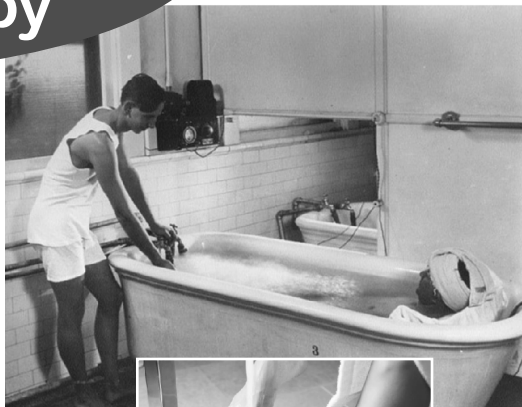


Hydrotherapy

Hydrotherapy is one of the most important interventions in naturopathy, which has been used since ancient times. It can be defined as a naturopathic modality that involves the use of water at different temperatures, pressures, states and modes of application for the treatment of various disorders.



Mechanism of Action:

The physiological effects and therapeutic applications of hydrotherapy are diverse. Water used at various temperatures enhances blood flow, which is thought to help dissipate algogenic chemicals and facilitate muscle relaxation. In addition, the hydrostatic effect may relieve pain by reducing peripheral oedema and by dampening sympathetic nervous system activity. Hydrotherapy stimulates the body's natural healing mechanisms, which increases the circulation of blood and lymph.

Modes of application:

Hip baths, enemas, hot and cold fomentation, hot foot baths, spinal baths, steam baths, immersion baths, application of hot and cold packs as well as advanced modalities like whirlpool baths, sprays and jets are some of the various forms of hydrotherapy.



National Institute of Naturopathy, Pune

(Ministry of AYUSH, Govt. of India)

“Bapu Bhavan”, Tadiwala Road, Pune 411 001

Phone : 020-26059682 / 85 E-mail: ninpune@vsnl.com www.punenin.org

Diet & Fasting



Diet therapy may be defined as the use of food substances for therapeutic purposes. Good diet and nutrition are always appreciated when it comes to disease and its treatment. Naturopathy mainly advocates the intake of food in its natural form, such as seasonal fruits and sprouts, which are alkaline in nature.

Fasting can be defined as 'total rest' - physical, physiological, sensory and mental, which includes voluntary abstinence from the intake of any kind of food, solid or liquid that demands digestion (except water) for a definite purpose and period of time.

Uses:

Fasting is considered to be a first-line treatment in naturopathy. It helps in effective detoxification by directing the vital energy towards the elimination of toxins in the body, which are considered to be the cause of many diseases.

Food works as a medicine in naturopathy, which in turn improves the health and vitality of an individual. So it is always important to choose the right food for better health.



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Yoga

Yoga therapy is a mind-body discipline that offers both physical and mental health benefits. The components of yoga include physical postures,



controlled breathing techniques, meditation and other relaxation techniques. It is an established intervention for almost all chronic anomalies of the human mind and body. Yoga is not merely a few postures (asanas) but a holistic lifestyle which promotes physical, mental, emotional and spiritual well being.

Yoga is an integrated system of self culture which aims at harmonious development of body, mind and covers all aspects of human life that lead to physical well being, mental harmony culminating into positive thinking, happiness and peace.

There are many types of yoga, Hatha Yoga is most commonly practiced. Core components of Hatha Yoga include stretching exercises and physical postures (Asanas), breath control (Pranayama) and concentration techniques (Meditation).

Benefits:

Yoga is believed to help detoxify the body, mitigate chronic fatigue, enhance endurance, improve organ and immune functions. Beneficial effects of yoga have been reported in multiple chronic conditions, including depression, stress, anxiety, menopausal symptoms, arthritis, low back pain, cancer, allergies, asthma, acid peptic disease, irritable bowel syndrome, migraine, metabolic syndrome, diabetes mellitus, cardio-vascular diseases (CVD) etc.



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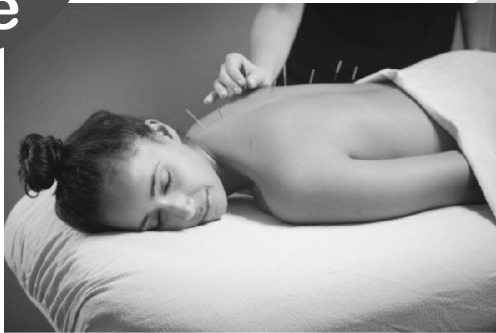
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Acupuncture

Acupuncture is an important part of Traditional Chinese Medicine and has been used for millennia to treat various clinical disorders based on ancient Chinese medicine theory. Acupuncture is a family of procedures



involving the penetration of specific superficial anatomic locations on the skin called acupuncture points by thin, solid, generally metallic needles. In the last 100 years, acupuncture has become one of the most popular complementary and alternative therapies in the world. Most of the main acupuncture points are found on the "twelve main meridians" and two of the "eight extra meridians" (Du Mai and Ren Mai) a total of "fourteen channels", which are described in classical and traditional Chinese medical texts, as pathways through which Qi and "Blood" flow. Other tender points (known as "ashi points") may also be needled as they are believed to be where stagnation has gathered.

Uses: Series of diseases, symptoms or conditions for which acupuncture has been demonstrated as an effective treatment:

- Allergic rhinitis
- Depression
- Headache
- Nausea and vomiting, including morning sickness
- Pain in the epigastrium, face, neck, tennis elbow, lower back, knee, during dentistry and after operations
- Primary dysmenorrhea
- Rheumatoid arthritis
- Sciatica
- Cervical and Lumbar Spondylosis
- Bronchial Asthma
- Insomnia



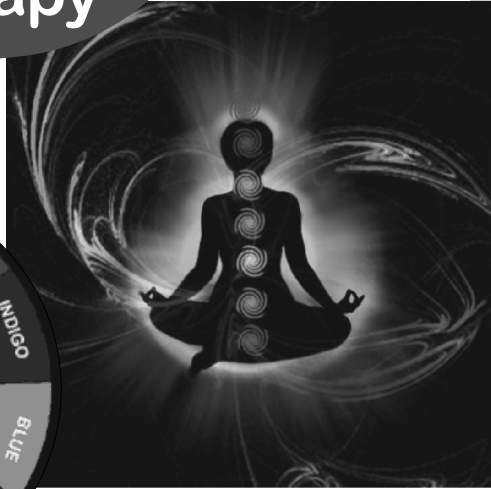
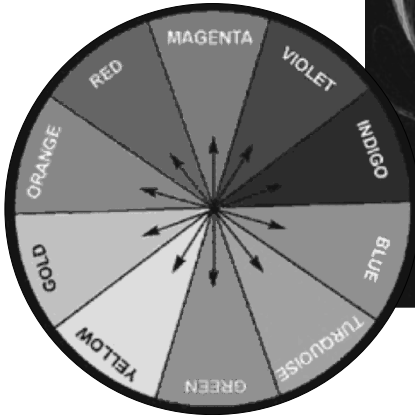
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Chromotherapy



Chromotherapy can be defined as the use of the seven colours of the sun's rays to treat disease. These colours include violet, indigo, blue, green, yellow, orange and red. Water and oil exposed to the sun for a specified number of hours in coloured bottles and coloured glass are used as devices to treat different disorders.

Chromotherapy provides colours to the electromagnetic body or the aura (energy field) around the body, which in turn transfers energy to the physical body. The colours used in chromotherapy have their own properties; different sources of colour, like clothing and food, are also considered to have beneficial effects on the body.



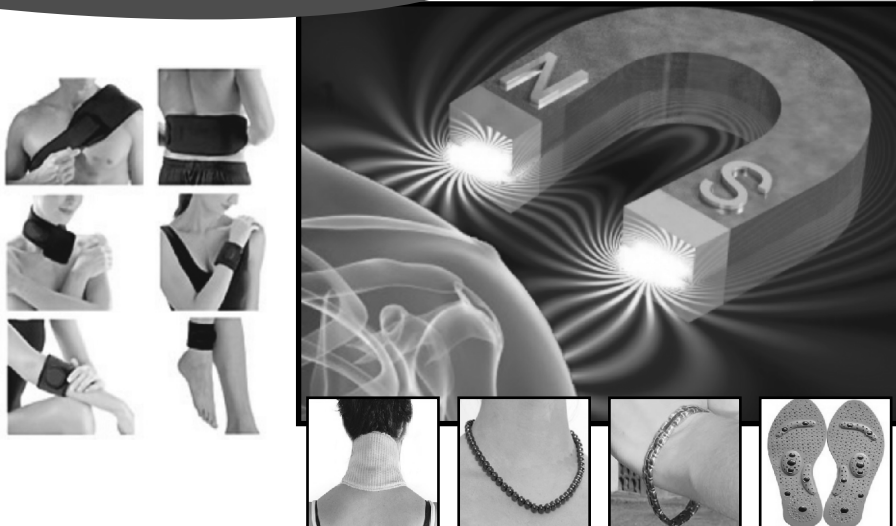
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Magnet therapy



Magnet therapy can be defined as the application of magnetic materials on or very close to the skin, using different strengths and different modes of administration over a prolonged period of time. Magnet therapy responds positively when used in conditions such as oedema, pain and inflammation. Studies have shown obtrusive changes in haemodynamics when it is applied in combination with other therapies in patients with ischaemic heart disease and osteochondrosis. Magnetic treatment is applied directly to the body parts and are available in the forms of belts, necklaces and bracelets.



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