

Saarth

E-Journal of Research

ISSN NO: 2395-339X

“Nature as Medico”

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INTRODUCTION:

Environment is living things and what is around them. It includes physical, chemical and other natural forces. Living things do not simply exist in their environment. They constantly interact with it. In the environment there are interactions between plants, animals, soil, water, temperature, light, and other living and non-living things. In psychology and medicine a person's environment is the people, physical things, places, and events that the person lives with. The environment affects the growth and development of the person. It affects the person's behaviour. It affects the person's body, mind and heart.

Natural Environment:

In biology and ecology, the environment is all of the natural materials and living things, including sunlight. This is also called the natural environment. Things in the natural environment that we value are called natural resources. For example; fish, sunlight, and forests. Non-renewable resources are important things in the environment that are limited for example, ores and fossil fuels.

Environment is defined as the total planetary inheritance and the totality of all resources. It includes all the biotic and abiotic factors that influence each other. While all living elements- the birds, animals, plants, fisheries etc.-are biotic elements, abiotic elements include air, water, sunlight etc.

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 (Jal)
- Sun (Tej)
- Air (Vayu)
- Weather (Akash)

The Mechanism of toxin elimination from the body

- Weather (Akash) – Fasting
- Dry fasting - not taking anything including water
- Juice fasting - consumption of juices only
- Fruit fasting - eating fruits only

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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. We make use of only 1 / 11th the capacity of lungs. Good breathing leads to good blood circulation which in turn 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 the lungs. Sun (Tej) is 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.

Water - constitutes about 70% of the body fluids and is responsible for carrying out various physiological functions (including absorption and assimilation of digested food) in the body - Body loses more than two litres of water every day through elimination of faeces, urine, sweat, and carbon dioxide

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

What are natural medicines?

Naturopathic treatments originated as the use of herbs and foods for medicine, exposure to fresh air and sunlight, and hydrotherapy (the use of hot and cold water application) as steam or sauna. These techniques and methods have long been respected throughout the world. While modern allopathic medicine is a youngster of less than 200 years old, Natural Medicine has been the primary medicine used by most of the human community even into the 21st Century. Herbal and traditional medical arts remain the primary medical choice of over 65% of humanity.

Benefits of Naturopathy

It aims to treat the root cause of your illness, not just the symptoms. It is a totally natural and drug free treatment method. Used for maintaining wellness once the initial condition is rectified. Naturopathy is both a safe and effective healthcare modality.

Types of Naturopathy:

Aromatherapy: Using "essential oils" distilled from plants, aromatherapy treats emotional disorders such as stress and anxiety as well as a wide range of other ailments. Oils are massaged into the skin in diluted form, inhaled, or placed in baths. Aromatherapy is often

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used in conjunction with massage therapy, acupuncture, reflexology, herbology, chiropractic, and other holistic treatments.

Astrology: Astrology is a humanistic attempt at trying to understand the cycles that we share with the forces in the Universe. The planets have corresponding ruler-ship to certain vitamins, minerals, cell salts, herbs, metals, colours and parts of the body. Through the chart, one can look to see what natal health conditions exist. Through these precepts, we can then look at the present and into the future to see what areas of our lives are being affected and potentially how we can head off ill health and promote wellness.

Ayurvedic Medicine: Practiced in India for more than 5,000 years, ayurvedic tradition holds that illness is a state of imbalance among the body's systems that can be detected through such diagnostic procedures as reading the pulse and observing the tongue. Nutrition counselling, massage, natural medications, meditation, and other modalities are used to address a broad spectrum of ailments.

Holotropic Breathwork: It is a simple yet powerful technique for self-exploration and healing, based on combined insights from modern consciousness research, depth psychology and perennial spiritual practices. The method activates non-ordinary states of consciousness which mobilize the spontaneous healing potential of the psyche. Sustained effective breathing, evocative music, focussed energy work and mandala drawing are components of this subjective journey. 'Holotropic' literally means 'moving towards wholeness'.

Bach Flower Remedies: A system of herbal remedies devised by Edward Bach, these floral remedies can supposedly alter the disharmonies of personality and emotional state that trouble us all from time to time. These remedies are mostly aimed at curing emotional states rather than physical ones.

Fasting Therapy: Therapeutic fasting or fasting for health is a purifying and rejuvenating process by which toxic waste matters of the body are eliminated and regeneration of diseased tissues occurs.

Flower Essences: A method of alleviating negative emotional states that may contribute to illness or hinder personal growth. Drops of a solution infused with the captured "essence" of a flower are placed under the tongue or in a beverage. The practitioner helps the client choose appropriate essences, focusing on the client's emotional state rather than on a particular physical condition.

Hydrotherapy: It is defined as the scientific application of water for therapeutic purposes. Water may be used at various temperatures, in different modes and in different forms.

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Massage Therapeutic: A general term for a range of therapeutic approaches with roots in both Eastern and Western cultures. It involves the practice of manipulating a person's muscles and other soft tissue with the intent of improving a person's well-being or health, and may include, but not be limited to, effleurage, deep tissue, percussion, vibration, and joint movement.

Magneto therapy: The art of healing by the application of natural and artificial magnets to the diseased parts of the human body. It is a clinical system by which human ailments are treated and cured through the application of magnets to the body of the patients.

Sound Therapy: The use of sound waves to heal.

Acupressure: Similar to acupuncture, but using finger pressure rather than fine needles on specific points along the body to treat ailments such as tension and stress, aches and pains, menstrual cramps, arthritis.

Acupuncture: Fine needles are inserted at specific points to stimulate, disperse, and regulate the flow of vital energy, and restore a healthy energy balance. In addition to pain relief, acupuncture is also used to improve wellbeing and treat acute, chronic, and degenerative conditions in children and adults.

Electropathy: Electropathy is a specialised system of therapeutics which involves the use of various forms of electric currents for medicinal purposes.

Naturopathic Medicine: Naturopathic physicians work to restore and support the body's own healing abilities using a variety of modalities including nutrition, herbal medicine, homeopathic medicine, and orient medicine. A primary health-care system which emphasizes the curative power of nature, treating both acute and chronic illnesses in all age groups.

Reiki: Practitioners of this ancient Tibetan healing system use light hand placements to channel healing energies to the recipient. While practitioners may vary widely in technique and philosophy, Reiki is commonly used to treat emotional and mental distress as well as chronic and acute physical problems, and to assist the recipient in achieving spiritual focus and clarity.

Unani

Involves the use of plants and herbs, these remedies are known to provide cures for diseases such as sinusitis, leukoderma, rheumatism, jaundice and elephantiasis.

Yoga Therapy

The use of yoga to address mental and physical problems while integrating body and mind.

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Sun Bath

To expose your body in direct sunlight.

Clay therap

Either way used internally or externally, clay has proven to be a reliable therapeutic treatment for detoxifying and antiseptic cleaning. It also stimulates the repair of muscles, joints, bones, ligaments and skin. Clay can also serve as an anti-inflammatory, decongestant and sedative agent. It helps to neutralize acidity in the stomach and tissues and also intestinal gas. Finally, clay increases cell oxygenation, stem cell production and increases the production of blood cells.

Bubble (air bath) massage:

Bubble Massage hydrotherapy delivers thousands of bubbles that thoroughly support and massage your body for an invigorating, blissful experience. The strategic placement of the Bubble Massage air jets on the lower perimeter of the bath create a luxurious bathing experience that stimulates the release of muscle tension and helps centre the mind.

Some common conditions treated with Naturopathy include: Allergies, Arthritis, Anxiety and mild depression, Back, neck and joint pain, Chronic fatigue syndrome, Candida (recurrent thrush), Fibromyalgia, Healthy Aging Therapy, Irritable bowel syndrome, Insomnia, Migraine and , headache, Poor immunity, Tennis elbow, frozen shoulder and other inflammatory conditions, Women's health – eg: Endometriosis, Premenstrual syndrome, polycystic ovarian syndrome, menstrual irregularities and menopause, Men's health – eg: enlarged prostate, Skin disorders, Weight management, and more.

CONCLUSION:

The nature has provided us with lots of beneficial gifts for the sustenance of a better life. All the natural resources like soil, land, air, water, minerals, sunlight, wildlife, forest, energy, grassland, fish, etc. are used by the human being for their welfare and development. But due to over exploitation of natural resources, the non-renewable (exhaustible) resources are fast depleting. It could result in long term adversities for human health. So efforts should be made by mankind to use the exhaustible resources in allocated limits.

Nature & Human body are both made of five main elements. Both nature & Human body complement each other. Thus, for humans to sustain their health and longevity, it is important for mankind to preserve and protect Nature. Nature 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 of the 3-D effects – the Disease, the Doctor, and the Drug.

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ISSN NO: 2395-339X

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