

**GOVERNMENT OF INDIA  
MINISTRY OF AYUSH**

**LOK SABHA  
UNSTARRED QUESTION NO-2688  
TO BE ANSWERED ON 04.08.2023**

**NATUROPATHY, SOWA-RIGPA AND UNANI SYSTEMS OF MEDICINE**

**2688. SHRI GUMAN SINGH DAMOR:**

Will the Minister of **AYUSH** be pleased to state:

- (a) the basic concepts and major modalities of Naturopathy system of medicine along with its contribution in making a disease free India;
- b) the name of diseases treated with Naturopathy system of medicine;
- c) whether prayer is also considered to be one of the methods of healing under Naturopathy system and if so, the details thereof;
- d) the basic principles and details of SOWA-RIGPA system of medicine along with the names of the diseases treated effectively with this system; and
- e) the major components of the treatment in Unani system of medicine along with the names of the diseases effectively treated with the system?

**ANSWER  
THE MINISTER OF AYUSH  
(SHRI SARBANANDA SONOWAL)**

**(a) to (b):** The primary principle behind Nature Cure is the understanding that every life has innate healing and self-restoring abilities. Naturopathy believes that the body can be healed through its vital force by abiding to nature's laws.

The major modalities of treatment under Naturopathy are as under:-

- Hydrotherapy
- Mud Therapy
- Diet and Fasting Therapy
- Manipulative Therapy
- Magneto Therapy
- Heliotherapy
- Yoga Therapy
- Ozone Therapy

All lifestyle diseases and chronic conditions as well as certain acute conditions are treated under the system of Naturopathy. Ministry of Ayush promotes Naturopathy through its two autonomous bodies namely Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi and National Institute of Naturopathy (NIN), Pune. CCRYN is the apex body for research and development in the Yoga and Naturopathy systems. NIN, a premier institute for Naturopathy organizes various activities related to Naturopathy and Yoga. The activities and programs of CCRYN and NIN are available on the websites i.e. [www.ccryn.gov.in](http://www.ccryn.gov.in) and [ninpune.ayush.gov.in](http://ninpune.ayush.gov.in) respectively.

**(c):** Through prayer, gratitude and forgiveness, people become less competitive and more accommodative, which helps in de-stressing, calming down and helps them to heal faster.

**(d):** Sowa-Rigpa is based on a holistic approach of body and mind for leading a healthy way of life with complete harmony with nature. Sowa-Rigpa is a recognized Ayush system of medicine prevalent in the Himalayan regions of Ladakh, Himachal Pradesh, Sikkim, Arunachal Pradesh, Jammu & Kashmir and West Bengal. The Sowa-Rigpa system of medicine is effective in management of Arthritis, Gastrointestinal disorders, Kidney and Liver disorders, Neurological disorders, Autoimmune disorders etc.

**(e):** The Unani system of medicine has the following major components of treating an ailment depending upon the nature of the ailment and its causes:-

1. Ilaj-bil-Tadbir (Regimental Therapy)
2. Ilaj-bil-Ghiza (Dietotherapy)
3. Ilaj-bil-Dawa (Pharmacotherapy)
4. Ilaj-bil-Yad (Surgery)

The diseases effectively treated with this system are Skin diseases, Non-Communicable diseases, Lifestyle disorders, Liver diseases, respiratory diseases and other chronic disease etc.

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