



Insights into Naturopathy: Natural lifestyle and raw food in human health

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Abstract

Raw food diets are one of several alternative eating plans that are becoming more and more appealing in western nations. The overall idea is to include a large number of raw foods in your diet; nevertheless, raw food eaters adhere to varying dietary guidelines. The subjects, who have been eating raw food for an average of 2.3 years, are made up of 230 male and 342 female individuals who are between the ages of 25 and 74. A thorough questionnaire and a food frequency questionnaire were utilized to gauge the individuals' eating habits and consumption in order to study their health behaviours. The study's raw food eaters were highly conscious of their health. The majority of them abstained from drinking, smoking, and regular exercise. Antinutrients and toxic substances in some raw foods should be correspondingly considered. Moreover, food safety is another point for concern in the consumption of raw food diets due to possible contamination by parasites, bacteria and soil-transmitted pathogens.

Keywords- raw food diets, raw food eaters, vegetarian, vegan

Introduction

The main objectives of raw food diets, together with treatments and preventative measures, are longevity and good health. Diets high in raw foods are an option. diet, the fundamental tenet of which is to reject cooked foods as they are denatured and useless. According to raw food eaters, food that is fresh, raw, and unprocessed is what nature intended for human consumption.

Effects of consuming raw foods

- Consuming raw or undercooked food may have certain consequences or effects on human health, whether or not such consequences are positive or harmful. There are benefits and drawbacks to eating raw foods, according to scientists. In general, certain individuals (Ak, 2014).
- These days, people favor a raw foods diet due to its possible health benefits. This is because individuals are more conscious of the need to safeguard their health and think



that eating raw food will benefit them. Vegetables, fruits, nuts, seeds, and sprouts are frequently included in the diets of those who favor raw foods. These foods are consumed uncooked or raw (Albayrak,2013).

- Past study indicates that raw foods include less additional components and are less processed. So, this is a fantastic Consuming raw or undercooked food may have certain consequences or effects on human health, whether or not such consequences are positive or harmful. There are benefits and drawbacks to eating raw foods, according to scientists.



Perception and Practices of Live Food

- The term of living food is used to express the fact that food are high in energy for life and have a noticeable effect on body. The idea that the nutrients required by the body for a healthy life can be met by different foods (substitution products) and similar tastes can be created and the relevant practices are adopted in the vegan diet as well as this lifestyle.
- So, the concept of live food in the raw food diet is not considered as the consumption of live animals, instead, this diet avoids the consumption of any live animals.
- Yet, the concept of live food also indicates different culinary cultures with eating and drinking habits including certain practices which serve animals alive or half alive, In the Eastern Asian culinary culture, “Live Food” refers to a cuisine where animals, which are alive and half alive with still active nerves, are served (Doğdubay, M. ve Giritlioğlu, 2011).

Naturopathy

Similar to Ayurveda, Allopathy, Homeopathy, Unani, Siddha, etc. this is also a medical procedure. The five elements of nature are used during the treatment process. No herbal pills, creams or packs are used in this treatment. This treatment helps in treating diseases without medicines. Water therapy, fasting therapy, Diet therapy, Yoga therapy, massage therapy, mud therapy, sunlight therapy, etc. are used during the course of the treatment.



Seven health requirements

These are the seven requirements for us to be healthy

1. Good Air
2. Sufficient water
3. Proper food
4. Sufficient exercise
5. Proper excretion
6. Sufficient rest
7. Fasting

Air: Air is the primary requirement for our body. It is a natural boon to life. The process of respiration happens without our involvement. All the animals in the forest are inhaling pure air but we are leading our lives by inhaling polluted air.

Water: Our second requirement is water. Air is provided to our body without our involvement but adequate water has to be provided to the body at proper time. 3/4th part of nature is water and 1/4th part is land, in the same way our body requires 68% water and 32% food.

Food: The food habits for all the living creatures on this earth have been determined according to the size and nature of their body. In spite of the animals following the rule of nature, man is not having food in proper way. One can survive without food for a few days, but not without air



and water. But still food is given a priority as compared to that of air and water. Mr Manthana Sathyanarayana Raju has provided us with healthy methods of preparing tasty food without the use of masala, oil, sugar, salt (MOSS) in a natural way.

Exercise: Except Man, all the other creatures cannot get their food without hard work. By hunting for food, the body gets sufficient exercise. But Man has 3 meals a day without any physical exercise, so he is suffering from different diseases. Mr. Manthana Satyanarayana Raju has designed different exercises required for our body at his ashram.

Excretion: The food we take is broken into small molecules and is converted into energy. It is processed through the blood to different parts of the body and the waste product is excreted out of the body. The solid waste(faeces), liquid waste(urine) and gaseous waste (carbon dioxide) is excreted out of the body. Except for man all other creatures excrete anywhere and at any time. Improper and unhealthy food habits lead to indigestion and then to constipation. To have free bowels one needs to concentrate on the food habits.

Rest: On having proper sleep, our bones and muscles get relaxed. Rest is not mere 7 to 8 hours of sleep; our digestive system also needs rest. By implementing healthy food habits, the digestive function can relax and function properly.

Fasting: In our body certain cells get destroyed every day and certain cells are produced every day. Our body keeps cleaning the waste during the night. Giving a day's rest to the daily food we take is fasting. If new cell production happens for around 12 hours per day on normal days, then on days of fasting, new cell production happens for 24 hours per day.

- ❖ People don't know the proper methods of fasting. Some people have tea coffee and some people have fruits during fasting. But fasting means having only water. Fasting means trying to build up your body with entire energy (Ross, 2016).

Conclusion

Nowadays, values and knowledge are common in many tourist-related fields. These have become commodities as a result of capitalism, along with limitless services. The consumption culture that underpins modern societies, greater people are adopting this perspective of consumption as a result of the creation of greater distinctions and customers' desire to seek out innovation for unique goods and services. Because people who are exposed to consumption in all contexts are incentivized to consume quickly without deliberation or judgment. Because of this, consumer culture has permeated tourism activities, and leisure time—which is meant to be significant—has taken on a commoditized and consumption-oriented aspect.

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