

Nature is Best Remedy for All Diseases

On the Second day of National Workshop on Integrated Healing which is being organized by Sanchi University of Buddhist-Indic Studies, experts from the arena of Naturopathy, Homeopathy, Siddha and Sowa-Rigpa discussed on the various topics with the aim of developing a holistic healing philosophy in combination with contemporary and traditional health system. These experts have given formula of integrated healing while considering the origin of the disease, treatment and healing on the principles of the philosophy.

In the Morning session, the Former director of National Institute of Naturopathy, Pune Dr. Babu Joseph talked about fasting and remarked that fasting is the best way to keep healthy and fit but the real essence of fasting does not lie in discarding the selective food but lies in resting mind, body, and bodily functions. Dr. Jyoti Keswani stated that main cause of any ailment lies in avoidance of Natural Laws as elements of fire, water, earth, sky and air drives the body and imbalance in these elements is root cause of all the health problems. She said that Naturopathy deals with the science of natural healing as body has potency for self healing. Dr. Vivek Bhartiya told that there is Panchmarg for keeping ourselves healthy and fit , in which one should consume 3 liters of water daily, do daily exercise, including one day fasting in a week, mediation and prayer.

On the session based on the theme of Homeopathy, Dr. Kumar Dhawale remarked that it is the newest method of healing which is only 250 years old. He talked about philosophy of treating patients through Homeopathy and said that it treats patients on individual bases. He also talked about potency of medicine, concentration of medicine in combination with immune system of body.

The President of World Siddha Trust, Dr. Selva Shanmugam spoke on the Siddha method of healing and said it works on principles of five elements and work on 96 fundamental principles. He exhibited evidence of successful treatment of Siroysis and other diseases. Dr. Namgyan Kusar from Dharmshala and Dr. Padma Gurmit from National Sowa-Rigpa Institute, Leh talked about the age old Tibetan healing system, popularly known as Sowa-Rigpa. They claimed that this method of healing is proved to be very beneficial in treating deadly diseases such as cancer but it has shown miraculous results on cardiovascular diseases and other malignancies. However, they added Sowa-Rigpa system's basic believe is that everything is not permanent and the ignorance is the root cause of every disease.

On the valedictory day of the National Workshop i. e. tomorrow, there will be sessions on Yoga and Reiki.