

Naturopathy

Naturopathy is a rational and evidence based system of medicine imparting treatments with natural elements based on the Theory of Vitality, Theory of Toxemia, Theory of Self Healing Capacity of the body and the principles of healthy living.

Indian Naturopathy includes Yoga along with some ancient Indian concepts like – ‘Panchabhuta based understanding of health and disease’.

Indian Naturopathy evolved into a holistic system over the times to offer various modalities of treatments in treating, preventing diseases and also offers promotive care where people are taught to live a healthy life, in close proximity to nature.