

Integrated approach of Naturopathy and Yoga: The ideal healthcare application in CAM systems

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Naturopathic medicine is an eclectic form of primary health care that encompasses many complementary modalities in the treatment and prevention of disease. Treatment protocols are integrative in nature, combining the most suitable therapies to address the individual patient's needs. Naturopathy is a distinct type of primary care medicine that blends age-old healing traditions with scientific advances and current research. Naturopathy is guided by a unique set of principles that recognize the body's innate healing capacity, emphasize disease prevention, and encourage individual responsibility to obtain optimal health. Naturopathy emphasizes on cleansing, healing and strengthening of the body which is achieved by a systematically planned prescription of a combination of therapies which are carefully selected as per the clinical condition of the person. These seven principles guide the therapeutic methods and modalities of naturopathic medicine.

First Do No Harm - primum non nocere

Naturopathic medicine uses therapies that are safe and effective.

The Healing Power of Nature - vis medicatrix naturae

The human body possesses the inherent ability to restore health. The physician's role is to facilitate this process with the aid of natural, nontoxic therapies.

Discover and Treat the Cause, Not Just the Effect - tolle causam

Physicians seek and treat the underlying cause of a disease. Symptoms are viewed as expressions of the body's natural attempt to heal. The origin of disease is removed or treated so the patient can recover.

Treat the Whole Person - tolle totum

The multiple factors in health and disease are considered while treating the whole person. Physicians provide flexible treatment programs to meet individual health care needs.

The Physician is a Teacher - docere

The physician's major role is to educate, empower, and motivate patients to take responsibility for their own health. Creating a healthy, cooperative relationship with the patient has a strong therapeutic value.

Prevention is the best "cure" - praevenire

Naturopathic physicians are preventive medicine specialists. Physicians assess patient risk factors and heredity susceptibility and intervene appropriately to reduce risk and prevent illness. Prevention of disease is best accomplished through education and a lifestyle that supports health.

Wellness - Salus

Establish or re-establish health and well-being.

Some of the Core Therapies employed under Naturopathy

- Hydrotherapy
- Mud therapy (Balneotherapy, Fangotherapy, Peat mud therapy)
- Therapeutic electromagnetic applications
- Fasting therapy (Therapeutic detoxification therapy)
- Nutrition and clinical dietetics
- Botanical medicine
- Physical medicine and rehabilitation
- Yoga applications and therapy

General patient satisfaction was significantly higher in CAM patients, although patient reported symptom relief was significantly poorer. The quality of patient-physician communication was rated significantly better in CAM patients. The aspects discussed in this paper are listed below:

- Working towards patient centered integrative care.
- Developing the evidence based medical practice module in Naturopathy.
- Blending in the compatible therapies in the most suitable pattern to deliver effective, affordable and scientific integrative medical care, ensuring patient safety and quality of healthcare.

Biography

Gulab Rai Tewani has completed graduation in BNYS (Bachelor of Naturopathy & Yogic Sciences) from S.D.M College of Naturopathy and Yogic Sciences Ujire, Dharmasthala, affiliated to Rajeev Gandhi Health University Bangalore. Presently is working as a Lecturer in Sant Hirdaram Medical college of Naturopathy and yogic sciences Bhopal as well working as a consultant at Yoga and Nature cure Centre Bhopal.

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