

## Role of Yoga and Naturopathy in Lifestyle Disorders: A Review

Dr. Anshu<sup>1</sup>, Dr. Narendra Singh<sup>2</sup>, Yatharth Khanna<sup>3</sup>, Veena Bhatt<sup>3</sup>, Tushar<sup>3</sup>, Uttam<sup>3</sup>, Shubham<sup>3</sup>

1. \*Assistant Professor, Department of Naturopathy and Alternative Therapy, Shri Guru Ram Rai University, Dehradun, [anshuarya7732@gmail.com](mailto:anshuarya7732@gmail.com)
2. Assistant Professor, Department of Yoga science, BBAU, Lucknow, [Email-drmsingh085@gmail.com](mailto:Email-drmsingh085@gmail.com)
3. M.Sc Research Students, Shri Guru Ram Rai University, Dehradun.

**How to cite this article:** Anshu, Narendra Singh, Yatharth Khanna, Veena Bhatt, Tushar, Uttam, Shubham (2024) Role of Yoga and Naturopathy in Lifestyle Disorders: A Review. *Library Progress International*, 44(3), 18657-18661.

### ABSTRACT

Yoga has been an ancient Indian practice for around 5000 years, it has been practised by various sages, rishis, munis, etc., for various health benefits and well-being. Yoga has various health benefits for all age groups including physical, mental, social and spiritual. Since COVID-19 its practised all over, and it's proven to be beneficial. Naturopathy, on the other hand is a unique and varied system of health care which accentuates the use of natural therapies. This emphasizes on natural medicines and supplementation and was discovered by Hippocrates, a Greek physician around 2400 years ago. The medicines and supplementation provided are from natural extracts. Naturopathy is a Drugless Therapy and describes nature's ability to heal itself from body's ability to heal itself, soil, water, sunlight, massage, fasting, diet and nutrition, etc. The Purpose of this Review Paper is to highlight the role of Yoga and Naturopathy in modern era for lifestyle disorders.

**Keywords:** Yoga, Naturopathy, Natural Treatment, Herbal Remedies, Lifestyle Disorders.

### Introduction:

Yoga is a form of therapy which was originated in India around 5000 years ago, and has been practised by various sages, rishis, munis, etc., for various health benefits and well-being including physical, mental, social and spiritual. The founder of yoga is Hiranyagarbh, who is regarded as Lord Surya, and also there are various forms of yoga such as Hatha Yoga, Ashtanga Yoga, Iyengar Yoga, etc., founded by various rishis and munis. Hatha Yoga was founded by Lord Shiva, and Goddess Parvati was the first disciple, then there are various texts in Hatha Yoga framed by different rishis, and main two are Hatha Pradipika by Swami Svamaramajii and Gheranda Samhita by Maharishi Gheranda, which focuses on body's cleansing, alignment, breathing patterns, meditation, etc. Ashtanga Yoga, on the other hand prescribes eight limbs of yoga which leads to ultimate freedom, described by Maharishi Patanjali in Patanjali Yoga Darshan Sadhana Pada Sutra 29 as: yama, niyama, asana, pranayama, pratyahara, dharna, dhyana and samadhi. Yoga has various health benefits as described in these texts through practices of Shatkarma (body's internal cleansing), Asana (body's alignment), Pranayama (breathing pattern), Meditation (mental peace), etc. In GYM's, these days Yoga is practised as part of cardio exercises, not only for its various health benefits but also a person doesn't get tired and is able to perform weight training exercises more efficiently. Naturopathy, a health care system discovered by Hippocrates, a Greek physician around 2400 years ago, is a drugless therapy and focuses on natural treatments, holistic approaches, herbal remedies, non-invasive treatments, etc. Naturopathy believes in Principle, "Prevention is better than Cure", means one must prevent from disease through daily exercise, diet and nutrition, fasting, some supplementation (as per consultation), etc. In naturopathy, fever is not a disease rather a prevention tool, because this produces antibodies to fight diseases such as common

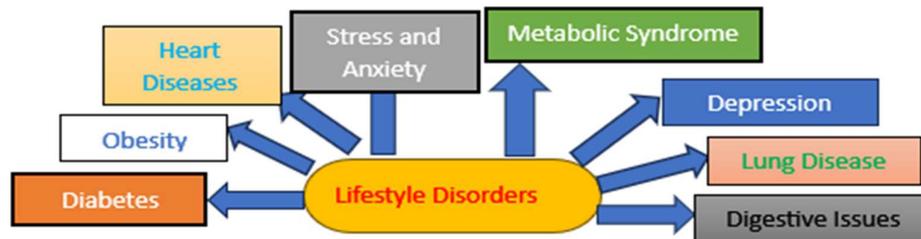
cold, throat infection, etc. Conventional medicines are used to treat a disease or its symptom, whereas naturopathy deals in holistic approaches, in which overall health is a priority, because germs is not a cause of disease, rather found in diseased person. The naturopathy includes various treatment methods such as detoxification, hydrotherapy, mud therapy, physical medicines, lifestyle changes, psychological counselling, etc. Detoxification is the process of removing toxins and other harmful chemicals from the body through fasting, drinking water in good volume, enemas, etc. Hydrotherapy includes certain baths, water exercises, drinking water, etc. Physical medicine involves touch therapy, cold compresses, colour therapy, electric currents and sound waves to manipulate spine, bones, muscles, etc. Mud therapy possesses cooling effects on body and is useful in fever, skin treatments, detoxification, etc. Lifestyle and Psychological counselling involve expert guidance to changes in daily routine. According to Naturopathy defined by Lindlahr Lindlahr H. 1990, “The primary cause of disease, barring accidental and surgical injury to human organism and surroundings hostile to human beings, is violation of nature’s law”. And these violation leads to:

- Lowered Vitality
- Abnormal Composition of Blood and Lymph
- Accumulation of waste matter, morbid materials and poison

Since COVID-19, these practices are on spike, as it’s been researched that the ancient practices of India have proved to relieve stress and anxiety, which are the root cause of so many diseases. COVID-19 was a highly contagious virus, derived from SARS-COV-2 virus, which was first discovered in Wuhan, China in December 2019, and was declared a global pandemic by WHO in March 2020. This virus primarily caused by respiratory droplets and fomite transmission. This leads to fever, cough, fatigue, respiratory distress, etc. Yoga and Naturopathy being ancient healing system proved to be effective by WHO, Indian Council of Medical Research (ICMR) and AYUSH. These practices included balance and harmony in body, mind and spirit Shatkarma (cleansing), Asana (physical postures), Pranayama (breathing exercises), Dhyana (meditation). Naturopathic treatment included steam inhalation, salt water gargling, immunity boosting beverages, aroma therapy, exposure to sunlight, etc.

#### Therapeutic Manifestations of Yoga:

There are many common lifestyle disorders which can be easily cured by daily yogic practices such as:



Yoga encourages cleansing, physical postures, breathing processes, meditation, etc., which keeps individual healthy physically, mentally, socially, spiritually, etc. There are 15 asanas described in Hatha Pradipika and 32 asanas in Gheranda Samhita which are helpful in body’s alignment, removal of diseases, health and well-being, etc. In Sri Mad Bhagavad Gita, Yoga is described as equanimity of mind (Gita 2/48 and 50), and performing actions, regulation in diet and recreation (Gita 6/17), free from contact of sorrow (Gita 6/23), etc., which is helpful in relieving stress and calming mind, as stress is the root cause of common lifestyle diseases, and is common in modern era one way or the other. In covid one who was anxious was prone to diseases. Maharishi Patanjali described 3 asanas in Patanjali Yoga Darshan, Sadhana Pada Sutra 46, which are essential in attaining stability in order to perform pranayama and meditation. There are many other texts which described various asanas and pranayama for various health benefits, some common asanas and pranayama which can be performed daily for a healthy life are:

**Asana:**

- Bhujangasana
- Triyak Bhujangasana
- Marjariasana
- Gomukhasana
- Chakrasana
- Shashankasana
- Halasana
- Sarvangasana
- Shirshasana
- Tadasana
- Triyaktadasana
- Ushtrasana
- Matsyasana
- Matsendrasana

Along with these asanas one must practice pawanmuktasana series followed by Surya Namaskar, as part of warm up exercises.

**Pranayama:**

- Nadi Shodhan
- Bhastrika
- Surya Bhedan
- Sheetal
- Sheetkari
- Chandra Bhedan
- Brahamari

**Kriyas:**

- Kapalbhati
- Agnisara
- Trataka

**Naturopathic Treatment:**

Naturopathy is a drugless therapy, which uses natural remedies to prevent, cure and heal a person. This therapy says, "Prevention is better than cure", and deals in treating the whole body rather disease. Principles of Naturopathy are as follows:

- Healing Power of Nature
- First do no harm
- Health Workers as Teacher
- Prevention and Wellness
- Treat the Cause
- Treat the whole person
- Diet and Nutrition
- Fasting
- Food is Medicine

**Types of Naturopathic Treatments:**

1. **Nutritional Treatment:** Nutrition is received from food, which is the basic treatment of the body. This includes a well-balanced diet including all the nutrients along with some supplementation as per physician consultation and in naturopathy supplements even are made from natural resources. If one is balanced in diet, that is his great medicine and he will never fall ill.

2. **Fasting Therapy:** This is the most basic therapy in naturopathy as it detoxifies the body, removes morbid materials, etc.
3. **Colour Treatment:** Colour therapy is another naturopathic treatment which uses 7 different colours of rainbow, i.e., Violet, Indigo, Blue, Green, Yellow, Orange and Red (VIBGYOR) for optimal health. In Hatha Yoga there are 7 Chakras in human body which determines human health and all the chakras possess these colours of rainbow. The best practise to acquire these colours as per body's requirement is 12 rounds of Surya Namaskar in Yoga and offering water to Lord Surya (Surya ko Jal Arpit) as per Astrology.

#### **Naturopathic Approaches:**

1. **Diet Therapy:** Diet plays a crucial role in naturopathic treatments. In naturopathy food is the only medicine, and no other conventional medicine is required, however, some supplementation made from natural extracts can be consumed as per physician's consultation. Along with this one has to be regulated in diet and recreation as described in Sri mad Bhagavad Gita 6/17, and should eat in limited quantity, leaving a quarter of stomach empty, which is also regarded as Mitahar as described in Hatha Pradipika 1/58.
2. **Herbal Remedies:** Herbal remedies play a crucial role in maintaining health, as been said in naturopathy one who takes balanced diet along with some natural remedies will never fall sick. Herbal medicines are made from natural ingredients and some of them are easily available in home such as:
  - Turmeric
  - Ginger
  - Tulsi
  - Green Tea
  - Garlic
  - Ginseng
  - Ashwagandha
  - Aloe Vera

These medicines have minimal or no side effects, but still a dosage is prescribed by physician's and long-term usage can be harmful, so we can say minimal side effects rather no side effects.

3. **Hydrotherapy:** This signifies water therapy and water treatment is main in naturopathy. It is an ancient method of preserving health, relieving inner congestion and curing different diseases. This includes hip bath, steam bath, hot foot bath, cold water bath, spinal bath, etc., along with wet packs, hot packs, ice packs, alternating packs, etc., all are used in diseases and ailments related to congestion, inflammation, detoxification, etc.
4. **Mud Therapy:** Mud therapy possesses cooling effects on body, it dilutes toxic substance of body and ultimately eliminates them. This therapy is highly recommended in cases like fever, constipation, skin problems, etc. Along with this mud also possess healing properties for nervous problems such as stress, anxiety, depression, post-traumatic disorders, etc. It absorbs bad toxins from the body surface and clears away blocked or tensed pathways around the brain.

#### **Conclusion:**

In conclusion yoga and naturopathy provide a holistic and effective approach to health and wellness, with minimal or no side effects. These natural practices not only strengthen the body through cleansing, breath control and meditation but also enhance immunity and mental well-being. Their value became clear during the COVID-19 pandemic as people turned to these methods for stress relief and immunity boosting. As a non-invasive treatment in tune with the body's natural healing abilities, yoga and naturopathy have proven beneficial not only for disease prevention but also for increasing physical and mental resilience.

**References:**

1. Kohli, Manu, and Gaurav Kohli. "Understanding of Naturopathy." *International Journal of Nursing Education and Research* 2.2 (2014): 135-139.
2. Kohli, M., & Kohli, G. (2014). Understanding of Naturopathy. *International Journal of Nursing Education and Research*, 2(2), 135-139.
3. Kohli, Manu, and Gaurav Kohli. "Understanding of Naturopathy." *International Journal of Nursing Education and Research* 2, no. 2 (2014): 135-139.
4. Kohli, M. and Kohli, G., 2014. Understanding of Naturopathy. *International Journal of Nursing Education and Research*, 2(2), pp.135-139.
5. Kohli M, Kohli G. Understanding of Naturopathy. *International Journal of Nursing Education and Research*. 2014 Apr;2(2):135-9.
6. Chilate, Vikrant Vijaykumar, et al. "Herbal Medicines for the Treatment of Lifestyle Disorders: Efficacy, Safety, and Mechanistic Insights in Contemporary Research and Clinical Practice." *International Journal of Pharma Professional's Research (IJPPR)* 15.3 (2024): 84-104.
7. Chilate, V. V., Darwade, A. J., Godbole, M. D., & Butalia, M. N. (2024). Herbal Medicines for the Treatment of Lifestyle Disorders: Efficacy, Safety, and Mechanistic Insights in Contemporary Research and Clinical Practice. *International Journal of Pharma Professional's Research (IJPPR)*, 15(3), 84-104.
8. Chilate, Vikrant Vijaykumar, Abhijit Jagannath Darwade, Mangesh D. Godbole, and Money N. Butalia. "Herbal Medicines for the Treatment of Lifestyle Disorders: Efficacy, Safety, and Mechanistic Insights in Contemporary Research and Clinical Practice." *International Journal of Pharma Professional's Research (IJPPR)* 15, no. 3 (2024): 84-104.
9. Chilate, V.V., Darwade, A.J., Godbole, M.D. and Butalia, M.N., 2024. Herbal Medicines for the Treatment of Lifestyle Disorders: Efficacy, Safety, and Mechanistic Insights in Contemporary Research and Clinical Practice. *International Journal of Pharma Professional's Research (IJPPR)*, 15(3), pp.84-104.
10. Chilate VV, Darwade AJ, Godbole MD, Butalia MN. Herbal Medicines for the Treatment of Lifestyle Disorders: Efficacy, Safety, and Mechanistic Insights in Contemporary Research and Clinical Practice. *International Journal of Pharma Professional's Research (IJPPR)*. 2024;15(3):84-104.
11. Sharma, Sudhir Kumar. "Research Reaction & Resolution International Journal of All Academic Research."
12. Sharma, S. K. Research Reaction & Resolution International Journal of All Academic Research.
13. Sharma, Sudhir Kumar. "Research Reaction & Resolution International Journal of All Academic Research."
14. Sharma, S.K., Research Reaction & Resolution International Journal of All Academic Research.
15. Sharma SK. Research Reaction & Resolution International Journal of All Academic Research.
16. Sharma SK. Research Reaction & Resolution International Journal of All Academic Research.
17. Kumar, V., Balakrishnan, A., Arumugam, V., & Venkateswaran, R. P. S. (2024). Yoga & naturopathy in COVID Era: An update.
18. Kumar, Venkateswari, Arthi Balakrishnan, Velan Arumugam, and Ramesh Ponnurangamand ST Venkateswaran. "Yoga & naturopathy in COVID Era: An update." (2024).
19. Kumar, V., Balakrishnan, A., Arumugam, V. and Venkateswaran, R.P.S., 2024. Yoga & naturopathy in COVID Era: An update.
20. Kumar V, Balakrishnan A, Arumugam V, Venkateswaran RP. Yoga & naturopathy in COVID Era: An update.