

भारतीय मानक

प्राकृतिक चिकित्सा -पारिभाषिक शब्दावली

*Indian Standard*

**NATUROPATHY - GLOSSARY OF TERMS**

Naturopathy Sectional Committee - AYD 03

Last Date of Comments: 08 November, 2024

**FOREWORD**

**(Formal Clauses will be added later)**

This Indian Standard was adopted by Bureau of Indian Standards, after the draft finalized by Naturopathy Sectional Committee had been approved by the Ayush Division Council.

There is a worldwide resurgence of interest in holistic healthcare systems, particularly for the prevention and management of lifestyle-related disorders, and chronic, non-communicable, and systemic diseases. It is increasingly understood that no single healthcare system can provide satisfactory answers to all the health needs of modern society. Evidently, there is a need for a new inclusive and integrated healthcare regime that should guide health policies and programs in the future.

Naturopathy is a form of medicine that employs therapeutic qualities of soil, water, sunlight, air, space (emptiness), food, rest and exercise to treat and prevent diseases as well as to promote overall well-being. The therapeutic techniques involved in naturopathy are based on the customs and culture of the Indian sub-continent documented in the *Upanishads*, *Purāṇās* and other ancient Indian Scriptures.

Naturopathy practices have been used worldwide since time immemorial. In India, the use of natural agencies is as ancient as we can think of. Fasting, river-bathing, Sun-bathing, etc., were all enjoined on us even prior to the Vedic period. The practices of Naturopathy are deeply integrated with the tradition and culture of Indians irrespective of caste, creed, and religion.

There are numerous commonly used technical terms that are specific to Naturopathy including the terminology pertaining to topics like Vitality, Morbid matter, Unity of disease, and Holistic Management of Diseases, etc. There is a tendency to interpret such terms subjectively. Moreover, several terms are common to Ayurveda as well as Naturopathy but are used with slightly different connotations. To avoid any such ambiguity, this Standard has been formulated to provide standardized definitions of commonly used terms related to Naturopathy.

The inputs for formulation of this standard have been derived from the information available in the public domain in print and electronic media including authoritative books on Naturopathy. Technical inputs from subject matter experts have also been used to formulate the standard.

**The composition of the committee responsible for the formulation of this standard is given in Annexure A.**

*Indian Standard*

**NATUROPATHY - GLOSSARY OF TERMS**  
**STANDARDIZED TERMINOLOGY FOR COMMONLY USED TERMS**  
**RELATED TO NATUROPATHY**

**1 SCOPE**

This standard covers a brief description/definition of terminologies related to common Naturopathy terms. The original terms appearing in the text have been defined for the purpose of a clear understanding of the concept by any person who is not an expert in Naturopathy. These terms may be used by manufacturers, researchers, academicians, regulators, clinical practitioners, and other enthusiasts interested in the science of Naturopathy.

**2 GLOSSARY OF NATUROPATHY**

- 2.1 **Abdominal Friction** – A part of treatment in which the patient rubs the abdomen gently with a coarse linen cloth starting from the right inguinal region upward, then following the transverse colon, then down ward to the descending colon and end pubic area with left inguinal area, continuously during the treatment.
- 2.2 **Acupressure** – Manual pressure used to stimulate specific points on the body along what are considered to be lines of energy.
- 2.3 **Acupuncture** – A technique in which practitioners insert fine needles into the specific meridian points to treat health problems. The needles may be manipulated manually or stimulated with weak electric current.
- 2.4 **Acute Disease** – Acute disease is in reality the result of Nature's efforts to eliminate from the organism waste matter, foreign matter and poisons, and to repair injury to living tissues. In other words, every so-called acute disease is the result of a cleansing and healing effort of Nature.
- 2.5 **Air Therapy** – Therapeutic application of the clean and / or natural air to treat and prevent diseases as well as to promote overall well-being.
- 2.6 **Allostasis** – Allostasis is a physiological phenomenon wherein the organism secures itself with necessary resources that it would need at a later point of time.
- 2.7 **Allostatic Overload** –A patho-physiological condition in which allostasis predominates homeostasis often resulting in psycho diseases.
- 2.8 **Applied Kinesiology** – A therapeutic technique that examines the muscles to diagnose illnesses and suggest their remedies.
- 2.9 **Aromatherapy** – Therapeutic application of aromas and aromatic vapours from various substances including aromatic oils to treat and prevent diseases as well as to promote overall wellbeing.
- 2.10 **Auriculotherapy** – A health care modality whereby the external surface of the ear, or auricle, is stimulated to alleviate disease conditions in other parts of the body.
- 2.11 **Balneotherapy** – Balneotherapy is the treatment of disease by bathing in thermal mineral waters.
- 2.12 **Base** – The part of stand which holds the Tubs used in Hydrotherapy above the ground level.
- 2.13 **Bioavailability** – Degree to which a nutrient is available to the body for its use.
- 2.14 **Herbal** – That which is derived from a plant or plant part valued for its medicinal or therapeutic

properties, flavour or scent.

- 2.15 **Calf-Rest (Spinal Bath Tub, Hip Bath Tub & Spinal Spray)** – A cushioned extension at the leg-end on which the calves of the patient may be rested during treatment.
- 2.16 **Carminative** – That relieves flatulence, used to treat gastric discomfort and colic.
- 2.17 **Catarrh** – Excessive discharge or build-up of mucus in the nose or throat, associated with inflammation of the mucous membrane.
- 2.18 **Chiropractic** – of mechanical disorders of the musculoskeletal system, particularly of the spine.
- 2.19 **Chromotherapy** – Therapeutic application of the spectrum of light to treat and prevent diseases and promote overall well-being.
- 2.20 **Chronic Disease** – The diseased state of body as a result of long-term hindrance to its recuperative processes.
- 2.21 **Clinical psychology** – A field of medicine that employs the science of psychology to prevent, alleviate and treat psycho-somatic and behavioral disorders.
- 2.22 **Coarse Linen Cloth** – Coarse textured cotton cloth.
- 2.23 **Colonic Massage** – A special massage given to patient's abdomino-pelvic region (in clockwise direction for 2 min to 3 min) with patient in a supine knee flexed position.
- 2.24 **Conscience** – The mind's ability to discriminate the right and wrong.
- 2.25 **Constructive Diet** – A therapeutic diet which provides energy, mass and strength to structures of all the body systems enabling them to restore vitality and function optimally.
- 2.26 **Constructive Principle** – The constructive principle of nature is the idea that nature has a universal force that builds up, improves, and repairs all things.
- 2.27 **Connecting Tube with Clamp (Enema)** – Tube (length - 1.2 m, diameter - 10 mm) which connects enema can and disposable nozzle/catheter.
- 2.28 **Cryotherapy** – Therapeutic application of frozen ice to treat and prevent diseases as well as to promote overall wellbeing.
- 2.29 **Cupping therapy** – Vessel/cup applied onto the skin's surface.
- 2.30 **Cure** – a) The practice of restoring an individual's health. (*verb*)  
b) A remedy for a particular illness. (*noun*)
- 2.31 **Destructive Principle** – The destructive principle of nature is the idea that nature disintegrates and destroys existing forms.
- 2.32 **Deterioration** – The process of becoming progressively worse.
- 2.33 **Diet Therapy** – Therapeutic technique wherein food intake is planned so as to treat and prevent diseases as well as to promote overall health factors.
- 2.34 **Disease** – Abnormal or inharmonious vibration of the elements and forces composing the human entity on one or more planes of being in conformity with the destructive principles of nature applied to the individual life.
- 2.35 **Disease Crisis** – A disease crisis is an acute reaction resulting from the ascendancy of disease conditions over the healing forces of the organism. Its tendency is toward fatal termination, and it is, therefore, in conformity with Nature's destructive principle.
- 2.36 **Disorder** – A clinically significant disturbance in an individual's physical functions, cognition,

emotional regulation, or behavior.

- 2.37 **Disposable Nozzle / Catheter (Enema)** – The part of enema apparatus which is inserted into anus during enema treatment session.
- 2.38 **Drain Outlet (Spinal Bath Tub and Hip Bath Tub)** – A pop-up drain plug connected to a pipe/hose through which water in the tub is drained out after the treatment.
- 2.39 **Ego** – Experience of self/I.
- 2.40 **Eliminative Diet** – A therapeutic diet that aids in the elimination of morbid, toxin and unwanted matter out of the body systems.
- 2.41 **Encumbrance** – The term used in naturopathy when internal toxins buildup and cause changes to a person's external appearance.
- 2.42 **Enema** – Insertion of fluid through the person's anus to cleanse the part of the colon.
- 2.43 **Enema apparatus** – Enema apparatus comprises: enema can, connecting tube with clamp, disposable nozzle / catheter.
- 2.44 **Enema Can** – A specially designed can with calibrations in which fluid for enema is filled.
- 2.45 **Enema Stand** – A specially designed height adjustable stand to hang enema can during enema procedure.
- 2.46 **Enema Table** – A specially designed inclined table on which the patient lies down during enema procedure.
- 2.47 **Energy Medicine** – It is often proposed that imbalances in body's, 'energy field' result in illness, and by rebalancing the body's energy field health can be restored.
- 2.48 **Enervation** – A feeling of being drained of energy; fatigue
- 2.49 **Exercise therapy** – Type of rehabilitation that uses physical activity to help treat disease conditions.
- 2.50 **Exfoliant** – That which promotes the removal of the dead skin cells on the outermost surface of the skin.
- 2.51 **Existence** – The objective-cum-subjective reality.
- 2.52 **Expectorant** – Those which aids in the clearance of mucus from the airways, lungs, bronchi and trachea.
- 2.53 **Eye Pack** – A pack put on eyes for a stipulated time for a defined purpose.
- 2.54 **Facial Diagnosis** – A diagnostic method based on the examination of body's external morphology.
- 2.55 **Fasting Therapy** – Voluntary abstinence from food for a stipulated time with purpose.
- 2.56 **Frame (Spinal Bath Tub & Hip Bath Tub)** – The part of stand in which the tub is held firmly.
- 2.57 **Foreign Matter** – Any harmful substance leading to causation of disease.
- 2.58 **Foot Immersion Tub** – It is a specially designed tub which is used for the purpose of foot immersion bath, a treatment modality of naturopathy.
- 2.59 **Foot-Rest** – A portable platform use to rest the feet.
- 2.60 **Handle (Baths)** – The part of stand that aids person in getting in and out of the tub.
- 2.61 **Compress** – A wet folded cotton cloth wrung out of water at desired temperature that is firmly placed on different parts of the body for therapeutic purpose.
- 2.62 **Head-rest** – A cushion which gives support to the head.
- 2.63 **Healing Crisis** – A healing crisis is an acute reaction, resulting from the ascendancy of Nature's healing forces over disease conditions. Its tendency is toward recovery, and it is,

- therefore, in conformity with Nature's constructive principle.
- 2.64 **Health** – Health is normal and harmonious vibration of the elements and forces composing the human entity on the physical, mental, moral and spiritual planes of being, in conformity with the constructive principle of Nature applied to individual life.
- 2.65 **Heliotherapy** – Exposure of the body or part of the body to sunlight to for therapeutic purpose.
- 2.66 **Herbology** – The study of herbs and their medicinal properties.
- 2.67 **Hip Bath** – A specially designed tub in desired temperature of water.
- 2.68 **Hip Bath Tub** – A specially designed tub used for Hip Bath Procedure.
- 2.69 **Holistic** – factors, rather than just the symptoms of an illness.
- 2.70 **Homeostasis** – A self-regulating process by which a living organism can maintains its internal harmony.
- 2.71 **Hot Foot Immersion Bath** – A treatment modality in which patient's feet are kept submerged immersed into hot water for prescribed duration.
- 2.72 **Hydrotherapy** – Therapeutic application of water and its different forms, in different treatment modalities.
- 2.73 **Hydrotherapy Section** – Designated space for administering hydrotherapy procedures.
- 2.74 **Hypnosis** – A state of focused attention, heightened suggestibility and deep relaxation induced in a patient's mind and/or body by a hypnotherapist.
- 2.75 **Hypnotherapy** – Therapeutic application of the art and science of hypnosis to treat as well as to prevent diseases and promote overall well-being.
- 2.76 **Inflammation** – Body's defensive process by which the immune system recognizes and removes harmful and foreign stimuli and begins the healing process.
- 2.77 **Iridology** – an alternative medicine technique whose proponents claim that patterns, colors, and other characteristics of the iris can be examined to determine information about a patient's systemic health.
- 2.78 **Life** – Life is a process of maintaining the functions of biological systems.
- 2.79 **Lubricant (Enema)** – A substance which is Safe and non-toxic.
- 2.80 **Magnetotherapy** – Therapeutic application of the magnetic energy to treat and prevent diseases as well as to promote overall well-being.
- 2.81 **Massage** – Systematic scientific manipulation of the body tissues.
- 2.82 **Maximum Water Level Marking (Spinal Bath Tub & Hip Bath Tub)** – A visible marking on the inner side of the tub.
- 2.83 **Meditation** – A process where one can attain transcend and reach beyond body and mind.
- 2.84 **Meridian** – Connections between acupuncture points which are considered as passageways through which energy flows throughout the body.
- 2.85 **Mind** – The seat of thoughts.
- 2.86 **Monodiet** – A therapeutic diet in which only one type of food item or food group is consumed for a prescribed duration.
- 2.87 **Morbid Matter** – Residual uneliminated end-products not required by the body resulting from human activities and various physiological processes.
- 2.88 **Mounting height (Spinal Bath Tub and Hip Bath Tub)** – Perpendicular distance from the floor to the top border of the tub; height of the stand.
- 2.89 **Mud therapy** – Therapeutic application of mud to treat as well as to prevent diseases and promote overall well-being.
- 2.90 **Nature cure** – Nature cure is a system of human-building in harmony with the constructive

- principles in Nature on the physical, mental and moral planes of being.
- 2.91 **Naturopathy** – Also known as Naturopathic medicine is a holistic system of healthcare that uses natural remedies and physical methods to treat disease and to prevent illness.
- 2.92 **Naturopathy Clinic** – A healthcare facility where patients/health seekers are given naturopathy treatments under out-patient department (OPD) that does not include provision of diet and accommodation.
- 2.93 **Naturopathy Hospital** – A healthcare facility where patients/health seekers are given naturopathy treatments under in-patient department (IPD) that includes provision of diet and accommodation.
- 2.94 **Naturopathy Physician** – Physician trained in the field of naturopathy-referred to as ‘physician/doctor’.
- 2.95 **Naturopathy Therapist** – Therapist trained in the field of naturopathy; assisting a naturopathy physician – referred to as ‘therapist’.
- 2.96 **Orthopathy** – Holistic approach to health that focusses on the body’s innate ability to heal and maintain itself.
- 2.97 **Osteopathy** – A form of medicine involving the treatment of medical disorders through the manipulation and massage of the skeletal structure.
- 2.98 **Pool therapy** – Refers to treatments and exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefits.
- 2.99 **Popliteal Cushion** – Cushion placed underneath popliteal space such that there is no undue pressure on the popliteal space during treatment.
- 2.100 **Poultice** – A soft moistened or heated mass, spread on cloth applied to the part of the body to derive specific results.
- 2.101 **Preventorium** – A place where Natural disease preventive methods are practiced.
- 2.102 **Reclining Surface (Hip Bath Tub)** – The slanted surface (with larger surface area) on which the back and head rest.
- 2.103 **Reflexology** – A therapeutic technique that employs gentle pressure on specific parts of the body to treat and prevent diseases as well as to promote overall well-being.
- 2.104 **Rejuvenescence** – A restoration of vitality.
- 2.105 **Thigh Rest (Hip Bath Tub)** – The slanted surface having lesser surface area; opposite to reclining surface on which the thighs rest.
- 2.106 **Sanitarium/Sanatorium** – A hospital for recuperation or for the treatment of chronic diseases
- 2.107 **Healthatorium** – A centre for restoration of Health by natural means.
- 2.108 **Self** – That from which the vital force originates and into which it flows.
- 2.109 **Senescence** – Biological process that involves natural and gradual declination in physiological processes and functions of life forms with age.
- 2.110 **Soothing Diet** – A therapeutic diet that aids in comforting the body.
- 2.111 **Spinal Bath Tub** – It is an equipment which is used for the purpose of spinal bath, a treatment modality of naturopathy.
- 2.112 **Stand (Spinal Bath Tub & Hip Bath Tub)** – A rigid (portable or fixed) structure made of SS 304 grade 1.2 mm thick square-pipe in which the spinal bath Tub is placed. The structure consists of base, frame and handle.

- 2.113 **Steeply-slanted slope/Caudal slope (Spinal Bath Tub)** – The length of the slanted surface (along the length of the spinal bath tub) having lesser surface area; opposite to cranial slope.
- 2.114 **Tonic** – Giving a feeling of vigour or well-being.
- 2.115 **Toxaemia** – Accumulation of morbid matter and/or toxins in the body.
- 2.116 **Toxin (biological definition)** – A poisonous substance produced within living cells or organisms.
- 2.117 **Treatment Room** – Designated room with necessary facilities for treatment.
- 2.118 **Vital Force** – The force that propels life towards Vitality.
- 2.119 **Vitalism** – A philosophy of health and wellness based on the concept of ‘vitality’.
- 2.120 **Vitality** – Vitality is the quantum of life energy that each one of us is blessed with at the time of conception.
- 2.121 **Vital Economy** – A way to maintain a sufficiency of vital power always.
- 2.122 **Well-being** – Subjective experience of wellness.
- 2.123 **Wellness** – State of health accompanied by clarity of mind and ease in life.
- 2.124 **Woolen Blanket** –Woolen blanket is used to cover the health seeker/individual while undergoing the treatment to regulate evaporation and to control the temperature; white in colour to ensure hygiene.
- 2.125 **Workstation** – Designated area where treatment apparatus/gadgets/equipments are prepared, cleaned and stored before and after the treatment sessions.