

A Study of Curing Human Body with Naturopathy is the Best Remedy

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Abstract—Famous sayings related to health are “Health is Wealth” or “Prevention is better than Cure” or in Sanskrit सर्वे भवन्तु सुखिनः। सर्वे सन्तु निरामयाः। सर्वे भद्राणि पश्यन्तु। मा कश्चित् दुःख भाग्भवेत्॥

It means all should/must be happy, be healthy, see good, may no one have a share in success.

These all are concluding only one thing, in today's life a human forgot himself to cure with which is free given by the great thy. To make aware about remedies which are less costly but more effective, I am representing my paper for humanity.

Objectives of Study

The study is needed to be done to serve humanity and representing all possible remedies to cure human body with Naturopathy.

- 1) To cure human body with natural remedies.
- 2) To save human from side effects of other harmful medicines available.
- 3) To connect human with Nature.
- 4) To spread knowledge about well-known remedies which are easily available in our homes.
- 5) How fruits & vegetables are blessings for human in correct way.
- 6) To spread awareness regarding Wheat Grass which is boon in this mechanical world for curing deadly diseases like Cancer.
- 7) To give remedies with Acupressure & other points available in human body to relieve pain.
- 8) How much fasting is effective for human body.
- 9) ‘Yoga’ is the best way to heal normal problems of human in day to day life.
- 10) Few points to become fit from fat.
- 11) Few remedies to cure diabetes, low pressure without any fear.

General Problems

Human is suffering from major health issues due to improper diet in day to day life

Research Problem: A human body connected with nature thus can be cured easily with natural remedies.

Research Methodology

Type of Research: Descriptive

Data Collection: 1) Primary data observation and occult studies
2) Secondary data (book of Naturopathy)

Units of Study

- 1) A human Anatomy
- 2) Minerals & Vitamins
- 3) Different Natural Remedies
- 4) Human body chakras & connection with nature's five elements.

Sample Techniques: Stratified Sampling

Hypothesis: A human body is simply cured with proper diet in Naturopathy

Limitation of Study:

- 1) A study is done with general observation
- 2) A human body has different reaction to different remedies so before starting any remedies experts advises are needed
- 3) The study contains with all natural products so if any humans has allergy of particular component please avoid.
- 4) Pregnant woman, mental & physically challenged, a person who has critical disease must be consulted in detail first and then should start remedy.
- 5) Alcoholic or drug addicted people needed to be cured with personal experts of naturopathy.
- 6) Treatments varied from person to person so can't compare results of two same therapies.
- 7) This study is mainly focus to serve humanity in less cost and with more effective remedies so may effect late or take more time to cure.

Human Anatomy and with basic info of Balanced Diet & Therapies (Naturopathy) with its history

What is Naturopathy & how it works?

Naturopathy is the treatment system of stimulating the body's inherent power to regain health with the help of five elements that constitute the human body. Thus normal care is a science of disease elimination without drugs. Natural health is a biological process which always comes from within. When the tiny microscopic cells are supplied with an efficient drainage system & proper nutrition, the body works wonders.

According to naturopathy, disease is disturbance of normal equilibrium of the human body functions & is due to

- Lowered vitality
- Accumulation of Waste material
- Abnormal composition of blood & lymph

Naturopathic medicine is a holistic approach to health. It believes that disease affects the whole person, body-mind & spirit & not only on isolated organ or system.

The task of naturopathic practitioner are two folds:

- To help the patient to understand the fundamental laws of the health
- By using natural therapies try to increase the vitality of the individual as to remove any kind of obstruction chemical, physical or physiological

How to fulfil this task naturopathy uses following drugless healings

- Meditation
- Proper food & diets
- Fasting
- Yoga
- Massage
- Acupressure
- Hydra (water therapy)
- Juice Therapy
- Wheat grass Juice Therapy

Brief History of Naturopathy:

It may not be generally known that the philosophy of Naturopathic healing is a part of India in Vedic time. Many of philosopher, yogis & Holliman followed many methods of naturopathy in ancient time of India.

There are records that the early Egyptians also used massage, the ancient Jews had strict rules of diet & exercise & romans that extensive use of baths of all kinds.

The greatest Naturopathy & our father of Nation "Mahatma Gandhi" started his own nature cure at Uralikanchan near Pune, Maharashtra. The modern methods of Nature cure originated mostly in Germany & developed in USA.

At present about 35000 naturopathy in India & many naturopathic associations working for the better future of this God gifted healing are in God gifted India.

Human body system is divided according to various parts as below:

The Cranium	Contains bone which covers brain & external ear
The Face	Contains the eyes, mouth, nose & nasal cavities
The Neck	Contains the Thyroid Gland, the Pharynx, the Larynx & part of trachea
The Trunk	This part commonly called the body & divided into 3 cavities. The thorax/chest, abdomen & Pelvis/Lower Abdomen
The Abdomen	Lies between the Diaphragm & Pelvis and contains digestive organs, kidneys & spleen
The Pelvis	Lies below the brim of Pelvis and contains the bladder, rectum & internal generative organ
The Extremities	They are classified as Upper & Lower. The upper being the arms and lower the legs

• Different Remedies of Naturopathy

(1) Juice Therapies:

"The Food is only medicine" said by Hippocrates, which is considered in the west the father of modern medicine.

A diet which has an abundance of natural fruits (juices), vegetables (salads) & sprouts, a diet which has a predominance of raw, uncooked food, a diet that supplies all nutrients in appropriate proportions a diet which is devoid of refined foods sugar & salt can be called a correct diet.

Vitamins are useful for necessary for metabolism & growth of the body, essential for eye-sight, skin & mucous membranes, cures deficiency of dryness of skin.

Vitamin A deficiency causes infections, anaemia, swelling on the body & weight-loss.

Vitamin B (B complex) includes B1, B2, B3, B6 & B12. Its deficiency causes a disease called beriberi, metabolism, skin-inflammation & diarrhoeas, birth defect in child.

Vitamin C's deficiency causes less immunity

Vitamin D's deficiency causes rickets, bent bones & dental caries.

Vitamin E is called anti-sterling, deficiency of it causes abortions, heart disease & degeneration of the spine.

Vitamin K is so important for bones & connective tissues.

Except vitamins, Fiber, Minerals, Enzymes are very much important.

Juice Therapy needs few precautions like wash all vegetables & fruits proper before use, peeling the skin of them, cutting with stainless steel sharp knife & after making juice have them with sip by sip.

If a person is keeping fast & having juice only then its Juice Fast.

Few Juices are really helpful like

- 1) Amla (Indian Gooseberry): It balances all “three doshas” – faults of body – Vat, Pitta, Kaffa
- 2) Apple Juice is the perfect remedy for keeping overall health nice as it’s a saying “An apple a day keeps a doctor away”
- 3) Apricot Juice: It’s called Golden eggs of the sun. It supplies minerals like Potassium, Iron, Calcium, Manganese & Zinc
- 4) Avocado Juice: This is an unusual fruits as it has very high fat content & contains Vitamins A, E & K
- 5) ABC Juice: This is called ‘A’ for Apple, ‘B’ for Beet Root & ‘C’ for Carrot. This is the ultimate solution for all diseases now days.

Note: All Juice therapies should be taken according to Advise of Health Expert.

- Wheat grass Juice is also the perfect remedy to resolve many problems of human body. It should be taken empty stomach and after this intact don’t have anything for 30 minutes. It is the perfect booster of a day.

(2) Exercises

For Yogic Asana, there are lots of Asanas which are really helpful to Stimulate organs.

- 1) Kathmanthana: Flexibility.
- 2) Trikonasana: Stretches & helping liver & spleen to work better.
- 3) Ardhamatsyendrasa: Helping spine to be elastic & flexible
- 4) Pachimothasana: tightening of muscles, helping waist becomes less rigid.
- 5) Sarvangasana: Helping blood flow to head & upper part of body.
- 6) Matsayasana: For respiratory it’s the best asana.
- 7) Sheersasana: Helping circulation in upper parts of body.
- 8) Sooryanamaskara: It’s the perfect Asana for all diseases.

(3) Hydra Therapy:

Hydro means water; the therapies which are including water element in them are called Hydrotherapies. It contains two use drinking & bathing.

Few search therapies are

- 1) Hot Water Therapy: Drinking hot water is the best medicine ever
- 2) Hip bath: This remedy is useful to tone abdominal organs
- 3) Full Sheet Pack: Very much effective for eliminating toxins from body
- 4) Steam Bath: Useful for elimination of poison from body including making skin radiant
- 5) Jalaneti: Very useful to clean upper part of Respiratory system like nose & throat

Note: Whenever such therapies used don’t intact any food before and after an hour of therapy.

(4) Clay Therapy:

In naturopathy, clay or mud therapy is very useful for external healing. Clay is directly applied to the part; it can be applied for whole body. It helps as following manners:

- 1) Cooling of affected part
- 2) Absorption of Toxins
- 3) Reduce Swelling
- 4) Relaxing Tension
- 5) Relief from Pain

(5) Sun Bath & Air breath:

It is the best remedies a human can take. Its naturally available & costing is nil as it’s free from nature

(6) Massage Therapy:

It is one of the best therapies which is useful to activate the organs internally & externally. Massage has effects on skin, muscles, circulation of blood, nerves, digestive system, urinary system & heart.

Conclusion: There are many more therapies which are very much useful for mankind to heal body, mind & soul with nature cure.

Note: Every remedy should be used in presence of experts & with his/her advices.

Chapter: 6 Human Body with Chakras & effects of elements

Every human body has 7 chakras & it has its own elements related to nature. A human can heal such problems after identifying the root cause & treating Chakras with elements.

- 1) 1st Chakra from below is 'Root' chakra which is related to Earth element
- 2) Then 'Sacral' chakra related to water
- 3) 3rd one is 'Solar Plexus' related to Fire
- 4) Next one is 'Heart' chakra connected with Air
- 5) 5th chakra is 'Throat' chakra related with Air and Sky (Ether)
- 6) The 6th & super power chakra is 'Third Eye' related to sky
- 7) 7th chakra is the entrance and top most called 'Sahasrara' chakra/ 'Crown' chakra, door of universe (Space).

FINDINGS

1. Naturopathy can cure disease with pure remedies which are available in every home.
2. Nature care gives idea about different remedies with healthy and impactful results.
3. Naturopathy is cost effective.
4. Naturopathy gives results with side effects.
5. Naturopathy works wonder when a human follows it for long period.
6. It has perfect effect with combination of two Therapies.
7. Human body easily adopts such remedies as they are directly effect to organ which should be treated.

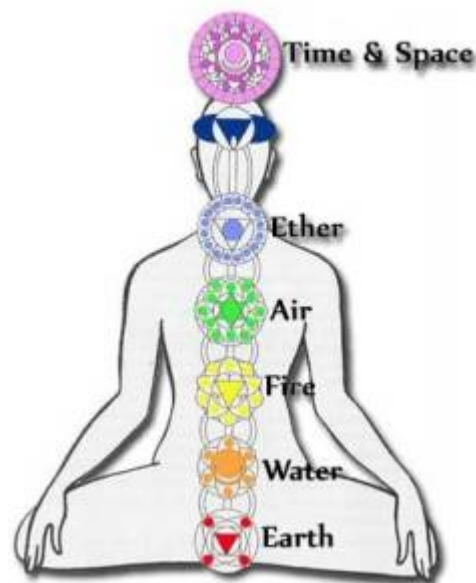
Scope of Further Studies:

How advance methods of Naturopathy will wonder the world with less cost and high effectiveness.

Appendix

<https://www.takingcharge.csh.umn.edu/explore-healing-practices/naturopathy>

<https://consciousdimension.wordpress.com/2015/10/22/the-5-fundamental-elements-of-the-universe/>



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