

# Integrating Naturopathy into Mainstream Medicine can Boost Preventive Healthcare

So, you have this stubborn virus that won't die and doesn't want to be treated with mainstream medicine? Is it cancer? Diabetes? Heart disease? Or maybe something else altogether that nobody can diagnose? If you are reading this and nodding, I have some good news for you. When it comes to the health of its citizens, India has currently a lot on its plate.

The deadly and rising burden of non-communicable diseases, exacerbated by an economic transition of unprecedented speed, are posing as obstacles in the way of universal healthcare delivery. India is facing a unique health crisis. The population has boomed, and this has placed enormous strain on the healthcare infrastructure that was unable to cope with the sudden influx of patients suffering from non-communicable diseases (NCDs).

Approximately two and a half years ago, India recorded its highest number of NCDs cases ever. It is common knowledge that the healthcare system in India is now in a desperate position. Many of us have had one unpleasant experience or the other with a doctor in a government facility, and many of us have heard about how healthcare services are overburdened and lacking in many parts of the country.

## What is Naturopathy?

Naturopathic medicine, sometimes called naturopathy, is a distinct primary health care system that focuses on prevention, healing, and optimum health by using therapies, substances, and natural modes that promote an individual's own intrinsic process of self-healing.

In numerous types of patient care settings, naturopathic physicians play a vital role in the delivery of multidisciplinary healthcare. Chronic care is another area in which naturopathic doctors are well-established, and at a number of integrated clinics in the Delhi, NCR area, naturopathic physicians work with physicians to manage cases.

## Possible advantages of Naturopathy

Naturopathic physicians (NDs) address the root causes, they use noninvasive therapies, such as clinical diet, lifestyle counseling, herbal medicines, and detoxification programs for illnesses, and are more knowledgeable about the specialties in naturopathy, Clinical Nutrition, Botanical Medicine, Asian Medicine & Acupuncture, Homoeopathic Medicine, Hydrotherapy, Naturopathic Manipulation, and Lifestyle Counseling.

Using the body's natural healing capabilities, a naturopathic doctor will devise methods for preventing and treating a health condition after a diagnosis. Naturopathic physicians are trained to serve as primary care providers, diagnosing, treating, and managing patients with both acute and chronic conditions, addressing illness and dysfunction on a level that is physical, mental, and spiritual.

Patients in naturopathic primary care have more time with their doctors, and their office settings can offer less sterile, and a more enjoyable, and healing, environment. Expertise in herbalism, diet and nutrition, stress reduction, and illness prevention are just some of the areas in which naturopathic physicians can help patients and health care providers alike.

Integrating naturopathic and mainstream medicine is a necessary first step in finding solutions to our present health care problems. In a few integrated clinics in Delhi and the surrounding area, naturopathic physicians and medical directors work side by side. If a naturopathic doctor is unable to provide adequate treatment, they will refer the patient to a complementary health care practitioner.

For patients, naturopathic doctors may be able to spend longer with them and their offices may be less professional and calming, which supports the healing process. Patients and others on a health care team may benefit from the expertise of naturopathic doctors on herbal medicine, nutrition, stress reduction, disease prevention, and other issues that can help manage chronic illnesses.

The AYUSH ministry in India is responsible for a variety of alternative medical practices, including yoga and naturopathy. A naturopath serves on the board of directors of Complementary and Alternative Practitioners. The Indian Ayush ministry is looking for a central naturopathy expert panel to help address regulatory issues, standardize the practice of naturopathy, and integrate naturopathy with conventional medicine.

This is called holistic medicine, or care. "Integrated care" is one way to simplify the treatment of patients. This strategy uses the benefits of both natural medicine

and conventional medicine, referring patients to the practitioner with the best qualifications.

## CONCLUSION

So what's the point of going to a naturopath? Simply put, they're trained in more forms of health treatment than the average MD. The two main aims of this article were to inform readers about naturopathy and its role in healthcare, and secondly, to point out its similarities with conventional medicine.

It is not intended to ignore the differences between the two, however. It was aimed at people who may not have been aware of the differences. In the end, I'm hoping this post will serve as a board for more discussion.