

2nd Naturopathy Day celebrated in RGU

RONO HILLS, Nov 18: The 2nd Naturopathy Day was celebrated today in Rajiv Gandhi University, Doimukh under the aegis of 'National Institute of Naturopathy', Pune, Ministry of AYUSH, Government of India in association with Placement Cell, Career Counselling Cell, Health Centre of the Rajiv Gandhi University Doimukh and V.M.R. Foundation.

The workshop began with the Registrar of University Prof. Tomo Riba urging the participants to adopt and use practices of healthy nature living and make good use of the naturopathy practices.

On this occasion, Dr. Muralidharareddy Veeram, Naturopathy Medical Officer and facilitator for the 2nd Naturopathy celebrations from National Institute of Naturopathy, Pune presented a paper on the theme "Mahatma Gandhi Nature Cure and importance of Naturopathy in day to day life".

Naturopathy or nature cure is a system of man building in harmony with constructive principles of



moral, and spiritual planes of living. It has a great health promotive, disease preventive and curative as well as restorative potential.

The revival of Naturopathy started in India by translation of German Louis Kulne's book, "New Science of Healing". D. Venkata Chelapati Sharma translated this book in Telugu in 1894 and subsequently this book was translated into Hindi and Urdu languages in 1904 and this gave wide propagation to Naturopathy system.

Mahatma Gandhi was influenced by the book Return to Nature written by Adolf Just and became a firm believer of Naturopathy in South Africa. Gandhiji treated his son and wife with

practiced nature cure to keep himself healthy and also used it on dear and near ones. He used to stay in Nature Cure Ashram in Pune during 1934-1944. In his memory, the Govt. of India established National Institute of Naturopathy at Pune in 1986.

Naturopathy Day is celebrated on 18th November signifying its promise in empowering people through health which is in the vision of the document registered as All India Nature Cure foundation trust on 18th November 1945.

The applied aspects of Naturopathy includes fasting and diet supported by

treatments with natural elements which includes hydrotherapy, chromotherapy, mud therapy, electrotherapy, acupressure, acupuncture electrotherapy, magnetotherapy, physiotherapy, exercise and yoga therapy, steam bath, sauna bath, sun bath, steam bath, whirlpool bath, hot and cold fomentation, enema by warm water etc.

A huge gathering which included doctors and faculty members from Tomo Riba Institute of Health and Medical Sciences (TRIHMS), Naharlagun participated in the celebrations.

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