

INTRODUCTION TO NATUROPATHY — ONE-PAGE SUMMARY

Your complete at-a-glance reference to natural, whole-body medicine

WHAT IS NATUROPATHY?

Naturopathy is a system of healthcare that combines modern science with traditional natural therapies. It treats the whole person — body, mind, and lifestyle — and aims to find and fix the root cause of illness rather than just suppress symptoms.

It is practiced across the world including India, Australia, USA, Canada, and the UK, and is regulated in many of these countries as a recognised healthcare profession.

KEY FACTS AT A GLANCE

- **Founded:** 19th-century Europe (Benedict Lust, 1902)
- **Governed in India by:** Ministry of AYUSH
- **Indian qualification:** BNYS degree (5.5 years)
- **Core approach:** Treat root cause, not symptoms
- **Regulated in:** 24 US states, 6 Canadian provinces, Switzerland, Australia, India
- **First consultation:** 60–90 minutes

THE 6 CORE PRINCIPLES OF NATUROPATHY

1. First, Do No Harm

2. Healing Power of Nature

3. Treat the Root Cause

4. Treat the Whole Person

5. Doctor as Teacher

6. Prevention First

COMMON THERAPIES USED

- Herbal medicine & plant remedies
- Nutrition & dietary therapy
- Hydrotherapy (therapeutic water use)
- Homeopathy
- Physical medicine & massage
- Lifestyle & mind-body counselling
- Acupuncture & Traditional Chinese medicine

BEST SUITED FOR

- Chronic digestive issues (IBS, bloating)
- Hormonal imbalances (PCOS, thyroid)
- Anxiety, stress & mild depression
- Chronic fatigue & low energy
- Skin conditions (eczema, acne)
- Autoimmune conditions
- Preventive health & wellness

NATUROPATH VS. NATUROPATHIC DOCTOR (ND)

	Traditional Naturopath	Naturopathic Doctor (BNYS, ND)
Training	Certificate/diploma	5.5-4 year accredited medical degree
Scope	Wellness, nutrition, herbs	Primary care, labs, limited prescribing
Licensed?	No (most countries)	Yes (where regulated)
Consult	45–60 min	60–90 min

Important: Naturopathy is not a replacement for emergency or specialist medical care. Always consult your conventional doctor alongside your naturopath, and inform both of all treatments you are receiving.

For the full article visit: [www.indianyogaandnaturopathycentre.com] | Disclaimer: This summary is for informational purposes only. It does not constitute medical advice.