

Sustainable Living Concepts & Relevance of Naturopathy in Public Health



18th November - Naturopathy Day

(Ministry of AYUSH, Govt. of India has declared 18th November as Naturopathy Day)

The concept of lifestyle linked health scenario should sink with the principles of natural living. The guiding philosophy for this shall be taken from the eternal values provided in our ancient wisdom.

Om PoornamadahPoornamidam;

PoornaatPoornamudachyate;

PoornasyaPoornamaadaaya;

Poornamevaavashishyate;

Om Shantih. Shantih. Shantih.

Meaning that (pure consciousness/matter) is full(perfect); this(the manifested matter) is full. This fullness has been projected from that fullness. When this fullness merges in that fullness, all that remains is fullness. – Peace invocation from Ishopanishad.

The modern day confusions of complex civilizations resulted in consumerism; global warming and climate change; throwing humanity to the brink of its existence. Having come full circle the world is looking for an alternative living where energy is efficiently produced and utilized. Starting from 1st Naturopathy Day that is 18-11-2018, this year should observe '**Sustainable living concepts and relevance of naturopathy in public health**'.

It is time to take a critical to look in to all the aspects of 'present day' life style such as housing, furniture, plumbing, farming, irrigation, transportation, cooking, singing, dancing, painting, drawing, praying, etc.; every aspect of life should be looked for its carbon foot print. India has a weak heart, and a sweet tooth, so says the World Health Organisation (WHO).

Lifestyle diseases are a result of an inappropriate relationship of people with their environment. The onset

of these lifestyle diseases is insidious - they take years to develop - and once manifest, these diseases do not lend themselves easily to cure. On the one hand, one may have to live with them, exhausting all their resources – physical, mental, social and financial, and on the other, put up with the unforeseen disasters - droughts, cyclones, floods, etc. There will be a workshop cum conference for three days which includes naturopathy clinicians, academicians, managers and students of 'naturopathy community' across the country. The first two days will have sessions that will provoke and ignite participants to look into the aspects that are not taught in medical curriculum and never-the-less absolutely important in addressing increasing public health demands. Eminent speakers having vast knowledge and worked in the relevant fields will engage with participants. Sessions will be mostly interactive.

The third day will be completely dedicated by the delegates to deliberate on 'strategies' to adopt in their clinical practice by effectively not only addressing the individual's complaints but also to make those choices that are sustainable. This workshop should be a platform for convergence of all such energy efficient ideas, thought processes and technologies.

It will be a good gesture if all people will come in white cap/ khadi cloths in the Sun for atleast 10-15 minutes anyway between 11am to 04pm to make the first Naturopathy Day memorable. Let Naturopaths and Nature loving people take lead in guiding people to lead the right mode of life and encourage them to engage with nature.

Naturally Your's

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