



NATUROPATHY EDUCATION STATUS IN INDIA

Pravin Jawanjal

PhD Scholar, Dept. of Rasashastra and Bhaishajya Kalpana, IPGT&RA, Gujarat Ayurved University, Jamnagar, Gujarat, India

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Naturopathy is a system of man building in harmony with the constructive principles of Nature on physical, mental, moral and spiritual planes of living. It has great health promotive, disease preventive and curative as well as restorative potential. According to the manifesto of British Naturopathic Association, "Naturopathy is a system of treatment which recognizes the existence of the vital curative force within the body." It therefore, advocates aiding human system to remove the cause of disease i.e. toxins by expelling the unwanted and unused matters from human body for curing diseases. Naturopathy is an art and science of healthy living. It has its own concept of health and disease and also principle of treatment. Naturopathy is a very old science. We can find a number of references in our Vedas and other ancient texts. The morbid matter theory, concept of vital force and other concepts upon which Naturopathy is based are already available in old texts.

Historical background

The revival of Naturopathy started in India by translation of Germany's Louis Kuhne's book "New Science of Healing". Shri D. Venkat Chelapati Sharma translated this book in Telugu language in 1894. Shri Shrotri Kishan Swaroop of Bijnor translated this book into Hindi and Urdu languages in 1904. All this gave a wide propagation to this system. Gandhiji was influenced by the book Return to Nature written by Adolf Just and become a firm believer of Naturopathy. He not only wrote several articles in favour of Naturopathy in his newspaper Harijan but did its several experiments on himself too, on his family members and members of his Ashram. It may be noted here that Gandhiji used to stay at the Nature Cure Clinic of Dr. Dinshaw Mehta situated in Pune during 1934 to 1944. In his memory, the Government of India established National Institute of Naturopathy in 1986 at that place. Gandhiji included Naturopathy in his constructive programmes. Due to influence of Gandhiji, several National leaders joined this minority health movement. The names of Ex-Prime Minister Shri Morarji Desai, Ex-Governor of Gujarat Shri Shrimannarayanji, Ex-President Shri V.V.Giri, Acharya Vinoba Bhave and Shri Balkova Bhave need special mention in this regard.

Dr. M.M. Bhamgara, Dr. Vegi Raju Krishnam Raju, Dr. B. Venkat Rao, Dr. B. Vijaya Laxmi, Dr. Ganga Prasad Gaur Nahar, Shri Dharam Chanda Saravagi, Dr. Sukhbir Singh Rawat, Acharya K. Laxman Sharma etc.

Here, it may also be mentioned that modern Naturopathy movement was started in Germany and other western countries with Water Cure (Hydrotherapy) therapy. Water Cure was synonymous with Nature Cure in those early days. The credit of making Water Cure world famous goes to Vincent Priessnitz (1799-1851), who was a farmer. Later on, other personalities also made their contribution in this work. The name of Louis Kuhne needs special mention, who propounded the Principle of Unity of Disease and Treatment and provided a theoretical base to this method. The book New Science of Healing written by him has been translated into several languages of the world.

The names of Dr. Henry Lindlahr, Dr. J. H. Kellogg, Arnold Ehrit, D. D. Palmer, Rolier, E.D. Babbit, Bernarr Macfadden, Arnold Rickley, J.H. Tilden, Father Kneipp, Benedict Lust, Stanley Lief and Herry Benjamin etc. may also be mentioned among others who had their share of contribution to the development of Naturopathy.

Present status

As on today, Naturopathy is Recognised and well accepted as an

independent System of Medicine. Presently there are 12 Degree Colleges, Affiliated to Universities and are imparting its five and a half years degree course of Bachelor of Naturopathy & Yogic Sciences (BNYS).

The development and promotion of Yoga and Naturopathy could not be attained as expected at par with Ayurveda, Unani, Siddha and Homoeopathy due to huge dearth for qualified manpower. However, in the recent years, many NGOs and Voluntary Organizations have come up to establish Yoga and Naturopathy Health Homes as well as Degree Colleges.

At present, there are 12 such Colleges in India, three in Karnataka affiliated to Rajiv Gandhi University of Health Sciences, Bangalore; four in Tamil Nadu MGR Medical University, Chennai; two in Andhra Pradesh, University of Health Sciences, Vijayawada; one in AYUSH University, Raipur, Chhattisgarh, one in Bharkatulla University, Bhopal & Ayurveda University, Jamnagar, Gujarat. The approach of this medical education course not only encompasses Yoga and Naturopathy philosophy but also emphasizes the clinical tools and modalities necessary to establish a successful practice. These Colleges are endowed with theoretical, practical, clinical facilities which help to train the students multi-dimensionally. In this course, the students are offered to study diverse holistic treatment modalities which are totally drugless and natural in all aspects.

It is quite interesting that many of the Modern Medical Institutes of the country took a serious effort to prove the efficacy of Yoga and its various aspects. Accepting Yoga as a tool for balanced and all-round development of human personality, some of the Universities have established Yoga Department, where Teacher's Training Programmes of one-year duration are going on.

There are 18 Universities which impart Certificate, Diploma and Degree courses in Yoga. UGC is also promoting Yoga by financing the Universities to start the Yoga courses in the Universities. Some Universities are imparting Yoga education ranging from Certificate to Ph.D level courses. Many Universities are likely to start Yoga Department in the years to come. In many of the foreign Universities, the faculty of Yoga has been established and the research work is in progress. Some of the States are proposing to adopt Yoga in their educational curriculum. About one thousand Yoga teachers have been appointed in different Schools of Kendriya Vidyalaya, Delhi Government and New Delhi Municipal Corporation. There are many countries other than India where Yoga is being practiced regularly for treatment of psychosomatic disorders.

It is quite encouraging to know that in many of the western countries, the education of Naturopathy is greatly emphasized and due recognition has been given. There are several Colleges in various parts of USA, Germany, Britain like National College of Naturopathic Medicine, Oregon and British College of Naturopathy and Osteopathy, London.

Regular Courses available on Naturopathy & Yoga

Past

4 years course leading to Diploma in Naturopathy (N.D.) Including Yoga, at Hyderabad – 1970 to 1990

Present

5 ½ years (4 ½ yr course + 1 yr Internship) Degree course leading to

Bachelor of Naturopathy & Yogic Sciences (B.N.Y.S.) since 1989

- 1st BNYS (1 yr) - Pre-clinical subjects
- 2nd BNYS (1 yr) - Para clinical subjects
- 3rd BNYS (1 yr) - Clinical subjects
- 4th BNYS (1 1/2 yr) - Clinical subjects
- & 1 yr Rotatory Internship

National Institute of Naturopathy, Pune Organization

National Institute of Naturopathy (NIN) is registered under the Societies Registration Act., 1860 and came into existence on 22-12-1986. This institute has a "Governing Body" headed by the Union Minister for Health & Family Welfare as its President. National Institute of Naturopathy (NIN) is located in a historical building called "Bapu Bhavan" which is situated at Tadiwala Road, Pune. "Bapu Bhavan" is named after Mahatma Gandhi, Father of the Nation, who stayed here for 156 days and made this institution his home whenever he was in Pune from the year 1934. Formerly this place was known as "Nature Cure Clinic and Sanatorium" which was run by late Dr. Dinshaw K. Mehta. The All India Nature Cure Foundation Trust was established in this Centre by Dr. Dinshaw K. Mehta. Mahatma Gandhi became its life long Chairman. Gandhiji conducted his Naturopathy experiments and organised National and International activities while staying here. The present complex was handed over to Govt. of India on 17-03-1975 by Dr. Dinshaw K. Mehta for starting the National Institute of Naturopathy.

FUNCTIONS OF THE INSTITUTE

O.P.Clinic

NIN has an OPD clinic with free consultation services where various Naturopathy treatments are also given to the patients at a subsidized rate i.e. Rs.350/- per week. Naturopathy treatment has become popular in Pune and NIN's OPD is attracting large number of patients.

Yoga Classes

NIN is conducting 8 batches of yoga daily. Four classes in the morning including one batch at 9 am exclusively for women and Four in the evening. A monthly fees Rs.200/- per participant is being charged.

Magazine

NIN publishes a bilingual magazine in Hindi & English "Nisargopachar Varta" at highly subsidized rates. Articles on Naturopathy ,Yoga ,health food ,longevity ,natural way of living ,prevention and cure of diseases by eminent authors are published ,which enhances the readers knowledge to have health self sufficiency as advocated by Mahatma Gandhi.

Health Shop

A Health Shop is run by NIN where Natural food & drinks and products free from chemicals and fertilizers are made available to the public. Also books on Naturopathy, Yoga & other Health subjects and various instruments used in the treatment of Naturopathy are sold at subsidized rates.

Naturopathic Diet Centre

NIN is running a Naturopathic Diet Centre in its premises and providing diet facilities to the general public and patients who visit this institute and getting good response.

Food Festival

Naturopathy Food exhibition is held in the institute every year.

During 2009-10, conducted 4 days Health Food Exhibition at Dilli Haat, New Delhi.

During 2010-11, conducted 4 days Health Food Exhibition at MDNIY, New Delhi.

Various natural recipes devoid of additives, chemicals, spices, artificial sweeteners etc. were exhibited.

FREE MONTHLY WORKSHOP IN REGIONAL LANGUAGES

NIN conducts monthly workshop in regional languages viz, Marathi, Gujarathi, Punjabi, Sindhi, Bengali, Oriya Malayalam , Telugu, Tamil, Kannada etc, on the 3rd Saturday of each month.

Free lunch with natural food, Herbal tea/Lemon juice are provided to each participant.

Copies of NIN's magazine Nisargopachar Varta and treatment

equipment "Enema Can" are distributed free of cost.

WEEKLY LECTURES

NIN conducts free guest lectures by eminent speakers on every Wednesday on "Procedures and Benefits" of Naturopathy treatment in different common ailments.

MONTHLY WORKSHOP

NIN organizes one-day workshop with demonstration of procedures on different diseases for general public on the last Saturday of every month. Each participant is charged Rs.30/-. Lunch with Natural food, Herbal tea and Lemon juice are provided to each participant. Average participation is approximately : 85.

Treatment Attendant Training Course (T.A.T.C)

58 students are undergoing 1 year Full Time Treatment Attendant Training Course (T.A.T.C) with a monthly stipend of Rs.3000/-.

ACUPRESSURE CLINIC

Free Acupressure Treatment is being given to the patients, daily between 2 to 5 p.m., six days a week.

Approximately 250 patients undergo this programme every month.

HINDI PAKHWADA

Hindi Pakhwada is celebrated in the Institute every year.

Essay writing and Elocution competition in Hindi are organized in association with this.

PARTICIPATION IN EXHIBITIONS

NIN participates Arogya exhibition organized by Dept. of AYUSH, New Delhi and various other exhibitions in Maharashtra.

PUBLICATION OF RARE TEXT BOOKS ON NATUROPATHY

NIN has published the Book "Rational Hydrotherapy" by Dr. J. H. Kellogg, USA.

Published has also published Diet – Recipe Book during 09-10 .

RE-IMBURSEMENT SCHEME UNDER CGHS/CS (MA)

Credit facility is being provided to the CGHS/CS (MA) beneficiaries.

SPONSORED PROGRAMMES

In order to promote self-health and health awareness among the public on naturopathic lines, financial aid is being given for conducting Naturopathy awareness programmes through NGO's and Naturopathy hospitals all over the country.

REFERENCES

- 1 <http://ayush.gov.in/about-the-systems/naturopathy>
- 2 <http://www.arvindguptatoys.com/arvindgupta/handbook-naturecure.pdf>