Naturopathy



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Naturopathy

- “Naturopathy is a diverse field of medicine that promotes physical, psychological and social health and wellbeing through a innumerable natural treatment approaches”.
- It is a system of healing, origination from western countries, that views disease as a manifestation of alterations in the processes by which the body naturally heals itself.
- It emphasizes on health restoration as well as disease treatment.
- “Naturopathic medicine is a distinct profession of primary health care, emphasizing prevention, treatment and the promotion of optimal health

- “The scope of practice includes all aspects of family and primary care, from pediatrics to geriatrics, and all natural medicine modalities.”
- Naturopathy, sometimes referred to as "natural medicine," is a largely pseudoscientific approach.
- Naturopathy's philosophy is simplistic and that its practices are riddled with quackery.
- The average naturopath is a muddle head who combines commonsense health and nutrition measures and rational use of a few herbs with a huge variety of unscientific practices and anti-medical double-talk.

- “naturopathy is an eclectic field of medicine that promotes physical, psychological and social health and wellbeing through a myriad of natural treatment approaches”.

Practices to improve health and treat disease by assisting the body’s natural healing process.

- Herbology
- Homeopathy
- Massage
- Hydrotherapy
- Chinese medicine
- Ayurvedic medicine
- Accupuncture
- Pharmacology
- Minor surgery
- Obstetrics

Historical development

- Naturopathy has its roots in Germany. It was further developed in the late 19th and early 20th centuries in the United States
- The word naturopathy comes from Greek and Latin and literally translates as “nature disease.” A central belief in naturopathy is that nature has a healing power (a principle practitioners call vis medicatrix naturae)
- Hippocrates: “nature is the healer of all diseases”
- Greek root of ‘physician’ is ‘nature’

- Practitioners view their role as supporting the body's ability to maintain and restore health, and prefer to use treatment approaches they consider to be the most natural and least invasive.
- Today, naturopathy is practiced in a number of countries, including the United States, Canada, Germany, Great Britain, Australia, and New Zealand.
- Use USA, in 2007 National Health Interview Survey estimated 729,000 adults and 237,000 children had used a naturopathic treatment in the previous year.

- People visit naturopathic practitioners for various health-related purposes, including primary care, overall well-being, and complementary treatment of chronic illnesses as well as acute conditions such as colds and flu.

Principles of Naturopathy

- The practice of naturopathy is based on principles that are similar to and consistent with the principles of primary care medicine as practiced by conventional physicians. These include:
- ✓ First do no harm: Try to minimize harmful side effects and avoid suppression of symptoms.
- ✓ Physician as teacher: Educate patients and encourage them to take responsibility for their own health. Teach the principles of healthy living and preventive medicine

- ✓ Treat the whole person: Consider all factors (e.g., physical, mental, emotional, spiritual, genetic, environmental, social) when treating patient.
- ✓ Prevention: Assess risk factors and make appropriate interventions to prevent illness.
- ✓ Healing power of nature: Seek to identify and remove obstacles to the body’s natural processes for maintaining and restoring health.
- ✓ Treat the cause: Focus on the causes of a disease or condition, rather than its symptoms.

Who is a Naturopath?

- An expert in natural medicine
- Employs an approach that views the body as an integrated whole
- Searches for the underlying causes of disease, or obstacles to cure
- Utilizes a hierarchy of therapeutics, from least to most invasive, as appropriate
- Emphasizes patient education as a primary objective
- Excels at health promotion, wellness, disease prevention, and disease management

- “A Naturopath is a health care professional who treats a wide range of individuals with acute and chronic health conditions, by applying an array of treatment approaches based on the principles of naturopathic medicine.”
- “Who diagnose, treat and help to prevent diseases using a system of practice that is based on the natural healing capacity of individuals. May use physiological, psychological, or mechanical methods. May also use natural medicines or legend drugs, foods, herbs, or other natural remedies.”

Methods And Materials Used For Healing/Diagnosis

- To maintain health and life, the body regulates itself to maintain temperature constant.
- On a cold day, the body will conserve heat by constricting the blood vessels close to the skin and directing blood flow to favor internal organs.
- On a hot day, the body will dilate blood vessels close to the skin and evaporate body heat with perspiration.

- Many other elements – such as blood gases, hormones and water – also need to be maintained within strict limits.
- The process of maintaining this healthy internal balance is called homeostasis.
- Naturopathy believes that illness is more likely to occur if the body is knocked out of homeostasis by lifestyle or environmental factors.

- The central idea is that the human body is capable of maintaining a healthy state, if barriers such as stress and poor diet are taken away.
- This power to self-heal is called ‘the vital force’.
- Naturopathy maintains that the body can heal itself if given the right conditions.
- The treatments are noninvasive and are designed to stimulate the body’s own healing powers. They include

- ✓ Nutrition: One of naturopathy’s foundations. A poor diet stops the body from functioning well, and a build-up of toxins can contribute to a range of illnesses.
- ✓ Whole, fresh and unprocessed foods are recommended.
- ✓ Hydrotherapy (water therapy): For instance, the use of hot and cold compresses might be used for certain disorders to influence the flow of blood and body heat.

- ✓ Traditional Chinese medicine: Including acupuncture, acupressure and Chinese herbs.
- ✓ Counseling techniques: Emotional problems and stress can interfere with the healing process. Counseling techniques may include hypnotherapy and stress management.
- ✓ Herbal medicine: Herbs are as potent as pharmaceutical drugs and can be used to great effect.

- ✓ Homeopathy: Homeopathic treatments are used to stimulate the immune system.
- ✓ Physical therapies: Such as osteopathy.
- ✓ Touch therapies: Such as massage.
- ✓ Special considerations: Fasting is sometimes recommended. Make sure you are in the hands of a qualified and reputable naturopath before you start a fast.

Things to remember

- Naturopathy is a collection of healing systems, including nutrition, herbal medicine and massage.
- Many of the underlying principles of naturopathy, such as the importance of diet and exercise, have been adopted by conventional medicine.
- The naturopathic philosophy maintains that the body can heal itself if given the right conditions.

- **Traditional naturopaths**, also known simply as "naturopaths," emphasize naturopathic approaches to a healthy lifestyle, strengthening and cleansing the body, and noninvasive treatments.
- They do not use prescription drugs, injections, x-rays, or surgery. Several schools offer training for people who want to become naturopaths, often through distance learning (correspondence or Internet courses).

Role of Naturopathy

- This art of healing can be beneficial in following conditions:
- ✓ **Chronic conditions**: Arthritis; Irritable bowel syndrome; osteoporosis; eczema; psoriasis; period pain; hypertension; oesophageal reflux; asthma.
- ✓ **Acute conditions**: Colds; influenza; sinusitis; ear infections; urinary tract infections
- ✓ **Prevention**: Preconception care; stress /lifestyle /diet management
- ✓ General wellbeing
- ✓ When orthodox medicine fails
- ✓ When alternatives to orthodox treatments are sought.

Scientific investigations

- NCCAM-Funded Research in Naturopathy

1) A naturopathic dietary approach for type 2 diabetes
2) Naturopathic treatments for periodontal (gum) disease
3) Naturopathic herbal and dietary approaches for breast cancer prevention.

- Naturopathic physicians generally complete a 4-year, graduate-level program at one of the North American naturopathic medical schools accredited by the Council on Naturopathic Medical Education.
- The study program includes basic sciences, naturopathic therapies and techniques, diagnostic techniques and tests, specialty courses, clinical sciences, and clinical training.

- Graduates receive the degree of ND (Naturopathic Doctor) or NMD (Naturopathic Medical Doctor).
- Although postdoctoral training is not required, some graduates pursue residency opportunities.
- USA have licensing requirements for naturopathic physicians but others do not. In those jurisdictions that have licensing requirements, naturopathic physicians must graduate from a 4 yr naturopathic medical college and pass an examination to receive a license.

- Their scope of practice is defined by law in the state in which they practice.
- Naturopathic physicians may or may not be allowed to prescribe drugs, perform minor surgery, practice acupuncture, and/or assist in childbirth.

Efficacy and Safety

- Some of the individual therapies used in naturopathy have been researched for their efficacy, with varying results. The complex treatment approaches that naturopathic physicians often use are challenging to study, and little scientific evidence is currently available on overall effectiveness.
- Some studies have shown a few areas of scientific interest to pursue.

- For example, a study of warehouse employees with chronic low-back pain found that naturopathic care was a more cost-effective approach than standard physiotherapy advice.
- In another study, postal employees with chronic low-back pain had significantly greater improvement from naturopathic care than from standard physiotherapy advice.

- A study of treatment approaches for patients with temporomandibular (jaw) disorders found that two complementary health practices, naturopathic medicine and traditional Chinese medicine- both resulted in greater pain reduction than state-of-the-art conventional care.
- In assessing the safety of naturopathic care, points to consider include:

- ✓ Naturopathy is not a complete substitute for conventional care. Relying exclusively on naturopathic treatments and avoiding conventional medical care may be harmful or, in some circumstances (for example, a severe injury or infection), have serious health consequences.
- ✓ Some beliefs and approaches of naturopathic practitioners are not consistent with conventional medicine, and their safety may not be supported by scientific evidence.

- ✓ Some practitioners may not recommend childhood vaccinations that are standard practice in conventional medicine.
- ✓ Some therapies used in naturopathy have the potential to be harmful if not used under the direction of a well-trained practitioner.
- ✓ For example, herbs can cause side effects on their own and may interact with prescription or over-the-counter medicines or other herbs, and restrictive or other unconventional diets can be unsafe for some people.

Cited examples of Naturopathic Quackery

- The treatments of asthma: a hydrogen peroxide bath to "bring extra oxygen to the entire surface of the skin, thus making the lungs less oxygen hungry" or "gems and minerals ... worn as jewelry, or placed around the home in special places."
- The insertion of endonasal balloons, followed by their inflation in the nasopharynx, to "release tensions stored in the connective tissue and return the body to its original design," thus curing learning disorders and a host of other problems.

Detoxification Therapy

- In naturopathy it is believed that a common cause of all diseases is the accumulation of waste and poisonous matter in the body resulting from overeating.
- Most people eat too much and follow sedentary occupations that do not permit sufficient and proper exercise for the utilization of this large quantity of food.
- The surplus food overburdens the digestive and assimilative organs and clogs up the system with impurities or poisons.

- On the basis of a comprehensive dietary anamnesis, it is often possible to identify foodstuffs and eating behaviour capable of aggravating the patient’s symptoms.
- Treatment is that GI tract first undergoes a temporary period of rest before being gradually re-accustomed to a biologically high-quality diet.
- Digestion and elimination become slow and the functional activity of the whole system is deranged.
- A central approach includes fasting therapy, supported by additional relaxation techniques, psychotherapy, hydrotherapy, massage and special manual techniques.

Common herbs used for detoxification

Antibiotics	Anticatarrhals (help eliminate mucus)	Blood Cleansers
Clove	Boneset	Burdock root
Echinacea	Echinacea	Dandelion root
Eucalyptus	Garlic	Echinacea
Garlic	Goldenseal root	Oregon grape root
Myrrh	Hyssop	Red clover blossoms
Prickly ash bark	Sage	Yellow dock root
Propolis	Yarrow	
Wormwood		

Diaphoretics/Skin Cleaners	Diuretics	Laxatives
Boneset	Cleavers	Buckthorn
Burdock root	Corn silk	Cascara sagrada
Cayenne pepper	Horsetail	Dandelion root
Elder flowers	Juniper berries	Licorice root
Ginger root	Parsley leaf	Rhubarb root
Goldenseal root	Uva ursi	Senna leaf
Peppermint	Yarrow dock	Yellow dock
Oregon grape root		
Yellow dock		

Chelation therapy

- Chelation therapy remove toxic metals (As, Cd, Pb, Hg and Ni), which disrupt basic cell function.
- Metal poisoning include headaches, dizziness, memory impairment, irritability and weight loss.
- Chelation is the incorporation of a metal ion into a heterocyclic ring structure.
- More than 10000 chelating agents exist, but only 7 or 8 are administration to humans by iv infusion

- Treatment is associated with the administration of various supplements (vitamins, minerals, etc.).
- Chelation therapy may be useful in various coronary and vascular diseases.

Hydrotherapy

- Water has been used as a valuable therapeutic agent since time immemorial.
- In all civilizations, bathing is necessary for the maintenance of health and prevention of disease.
- It was also valued for its remedial properties.
- Water exerts beneficial effects on circulation, boost muscular tone and aid digestion and nutrition.
- Hydrotherapy restoring a better range of joint motion through a combination of pain relief, muscle relaxation and stretching exercises

- The water therapy temperature is cold 10-18°C, neutral 32-36°C, hot 40-45°C. Above 45°C, water loses its therapeutic value and is destructive.
- Cold hip bath (10-18°C) relieves constipation, indigestion and obesity
- Hot hip bath (40-45°C) relieves painful menstruation, pelvic pain, painful urination, inflamed rectum or bladder, and painful piles
- Neutral hip bath (32-36°C) relieve inflammatory conditions, neuralgia, sedative, spasms of the vagina

Balenotherapy

- ‘Balneotherapy’ is related to spa treatment, including the drinking of waters, use of hot baths and natural vapor baths, various kinds of mud and sand used for hot applications.
- In addition it includes the addition of herbs and aromatherapy oils to bath water.
- The principal constituents in mineral waters are Na, Mg, Ca, Fe in combination with acids to form chlorides, sulphates, sulphides and carbonates. arsenic, lithium, potassium, manganese, bromine and iodine

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- Epsom salt bath is useful in cases of sciatica, lumbago, rheumatism, diabetes, neuritis, cold and catarrh, kidney disorders, and other uric acid and

Nutritional Therapy

- Your food shall be your medicine (Hippocrates)
- The human body builds up and maintains healthy cells, tissues, glands and organs with the help of various nutrients.
- The body cannot perform, metabolic, hormonal, mental, physical or chemical functions without specific nutrients.
- Millet, wheat, oats, barley, brown rice, beans and peas are all highly valuable in building health. Sunflower seeds, pumpkin seeds, almonds, peanuts and soya beans contain complete proteins of high biological value

- Vegetables and fruits are an extremely rich source of minerals, enzymes and vitamins.
- Milk helps maintain a healthy intestinal flora and prevents intestinal putrefaction and constipation
- Honey helps increase Ca retention, prevents anemia, helpful in kidney and liver disorders, colds, poor circulation and complexion problems.
- Animal proteins such as egg, fish or meat are not mandatory in diet because they may have a detrimental effect on the healing process.

Probiotics

- In the natural environment a delicate symbiosis evolves between these endogenous bacteria and their host.
- The term thus includes fermented foods and specially isolated and cultured bacteria and mixtures of bacteria with adjutants.
- Probiotics are viable bacterial cell preparation or foods containing viable bacteria cultures or components of bacterial cells that have beneficial effects on the health of the host.

- They are useful in acute diarrhoea, food allergies, colonic disorders and patients undergoing pelvic radiotherapy.
- They facilitates digestion, stimulates immune system, relieving symptoms of thrush, boosting resistance to infectious diseases
- Lacidophyllus rhamnosus, L. bulgaricus, Bifidobacterium longum, Enterococcus faecium
- For travellers’ diarrhoea, L. rhamnosus, L. bulgaricus
- B. longum, Streptococcus thermophilus.

Apitherapy



- Apitherapy is the medical use of honey bee products. This can include the use of honey, pollen, propolis, royal jelly and bee venom
- Bee venom therapy is claimed to be of use in arthritis, bursitis, tendonitis, dissolving scar tissue and shingles
- apitherapy, the most well-known being bee venom therapy for autoimmune diseases and multiple sclerosis.

Propolis

- Propolis (also known as bee bread or bee glue) is a resinous substance that bees collect from tree buds or other botanical sources.
- Show local antibiotic and antifungal properties; studies indicate that it may be effective in treating skin burns
- Have good plaque-cleaning, plaque-inhibiting and anti-inflammatory effects, and a protective effect against caries and gingivitis.

Royal jelly



Royal jelly is a liquid secreted by special glands in young worker bees. (Bon Appetit / Alamy)

- This is an emulsion of proteins, sugars and lipids in a water base, and is synthesised by the bee from pollen
- As a result of its high nutrient levels, particularly B-complex vitamins such as pantothenic acid (vitamin B5) and vitamin B6 (pyridoxine) and used as food supplement and used in beauty products.
- Royal jelly lower serum total cholesterol, serum low-density lipoprotein and contains antibacterial components

THANKS
FOR KIND ATTENTION!!