

# True & Real Scientific Nature Cure

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## Abstract

Subsequent to publishing my article “**Next Stages of Science - Nature Cure + Organic Farming & Nonviolence**” in IJFMR Volume 6, Issue 5, September-October 2024, it becomes my privilege and prerogative to explain in more details what are Nature Cure, Organic Farming and Nonviolence in true scientific spirits. In this article I would attempt repositioning (re-launching) of the Nature Cure System as a ‘scientific health care service package’ for living beings.

This research is done based on my education, additional readings and experiences/observations. I shall briefly touch upon the scientific age; need for revision and paradigm shift; distinct states of objects; foundation of health science; life & environment; management principles in health science; reversal of heart disease programme and Autophagy; relevance & details of true nature cure system.

**Scientific Age:** The era after 16th century is known as ‘the scientific age’, which has two parts, viz. part-1: 16<sup>th</sup> century to early 20<sup>th</sup> century – Isaac Newton era with machine concept and Cartesian view; and part-2: from 20<sup>th</sup> century onwards - Albert Einstein era with relativity theory, ‘systems view’ (quantum/unified field theory/ holistic approach) and “monist view”.

Various concepts, inventions and discoveries<sup>1</sup> made in the scientific age influenced all the branches of science, including biology and medical science and also provided considerable support for advancement of materialistic prosperity, considered to be essential for human welfare.

When civilization advances, for several reasons, the approach to treatment methods also needs revision and paradigm shift with new action plans. We have options for competition or co-operation; commotion or tranquility, confusion or composure; war or peace, violence or nonviolence; we can have ‘exploration & exploitation’ or ‘conservation & preservation’; we can have ‘globalization or localization’. If our choices & preferences have the potential of depleting natural resources, we are committing violence, leading to many crisis.

It can be seen that western modern science has reached the Indian spirituality standards<sup>2</sup> which means, by following scientific philosophy & principles, it is possible to achieve not only ‘materialistic prosperity’ but, happy & contented life also culminating in high planes of spirituality & salvation.

The matter (objects – bundles of energy) in the universe is observed in four distinct forms of ‘solids’, liquids, gases and plasma. According to systems view these objects are integrated in perfection. An ordinary observer can, depending on the awakened state of consciousness in them, see these objects in four distinct states as under:

Sr. No.	State	Nature of Integration (general)
1	Material State	All inanimate objects seen in the universe.
2	Life State	Material State + Life (a peculiar phenomena) = Trees & Plants

3	Conscious State	Material State + Life + Consciousness (another peculiar phenomena) about the surrounding environment = all animate objects, except human being.
4	Self-conscious State	Above three states + special sense (another peculiar phenomena) = only human beings.

These states can be considered somewhat equal to annamaya kosha, pranamaya kosha, manomaya kosha and vijnanamaya kosha respectively of yogic philosophy. From state 1 to 4, the development as well as the complexity of structure & functioning get increased, thus, positing human beings at a very peculiar and complex position with most complex physical, physiological & psychological structure & activities. Scientifically human being is a complete biological unit, simultaneously being sub-unit of the largest unit universe which is at anandamaya kosha. For obvious reasons in human beings the functioning/ processes, wear & tear are also more and proportionately the self-maintenance & self-repair mechanism also is more precise & accurate.

**Health Science**

“Health Management is self responsibility whereas ‘disease management’ is the responsibility of physicians” - **Ayurveda Acharya Padma Bhushan Dr. PK Warriar.**

Being the largest populous nation of the world, India has very significant & important role for the 3<sup>rd</sup> & 4<sup>th</sup> stages of modern science.

**Because ‘medical science’ is not ‘Health Science’**

Patients need ‘education’, NOT ‘medication’; Partial education makes people superstitious. People should understand and appreciate in general that ‘medical science’ is not ‘health science’; and cleanliness does not mean antiseptic sterility .... Everybody has to gain basic education on ‘health science’ and follow suitable lifestyle for maintaining one’s own body internally and externally clean ..... Generally animals, birds and other creatures do this obeying to the 'commandments' of God/ nature, while human beings, using his self-consciousness, manipulate everything, highly distancing himself from his most essential surrounding environmental conditions.

Modern Science demands solid proof and/or logical explanation for everything before being accepted as “scientific”. To find solutions for various problems, people use methods based on many concepts & theories. They are generally, (1) the olden perspectives & methods (simple knowledge, miracles & fascinations), (2) Newton era science of machine concept, (3) Albert Einstein era science of systems view (holism, unified field &/ or quantum theory), (4) the concept of “proof by contradiction” and (5) logical reasoning. There is no place for miracles and fascinations in science. For acquiring modern scientific knowledge, simple knowledge level of olden people may not be sufficient; one needs to be familiar with the scientific terminologies, inventions and discoveries.

A science of health and healing, to be such, must be the logical development of discovered truths – it must have well researched and documented philosophy, theory of cause, theory of effect and practical application methods based on and corresponding to these. The rules pertaining to ‘force & matter’, ‘cause & effect’, ‘creation & existence of matter’ and ‘the law of production’, etc. are the foundation for any science. Every individual creature (including microbes & vectors) has the right (and are duty-bound also) to adopt such a lifestyle system at least for implementing Sustainable Total Quality Health Management (TQHM) in one’s own life. To have a calm and quiet, peaceful life, one can earnestly and

sincerely try for getting the suitable environmental conditions, because that is “NOT the road to hospital”, but is ‘the road to health’. Impartially providing such environmental conditions and imparting (nay enforcing) such information & education to the subjects should be the prime responsibility of the rulers and agencies.

But medical men and so-called health workers and agencies create much more unwanted commotion, confusion and fear, which compel patients to undergo very many medical laboratory tests & medications, treatments, etc. According to various scholars and experts, in this (medically) superstitious world, where horrified people as also doctors and other professionals/ experts are trying to hunt and eliminate the ‘(AIDS) germs’, grate the DNA/genes, drug & poison the patients, and remove organ and body parts in the name of surgery one need to get the suitable environmental conditions for sustainable TQHM.

There are a number of treatment systems few of which only are classified as “scientific” and others do not qualify to be classified so. However, “Health Crisis” is the reality – disease affecting everything organic in character. There are issues related to health of human beings & other creatures, social evils, criminal tendencies/acts, natural calamities, global warming, climate change and the earth/universe itself. It is now an established/accepted fact that social evils, criminal tendencies, acts of violence, etc. are directly related to our education, food & lifestyle.

Mitigation and adaptation are the options available to us. Despite limitations, adaptation is a very useful and powerful natural tool by which creatures sustain the evolution process, because when the universe itself undergoes perpetual changes/ evolution all its sub-units are taken care of appropriately.

### **Life & Environment:**

Every creature takes birth (germinates) only when suitable environmental condition is present and continue to lead healthy life till such condition is adequately available<sup>3</sup>. The microorganisms also require suitable environmental conditions to sprout and mutate and they also have the right to live here. Existence of living beings is based on symbiosis. Humans also invariably require (and must interact with) a suitable environmental condition wherein following are present: (i) air, (ii) water, (iii) nutritious food (oral food and also inputs through other sensory organs) and (iv) sunshine (sunlight, temperature & open body contact with surrounding environment). He MUST (v) perform locomotion (body movement or any other type of structured exercise), (vi) take adequate rest/sleep, (vii) maintain mental equilibrium and also (viii) keep away from devitalizing agents (like alcohol, stimulants, poisons, accident prone jobs/ activities, etc.). In such a suitable environment only ‘normal life’ is possible; lest ‘tardy life processes’ would be performed, mainly due to ‘impaired health’, leading to death/ destruction.

Since ‘wealth without health is worthless’, health of everything in the universe is of most importance. ‘Medical science’ employs remedies (medicines and/or drugless treatment applications) mainly to enable mitigation, whereas living beings (organic objects) perform ‘life processes according to principles of biology/ health science. Remedies are efforts to super-impose articles created and applied as per principles of physics or chemistry on biological units which cannot be sustainable.

### **Management Principles in Health Science:**

Entrepreneurs and people believe that modern professional management principles being taught in management classes like MBA, (which is at the “process quality management level’ replacing earlier concept of ‘product quality certification’) are effective for business management matters - for setting up

and satisfactorily running business organizations. We have professional management concepts/principles about production, product, price, promotion, sales, marketing, (process) quality management, information technology, infrastructure development, etc. These principles are effective for “health management” also<sup>4</sup> - health management concepts can be explained on the basis of these management principles.

### **Management by Objective:**

In accordance with the modern professional management concepts, setting clear and legitimate objective for health standards/ levels (‘ill-health level’, “average health” level, ‘normal health’ level, super normal health level and supra-normal health level as the case may be) in life and making sincere & dedicated efforts to achieve it will create sense of responsibility and give direction to one’s activities.

In this regard, slogans/concepts<sup>5</sup> like: (i) Total Quality Health Management; (ii) Arise Awake & Stop Not, till TQHM is Achieved; (iii) Wealth Without Health is Worthless; (iv) Sustainable TQHM with Complete customer Satisfaction/ Delight is our Moto. etc. can be very much appealing. It is possible to popularize concepts like: (i) TQHM; (ii) SWOT analysis of (nature cure) treatment systems; (iii) management principles & process quality management in health science; (vi) science & technology and logical reasoning; (vii) new horizons for health science; (viii) nonviolence and Gandhian philosophy in treatment systems; etc. and (ix) levels of health and setting health objective.

### **Heart Disease Reversal Collaborative Network:**

Literary works, speeches and actions (treatments) of some well-known cardiologists (heart specialists) and other thinkers and scientists of ‘health’, reveal different approach to heart diseases, especially coronary heart disease (CHD)<sup>6</sup>. These cardiologists say that in fact, heart disease is only a symptom, which represents the disease affecting the entire body and mind and to remove it, a “cleaning-up” of body and mind is required.

Therefore, instead of going for CABG or Angioplasty, “Reversal of Heart Disease Programme”<sup>7</sup> developed by Dr. Dean Ornish and popularized by Dr. BM Hegde, etc. would be better. By undergoing this “cleaning-up” method many other diseases (uneasy symptoms) experienced by a given patient would also get cured or reduced, making it a ‘universal healing programme’<sup>8</sup>.

### **Autophagy:**

{for which Yoshinori Ohsumi (Japanese cell biologist) won The Nobel Prize in 2016} is a natural, self-preservation mechanism<sup>9</sup> whereby the body removes damaged or dysfunctional parts of cells and recycles other parts toward cellular repair.

Fasting, switching to high-fat, low-carb diet, calorie restriction and exercise are the major factors inducing Autophagy.

The research works, especially those in the latter half of 20<sup>th</sup> century has caused a clear ‘paradigm shift’ towards the concept of “health recovery & health maintenance” from the thereto prevalent “disease & treatment” concept. In view of such scientific concepts & facts and logical thinking, to accomplish a disease free world, our ‘health science’ shall be based in the following radical concepts:

1. Swami Vivekananda said: “till the body permits the germs to enter the body; till the vitality is destroyed to the extent suitable for germs to enter, grow & multiply, not a single germ can cause disease in the body”;

2. Thomas A. Edison, concerned about the healthcare practices of his time, more than 115 years ago said: “The doctor of the future will give no medication, but will interest his patients in the care of the human frame, diet and in the cause and prevention of disease”... and
3. Dr. Isaac Jennings (1788-1874): when people start practicing the art of living rightly, doctors can stop practice and go to factories or farms.

### **Paradigm Shift:**

Based on scientific principles we need to reverse the conventional view of health & disease. The new world view shall invariably establish (1) the existence of three primary sources of energy (distinctly being experienced), viz. bio-energy (vital force), gravitation & chemical affinity; (2) reject the concept of “life being produced from simple chemicals like protoplasm”; (3) shake and rewrite the foundation of: (a) requirement of remedies for treatments, (b) disease germs theory, (‘c) vaccination theory, (d) antibody theory, (e) epidemics, (f) stages of disease, etc. By understanding & appreciating health science, the patients, health seekers & general people would benefit by/in: (i) removing the fear of disease from their minds, (ii) guiding them to come out of the vicious circle of medicine/ life-long suppressive treatments/ surgery and associated tyranny (iii) enabling them to achieve and maintain at least ‘normal health’ (iv) ultimately converting umpteen ‘patients’ into ‘people’.

In order to come out of the vicious circle of treatment tyranny, one must understand the ‘simplicity of disease’, ‘unity of disease’, and ‘evolution of disease’. One should also ensure structural integrity of the physical body.

### **Nature Cure System:**

As the basis, people need to understand and appreciate certain concepts like New Pastures of Science, Treatments (with remedy and without remedy), Levels of Health (not levels of disease), The Great Principle of Life, Toxemia (the universal disease, its cause & remedial measures). For Nature Cure system (i) “Nature” means the vital power peculiarly inherent in all living objects; (ii) Toxemia (toxins getting deposited in different parts/ organs of the body) is the disease; (iii) shortage/ lack of adequate level of vital energy in the body system for prompt toxin excretion is the cause/ reason and (iv) regaining vital energy level is the way out.

Just as the case of many branches of science, Nature Cure System (*प्राकृतिक चिकित्सा प्रणाली*) also has few different schools of thoughts<sup>10</sup>; viz.:

1. **German System:** prescribing to use water, mud, air & sunshine in place of medicine;
2. **Indian System,** trying to base it on ‘Panchmahabhoot’ concept and to find its roots in the olden scriptures like Vedas, Puranas, Epics, etc.;
3. **Naturopathy,** a group of 42 odd drugless treatment systems combined together by Dr. Benedict Lust in 1901 after Neip Convention.
4. **Complimentary & Alternative Medicine (CAM)** - Google search would give a list of around 100 odd treatment methods in this category; perhaps this CAM is being promoted by World Health Organization (WHO) etc.;
5. **Mixopathy,** application of one or more treatment methods from CAM, Lust’s Naturopathy + herbal extractions, diet control, Chinese Medicine (TCM), etc., without much bothering about the patient; and



6. **Orthopathy** (Natural Hygiene), invented, developed and perfected in line with the latest ‘systems view’ science.

Nature Cure treatment system is included in Gandhian strategy. Having learnt about the German (European) nature cure system, while leading the Indian freedom movement, Gandhiji was, side by side, conceptualizing and establishing such a system to be put in place (after achieving political independence) for ‘medical independence’ of the large Indian population. “Gandhian Principles” is embedded in an appropriate combination of non-violence, truthfulness, simplicity, self-reliance, compassion, sacrifice, selfless service and cooperation. These are considered most relevant and essential now.

There are thousands of nature cure treatment centers in India and abroad imparting practical treatments to ‘patients’.... Accordingly there are many books, publications and social media messages about the practical aspects of nature cure system. But on its philosophical and theoretical aspects there are very limited number of books & publications only.

Dr. Isaac Jennings (1788-1874) scientifically introduced and explained the methods adopted by living beings<sup>11</sup> to sustain & preserve life at any cost. All ‘life processes’ in a body (organic object) using primary source of biological (nerve/vital) energy are directed towards “preserving the life at any cost”. This law of self-preservation is the primary and controlling expression of life, and is normally not subordinate to other laws. This law is called: “The Great Principle of Life”, which, like a magnetic needle, is always for the protection of life. The “Great Principle of Life’ is the one relevant and applicable to all living beings and other objects/ units organic in character including earth, other celestial bodies and the universe itself. Accomplishment of the Great Principle of Life is done by the living being through various sub-principles<sup>12</sup>. These are: (i) Law of Action, (ii) Law of Power, (iii) Law of Distribution, (iv) Law of Dual Effect, (v) Law of Limitation, (vi) Law of Economy, (vi) Law of Vital Accommodation, (vii) Law of Stimulation and (viii) Law of Rest, Sleep and Repose... All these are ‘life processes’ performed by the living body or organic objects on its own, invoking its peculiar ability/ characteristics of ‘responding to stimuli’ or ‘non-inertia’. Therefore, the need for any type of remedies (inorganic objects - medicines, drugless treatment applications, etc. ) is not sustainable for health recovery and health maintenance of an organic (biological) unit. These are not part of medical education/colleges of any stream.

Contrary to the concept of “treatments with remedy”, there is one treatment system which radically dismisses the requirement of remedies. This is, perhaps the only one system, which fully believes in and bases itself on the difference between animate and inanimate objects. This system is “Orthopathy” (natural hygiene). Natural Hygiene (‘Orthopathy’, developed by Dr. Isaac Jennings in 1830s and perfected by contributions of Graham, Trall, Tilden, Dewy, MacFaden, etc. blossomed into a complete system by the final touches made by Dr. Herbert M. Shelton. Natural Hygiene with well explained and highly scientific philosophy, theory of cause, theory of effect and practical application methods, is the only one system competent enough and offers to undertake the noble task of health science education and sustainable total quality health management/ maintenance – **for mitigation and adaptation**.

Being organic in character the largest system/ unit ‘Universe’ has its own methods to ‘heal’ itself (on its own) – These Units have self renovating ability (ability for self-repair, self-maintenance and also self renovation), it can be concluded that the philosophy, theories and principles of Nature Cure are most

suitable for handling issues like health crisis, climate change/ global warming, social evils, drug addiction, criminal tendencies, acts of violence, etc.

Dr. Jennings, a qualified Doctor of modern medicine (allopathy) for more than twenty years based on his experience and researches got the enlightenment that remedies are not at all required for curing disease.

He realized and scientifically explained that:

1. Disease is not the foe of the body.
2. Disease is the creation of the body
3. Curing disease is the right and duty of the body
4. Disease is self-limiting; it is the self-cleaning process of the body; this need not be stopped (don't stop it).
5. When people start practicing the art of living rightly, doctors can stop practice and go to factories or fields.

This enlightenment indicates four very important aspects:

- a. Diseases occur only as a result of wrong doings (of human beings);
- b. Disease is not caused by any kind of external forces;
- c. Disease is not the foe of any person/ creature;
- d. It is the responsibility of the patient/people/creature to maintain health, and not that of the Doctor.

Dr. Jennings was awarded an honorary Degree by Yale University in recognition of his successfully developing and practicing this interesting treatment system without any medicine for more than 20 years thereafter.

Acute diseases are primarily abnormal cleaning process initiated by the living body itself (which should be allowed to run its course), but Heteropathy administers 'remedies'. Acute diseases, being the excretion process, when suppressed (*treated symptomatically*) acquires permanent nature and damages the concerned cells/ tissues/organs and is then termed as "Chronic Diseases". At this stage also acute disease may appear for which again suppressive treatments are continued. Then it gains the status of "degenerative disease", from which stage complete recovery may be difficult/ impossible for any treatment system.

In short, true & real scientific Nature Cure is (1) most modern (started in 1830s); (2) based on the 'Great Principle of Life'; (3) can be presented on the basis of pure science of biology and 'systems view science'; (4) can also be explained on the basis of modern professional business management principles; (5) is amenable to the principles of (a) Gandhian philosophy like non-violence, (b) organic farming, etc. also, which have much significance today.

Methods and ideas of Dr. Herbert M. Shelton were/are not acceptable to many, who practice wantonness in the name of Nature Cure. Practitioners of different schools of thoughts in the name of Nature Cure cannot face Shelton's arrows.

Master Pillars (expert practitioners) of Nature Cure System whose contributions perfected the system are as under:

Dr. Isaac Jennings (1788-1874) declaring the theory of 'The Great Principle of Life' and its sub-principles, gave birth to Orthopathy. Explaining the principles of diet regulation and cleanliness, Father Sylvester Graham (1794-1851) contributed to Orthopathy. Giving scientific basis to the water cure treatments of Vincent Priessnitz (1799-1851), properly amalgamating it with the Orthopathy of Dr. Jennings and diet regulation of Fr. Graham and challenging the basic principles of modern medicine (allopathy), Dr. Russell Thacher, Trall (American physician) (1812-1877) added and further developed

the scientific nature cure system. The study on rest and sleep by Dr. Silas Veir Mitchell (1829-1914) contributed to nature cure. Dr. John H. Tilden (1851-1940) declared the "TOXEMEA Theory". Contemporary of Adolf Just and Dr. John H. Tilden, Dr. Edward Hooker Dewey (1837–1904), inventor of the "No Breakfast Plan" and Harvard Carrington Hereward Carrington's Vitality, Fasting and Nutrition is a book that explored and contributed to nature cure the lessons on therapeutic fasting. Bernard McFadden (1868-1955) introduced the lessons of Exercise to nature cure. It was Dr. Herbert M. Shelton (1895-1984) who, analyzing, accepting and rejecting the various scientific theories on their merits, systematically presented the complete nature cure to the world, and also prescribed the boundaries for this system.

### **Conclusion:**

(1) Under this premises, the true and real Nature Cure system of Treatment offers the best choice for health management/maintenance of creatures and other objects organic in character.

Making a unique & peculiar approach to Nature Cure (Treatment) system (i) would bring forth the paradigm shift advantageously opening up new routes for research, education & practice for philosophers, practitioners, students and all its associates; (ii) this is a march forward along the systems view (holistic) science (iii) With well founded scientific basis and co-relating & synchronizing it with professional management principles, nature cure system itself can recover its scientificity, which started getting diverted (waylaid) to Naturopathy, CAM, Herbalism, SPA Culture, etc. particularly after demise of Dr. Herbert M. Shelton; (iv) For Government of India (AYUSH Ministry, etc.), this would provide best opportunity to re-introduce (reposition) the nature cure system; (iv) Yoga & Ayurveda, etc. could reintroduce their quickly diminishing concepts about staple dietary food & yogic diet lifestyle. This would also provide optimum advantage to patients, health seekers & general people (particularly to citizens of the largest populous nation, India) for: (i) removing the fear of disease from their minds, (ii) guiding them to come out of the vicious circle of life-long suppressive treatments/ medicine/ surgery and associated tyranny (iii) enabling them to achieve and maintain lifelong 'normal health' (sustainable TQHM).

(2) It can, thus be claimed that Natural Hygiene appropriately amalgamated with real Organic Farming is the third phase/ stage of modern western science. I would present/explain the real Organic Farming System in my next article.

### **References:**

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6. Books of Dr. Ramesh Kapadia, Paldi, Ahmedabad;
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8. 10 & 11. DNH Lessons, My own observations, publications & readings;