

Report on

4th Naturopathy day celebrations 2021

National Conference on Naturopathy

National Conference on Naturopathy on the occasion of 4th Naturopathy day celebrations was organized by CCRYN & NIN in hybrid mode at Dr BR Ambedkar International Centre on 17th November 2021. The theme of this 4th naturopathy day celebrations is PoshanAahar and Rog Mukh Bharat. Our country today is faced with challenges to combat the rising burden of Non communicable diseases (NCDs). NCDs include Diabetes, Heart disease, Stroke, Obesity, Cancer and others. The India Global Burden of Disease study published in a reputed medical journal "Lancet" found that heart disease and stroke contributed to highest number of deaths in India in 2016, at 28.1%. There has been a 34% rise in mortality from cardiovascular diseases from the year 1990 to 2016. This is due to our ageing population and increasing prevalence of risk factors for cardiovascular diseases such as high blood pressure, cholesterol, high blood glucose, obesity, smoking and air pollution. The World Health Organization (WHO) study underlines the fact that physical inactivity significantly increases the risk of non-communicable diseases (NCDs), such as cardiovascular disease, type 2 diabetes, dementia and certain types of cancer.

Secretary Vaidya Rajesh Kotecha made opening remarks. He said that Naturopathy principles starts with assuming self-responsibility for one's own health. He applauded the initiatives of CCRYN and NIN in conducting awareness campaigns in naturopathy in lieu of Rog Mukh Bharath and Azadi Ka Amrit Mahotsav. He also emphasized that we will be starting the PGIs in Nagamangala and Jhajjar in a few months from now by CCRYN and Nisargagram in Pune by NIN. Dr Mahendra Munjapara said that India has earned the dubious distinction of becoming the world's capital of coronary heart disease and diabetes. The emphasis on Diet and Lifestyle using evidence based approaches is therefore the solution. Efforts of CCRYN in collaborating with experts from diverse areas like molecular biologists, geneticist, Genomic specialists, and plant biologists in this conference is laudable. This meeting aims to bridge the gap between philosophy and science, address issues of evidence and integration of these therapies with conventional treatment. The theme of this conference is Poshan Aahar and Rog Mukh Bharath Our Prime Ministers "AYUSH Fit India movement" is in the right

direction to help mitigate the risk factors. As per the Prime Minister “Yoga and Naturopathy” go hand in hand to combat these NCDs. We need more research and international collaboration and partnerships to enhance the evidence level for these therapies. We need to develop exchange programs and fellowships to spread the message of yoga and naturopathy to the world at large.

On this Occasion Honorable MoS AYUSH launched the Indian Journal of Yoga and Naturopathy , the first naturopathy research journal from India. This Journal is devoted to the area of evidence based research in the field of yoga and naturopathy. This journal is being published by Wolters Klower, India. The aim of this journal is to publish and highlight research in the field of yoga and naturopathy. Secretary Vaidya Rajesh Kotechaji also released an app on Pathanjali yoga sutras. Additional Secretary and Financial Advisor Dr Dharmendra Gangwar also released an App on Hatha Yoga Pradipika. These apps are a first in the world intended to teach these sutras to yoga students. This app is available on google play store and will also be available in Apple play store in the days to come. This app is intended to teach these classical texts on yoga to the yoga students. We are hopeful this app will be beneficial to the yoga community in our country and abroad. Honorable Minister of State Dr Mahendra Munjaparasa said that our country today is faced with challenges to combat the rising burden of Non communicable diseases (NCDs).Dr. Satyalakshmi, Director NIN, elaborated the significance of naturopathy day celebrations and encouraged everyone to be self-reliant. The meeting ended with a yoga demonstration by the team at Center for mind body interventions through yoga from PGI Chandigarh followed by vote of thanks to the chair.

Six scientific sessions were conducted in Naturopathy Conference with eminent speakers and chair persons from the field of naturopathy. The theme was on scientific basis of concepts in Naturopathy, Unravelling Medicinal properties of plant based foods, Plant based nutrition, Nutri Genomics and Gut Microbiome: The Future, Clinical Trials in Naturopathy for their respective sessions followed by Panel Discussion on Naturopathy based lifestyle intervention.

First scientific session started with Dr. Pradeep Nair, Prof &Head Research, Sant Hirdaram Medical college of Naturopathy and Yogic Sciences, spoke about one of the naturopathy concepts “Unity of disease & unity of cure”. The root cause of the disease like suppressed emotions, compromised quality of life, unhealed traumas, excess fear of death or disease, deep rooted distressing experiences and others needs to be addressed to treat whole disease and restore health and concluded on the therapeutic order for naturopathy. Professor Dr. Manoor Prakash

Hande, NUS Singapore (Online), spoke about the association between intermittent fasting and telomere dynamics. The difference between calorie restriction and starvation, benefits of calorie restriction in slowing of ageing process which reflects at DNA level. He recommended to adopt intermittent fasting in many health conditions. This session was chaired by Dr. Raghavendra Rao M and Dr. Manjunath NK,(online).The guest of honor Dr Dharmendra Gangwar, Financial Advisor, M/o HFW has highlighted that “Less is more, less food more fasting, less breathing more living and less stress more happiness is the agenda to health.” He expressed his interest to incorporate the system of naturopathy in AYUSH wellness centers.In the second session, Dr. Anurag Varshney, Vice President & Head, Patanjali Research Institute, deliberated on Molecular techniques to unravel medicinal properties of plants and foods while Dr. KN Chidambara Murthy, Prof and Dean, Neuberg Anand Academy, emphasized on Anti-Inflammatory effects of Indigenous dietary components: Applications and Mechanisms. This session was chaired by Dr. AkshayAnand and Dr. Naveen KV(online).The significance of plant based naturopathic diet and its role in disease reversal was highlighted by Dr. Achyutan Eashwar, CEO Sampurna Aahar while Dr. Praveen Jacob, Adjunct Professor, Nitte University, spoke on the Role of Gut Bacteria in mediating Autoimmune diseases and depression throwing light on therapeutic benefits of fatty acids in third session which was chaired by Dr. Govind Trivedi and Dr. Ekalavya Bora. In the following sessions, Dr. DebojyotiDhar, Director, Leucine Rich Bio spoke about the Gut Microbiome and its future aspects while Dr Prashanth Shetty (Online), Principal, SDM College of Naturopathy & Yogic Sciences, Ujre presented his research work on the Role of therapeutic fasting in obesity. Dr. Sangeeth S, Dr. Pramod Avti and Dr. Rajesh Singh chaired for their respective sessions. This was followed by panel discussion on the topic of Naturopathy based lifestyle intervention by eminent yoga & naturopathy physicians. Dr. Srinivas Reddy, Dr Mastan Yadav, Dr.Abhay Shankar Gowda, Dr Vanitha Shetty , Dr Satyanath, Dr. Anjali, Dr. Abhishek Jain, Dr. Himamshu Sharma ,Dr. Sriloy and Dr. Gulab Tewani participated in the panel discussion in either online or physical mode.Dr Raghavendra Rao, Director,CCRYN, gave a vote of thanks to the speakers, chairpersons, participants, and the team of CCRYN for making the conference a success.

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