



BENEFITS OF NATUROPATHY IN DAY TO DAY LIFE



Dr UmaShankar Sharma
Chief Medical Officer



Kailash Institute of Naturopathy, Ayurveda & Yoga
26 Knowledge Park-1 Greater Noida 201308



NATUROPATHY



- Nature cure is a drugless therapy that involves the use of the five great elements(Panchamahabhutas)of nature to restore, to build-up, and to maintain health

The Five Great Elements Of Nature



- **Earth (Prithvi)**



- **Water (App)**

- **Sun (Tej)**

- **Air (Vayu)**

- **Ether (Akash)**



Naturopathy



- Naturopathy uncovers why disease occurs. When you understand and address the reasons for disease, you have the knowledge to provide your body with what has been missing to restore health and balance

Naturopathy help's

You will learn ways to apply these common sense measures to your own life for improvement in your health or the health of your loved ones

- It help to you for regaining control of your health ,or simply maintaining your current health for rest of your life



Dangerous of Naturopathy?



- “ it is a natural remedy – if it doesn’t help, it surely won’t do any harm...!?”



Health in a common man's view

- It is the physical and mental well being of a person with the following features: good appetite, effortless defecation and urination, sound sleep, sharp memory power, good sense of humor, high stamina, etc.





Health According to Naturopathy

It is the normal and harmonious vibration of the elements and forces in human entity on the physical, mental, moral, and spiritual planes of being in conformity with the constructive principles in nature.



Basic Principal of Nature Cure



- Body heals itself.
- Main cause of disease is enervation
- Deposit of metabolic end-products in the body is disease.
- **Acute disease is a remedial process-itself a cure.**
- Food is a building material, does not increase vitality.
- **Fasting provides an opportunity to the body to heal itself.**
- Germs do not cause the disease but are found in the diseased conditions.
- Exercise or physical activity keeps the balance between nutrition and drainage.
- External treatments whether natural, allopathic, ayurvedic or homeopathic- give only relief, do not cure.
- Patient's own will to get well, determination and faith are necessary things for nature cure treatment.

BODY HEALS ITSELF:



- **Healing means restoration to a normal condition or make a sick body whole and healthy.**



- **Cure does not come from outside but from inside. Whatever comes from outside is relief-a tranquilizations but not cure. Wound heal, bones knit, cuts heal, bleeding stop and fevers come and go, pains are some times more or some times less. Surgery is based on natural healing. Surgeon cuts, osteopathic surgeon sets the bones but actual healing is done by the body itself. Surgeons would not be able to treat wounds if healing (adaptation) does not exist. They have no influence on the healing mechanism.**





MAIN CAUSE OF DISEASE IS ENERVATION (Fatigue of the nervous system)

- Nervous system consists of brain, spinal cord and motor and sensory nerves. When there is a fatigue in them it is called Enervation. It is also know as neurasthenia, nerve weakness, nervous break-down, or depression or nervous debility.



THE CAUSES OF ENERVATION:-

- MENTAL AND PSYCHOLOGICAL CAUSES.
- SENSORY EXCESSES SIGHT, HEARING, SMELL, TASTE AND TOUCH.
- SENSUALITY-EXCESSES
- NERVE LEAKS:
- EXCESS AND ABUSES OF DIET:
- POISONOUS HABITS:
- BOTTLED BRINKS:
- LACK OF EXERCISE:
- SOCIAL AND FINANCIAL CAUSES:
- LACK OF REST AND SLEEP:



DEPOSIT OF METABOLIC END PRODUCTS, IN THE SYSTEM, IS DISEASE:

- Disease do not attack people. Disease grow slowly within the body through continued abuses and accumulating toxemia. So disease cannot be contracted for the same reason. Every disease, acute or chronic develops from the accumulation of toxins and poisons and wastes in the body and so called disease manifests as a number of symptoms (fever, pain, aches, mucus, flow, diarrhea etc.) which are normal restorative actions of the body until they degenerate into chronic structural defects.



TYPES OF WASTE MATTER THAT NEED TO BE ELIMINATED

- Catabolic waste matter.
- Waste matter of undigested and unassimilated food.
- Waste matter due to infective live foreign bodies like germs and parasites.
- Waste matter due to foreign substances which are dead.
- Medicinal waste matter if any.



ACUTE DISEASE IS A REMEDIAL PROCESS. IT IS ITSELF A CURE:



- Acute disease is the body's natural and normal way of rapidly eliminating accumulated toxins and is a natural function of the body expressed as fever; mucus flow, coughing, diarrhea, inflammation, headache, lose of appetite weakness, heaviness, desire to sleep, sore throat, muscular aches etc.
- Acute disease should be permitted free expression without treatment or palliation or suppression. Better fast, this ensures rapid restoration of health. The instinct to sleep and fast during acute illness should be honored.

FOOD IS A BUILDING MATERIAL, BUT DOES NOT INCREASE VITALITY:

- Food, after all, is a powerless substance to build flesh, blood, bones and nerves. Only a living breathing organism can convert it into a living tissue. Food is subordinate to life, to the force inherent in every living creature. “it is this mysterious life force that decides which and how much of foods supplied to the body, shall be built up into body tissues” is a quotation which suggests that it is body, not food, which is more important.



FASTING DOES NOT CURE ANY DISEASE BUT PROVIDES AN OPPORTUNITY TO BODY TO HEAL ITSELF.



- Fasting means nothing to eat except water. Fasting means absolute abstinence from food, drinks, smoking, sex, exertion etc. drinking only water in amounts demanded by the thirst, and resting to the maximum degree. Fasting means four kinds of rest-physical, mental, physiological and sensorium. It is total inactivity (as far as possible).

GERMS DO NOT CAUSE DISEASE BUT ARE FOUND IN DISEASED CONDITIONS:



- Invasion of germs on the human body is called **INFECTION**. Germs, per se are not causative factors of disease. Body has got its own defenses and in healthy body, they, if get entry, are immediately killed or made ineffective. Our body has got an ingenious series of defenses.



- Tonsils act as filter to protect body from invasion of bacteria and aids in the formation of white blood cells which are body's defenders. In spite of this if bacteria reach in the stomach, they are destroyed by the HCL of the stomach. Germs which get entry through nose they are sneezed out.



EXERCISE OR PHYSICAL ACTIVITY KEEPS THE BALANCE BETWEEN NUTRITION AND DRAINAGE:



- Life is activity. Movement is the tenure of life. Great activity is essential to the production of great strength. Exercise is essential to development and maintenance of vital structures. Exercise is essential to development and maintenance to vital structures. Exercise if for the restoration of health.



EXTERNAL TREATMENTS WHETHER NATURAL, ALLOPATHIC, AYURVEDIC OR HOMEOPATHIC GIVE ONLY RELIEF, DO NOT CURE THE BODY:



- The great treatment is the education or advice which makes the mind peaceful and quiet. Peacefulness and quietness of the mind play an important part in recovery. Mental satisfaction or autosuggestion is much more important than external treatment or activity. Human body is a very complex organism and it has not so far been understood well.

PATIENT'S OWN WILL TO GET WELL, DETERMINATION AND FAITH ARE NECESSARY THINGS FOR NATURE CURE TREATMENTS:



- Last but not least is the patient own will to get well with determination and faith. So many people complain of their ailments and say that they are destined to be sick all the time.
- First make up your mind that you want health which will come by healthful living not by medicines. Go and stay in a nature cure centre where natural treatment and natural food is provided.

The natural life style



- **Waking up early in the morning (*Brahmi mahoortam*)**
- **Eating only when hungry**
- **Eating the food in its natural form (raw food)**
- **Eating only the required quantity of food**
- **Eating only after doing some physical work**
- **Not drinking water while eating and immediately after eating**
- **Fasting, resting, and drinking plenty of water when ill**
- **Using the five great elements of nature for restoration or maintenance of health**

Causes for accumulation of toxins in the body



- Eating negative foods : Fried food, chilly, salt, sugar, spices, Maida, polished rice, vanaspati, fast food, non-veg , etc.
- Eating without hunger
- Over-eating
- Untimely eating
- Eating without concentration
- Eating in angry / sorrowful mood
- Eating without proper chewing



The causes for accumulation of toxins in the body



- Eating frequently
- Eating only one kind of food
- Eating spoiled food
- Consumption of stimulants : tobacco, alcohol, tea, coffee,
- soft drinks, drugs, sedatives, barbitones, tranquilizers, etc.
- Increased indulgence in sexual activities
- Lack of physical exercise
- Insufficient intake of water
- Drinking water while eating and immediately after eating



The causes for accumulation of toxins in the body



- **Going to bed late in the night**
- **Waking up late in the morning (after sunrise)**
- **Sleeping during daytime**
- **Stressful life**
- **Jealous nature**
- **Taking hot water bath**
- **Wearing clothes that don't absorb sweat**
- **Inadequate entry of air and sunlight into the house**
- **Working without resting and resting without working**

The Mechanism of toxin elimination from the body



- **Ether (Akash) – *Fasting***
- **Dry fasting** - not taking anything including water
- **Juice fasting** - consumption of juices only
- **Fruit fasting** - eating fruits only
- ***Fasting*** is, in a real sense, not consuming anything other than water and the intake of which needs to be doubled
- During fasting, most of the vital energy that usually participates in the processes of digestion, absorption, and assimilation of food will be conserved and diverted for elimination of toxins from the body by activating the organs of toxin elimination





Air (Vayu) – Good (deep) breathing

- We make use of only 1 / 11th the capacity of lungs
- Good breathing promotes oxygenation of blood, Functioning of body cells, and elimination of carbon dioxide
- Good breathing leads to good blood circulation which in Term provides good health. *It adds years to life and life to years*
- For good breathing, physical work such as yoga, cycling, swimming, running, brisk walking, playing, etc. are required
- For normal functioning of the skin, its exposure to air is a must. The skin needs air as much as do the lungs





Sun (Tej) – the ultimate, inexhaustible, and perennial source of energy

Exposure to sunlight during morning (between 7 and 8 am) and evening (between 5 and 6 pm) has profound influence in promoting health (enhancing the vital energy) / restoration of health.



Major benefits - promotion of blood circulation, synthesis of vitamin D, calcification of bones, improvement in skin functioning in the elimination of toxins (sweat), improvement in body resistance, etc.



The different colors in the visible sunlight such as violet, indigo, blue, yellow, orange, and red have therapeutic effects (chromo therapy)



Water (App) - constitutes about 70% of the body fluids

- Responsible for carrying out various physiological functions (including absorption and assimilation of digested food) in the body



- Body loses more than two liters of water every day through elimination of feces, urine, sweat, and carbon dioxide



- Being a universal solvent and best cleansing agent, it helps the body to eliminate toxins smoothly and effectively

Earth (Prithvi) – a perennial source of life



- The 'food' generated from the soil i.e., the plant-based food is the result of interaction of the earth element with the other four great elements of nature

- Nature cure advocates that one should eat positive (satvik) food and not the negative (tamsik) food

- Positive foods comprise the sprouts, fruits, vegetables (those grown underground, except carrot, are not included), unpolished rice, wholesome flour, pulses, tender coconut water, butter milk, etc.

- One should take ***food as the medicine and not medicine as the food.***



NATURE CURE METHODS FOR RESTORATION / MANAGEMENT OF HEALTH



- Fasting
- Enema
- Mud and cold packs
- Hip bath
- Spinal (tonic) bath
- Hot foot bath
- Mud bath
- Cold water immersion bath
- Friction bath
- Hot and cold alternate
- Sun bath
- Body sponging
- Oil massage, steam bath, steam inhalation
- Fruits, fruit juices, and milk diets
- Water and food
- Walking, deep breathing, and sleeping



TIPS FOR HEALTHY LIVING



- Eat 2 meals a day (7 hours apart), the second one at least 3 hours before bed time
- Drink at least 8 glassful of water a day
- Practice physical exercise daily for 1 hour (brisk walk/cycling/yoga)
- Take more of raw foods /salads
- Avoid refined foods like white sugar, white flour, polished rice, etc.
- Reduce consumption of salt, sweets, spices, ghee, bakery foods, etc.
- Avoid tea, coffee, fried food, smoking, alcohol, zarda, sedatives, soft drinks, etc.
- Chew well and eat slowly in a calm and quiet atmosphere
- Fast a day on juices and adequate water every week
- Avoid drugs that are more dangerous than diseases

CONCLUSION



- Human body has a tremendous disease healing power. Provide it a chance to heal itself. Nature cure allows the body to use this power to cure the disease. It also ensures the maintenance of health on a long-term basis. **It is the best way to get rid off the 3-D effects – the Disease, the Doctor, and the Drug.**



Dear Friends

- **MAY THE *MOTHER NATURE* BLESS YOU ALL WITH GOOD HEALTH**





Kailash Institute of Naturopathy Ayurveda & Yoga

(A UNIT OF KAILASH HOSPITALS LIMITED)



26, KNOWLEDGE PARK-1, GREATER NOIDA, GAUTAM BUDDHA NAGAR-201308
PH. : 0120-2327900, 9711918408, 9711918414 Email : kinay@kailashnaturopathy.com
Website : www.kailashnaturopathy.com

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Thank you



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