Private E-Sevai Center
CSC Center
STAR RAINBOW SERVICES
VADAPALANI
8144337349

HELLO MADRAS
hellomadrasdaily@gmail.com
HELLO MIRROR MADRAS
RNI No.TNBIL/2021/81709
Daily Morning Newspaper
The Truth

RS Polyclinic
OUR ESTEEMED DOCTORS
Dr M. Rajkumar 98410 25996
Dr K. Nanitha Shenoesmal 9444 288784
Dr Sathish Rajkumar 9445 401793
Dr Shanthi R 9884 650945
Dr Salma R 87780 87742
Dr Praveena E 9944 100443

Naturopathy: Natural Healing for a Healthy India



CHENNAI – 18 Nov, 2026 Naturopathy is a drug-free, cost-effective system that helps the body heal itself through diet, fasting, water, mud, massage and natural living. India observes National Naturopathy Day on 18 November, and the 9th edition will be held at Nagamangala, Karnataka, under the theme 'Prakrutik Chikitsa, Swasth Bharat'. The National Institute of Naturopathy, Pune, runs Nisarg Gram, a 250-bedded naturopathy hospital with the first Bachelor of Naturopathy and Yogic Sciences (BNYS) college under the Central Government.

Healing with Nature

Naturopathy rests on a simple idea: the body has the power to heal itself. Rooted in the healing wisdom of many cultures, it is a cost-effective, drug-free approach that uses natural materials for health care and healthy living. It works by boosting the body's own vitality, with the help of the five elements of nature: earth, water, air, fire and ether.

Naturopathy is a system of natural treatment and also a way of life. It calls for a "Return to Nature": simple eating and living habits, and a life in harmony with oneself, society and the environment. It has the potential to promote health, prevent illness, cure it and help in recovery.

Treatments in Naturopathy

A naturopath treats with what nature provides: fasting and diet, hydrotherapy (treatment with water), mud packs, cold packs, baths and massages. At Nisarg Gram, the Pune campus of the National Institute of Naturopathy, treatment sections also offer magnetotherapy (treatment with magnets), chromotherapy (colour therapy) and physiotherapy, along with a yoga hall and a Saatvik diet centre.

Where Naturopathy Helps

Naturopathy is reported to be effective in chronic, allergic, autoimmune, degenerative and stress-related disorders. Its emphasis on nutrition, natural therapies and lifestyle change has found new relevance as attention grows to lifestyle-related disorders, obesity, stress and healthy ageing. A Healthy diet, physical activity, adequate rest and stress management can support preventive healthcare across age groups.

Naturopathy and Yoga in India