

NATIONAL INSTITUTE OF NATUROPATHY, PUNE

Ministry of AYUSH, Govt. of India



"Nature cure has been a passion with me ever since my childhood. To serve the cause of Nature cure has been the dream of my life ever since. 999 cases out of 1000 can be brought round by means of regulated diet, water, air and earth treatments and similar household remedies."

- Mahatma Gandhi

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Introduction

National Institute of Naturopathy (NIN) is located at the historical place admeasuring 1.6 acres of land consisting of a house namely "Bapu Bhavan" situated at Tadiwala Road, Pune - 411001. "Bapu Bhavan" is named after Mahatma Gandhi, Father of the Nation, who had made this institution his home. Formerly, this place was known as "Nature Cure Clinic and Sanatorium" managed by Late Dr. Dinshaw K. Mehta. All India Nature Cure Foundation Trust was established in this Centre and Mahatma Gandhi became its life long Chairman. He stayed here for 156 days on various occasions from the year 1944, whenever he was in Pune, to conduct his own Naturopathy experiments. Gandhiji had conducted many National and International activities staying here. Gandhiji's life is a source of guidance and sacred

heritage to us. Dr. Dinshaw K. Mehta had handed over this centre to Govt. of India on 17.03.1975 for starting National Institute of Naturopathy.

The National Institute of Naturopathy, Pune was registered under the "Societies Registration Act, 1860" at New Delhi on 27th September, 1984 and came into existence on 22.12.1986. This Institute has a "Governing Body" headed by the Union Minister of AYUSH as its President.



Bapu Bhavan



The new classy Out Patient Department of NIN with all modern Naturopathy Treatment Facilities.

AIMS & OBJECTIVES

- To conduct, facilitate & encourage research activities in all aspects concerning Human Health.
- To develop Naturopathy as a "System of Medicine" and a "Way of Life".
- To provide and encourage facilities for all kind of treatments in Naturopathy and Yoga.
- To impart, provide facilities and encourage Training in Naturopathy & Yoga.
- To provide and encourage facilities for stadardisation and propagation of the existing knowledge and their application through research in Naturopathy.
- To establish a living Memorial of Mahatma Gandhi.

Naturopathy



Naturopathy, otherwise known as Nature Cure, is 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.

History of Profession : Naturopathic Medicine is a system of primary health care practiced by Naturopathic physicians for the prevention, diagnosis and treatment of diseases. This approach to health care emphasizes education, self responsibility and therapies to support and stimulate the individual's self-healing capacity. Naturopathic medicine is rooted in the healing wisdom of many cultures and times.



UNDER WATER MASSAGE

Relevance of Nature Cure in Today's Life

The unbridled growth of industrialisation, accentuated by modern science and technology, has created a situation, which prevents man from bestowing adequate care and attention even to his minimal personal health needs. Health is a condition to be built over the years from within by our own vital processes through conscientious efforts and self-control or will power. To ensure perfect health we are supposed to follow the rules of Nature, the principles of health, which is otherwise known as life natural (Prakriti Jeevanam).

Diseases are caused due to the violation of Nature's laws leading to enervation, toxemia, abnormal composition of blood & lymph and damage to organs and systems resulting in disease.

"Disease itself is a self-purifying effort of the body". What we all need to do is "Return to nature", follow the principles of healthy living and leave the body "free" so that the body vitality within, turns towards healing. To provide opportunity to the vitality we need to be on total rest which can also be called as fasting. "Fasting is the supreme remedy" in Naturopathy. Fasting is defined as total rest- physical, physiological, sensory and mental rest that includes voluntary total abstinence from any kind of food - solid or liquid that demands digestion, except water for a definite purpose and period.

If you suppress these disease conditions by drugs or by any other means, you are simply laying foundation for chronic diseases. Naturopathy ensures healing at any stage by its simple methods like fasting, dieting and treatments with natural elements.



SPINAL BATH



MUD BATH

In the order of healing sciences, Naturopathy stands first, but unfortunately it is practiced last, after hopelessly trying all other medical sciences. It is beyond doubt that Nature Cure is a cost effective sure cure for majority of the diseases.

In other words, it is a drugless healing system which is unique because it has no side-effects what so ever. It only demands a little sacrifice, time and perseverance.



MODERN NATUROPATHY CLINIC

7am to 9pm, 14 Hours Daily.

Treatment for all Diseases at nominal fee.

Poor patients are treated at concessional rate or free of cost.

Diseases treated are : High/Low Blood Pressure, Over/Under weight, Diabetes, Arthritis, Spondylosis, Digestive Disorders, All Allergic diseases, Skin diseases, Ulcers & Tumors, Asthma, Paralysis, Migraine etc.

Treatments Given - Enema, Hip Bath, Spinal bath, Spinal Spray, Colon Hydrotherapy, Mud Packs, Steam Bath, Sauna Bath, Paraffin Wax Bath, Foot/Arm Bath, Chromo Bath, Mud Bath, Immersion Bath, Scientific Massage, Under Water Pressure Massage, Jet Massage, Wall Mounted Jet Spray etc. with Fasting, Dieting and Yoga Therapy.

Special Packages : **Acupuncture**

(Acupuncture needles to be purchased by the patient)

Physiotherapy

About 250 patients undergo treatments daily

Unique Multifaceted Services



MONTHLY MAGAZINE

NIN Publishes a bilingual (Hindi & English) monthly magazine "Nisargopachar varta" at highly subsidized rate.

Subscription for • 1 Yr - Rs. 300 • 2 Yrs - Rs. 550/-

• 3Yrs - Rs. 800/- • 5 Yrs - Rs. 1200/- • Overseas - 1 Yr - US \$ 60

Articles on Naturopathy, Yoga, health, food, longevity, natural way of living, prevention and cure of diseases by eminent authors are published, which enhances the readers' knowledge to have health self sufficiency as advocated by Mahatma Gandhi.

Advertisements in the magazine accepted at very competitive rates.

HEALTH SHOP

8 am to 8 pm

Hygienic and organic Health Food products like Brown Rice, Jaggery, Herbal Tea, Honey, Aloe vera & other items like Mud, Herbal Oils, Wooden Churner Oil, Herbal Face packs / Wash.

Naturopathy Equipments like Hip Bath Tub, Spinal Bath Tub, Enema Sets, Jal Neti Pots, Rubber Neti, Acupressure and Magnet Items; Books & Charts on Yoga & Naturopathy in English, Hindi and Marathi.



EIGHT YOGA CLASSES DAILY

One hour each, daily for one month.

Start from 1st of every month
(Morning Batches)

- 6 to 7 am - Advanced Batch
- 7 to 8 am - Intermediate Batch
- 8 to 9 am - Basic Batch
- 9 to 10 am - Ladies+Basic Batch

Start from 16th of every month
(Evening Batches)

- 5 to 6 pm - Basic Batch
- 6 to 7 pm - Intermediate Batch
- 7 to 8 pm - Advanced Batch
- 8 to 9 pm - Therapy+Basic Batch

Asanas, Pranayamas, Kriyas, Relaxation Techniques, Meditation, Bandhas, Mudras, Suryanamaskaras, Laughter etc. are taught.

About 250 persons of different age group from all walks of life are attending Yoga classes regularly, throughout the year.

FREE ACUPRESSURE CLINIC

2 to 3.30 pm - Monday to Friday

New patients on Tuesday & Friday only.

About 100 patients undergo treatment daily.

Therapeutic Yoga Classes facility available, based on the patients condition.





LIBRARY

Collection of more than 9000 books on Naturopathy, Yoga and other health sciences.

11 am to 6 pm- Monday to Saturday

Membership Fees :

1. **Golden Membership** : Refundable Deposit - Rs. 1000/-

Membership Charges:

• Annual : Rs. 500/- • 6 Months : Rs. 300/- • 3 Months : Rs. 150/-

Issuance limit: 3 books and 2 magazines.

2. **Silver Membership** : Refundable Deposit - Rs. 500/-

Membership Charges:

• Annual: Rs. 300/- • 6 Months : Rs. 200/- • 3 Months : Rs. 100/-

Issuance limit: 2 books and 1 magazine.

NURSING DIPLOMA IN NATUROPATHY & YOGA THERAPY

NIN offers a free full time two years Nursing Diploma in Naturopathy and Yoga Therapy with stipend of Rs. 5000/- per month



NATUROPATHY MEDICAL UNIT

A Naturopathy Medical Unit is functional at Fr. Agnel Ashram Vadgaonsheri, Pune where Naturopathy Treatments are given at subsidized rate. Monday to Friday 11:00 am to 06:00 pm.

Monthly Workshop on various Health Topics on 2nd Saturday of every month. Time : 11:00 am to 04:00 pm.

ONE DAY REGIONAL LANGUAGE WORKSHOP

One day free workshop on Naturopathy & Yoga is conducted in regional languages viz. Marathi, Punjabi, Gujarathi, Sindhi, Bengali, Malayalam, Kannada, Telugu, Tamil etc.

REJUVENATING MASSAGE

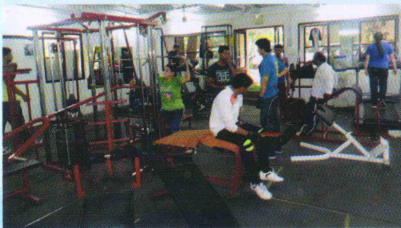
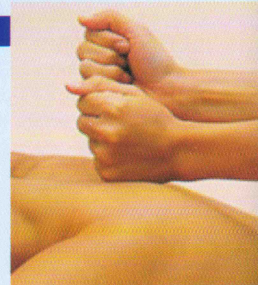
A Special Rejuvenation Massage Programme

Every Saturday and Sunday at NIN.

Restoration of the Vitality.

Special massage to bring back the Vigour for Male and Females

Time : 07:00 am to 07:00 pm.



NIN GYM

NIN has a well equipped Gym with modern exercise machines and qualified doctors as trainers.

Monday to Saturday

■ Morning 06:00 am to 01:00 pm.

■ Evening 05:00 pm to 09:00 pm.

DIET CENTRE

NIN is running a Naturopathy Diet Centre in its premises and providing diet facilities to the patients and general public.

Monday to Saturday : 8 am to 8 pm

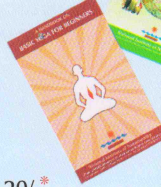
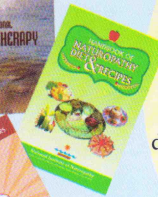
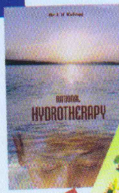


PUBLICATION OF BOOKS ON NATUROPATHY & YOGA

- Reprinting of '**Rational Hydrotherapy**' by Dr. J.H. Kellogg

Copies	Printed Price	Discounted Price	Discount
1	Rs.750/-	Rs.600/-*	20%
5 & above		Rs.525/-*	30%
10 & above		Rs.450/-*	40%

- NIN has published a guidebook on Natural diet and recipes entitled **Naturopathy Diet & Recipes** which consists many natural & healthy recipes. Printed price of the book is Rs. 150/-*. **Food Thoughts** book Rs. 75/-
- NIN's Health shop offers NDR book @ Rs. 135/-*. For bulk purchase of 10 or more copies, the rate is Rs.120/-*.
- A handbook on Practical 'Yoga' for beginners is available for sale @ Rs. 50/-*.



VIDEO FILMS
VCDs of 30 minutes duration on NIN facilities and Naturopathy treatments are available @ Rs.60/-

*Postage extra

CME PROGRAMMES

1. NIN regularly conducts Continuing Medical Education Programmes and Research Methodology workshops for the Naturopathy doctors, Re Orientation Programmes for the Naturopathy Practitioners, Orientation Training Programmes for the doctors of other systems and Orientation Programmes for women, children, students and various other groups.
2. Health Food Exhibitions and Cookery Classes for general public has become a regular activity of NIN.



PATHOLOGY LAB

NIN has a state of art pathological research lab equipped with fully automated analyzers for all the routine tests and special tests like HIV test, CD4 count, Tridot, Spirometry etc at a very nominal rate for the public.



FREE SANATORIUM FOR HIV+VE

NIN has a sanatorium for HIV+ve individuals at Panchagani with free accommodation, food and Naturopathy and Yoga treatments with highly promising results. Contact NIN for more details.



FUTURE ACTIVITIES

- Acquisition of about 25 acres of land around Pune for the establishment of 250-bedded Naturopathy & Yoga Hospital of national standard which will be a Nodal Institute for the country.
- Establishment of full time 5 1/2 Years Degree Course of B.N.Y.S. (Batchelor of Naturopathy & Yogic Sciences)
 - Establishment of a full-fledged clinical research unit with a fully equipped clinical laboratory.
- Publication of booklets on different diseases with Treatment in Naturopathy & Yoga, based on research.

..... DIRECTOR
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