

## **Naturopathy: Healing in the lap of nature**

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There is no denying to the fact that nature has bestowed wonders upon us. One of them is dwelling into the natural therapies provided itself by a nature, as said by Hippocrates, 'Nature itself is a great physician.' Naturopathy works on the concept of man building in harmony with the constructive principles of nature at physical, social, mental and spiritual level. What is there in nature that not resides within us. The fundamentals of nature are those 5 elements- ether, air, fire, water, earth which our body comprised of too. It considers that there is only one reason of any disease that is the imbalance of these elements resulting in accumulation of toxins whose elimination is done by the help

of living application of constructive laws of nature that is what Naturopathy means. It includes water therapy, mud therapy, air therapy, Fasting therapy, helio therapy that corresponds to elemental construction. In naturopathy, food is considered as medicine. In terms of Hippocrates "Let food be the medicine and medicine be the food.' Hence, body gets the way what we feed it, whether it is food or environment we live in. It never believes in administering anything that body is not contented with. It is all about getting closer to nature and let the body breathe in the bliss of nature, promote self-healing and non-dependence on chemicals.

**Received Date:** November 30, 2022; **Accepted Date:** December 02, 2022; **Published Date:** January 31, 2023