

Naturopathy and yoga

Swati Verma Sood

Indian Board of Alternative Medicines, India



Abstract

The Science of Naturopathy is a form of alternative medicine that engages an array of therapies which support human body to get healed physically, mentally and spiritually. The therapies are immensely powerful, cost effective & with no side effects.

Naturopathic physicians (NDs) work with individuals in various aspects of health such as physical, environmental, lifestyle, attitudinal, and emotional. This supports them to discover and treat the root cause of the disease using a variety of therapies.

Some Important Treatments of Naturopathy includes Diet and nutrition, Mud therapy, Water therapy, Sun bath, Sun Chrome bath, Forms of Enema, Magnet therapy, Acupressure and Acupuncture, Reflexology, Physiotherapy, chiropractic and Osteopathy, Manipulation therapy, exercise and electrotherapy, Counseling etc.

Principles of Naturopathic Medicine:

- First, Do No Harm
- The Healing Power of Nature
- Identify and Treat the Causes
- Doctor as Teacher
- Treat the Whole Person

Prevention: Our kitchen is full of natural medications one should know when and how to make best use of it. Naturopathy includes Yoga therapies too. The concepts and practices of Yoga originated in India about a number of thousand centuries before. Its originators were great Saints and Sages. Maharishi Patanjali, appropriately called "The Father of Yoga" assembled and refined various aspects of Yoga systematically in his "Yoga Sutras" (aphorisms). He encouraged the eight folds path of Yoga, popularly known as "Ashtanga Yoga" for all-round development of human beings.

They are: - Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana and Samadhi.

Types of Yoga:

- Japa Yoga
- Karma Yoga
- Gyana Yoga
- Bhakti Yoga
- Raja Yoga
- Swara Yoga
- Kundalini
- Nadi

Naturopathy includes Yoga, Pranayama and meditation i.e. well recognized traditional healing method and Lifestyle for long healthy living like old age cohort who use to live era long and healthy. Yoga and Naturopathy is based on various drugless treatments and people now are understanding the Power of Nature and natural healing and accepting it whole heartedly. It is evident now that many severe cases of dreadful diseases are cured by these practices.

Biography:

Swati Verma Sood has completed her Management education in the age of 26 years and was working in Retail Operations for almost a decade. Realizing the after effects of hectic schedule, she decided to take care of her own health and lead a medicine free lifestyle. This strong decision engaged her attention towards touch therapy Reiki healing and then she completed her masters in Yogic science privately along with her Management employees facilitating profession. She started training people in her society for Yoga and healthy Lifestyle. Soon she recognized the need of in-depth knowledge of various natural therapies, diet and nutrition to support her followers and completed ND/NMD from IBAM. Now she is an acclaimed Wellness counselor and guiding people to lead a medicine free lifestyle along with entrepreneurship journey where they facilitate Professionals and management employees into Leadership, soft skill, behavioral skills, work life balance and Wellness sessions.

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