

# NATURE CURE

(THE REAL AND BASIC FORMULA OF HEALTH)

(KEY TO HEALTH CULTURE)

FOR THE ELEVATION OF HEALTH LEVEL

OF

THE PEOPLE AT LARGE



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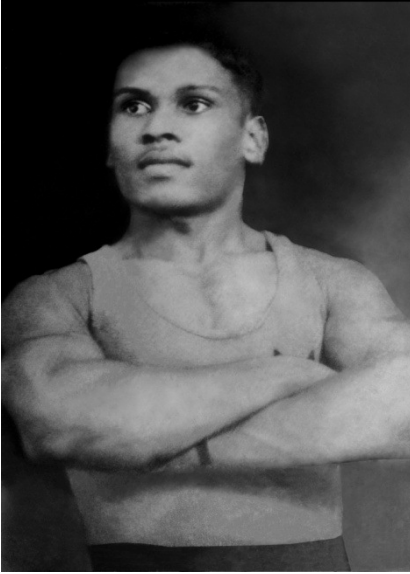
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## DEDICATION



**Age 18 years**



**Age 92 Years**

Birth Date : 27<sup>th</sup> Jan. 1917 , Death : 30<sup>th</sup> Aug. 2010

**Dedicated to the Memory of our Great Father  
Krida Maharshi  
Late Babulal Premraj Jhamwar.  
Jhamwar Family**

## Index

<b>SR. NO.</b>	<b>TITLE</b>	<b>PAGE NO.</b>
	<b>Publisher's Note</b>	<b>5</b>
<b>1</b>	<b>What Is Nature Cure</b>	<b>6</b>
<b>2</b>	<b>Fundamentals Of Nature Cure</b>	<b>8</b>
<b>3</b>	<b>Why Nature Cure Only ?</b>	<b>12</b>
<b>4</b>	<b>First Aid Of Nature Cure for Day To Day Health Problems</b>	<b>14</b>
<b>5</b>	<b>Nature Cure And Sports</b>	<b>17</b>
<b>6</b>	<b>Nature Cure For All</b>	<b>18</b>
<b>7</b>	<b>Nature Cure And Chronic And Life-Style Diseases</b>	<b>22</b>
<b>8</b>	<b>Nature Cure, Scope And Limitations</b>	<b>24</b>
<b>9</b>	<b>Nature Cure – Health Formulae</b>	<b>26</b>
<b>10</b>	<b>Nature Cure – Interpretation In Short</b>	<b>28</b>
<b>11</b>	<b>Readings, Study, Guidance – Centers Of Nature Cure And Facilities Inculcated There In</b>	<b>30</b>

## **Publisher's Note**

Four years have passed since we lost our Beloved, Respected Father eminent Health Culturist, Nature Cure Expert and Krida Maharshi Late Babulal Premraj Jhamwar alias Bhausahab. We, i.e. our family members, his sports student and near ones and dear ones, have never missed a single day without remembering the elements of his Multi-Static Personality. Maintenance and Elevation Of Health Level was his favorite subject. But, he used to insist more on Nature Cure. He developed it throughout his life. He grasped it's principles and added more knowledge to it through his practical experimentations and experiences, so much so that even though he and Dr. Ashok use to call themselves as the Disciples of Sarma School Of Nature Cure, many of his students call themselves as the Disciples of Jhamwar School Of Nature Cure. With the same sentiments and taking the advantage of his fourth anniversary, through this small booklet, we have decided to publish and distribute The Childhood Doses and Varied Knowledge received from him which is useful to all the factors in the society.

**Dr. Madhusudan Babulal Jhamwar.**

# 1. What is Nature Cure ?

Basically **Nature Cure** is a **Therapy** with the help of which we can take care of our own **HEALTH** without the help of Drugs and Doctors. It is a **Domestic Health Science**. The word '**Swasthya**' is derived from '**Swastha**' and the word '**Swastha**' is composed from the two words '**Swa**' and '**Stha**'. The meaning of '**Swa**' is '**Swataha**' (oneself) and the meaning of '**Stha**' is '**Sthiti**' (condition), i.e. '**the original physical condition of our body as created and intended by the Mother Nature at the time of our birth.**' So, **Mother Nature** expects from us that we should take care of our own body in such a manner that we will and we can maintain its original status up to date as intended by Her. Normally it is believed in **Nature Cure** that Mother Nature has decided the **Healthy Status** of our body permanently. Of course, it is also obvious that depending upon the circumstances this condition may vary a little here or there .

In Nature Cure there is no such concept as '**Disease**'. So, obviously there cannot be any concept like (conventional) treatments. Normally, what we routinely call as '**Disease**' means '**Aswasthya**' (Ill-Health). Ill-Health means a Temporary Unwanted, Unexpected Change in the body's **Original Natural Status**. The process of rectification of the causes responsible for this changed status is nothing but Nature Cure

A variety of processes are continuously going on in our body. Totally they are referred as Metabolism. Some **harmful bi-products** also are continuously getting created during these processes. They are called, referred by **Foreign Matter, Toxic Matter, Toxins, Filthy Matter , Filth etc.** As our body cannot assimilate them they go on hindering in the essential body processes. They are in gaseous, liquid or solid forms,

the three stages of matter. In order to excrete them out of the body and maintain her **Cleanliness, Purity and Sanity** Mother Nature has created, designed various '**Excretory Organs or systems**'. Whenever the level of these toxins in our body gets increased we experience the state of '**Disease**' or '**Ill-Health**'. During breathing while exhaling, the metabolic bi-products which are in gaseous form get eliminated through lungs as toxic gases . The metabolic bi-products which are in liquid state get eliminated through kidneys as urine and through skin in the form of sweat and the undigested solid waste gets eliminated through colon in the form of stools, fecal matter. So long as these excretory systems are working efficiently and are maintaining the balance of the creation and elimination of the toxins, the **Health Level** of our body is maintained and there is no any adverse effect on the **body and health**. **So, the Internal Cleanliness, Purity and Sanity itself is Swasthya or Health, which is due to the balance mentioned above.**

Whenever the amount of toxins in the body increases, the process of maintaining the toxin free status-co naturally takes care of cleaning process. To improve the efficiency of these systems by natural means and ways is nothing but, Nature Cure. To rectify the mistakes we have committed in our day to day life through **Proper Life Style Changes** is nothing but Nature Cure. And because the person concerned **Himself Only** can do this, the principle is called as '**Be Your Own Doctor**'.

## 2. Fundamentals Of Nature Cure

Mother Nature has created and designed our body with the help of Five Elements i.e. **Ether, Air, Sun, Water and Earth** and ultimately after death it gets dissolved in the same five elements. From birth till death Mother Nature carries out all the bodily functions with the help of these five elements only. So, they play a very vital role in the maintenance of our body throughout our life. Therefore, they are our **Food as well as Medicines**. Hence, it is our utmost duty to know and understand their real role not only in our life but, in Health as well as in Ill-health also, so that, we can manage our **Life-Style**, which the real **Key To Health**.

We should set up our Life-Style in the manner as per the Mother Nature's Laws from getting up from sleep early morning till retiring to bed at night, which is the real key of long and healthy living. Therefore, **Nature Cure is nothing but a Way of Healthy Living**. **Nature's Laws** which govern our bodily functions are only the **Guiding fundamental Principles** of our Life. As Mother Nature herself is creating us, she only can remove the obstacles in various bodily functions. Human being through his intense observation, studies and experiments has learnt and proved that all the factors working in Nature have a definite Scientific Basis. In fact Nature and Science are two sides of the same coin. The system which he has developed along these principles for utilizing throughout the life is none else but, Nature Cure.

The foremost element Ether (Space, Sky) is empty place which we can see but, has no material existence, neither gaseous or liquid nor solid. Any process in our life which we can experience but, cannot materially show can be accommodated in the principle Ether. e.g.



Fasting, Being in silence (Maun), Positive Attitude, Entertainment, Rest, Sleep, Meditation etc. etc.

We can never remain alive without Air. It is a process of Double Purification. When we inhale air, the oxygen gets dissolved in the blood and it becomes pure. In the second part of breathing when we exhale the metabolic bi-product – toxic gases dissolved in the blood stream, it again becomes pure. It is believed now that the cold weather of early morning contains oxygen in the form of Ozone – O<sub>3</sub>. So, when we undergo the exercise early morning, in the same efforts we inhale oxygen & exhale toxic air one and half times more than routine. Therefore, everyday we should go on doing whichever and as and when possible of the followings -well ventilated house, exercise, yogasanas, pranayam, etc. During these processes not only that the full lung capacity to inhale and exhale is utilized but, indirectly Heart, Diaphragm and all the organs located in the abdominal region which are mainly responsible to decide our Health condition also get the benefit of exercise. Apart from this while undergoing such procedures automatically Mind Concentration takes place and the relation of mind is with the Brain and Nervous System. Therefore, when we undertake the process of Exercise or Deep Breathing or Pranayam along with the lungs all the above explained organs get involved & the Health Promoting processes take place.

Next Vital Element among the five is Sun i.e. Sunlight. Sun is our direct & material Father and also the first and last source of Energy. In the morning and evening tender sun shine our body prepares Vitamin 'D' under the skin. Along with it the Blood Circulation gets promoted, skin exhales our the bodily toxins in the form of sweat and skin being porous it is believed to have a breathing property. It can be called as the third lung and third kidney also. This all results in promoting the process

of blood purification, which ultimately saves the vitality. We feel fresh and energetic. In our tradition Sun is accepted as GOD. We have learnt that our ancestors use to have Tapashcharya for 12 years to please the GOD and get rewards from HIM. Sun is the only GOD WHO gives Rewards (Prasad, Var) without Tapashcharya to all those who believe in God (Cultured, Punyawan), who do not believe in God (Uncultured, Papi), and even to those who do not believe in GOD (Nastik). The Prasad which He gives us through His thousands of hands i.e. Sun Rays is nothing but the Natural Food through Plants, the Natural Food for which our digestive system is designed (not the cooked one). According to the Philosophy and Science of Nature Cure we are supposed to take this Natural, Uncooked Food as such.

Water is a Universal Solvent. It does the important work of collecting all the accumulated toxins produced during metabolic processes and exhales them out of our body time to time completely and help body to maintain her cleanliness, purity and sanity. It maintains the fluidity of the blood stream and also, controls the volume and concentrations of the secretions of the various glands. As we know that temperature does affect the physical state of the organs, muscles, skin, blood vessels, nerves etc. in our body. Hot – Relaxation and Expansion, Cold – Contraction. In the Hydro-thermo-therapeutic procedures of Nature Cure this property of co-ordination of temperature and the systems in the body is taken advantage of very effectively for the excretion of accumulated toxic matter to maintain the cleanliness, purity and sanity of the body and promote the Health Level.

And the Food (Element – Earth of the Five) for which we struggle not only throughout our life but, for generations together has the place in the end, during this process of Health Maintenance and Health level

Elevation. As already explained during the Element Sun, it is the Prasad of GOD Sun, to be consumed as it is, unaltered.

From the overall discussion it should become very clear that if we agree that the body is composed from the most important, invaluable and Natural Five Elements then their role and priorities are from Ether to Earth and that too as per their volumes and of course not just as Food but, as Medicine also. The statement of Father Of Modern Medicine Hippocrates “Let thy Food be thy Medicine and Let thy Medicine be thy Food “ can be better understood in this connection.

Out five first three are ample & free of cost. The question arises whether we are ready to get it. Exercise is the most vital process of consuming these three most important and vital elements Ether, Air and Sun.

### 3. Why Nature Cure Only ?

We have seen till now that the most vital elements Ether, Air, Sun, Water and Earth are available in Nature in ample quantity, freely, and free of cost. The therapy in which the use of these elements is taken advantage of for the Health with open eyes can be called as the Supreme Of All the others. It is obvious that unlike the therapies in which conventional drugs and medicines are used, there is no risk of any side-effects or after effects, in Nature Cure. The concept of treatment also differs. Here treatment means behavior i.e. Life-Style. This is a behavioral science, the integral part of our life. The healthy habits which we are suppose to adopt to maintain the health, with a little difference here or there, are to be continued to regain health when it is lost and vice versa. As in both the bodily conditions we are supposed follow the same, it is a safe life-style which in conventional manner is called as Nature Cure. Being the safest way of healthy life it is the Supreme of all the therapies. So, it has a Firm Scientific Base, easy to adopt in day to day life, even a lay person can understand and adopt. Being less expensive compared to other therapies it is absolutely true that it is The Supreme Of All. The gadgets used for the purpose are earth (mud), water, cotton strips of various sizes, enema pot, the tubs available at affordable costs etc. Once purchased, all are permanent and the same for all the family members. Once you have them and get the understanding of the underlying fundamental principles of their working, **“You Are Your Own Doctor !”**.

According to the Philosophy and Science of Nature Cure, Life Force (Vital Force / Energy) and Resistance Power are not different, they are the same . Once we understand that accumulated toxins is the only

and one disease then, it becomes obvious that their elimination is the only way to cure it. When our vitality is doing the work of cleaning of the body on priority, which in common terms we call as disease, it cannot become available for other bodily functions because, she cannot carry out two vital functions at a time. Once the work of purification is over it readily becomes available for routine body functions. Also, germs, bacteria, fungus or viruses which we think as the cause of disease, in real sense are the obvious bi-products of the process of bi-degradation of the complex organic matters accumulated in the body which we call as toxic matter. They are produced from filthy matter, they live on filthy matter, they thrive on filthy matter. When we remove this filth from the body and purify it, either they will die for the want of their food or leave the body. It is really as simple as it is. The question is just to understand the working of Nature, have a little faith in Her, give a little scope to Her to follow Her own way, that's all. And this itself is called as Nature Cure.

## **4. First Aid Of Nature Cure for Day To Day Health Problems**

As the Laws Of Nature are Universal similarly, the methodology adopted on those principles is also integral. Nature Cure is a Drugless Therapy and in our day to day life normally its importance is for the Maintenance of the Health and in the Elevation of the Health Level. But, due to the no. of limitations of the Modern Life Style, if at all we get affected by some disease or the other, depending upon the situation we are supposed to follow the same methods to Re-gain the Health.

**Fasting** - It is the process through which we are supposed to give rest to the digestive system so that, the body energy which is otherwise engaged in the digestive activities becomes free and gets available for the internal cleaning work. Whenever such situation arises in the body, it suspends the demand of food, so hunger is lost. This is the first indication for us to know that we are sick, the feeling of illness. In our tradition we call it as Langhanam. Normally, the day to day health problems, which are in fact the Nature's Cleaning Processes and not the disease in the real sense get cured by total fasts of about 1-3 to 7 days. In Nature Cure they are referred as 'Small Fasts' Once we get the knowledge of their exact methodology, small fasts are very easy to carry out. But, remember even though they are easy to carry out it is difficult and important to know how to Break The Fast. If we violate the technique it may become dangerous. And that is why initially such fasts need to be carried out under the Expert's Supervision.

**Packs** - Depending upon the organ affected the cotton strips of different measurements are drenched in cold water, are applied over the part or it is wrapped in the strip.

**Mud Application** - The earth to be used should be black, sieved, free from any pollutants i.e. pure. Normally, earth beyond about 3' depth is supposed to be considerably pure. Soak it in water for about 24 hours to become a dove like butter. Apply it over the affected part of the body till it becomes absolutely dry. Gently wash it with water without irritating the skin. Still during the process of drying the skin may get a little irritated. Apply a little coconut oil so that it will have a soothing effect on the skin. We can cover this mud application by a cotton strip completely drenched in water. This prolongs the period of drying the pack and the person need not sit in one place he can move around and carry out his domestic activities.

**Mud Pack** – Sometimes we cannot apply mud directly to the affected part e.g. eyes, abdomen, back etc. Under such circumstances take an appropriate cotton cloth, totally drench in cold water apply a thick layer over it, cover it with remaining part of cloth and then put it on the affected part. If necessary we can tie it with another cloth so that it should not slip from the place and we can carry out our day to day activities.

**Baths** – The affected part of the body is dipped in water in the appropriate type of tub designed specially for that purpose. Mostly cold water is used for this treatment. But, depending upon the situation sometimes tepid or hot water also needs to be used. Sometimes alternate hot and cold applications or pouring of alternate hot and cold water over the affected part also helps considerably.

e.g. Hip Bath (Abdominal Bath or Sitz Bath), Friction Sitz Bath, Spinal Bath, Hot Foot Bath, Hand Bath, Foot Bath, Steam Bath etc.

**Enema** – It is true that the routinely known method of using the enema pot is habit forming. But, the alternative laxatives suggested are equally habit forming and in the long run hazardous. But Acharya K.

Lakshaman Sarma of Pudukkattai, Tamil Nadu, popularly known as Father Of Indian Nature Cure analyzed and found out the flaws in the habit forming methods and modified it in such a manner that it not only will not form the habit but, if the person has formed the habit of enema or any of the laxatives this method will revert it back to original tone of bowels and colons will start functioning normal. As the original method was habit forming therefore, Violent, he called this method as Non Violent way of enema. In this method first the person should make an attempt to evacuate the bowels without effort. Then as Nature has failed to do this process take the enema with pure, plain, cold, drinking water. Hang it at a very low height, take small quantity of water. Hold it for minimum 10 to maximum 20 minutes and then go to toilet. This not only evacuates the bowels but, as the bowels are located in the middle of the abdomen the organs located around the bowels get the benefit of the cold temperature faster than the above mentioned packs and baths. We can compare this treatment with our traditional experience that in the history of every disease of the patient some percentage of constipation must be there.



## **5.Nature Cure And Sports**

Our Father Krida Maharshi and Eminent Health Culturist Respected Late B. P. Jhamwar alias Bhausahab taught the Principles of Nature Cure to his sportsmen and his student sports teachers. During competitive games and sports there is always the risk of small or major injuries. On this background he always used to teach and guide them accurately the fundamental treatments in Nature Cure for First Aid purposes.

A no. of times he has practically proved on the play ground how Nature Cure methods are useful and can prevent and avoid the long term bad effects of sports injuries. He has always used the methods with easily available gadgets and on the spot without any drug or medicine. There are a no. of examples of effective relief from pain, fast healing, no traces of injuries in post healing period and joining the activity in considerably short time. Especially, we always see and hear a no. of examples of sportsmen who had to leave the activity permanently due the joint injuries. It is special and worth considering that none of his sportsmen had to face such a situation throughout their carrier.

His Nature Cure methodology was based on Scientific Principles, Absolute Belief and Experimentally Proved. Perhaps he must be the only Sports Coach in our country to use Nature Cure methods effectively for injuries and to improve the sports efficiency of his sports students in a variety of sports events..

## **6. Nature Cure For All**

The Philosophy and Science of Nature Cure strongly believes that for the unhealthy condition of our body, directly or indirectly the suffering person himself is responsible. As Health is a particular condition and the inner feeling of our body, similarly it is obvious that ill-Health also is a particular condition and the inner feeling of our body. That is why during the treatment through Nature Cure for most of the health problems the main treatment appears to be the same. Accumulation of toxins beyond a particular limit in the body due to wrong eating and living habits and faulty elimination is the only cause of every health problem. Germs are produced during the process of biodegradation of these filthy matters. So, in turn again the quantity of filthy matter goes on increasing. In the routine course body is active in their elimination. But, the excretory system find it difficult to cope up with this increased amount of filth, especially it is very true in case of fecal matter of intestines and that is why through generations it is our experience that in the history of every disease we find some percentage of Constipation.

As the digestive system is the same, i.e. its length, the digestive organs, the digestive secretions and period of digestion is same, it should evacuate as many times as we take the food. But, it is our daily experience that it is not so. It is then very clear that irrespective of the person young or old, male or female, logically wrong type of food, prepared by wrong methods, taken at wrong times and wrong method of eating can be the only cause. Normally, constipation is always accompanied by either or more of cold, cough, body temperature, head ache, indigestion, acidity, vomiting, diarrhea, gases etc. etc. Apart from

these other digestive disorders, problems of respiratory system and apart from this any other problems which we refer as acute diseases. In case of females the problems of reproductive system also may arise. Even though the problems are different the underlying causes are the same with all i.e. the irregularity and lowering of the efficiency of excretory systems.

**Constipation** - The proportion of the food containing roughage should be more than normal. Whenever and where ever possible the vegetables, green leafy vegetables, germinated grains, fruits etc. should be thoroughly washed and then consumed in their raw natural state, and that too along with their skin, seeds, stems etc. Rice should be hand pounded, wheat flour should not be sieved. In fact we have been taught all these things in our school education very clearly. But, because of the wrong notions of civilization and manners, we have forgotten them. Brush the memory, try to remember these childhood Health Rules and try to implement them in our day to day living habits. Timely intake of food, we should always be happy while taking meal, every morsel of food should be masticated at least 32 times (Flaturism) due to which hunger gets satisfied in less amount of food, digestion, absorption, assimilation and excretion of post digestive waste becomes easy, proper and complete. Whenever possible Shatapawali (a 100 feet walk after meal), Wamkukshi (to lie down on the left side for about 15 to 20 minutes after Shatapawali helps and promotes digestion. Daily exercise, which will cover all the joints and muscle, is a must. Whatever may be the exercise it should end with abdominal exercises. All the organs which decide the state of our Health are located in the abdominal region. When we end the exercises with the abdominal exercises the strength and health level of all the abdominal organs is maintained up to the mark due to which digestion, absorption,

assimilation and excretion of post digestive waste becomes easy, proper and complete. All these should be accompanied by positive attitude, meditation, the reading and introspection of spiritual literature also helps a lot. Also, it should accompany by abdominal bath, post meal abdominal wet pack and then if we find it necessary ENEMA (Non – Violent method of Enema).

**Indigestion, Acidity And Gases** - All the above discussion which explains the causes of constipation along with irregularities in eating, drinking and sleeping are the causes of these problems. Eat only if hungry. Try to interpret the difference between Hunger and Appetite (False hunger). Eat only when Hungry or else, normally, one day absolute fast along with Non – Violent Enema, Abdominal Wet Pack after meal, if required and possible Abdominal Bath are mostly sufficient to recover. In exceptional cases it may take 2 or 3 days. But, these remedies are quite sufficient.

**Diarrhea And Loose Motions** – In their history constipation in lesser or more percent is bound to be there. All the treatment explained just now along with Enema (must). Of course it should accompany by absolute fast till the problem stops completely.

**Cold, Cough And Temperature** – The original reasons are the same i.e. wrong living habits (Life Style) which necessarily affect the efficiency of excretory functions. The effects of changing atmosphere on the body, the reaction of various organs to them as per Newton’s Third Law Of Action And Reaction and advantage of this situation taken by the body to through of the pre-accumulated toxins in the body, is the reason of these problems according to the interpretation in Nature Cure. As per the situation and intensity of the problem Short Fast (3 to 7 days), Enema - daily twice and all other treatments which we are supposed to carry out during a fast. The steam inhalation of cabbage leaves in boiling

water is very much helpful in cold and cough. As per requirement cold packs on all those parts which we feel warm and hot, till the temperature becomes normal (abdomen, throat, head, sinus region etc.). Pranayam, deep breathing, hot foot bath to sweat out, Sun Bath in morning's tender sun shine also helps a lot. And every hour or two Cold Water Gargling.

**Gynecological Problems** – All the reasons and the treatments are the same as mentioned in previous problems. Fasting, Abdominal Bath, Abdominal Wet Packs, Enema etc. at any cost there is no alternative to Absolute Rest during the treatment. Under the guidance of expert conversion of Non Violent Enema to Vaginal Douche will help a lot.

**Other Problems** - For Head ache due to atmospheric changes in temperature and due to sleeping late at night or shift duty or sleeplessness (Insomnia), apply cold water pack around the head covering fore head along with eyes and nasal area while retiring to bed. Cold water Jalaneti (we can call it as Nasal Enema) has a tremendous cooling benefit and you get a good and deep sleep. In summer when Sun is hot, while going out cover the head with a white Turkish Cap drenched in cold water , head will remain cool and head ache due to heat will not arise. For any other injury immediately apply a cold pack of very cold water (not chilled one), if possible mud pack and if necessary alternate hot and cold fomentation helps quite a lot. For any type of wound , wash it thoroughly with cold water apply cold pack over it. Even for any type of burn of any intensity either dip it in cold water or apply cold pack as per necessity of the situation till the burning sensation reduces to normal .

## **7. Nature Cure And Chronic And Life-Style Diseases** **(e.g. Diabetes, Blood Pressure, Heart Trouble, Asthma, Arthritis, etc. etc.)**

If we do not treat the day to day health problems through Nature Cure, the toxins accumulated in the body go on accumulating and get deep rooted in the body for quite a long period of time. The condition of the body aroused because of this is nothing but, Chronic Disease according to the Philosophy and Science of Nature Cure .

The tolerance to this condition varies on a no. of factors like the Heredity, Age, Life Style (Profession, Economic Condition), etc which also vary from person to person and they are influenced by circumstantial limitations also. But, it does not mean that we should interpret it in a manner that Nature has neglected this fact in the designing and working of our body and therefore Nature Cure is not necessary or not competent to deal with such chronic problems. If one feels so, then it is like holding Nature responsible for Our Mistakes (unhealthy habits) in the day to day life. Even for a person with good health and strong and fit body Nature Cure is inevitable.

It is of prime importance to know and understand that whenever we forget these fundamental principles of healthy living and we neglect the process and concept of internal cleanliness, purity and sanity, to clear of the deep rooted accumulated toxins body will obviously require quite a long period of time. But, it is the experience of many that even if we try a little to spare some time from the busy schedule of our professional life, living conditions and other circumstantial limitations to follow the health rules to maintain and elevate the health level, it is the

fact that we start experiencing that the health level has started increasing.

There is no concept like 'Excuse' to the Nature's Laws. Every mistake has a punishment. So, suffering from some health problem is the punishment. Day to day problems are the punishment of small mistakes and the chronic disease is the punishment for Repeated day to day Mistakes. And that is why the treatments required to be carried out for day to day problems are to be undertaken continuously for a longer period of time.

In Nature Cure there is a definite treatment for every disease. But, that does not mean that every sufferer will get completely cured.

**(Prakritik chikitsame har rogka ilaj hai, har rogika nahi.)**

## **8. Nature Cure, Scope And Limitations**

The life span of every person is different, it varies from person to person and it is decided one. It is not important that how many years one lives or how long is one's life span but, the type and quality of life which we live or we are going to live is more important also. How Happy and Healthy we have lived or we are going to live is more important. The quality of life one lives is more important and this can be achieved only by the person himself. Man is mortal. No therapy can assure Immortality. Only we can decide and throughout the life only we can try to achieve it as to what should be our physical status at the time of death . Almost each and every person will agree that his wish is that he should get a calm and healthy death while living a healthful life. Then the way of healthy living as guided in Nature Cure is the only answer to it. Try to understand and follow the principles and guidelines given there in to live a healthy life. And it is at the wish of the person himself. We have full liberty.

It is the experience and observation of many of the followers of Nature Cure and we Jhamwars also have closely seen and experienced that one can live considerable Healthy Life and even the bearable last days of life.

During the treatments of the drug therapies everything is done with the fear of death and therefore, THE TREATMENTS ARE ALSO CARRIED OUT UNDER THE INTENSE FEAR OF DEATH. But, during the treatment under Nature Cure it is taught and understood that Death is inevitable for which we should take care of our body throughout the life in such a manner that the death should become calm and pleasant. The well known Marathi Saint Tukaram Maharaj has rightly said " I have



insisted throughout the life (and behaved in such a manner) that the last day (of my life) should be sweet.” **(Yachsathi kela hota attahas, shevatacha dis god vhava)**. If we understand this and try to follow it, there is an assurance of Healthy Death.

The same is expressed in different words in a Bhajan by Shri. Anup Jalotaji,

**At the time of death When the Soul is about to leave the body, it should not suffer of any disease and I should not get the sight of Yam, The God of Death. (Jab kanth pran aaye, Koi rog na sataye, Yam darsh na dikhaye, Jab pran tanase nikale).**

My Father Respected Late Bhausahab always believed in and use to quote and followed it throughout his life a quotation of some saint

**“ Whatever you know go on telling (Teaching) it to people to make them all Wise.” (Je je aapanasi thave, Tete sakalansi sangave, Shahane karuni sadave, Sakal jana).**

And lastly I wish to take your permission to take a pause with the popular TRADITIONAL Sanskrit Prayer “Sarvepi Sukhina Santu...”

**LET ALL GET THE HAPPINESS,  
AS WELL AS THE TREASURE OF HEALTH,  
LET IT BE GOOD TO ALL,  
LET THERE BE NO SORROW,  
OM ! EVERY WHERE THERE BE SILENCE !**

## **9. Nature Cure – Health Formulae**

- (1) Where ever there is Nature Cure, there is Health.
- (2) Knowledge of Nature Cure teaches you to become your own Doctor.
- (3) Health is not Far for a person whose Bowels are Clean Enough.
- (4) There are many controversies about Medicines / Drugs, so better take the help of Mother Nature.
- (5) If you eat more you will eat less and if you eat less you will eat more.
- (6) Don't worry about Fasting, it will Clean Up the Disease.
- (7) Our body is invaluable, so have your food / diet thoughtfully.
- (8) Nature Cure is quite cheap, it will definitely keep up our well-being right and surely end the disease condition.
- (9) Prabhate Mala Darshanam – Thus spake Acharya Vinobaji Bhawe. (Every morning we must observe evacuation process- when and how).
- (10) Aushadham Janhavi Toyam, Vaidyo Narayano Harihi. (The Holy Waters of Mother Ganga are Medicine and God is Vaidya i.e Doctor)
- (11) Langhanam Parmaushadham. (Fasting Is The Supreme Medicine).
- (12) Earth, Water, Sun, Air and Sky, All the diseases are the same.
- (13) Earth, Water, Sun, Air, all are the medicines for all the diseases.
- (14) Warm Feet, Cool Head and Soft Abdomen is the sign of Good Health i.e. chances of acquiring a disease are reduced and obviously will delay the arrival of Death.

- (15) The behavior of mind depends upon the pattern of food we take and behavior of body as well.
- (16) Decide firmly to follow Nature Cure to Pull Out the Diseases from their Root.
- (17) HEALTH IS MY BIRTH RIGHT AND I WILL HAVE IT !

## **10 Nature Cure – Interpretation In Short**

- (1) Nature Cure is nothing but, Health Elevating Life Style full of Healthy Habits.
- (2) To maintain the internal Cleanliness, Purity and Sanity of the Body is nothing but, Nature Cure.
- (3) Health is nothing but, the ultimate truth of the body's status and the obstructions in the efficiency of Excretory systems is nothing but, disease.
- (4) Be Your Own Doctor and Nature Cure is the only way towards it.
- (5) Our Inner Voice, which is always referred as Body's Language is the Prime Guiding Principle according to the Philosophy and Science of Nature Cure.
- (6) Commonly what we call as Disease is nothing but the accumulated metabolic toxins as per the Philosophy and Science of Nature Cure.
- (7) Mother Nature has composed our body from the Five Most vital Natural Elements i.e. Earth, Water, Sun, Air and Sky. Uncooked Natural Food represents the combination of them. Therefore, in real sense they themselves are our Real Food as well as True Medicines.
- (8) Wrong eating and living habits is the real cause of every disease.
- (9) The hindrance in the process of digestive tract is the prime cause and location of the formation of disease.
- (10) The menstruation process the Fifth Eliminative Organ in case of Females.
- (11) The variation in the Normal Body Temperature is the Sign of Ill-Health in the body.

- (12) It is very very important to know, analyze and understand the body's internal processes as per the Law Of Cause And Effect according to Philosophy and Science of Nature Cure.
- (13) Fasting, Hydrotherapy, excretion of accumulated toxins and Dietetic Righteousness are of Prime Importance in Nature Cure.
- (14) To maintain the efficiency and speed of eliminative processes in the body in proper proportion and balance itself means Nature Cure.
- (15) In Nature Cure to Conserve the Vitality of our body and to direct her for proper eliminative processes is of Prime Importance.
- (16) While passing through these processes we do get the knowledge and understanding of the limitations of our own personality as well as her positive points also, which in the long run help us to take care of the body and Maintain Her Health Level .

## **11. Readings, Study, Guidance – Centers Of Nature Cure And Facilities Inculcated There In**

- (1) Kelkar's Health Solutions, Pune. Dr. Anand Kelkar, Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Ph. No. 020 – 24475877, Mob. No. 9423861427. Dr. Ashok Jhamwar, Chief Adviser of the Educational Schemes of K.H.S.
- (2) Kelkar's Health Solutions, Ahmednagar. Dr. Anand Kelkar, Mrs. Deepika Bharde, Consultation, O.P.D., Course, Ph. No. 0241 – 2341040, Mob. No. 9422727570. Dr. Ashok Jhamwar, Chief Adviser of the Educational Schemes of K.H.S.
- (3) Kelkar's Health Solutions, Nashik. Dr. Anand Kelkar, Shri. Mayuresh Joshi. Consultation, O.P.D., Course, Mob. No. 9890047729, 9850983879. Dr. Ashok Jhamwar, Chief Adviser of the Educational Schemes of K.H.S.
- (4) Patashibai Ratanlal Lunkad Nisargopachar Ashram, Bhosari, Pimpri-Chinchwad, Pune. Dr. Jitendra Arya, Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Ph. No. 020 – 27232770, Mob. No. 9822064104.
- (5) Nisargopachar Ashram, Uruli Kanchan, Pune. Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Ph. No. 020 – 26926230, 26926298.
- (6) National Institute Of Naturopathy, Tadiwala Rd., (Under Central Govt.'s, Health Ministry's , AYUSH Dept. Pune, Consultation, O.P.D., I.P.D. (For HIV Positive Patients at Panchgani), Library, Course, Publication, Sale Counter, Naturopathic type of Canteen, Ph. No. 020 – 26059682/85.

- (7) Green Hill, Shirwal, Pune-Satara Rd.. Dr. Vinaya Punde, Consultation, O.P.D., I.P.D., Library, Course, Ph. No. 020 – 25462649, Mob. No. 9987078966.
- (8) Bharati Vidyapeeth, Pune. Dr. Kirti Shinde, Consultation, O.P.D., I.P.D., Course under Ayurved Faculty, Mob. No. 9423010166.
- (9) Dr. Jayaswal Nisargopachar Ashram, Gandhi Bhavan Campus, Kothrud, Pune. Dr. Govind Jayaswal, Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Mob. No. 9423582001.
- (10) Vinoba Dhyana Yoga Nisargopachar Ashram, Pargaon, Saswad, Pune. Consultation, O.P.D., I.P.D., Library, Course, Publication, Mob. No. 9881177599.
- (11) Tilak Maharashtra Vidyapeeth, Pune. Course, , Ph. No. 020 – 24403000, Enquiry - Distance Education Dept., Nature Cure.
- (12) Om Sai Nandanwan Dhyana Yoga Nisargopachar Ashram, Dr. Chhaya Jayaswal, Donje, Tal. Haveli, Dist. Pune. Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Ph. No. 020 24388585, Mob. No. 9922917117, 9371070888, 9422317531.
- (13) Nisargopachar Ashram at Baba Maharaj Satarkar's Dudhiware, Sukhayu nisargopachar, Yoga Sanshodhan Kendra, Dr. Kumud Joshi. Consultation, O.P.D., I.P.D., Library, Course, Publication, Mob. No. 9821757039.
- (14) Kaiwalyadham, Lonavla, Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Ph. No. 02114 273001, 273039, Extension 12, Nature Cure.
- (15) Snehalata Nisargopachar Ashram, Shantivan, Nere, Panvel. Dr. Sudhakar Kharade, Consultation, O.P.D., I.P.D., Library, Course, Ph. No. 02143 – 238305.

- (16) Kalpataru Nisargopachar Niketan, Nisargopachar Prashikshan Sanstha, Kalyan, Dr. Kumud Bedarkar, Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Mob. No. 9821332703.
- (17) Bharatiya Yoga Vidya Dham, Nashik, Shri. Vishwas Mandalik, Consultation, O.P.D., I.P.D., Library, Course, Publication, Mob. No. 9420484001.
- (18) Dr. Subhash Bhandari, Nashik. Consultation, Course, Mob. No. 9823122894.
- (19) Nisargopachar Kendra, Old Malegaon Naka, Dhule, Dr. Ravindranath Varma, Dr. Mrs. Anju Varma, Consultation, O.P.D., I.P.D., Ph. No. 02562 235759. Mob. No. 9823382778.
- (20) Akhil Bharatiya Mahatma Gandhi Nisargopachar Vidyapeeth, Nanded, Dr. Sunil and Dr. Mrs. Anuradha Kulkarni, Consultation, O.P.D., Library, Course, Publication, Sale Counter, Ph. No. 02462 252659, Mob. No. 8888840953, 8888851999.
- (21) Yogi Vivekananda Nisargopachar Shikshan and Sanshodhan Kendra, Nhaismal, Dr. Prabhakar Tarte, Plot No. 40, Pannalal Nagar, Aurangabad, Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Ph. No. 0240 2320004, Mob. No. 9890907756.
- (22) Kamala Arogya Mandir, Yawatmal, Dr. Kiran Agrawal, Dr. Kalpana Agrawal, Consultation, O.P.D., I.P.D., Library, Course, Publication, Sale Counter, Ph. No. 07232 –244240, Mob. No. 9422922431, 9403719178.
- (23) Hanuman Vyayam Pracharak Mandal, Amravati, Consultation, O.P.D., I.P.D., Library, Course, Ph. No. 0721 – 2572670, Mob. No. 9028127934.



## Homage Jhamwar Sir !

Yesterday Jhamwar Sir left us,

Did he really left us ?

No! His physical body stopped working.

Suddenly for all of us his existence not only with his Home but also with his physical body became Universal.

And then we realized,

Where ever there are Air, Water, Sun and Earth ,  
Sir is present there in the form of Nature Cure.

Where ever there are Sportsmen and Sports,  
Sir is present there.

Where ever there are Best Students and The Teachers  
teaching them By Heart,  
Sir is present there.

Where ever there is Progress and the Permanent Dream to  
Progress by Heart,  
Sir is present there.

And Yes ! Where ever there is Decline and The Search for the  
reasons of that Decline,  
There also Sir is Present.

Any New ? What sort of Experiments you have undergone ?  
What was its Result ?

**These are not just the enquiries or Questions.**

**They are Jhamwar Sir ! Themselves.**

**Yesterday, on 30<sup>th</sup> August Sir dissolved himself in The Mother Nature, whom he Loved and dreamt of Uniting and Taking Refuge in Her.**

**For him it must have been the Greatest Joy, a day of Happiness.**

**And for us ? He is with us around us !**

**What Sir was able to do ?**

**He was able to make an ailing person Healthy,**

**A Healthy person a Sportsman,**

**A Sportsman a Winner,**

**And a Winner a Record Holder.**

**How and What was he ?**

**His body was Weight Lifting,**

**His Breath was Athletics**

**And his SOUL, LIFE was NATURE CURE !**

**Milind, Anand and**

**Kelkar Family, Pune.**

## **About The Author**



**Dr. Ashok Babulal Jhamwar**

**B. Sc. (Hons.), D. N. T. & Y. (Pune), N. D. (Kolkatta),  
Expert In Health Culture And Nature Cure**

- (1) Retired from Hindustan Antibiotics Ltd. Pimpri, as Assistant Scientific Officer from Quality Control Dept. after 36 years of service.**
- (2) Received the “ Gunavant Kamagar Kalyan Puraskar “ of Govt. Of Maharashtra’s Kamgar Kalyan Ministry in 1984.**
- (3) Inherited the Nature Cure Culture from Father Krida Maharshi and renowned Health Culturist and Nature Cure Expert Late Dr. Babulal Premraj Jhamwar.**
- (4) In the field of Naturopathy known as a Naturopath having the base of Modern Knowledge with Actual Experimentation and its Practicability for a common person.**
- (5) For 25 years propagated the concept of Health Culture through lectures and publishing articles**

**Nature Cure, initially as a member and last 15 years as the Secretary of Nisargopachar Premi Mandal, Pune.**

- (6) In Pune and Maharashtra popular as a outstanding personality in Nature Cure Movement. Published more than 150 articles within more than 35 years. Known for his different method of approach and presentation than the traditional way.**
- (7) The Honorary Faculty of National Institute Of Naturopathy, Pune, (Under Central Govt.'s, Health Ministry's , AYUSH Dept.i).**
- (8) Chief Adviser of the Educational Schemes of Kelkar's Health Solutions, Pune.**
- (9) Attached to the Scout Movement since childhood for last more than 55 years through Shri Shivaji Kul, Pune.**