

# **INTERACTION WITH THE NATUROPATHY AND YOGA SCIENCES**



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After having our banking services programme, we got an excellent opportunity to visit Shri

Ramakrishna Naturopathy College, Kulashekaram to learn about the naturopathy and yoga sciences on April 18, 2009.

Shri.Mullanchery M. Velaian, the Organiser of the programme, gave the introductory address. The Inaugural address was given by Shri. Appu Nadesan, the Correspondent of the institution. In his address, he told the importance of natural environment.

He also said that yoga could cure many diseases. Shri. P. Gopalan, Coordinator, N.V.K.S.Higher Secondary School felicitated us. He included the famous lines of the English poet "William Wordsworth", in his speech, which says that whenever he see the daffodils dancing, his heart also



dances with it; he stands still whenever he sees such a scenery.

Dr. Sugin Herbert, the principal of the institution told that naturopathy sciences could cure any disease without a side effect. He also discussed about the famous person Vincent Presnits who expressed and did research that water has a medicinal property, which can cure many diseases.

In the next session, we were given lectures on various topics by the eminent professors of the college.

HERE COMES SOME OF THE OBSERVATIONS MADE FROM THE LECTURES OF PROFESSORS:

■ 1. WHAT IS NATURAL SCIENCE?

BY DR. P. ELAMAARAN

★ Natural Science is the naturalist approach to the study of universe. Its branches are astronomy, biology, chemistry, earth science and physics.



★ Astronomy is concerned with evolution, is concerned with formation and development of universe and the study of galaxies.

- ★ Biology includes characteristics, classifications, behavior of organisms, formations of species and interactions.
- ★ Chemistry is the scientific study of matter at the atomic and molecular scale. It deals primarily with collection of gases, molecules, crystals and metals.
- ★ Earth science mainly deals with mining, extraction of precious stones, history of civilizations, climatic research, petroleum and mineral exploration industries. Study of earth is also known as paleontology.
- ★ Physics embodies the study of fundamental constituents of universe, forces and interactions. It is studied by observations and experiments. The eminent scientists Einstein and Newton played a vital role in the development of physics.
- ★ Our body constitutes all the five elements - earth, water, fire, air and space. A few naturopathy treatments, which cure diseases with these elements, are mudtherapy, hydrotherapy, heliotherapy, pranayama, etc.



## ■ 2. NATURE AND HUMAN VALUES

BY DR. C. ANAND

- ★ Nature constitutes the whole universe, which is not abnormal or not artificial. Nature provides us a very beautiful environment - fresh air, pure water, healthy food, etc.
- ★ The main problem behind today's environmental problems is population explosion.
- ★ Whenever we harm the nature, it punishes us in means of natural calamities like earthquake, tsunami, etc, and we get diseases by the polluted environment.
- ★ In the ancient times people thought that, diseases were caused by evil spirits, and by using ants for surgery. For this, they used trepanning and blood letting.
- ★ In India, we have five traditional forms of medicines. They are Siddha (Tamilnadu origin), Ayurveda (Kerala origin), Homeopathy, Unnani (practiced by Muslims and the Urdus) and naturopathy.
- ★ Naturopathy is the system of healing in which diseases are cured by means of all natural remedies such as light, water, air, heat, exercise

and diet. It also includes magnetotherapy and massage.

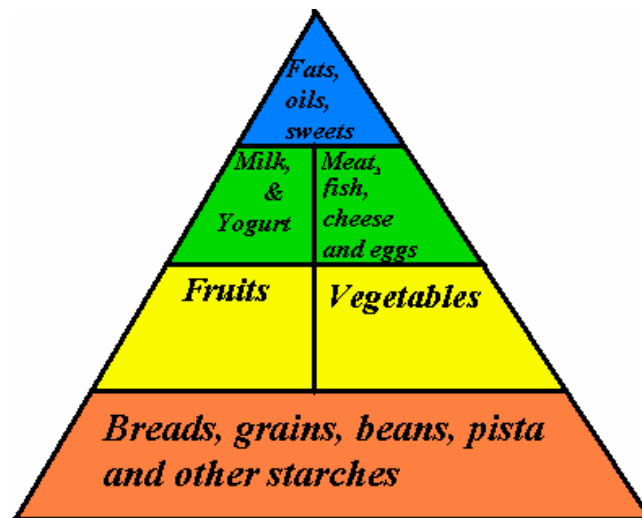
### ★ 3. HEALTHY FOOD HABITS

BY DR. JERIN SUBHA

- ★ Anything when taken into the body supply heat, produce energy and maintains growth by building up the tissues is known as a food.
- ★ There are two types of food- cooked and uncooked. Uncooked food is further divided into three- Satwick, Regesic and Thamasic.
- ★ The six major nutrients are carbohydrates, proteins, fats, vitamins, minerals and water.
- ★ The diet that contains all the six major nutrients in a proportion to meet the requirements of the body is a balanced diet.
- ★ We should take the proverb in mind, which says, **"Eat your solid; Drink your food"**.
- ★ A person's average need of calories per day is 2200 to 2400 calories.



- ★ While eating we should fill our half stomach with food, quarter part with water and the remaining with air.
- ★ We are supposed to eat only in hunger.
- ★ A person of one time diet is a saint, 2 times diet is a luxuriant and 3 times diet is a chronic sufferer.
- ★ A food pyramid shows the right proportion of food to be taken-



- ★ Fruits and vegetables are very important. They provide dietary fibres, which help in digestion.
- ★ A minimum gap of six hours is necessary between two meals. Only liquids can be taken within this period.

In the valedictory session, Dr. Sujin Herbert gave a lot of information -

- Health can be defined as "A state of physical, mental, moral, social and spiritual wellbeing".
- During the time of digestion, about 1400 kilocalories are wasted.
- After the discovery of bacteria and germs, in 1974, the World Health Organization (WHO) decided that these are the only agents who cause diseases and finding out appropriate vaccines would eradicate them; so by the year 2000 we would fulfill our goal-"Health for all". However, gradually people began to get mental disorders and other diseases, so this goal couldn't be achieved by 2000.
- The fruits that we eat today are not actually fresh fruits. Sometimes they may be one year old! Therefore, careful selection is needed before eating a fruit.

We also had an interesting debate on the topic "Which is needed for an effective way of living - Health, Wealth, Good position, Education or Social service?"

The Training programme on naturopathy sciences was very useful. We learned a lot about naturopathy and yoga sciences. We thank Shri. Appu Nadesan-the Correspondent of the institution and Dr. Sujin Herbert, the principal of the institution who arranged this programme. We thank Dr. P. Elamaaran, Dr. Jerin Subha, and Dr.C.Anand who provided us with an ocean of information.

We also thank the Management and Faculties of this institution for the nourishing and delicious dishes and comfortable environment provided to us.

On the very night, we had our "**Cultural night**" at Mullanchery. Many students got a very good opportunity to bring out their talents. The best performances were also awarded.

At this juncture, we thank our Beloved Organizer Thiru.Mullanchery M.Velaian for giving us this excellent opportunity and encouragement.

Thank you!!