

DEVELOPMENT OF NATUROPATHY IN ANDHRA PRADESH

B. VENKAT RAO*

Naturopathy in India :

The *pancha bhautika* treatment is the treatment by applying the five *mahabhutas*. It is also called *prakriti chikitsa* or Nature Cure. It came into existence from the time of creation. Ayurveda which is the oldest science of treatment, tells very much about Nature Cure.

Fundamental principles of Nature Cure in Ayurveda :

Nature cure is known in Andhra Pradesh as *prakriti chikitsa*. *Prakriti* is of eight kinds which came into existence from *mula prakriti*. These are earth (*prithvi*) water (*ap*) fire (*tejas*) air (*vayu*) ether (*akasha*) mind (*manas*) intellect (*buddhi*) and egoism (*ahamkara*), as told in Bhagavadgita (7th chapter).

Every creation in this world, whether animate or inanimate, is evolved from *prakriti* with the composition of five *mahabhutas* or elements in different proportions. The five *mahabhutas* are the first five of the eight cited above viz: earth, water, fire, air and ether. The *tridoshas* (three humours)-*vata*, *pitta* and *kapha*-are derived from *mahabhutas*. The disequilibrium of the three *doshas* is disease. Due to the close relationship of the five *mahabhutas* and the three *doshas*, the equilibrium of *mahabhutas* is also quite essential to keep up good health. When three *doshas* are deranged in the body, which are made up of *mahabhutas*, the treatment with *mahabhutas*, is quite essential.

Nature Cure is the treatment (which contains treatment) with mud, water, sunlight, air and ether. The use of mud, water etc., is described very well in Hindu *dharma sastras* which prescribe the important principles to lead a healthy life.

The necessity of fasting, (without food and without food and water) sunlight, air and exercise are well explained in the methods of Ayurvedic treatment under the head *shamana chikitsa*. The importance of enema which is used in Naturopathy is also stressed in Ayurveda under the head *pancha karma*. The breathing exercises etc., are found in Yoga. Thus it can be said that Nature Cure is a part of Ayurveda and Yoga. To say it in other words—Ayurveda without drugs is Naturopathy.

* Director, Nature Cure Hospital, Begumpet. Hyderabad.

In Ayurveda, the principles to keep the body in good health and free from diseases are described in detail in *swastha vritta*, in different topics like *dinacharya*, *ritucharya* etc.

There is close relationship between Ayurveda and principles of Hindu living-rules laid down in *shrutis* and *smritis*.

By following these principles of *swastha vritta* and *dharma shastras*, ancient Indians lived in good health and achieved physical, mental, moral and spiritual developments to the full extent. The principles of life start from getting up from bed at *brahmimuhurta* i. e. about 4 a. m. and end with going to bed in the night. The *swastha vritta* includes seasonal regimen and controlling of natural mental urges which should be controlled and not controlling the natural physical urges which should not be controlled.

Most of the present day people think that Naturopathy is founded by Europeans not knowing the past history of the *pancha bhautika* treatment.

From the above lines, it is clear that Naturopathy has been existing in India from times immemorial.

Western pioneers of Naturopathy :

Louis Kuhne, Dr. Adolf Just, Dr. Kellogg, Dr. Babitt, Dr. Shelton, Dr. Lindlahar are some of the important pioneers of Nature Cure in Western countries.

By studying and implementing the principles of Ayurveda, specially with reference to Naturopathy and by making research on these subjects, voluminous books have been written on fasting, nutrition, dietetics, water-cure, colour-cure, mud-cure and such other subjects.

About over a century back, after persistent experimentation, many allopathic doctors of the West convinced themselves that Nature Cure is the best, the cheapest and harmless treatment among all the existing systems of medicine.

Dr. Louis Kuhne was the person who originated Nature Cure movement in the west and also tried to secure the recognition of the Government for this system of drugless-healing. He had to face many hurdles. But finally he was successful in securing the recognition of the Government for Nature Cure in Germany. He wrote many books on Natural therapeutics in German.

Nature Cure movement in Andhra Pradesh :

It is quite natural that every nation tries to go ahead following her sacred culture and traditions. The advent of Naturopathic movement in Germany created fresh interest in India and also started the movement of revival of Naturopathy,

The Nature Cure movement started first in Andhra Pradesh in India. Dronamraju Venkatachalapathi Sharma is the founder of the Nature Cure movement in India. He was born in 1853 in Veeravasaram in West Godavari district of Andhra Pradesh and was a Sub-Registrar by profession. He visited Germany and discussed with Dr. Kuhne and convinced himself fully about Nature Cure and Kuhne's philosophy.

He translated the books of Dr. Shelling into Telugu. In the year 1886 he translated the "New Science of Healing" into Telugu titled as "*Abhinava Prakriti Vaidyam*". This is the first book in Indian languages on Nature Cure. He was the first and foremost Indian Naturopath.

He later translated the books of Dr. Kuhne "Science of facial expression" (*Mukhavaikhari vidya*) "Rearing of Children" (*Shishupalanam*) and "Am I sick or Well?" (*Rogaarogya vivekam*) into Telugu and published.

He devoted his life in serving the cause of Naturopathy.

The gospel of Indian Naturopathy was being propagated through magazines and books along with so many other ways and means, from the later period of 19th century. "Prakriti" (monthly in Telugu) published by "Prakriti Karyalaya Trust" Vijayawada (Krishna district) is the first Naturopathic journal in Indian languages.

Yoga and Naturopathy are the arts of natural living and healing standardized for the development of health, strength and peace. They are the sacred arts of living practised by our ancients to achieve the four *purusharthas* (aims of life).

From the year 1923, registered Associations have undertaken the burden of keeping up the torch of Naturopathy burning with great enthusiasm with the hearty co-operation of the patriots and the national movement.

The first institution—"Prakriti Karayalaya Trust Vijayawada" was established in the year 1919 and was registered in the year 1923, and is still functioning normally. Narishetty Hanumayya was an important person in this Trust. The Trust started the Prakriti monthly magazine in Telugu with English supplements, in the month of August, 1919 and is still continuing. The Institution published more than 150 books on Naturopathy and Yoga in Telugu, Hindi and English.

The second registered Naturopathic institute is "The Indian Naturopathic Association". It was started in the year 1926 at "Prakriti Karyalaya Trust Buildings" Vijayawada. On behalf of the association were published two English monthly magazines - one from Calcutta and the other from Vijayawada. From Calcutta "Nature Healer" was published from April 1926 to July 1931. From Vijayawada "The Indian Naturopathy" was published from August 1931 to January 1948. The Parishad is publi-

shing a monthly magazine in Hindi "Swastha Jeevan" from 1956, the year of its establishment.

Vegiraju Krishnam Raju, born in 1910 was a native of Marripudi in Guntur District. From the very boy-hood he took to physical exercise, sword fight and wrestling and earned good name in these arts. He was a scholar in Telugu and Sanskrit.

He studied Ayurveda. In 1930 he got the acquaintance of Ahra Balamukunda Das. Krishnam Raju learnt from him the Facial Diagnosis. He studied Naturopathy with comparative outlook and he preferred Nature Cure.

He was the person who started Nature Cure Hospital and made it accessible to common man. In 1932 he started a Nature Cure Hospital at Marripudi, his native village. Then in 1935 he started one at Ongole, in 1939 at Kesawaram and finally at Bhimavaram.

He imparted training to a number of persons in Nature Cure. Dr. B. Venkat Rao and Dr. B. Vijayalakshmi of Nature Cure Hospital Begumpet, Hyderabad are his disciples.

Mahatma Gandhi recognised Krishnam Raju as a genuine Naturopath and used to seek his medical advices. He sent some patients to Bhimavaram also for treatment.

The "Prakrti Karayalaya Trust" Vijayawada started the Naturopathic Training camps in the year 1932 for training Naturopaths and the camps are still continued. Accordingly an association was formed for this purpose and it conducted 14 Nature Cure Training Camps at various places in the country.

Late Padmashri Ivyanki Venkatarmaiah planned summer camps and organized them. Dr. Pucha Venkata Ramaiah was the captain of these camps. The first three camps were held in the mango grove of Maddiniserthy Ramaiah of Inavalli on the banks of Vridhha Gautami (Godavari River) near Inavalli. Shri Nadimpalli Subbaraju of Kodurpadu (Amalapuram taluk) financed the first three camps held in Amalapuram taluk.

The summer camps and Nature Cure Training were in the form of little colonies, lasting one full month from 1st May to 31st May every year.

The Third registered Naturopathic institution is "Akhila Bharatiya Prakriti Chikitsa Parisad" established at Calcutta in the year 1956 which has taken up All India Nature Cure activities. Later its office has been transferred to "Gandhi Smaraka Nidhi" at Rajghat, New Delhi. It has organised state level parishads all over India under its control.

SUMMARY

Nature Cure or *prakriti chikitsa*, is the *pancha bhautika* treatment by applying the five *mahabhutas*. It is the treatment with mud, water, sunlight air and ether. Louis Kuhne is the pioneer of Nature Cure in Western Countries.

Dronamraju Venkatachalapathi Sarma is the founder of Nature Cure revival movement in India. He translated and published, first in India, the books of Kuhne into Telugu. "Prakriti", a monthly in Telugu published by Prakriti Karyalaya Trust, Vijayawada (1919) is the first naturopathic journal in Indian languages. This trust also published more than 150 books in different languages. Another institution, Indian Naturopathic Association was started in 1926 at Vijayawada. It published two English monthly journals. The Prakriti Chikitsalaya Trust, Vijayawada also started the Naturopathic Training camps in 1932 and the camps are still continued.

आन्ध्रप्रदेश में प्रकृतिचिकित्सा की प्रगति

प्रकृतिचिकित्सा पाञ्चभौतिकचिकित्सा है। जिस में पांच महाभूतों का उपयोग होता है। इस में मिट्टी, पानी, सूर्यरश्मि, वायु और आकाश से इलाज किया जाता है। पश्चिमीदेशों में प्रकृतिचिकित्सा के अग्रणी लुइस कुने हैं।

भारत में प्रकृतिचिकित्सा आन्दोलन के प्रवर्तक द्रोणराजु वेंकटाचलपति शर्मा हैं। उन्होंने ने भारत में सर्वप्रथम कुने की पुस्तकों को तेलुगु में अनूदित कर प्रकाशित किया। प्रकृति कार्यालय ट्रस्ट, विजयवाडा से सन १९१९ में प्रकाशित "प्रकृति" नामक मासिक, भारतीय भाषाओं में पहली प्रकृतिचिकित्सा सम्बन्धि पत्रिका है। इस ट्रस्ट ने विभिन्नभाषाओं में १५० से अधिक पुस्तकें प्रकाशित की है। भारतीय प्रकृतिचिकित्सासंघ नामक एक और संस्था का विजयवाडा में सन १९२६ में श्रीगणेश हुआ, जिस ने दो मासिक पत्रिकायें अंग्रेजी में प्रकाशित की। प्रकृतिचिकित्सालय ट्रस्ट, विजयवाडा ने सन १९३२ में प्रकृतिचिकित्सा प्रशिक्षण शिविर प्रारंभ किया, जिस का आयोजन आज भी किया जाता है।