

The Co-Relation of Natural Life and Natural Medicine

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Connecting with the word "nature" itself indicates towards "natural life." That is, to live a simple and ordinary life is called "natural life." Natural life is our normal way of life, which includes our daily work and daily enjoyment. Because if God has given us life, then it is our nature to act. And it is our destiny to enjoy all the things present in nature. The five elements are earth, water, fire, wind, and sky. Therefore, natural treatment is done by considering these five elements as the basis.

Naturopathy is a process that naturally makes the body healthy and energetic. Naturopathy is a method in which the patient treats himself. It is a process that helps in the union of body and nature. Each class of naturopathy child, old or young is all useful and indispensable. It is a form of purification (naturally) that invigorates the body internally. Naturopathy encourages and inspires us to follow the laws and principles of nature.

Natural therapy: an introduction.

Naturopathy is an ancient and holistic medical practice, which focuses on the treatment of diseases and maintaining health using the elements and principles of nature. Its basic purpose is to increase the natural healing ability of the body and cure diseases from the root, and not just treat the symptoms. This medical system looks at the human being as a whole, with a focus on physical, mental, and emotional health.

The main principles of natural medicine are as follows:

Naturopathy is a holistic medical practice based on the body's ability to naturally improve health through the use of natural methods and elements. The emphasis is on maintaining a

balance of body, mind and spirit. The following 11 principles of naturopathy are considered the main ones:

1. Nature is the healer.

Nature has the ability to maintain a healthy state of life and cure diseases. Naturopathy assumes the principle that the body is able to heal itself naturally, and the task of the therapist is to help in this self-healing process.

2. Remove the Cause of Disease

The aim of naturopathy is to find out the root cause of disease and eliminate it rather than just treating the symptoms. This can lead to health problems for the person.

3. Health education

Naturopathic physicians emphasize on educating the patient about their body, mind and environment so that they can take care of their own health. This theory makes patients aware of their disease and treatment.

4. Don't suppress the disease, let it manifest.

When disease occurs in the body, the emphasis is on expressing rather than suppressing it so that the body can flush out its toxins and the disease is eliminated.

5. Treatment of the whole person

Naturopathy focuses not only on physical symptoms but also takes into account mental, emotional and spiritual factors. It focuses on improving the overall health of the individual.

6. Lifestyle Improvement

Naturopathy also focuses on lifestyle improvements, such as diet, exercise, clean water, clean air, and peace of mind. This is very important for long-term health.

7. Protecting health is considered more important than preventing diseases.

Under this principle more emphasis is laid on measures to maintain health so that prevention can be done before the disease occurs.

8. Natural and non-harmful treatments

In naturopathy such treatments are used which are not harmful for the body. Its purpose is to adopt measures that restore health without harming the body.

9. Importance of natural diet and nutrition Diet

Nutrition plays an important role in health. Naturopathy believes that only a healthy diet provides the body with the necessary nutrients, which makes it possible to prevent and treat diseases.

10. Maintaining Physical and Mental Balance

Maintaining balance between body and mind is essential for health. Stress, anxiety, and emotional imbalances can also cause illnesses, so attention is paid to mental health.

11. Use of Positive Thinking and Self Strength

By developing positive thinking and self-strength, a person can improve his health. This theory believes that the power of the mind and positive attitudes have a profound effect on health.

Naturopathy works on the basis of these principles and helps in the process of making the person healthy in totality. Living according to nature and having physical activities according to nature is called the art of life. Misconceptions of naturopathy are unnecessarily believed in people as

- This is the treatment of the elderly.
- "It's a long-term therapy.
- "This is the cure for hunger.
- "This is a medical problem.
- It is a medical practice that disrupts daily life.

In naturopathy mental health is focused on strengthening and purification of physical health and in naturopathy healthy mind set and healthy body are considered essential. The use of Panchatattvas, positive energy and Nishkam Bhava is the cornerstone of both natural life and natural medicine.

The Importance and Benefits of Natural Medicine

Natural remedies for diseases

The key principle of naturopathy is that the body has a natural ability to heal itself. It uses techniques such as hydrotherapy, soil therapy, sun therapy, diet therapy, and massage. The

purpose of these treatments is to increase the body's natural healing power.

Treatment without side effects

In naturopathy harmful chemicals or medicines are not used, hence it does not have any side effects. It is ideal for those who want to avoid the side effects of chemical drugs.

Improving lifestyle

The purpose of naturopathy is not only to treat the disease, but also to improve lifestyle. It teaches a person the importance of a healthy diet, regular exercise, clean water, clean air, and adequate rest.

Prevention of diseases

Preventing diseases is given priority in naturopathy. This method strengthens the immune system of the body so that diseases do not attack. In this, the body is made so capable even before the disease that it can protect itself from diseases.

The Balance of Mental Health

Naturopathy emphasizes on creating a balance between mind and body. It involves meditation, pranayama and developing a positive mindset to reduce stress and anxiety. It is effective in treating depression, insomnia, and mental imbalances.

Awareness of the environment and health

Naturopathy teaches us the importance of being in harmony with nature. Its practice increases environmental awareness, making a person more sensitive to the environment. It also helps in conserving natural resources and the environment.

Therefore, "natural life and natural medicine" - both are means of health, so be conscious of your health and make constant efforts to live this gift of nature with ease and satisfaction.

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