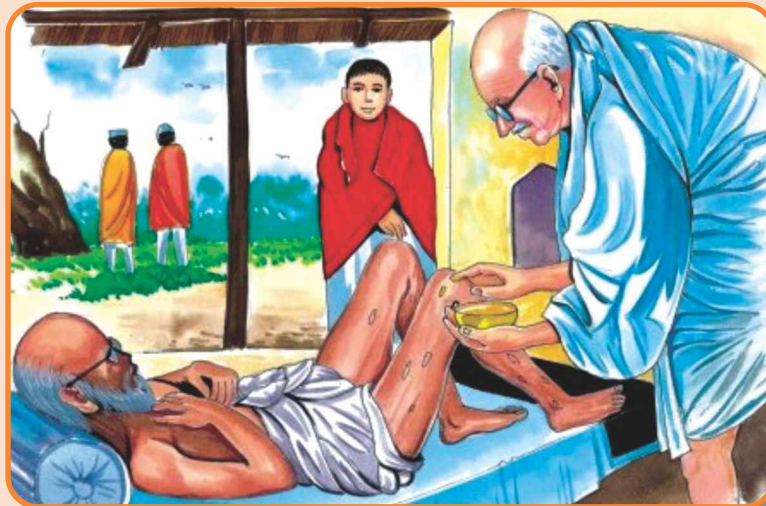


NATUROPATHY HEALTH EDUCATION PROGRAMME (NHEP)

Information Brochure



Central Council for Research in Yoga & Naturopathy
(An autonomous organisation under Ministry of AYUSH, Govt. of India)

Naturopathy Health Education Program (NHEP)

Introduction

Naturopathy is an art and science of healthy living and drugless system of healing based on well founded philosophy. It has its own concept of health and disease and also principles of treatment.

Naturopathy is a very old science. We can find a number of references in our Vedas and other ancient texts. The "**morbid matter theory**", "**concept of vital force**" and other concepts upon which Naturopathy is based are already available in old texts which indicate that these modalities were widely practiced in ancient India.

The fundamental difference of Naturopathy with other systems of medicine is that its theory and practice are based on holistic view point where as the later's approach is specific. Naturopathy does not believe in the specific cause of disease and its specific treatment but takes into account the totality of factors responsible for disease such as one's unnatural habits in living, thinking, working, sleeping, relaxing, sexual indulgence etc. and also considers the environmental factors involved which on the whole disturb the normal functioning of the body and lead it to a morbid, weak and toxic state. For treatment, it primarily stresses to correct all the factors involved and allows the body to recover itself. The Naturopathy Physician helps in Nature's effort to overcome disease by applying correct natural modalities and controlling the natural forces to work within safe limits.



Naturopathy is a traditional system of healing based on time-tested principles of governing life, living and health. These are well documented in the ancient Indian scriptures like *Vedas*, *Upanishads* and Epics like *Ramayana* and *Mahabharata*.

In *Rigveda* fasting was considered as supreme medicine to eliminate the accumulated toxins in the body. The *Manu Smriti* has prescribed rules and regulations about personal hygiene. The *Bhagavat Gita* has elucidated in detail the three varieties of food vs. *Sattvik*, *Tamasik* and *Rajasik* and its effect on human body and mind.



There are a good number of evidences right from excavations of Harappa and Mohenjo-daro to ancient palaces to suggest that Hydrotherapeutic procedures were not only known to the people of this country but were in practice extensively.

All these scattered practices were covered under Panchamahabhut Chikitsa in olden days and they are now taken as Naturopathic practices. Gandhiji added 'Ram Nam' i.e. prayer and worship according to one's own faith to make it a holistic system of healing.

About CCRYN

CCRYN was established in 1978 under the Societies Registration Act, 1860. It is an autonomous body under Ministry of AYUSH, Govt. of India. The objectives of the Council are as under:

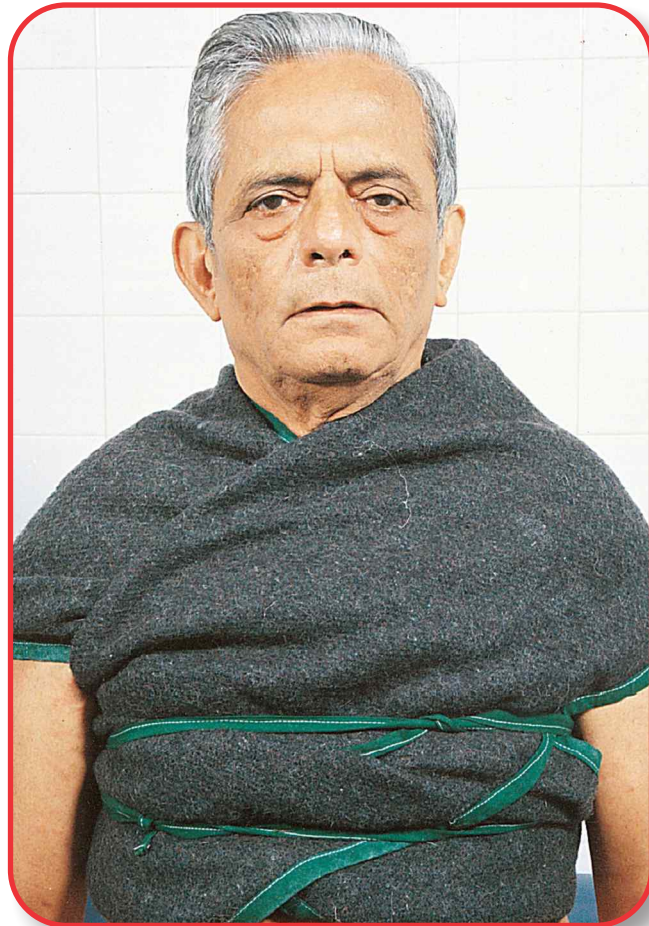
- ☞ The formulation of aims and patterns of research on scientific lines in Yoga & Naturopathy.
- ☞ To undertake any education, training, research and other programmes in Yoga & Naturopathy.
- ☞ The prosecution of and assistance in research, the propagation of knowledge and experimental measures generally in connection with the causation, mode of spread and prevention of diseases.
- ☞ To initiate, aid, develop and coordinate scientific research in different aspects, fundamental and applied of Yoga and Naturopathy and to promote and assist institutions of research for the study of diseases, their prevention, causation and remedy.
- ☞ To prepare, print, publish and exhibit any papers, posters, pamphlets, periodicals and books for furtherance of the objects of the Central Council and to contribute to such literature.
- ☞ To offer prizes and grant of scholarships, including travelling scholarships in furtherance of the objects of the Central Council.



In order to fulfill the objectives of the Council, the Naturopathy Health Education Programme has been devised to provide basic knowledge of Naturopathy to the common people for maintenance of health and to derive maximum benefits. This 60 hours programme has been designed for the common man to understand and adopt healthy life-style.

1.0 Title of the Program

The program shall be called as "**Naturopathy Health Education Program**" (NHEP).



2.0 Aim & Objectives

The aim of the program is to introduce the basic principles of Naturopathy to common man for adoption of healthy lifestyle.

The Objectives are

- ☞ To introduce basic principles of Naturopathy.
- ☞ To spread awareness about Naturopathy.
- ☞ To impart health education through Naturopathy.
- ☞ To assist people about home remedies of Naturopathy.
- ☞ To propagate Naturopathy as preventive practice with an approach to Holistic Health.

3.0 Eligibility for Admission

This course is open for all individuals; however, participation certificate shall be awarded only to those who have passed the Matriculation examination from a recognized board or its equivalent.

4.0 Duration of the Programme

This is a part time programme of one month duration.
The programme may commence from the first working day of every month.

4.1 Hours

- | | |
|--------------------------------------|----------|
| i) Practical Training in Naturopathy | : 40 hrs |
| ii) Theory lectures for the course | : 20 hrs |

Total : 60 hrs

4.2 Programme Timings

The timings may be preferably 10:00 AM to 01:00 PM. However, it may be changed as per the convenience of the Council.

5.0 Registration

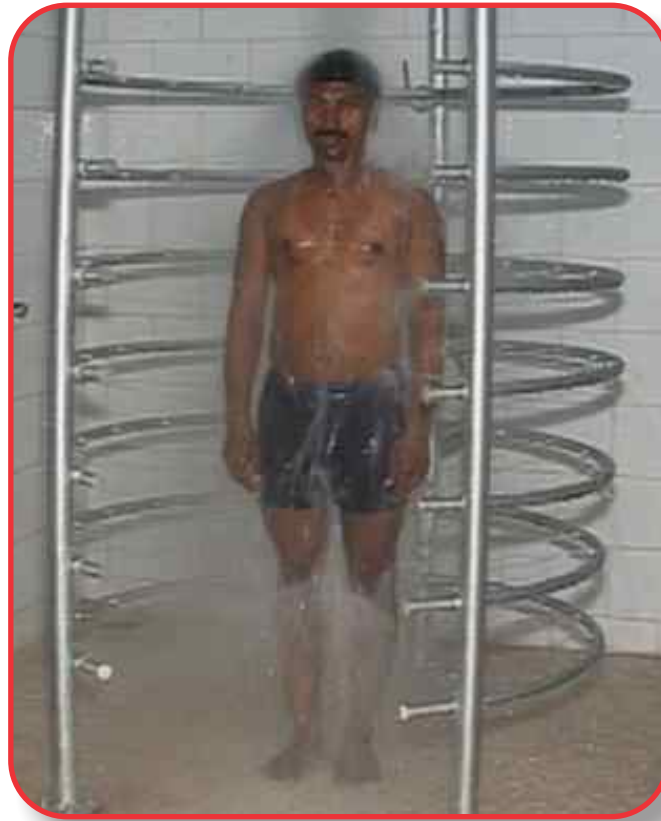
5.1 Timing

The aspirants should register themselves on or before the last working day of previous month. The registration shall be open on all the working days.

5.2 Fees: Rs. 1,000/- per programme

6.0 Medium of Instruction: Hindi/ English.





7.0 Attendance and Participation Certificate

Minimum 80% attendance in practical and theory is essential and compulsory. The **Participation Certificate** shall be awarded only to the participants who have passed at least matriculation (10th) examination and fulfil the minimum attendance criteria as above.

8.0 Rules & Regulations

- 8.1 Every participant of the program should maintain the discipline during the course and not to disturb peace, tranquillity of other participants, teachers and the environment of the centre.
- 8.2 Candidates must attend Naturopathy practicals and theory classes daily.



Programme Details

Part-I: Theory : Total Duration: 20 hrs.

Introduction to Naturopathy and its Modalities

1. General introduction of Naturopathy.
2. Definition, Aim and Objectives, Misconceptions
3. History of Naturopathy
4. Basic principles of Naturopathy
5. Concepts of Naturopathy
6. Healing crisis and Disease crisis
7. Acute diseases and Chronic diseases
8. General introduction to Naturopathy Treatment methods
9. General Introduction to Hydrotherapy
10. General Introduction to Mud Therapy
11. General Introduction to Fasting
12. General Introduction to Diet Therapy
13. General Introduction to Colour & Magneto Therapy
14. General Introduction to Acupuncture & Acupressure
15. General Introduction to Massage & other Manipulative Therapies
16. Naturopathic principles of health and Hygiene.
17. Health and Disease: Role of Naturopathy in prevention of disease and promotion of Health
18. Importance of the Physical and Mental hygiene.
19. Treatment of Common disorders through Naturopathy - 1
20. Treatment of Common disorders through Naturopathy - 2





Part - II: Practicals

Practical Training In Naturopathy

Total Duration: 40 hrs.

Practicals

- i. Students should be introduced to various treatment procedure used in Naturopathy viz. Enema - Colon flushing, Fasting, Regular habits, sun bath, barefoot walking on grass., Hip-bath, Spinal bath, Steam bath, Foot bath, Full immersion bath, Chest pack, Full-wet-sheet pack, Mud packs, Chromo therapy - Colour treatment, Mud therapy, Massage therapy, Magneto therapy etc.



- ii. Students should have knowledge of giving various treatments.
- iii. Demonstration of:
 - a. Natural diet (Raw diet)
 - b. Sathvic boiled diet.

Reference Books for Theory and Practical

- | | | |
|--|---|-------------------|
| 1. Philosophy of Nature Cure | - | Henry Lindlahr |
| 2. Practice of Nature Cure | - | Henry Lindlahr |
| 3. Human Culture and Cure | - | Dr.E.D.Babbit |
| 4. Practical Nature Cure | - | Dr.K.Laxmanasarma |
| 5. History and Philosophy of Nature Cure | - | S.J.Singh |
| 6. My Nature Cure | - | M.K.Gandhi |
| 7. Natural health care - A to Z | - | Belinda Gran |

Reference Books

- | | | |
|--|---|----------------|
| 1. My Nature Cure or Practical Naturopathy | - | S.J.Singh. |
| 2. The Science of facial expression | - | Louis K uhne |
| 3. The story of my experiment with truth | - | M.K.Gandhi |
| 4. Ayurvedic for health and Long life | - | R.K.Garde |
| 5. Everybody's guide to Nature Cure | - | Harry Benjamin |





नोट: इस कार्यक्रम का उद्देश्य प्रतिभागियों को प्राकृतिक चिकित्सा के बारे में संक्षिप्त जानकारी देना है। किसी अन्य को प्राकृतिक चिकित्सा दिये जाने अथवा चिकित्सक के रूप में प्राकृतिक चिकित्सा का अभ्यास करने/कराने के लिए वैध नहीं है।

Note: The purpose of this programme is to provide basic information about Naturopathy to the participants. It is not valid for prescribing Naturopathy treatments to the patients.





For further information can be obtained from



Director

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