Naturopathy: Natural Healing for a Healthy India

Treatment, Training, Research and Care Across the Country

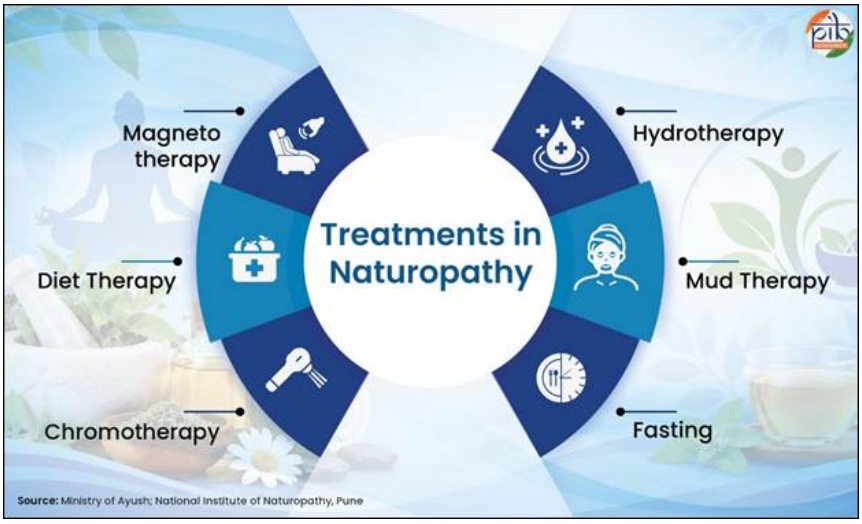
PIB Analysis

Healing with Nature

- Naturopathy is a drug-free, cost-effective healthcare system that promotes the body's natural healing capacity.
- Based on the principle of **'Return to Nature'**, it encourages healthy living through five elements (Panchabhuta): earth, water, air, fire and ether.
- Promotes disease prevention, treatment and recovery through natural therapies and lifestyle changes.

Treatments in Naturopathy

- **Major therapies:** Fasting, dietary regulation, hydrotherapy, mud packs, cold packs, baths and massages.
- Other therapies include magnetotherapy, chromotherapy, physiotherapy and Yoga.



Where Naturopathy Helps

- Supports the management of chronic, allergic, autoimmune, degenerative and stress-related disorders.
- Promotes preventive healthcare through nutrition, physical activity, adequate rest and stress management.

Naturopathy and Yoga in India

- Yoga and Naturopathy are recognised together among the seven Ayush systems, alongside Ayurveda, Unani, Siddha, Sowa Rigpa and Homoeopathy.
- India promotes their integration through BNYS education, CCRYN research, central practitioner registration and specialised hospitals.

9th National Naturopathy Day

- Observed on **18 November 2026** at CRIYN, Nagamangala, Karnataka.
- Theme: **'Prakrutik Chikitsa, Swasth Bharat'**, focusing on healthy diets, physical activity, Yoga, stress management and obesity prevention.
- Observed since 2018 to commemorate Mahatma Gandhi becoming Lifetime Chairman of the All India Nature Cure Foundation Trust on 18 November 1945.

National Institute of Naturopathy (NIN), Pune

- Established on **22 December 1986** under the Ministry of Ayush.
- Promotes standardisation, education, research and healthcare in naturopathy and Yoga.
- Runs specialised OPDs for maternal care, diabetes and mind-body medicine.

Nisarg Gram

- Inaugurated on **25 February 2024** by the Prime Minister in Pune.
- Spread over 25 acres at a cost of ₹213.55 crore.
- Houses India's first national naturopathy hospital with 250 beds and a Naturopathy Medical College offering 100 BNYS seats in 2026–27.
- Facilities include Yoga, hydrotherapy, magnetotherapy, chromotherapy and a Saatvik diet centre.

Reaching Tribal Communities

- NIN established **Nisarg Arogya Sadhana Kendra** at Gohe (Budruk), Maharashtra, a 20-bed naturopathy hospital for tribal communities.
- Provides healthcare, nutrition and training through locally available resources.
- Government aims to recognise one lakh tribal healers. A November 2026 conclave trained around 1,500 healers from nine States and UTs.

Training the Next Generation of Naturopaths

- **BNYS:** 5½-year programme comprising 4½ years of academic and clinical training and a one-year compulsory internship.
- NIN offers 100 seats for 2026–27 in affiliation with Shri Lal Bahadur Shastri National Sanskrit University.
- India has 71 undergraduate and 6 postgraduate naturopathy colleges.
- **Naturopathy Registration Board (NRB):** Provides central registration and accredits institutions and hospitals.
- NIN also offers skill-development courses in acupressure, naturopathy, massage, fitness and Yoga.

Building the Evidence: Research and New Hospitals

- **CCRYN:** Established in 1978 under the Ministry of Ayush, with 22 units across India.
- India has 200-bed Yoga and Naturopathy hospitals at Jhajjar (Haryana) and Nagamangala (Karnataka).
- Two additional CRIYNs are planned at Khorda (Odisha) and Raipur (Chhattisgarh).
- Research covers fasting, diabetes, gut microbiota and osteoarthritis.
- As of April 2024, 35 hospitals with 1,663 beds and 95 dispensaries provided naturopathy care.

India's Traditional Systems and the World

- International patients visiting India increased from 1.83 lakh (2020) to 6.44 lakh (2024).
- **Ayush Visa (2023):** Facilitates foreign nationals seeking treatment under Ayush systems.
- **Heal in India:** Promotes India as a medical value tourism destination.
- Five Regional Medical Value Tourism Hubs were proposed in Union Budget 2026, integrating modern treatment with traditional therapies and wellness services.

Carrying Nature Cure Forward

- Strengthening scientific research, quality education, healthcare infrastructure and responsible integration with conventional medicine can expand naturopathy's contribution to preventive healthcare.
- Promoting healthy diets, physical activity and Yoga supports the vision of **'Prakrutik Chikitsa, Swasth Bharat'**.

Reference

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