

Germ Theory – Nature Cure Point of View

We all know very well that germs, bacteria, fungus, virus – whatever they are, are produced from filthy matter, they live on filthy matter, and they thrive on filthy matter. Hence, since the development of early civilizations elders, teachers, gurus, scientists world over have been teaching their juniors to be clean, to remain clean and to maintain cleanliness. If we could succeed in doing this, many of our Health Problems will not arise at all. The concept of Sanitation has developed through this very idea, even when the Celebrated Germ Theory was not discovered. Due to some misconceptions, misinterpretations it is believed and accepted that even though you, your body is clean internally these unicellular tiny creatures can threaten your life. This is a half truth. Though we are externally very clean but, if internally our body is unclean we are bound suffer from some disease or the other depending upon our heredity, constitution, living habits, history of our previous illnesses and the side effects and after effects of the drugs used during those illnesses. So, along with the external sanitation the Internal Sanitation is equally important. The byproducts of our metabolism are usually referred as toxic matter, filthy matter, or foreign matter. If remained / retained in the body they create hindrance in the normal and smooth functioning of the body functions. For this reason and purpose itself Mother Nature has designed the excretory systems which mainly covers Large Intestine (colon), Skin, Lungs and Kidneys. With the help of these organs body energy is constantly eliminating the toxins from the body and thus tries to maintain the internal purity and sanity of the body which in colloquial language we call as Health. If due to some reason or the other the efficiency of these excretory organs is lowered partly or totally, these toxins remain inside the body and start creating hindrance in its functions. Normally the reason for this lowered efficiency are wrong eating and living habits accompanied with external attacks on our body and mind also. Technically these toxins are complex organic matters or complex organic chemicals which are biodegradable in their nature. After certain period of time their obvious disintegration or decompositions starts automatically. The products of this decay process are the simple chemical fragments from which these complex organic matters are composed. These products are simple in their chemical structure but, more toxic in their nature. As these products are simple in their chemical structure they are readily absorbed in the blood stream and obviously the toxic load of the body increases. At this juncture the excretory organs cannot cope up with the balance of creation of toxins and their elimination. When the amount of these toxins crosses the tolerance limit of the body, it starts adopting some extra processes of elimination on the background of various factors explained above,

which appear in the form of some symptoms which have been referred by various names under the category called Acute Diseases. The Germs, Bacteria, Viruses or Fungus are the Obvious Bi-products Of The Process Of Bio Degradation. They are the Effect Of Disease (Accumulated Toxins) and Not The Cause Of Disease. Obviously, the solution is just not to kill the germs / virus but, Total Cleaning Of The Systems is The Only and Real Solution, which is referred as Internal Sanitation in the Philosophy and Science of Nature Cure. Late Acharya K. Lakshaman Sarma , The Father Of Indian Nature Cure, has once expressed it in the clear words that ‘ However may be the External Insanitation if we could maintain the Internal Sanitation No Germ / Bacteria / Fungus / virus can Harm Us !’

My professional career of 36 yrs. was in a renowned pharmaceutical factory, manufacturer of antibiotics i.e. having microbiology as its base. I started as a technician and in the final 12 yrs. worked in the capacity of a scientist. During this period I had an opportunity to talk, discuss and compare the Nature Cure concept of germ theory with the celebrated germ theory with freshly passed out master graduates of science with microbiology as their main subject as well as with the renowned scholars and scientists of this subject. I found that there is much confusion and misconception about the exact nature and role of viruses. Some say they are living and some say they are nonliving. Some say they are living outside and when they enter our body they become dead and so we suffer from some disease. Some say they are nonliving outside our body and when they enter our body they become active, so we suffer from some disease. A renowned Medical Practitioner once said to me that viruses never die in spite of boiling of water. The technical specification of well known scientific procedure of sterilization is heating the material under positive steam pressure at $121^{\circ}\text{C.} \pm 1^{\circ}\text{C.}$ for 30 to 45 minutes. These two things clearly indicate that germs or viruses cannot be killed at 100°C. by the boiling of water. Even if we kill them with the concept of sterilization, being Unicellular Animals we have to reconsider the concept with a new out look that whether living animals are dangerous to our life or their dead bodies which start decaying and produce poisonous toxins out of the process of decay.

After the creation of our Earth the animal creation was started from the creation of these unicellular animals and then according to the principal of evolution as discovered by Darwin, depending upon the ecological situation they went on getting synthesized to form 84 lacks of animal species (which is believed in our tradition). Recently some scientists have expressed that 2012 A.D. or 2060 A.D. are the years of Doom. Let us assume that this may prove to be true. But, even after the Doom’s Day there is every possibility that these microscopic tiny creatures will remain in the air and water and They Will Be The Parents Of The Future animal Kingdom. They were there, they are there and they will be there. They are so tiny that billions of them scarcely cover the head of a pin. They are

always around and within us. When we experience their existence, it is the indication that our bodies are encumbered with toxic materials. In stead of cleaning the body from inside we kill the poor watchmen, security men of our body. They are our friends and not enemies.

The History of Germ Theory which the naturopaths world over know and believe is different from the allopathically accepted one. Dr. Be'Champ was the Real and First Scientist who found out those tiny microscopic germs. He realized that these tiny creature play some vital role in our body functioning, in health and in disease also. But, he could not exactly interpret the exact activity played by them. Pasture was his assistant who hastily interpreted that these germs are the real cause of the disease creation process and they must be killed in order to save human beings from the disease. By the time Dr. Be'Champ come to a definite conclusion of their real modus operendi Pasture's concept was already accepted by the science and scientists and already started working on in that direction. Where as Dr. Be'Champ's interpretation was that – The microzyma in the cell are responsible for cell division but, the cell division takes place if and only if the cell is Healthy i.e. if it doesn't contain any un-eliminated filthy matter. If it does contain any filthy matter the same microzyma is converted in to a germ or parasite which starts the cleaning work. So, it is obvious that presence or creation of germs is a warning to the person concerned that his body is encumbered with disease matter and he should change his un-healthy living habits, adopt cleaning , eliminative processes and try to regain purity and sanity of his body i.e. Health.

In such a situation we should immediately adopt the cleansing processes. If you are the follower of Ayurveda, go for Punch Karma. If you are the follower of Yoga, go for Shat Karma or Shat Kriyas or if you are the believer of Nature Cure go for all the Panch Mahabhutatmak body cleansing treatments. Clean the body internally and the germs will go as they have come or in the course of time will die for the want of food which is bodily bio-degradable matter which we have removed.

If we adopt this changed Life Style forever then chances of appearing various types of epidemics will be reduced to Nil practically.

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