

- Exercise / Preventive medicine

NATUROPATHY & YOGA IN DISEASE PREVENTION

A TO Z INDIA · 1 Jul 2021 · 1 · Sankar

Modern medicine has over the past century helped significantly reduce the burden of communicable diseases and related deaths, it has not been enough to prevent noncommunicable diseases. A preventive approach to healthcare requires more than just treatment-based outcomes. It entails the promotion of a healthy way of living to reduce the incidence of lifestyle diseases. Putting preventive care on the front foot can help improve health outcomes and reduce the burden on our healthcare system. Alternative systems of medicine, particularly naturopathy, have a lot more to offer than modern medicine when it comes to prevention and disease management. Naturopathy is one such system that relies on the power of the body to heal itself. Naturopaths factor in physical, environmental, psychological, and social factors when treating a patient. The unique patient-centric approach focuses on devising customized, noninvasive and drugless treatments to treat chronic conditions. Research has found that their treatment modalities when combined with lifestyle changes and dietary modifications, help in managing chronic conditions, and vastly improve the quality of life. It also allows people with chronic diseases to reduce their intake or dosage of drugs whose long term consumption may have negative consequences on the body. In the long run, this translates to lower medical expenses and hospital visits. At the same time, the adoption of naturopathy and yoga in our daily lives serves to keep us healthy and reduce the risk of non-communicable diseases.

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