

Naturopathy

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In News

Naturopathy is a form of healthcare that **combines modern treatment with traditional methods**. It **includes alternative, natural therapies** to modern medicine. People visit naturopathic practitioners for various health-related purposes, including primary care, overall well-being, and treatment of illnesses.

Principles of Naturopathy

- **Healing power of nature:** The **body can heal itself**, given the right condition and treatment. There is a vital force which is stimulated to promote health.
- **Holistic treatment:** Recognise a patient's individuality by taking into account individual physical, mental, genetic, environmental, social, and other factors.
- **Treat the cause, not the symptom:** Identify the underlying cause of illness rather than eliminating (suppressing) symptoms.
- **Prevention is preferable to cure** in order to keep the vital force at all times at its optimum.
- **Education:** The naturopath educates his patients by bringing a better understanding of health, how to maintain it and how to avoid getting sick. This way the **patient can take responsibility for himself**.

Treatment Approaches

- Dietary and lifestyle changes
- Stress reduction
- Herbs and other dietary supplements
- Homeopathy
- Manipulative therapies
- Exercise therapy

- Practitioner-guided detoxification
- Psychotherapy and counseling

Advantages

- Naturopaths **work on a more personal level**, spending more time covering individual needs. They create treatment plans that consider all aspects of a person.
- Naturopathy can be useful alongside modern medicine, and many say these methods **allow the body to activate self-healing mechanisms**.
- Naturopathic healthcare can also be a **cheaper alternative** to conventional healthcare.

Disadvantages

- Studies in naturopathic treatments often have small sample sizes and lack supporting scientific evidence. Studies into it have **not shown it to be consistently effective**.
- The medicine is **not as effective and efficient to treat the medical emergencies**.
- The dose is a **matter of trial and error**. Each body has its own system of working and its methods to react to something so it takes a lot of time for the person to get used to a particular medicine.