cream, milk preparations, sweets made in ghee and vegetable ghee.
- ❖ Chocolates, cakes, biscuits, wafers.
- ❖ Eggs, fat meat, fish, oysters.

❖ **Following food contain unsaturated fats:**

- ❖ peanut oil, sesame oil, maize oil, soyaben oil, karadi oil, cotten seed oil, sunflower oil and dishes made from these oils.

Vitamins & Minerals

- ❖ The body needs only minute quantities of these substances.
- ❖ Minerals are needed for the formation and functioning of the cells.
- ❖ Vitamins are essential for the proper digestion & absorption of proteins, carbohydrates and fats and improving immunity of the body.
- ❖ Various disorders are the direct results of the deficiency of vitamins & minerals.
- ❖ Cooking destroys vitamins.
- ❖ The vitamins in fruits & vegetables are rapidly lost if they are not consumed soon after peeling or cutting.
- ❖ The stores of vitamins in the body get depleted during illness as well as due to (i) improper diet (ii) mental distress (iii) pollution (iv) smoking (v) addiction to drugs (vi) chemical medicines.

❖ **Daily requirement of vitamins:**

- ❖ A 4000-5000 I.U.
- ❖ B complex 0.5 to 5 mg of each vitamin in the group of 8 vitamins.
- ❖ C 45 mg.
- ❖ D 300 to 400 I.U.
- ❖ E 12 to 15 I.U.

Minerals

- ❖ **Daily requirement is given below:**
- ❖ Calcium 800 mg : Phosphorus 800 mg
- ❖ Potassium 2500mg: Sodium 2500 mg
- ❖ Iron 10 mg : Sulphur 300 mg
- ❖ Magnesium 350mg: Chlorine 2000 mg
- ❖ Iodine 0.14 mg

Acid & Alkali balance in blood

- ❖ The ratio of acids to alkalis in blood is generally 20:80. The maintenance of this ratio is essential for health. Ph test is conducted to find out this ratio.
- ❖ Some items of food leave alkaline residues in the body after undergoing the full cycle of digestive and metabolic processes. Some items leave acidic residues.
- ❖ Symptoms associated with acidic blood are fatigue, headache, loss of appetite, insomnia, nervous tension, hyper acidity.
- ❖ Natural deaths are the culminating stages of chronic acidic conditions of blood.
- ❖ In order to prevent or counteract the accumulation of acids in the body, we must take food that is mainly alkali-genie.
- ❖ **Alkali-genic foods:**
- ❖ Fruits
- ❖ Vegetables, tubers
- ❖ Milk & milk products
- ❖ **Acid-genic foods:**
- ❖ Cereals
- ❖ Pulses & legumes
- ❖ Nuts
- ❖ Food of animal origin excluding milk.
- ❖ Cheese, butter.

Food combinations.

❖ Even alkali-genic and nutritious food taken disregard to the rules of food combinations can generate toxins in the body.

❖	<u>Digested in</u>
❖ Carbohydrates	mouth, small intestine
❖ Proteins	stomach
❖ Fats	small intestine

❖ **Rules:**

- ❖ (i) Carbohydrates should never be mixed with sour foods.
- ❖ (ii) Large amount of proteins and large amounts of carbohydrates/or large amount of fats should not be taken in the same meal.
- ❖ (iii) Proteins should not be ingested with sour fruits.

Practical suggestions re: Diet

- ❖ Do not eat if you are not hungry or if you are under physical / mental tension.
- ❖ Do not eat or drink anything that is too hot or too cold.
- ❖ Chew your food well.
- ❖ Do not drink water with meal.
- ❖ Do not stuff the belly with food.
- ❖ Rest for a while after meals.
- ❖ Sit in Vajrasan for at least 5 minutes after meals.
- ❖ Do not take any food while suffering from fever or any other ailment.
- ❖ Eat only one meal or take only fruits, one day in a week.

Juice diet

- ❖ Juice diet supplies sufficient vitamins and enzymes that enhance the resistive & healing powers of the body.
- ❖ Fresh juice should be consumed.
- ❖ The juice must not be gulped down but sipped slow.
- ❖ Fruit & vegetable juices should not be mixed.
- ❖ Juice should not be taken after 7 p.m.

Fasting

- ❖ Fasting is the weapon of choice that Nature cure uses against all acute or severe diseases.
- ❖ Fasting purifies the body.
- ❖ Fasting under Naturopathy is undertaken only with water without any food intake.
- ❖ Food should not be taken in illness.
- ❖ Every person should do fasting once a fortnight.

Exercise

- ❖ Various organs such as heart, respiratory system, digestive system, muscles, skin derive benefits from exercise.
- ❖ Two types of exercises are necessary for perfect health. (1) Yogasanas (2) Rapid
- ❖ Rapid exercise should be spread over 25-30 minutes. Pulse rate should reach Target zone. Sooryanamaskara combine both the types of exercises.

Hydro therapy

- ❖ Water is an integral factor of our life process. Actually water makes up 70 % of the human body.
- ❖ There are two common uses of water (1) Drinking (2) Bathing.
- ❖ Hydro therapy has two aims. (1) Accelerating the process of healing (2) providing relief to the patient from painful symptoms of the disorder.
- ❖ **Drinking**: Every one should drink at least 5-6 glasses of water in a day. Best results are obtained if water is taken on an empty stomach in the morning after getting up, half an hour before each meal & 2 hours after each meal.
- ❖ Drinking water less than the above quantity leads to constipation and adversely affects kidneys.
- ❖ **Bathing** has a special importance in our daily life. A bath washes away the dirt adhering to the body. The skin is rendered clean & glowing and its pores are opened up which facilitates the elimination of Toxins through perspiration.

Methods of treatment.

- ❖ Enema
- ❖ Hip bath
- ❖ Full sheet wet pack
- ❖ Steam bath
- ❖ Hot foot bath
- ❖ Spinal bath
- ❖ Wet & dry fomentation
- ❖ Jalaneti
- ❖ Vomiting
- ❖ Inhalation of Steam

Clay Therapy

- ❖ Benefits: (i) Accelerating the process of healing (ii) providing relief to the patient from painful symptoms of the disorder.
- ❖ Clay pack can be local or for whole body.
- ❖ The following benefits are derived from mud pack. (i) Cooling the affected part. Use-fever (ii) absorption of toxins. Use- boils. (iii) Reduction of swelling. Use-swollen feet. (iv) Relief from pain.
- ❖ If clay pack is left uncovered, it has a cooling effect on the affected part.
- ❖ If clay pack is covered with thick cotton or woolen cloth, a warming effect is developed.
- ❖ Clay pack should be taken off after 30 minutes.
- ❖ Clay once used should be thrown out.
- ❖ Herbo mineral powder is recommended for use.
- ❖ Clay therapy is useful in various diseases such as fevers, constipation, piles, stomachache, boils, wounds, pain, swelling, skin diseases.

Sun-bath

- ❖ Sunlight is of prime importance for perfect health.
- ❖ The sun showers 3 types of rays upon us. (i) White light is made of 7 different colors. Each color has its specific effect on the body. (ii) Infra-red rays impart heat which relax and soothe the muscles, reduce swelling and relieve pain.
- ❖ (iii) Ultra- violet rays are instrumental for producing vitamin D.
- ❖ Benefits of sun-bath: (i) Improves health and augments the resistive powers of the body. (ii) Nourish the muscles. (iii) Blood pressure is brought down. (iv) Kidneys become more efficient. (v) Skin diseases are cured. (vi) Increases alkali in the blood.
- ❖ Precautions to be followed. (i) Head should be covered. (ii) never look directly

at the sun.(iii) The mild sun light of the morning or the evening is beneficial.(iv) Sun-bath should be taken for 5-10 minutes.(v) Minimum possible cloths should be worn.(vi) After sun-bath, a cold water bath should be taken.

Air-bath

- ❖ Air is of prime importance for life. It is impossible to survive even for a minute or two without air.
- ❖ Oxygen is essential for the process of combustion taking place in all the various cells of the body.
- ❖ Walk in the open spaces covered with greenery such as fields, gardens is highly beneficial when accompanied by deep
- ❖ Breathing to ventilate the lungs.
- ❖ Some suggestions for air-bath. (i) Always breathe through nose. (ii) Always take deep breaths. (iii) Do not cover the face while sleeping. (iv) In winter, protect yourself from cold with blanket but keep the windows open.
- ❖ Morning walk gives 3 benefits namely sun-bath, air-bath and fast exercise.

Massage

- ❖ Massage has a good effect on the organs and systems of the body.
- ❖ Skin: The pores of the skin are opened up which helps to eliminate the toxins.
- ❖ Muscles: Tension and pain is reduced.
- ❖ Circulation of blood to affected part is speeded up which helps to reduce swelling.
- ❖ Nerves: Slow massage relieves tension & soothes them. Vigorous massage increases the efficiency.
- ❖ The digestive system is stimulated.
- ❖ The urinary system is activated.
- ❖ The heart efficiency is increased.

- ❖ Massage should be done in the specific order such as arms, legs, chest, abdomen, back, buttocks, face & head.
- ❖ Direction should be towards the heart. Stomach should be massaged from down to up on right side, then horizontally to left side and then to down on left side.
- ❖ Massage in case of BP patients should be from head to foot.
- ❖ Massage should be avoided in case of fever, pregnant ladies, skin diseases, diarrhea, gastric ulcers, appendicitis and tumors in the abdomen.

Magnet Therapy

- ❖ **Principle of Magnet Therapy:** The person remains healthy so long as equilibrium is maintained in the electromagnetic forces flowing in the body. Illness results from a disturbance of this equilibrium.
- ❖ **Advantages:** (i) Practically any disease can be treated. (ii) No side effects unless blunder is made in selection of pole.
- ❖ (iii) Cost-effective. (iv) The treatment can be taken as per patient's convenience. (v) Preventive aspect.
- ❖ **Limitations:** (i) It can not be the sole form of treatment. (ii) It has no role to play in purely surgical problems.
- ❖ **Methods:** (i) Unipolar-Either north or south (ii) Bipolar- both poles are used.
- ❖ **South Pole:** It has a cooling & tranquilizing effect. It reduces swelling and brings infection under control. It slows down the circulation of blood in the capillaries. If kept in contact with water for some time, alkalinity of water is increased.
- ❖ **North Pole:** it gives warmth & energy and stimulates the physiological reactions. If North Pole is kept in contact with water, acidity of the water is increased. It accelerates the circulation of blood. It increases swelling.
- ❖ **Strength** of the magnets depends on (i) disease (ii) organ (iii) age of the patient.
- ❖ **Duration of treatment:** Magnets should be applied for the diseased part for minimum 15 minutes.

Magnetized water

- ❖ Magnetized water has beneficial effect on (i) digestive system(ii) blood and blood vessels (iii) Urino-genital system(iv) through blood, it affects each & every cell of the body.
- ❖ Plastic bottle containing water should be kept on / between north & South Pole for 12/24 hours for making magnetized water.
- ❖ Magnet brings about physical & chemical changes in water. Physical: An evolution of gases like Nitrogen is dissolved in water. Chemical: a dissociation of water molecules into hydrogen and hydroxylions. $H_2O \leftrightarrow H^+ + OH^-$
- ❖ Healthy person should consume at least 4 cups of water for preventing disease. The patient should consume 750 ml. water.

Acupressure

- ❖ Acupressure is a Chinese therapy in which specific points on the skin are methodically pressed to exert a healthy influence on internal organs and thereby eradicate the disease.
- ❖ The vital energy of the body is made of Yin (negative) and Yang (positive). The equilibrium between these forces is responsible for maintenance of health.
- ❖ There are 14 meridians which provide pathways to the Yin and yang forces in the body.
- ❖ The pressure on these points can be given by thumb/fingers or by using jimmy.

Color Therapy

- ❖ Sun-light is made up of 7 colors. (i) Violet, Indigo and Blue colors give coolness to our body. (ii) Green color is neutral. (iii) Yellow, Orange and Red colors give heat to our body.

- ❖ Each color has a remedial use in case of specific disease.
- ❖ Violet: Bones, Tumors, Baldness, Cataract.
- ❖ Indigo: ENT, facial paralysis, lungs disorder, asthma, TB, indigestion, fit.
- ❖ Blue: Throat problems, fever, typhoid, chicken pox, small pox, colara, Insomnia.
- ❖ Green: heart, BP, cancer, eye problem.
- ❖ Yellow: Digestion problem, liver, diabetes, spleen.
- ❖ Orange: chronic asthma, bronchitis, RA, swelling, kidney problems.
- ❖ Red: Anaemia, cold, white patches, OA, TB.
- ❖ These color rays can be obtained from sun-rays by putting required glass before sunrays, so that the colored rays can fall on the desired part of the body.
- ❖ These color rays can also be obtained by putting color gelatin paper on lamp shed.
- ❖ Water can be filled in color glass bottle & kept under the sun for 3-4 hours between 10 a.m. to 3 p.m. The said water can be drunk in the evening.

Hasta Mudra

- ❖ Hasta mudras are based on the principle that our body is made up of 5 elements namely fire, air, space, earth and water and which are represented by our fingers in the order starting from thumb.
- ❖ Hasta mudras should be done for at least 10/15 minutes at a time, to be repeated for 3/4 times during a day for good results.
- ❖ Dhyanmudra: Thumb & index finger should touch each other. Benefits:- concentration, memory, insomnia.
- ❖ Wayumudra: Bend the index finger & hold it by thumb. Benefits: - OA, circulation of blood.
- ❖ Pruthwimudra: Thumb & the ring finger should touch each other. Benefits: - equilibrium is set between body & mind.

- ❖ Suryamudra: Bend the ring finger & hold with thumb. Benefits: - To create body heat, improve digestion, reduce fats.
- ❖ Lingamudra: Fingers of both palms should lock each other barring left thumb which should be left perpendicular. Benefits: - Improves immunity, to create heat, burn body fat.
- ❖ Apanwayumudra is done for heart.

Su-jok

- ❖ In Korean language, Su means Palm and Jok means soul/foot. In other words Su-jok means treatment on palm & soul/ foot.
- ❖ Our all organs are symbolically represented on our palm/foot.
- ❖ Our palm /soul represent the entire body.
- ❖ Palms and soul should be given exercise with Acupressure Roller for 3/4 minutes, twice a day.
- ❖ Palm should be pressed by thumb jimmy/thumb systematically every day. Pain should be noticed. Painful point/ area should be pressed for 2/3 minutes for getting relief from disease.

Expectations from viewers.

- ❖ If after viewing this slide show, you are inspired to change your life style for better and decide to take charge of your health, I will feel that my efforts are rewarded.
- ❖ **Compiled by Spandane.**