

प्राकृतिक चिकित्सा शब्दकोष की  
शब्दावली

प्राकृतिक चिकित्सा से संबंधित सामान्यतः प्रयुक्त शब्दों की  
मानकीकृत शब्दावली

Glossary of Naturopathy  
Terminology

Standardized Terminology for Commonly Used Terms  
Related to Naturopathy

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## FOREWORD

There is a worldwide resurgence of interest in holistic systems of health care, particularly with respect to 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 Annex A.

# *Indian Standard*

## Glossary of Naturopathy Terminology

### 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 TERMINOLOGY

**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 downward to the descending colon and end with rectum, continuously during the treatment.

**2.2 Absolute** — Independent and incomparable.

**2.3 Acupressure** — Manual pressure used to stimulate specific points on the body along what are considered to be lines of energy.

**2.4 Acupuncture** — A technique in which practitioners insert fine needles into the skin to treat health problems. The needles may be manipulated manually or stimulated with weak electric current.

**2.5 Acute Disease** — Overhauling process of body's physiology that ensures homeostasis.

**2.6 Air Therapy** — Therapeutic application of the clean and/or natural air to treat and prevent diseases as well as to promote overall well-being.

**2.7 Allostasis** — Allostasis is a physiological phenomenon wherein the organism secures itself with necessary resources that it would need at a later point of time.

**2.8 Allostatic Overload** — A patho-physiological condition in which allostasis predominates homeostasis often resulting in psycho-somatic disorders.

**2.9 Anticatarrhal** — That which suppresses/alleviates catarrh in the nose and throat.

**2.10 Antimicrobial** — That which kills microorganisms or inhibits their multiplication or growth.

**2.11 Antispasmodic** — That which suppresses/alleviates muscle spasms.

**2.12 Antitussive** — That which suppresses/alleviates cough.

**2.13 Anxiolytic** — That which suppresses/alleviates anxiety.

**2.14 Applied Kinesiology** — A therapeutic technique that examines the muscles to diagnose illnesses and suggest their remedies.

**2.15 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.

**2.16 Atonic** — Lacking muscular tone.

**2.17 Auriculotherapy** — A health care modality whereby the external surface of the ear, or auricle, is stimulated to alleviate pathological conditions in other parts of the body.

**2.18 Balneotherapy** — Balneotherapy is the treatment of disease by bathing in thermal mineral waters.

**2.19 Base (*Spinal Bath Tub and Hip Bath Tub*)** — The part of stand which holds the Tub above the ground level.

**2.20 Bioavailability** — Degree to which a nutrient is available to the body for its use.

**2.21 Blood sugar** — The concentration of glucose in your blood. Blood sugar levels are affected by diet and hormones, like cortisol and insulin.

**2.22 Herbal** — That which is derived from a plant or plant part valued for its medicinal or therapeutic properties, flavour or scent.

**2.23 Calf-Rest (*Spinal Bath Tub & Hip Bath Tub*)** — A cushioned extension at the leg-end on which the calves of the patient may be rested during treatment.

**2.24 Carminative** — That which helps relieve flatulence.

**2.25 Catarrh** — Excessive discharge or build-up of mucus in the nose or throat, associated with inflammation of the mucous membrane.

**2.26 Chiropractic** — A therapeutic technique concerned with the diagnosis, treatment and prevention of mechanical disorders of the musculoskeletal system, particularly of the spine.

**2.27 Chromotherapy** — Therapeutic application of the spectrum of light to treat and prevent diseases and promote overall well-being.

**2.28 Chronic Disease** — The pathological state of body as a result of long-term hindrance to its overhauling processes.

**2.29 Clinical psychology** — A field of medicine that employs the science of psychology to prevent, alleviate and treat psycho-somatic and behavioral disorders.

**2.30 Coarse Linen Cloth** — A cloth used for abdominal friction; white in colour to ensure hygiene.

**2.31 Colonic Massage** — A special massage given to patient's abdomino-pelvic region (in clockwise direction for 2 min to 3 min) prior to enema treatment session.

**2.32 Conscience** — That which experiences Vitality.

**2.33 Constructive Diet** — A therapeutic diet which provides energy, mass and strength to structures of all the body systems enabling them to function optimally.

**2.34 Constructive Principle** — The biological principle by virtue of which life-forms undergo gradual improvement and attain the state of wellness eventually.

**2.35 Connecting Tube with Clamp (Enema)** — Tube (length - 1.2 m, diameter - 10 mm) which connects enema can and disposable nozzle/catheter.

**2.36 Cryotherapy** — Therapeutic application of cold temperatures to treat and prevent diseases as well as to promote overall wellbeing.

**2.37 Cupping therapy** — Therapeutic technique that utilizes a vacuum force created beneath a small vessel/cup applied onto the skin's surface, generally prescribed for alleviating rheumatic conditions and musculoskeletal disorders.

**2.38 Cure** — a) The practice of restoring an individual's health. (*verb*)  
b) A remedy for a particular illness. (*noun*)

**2.39 Clean** — Dry, not sticky or slippery and free from dust and dirt.

**2.40 Death** — Absence of life.

**2.41 Destructive Principle** — The biological principle by virtue of which life-forms undergo gradual degradation and attain the state of illness eventually.

**2.42 Deterioration** — The process of becoming progressively worse.

**2.43 Diet Therapy** — Therapeutic technique wherein food intake is planned so as to treat and prevent diseases as well as to promote overall well-being.

**2.44 Disease** — Any harmful deviation from the normal structural or functional state of body's physiology.

**2.45 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, therefore, toward fatal termination; death.

**2.46 Disorder** — A clinically significant disturbance in an individual's cognition, emotional regulation, or behavior.

**2.47 Disposable Nozzle/Catheter (Enema)** — The part of enema apparatus which is inserted into anus during enema treatment session.

**2.48 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.

**2.49 Ego** — That which experiences wellness and illness.

**2.50 Eliminative Diet** — A therapeutic diet that aids in the elimination of toxic and morbid matter out of the body systems.

**2.51 Encumbrance** — An impediment or burden.

**2.52 Enema** — Insertion of fluid through the patient's anus to cleanse the colon is termed enema.

**2.53 Enema apparatus** — Enema apparatus comprises: enema can, connecting tube with clamp, disposable nozzle/catheter, and enema stand.

**2.54 Enema Can** — A specially designed can of 1 500 ml in which water/solution for enema is filled.

**2.55 Enema Stand** — A specially designed stand (height – 7 feet) to hang enema can during enema treatment session.

**2.56 Enema Table** — A specially designed table on which the patient lies down during enema treatment session.

**2.57 Energy** — The fundamental existential quality which causes dynamics of 'The Existence'.

**2.58 Enervation** — A feeling of being drained of energy; fatigue.

**2.59 Exercise therapy** — Type of rehabilitation that uses physical activity to help treat injuries or musculo-skeletal conditions.

**2.60 Exfoliant** — That which promotes the removal of the oldest dead skin cells on the outermost surface of the skin.

**2.61 Existence** — The objective-cum-subjective reality.

**2.62 Expectorant** — That which aids in the clearance of mucus from the airways, lungs, bronchi and trachea.

**2.63 Facial Diagnosis** — A diagnostic method based on the examination of body's external morphology and movements.

**2.64 Fasting Therapy** — Therapeutic technique in which food is avoided for a desired time period to treat as well as to prevent diseases and promote overall well-being.

**2.65 Frame (Spinal Bath Tub & Hip Bath Tub)** — The part of stand in which the tub is placed.

**2.66 Foreign Matter** — Any harmful substance/stimulus that is extrinsic to the body.

**2.67 Foot Immersion Tub** — It is a specially designed tub which is used for the purpose of foot immersion bath, a treatment modality of naturopathy.

**2.68 Foot-Rest (Spinal Bath Tub & Hip Bath Tub)** — A portable platform placed beneath the feet of the patient.

**2.69 Gently-slanted slope/Cranial slope (Spinal Bath Tub)** — The length of the slanted surface (along the length of the spinal bath tub) having greater surface area.

**2.70 Gradient (Spinal Bath Tub and Hip Bath Tub)** — Slope (along length and breadth) of the stand towards the drain outlet.

**2.71 Handle (Spinal Bath Tub and Hip Bath Tub)** — The part of stand that supports the patient in getting in and out of the tub.

**2.72 Head Compress** — A wet fabric wrung out of water at room temperature that is placed on the healthseeker/individual's head; white in colour to ensure hygiene.

**2.73 Head-rest (Spinal Bath Tub and Hip Bath Tub)** — A cushioned extension at the head end on which the head of the patient may be rested during treatment.

**2.74 Healing Crisis** — A healing crisis is an acute reaction, resulting from the ascendancy of Nature's healing forces over disease conditions. Its tendency is towards recovery, and it is, therefore, in conformity with Nature's constructive principle.

**2.75 Health** — Absence of disease and disorder.

**2.76 Heliotherapy** — Therapeutic application of the sunlight to treat and prevent diseases as well as to promote overall well-being.

**2.77 Herbology** — The study of herbs and their medical properties.

**2.78 Hip Bath** — Hip bath is a water-based therapy where a person is made to sit in reclined posture in specially designed tub so that only the abdomen and hips are immersed in water at desired temperature. Hip bath is very useful in constipation, hyperacidity, digestive disorders, gynaecological ailments etc.

**2.79 Hip Bath Tub** — It is a tool which is used for the purpose of hip bath, a treatment modality of naturopathy.

**2.80 Holistic** — Characterized by the treatment of the whole person, taking into account mental and social factors, rather than just the symptoms of an illness.

**2.81 Homeostasis** — A self-regulating process by which a living organism can maintain internal stability while adjusting to changing external conditions in real-time.

**2.82 Hot Foot Immersion Bath** — A naturopathy treatment modality in which patient's feet are kept submerged in hot water filled into a Foot Immersion Tub for prescribed duration.

**2.83 Hydrotherapy** — Therapeutic application of water in any of its three states namely, ice, water and steam to treat as well as to prevent diseases and promote overall well-being.

**2.84 Hydrotherapy Section** — Designated space for hydrotherapy treatments.

**2.85 Hypnosis** — A state of focused attention, heightened suggestibility and deep relaxation induced in a patient's mind and/or body by a hypnotherapist.

**2.86 Hypnotherapy** — Therapeutic application of the art and science of hypnosis to treat as well as to prevent diseases and promote overall well-being.

**2.87 Illness** — That state in which there is no clarity of mind and/or ease of life.

**2.88 Inflammation** — Body's defensive process by which the immune system recognizes and removes harmful and foreign stimuli and begins the healing process.

**2.89 Iridology** — A diagnostic technique that employs the examination of the iris of the eye.

**2.90 Life** — The fundamental existential quality which originates and sustains living entities.

**2.91 Life-Form** — A living entity.

**2.92 Living** — An entity's ability to preserve itself amidst dynamics of 'the existence'.

**2.93 Lubricant (Enema)** — Safe and non-toxic oil/gel/jelly applied on disposable nozzle/catheter for easy and comfortable insertion into patient's anus.

**2.94 Magnetotherapy** — Therapeutic application of the magnetic energy to treat and prevent diseases as well as to promote overall well-being.

**2.95 Massage** — The therapeutic practice of manipulating the skin, muscles, tendons and ligaments to ease tension and reduce pain.

**2.96 Maximum Water Level Marking (Spinal Bath Tub & Hip Bath Tub)** — A visible marking on the inner side of the tub. Water level in spinal bath tub shall not be above this marking.

**2.97 Medicine** — The science and practice of caring for a patient, managing the diagnosis, prognosis, prevention, treatment, palliation of their injury or disease and promoting their health.

**2.98 Meditation** — That state in which an entity is not in association with body, ego, mind and conscience and is simply witnessing the interplay of body, mind, ego and conscience with absolute ease and absolute awareness. In this state, the entity realizes that the self is the existence.

**2.99 Meridian** — Connections between acupuncture points which are considered as passageways through which energy flows throughout the body.

**2.100 Mind** — That which experiences health, disease and disorder.

**2.101 Monodiet** — A therapeutic diet in which only one type of food item or food group is consumed for a prescribed duration.

**2.102 Morbid Matter** — Residual end-products resulting from various physiological processes of the body's systems.



**2.103 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.

**2.104 Mud therapy** — Therapeutic application of mud to treat as well as to prevent diseases and promote overall well-being.

**2.105 Nature cure** — Nature cure is a system of man-building in harmony with the constructive principles in Nature on the physical, mental and moral planes of being.

**2.106 Naturopathy** — A form of medicine that employs therapeutic qualities of soil, water, sunlight, air, space (emptiness) and foods, rest and exercise to treat as well as to prevent diseases and promote overall well-being.

**2.107 Naturopathy Clinic** — A healthcare facility where patients/healthseekers are given naturopathy treatments under out-patient department (OPD) that does not include provision of diet and accommodation.

**2.108 Naturopathy Hospital** — A healthcare facility where patients/healthseekers are given naturopathy treatments under in-patient department (IPD) that includes provision of diet and accommodation.

**2.109 Naturopathy Physician** — Physician trained in the field of naturopathy - referred to as 'physician/doctor'.

**2.110 Naturopathy Therapist** — Therapist trained in the field of naturopathy; assisting a naturopathy physician – referred to as 'therapist'.

**2.111 Orthopathy** — A system of medicine that treats and prevents disease through fasting, dieting and sustainable lifestyle measures.

**2.112 Osteopathy** — A form of medicine involving the treatment of medical disorders through the manipulation and massage of the skeleton and musculature.

**2.113 Phlegm** — A specific type of mucus that originates in the lungs and throat.

**2.114 Pool therapy** — Refers to treatments and exercises performed in water for relaxation, fitness, physical rehabilitation, and other therapeutic benefits.

**2.115 Popliteal Cushion** — Cushion placed underneath popliteal space such that there is no undue pressure on the popliteal space during treatment.

**2.116 Popliteal Space** — The space underneath the knee joints.

**2.117 Poultice** — A soft moist mass, usually heated, spread on cloth and applied to warm, moisten, or stimulate an aching or inflamed part of the body; especially useful for localized detoxification of infections, boils etc.

**2.118 Reclining Surface (Hip Bath Tub)** — The slanted surface (with larger surface area) on which the back and head rest.

**2.119 Reflexology** — A therapeutic technique that employs gentle pressure on specific points on feet and palms to treat and prevent diseases as well as to promote overall well-being.

**2.120 Rejuvenescence** — A renewal of youthfulness or vigor; rejuvenation.

**2.121 Thigh—Rest (Hip Bath Tub)** — The slanted surface having lesser surface area; opposite to reclining surface on which the thighs rest.

**2.122 Sanitarium/Sanatorium** — A hospital for recuperation or for the treatment of chronic diseases.

**2.123 Self** — That from which the vital force originates and into which it flows.

**2.124 Senescence** — Biological process that involves natural and gradual declination in physiological processes and functions of life forms with age.

**2.125 Soothing Diet** — A therapeutic diet that aids in comforting the alimentary tract.

**2.126 Spinal Bath Tub** — It is an equipment which is used for the purpose of spinal bath, a treatment modality of naturopathy.

**2.127 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.

**2.128 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.

**2.129 Tonic** — Giving a feeling of vigour or well-being.

**2.130 Toxaemia** — Accumulation of morbid matter and/or foreign matter in the body.

**2.131 Treatment Equipment** — Equipment used in treatment.

**2.132 Treatment Room** — Designated room with necessary facilities for treatment.

**2.133 Vital Force** — The force that propels life towards Vitality.

**2.134 Vitalism** — A philosophy of health and wellness based on the concept of 'vitality'.

**2.135 Vitality** — Permanent wellness.

**2.136 Well-being** — Subjective experience of wellness.

**2.137 Wellness** — State of health accompanied by clarity of mind and ease in life.

**2.138 Woolen Blanket** — Woolen blanket is used to cover the healthseeker/individual while undergoing the treatment to regulate evaporation and to control the temperature; white in colour to ensure hygiene.

**2.139 Workstation** — Designated area where treatment apparatus/gadgets/equipments are prepared, cleaned and stored before and after the treatment sessions

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