

ADMINISTRATION AND DEVELOPMENT OF NATUROPATHY IN INDIA 1897-1997

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ABSTRACT

The present paper deals with some important land marks in the field of Indian Naturopathy i.e., origin of the Naturopathy movement, Pioneers of Naturopathy, establishment of Nature Cure institutions, training camps, publication of Nature Cure literature, recognition of Naturopathy as one of the Indian Systems of Medicine, establishment of Naturopathy Colleges, Government policies and developmental programmes etc, which have taken place during 1897-1997.

Introduction:

The history of Nature Cure is as old as the origin of man. The modern nature cure movement had its inception in Germany. During the 18th and 19th centuries, Nature Cure, inaugurated a world wide movement to make known and to practice more simple and rational ways of living and treating and methods are more limited in scope then the present comprehensive system of Natural Therapeutics. Dr. Henry Lindlahar, a pillar of the Nature Cure movement, was the first Naturopathic Physician to combine in his practice various drugless methods in a systematic and scientific way.

In India Naturopathy is one of the gifts of our ancient Indian civilization to the world. Centuries before Plato, Aristotle, and Hippocrates and Indian Yogis and Sages were the earliest exponents of nature cure. It was mainly practiced by these philosophers and holy men and their disciples on themselves for the purification of body, mind and soul. This in turn called for great will power and self-control, fasting, dieting, hydro-pathy, massage, all after a fashion, were means to that end. Noting how great the benefits were how low the cost of treatment they devised a means of placing the system within the reach of the humblest. In modern days the nature cure institutions exist in many parts of India and world due to its scientific validity in curing many chronic and simple diseases without any

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drugs or surgeries and so on¹. In India during the beginning of 19th century Dronamraju Venkatachopathy Sharma introduced and propagated the Nature Cure system for the benefit of the people.

Part-I: Origin and Development of Naturopathy Movement during Pre-Independence Period 1897-1947

- 1897 Dronamraju Venkatachalapthy Sharma, the foremost Indian Naturopath translated Dr.TH.Baker's book '*Am I Well or Sick?*' from English to Telugu language. During the year 1897 the nature cure literature was available in 22 languages of the world viz. German, English, French, Spanish, Portuguese, Dutch, Italian, Swedish, Danish, Bohemian, Polish, Hungarian, Russian, Rommain, Norwegian, Finnish, Greek, Urdu, Serbian, Turkish, Armenian, Telugu and Urdu.²
- 1903 Agra Bala Mukunda Das, a famous *Āyurvedic* Physician of Bezawada (presently known as Vijayawada), who after the first reading of Dronamraju Venkatachalapthy Sharma's translation of 'New Science of Healing' he buried all the medicines gave up the practice of *Āyurveda* and took Nature Cure as profession. He studied '*Science of Facial Expression*' and became master in Nature Cure profession.³
- 1904 Sotriya Krishna Swaroop translated Dr.Louis Kuhne's nature cure book from German to Hindi and Urdu languages. His translations influenced to spread Kuhne's treatment system in North India.⁴
- 1913 The first Water Cure Hospital was opened at Arandalpet in Guntur. Bhanu Parasada Naidu was the founder of the hospital and it was functioned under the direct control and supervision of Bolla Pragada.Sundara Gopala Row.⁵
- 1914 Gandham Venkata Krishna Rao, started a '*All India Nature Cure Society*' in Bombay. By patronage of the rich *Parsi* merchant of Bombay he went to foreign countries for the study of Nature Cure. He was in Germany when war broke out in 1914. He then visited Nature Cure sanitariums in England and America and came back to home safe with a fund of information gathered in the various Nature Cure Centers.⁶
- 1916 Soma Datta was established a Nature Cure Institute at Lahore.⁷
- 1917 Bolla Pragada Sundara Gopal Row opened a Hydro-Chromopathic and Nature Cure Academy at Rajamundry.⁸
- 1919 '*Prakriti Karyalaya Trust*' was established at Bezawada. The first Indian Nature Cure journal named '*Prakriti*' in Telugu language was started by Narishetty Hanumaiah

form Bezawada for propagating the philosophy of naturism, and for teaching, recommending and popularizing the principle and methods of different systems of nature cure. The first issue of the '*Prakriti*' journal was released on 15th August 1919. During this period only three books on nature cure were available in Telugu language, which were translated by Dronamraju Venkatachalapathi Sharma.⁹

1920 The Indian Naturopathic Association was established at Bezawada. It is the India's premier national organization for health propaganda. Its objects are; (i) to promote investigation into the origin and true character of evil and into nature's ways of elimination it, (ii) to foster the perfection of the true science of health by promoting investigation into the laws of natural living and into the methods of natural healing (iii) to encourage a systematic, critical and comparative study of several ancient and modern, preventive and remedial systems, institutions, customs and practices in the world (whether scientific, philosophical, religious or otherwise) for the purpose of ascertaining their naturopathic value if any (iv) to investigate, interpret and redeem the theory and the practice of the traditional Indian Naturopathic systems of Yoga, (v) to propagate the philosophy of naturism, and to work for the re-organization of human life, effort and culture on a natural basis, (vi) to provide moral and if necessary legal support to those that profession of healing by naturopathic methods recognized by then association, (vii) to do all such acts may be necessary, incidental or conducive to rendering the knowledge of Nature's ways and the blessedness of natural life available to people. The Association objects in particular, (a) through the medium of books journal and pamphlets by means of lectures and if possible by founding suitable colleges and other institutions of standard type, to expound the philosophy of natural living and to teach the several systems of Naturopathy recognized by this association, (b) to found and maintain suitable libraries and museums and to collect into them books and exhibits teaching or illustrating the philosophy of naturism and several methods of natural healing, (c) for the accommodation of persons desiring a life of serene purity or treatment for any disease, to found and conduct health homes or sylvan environments and to demonstrate to the world the supreme efficacy of naturism, by remedying all diseases by natural methods, (d) to establish orphanages, to admit young orphans therein and to bring them up in accordance with the principles of natural living, (g) to organize a corps of volunteers prepared to render full-time service to the cause of Naturopathy, and (f) to found Naturopathic Societies wherever convenient and to affiliate the same to this association.¹⁰

- 1921 Puccha Venkatramaiah a patient who was cured by the Nature Cure methods, established '*Arogya Nikethan*' at his village named Danthalore Agraharam. He wrote four books on Nature Cure viz. '*Surya Kirana Chikista*', '*Totti Snana Niyamamulu*,' '*Malabaddhakamu*' and '*Arogya Dharmamu*' in Telugu language and published by his *Arogya Nikethan* institution.¹¹
- 1924 The first All India Naturopathic Conference was held at Belgum, Karnataka during 24th and 25th December, under the President ship of Dr. Maha Dev Prasad. M.D.N.D of Bombay.¹²
- 1926 '*The Indian Naturopath*' journal was started in English from Bezawada town for exchange of ideas and imparting of knowledge in different areas of Naturopathy. The first issue of the journal was published in July, under the kind patronage of Indian Naturopathic Association. The journal was published for 3 months only and discontinued due to lack of funds. The Indian Naturopath journal was incorporated with '*The Nature Healer*' journal, which was being published by R.C.Chaterji.¹³
- 1928 The Indian College of Naturopathy (Govt.Reg) was established on 28th March by Dr. Shivanath Rai at Calcutta. It is the first and parent Naturopathy teaching institution in India.¹⁴
- Avadhuta Nature Cure Sanatorium which was a real paradise for the health seekers was established by Seetarama Avadutha, N.D. at Patamata Lanka, Vijayawada to render services to the people.¹⁵
- S.J.Singh was established a small nature cure institute at *Muttara* .He also published a journal named, '*Medical Talk For The Home*' in English. For the first time he presented the modern scientific version of the combined system of nature cure by bringing all the scattered gems of nature cure under the banner of his book named '*My Nature Cure or Practical Naturopathy*'.¹⁶
- The Utter Pradesh Nature Cure Association registered a body at Luknow. Dr. S.J.Singh and Dr.R.K.Dilkash who were having the Nature Cure clinics, offered free advise and services on nature cure to the public for one hour on Friday and two patients were treated in each of their hospitals free of cost.¹⁷
- 1929 The Indian College of Naturopathy was started on 2nd January and it is affiliated to Indian Naturopathic Association. Dr.Shivanth Rai served as the Principal of the college. The college offered regular and home extensive courses to spread naturopathy knowledge. It also awarded Diplomas to the successful candidates. The college is

attached to Nature Healing Home for practical training in Naturopathy and to make the students as able and efficient Naturopaths.⁽¹⁸⁾

- Dr. Dinshah K. Mehta started a Nature Cure Clinic and Sanatorium Tadiwalla Road at Poona.¹⁹
- Jnanamba the first woman Naturopath of India was translated the Dr. Bernad Makfedden's English speech in to Telugu version and published in the form a book named '*OushadhamokaUuhuha Shastramu*'.²⁰
- 1931 '*The Indian Naturopath*' Journal was being started again from the month of August due to The Nature Healer journal publication was stopped in 1930.²¹
- V.M.Kulkarni, Doctor of Homeopathy Medicine and Professor of *Materia Medica*, Homeopathic Medical College, Bombay wrote a book on '*Naturopathy: The Art of Drugless Healing*'.²²
- 1933 *Prakriti Karyalaya Trust*, Bezawada started Nature Cure Home Educational Programme in correspondence mode with five broad objectives; (i) to provide knowledge of nature cure to people those who are interested to under go training in nature cure educational camps; (ii) to impart simple and natural way of nature cure at their homes (iii) to serve the patients by natural ways of treatment; (iv) to take up naturopathy as a profession and livelihood; and (v) to make learning of naturopathy education in a scientific way. The programme was designed for total 24 lessons. The course lessons were written by Dr.Putchha Venkatramaiah who was the Captain of the programme. The programme was commenced form 1st January on wards.²³
- The Andhra Naturopathy Academy started at Beazawada to experiment and stabilize the underlying principles of Nature cure by conducting regular training classes in every summer. The chief objectives of the summer nature cure training camps are three fold; (i) to teach the value of open air life and uncooked food in maintaining and prolonging lives; (ii) to teach the theory and practice of naturopathy to young men and women, and (iii) to treat the chronic patients by natural methods i.e., hydro-therapy, chromo-pathy , fasting and other allied naturopathic systems. This academy designed 3 years course i.e., Bachelor Naturopathy (B.N), Doctor of Naturopathy (N.D), and Master of Naturopathy (M.N.). Nadimpali Subba Raju acted as Chancellor, Dr.Putchha Venkatramaiah as Vice-Chancellor, and Iyyanki Venkatramaiah as Registrar of the academy.²⁴

- Dr. S.J.Singh, Principal of the English Naturopathic College, Lucknow was started the teaching Naturopathy by postal lessons.²⁵
- The first Nature Cure Training Camp was being conducted for a period of one month i.e., from 1st May to 30th May at *Inavalli* village of East Godavari district.²⁶
- 1934 Naturopathic Sanatorium was established at Madanapalli.²⁷
- 1935 The Indore State Medical Council recognized the Naturopathy system and accepted the registration of Naturopaths. The registration fee was Rs.5/- and 10 Anas.²⁸
- Rai Bhadur Dr. L.N. Chowdari who was a Retired Civil Surgeon of Jabalpoor turned to Naturopathy and wrote a famous book Naturopathy named 'The Ideal Diet'.²⁹
- Dr.P.N.Gopala Pillai the pioneer Naturopath in Travancore was established 'The New Naturopathic Sanatorium' at Sanstamkottai, Karungapalli, Travancore. It is a parent naturopathy institution in Travancore, Kerala.³⁰
- Manipur State sanctioned permission for starting a Homeopathic and Naturopathic College at Imphal on 28th March under the Principal ship of Sjt. Nilmani Singh.³¹
- 'Ananda Jeevan' monthly Naturopathic magazine is being published in Hindi under the editorship of Dr.R.K. Kilkash and published by him from Lucknow. Hitherto, there is only one vernacular in naturopathic monthly '*Prakriti*' in Telugu which is being published by Prakriti Karyalaya Trust, Bezawada. '*Ananda Jeevan*' is the second of the vernacular type in the whole India.³²
- Indian College of Naturopathy, Culcutta teaches Naturopathy, Hydrotherapy, Electrotherapy, Diet- therapy, Yogic Therapy, Masso- therapy, and Mental Cure by correspondence. ³³
- 1937 Vidya Raja Vegiraju Krishnam Raju was started Sree RamaKrishna Prakriti Ashram at Bheemavaram.³⁴
- 1938 J.M.Jussawalla who was a graduate of Davidson College of Natural Therapeutics, England, worked as Assistant to Dr. V.Stanley Davidson of Lindhlar College, USA came back to India and established the 'Natural Therapy Clinic' in Bombay. He was also served as the Director of the clinic.³⁵
- L.Kameswaran, B.SC.Hons,N.D. (Cal.U.S.A.) has been awarded the Doctorate degree in Naturopathy by the State Board Examiners of the Naturopathic Physicians of California ,USA. He is the first Indian to have secured this honour from this Board.³⁶

- The '*Jivan Sakha*' (*Friend of Life*) nature cure magazine is being published in Hindi from Allahabad, under the editorship of Braj Bhushan Misra. The magazine is completely devoted to expounding the philosophy and practice of nature cure.³⁷
- 1939 The Chromopathic Institute, Bezawada started the propagation of sun culture and its uses in treating of various diseases. The institute popularized the *Surya Namaskara Cult*' and the worship of Sun God in the '*Suryopasaka Shibiram*'. The institute published a monumental work of Dr. E.D. Babbit, M.D.,LL.D titled 'Human Culture and Cure'.³⁸
- An association '*Prakriti Pracharaka Sangham*' was started at Secundrabad (Deccan) on 5th September. A Nature Cure Health Home started on 10th September in a garden near to Cavalry Barracks, Secundrabad donated by Gunda Agaiah. The garden is about 5 acres in area and six rooms for staying the patients.³⁹
- 1940 '*Arogya Mandir*' the premier Natural Therapeutic Home established by Dr. Vital Dass Modi at Gorakpur in Uttar Pradesh . He also served as the Director of Arogya Mandir.⁴⁰
- 1941 The *Indian Institute of Natural Therapeutics* was founded in 1941 by Sarma K Lakshman with threefold objective of preaching, teaching, and promoting research in Nature Cure.⁴¹
- 1945 On February 17, the Incorporated Society of Registered Naturopaths, Edinburgh, awarded Dr.Dinshah K Mehta the honorary degree of Master of Natural Therapeutics 'in recognition of his outstanding service in the field of Natural Healing.'⁴²
- Regular Nature Cure College was started by Dr. Vegiraju Krishnam Raju at Bhimavaram. It is the first Nature Cure College established in Andhra Province. This college offered two years course on Nature Cure System.⁴³
- On the advice of Gandhiji B. Venkat Rao who is the student of IV year M.B.B.S. of Stanley Medical College, Madras discontinued the course and joined in the Doctor of Naturopathy course at Nature Cure Ashram Bhimavaram, under the studentship of Vidya Raju Vegiraju Krishnam Raju.⁴⁴
- '*The Health Hotel*' (The formed Nature Cure Clinic and Sanatorium) inaugurated under the Director ship of Dinshah Kaikhshru Mehta on 1st April at Pune. The Health Hotel is a nucleus for another original 'movement' in Nature Cure, but in its 'preventive' aspect. It provided facilities to balanced diet plus treatments also. The

'Health Hotel' is governed by different principles than those behind the working of the previous Nature Cure Clinic and Sanatorium, an institutionalization of the curative aspect of nature cure. Later this institution was been donated and made a nucleus of the All India Nature Cure Federation in 1945 (The only public trust for perpetuation and propagation of nature cure in India).⁴⁵

- Sjt. Devendra Dutta Gupta of Neili, Uttar Pradesh., a student of the Fourth Summer Naturopathic Training Course has instituted five scholarships of Rs. 40/- each for the study of Natural Therapeutics at The Indian Institute of Natural Therapeutics, Pudukkotai for the course in May 1946, in the memory of late beloved daughter Veena Rani.⁴⁶
- 1946 Mahathma Gandhiji was founded the '*Nisargopachar Ashram*' (Nature Cure Centre) on 23rd March at Urlikanchan, Poona.⁴⁷

Part-II

Naturopathy Development during Post-Independence Period 1947-1997

- 1948 A meeting was held with large number of followers of Naturopathy, and practitioners at Marwari Relief Society Gorakpur on 22nd March and formed the Bengal Naturopathic Association. Dharam Chand Sarogi elected as Vice-President and Dr. Kularanjan Mukherjee as Secretary of the association.⁴⁸
- The Assistant Secretary, Department of Local Self Government and Health, Orissa, Government issued a letter on 2nd November to open a Nature Cure Centre at Cuttack which is capital city of the Province.⁴⁹
- Seth Haragovindas Jeevanadas established a Nature Cure Hospital at Malad, Bombay. It was the India's premier Nature Cure Home founded solely for propagation of nature cure without profit orientation.⁵⁰
- T.V. Krishna Swamy, an ardent follower of nature cure started a 'Health Society' at his home Mylapore, Madras.⁵¹
- 1949 Two nature cure lovers Parasmal Jain and B. Ganganna established a Nature Cure Hospital on 15th August at Bolaram, Secunderabad.⁵²
- 1951 Hira Lal started a Nature Cure Centre at Unnao, Magawara District of Utter Pradesh State.⁵³
- 1954 Mehdi Nawaz Jung, the then Health Minister of Hyderabad State recognized the valuable services of Dr.B.Venkat Rao, Dr. B.Vijaya Laxmi and Trust members of the

Bolaram Nature Cure Hospital. Under his patronage the Nature Cure Hospital was shifted to Ameerpet in the month of July 1954. The hospital has 12 acres of land, which is a central place of the Hyderabad city.⁵⁴

- In order to bring every citizen in to the fold of Nature Cure and with a view to develop 'Health Self- Sufficiency', a Mobile Nature Unit was established with the aid given by Gandhi Smarak Nidhi. The unit organized camps in villages for a period of 10n days to teach health principles based on Naturopathy.⁵⁵
- 1955 The third registered naturopathy institution named 'All India Nature Cure Federation' (*Akila Bharatiya Prakriti Chikistsa Parishad*) was established at Calcutta. It taken up All India Nature Cure activities. Latter its office has been shifted to Gandhi Smarak Nidhi, New Delhi. It organized State level Parishads all over India under its control.⁵⁶
- 1956 Nature Cure Hospital, Nisargopchar trust, Begumpet started '*Prakriti Chikista Vidyapeet*' for conducting a two year Diploma course in view of developing the system on scientific line and to impart systematic training to the students of Naturopathy. This *Vidyapeet* was inaugurated by .N. Dhebar. It is the second Nature Cure Hospital in Andhra Pradesh to start a course in Nature Cure.⁵⁷
Prakruti journal was started in 1956 and continued up to 1992 by Nature Cure Hospital, Hyderabad.
- 1959 The Central Government was set up an Advisory Board to extend financial assistance to the Nature Cure Institutions.⁵⁸
- Andhra Pradesh is the first state to recognize the Naturopathy in India and the honour of being the first Naturopath registered goes to Dr.Kolipaka Adinarayana Sarma.⁵⁹
- 1962 The Government of India had its own difficulties regarding the recognition of the science of Nature Cure, due to need of proper teaching institutions. For the purpose of promotion and development of Nature Cure, the Government included the Naturopathy in the Third Five Year Plan as indigenou system of Medicine viz. *Āyurveda*, Unani, Yoga and Naturopathy, and also due to the establishment of the Indian Naturopathy College(*Bharatiya Prakritik Vidyapith*) aided by the Government of India and managed by the *Prakriti Niketan Trust*, under the expert guidance of recognized authorities, selected by the Government. The Nature Cure Advisory Committee appointed by the Government formulated the curriculum of studies in Nature Cure for 4 years course.⁶⁰

- 1966 A Nature Cure Hospital established in rural Karnataka by Karnataka Prakriti Chikista Pracharak Trust in the month of April under the guidance of Dr.B.Venkat Rao. The main objective of the trust is to propagate naturopathy in the state and cure the diseases including chronic and acute without doses of medicines and injections which invariably and acceptably cause side effects. This hospital is the first of its kind in Karnataka state.⁶¹
- 1967 Gandhi Memorial Trust's Prakri Chiksta Samiti conducted a seminar on Nature Cure at Wardha from February 15-18. The organizers took decision to compile a bibliography related to nature cure books which were published in different languages of the country.. The organizers nominated Dr.B.Venkat Rao Nature Cure Hospital, Hyderabad and Rameshwar Garg from Jaipur for the compilation of the bibliography project.⁶²
- 1969 Dr. B. Venkat Rao evolved the '*Human Body Servicing System*' in naturopathy. It is a unique contribution to the Indian Naturopathy system. The first Human Body Servicing Centre established at Nature Cure Hospital, Hyderabad. The centre was inaugurated on 22nd June by Arige Rama swamy, Minister for Social Welfare, Government of Andhra Pradesh.⁶³
- The Government of India recognized the need of systematic research and development in Indian Systems of Medicines including Homeopathy in the country, established the Central Council for Research in Indian Medicine and Homoeopathy (CCRYN) as an autonomous organization under the Ministry of Health and Family Welfare.⁶⁴
- 1970 Gandhi College of Naturopathy which is a unique institution in Asia, was established with financial assistance of the Government of India. The college was inaugurated by Khandubai Desai, Governor of Andhra Pradesh on January 23. Hitherto The trust was conducting a two year Diploma Course in Naturopathy since 1956. Kmalnayan Bajaj, M.P. and Chairman of the Nature Cure Committee, Govt. of India took keen interest in starting the College.⁶⁵
- 1973 The Government of Andhra Pradesh recognized the Gandhi College of Naturopathy, vide G.O.M.S.No.1067, Health.⁶⁶
- 1977 The Karnataka *Āyurvedic* and Unani practitioners Registration and Medical practitioners Miscellaneous Provisions Act 1961(Karnataka 9 of 1962) was amended Naturopathy is inserted in the Act.⁶⁷

- 1978 Gandhi Nature Cure College affiliated to Osmania University. Dr. B. Vijaya Laxmi was the first Principal of the College.⁶⁸
- The Kakatiya Nature Cure Hospital, Warangal that was established in 1964, started a monthly journal named '*Arogya Sadhanam*' in Telugu language from the month of October.⁶⁹
 - 19 member Nature Cure Team of India visited Italy, Switzerland, France, United Kingdom, Holland and Germany from 10th to 31st October for the study of advancement of natural therapeutics. The All India Nature Cure Federation sponsored the study tour with the assistance of International Federation of Practitioners of Natural Therapeutics, London and Nature Cure Advisory Committee, Ministry of Health, Government of India.⁷⁰
- 1979 A highly international standard nature cure institute named Institute of Naturopathy and Yogic Sciences established by S.J.Zindal trust and inaugurated on 12th September at Bangalore. It is the biggest modern nature cure hospital in India and also one of the highly reputed nature cure institution in the world.⁷¹
- P.K.Bolar a renowned Naturopath started Indian Institute of Drug less Therapy at Church Gate, Bombay. The institute started correspondence course in nature cure to those who believe in naturopathy science to study and to become naturopath.⁷²
- 1974 The Central Council for Research in Yoga and Naturopathy registered as a society in March with the Union Minister of Health and Family Welfare, as its president of governing body and Union Minister of State for Health and Family Welfare which includes the three high ranking officers from Ministry of Health and Family Welfare as official members, and 13 members experts in the field of Yoga and Naturopathy and modern sciences. The main activities and objectives of the Council are: (i) to formulate aims and patterns of research on scientific lines in Yoga and Naturopathy, (ii) to undertake any education, training, research and other programmes in Yoga and Naturopathy, (iii) to promote and assist institutions in the prosecution of research, propagation of knowledge, and experimental measures in connection with the study of disease, their prevention, causation and remedy especially with emphasis for covering the rural population of the country., (iv) to initiate, aid, develop and co-ordinate scientific research in fundamental and applied aspects of Yoga and Naturopathy, (v) to finance enquiries and researches for furtherance of objectives of the council and to exchange information with other institutions, associations and

- societies having similar objectives, (vi) to prepare, print, publish and papers, posters, pamphlets, periodicals and books for the enhancement / promoting furtherance of the objectives of the council and to contribute to such literature, and (vii) to offer prizes and grant scholarships in promoting furtherance the objectives of the Council.⁷³
- 1978 The Central Council for Research in Yoga and Naturopathy introduced grant in-aid to nature cure institutions for research oriented schemes in Naturopathy in the place of previous study bed scheme.⁷⁴
- 1980 All India Nature Cure Directory is compiled by B.L.Ledwani, F.J.Manghir malini and P.K. Bolar.⁷⁵
- 1981 Sitaram Jindal started full-pledged research wing-Institute of Yogic Sciences Medical Research Society to evaluate and ascertain the efficacy of naturopathy and Yogic Sciences. It is approved by Indian Council of Medical Research (ICMR) and Department of Science and Technology (DST). The research scheme sanctioned totally on free of cost on investigations, treatments, boarding and lodging to patients. The institute carried research on diseases such as Rhino Sinusitis, Bronchial Asthma, Arthritis (osteo and Rhemumatoid), Spondylosis, Migraine, diabetes mellitus hypertension hypercholesterolemia- Multiple Coronary Risk Factors (MCRF) and Myopia. The results were encouraged and it was an achievement on principles of naturopathy and yoga.⁷⁶
- 1983 Servants of the People Society, Delhi branch was opened a Nature Cure and Yoga Health Centre for out patients Lajpat Bhawan Campus, New Delhi on 2nd October for promoting an integrated healthy living.⁷⁷
- 1984 National Institute of Naturopathy established at the historical place 'Bapu Bhavan' at Pune, in the memory Mahathma Gandhi. The National Institute of Naturopathy It is registered under the societies Registration Act 1860on 27th September 1984.⁷⁸
- 1987 The Hon'ble Chief Minister of Andhra Pradesh, Nandamuri Taraka Rama Rao, took initiation for the first time in the country to develop the age-old sciences of Yoga and Naturopathy in a scientific and co-ordinate manner. The Government of Andhra Pradesh formed 'Andhra Pradesh Yogadhyana Parishad' on 25th April'. The Government of Andhra Pradesh created an autonomous institution, which is governed by Governing Council headed by the Minister for Medical and Family Welfare, Govt. of Andhra Pradesh. The Parishad intended to develop the institutions of Yoga and Naturopathy in the state with the help of public contribution, Government

grant etc. and also by extending necessary help to the institutions to attain self-reliance. The Parishad is a unique body in the country, which has set up for itself the laudable objectives of developing Naturopathy and Yoga in a big way. As a first step the Nature Cure Hospital and Gandhi Nature College, Hyderabad and Vemana Yoga Research Institute, Secundrabad brought out under the fold of the Parishad.⁷⁹

- 1989 Sri Dharmasthala Manjunatheshwara College of Naturopathy and Yogic Sciences established at Ujiri in Karnataka State in the month of August. It is the first college of its kind in India to start 5 years degree course in Naturopathy (B.N.Y.S.) and it is affiliated to Mangalore University of Health Sciences, Bangalore.⁸⁰
- The 4½ years course offered by the Gandhi Nature Cure College, Hyderabad converted to 5½ years course on 1st May and renamed as Bachelor of Naturopathy and Yogic Sciences (B.N.Y.S.) and affiliated to NTR University of Health Sciences, Vijayawada.⁸¹
- 1990 Prof. Ulpalakshan inaugurated a Nature Cure Propaganda and Educative '*Vehicle Jatha*' on 1st January from Trivendram. The procession team traveled in all the districts and conducted meetings and seminars at four centers in every district of the Kerala State. The procession was conducted for one month, under the Captainship of Dr. Bob Joseph.⁸²
- 1991 *Naturopathy* a bi-lingual (English and Hindi) monthly journal started from the month of July by Bapu Nature Cure Hospital, New Delhi. Dr. R.M. Nair is the editor-in-charge of the reputed journal.⁸³
- 1995 Dr. G. Rameshwaram, Assistant Professor, Dept. of Public Administration and HRM, Kakatiya University, Andhra Pradesh who did his doctoral programme on Medical and Health Administration focused on Indian Traditional Medical systems. He mainly concentrated research on various aspects relating to development of Indian naturopathy system. He had undertaken the laborious, painstaking and expensive research projects on his own financial expenditure and risk. He compiled a '*Glossary of Naturopathy*' (English to Telugu). He also compiled and published a book titled '*Naturopathy A Bibliographic Survey of Indian Resources*'.⁸⁴
- INYS College of Naturopathy of Yogic Sciences Zindal Nagar, Bangalore started 5½ year course and affiliated to Rajiv Gandhi University of Health Sciences, Bangalore. Professor B.T.Chidhananda Murty was the first Principal of the College.⁸⁵

- The Central Council for Research in Yoga and Naturopathy, New Delhi first time conducted a work shop on Research and Training Methodology for Yoga and Naturopathy from March 7-9 1995.⁸⁶
- 1997 J.S.S. Institute of Naturopathy and Yogic Sciences established at Otacamund, Tamil Nadu. This institute is offering 5½ years degree course in Naturopathy and Yogic Sciences. The institute is affiliated to the Dr. M.G. Ramchandran Medical University, Chennai, and it is also recognized by the Central Council for Research in Yoga and Naturopathy, New Delhi.⁸⁷

Conclusion:

The present historical study reveals that during the 100 years i.e., 1897 to 1997 that Dronamraju Venkkatachalapathi Sharma was the foremost Indian Naturopath who brought the Naturopathy in limelight. The Indian Naturopathy movement was started from Bezawada town of Andhra Province. Since then the system was being practiced, propagated and developed by patients, pioneers, lovers of nature cure, vegetarians, philanthropists and researchers who dedicated their lives for propagation, promotion and development. The Nature Cure movement took different shapes and strides for developing as a separate indigenous system of medical science. Fifty years of time taken for the official recognition and registration of naturopaths.

The Central and State Governments should pay adequate attention to develop Naturopathy system for the provision of physical and mental health care services for the well being of our people. For this noble cause the government has to evolve a suitable policy and allocation of separate budget for education, research and extension services on par with other medical systems for ensuring 'Health for All' of our country.

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सारांश

भारत में प्राकृतिक चिकित्सा का प्रबन्धन एवं विकास 1897-1997

जी. रामेश्वरम

प्रस्तुत लेख भारतीय प्राकृतिक चिकित्सा के क्षेत्र में कतिपय महत्वपूर्ण ऐतिहासिक घटनाओं से सम्बन्ध रखता है, जैसे कि प्राकृतिक चिकित्सा आन्दोलन का आरम्भ, प्राकृतिक चिकित्सा के पथप्रदर्शक, प्राकृतिक चिकित्सा संस्थानों की स्थापना, प्रशिक्षण शिविर, प्राकृतिक चिकित्सा साहित्य का प्रकाशन, चिकित्सा की भारतीय पद्धतियों में से एक पद्धति के रूप में मान्यता, प्राकृतिक चिकित्सा महाविद्यालयों की स्थापना, शासन नीतियाँ एवं विकास कार्यक्रम आदि, जो 1897-1997 के दौरान घटित हुईं।

