



## Management of Chronic Health Problems through Life Style Management

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### Introduction:

A Chronic disorder is reversible by changing the individual to a healthy life style, whether it is a functional or psychological disorder. In most of the chronic disorders the system of Naturopathy is proved, an absolute remedy. Naturopathy on preventive aspect recommends only a change to healthy life style but for curative purpose recommends its basic treatment philosophy for a radical cure. So to say, that it is not only management, but a total cure of the chronic ailments, that can be attained through Naturopathy. Thus Naturopathy is like a double sided coin. On one side it has its preventive & promotive lifestyle interventions and on the other side it holds its curative efficacy.

**Naturopathy** - Definition: Naturopathy can be defined as a drugless, non-invasive, rational and evidence based system of medicine imparting treatments with natural elements based on the theory of vitality, theory of toxemia, theory of self healing capacity of the body and the principles of healthy living.

**Theory of Vitality:** The theory of vitality is the chief principle of Naturopathy. Vitality is the inherent power in every individual that preserves and promotes health, prevents and cures diseases. The inherent vital power will be the optimum in an individual. It can never be increased by supply of physical energies like chemical [Food, Water & Air], electrical [Solar or Cosmic] or any other forms of energy, but only can be supplemented or regained on loss, by these supplements and rest.

Rest or fasting is the supreme remedy to regain the lost vitality and to cure every disease.

**Theory of Toxemia:** Cause of disease is based on the theory of toxemia. Toxins-external, internal or psychological, are the primary causes of every disease. Micro-organisms are only secondary findings or by-products of toxemia.



External or internal, toxins lead to abnormal composition of blood and lymph and damage of organs leading to acute and chronic diseases. Mental toxin generated due to negative mental impulses cause psychological imbalance which turns to generation of physical toxins causing psychosomatic diseases.

Toxins include the poison ingested through snake bite, mad dog bite, fertilizers, pesticides, various other chemicals used in agriculture and preservation of vegetables and meat products, steroids and food additives, chemicals used in cooking, preservatives, artificial colors and flavors and other chemicals used in soft drinks, ice creams, pastries and other bakery products, tinned foods, fast food, Chinese food, poisons from tobacco, alcohol, medicinal drugs and poisonous effects of diagnostic devices.

**Biogenic Toxins:** Auto-intoxication is another way of toxicating the system. Nature's laws regarding eating like eating to the capacity of digestion, proper chewing, eating only when hungry, mentally prepared and happy, eating with regular habit, eating to limited number of times, eating in proper atmosphere and finally eating only natural, proper, suitable food are to be observed. Violation of any of these laws leads to indigestion, fermentation, putrefaction and formation of toxins in the stomach and intestines causing initially some sort of discomfort and later acute and chronic diseases.

Improper elimination leads to toxemia. If elimination is delayed, disturbed or affected due to indigestion, irregular habit, physical, mental or circumstantial reasons, it will lead to stagnation of waste materials. The waste materials which are to be eliminated from time to time through GIT, UT, Lungs and Skin, if stagnated causes toxemia leading to auto-intoxication. Thus even metabolic end products turn to be toxic in nature.

*Toxins whether external or internal, causes abnormal composition of blood and lymph leading to acute diseases or preparing the most suitable ground for growth of microbes leading again to secondary auto-intoxication and various types of infectious diseases and if these conditions are suppressed leading to chronic diseases.*

**Acute Disease:** Acute disease is the crisis created by the nature's own healing power, the inherent vital power, to eliminate the toxins and save the individual. If proper care is taken through rest and relaxation by fasting, treatment with

Natural elements and return to the habits of healthy living, the crisis can be overcome in few hours to days, according to the intensity of toxemia and damage caused.

**Chronic Disease:** Chronic disease is that stage where the organs are functionally or structurally affected due to toxemia, lowered vitality, abnormal composition of blood and lymph and poor blood and nerve supply.



It is the result of suppressing the acute diseases. When the body is obstructed from removing the toxins in acute conditions the toxins get stagnated in the internal organs damaging it structurally and functionally, also leading to abnormal composition of blood & lymph and poor blood and nerve supply, finally causing lowered vitality.

Fasting and dieting, treatments with natural elements and return to habits of healthy living ensure cure of any chronic disease.

**Cure:** Human Body has remarkable recuperative powers when it is left alone. It is the body vitality that cures the disease if sufficient opportunity is provided to it. Opportunity is provided through rest and fasting.

**Fasting:** Fasting or total abstinence from intake of any kind of solid or liquid food is the supreme remedy for all diseases. Only water or hardly, tender coconut water, honey water or honey water with lemon juice is permitted during fasting. This provides ample rest and relaxation to whole body and mind so that the vitality can be fully concentrated upon elimination of the toxins and repair of the damages.

Duration of Fasting in chronic disease depends upon the intensity of the disease condition and vital reserve of the individual to be assessed by a qualified and experienced naturopath with thorough interrogation with the patient. However the Author has an experience of supervising fasting on water and tender coconut water from one to fiftyone days in the treatment of chronic diseases.

**Dieting:** Dieting is the next important aspect in the treatment of chronic diseases. A positive diet promoting healing should be selected. The diet containing lot of fibers, alkaline in nature, easy to digest, easily absorbable and which promotes elimination may be preferred. Selection of diet according to the stage of treatment as per the principles of Naturopathy is also important. Considering this and the condition of the patient, eliminative diet, soothing diet and constructive diet may be prescribed.

Fresh and seasonal fruits, vegetables, leafy vegetables, sprouts, coconuts and dry fruits may be preferred. Quantity of Cereals and dry pulses may be limited. All negative foods and habits must be avoided.

Oil fried, Maida, white sugar, refined oils and food stuffs, aerated drinks, tinned foods, preserved foods, ice creams, chocolates, pastries and other bakery products, pickles, pappad, highly salty and spicy foods, alcohol, tobacco, drugs and medicines may be avoided.

In short Tamasik and Rajasik foods should be avoided and satwik food should be preferred.

**Treatments:** To support the body's healing powers while fasting and dieting, treatments with Natural elements can be used. Mud bath, Hydrotherapy, Sun bath, Asanas, Pranayama and relaxation techniques are adopted as treatment modalities in Naturopathy.



**Lifestyle Management:**

Once the patient is cured of his ailments, he is advised to lead a healthy lifestyle to avoid recurrence of the same disease or affliction of any other disease

and to maintain the health. He is asked to follow the rules of the nature in regards to the use of sunlight, air, water, food, exercise, rest, relaxation, sleep and all such other activities.

By obeying the Nature’s laws one can easily maintain good health, live fearless about any microbes or to be free from fear of any chronic disease.

Life Natural or Prakruthi Jeevanam is living in tune with the constructive principles of nature to preserve and promote health, also to prevent diseases. Keeping up the right mental attitude; practice of Yoga; observance of principles of healthy living or the laws of Nature related to exercise, rest & sleep; a rational use of air, water & sun light; following the rules related to drinking & eating habits; consumption of the right food; and protection of mother Nature are the basics of Life Natural. This kind of a healthy life style is also known as living nearer to nature which ensures a perfect, symmetrical, synchronized functioning of the body and mind. This helps to improve the immune power and ensures prevention of all diseases.

**Importance of Yoga:**

Yoga is an inseparable part of Naturopathy. It provides the ground to effectively and safely treat not only physical but also psychological and psychosomatic diseases.

Yoga is also a drugless, non-invasive and evidence based health program, which therefore is a most suitable discipline that has been one of the key healing components in Naturopathy. Yoga develops all round personality and elicits innate healing and health realization through its concepts and systematically described practices by which the vitality of the individual comes to the most active phase, which helps in health promotion, disease prevention and plays an important role in the effective management of the diseases in synergy with other Naturopathic modalities of treatment.

**Conclusion:**

Naturopathy has a uniform approach in management of all chronic disorders. It is otherwise known as ‘Unity of disease and Unity of Cure’. It is defined so, as the cause of every disease is toxemia and the cure for every disease is through the act of vitality. Naturopathy considers the disease itself as a process of cure. That is why initially Naturopathy was named as Orthopathy, means ‘the right disease’.

Through Fasting, Dieting, treatments with natural elements and Lifestyle Modifications any chronic health problems can be resolved.

