

THE GLORY OF INDIAN MEDICAL SYSTEM DURING VEDIC PERIOD AND SUBSEQUENTLY AND THE EVOLUTION OF NATUROPATHY DEVELOPED THEREON BY THE EXPONENTS

C.L. Avadhani, Research Scholar,
B.Sc., AMIE, MBA, M.Phil, MMM, PGDFM, PGDMM, PGDBA, PGDHRM,
PGDPM&IR, PGDIPR, DLL, LLM, Project Consultant,
Ph.D. Research Scholar, Department of Business Administration, Annamalai University

Abstract:

The Ancient Indian Culture has given more importance to the Health of the people because they firmly believed that,

“Health is wealth and a healthy nation is wealthy nation ”

The traditional Indian Medicinal procedure's roots can be traced to Vedic period and are supposed to be more than 5000 years. If one can look into the Vedas, Upanishads and such other scholarly books written in those days, one can identify information both practical and scientific, covering majority of the subjects that are useful to the human life; of these the notable subjects that found prominence in Vedas and useful to the mankind in their day to day life are, health, astrology, engineering, philosophy and soon.

The real meaning of Chikitsa (medicine) is,

“the study and documentation of the evolution of the medical procedures, healthcare procedures, practices and acquiring knowledge over period of time”

In Ancient India, during Vedic Period and subsequently, the evolution of the human society's approach to health and health procedures, illness and injuries, the great Maharshis and Sages have devoted much of time in identifying the diseases, root cause, remedial measures and documented them so that the valuable information not only help the then generation but also for future mankind.

During which Vedic Period and subsequently the first Indian text dealing in Chikitsa (medicine) is written in Public Interest wherein the description of various herbs, medicinal plants that are used to cure various ailments/diseases are derived from Atharvanaveda mainly and improvised and documented.

This concept has become the foundation stone for the development of “*Naturopathy*” one branch of medicine and the principle aim is “*complete knowledge for long life*”.

Like other forms of therapies in Ancient India during Vedic period and subsequently, as old as vedic period, developed and practiced. Naturopathy is also took the root for its development therapy from Atharvanaveda and Rigveda.

Like other branches of therapies that were developed during vedic period and subsequently such as Sushruta, Charaka, Ayurveda and Siddha. Naturopathy was also developed as a therapy and also used simultaneously with Ayurveda and is based on the principle that,

“A disease can be treated by regulating diet without taking any medicine”

According to Naturopathy, the best medicine is

“The right choice of food which is in accordance with one’s own hunger and constitution. The right choice of food can alone help us live in a healthy life and many accepted this theory namely the right choice of diet is the best medicine”.

The Naturopaths believe that,

“Life is an intrinsic part of the pervasive nature, ruled by five great elements (Panchabhootas namely the Earth, Water, Air and Space) - The human life is a product of this great cosmic design and the key to survival is that everything has to be drawn from the nature itself”.

By the passage of time due to the Negligence of or otherwise by the rulers Naturopathy loses glory but only during 18th or 19th century its revival began.

Keywords: Naturopathic Chikitsa, Principles of Naturopathy, nutrition, herbal medicines, acupuncture, homeopathy, hydrotherapy, physical manipulation, fasting, exercise, herbalism, homeopathy, acupuncture, nature cure, physical medicine, Applied Kinesiology (study of movement), Colonic Animas, Chelation therapy, Colortherapy, Physiotherapy, Public Health measures, Hygiene, Reflexology, Rolfing (a technique of deep tissue manipulation aimed at the release and realignment of the body and he reduction of muscular and psychic tension), massingtherapy etc.

I. Introduction:***“Pranayamaat Pustihi Gotrasya Stejo Yashobalam”***

The meaning of the above caption is ***“with Pranayama body gets strength, vigor and concentration”***. If these things are developed by Pranayama the diseases or ailments are afraid of coming nearer to you.

***Drussena Saradaam Satam
Sunyama Saradaam Satam
Prabravama Saradaam Satam
Adhinaa Syama Saradaah Satam
Bhuyama Saradaah Satam***

***Means,
"one has to live for Hundred years"
How?***

***With good habits like See Good, Hear Good, Speak Good and Live with Integrity
“A healthy body is the dweller of sound mind”***

According to World Health Organization (WHO), it is a

***"State of complete physical, mental and social well-being
and not merely the absence of disease or infirmity"***

The Ancient Indian Culture, has given more importance to the Health of the People because they firmly believed that ***“Health is wealth and a Healthy Nation is wealthy Nation”***. The traditional Indian Medicine roots can be traced to Vedic Period and are supposed to be more than 5000 years. A glimpse at the Vedas, will identify information both practical and scientific, covering majority of the subjects that are useful to the humanity/mankind. Some of the notable subjects that found prominence in Vedas and are useful to the mankind in their day to day life are, health, philosophy, engineering, astrology and so on.

The real meaning of history of Medicine is,

“the study and documentation of the evolution of medical procedures, healthcare procedures, practices and acquiring knowledge over a period of time”.

In Ancient India, during Vedic Period, when there is lack of written sources of medicine, this information of health and health procedures are drawn from archaeological sources. This source of information includes the evolution of the human society’s approach to health and health procedures, illness and injuries etc. It is during the period of Vedas written by the great Maharshi’s, the first Indian text dealing in Chikitsa (medicine) is written in Public Interest wherein the description of various herbs that are used to cure various ailments/diseases are recorded in Atharvaveda. This is the concept, later became the foundation stone for Naturopathy, one branch of medicine. Ayurveda means ***“complete knowledge for long life”***,

As everybody knows there are four Vedas namely *Yajurveda*, *Atharvaveda*, *Samaveda* and *Rigveda*. Of these four Vedas *Atharvaveda* mainly deals with the health and health related topics. The Vedas have a detailed comprehensive information regarding the diseases that are prevalent in those days and their treatment by using medicinal herbs and also the characteristics of herbal medicines their usage, procurement and nourishing; in addition Vedas also mentions about the efficiency of the medicinal herbs and their application to treat the diseases by removing the ailments make the human beings healthier and to conquer the diseases.

In addition to the above, the Vedas also mentioned in the form of Mantras to appease some of the Gods for curing purpose like,

“Rudra, Agni, Varuna, Indra and Maruthi” and are designated as Celestial Physicians.

Like other branches of Science, Ancient Indian System of Medical Science (*Vaidyamu Chikitsa*) is a well defined conceptual framework and is embedded in the Vedas and benefiting the mankind. The important aspect of Ancient Medical System is, *Vaidyars* in those days never use to treat any disease on the basis of visible symptoms on the body, but they used to treat the patient by identifying the root cause of the symptoms and that root cause of symptoms are addressed to eradicate the disease/ailment.

Of all the four Vedas mentioned above, *Atharvaveda* is mainly deals with Medical Science, diseases, application of herbal medicines and the procedure to cure any ailment/disease. *Atharvaveda* consists of 114 hymns related to Medical Science. Ayurveda which is predominant in Ancient India as a Medical Science is supposed to be the *Upaveda of Atharvaveda*, and it is believed that Naturopathy is applied along with Ayurveda.

Atharvaveda also contains 731 hymns, charms and incantations. The Atharvaveda VIII, 7 appears as a charm bestowing longevity, the divine-ties to whom it is addressed are the herbs mentioned in hymns. It also explains the use of hymns a remedial measure against diseases.

In Ancient India, especially during Vedic Period there are two systems of medicines prevailing to cure the diseases that are identified by those Acharyas/Physicians who are well versed with them.

1. The system of charms prescribed by the Atharwan (priest physician)
2. The system of drugs prescribed by ordinary medical practitioners.

The locally available Panchagavyas means Five Products derived from the Cow Milk, Honey and certain types of fats are used as **“Anupanas”** and remedial measures for certain diseases.

The Panchagavyas (Five products of the Cow), Honey and fats as a suitable vehicle (Anupana) for the remedies.

In X:2:1-33, a hymn entitled **“the wonderful structures of man”**, in which the several parts of the Skeleton are carefully enumerated. In 11.33 almost all the important organs of the body are enumerated.

In X:8:43, a reference is made to Bull. Ind. Inst. Hist. Med. Vol. XXV lotus with nine gates. The comparison of the heart to a lotus, In I: 17:3 described

***"Thou sira of the lower part, remains,
thou of the upper part remains;
so thou of the middle part,
so thou small, so thou big Dhamani,"***

With regard to this verse. Sri Dasgupta, says,

"a knowledge of the distinction between Veins and arteries, in the modern sense of the terms, was known at that time".

The division of Dhamanis, Siras and Snayus seems to have been based on their relative fineness, the thicker canals were called Dhamanis, the finer ones were called Siras, and the still finer ones Snayus.

The flow of certain fluids in the body, described in X:2:11,

"Who stored in him floods moving in all diverse directions and formed to flow in rivers pink, rosy red, and coppery dark running in all ways in a man, upward and downward".

The intimate relation between the heart and the brain seems to have been dimly apprehended.

Atharva Veda 1:12:3 mentions five classes of diseases.

1. Atharvanic people recognised a threefold classification of all diseases those produced by wind, by water and fire later developments in Ayurveda, considered the threefold classification of all diseases as to the three Doshas Viz: Vata, Pitta and Kapha.
2. Diseases produced by possession by demons and evil spirits.
3. Diseases due to Worms.
4. Diseases due to Sorcery (the use of magic powers derived from evil spirits).
5. Kshetraja (hereditary) diseases.

Krimi (organisms) were explained in detail in the Vedas. In Atharva Veda 11:31:2, the organisms were classified into Dris-hya (Macro) and Adrishya (Micro), which were in water, earth, sky, houses. Mainly Atharva Veda 1:28:4 to XIX:66:1, about 98 varieties of Krimis and Krimi janya Vyadhis (diseases produced by bacteria, worms, insects) and treatment for different bacteria manifested diseases were explained.

XIII:1 :32 hymn reveals that "the rising Sun is prayed to destroy the infective organisms".

This connotes the ultra violet rays present in the Sunlight was known to Atharvanic people. Here, it is stated that pathogenic bacteria live mostly during darkness and die during sunrise.

Atharva Veda stated herbal remedies like Ajashringi (IV: 32:2) Prishni parni (11:25:2), Apamarga (IV:18:8) etc. as anti-bacterial and Shankha (IV:10:3), prathisar(VIII:5:8) etc. Manidharana as preventive (protection from bacteria).

II. AIM AND OBJECTIVES:

The Aim and Objective of this Article is to trace out the glory of Indian Medical System during Vedic period and subsequently and the evolution of Naturopathy.

III. NATURE CURE/NATUROPATHY:

The Principle theory behind nature cure is

“body is having its own repairing and reconstruction system with its defensive mechanism in over riding all the diseases; when this defensive mechanism becomes weak, the diseases will prevail upon the human body”

Based on this theory, the nature cure procedure (treatment) is developed

“the defensive mechanism in the body with the help of nature only. The main important parts of the body that are, the intestines, kidneys, skin and lungs have the functional authority in eliminating the residuals from the body from time to time so that the body will become active and regenerative. Any kind of dysfunction of any of these parts will make other organs to act more than normally required, causing health imbalance (inviting diseases)”

Nature cure system will identify such problems in that particular part of the body and regenerating the same with the help of nature. However, serious the ailments may be, in this method of treatment to put/arrest such bad effect at the earliest possible time with the help of nature in addition to food habits and environment. There is a wrong notion in the public mind that

“the Nature cure means Starvation is entirely wrong”

IV. What is Naturopathy?

“Naturopathy system of healing is a drug less 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”.

Naturopathy system of therapy is also defined as,

“a living in harmony with the constructive principles of nature on the physical, mental, moral and spiritual planes of living. Naturopathy is also a system of therapy in curing diseases/ailments by promoting and encouraging natural curative reactions inherent in every diseased cells by applying methods and treatments based on five fundamental principles/laws that govern everybody’s health”.

The main objectives of Naturopathy therapy treatment are,

- a. Promotion of positive health and wellness
- b. Treatment and holistic management of illness
- c. helping to attain freedom from disease/ailment
- d. Transform the living habits of people and educate them in practicing positive and healthy lifestyle.

V. Origin of Naturopathy:

Naturopathy healing therapy is primarily developed in Ancient India during Vedic period and subsequently is called,

“The ancient science of healing and art of living”

Can be traced back to the Vedic period, this kind of healing of science finds mention in our Vedas and Ancient texts on chikitsa. One can find “**Swasthavritta**” that is found in Ayurvedic Therapy is nothing but Naturopathy. In Vedic Period and subsequently the Maharshis and Acharyas who used to treat the public for various diseases using natural medicines and in addition they used to educate the people about Art of living/Healthy lifestyle. Unfortunately the subsequent Maharshis or Acharyas who used to treat the patients neglected in educating the people about healthy living and balanced diet but focused only on therapy. But Naturopathy therapy emphasizes not only the medicines but also healthy lifestyle living. According to Naturopathy,

“a disease can be treated by regulating diet without taking any medicine. If once diet is not regulated then, that person cannot overcome the illness even after taking number of medicines. That is why Naturopathy, emphasizes on right choice of food in accordance with the hunger and constitution of that particular person. Right choice of food will have greater help for healthy living. They used to say that, the right choice of diet is the best remedy”.

VI. Basic principles of Naturopathy: The basic and main principles followed by Naturopath in Naturopathy Therapy for curing disease/ailments

- i. The body heals by itself
- ii. The main cause of diseases/ailments is the lowered vitality
- iii. The accumulation of morbid matter in the cause of lowered vitality
- iv. The acute disease itself is a remedial process
- v. Germs do not cause disease/ailment but or found in diseased condition
- vi. Food is the building material but does not increase vitality
- vii. Fasting does not cure the disease but creates the needed environment to heal
- viii. Exercise and physical activities keep the balance between nutrition and drainage
- ix. In addition to all the above, principles it is necessary that the patient’s own wish to get well, determination and faith in nature’s healing power plays an important role in healing process

So to say, it is a form of alternative therapy that,

“employs an array of Pseudo Scientific practices branded as Natural, non invasive or promoting self healing”.

The main principle of Naturopathy is based on,

“A belief in the body’s ability to heal itself through a special vital energy or force guiding bodily processes internally”.

Naturopathy form of therapy mainly depends on holistic approach, completely avoiding the surgery/surgical procedures and use of conventional medicines. Naturopathy form of therapy depends on nutrition, herbal medicines, acupuncture, homeopathy, hydrotherapy, physical manipulation, fasting, exercise, that are laid down in Naturopathic Therapy principles.

A person who practices Naturopathy form of therapy in curing diseases should always keep in mind and develops such form of therapy in accordance with the symptoms of the disease and the constitution of the person.

Naturopathy system of therapy also depends upon,

“Illness through stress reduction and changes in diet and lifestyle and not using the methods of evidence based medicine”.

The main application of Naturopathy therapy depends on as mentioned above,

“Fasting and diet supported by treatments with natural elements that includes hydrotherapy, chromotherapy, mud therapy, manipulative therapy, electrotherapy, acupuncture, magnetotherapy, physiotherapy, Sonabath slimming, Helio therapy, acupressure, exercise and yoga”.

In Naturopathy therapy, the Acharya (Physician) starts the identification of disease/ailments by interviewing a patient and mainly focusing on,

“the lifestyle of the patient, medical history, body language and emotional state and physical examination”.

A Naturopath will never prescribe any drugs, but if the patient is already using drugs due to the patient’s health condition, the Acharya’s (Naturopath) gradually reduce the existing use of drugs by integrating convention medical approach like Acupuncture, physiotherapy, diet and lifestyle counseling with the naturopathic treatments. In counseling the naturopath will always educate the patient about the illness/disease how it has contracted and the therapy that is being used to eradicate the ailment.

VII. History:

The Naturopath believes that,

“Human life is a product of the Panchabhootas namely, Earth, Water, Fire, Air and space”.

The Naturopath believes that survival of any person in this universe is only with integration of nature itself.

Naturopathy system is centuries old and is being adopted and used by the Maharshis and Vaidyars since Vedic Period. Naturopathy is also found in Vedas where in it was mentioned how to make use of the principles of nature because human body is composed of Panchabhootas namely five elements as such the Maharshis in Vedic Period practiced the application of simple loss of nature to cure the ailments/diseases of human beings.

Naturopathic System of Chikitsa is a unique system of Primary Healthcare that works with the individual efforts towards the optimal expression of physiological, physical, mental and emotional health. The advocates of Naturopathy mainly focus on eating and living habits, adoption of purification measures, use of hydrotherapy, bathing in mineral waters and springs and massages.

Naturopathic Chikitsa is a unique system of primary healthcare that works with the individual efforts towards the optimal expression of physiological, physical, mental and emotions.

A Naturopath is a person (physician) who applies Chikitsa Vidhanam (treatment modalities) on the principles of Naturopathic medicine this kind of application of healthcare procedure evidently came from Vedas and is being used by the Maharshis and Vaidyars,

“is an approach to healthcare which aims to promote, restore and maintain health. The principles of the healing power of the nature are medicatrix (the healing power) nature. There is a vital force or life force which drives self healing or self correcting mechanisms of the body”

The triad of health which describes the connection and interaction between

“the structural, biochemical and mental/emotional components of all living beings. Dysfunction in one area invariably leads to disruption elsewhere”

VIII. The uniqueness of the individual:

People are genetically, biochemically, structurally and emotionally different from one another. Each individual response in a unique to influences they are mental, emotional, structural, social or cultural.

Health is more than and is nothing but the absence of disease. It depends upon a multitude of factors and is a reflection of harmonious interaction with our environment.

Acute disease processes are different from chronic processes. The acute response is a body's response attempt to restore health often through enhanced process of elimination. Suppression of such healing processes contributes to the potential of chronic breakdown. Disease processes involved activation of the body's, homeostatic mechanisms. The individual requires a set defined food for nourishment, clean water to drink, fresh air to breath and sunlight as well as appropriate exercises and finally rest and relaxation.

There is a age old saying in healthcare procedures that,

“Prevention is better than cure”

In Naturopathic processes of Chikitsa, the defining elements are allowed to work with body’s own self correcting mechanism or efforts to maintain homeostatic (is the state of study internal, physical and chemical conditions maintained by living systems).

Endeavour to address all aspects of the triad of health.

Regard education and cooperation of the patient as highly as treatment of the patient.

Address lifestyle factors which are contributing to the problem and reeducate the patient with a lifestyle more conjusive to health.

Aims to establish health on a cellular level by improving circulation, enervation (innovation in energy conservation), nutrition, detoxification and elimination.

A Naturopath or who adopts Naturopathy process for healing purpose of any disease is,

“a person who applies treatment modalities on the principles of Naturopathic medicine”.

This is the approach of a Naturopath in healthcare which aims to, ***“Promote, restore and maintain health”***.

The principles laid down in naturopathic process of curing diseases.

- a. Works with body’s own self correcting mechanism:
- b. Efforts to maintain homeostatic endeavour to address all aspects of the triad of health;
- c. Regard education and cooperation of patient as highly as treatment of the patient;
- d. Address, lifestyle factors which are contributing to the problem and reeducate the patient with a lifestyle more conjusive to health.
- e. Aims to establish health on a cellular level by improving circulation, enervation, nutrition, detoxification and elimination.
- f. The principle idea, methods and procedures of Naturopathy are based on,

“Vitalism and Self healing, rather than evidence based medicine. Naturopaths focus on holistic approach, often completely avoiding the use of surgery and medicines. They aim to prevent illness/disease through, stress reduction, modification of diet and lifestyle, and usually rejecting the methods of evidence based medicines”.

A Naturopath begins his consultation with the patient by focusing on the patient’s lifestyle, health history, emotional tone, physical features and physical examination. The modalities used by a Naturopath varies with their training and scope of practice. These may include herbalism, homeopathy, acupuncture, nature cure, physical medicine, Applied Kinesiology

(study of movement), Colonic Animas, Chelationtherapy, Colortherapy, Physiotherapy, Public Health measures, Hygiene, Reflexology, Rolfing (a technique of deep tissue manipulation aimed at the release and realignment of the body and the reduction of muscular and psychic tension), massingtherapy etc.

IX. LITERATURE REVIEW:

When the Ancient Indian History was traced out since Vedic Period and subsequently one can find the Naturopathic system of medicine that flourished. Naturopathy has been used in India since time immemorial. Naturopathy and Nature cure are synonymous. The real Naturopathy Therapy mainly depends upon,

“Fasting, Usahpanam, Dugga, Kalpa and taking bath in Holy rivers etc are some of the Therapies used by Ancient Indians in Vedic Period and subsequently.”

It is not uncommon to trace out in some other countries in addition to India, Chinese and Egyptians used Water, Sunlight, Fasting, Massaging and Exercise for curing diseases around 3000 B.C. In India, as everything is connected faith and religion. The Therapy namely fasting has a place in religious ceremonies such as observance of Fasting every Fifteen days, Eleventh day of the full moon (Ekadasi) and the New moon day (Amavasya).

There is another theory regarding Naturopathy according to the historians,

“Naturopathy started by the translation of Germany’s Louis kuhne’s famous book, the new science of healing.”

In 1894, Sri. D. Venkata Chalapathi Sarma, a close associate of Louis Kuhne established and started Kuhne’s therapy in South India by translating Kuhne’s books in Telugu. Subsequently in 1904, Sotriya Karsna Svarupa brought out Indian Urdu Translations of Kuhne’s books, that helped the spread of this type of treatment in Northern India. In 1920-21 Dr. Dinsha after thorough examination and understanding of Naturopathy from various sources, the Doctor himself developed techniques of Naturopathy on the existing modern life’s of therapy. The uniqueness of Doctor Dinsha is the developments made in Naturopathy system in accordance with the modern lines of therapy, the Doctor himself administered on him, his family members and many friends. Diseases like chronic malaria without using any Anti-Malarial Drugs, so that an immunity system to fight malaria is developed in the body itself subsequently the Naturopathy movement gained importance in States of Andhra Pradesh, Uttar Pradesh, Bengal, Maharashtra and Gujarat etc. The most famous place in modern India for Naturopathy/Naturecure Therapy, Bhimavaram in Andhra Pradesh, Podukottai in Tamilnadu, Gorakhpur, Lucknow, Allahabad, Magarwara in Uttar Pradesh, Calcutta in West Bengal, Dhulia, Bombay, Sevagram in Maharastra and Jasidih and Ranipatra in Bihar, Jaipur in Rajasthan and Sabarmathi Asram in Gujarat.

Gandhiji, the father of the nation, who was highly impressed with Naturopathy Therapy and also a book called,

“Return to Nature written by Adolf Just (published in 1902) and became the firm believer of Naturopathy. Gandhiji himself authored articles on Naturopathy like guide to health and himself developed many nature cure therapies such as Kudarathi Chikitsa”

XI. CONCLUSION:

Like other forms of therapies Naturopathy Therapy is also as old as Vedic Period, from the above discussion one can draw a conclusion that the Naturopathy Therapy was developed and practiced in Vedic Period and subsequently with the help of Vedas, much more from Atharvana Veda and Rigveda that contains about diseases/ailments, how they influence the life of the human beings and sometimes make them immobile are all discussed. The Ancient Rishis and Acharyas have through knowledge of the inscriptions in the Vedas because of the four Vedas Atharvana Veda is considered to be Encyclopedia for medicine (the science of life). As other branches of Ancient Therapies such as Sushruta, Charaka, Ayurveda and Siddha. Naturopathy is that kind of therapy based on the principle that, *“A disease can be treated by regulating diet without taking any medicine”*. If one’s diet is not regulated then that person cannot overcome the illness even after taking hundreds of medicines. According to Naturopathy, the best medicine is the right choice of food which is in accordance with one’s own hunger and constitution. Naturopathic physicians also emphasize that,

“the right choice of food can alone help us live in a healthy life and many accepted this theory namely the right choice of diet is the best medicine.”

However, in between the Naturopathy therapy lost its glory and during early nineteenth century it was revived back by great people like the father of the nation. The Indian system of Naturopathy therapy has derived its strength from India’s own medicinal treatise that are 5000 years old (Vedas). Naturopaths believe that life is an intrinsic part of all pervasive nature, ruled by five great elements (Panchabhootas) namely the Earth, Water, Fire, Air and Space. They also believe that human life is a product of this great cosmic design. Hence, the key to survival is that everything has to be drawn from the nature itself. Naturopathy also depend upon in addition to medicine (Aushadi) Mantras as mentioned in the Vedas to appease a particular God, who is responsible for causing disease to the human beings. By chanting these Sukthas in addition to medicines the naturopath will believe that this combinations will drive away the disease and the patient get well soon. This is similar to the present day physicians following the process of sound therapy. There also in the name of the presiding deity or a particular god who is responsible for causing disease can be eliminated or brought under control by chanting these Sukthas/Mantras that the sound differs from one Suktha to other. Though some of the present physicians will not agree the principle that the Mantras/Sukthas will have the power to eliminate the disease, but still it is a proven fact that Sukthas and Mantras in addition to the natural medicines like herbs and plant medicines derived from the nature will have the same effect that of modern medicines, because the ancient system of medical therapy namely Sushruta System, Charaka System, Ayurveda, Siddha, Naturopathy, Yoga and Meditation have more effect provided they are properly used and methods are adopted in accordance with the detailed procedures enunciated by the great Maharshis and Acharyas in Vedic Period and subsequently who develop such treatise on healthcare and healthcare procedures selflessly devoting their life and energy. Hence, it is the time that the Government State and Central, Private Sector and Healthcare Institutions to come together to revive this pressure for the benefit of the mankind.

XII. ACKNOWLEDGMENT:

I sincerely express my acknowledgment to one and all from those luminaries and icons who have mastered the subject on Ancient Indian Medical System during Vedic Period and subsequently who spent lot of time and energy to identify and bring out the glorious past in Vedic Period and subsequently in Healthcare and Healthcare procedures and those Maharshis and Acharyas who developed this System of Medicine when the rest of the World is in dark in health and healthcare, the cream and philosophy of Ancient Indian Medicine that is embaded in Sushruta Samhita, Charaka Samhita and such other valuable unparallel books in Indian Medical System from which I have taken the important parts and such other information that is needed in this article. I have got inspiration while reading those articles written by those luminaries and icons to write this article for the benefit of the subsequent generations. This my acknowledgment may be taken as an individual acknowledgment and permission in making use of their efforts to bring out this article.

XIII. DECLARATION:

The author declares that there is no competing interests nor any gains whatsoever, except to bring out the past glory of the Ancient Indian and Medical System and how they are relevant and appropriate even today for certain ailments/diseases where there is no answer to cure except containing the diseases and prolonging the life.

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