

Definition Of Basic Nature cure

(By Father Of Indian Nature Cure Late Acharya K. Lakshman Sarma)

BASIC NATURE - CURE or NATURAL HYGIENE is that branch of SCIENCE OF LIFE NATURAL which deals with the CARE OF THE ORGANISM IN A STATE OF HEALTH or IN THE STATE OF DIS-EASE or DISEASE. It recognises that there is a LAW OF HEALTH which is also the LAW OF CURE and that by OBEDIENCE OF THIS LAW, HEALTH AND HEALING ARE BOTH OBTAINED. It includes all HYGIENIC MEASURES such as proper dieting, fasting, rest and relaxation, exercise (active, corrective and recreational), pranayam, sun bathing and hydrotherapy, which form part of the FIVE FOLD FOOD MEDICINE. There is no place in this Science for drugs of any kind or for electrical, mechanical or other applications or so called AIDS. WHICH ULTIMATELY IMPAIR OR ENDANGER HEALTH. NON-VIOLENCE TO THE HUMAN ORGANISM is accepted as the BASIC PRINCIPLE governing the applications of all Nature Cure measures advocated herein