



Naturopathy : The forgotten Science of Healing



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Caerus3 Advisors

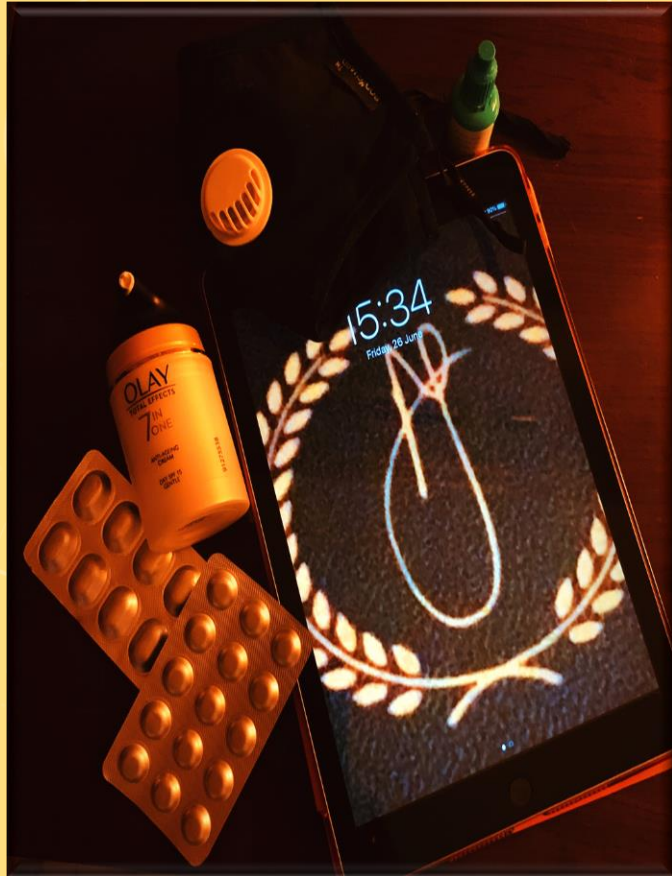
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**“Nature itself is the best
Physician”**

- Hippocrates

The state of denial

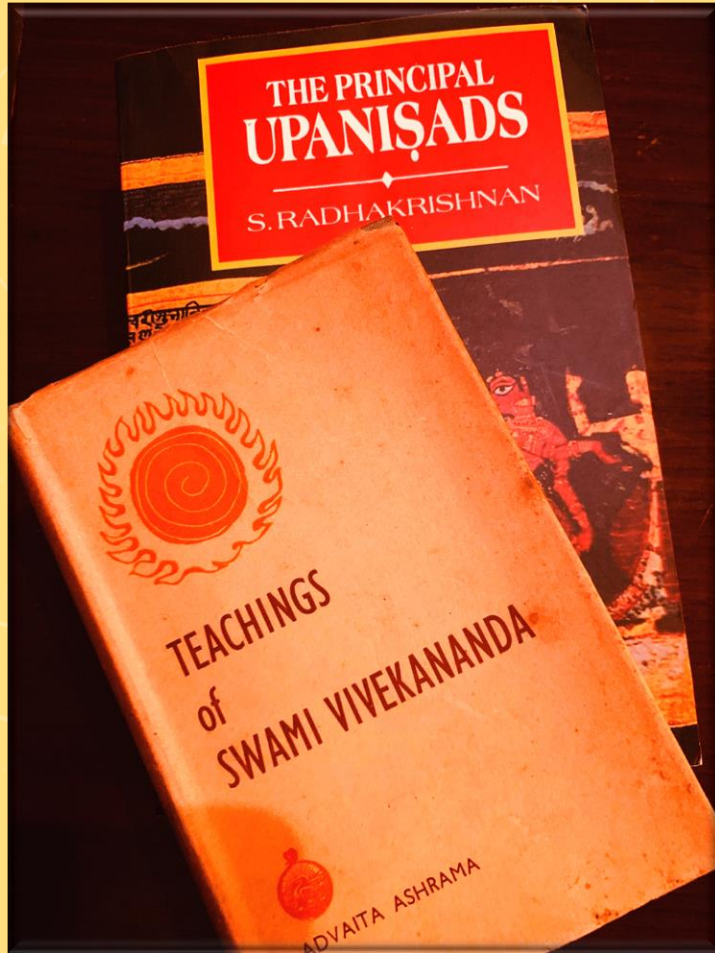


In the age of so-called modern medical science, if there is one addiction that needs to be urgently treated it is the addiction to “chemically induced substances” i.e. modern medicines.

The distancing away from Nature, ignorance on age old wisdom of “eating the right way” coupled with a 24/7 lifestyle and being a slave to the present day avatar of Graham Bell’s invention is resulting in several physical, psychological and in severe cases mental health issues or as Modern Medical Practitioners say Terminal illnesses.

The self styled “Superior Animal race” of Homo Sapiens i.e. Humans today is a victim of its own creation . Yes Inventions, Technology and Advances in Medicare have improved quality of Life and Life expectancy but at a cost. The cost of Lifestyle Diseases

Principles of Naturopathy



To have a healthy life one should follow the principles of Nature and should be disciplined in his daily life while eating (correct combinations, pH values, timings and more importantly what is abundantly available in nature), sleeping and walking. Similarly, if man violates the rules of Nature, he is punished by Nature and become sick.

The science of Naturopathy or Nature cure is as old as Nature itself. It is oldest of all the prevailing systems of medicine and thus it can be called the mother of other systems. All important aspects of Nature Cure are given in Vedas, and the Upanishads such as Yoga, Fasting and treatment by water. Philosophers like Swami Vivekanand to have spoken about the same in their books and teachings

Naturopathy revolves around the five elements of universe, its principles revolve around Yoga (Ether), Water. Clay (Earth), Cooked food (Fire) and Breathing (Air)

Principles of Naturopathy



The Key “balance corrections” (not treatments) suggested are

- Diet
- Juice Diet
- Fasting
- Yoga
- Therapy treatment like Water / Clay and Herbal Oils
- Sun bathing
- Magneto Therapy

Principles of Naturopathy



In reality Nature cure is the right way of living. It is an art of attaining a long, healthy and blissful life. It tells what to eat and drink and when. It teaches how to sleep and relax.

Naturopathy focus on treatment by food. Diet should be such that it fulfills the nutritional requirements of our body. Just as wrong food harms our digestive system, Right food can cure any ailment. First we should know what a person should eat under normal circumstances to keep healthy and strong, and then we should know what kind of food one should take in case he or she is suffering from any illness.

Our diet should have enough proteins, carbohydrates, fats, roughage, water, minerals and vitamins. Balance diet fulfills all the requirements. We should avoid all refined, devitaminised and demineralized food, spices, condiments, stimulants like tea, coffee, tobacco and all intoxicants. One should not take food while in tension or go to sleep at night just after meals or drink water after meals.

#BacktoNature

FAQs addressed to me in my Talks / Articles

- Is Naturopathy and Ayurveda the same ? What about Unani medicine ?
- When do I know what treatment to go for ?
- What are the Principles of these Alternate therapies ?
- Are their any side effects ?
- What are your views on Holistic Healing ?

In the next few slides, I shall answer most of these questions. On Holistic Healing yes its effective if you know a good healer as there are many quacks around 😊 .

In Principle each alternate therapy is based on a science and its principles have stood value of time

Naturopathy V Other Healing Sciences

AYURVEDA	UNANI	NATUROPATHY
<ul style="list-style-type: none">Ayurveda is the holistic approach to healing and is based on the study of 3 Doshas- Vata, Pitta and Kapha which is determined by the 5 elements in the human body.Roots of Ayurveda is from India and focus to use curates medicine that helps in balancing the 3 Doshas, whenever the imbalance between Doshas occur- disease sets in.	<ul style="list-style-type: none">Unani is natural medicine that focus on positive health and prevention of diseases and it is based on model of 4 humours in the body i.e. black bile, yellow bile, blood and phlegm.Roots of Unani is from Middle East and East Asia and focus on 8 diagnosis methods for effective results like pulse, stool, urine, tongue, speech, vision, touch and appearances.	<ul style="list-style-type: none">Naturopathy is alternative medicine that promote self-healing process by using 7 elements and is based on Vitalism and folk medicine rather than evidence based medicine.Roots of Naturopathy is from Natural Cure movement of Europe and is based on belief in body's ability to heal itself through Vital energy or force guiding bodily process internally.

Naturopathy V Other Healing Sciences

AYURVEDA	UNANI	NATUROPATHY
<p>Ayurveda focuses on metabolism, good digestion and proper excretion for effective treatment.</p> <p><u>DISEASES CURED</u></p> <p>Various diseases in which treatment is achieved are:</p> <ul style="list-style-type: none"> • Gastrointestinal diseases: digestive disorder, increased acidity, constipation, colitis. • Cardiac disorders: hypertension, Respiratory diseases: sinusitis, cough, cold allergy. • Joint problems: arthritis, Gout. • Excretory system diseases: renal calculus, kidney stone. • Dermatological diseases: psoriasis, eczema, hair loss, skin pustules 	<p>Unani system of medicine puts its emphasis on diagnosing a disease through pulse(Nubz), examination of urine(Baul), stool(Baraz)</p> <p><u>DISEASES CURED</u></p> <p>Various diseases in which treatment is achieved are:</p> <ul style="list-style-type: none"> • Skin diseases –Vitiligo, Eczema & Psoriasis • Liver disorders –Acute & Chronic Hepatitis • Musculoskeletal disorders – Rheumatoid arthritis and Osteoarthritis • Pulmonary disease –Bronchial asthma • Sinus disease – Sinusitis • Communicable disease– Malaria • Dental disease: Gingivitis 	<p>Naturopathy focuses to change the unhealthy living habits of people and to teach them healthy and positive lifestyle in accordance to nature.</p> <p><u>DISEASES CURED</u></p> <p>Various diseases in which treatment is achieved are:</p> <ul style="list-style-type: none"> • Allergies • Chronic pain • Digestive issues • Obesity • Fertility problem • Heart disease • Cancer • Chronic fatigue syndrome • Adrenal fatigue

Naturopathy V Other Healing Sciences

AYURVEDA	UNANI	NATUROPATHY
<p>TREATMENT The treatment aims to restore the balance and harmony of doshas with proper diet, herbal drugs and exercises. The four types of treatment employed are: Sodhana therapy (Purification Treatment): Elimination of dosha, toxins etc. from the body by various processes e.g., sweating, emesis, purgation etc.</p>	<p>TREATMENT The treatment aims at treating the cause of disease and not its symptoms. The various types of treatment employed are: Regimental therapy (Ilaj-bil-Tadbeer): includes cupping, diaphoresis, massage, emesis, exercise etc. Diet therapy (Ilaj-bil-Ghiza): aims at treating certain ailments by administration of specific diets or by regulating the quantity and quality of food</p>	<p>TREATMENT The treatment aims to heal the root of illness in the whole person- the mind, body and spirit. The various types of treatment employed are: Naturopathic physicians: They attend four-year graduation program of herbal medicine, homeopathy, nutrition etc. to treat the illness.</p>

Naturopathy V Other Healing Sciences

AYURVEDA	UNANI	NATUROPATHY
<p>Shamana therapy (Pacification): Neutralizing the dosha/toxins with the help of medicine/food.</p> <p>Satvajaya: Mental nurturing and spiritual healing</p> <p>Rasayana therapy: use of immunomodulators and rejuvenation medicines</p>	<p>Pharmacotherapy (Ilaj-bid-Dawa): deals with the use of naturally occurring drugs, mostly herbal</p> <p>Surgery (Jarahat): The ancient physicians of Unani medicine were pioneers in this field and had developed their own instruments and techniques but at present only minor surgery is in vogue in this system .</p>	<p>: These practitioners don't attend an accredited naturopathic medical school or receive a license. Their education varies widely.</p> <p>Healthcare providers: Some medical doctors, dentists, and nurses have training in naturopathic medicine. Many are either NDs or they studied naturopathy.</p>

On a closing note...

“Just as Climate Change is the need of the hour and needs to be addressed, so is Health. Its interesting while we focus a lot on saving the environment, do we focus on saving the human race ? What makes us think we will still be around in next 3-5 generations; the rate at which we are prone to diseases and more recently the Pandemic. Who will inhabit this Third Rock from the Sun – our evolutionary ancestors the Ape’s or us !!”

- Viraaj Thakur *

** Quote under copyrights of Viraj Nature Trails, a Company co-founded by the Author with aim to take “mankind back to Nature”*

A word about

the Author

Viraaj Thakur wears multiple hats, that of a Fitness freak, Corporate dude, Angel investor and more importantly a Naturopath.

For past few years he has been advising pro-bono F&B Companies, Ultra High Net worth Families and those in the fields of Nutrition, Health & Fitness

He drives his passion for Naturopathy from his early days in Palampur where he learnt the Science from his family hand written diary

He is a qualified Naturopath

Its difficult to pin Viraaj to one City as he shuttles between his home in New Delhi and Palampur and for work between Mumbai and Pune

His family is setting up a Café in Palmpur based on principles of Naturopathy; the Family run Firm is called Viraaj Nature Trails

He is an avid reader, and loves to travel and learn new cultures

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