

A Complete
Handbook of
Nature Cure

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A COMPLETE HANDBOOK OF NATURE CURE

Foreword

For people who advocate and recognise the latent healing power of nature like my esteemed friend and fellow practitioner, Shri H.K. Bakhru, naturopathy is a way of life. It is a distinct philosophy and science which strengthens the age-old faith in the correction of bodily disorders and restoration and maintenance of health through elements freely available in nature. It brings home the basic fact that healing is brought about by the inherent curative powers of the body.

The simplicity of this method should not deter individuals from its use. The final complete healing will come from within. In short, the naturopath lends intelligent assistance and interprets nature's laws for the patient.

Shri H.K. Bakhru who has contributed numerous articles to leading newspapers and magazines on various ailments and their cure through dietetics and nature cure treatments, has already to his credit the authorship of three books on nature cure: 'Health the Natural Way', 'Diet Cure for Common Ailments' and 'Foods That Heal'. All three have been well received by the public.

A news item appear in newspapers recently about a famous French folk singer, Rike Zarai, who had never practised naturopathy but her faith, based on her personal experience, turned her into an authority on herbs and nature cure. At the Height of her career as a singer, Rika met with an accident, when her car went off the road, due to poor visibility on account of fog and she was taken from the wreckage with four broken vertebrae, one of which was

pulverised. The attending doctors indicated that she might not be able to walk again without crutches.

To make matters worse, she had a calcium deficiency. On the brink of suicide, she appealed for help to an eminent homeopath. Clay compresses were smuggled into the hospital and she applied them regularly to her back. Her surgeon was outraged when she attributed her remarkable recovery not to his skill but to the clay. With the zeal of a convert, she applied herself to the wider study of natural medicine.

She has authored two books, titled 'ma Medicine Naturelle' and 'her secrets Naturelles'. As many as 2,80,000 copies of the first book were sold. Both the books have challenged the realms of Medical world.

For Shri H.K. Bakhru's new book titled 'A Complete Hand-book of Nature Cure' is complete guide to naturopathy. This book offers a way which, if followed, will provide renewed energy, increased vitality and greater satisfaction that comes from living a full and useful life.

The author has advocated that the right food could work wonders and has tremendous curative power. Nutrition is the major problem of human life. This book can also be appropriately titled 'Return to Nature'. The aim of naturopathy is to invigorate and stimulate the body's homeostatic mechanism, to restore health structure and function. One can enjoy perfect health by proper regulation of eating, drinking, breathing, bathing, dressing, working, thinking, and other social activities on a normal and natural basis.

I wish the author Shri H.K. Bakhru all success for the publication of this book.

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Preface

Nature cures, not the physician - Hippocrates

What, you may ask, is a public relations man doing writing a book on nature cure ? The answer is simple: good health ought to be everybody's concern, not solely the medical profession's business. More importantly, in my own case, I suffered immensely, for many years, largely due to the shortcomings of the modern medical system. In my despair, I earnestly began my study of natural methods of treatment and cure of disease, as also the ways and means of maintaining good health. Putting the time-tested nature cure methods into practice proved so beneficial in my own case, that I took to studying their application for several other diseases as well. What began as mere jottings was gradually expanded into full-length articles on the subject " Cure Without Drugs ", several of which were published in "The Economic Times. " The readers' response to the series was overwhelming and several of them suggested that the articles be compiled in book form, to benefit more people. "Health the Natural Way " was the result. This book as well as my second book titled " Diet Cure For Common Aliments " published three years later, was well received by the press and the public. This fact coupled with the immense popularity of my articles on health, nutrition and nature cure being published in several leading newspapers and magazines, have prompted me to write a comprehensive book on nature cure under the present title for the benefit of the general public.

Experience, they say, is the most convincing teacher, and I would like to begin with details of my own case history as a means of indicating the major health problems that nature cure can overcome. While doing my intermediate arts, at the age of 16, I contracted two serious illness

- pleurisy and typhoid fever - simultaneously. Having run their course for about 45 days, both ailments left me so debilitated that I had to discontinue my studies for one year, on medical advice.

My recovery was gradually but not complete, as I developed heartburn and breathing problems.

At 28 came the worst crisis, when I suffered a stroke in the early hours of an extremely hot day in May after acute heartburn throughout the night. The stroke made the left side of my body extremely heavy and weak, and the attending physician referred my case to a well-known neurosurgeon, suspecting a brain tumour. For nearly two months I lay helpless in the special ward of a reputed hospital, undergoing several tests and at the same time observing around me frequent deaths following unsuccessful brain surgery. Finally, having twice failed to inject air through the spinal cord for taking X-rays of the brain, the specialist decided to make holes in my skull for that purpose and even operate if necessary. Fortunately for me, the specialist had to attend a medical conference elsewhere and, therefore, instructed his assistant to try the newly-introduced method of cerebral angiography, which involved injecting dye through an exposed vein in the neck to enable X-raying of veins in the brain. When these X-rays did not reveal anything abnormal, I was allowed to go, but not before the harrowing experience had left me a complete nervous wreck.

However, that was not the end of it. I underwent a barium meal examination which indicated "Chronic duodenitis, may be chronic duodenal ulcer." The numerous drugs prescribed for the treatment of this ailment and the continuing weakness and heaviness of my left side made my condition worse still. I endured this for three years, until the pain and heaviness of the left side was miraculously cured by an astrologer: But nothing could rid me of the heartburn,

abdominal pain and occasional severe stomach upsets, which continued to necessitate the use of several drugs. Investigations, from time to time, confirmed the diagnosis of duodenitis or chronic duodenal ulcer. A barium meal examination, done when I was 39, revealed hiatus hernia with peptic esophageal ulcers.

To add to all of this, at 45, an eminent heart specialist declared me a heart patient, following a check-up due to pain on the left side of my chest. The heavy drugging, dieting etc. that ensued completely ruined my health and resulted in insomnia and a weight loss of 15 kg. Consulting another eminent heart specialist two years later, I was informed that there was no evidence whatsoever of heart trouble, but he confirmed the presence of hiatus hernia and stomach trouble. God alone knows which diagnosis was correct: Then came a host of diseases in rapid succession - spondylosis, myalgia, backache and prostate enlargement, in treating all of which the modern medical system failed to give me any relief, despite taking huge quantities of drugs, especially painkillers, antacid tablets and tranquillizers.

All this time, I was aware of the natural methods of treatment which I had studied from the age of 30 and a few of which I had practised occasionally. I, however, dared not adopt them wholeheartedly because of my heavy dependence on drugs. Rather late in the day, at the age of 55, I made a determined bid to do away with all drugs and take recourse to natural methods. I began collecting and studying a greater deal of data on the subject and also consulted naturopaths. I made drastic changes in my diet and lifestyle and started rigidly observing the laws of nature. I was rewarded sooner than expected so much so, that for one who narrowly escaped death at the age of 28, when my son was a year old, I can proudly say that today, at 64, when I have a nine-year-old grandson, I feel healthier, thanks mainly to my taking recourse to nature cure methods. Of course, I do not claim that I have cured all my

ailments. But I do maintain that I have been able to control them substantially and have obtained a lot of relief without resorting to drugs. This, I feel, is no mean achievement. I am certain that my own success in controlling several dreaded disabilities will serve as inspiration to those readers who are suffering from various ailments and hold out the hope of their deriving real benefits from the natural methods of treatment outlined in this book.

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My sincere gratitude to Dr. P.K. Bolar, an eminent naturopath and Executive Director, Indian Institute of Drugless Therapy, Churchgate, Bombay, for his foreword. I am also grateful to my wife, Draupadi, for her painstaking efforts in going through the typescript of the book and carry out corrections of typographical errors - a task which I possibly could not undertake due to sharp deterioration in my eyesight on account of degeneration of retina of both the eyes.

Principles and Practice of Nature Cure

Nature Cures, not the Physician. - Hippocrates

Nature cure is a constructive method of treatment which aims at removing the basic cause of disease through the rational use of the elements freely available in nature. It is not only a system of healing, but also a way of life, in tune with the internal vital forces or natural

elements comprising the human body. It is a complete revolution in the art and science of living.

Although the term ‘ naturopathy’ is of relatively recent origin, the philosophical basis and several of the methods of nature cure treatments are ancient. It was practised in ancient Egypt, Greece and Rome. Hippocrates, the father of medicine (460-357 B.C.) strongly advocated it. India, it appears, was much further advanced in older days in natural healing system than other countries of the world. There are references in India’s ancient sacred books about the extensive use of nature’s excellent healing agents such as air, earth, water and sun. The Great Baths of the Indus Valley civilisation as discovered at Mohenjodaro in old Sind testifies to the use of water for curative purposes in ancient India.

The modern methods of nature cure originated in Germany in 1822, when Vincent Priessnitz established the first hydropathic establishment there. With his great success in water cure, the idea of drugless healing spread throughout the civilised world and many medical practitioners throughout the civilised world and many medical practitioners from America and other countries became his enthusiastic students and disciples. These students subsequently enlarged and developed the various methods of natural healing in their own way. The whole mass of knowledge was later collected under one name, Naturopathy. The credit for the name Naturopathy goes to Dr. Benedict Lust (1872 - 1945), and hence he is called the Father of Naturopathy.

Nature cure is based on the realisation that man is born healthy and strong and that he can stay as such as living in accordance with the laws of nature. Even if born with some inherited affliction, the individual can eliminate it by putting to the best use the natural agents of healing. Fresh air, sunshine, a proper diet, exercise, scientific relaxation, constructive thinking

and the right mental attitude, along with prayer and meditation all play their part in keeping a sound mind in a sound body.

Nature cure believes that disease is an abnormal condition of the body resulting from the violation of the natural laws. Every such violation has repercussions on the human system in the shape of lowered vitality, irregularities of the blood and lymph and the accumulation of waste matter and toxins. Thus, through a faulty diet it is not the digestive system alone which is adversely affected. When toxins accumulate, other organs such as the bowels, kidneys, skin and lungs are overworked and cannot get rid of these harmful substances as quickly as they are produced.

Besides this, mental and emotional disturbances cause imbalances of the vital electric field within which cell metabolism takes place, producing toxins. When the soil of this electric field is undisturbed, disease-causing germs can live in it without multiplying or producing toxins. It is only when it is disturbed or when the blood is polluted with toxic waste that the germs multiply and become harmful.

Basic Principles

The whole philosophy and practice of nature cure is built on three basic principles. These principles are based on the conclusions reached from over a century of effective naturopathic treatment of diseases in Germany, America and Great Britain. They have been tested and proved over and over again by the results obtained.

Principles and Practice of Nature Cure

The first and most basic principle of nature cure is that all forms of disease are due to the same cause, namely, the accumulations of waste materials and bodily refuse in the system.

These waste materials in the healthy individual are removed from the system through the organs of elimination. But in the diseased person, they are steadily piling up in the body through years of faulty habits of living such as wrong feeding, improper care of the body and habits contributing to enervation and nervous exhaustion such as worry, overwork and excesses of all kinds. It follows from this basic principle that the only way to cure disease is to employ methods which will enable the system to throw off these toxic accumulations. All natural treatments are actually directed towards this end.

The second basic principle of nature cure is that all acute diseases such as fevers, colds, inflammations, digestive disturbances and skin eruptions are nothing more than self-initiated efforts on the part of the body to throw off the accumulated waste materials and that all chronic diseases such as heart disease, diabetes, rheumatism, asthma, kidney disorders, are the results of continued suppression of the acute diseases through harmful methods such as drugs, vaccines, narcotics and gland extracts.

The third principle of nature cure is that the body contains an elaborate healing mechanism which has the power to bring about a return to normal condition of health, provided right methods are employed to enable it to do so. In other words, the power to cure disease lies within the body itself and not in the hands of the doctor.

Nature Cure vs Modern System

The modern medical system treats the symptoms and suppresses the disease but does little to ascertain the real cause. Toxic drugs which may suppress or relieve some ailments usually have harmful side-effects. Drugs usually hinder the self-healing efforts of the body and make recovery more difficult. According to the late Sir William Osler, an eminent physician and surgeon, when drugs are used, the patient has to recover twice - once from the illness, and

once from the drug.

Drugs cannot cure diseases; disease continues. It is only its pattern that changes. Drugs also produce dietary deficiencies by destroying nutrients, using them up, and preventing their absorption. Moreover, the toxicity they produce occurs at a time when the body is least capable of coping with it. The power to restore health thus lies not in drugs, but in nature.

The approach of modern system is more on combative lines after the disease has set in, whereas nature cure system lays greater emphasis on preventive method and adopts measures to attain and maintain health and prevent disease. The modern medical system treats each disease as a separate entity, requiring specific drug for its cure, whereas the nature cure system treats the organism as a whole and seeks to restore harmony to the whole of the patient's being.

Methods of Nature Cure

The nature cure system aims at the readjustment of the human system from abnormal to normal conditions and functions, and adopts methods of cure which are in conformity with the constructive principles of nature. Such methods remove from the system the accumulation of toxic matter and poisons without in any way injuring the vital organs of the body. They also stimulate the organs of elimination and purification to better functioning.

To cure disease, the first and foremost requirement is to regulate the diet. To get rid of accumulated toxins and restore the equilibrium of the system, it is desirable to completely exclude acid-forming foods, including proteins, starches and fats, for a week or more and to confine the diet to fresh fruits which will disinfect the stomach and alimentary canal. If the body is overloaded with morbid matter, as in acute disease, a complete fast for a few days may be necessary for the elimination of toxins. Fruit juice may, however, be taken during a

fast. A simple rule is: do not eat when you are sick, stick to a light diet of fresh fruits. Wait for the return of the usual healthy appetite. Loss of appetite is Nature's warning that no burden should be placed on the digestive organs. Alkaline foods such as raw vegetables and sprouted whole grain cereals may be added after a week of a fruits-only diet.

Another important factor in the cure of diseases by natural methods is to stimulate the vitality of the body. This can be achieved by using water in various ways and at varying temperatures in the form of packs or baths. The application of cold water, especially to the abdomen, the seat of most diseases, and to the sexual organs, through a cold sitting (hip) bath immediately lowers body heat and stimulates the nervous system. In the form of wet packs, hydrotherapy offers a simple natural method of abating fevers and reducing pain and inflammation without any harmful side-effects. Warm water applications, on the other hand, are relaxing.

Other natural methods useful in the cure of diseases are air and sunbaths, exercise and massage. Air and sunbaths revive dead skin and help maintain it in a normal condition. Exercise, especially yogic asanas, promotes inner health and harmony and helps eliminate all tension: physical, mental and emotional. Massage tones up the nervous system and quickens blood circulation and the metabolic process.

Thus a well-balanced diet, sufficient physical exercise, the observation of the other laws of well-being such as fresh air, plenty of sunlight, pure drinking water, scrupulous cleanliness, adequate rest and right mental attitude can ensure proper health and prevent disease.

Fasting - The Master Remedy

Fasting refers to complete abstinence from food for a short or long period for a specific purpose. The word is derived from the old English, 'feastan' which means to fast, observe, be

strict.

Fasting is nature's oldest, most effective and yet least expensive method of treating disease. It is recognised as the cornerstone of natural healing. Dr. Arnold Eheret, the originator of the mucusless diet healing system, describes it as " nature's only universal and omnipotent remedy of healing" and "nature's only fundamental law of all healing and curing. "

The practice of fasting is one of the most ancient customs. It is followed in almost every religion.

The Mohammedan, the Buddhists, the Hindus and many others have their periods of strict fasting. The saints of medieval times laid great stress on this method.

Fasting indisease was advocated by the school of natural philosopher, Asclepiades, more than two thousand years ago. Throughout medical history, it has been regarded as one of the most dependable curative methods. Hippocrates, Galen, Paracelsus and many other great authorities on medicine prescribed it. Many noted modern physicians have successfully employed this system of healing in the treatment of numerous diseases.

The common cause of all diseases is the accumulation of waste and poisonous matter in the body which results from overeating. The majority of persons eat too much and follow sedentary occupations which do not permit sufficient and proper exercise for utilisation of this large quantity of food. This surplus overburdens the digestive and assimilative organs and clogs up the system with impurities or poisons. Digestion and elimination become slow and the functional activity of the whole system gets deranged.

The onset of disease is merely the process of ridding the system of these impurities. Every disease can be healed by only one remedy - by doing just the opposite of what causes it, that is, by reducing the food intake or fasting.

By depriving the body of food for a time, the organs of elimination such as the bowels, kidneys, skin and lungs are given opportunity to expel, unhampered, the overload of accumulated waste from the system. Thus, fasting is merely the process of purification and an effective and quick method of cure. It assists nature in her continuous effort to expel foreign matter and disease producing waste from the body, thereby correcting the faults of improper diet and wrong living. It also leads to regeneration of the blood as well as the repair and regeneration of the various tissues of the body.

Duration

The duration of the fast depends upon the age of the patient, the nature of the disease and the amount and type of drugs previously used. The duration is important, because long periods of fasting can be dangerous if undertaken without competent professional guidance. It is, therefore, advisable to undertake a series of short fasts of two to three days and gradually increase the duration of each succeeding fast by a day or so. The period, however, should not exceed a week of total fasting at a time. This will enable the chronically sick body to gradually and slowly eliminate toxic waste matter without seriously affecting the natural functioning of the body. A correct mode of living and a balanced diet after the fast will restore vigour and vitality to the individual.

Fasting is highly beneficial in practically all kinds of stomach and intestinal disorders and in serious conditions of the kidneys and liver. It is a miracle cure for eczema and other skin diseases and offers the only hope of permanent cure in many cases. The various nervous disorders also respond favourably to this mode of treatment.

Fasting should, however, not be resorted to in every illness. In cases of diabetes, advanced stages of tuberculosis, and extreme cases of neurasthenia, long fasts will be harmful. IN most

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