

Definition of Naturopathy

Naturopathy can be defined as a drugless, non-invasive, rational and evidence based system of medicine imparting treatments with natural elements based on the theory of vitality, theory of toxemia, theory of self-healing capacity of the body and the principles of healthy living.

(by DR. BABU JOSEPH, DIRECTOR, NIN, PUNE)

Definition of Fasting

Fasting can be defined as Total Rest; Physical, Physiological, Sensory and Mental rest, which includes voluntary total abstinence from intake of any kind of food, solid or liquid, that demands digestion, except water, for a definite purpose and period of time.

(by DR. BABU JOSEPH, DIRECTOR, NIN, PUNE)