



## EDITORIAL

### NATUROPATHY: OLD APPROACH IN NEW MAKEUP

Naturopathy is a medical system that has evolved from a combination of traditional practices like Ayurveda, TCM, Unani and health care approaches. Basically all the Natural and Traditional system of medicines has equally contributed to Naturopathy. People visit naturopathic practitioners for primary care, overall well-being, and treatment of illnesses.

It is practiced by naturopathic physicians, traditional naturopaths, and other health care providers who also offer naturopathic services.

Naturopathic practitioners use many different treatment approaches. Examples include:

- Dietary and lifestyle changes
- Stress reduction
- Herbs and other dietary supplements
- Manipulative therapies
- Exercise therapy
- Psychotherapy.

Some practitioners use other methods as well or, if appropriate, may refer patients to conventional health care providers.

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