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# Natural Healing Sciences

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## ABSTRACT

Ayurveda, Yoga and Naturopathy are ancient alternative therapies having similar principles with each other. The *Panchabhoutic* theory of Ayurveda and five elements of nature are used to cure ailment of common man. These aspects of life related to that are given in Ayurveda and in the similar way nature cure and in Yoga science also. The body as a whole and to correct the pathogenesis these natural healing sciences are very important.

**Key words:** Natural healing, Ayurveda, Nature Cure, Yoga.

## INTRODUCTION

Under the natural healing sciences Ayurveda, Yoga and Naturopathy have become very popular. All of these healing sciences are originated in India among them Ayurveda explains the knowledge regarding entire life span, helps to get perfect health and happiness through which one can achieve *Dharma, Artha, Kama* and *Moksha* that creates disease free society<sup>[1]</sup> i.e. heaven on earth.

Ayurveda, Yoga and Naturopathy are ancient healing sciences, natural alternative therapies and they are natural way of life. The principles of naturopathy are similar to that of Ayurveda where the natural things are used to cure ailments of a common person.<sup>[2]</sup>

We found in the *Vedic* literature about the use of *Panchabhoutika Chikitsa* is similar in Ayurveda also i.e. mud, water, air, sun, space, added gradually. *Ayurveda Prakriti Chikitsa* is practiced since ancient

times only. Naturopathy is not complete without *Ayurvedic Pathyaahara Vihara, Upacahara, Achara* etc. *Nidana Parivarjana* is the basic principle of Ayurveda and also Yoga and *Nisargopachara*. *Panchakarma* is *Shodhana Chikitsa* which is included in naturopathy methods of treatment. Fasting is *Langana Chikitsa*,<sup>[4]</sup> *Asana*,<sup>[5]</sup> *Pranayama*,<sup>[6]</sup> *Shatkarma*,<sup>[7]</sup> Meditation,<sup>[8]</sup> *Mudra*,<sup>[9]</sup> *Bandhas* etc. are yogic drugless healing methods to cure the diseases by increasing immunity against the diseases and changing the life with perfect health, happiness and longevity.

*Ayurveda-Yoga-Nisargopachara* principles are supporting with each other without each, the other are not complete healing sciences, *Deha Prakriti* or individual constitution like *Bahya Prakriti - Antar Prakriti, Adhyatma Prakriti*, age, sex, strength, *Doshas, Dhatus, Agni, Satmya, Asatmya* etc. many things will have to be observed while planning to the patient and advice *Pathya Ahara* etc. body, mind, soul<sup>[10]</sup> should be taken into consideration. Thus they are supporting each other as three dimension healing approach to the suffering, each these three healing principles are originated from the laws of nature. Which is the way of natural life i.e. living in close to nature e.g. getting early in the morning,<sup>[11]</sup> prayer, cleansing the body and mind,<sup>[12]</sup> exercises,<sup>[13]</sup> *Asana, Chankramana*<sup>[14]</sup> and *Hita Mita Ahara*,<sup>[15]</sup> practicing meditation, *Yoga*,<sup>[16]</sup> *Sadvritta*,<sup>[17]</sup> *Sadachara* which are serving suffering humanity to lead worldly brotherhood (*Vasudeva Kutumbakam*), enjoying

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blissful condition (*Prasanna Atma-Indriya Manaha*) every day.<sup>[18]</sup> Then only one will become *Swastha*. i.e. perfect health. He will enjoy the well being of mental, physical, social and spiritual health which is the most present need of the country. This total health will create a disease free society, heaven on earth because of their holistic approach. Let us see how these can be achieved by adopting the different methods and their inter connectedness etc.

### Ayurveda

Ayurveda is not simply collection of some herbal medicines and treatments but also complete knowledge about whole life span<sup>[12]</sup> which explains and guides us about how to charge our life with health and happiness and attain enlightens an experience of bliss in everyday life. Aim of the Ayurveda is the prevention of illness and promotion of perfect health and longevity.<sup>[19]</sup> The diagnose and treatments of Ayurveda are very simple and inexpensive compared with other medical sciences. Ayurveda is an open minded science, it has no beginning and no end, hence Ayurveda is eternal, universal and dynamic.<sup>[20]</sup> Ayurveda is first life science a wealth of ancient knowledge about immortality and total health. Treatment of individual as a whole mind, body and soul are treated together. Ayurveda has no unpleasant side effects but side benefits are there. Each Ayurvedic medicine is a tonic simultaneously. Ayurveda emphasizes on positive health and prevention of disease along with wholesome diet and drinks.<sup>[21]</sup> Ayurveda is like a passport to immortality (*Ayurvedo Ambrutanam*) one can achieve or avoid misery which has not yet come.<sup>[22]</sup>

### Yoga

Yoga is to have better knowledge of ourselves, teaches us self disciplines. Yoga is not a religion, it is the search for the inner development of the consciousness, directing to the every heart of reality.

A concept of harmonization of spiritual and material sciences. Yoga is a way of life and it is to be in connection with the communication with our original self and not to be victim of selfish. The word yoga,

means stabilizing the mind in the consciousness of god or having a mental link with the god. The integrated yoga therapy system has preventive, promotive and curative to develop human potentials to a higher degree i.e. health and happiness.<sup>[23]</sup>

'*Yogaha Karmasu Koushalyam*' i.e. achieving excellence in action is *Yoga*. '*Yoga Chitta Vritti Nirodha*' means balance of mind is called *Yoga*. '*Dukha Samyoga Viyoga Samghita*' - the separation and combination with miseries is known as *Yoga*. *Yoga* helps to lead our life in spiritual path. *Yoga* individual soul with the supreme spirit which is the same purpose of *Ayurveda* and *Nisargopachara* also. Because of body, mind, nature of diseases we need inner development which brings success. By *yoga* and natural way of living we can prevent the disease. By the habits of following good *Ahara*, *Vihara*, *Vichara* and *Achara* i.e. *Sadvritta*, *Sadachara*, etc. That's why *Yoga* and *Nisargopachara* are part and partial of *Ayurveda*. *Yoga* has the surest remedies for man's physical as well as psychological ailments. *Astanga Yoga* is secure purity of body mind and soul and finds communication with god.

Branches of integral *Yoga* are *Rajayoga*, *Karmayoga*, *Gyanayoga*, *Bhaktiyoga*, *Hathayoga* etc. Basic benefits are peace and joy. *Yoga* can help to maintain peaceful mind, easeful body and useful life.

### Naturopathy

In nature cure five elements are used., i.e. *Akasha*, *Vayu*, *Jala*, *Teja*, *Prithvi*. We should follow the principles of natural livings, wherever we are in our daily life to enjoy good health because, "health is wealth". Nature is the best healer. It is said that nature cure and *Yoga* are the two wheel of a cart on the road to a healthy life.

Health is the normal condition of the body brought about by living in accordance with law of nature. Disease is the abnormal condition of the body brought about by violation of nature laws. The primary cause of all disease, excluding accidents in violation of nature law is one way or other.<sup>[23]</sup> e.g. excessive

eating, not sleeping at night etc. which are very common now a days.

Nature cure believes that healing is within us, toxin is the principle cause of diseases and cure cannot be obtained without cleansing. Body mind should be treated as a whole and heal our self because we alone are responsible for our health. For good health and disease free life one should have proper supply of fresh air and sunlight.

Regulate diet, regular exercise or *Yogasanas* and deep breathing, rest relaxation , repose, strict cleanliness both internal and external and the right attitude of mind, using the methods of nature cure like fasting, hydrotherapy, *Yoga*, meditation, using mud pack, wet pack, steam bath, massage etc. we can treat the disease and avoid the diseases in normal health.

## CONCLUSION

*Ayurveda*, *Yoga*, Naturopathy can do without medicine as they are drugless therapy, modern medicine cannot do without it. All three systems belong to preventive, curative natural healing sciences and they are the most need of the day because present culture is going far away from laws of nature. But man should learn the art of living by seeing natural living beings.

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