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 Editor: Dr. P. VENKATRAMAYYA, N. D., D. M.

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THE EDITOR SPEAKS

Foreign Medical Experts in India

These are the times when we hear both from the Press and the Platform the cries of Post-war Reconstruction in every field of Public affairs. Experts in different fields have been invited by the Government of India to prepare schemes for the Post-war Reconstruction of India.

Foreign Medical Experts Committee has arrived in India, which consists of six members, three from the United Kingdom, two from the United States of America, and one from Australia.

Elsewhere a report of the address given by Prof. Sigerist, a member of the Foreign Experts Medical Mission, delivered in the Medical College, Madras, under the auspices of the Madras University, on November, 21st is published.

Dr. Jivaraj Mehta's address delivered on the 11th November to the Association of Physicians in India is also published in this issue.

By a close study of the two speeches, one is led to the conclusion that the present medicine has been very costly and that it is out of reach to ordinary people. The two speakers pointed out the urgent need for finding out cheaper methods of treatment so that it may be brought within easy reach of patients with ordinary starts in life.

As we have been pointing out time in and time out, through the columns of this

magazine Dr. Jivaraj Mehta definitely and in unequivocal terms condemns the craze for injections and the costly patent specifics. Both the doctors are unanimous on the opinion that people should be educated in the rules of Health & Hygiene through their mother-tongue. They emphasised that the future doctor should not be a mere curer of diseases but he should be an educator of health and preventor of disease.

The hitherto neglected fact of imparting health education to the common people at large, as we can clearly gather from the above two speeches, is happily realised, and the doctors have emphasised the necessity of taking up in right earnest, the health education of the people.

We could clearly conclude that medical men are now realising the truth that the secret of attaining and retaining real health is not contained in the medicine-chest but in the imparting of knowledge of the principles of health and hygiene to the common public.

What the Naturopaths have been trying to bring home both to the Govt. and the public of India time in and time out, both on the platform and in the press has at last been realised by doctors; and we are sure to go a long way in the imparting of rules of health and hygiene to the public.

Recognition but not a Discovery

Elsewhere is published a cutting from the Sunday Times, where it is claimed by the American Scientists that "Hip Baths for health" is a new discovery.

The cold Hip-Bath was discovered & advocated by Mr. Vincent Priessnitz in the early years of the 19th century. It was subsequently experimented upon and was standardised by Dr. Louis Khune in the last years of the 19th century.

There were days when Allopaths in America have condemned Hydropathy and those who advocated them have been sent to gaol.

Dr. Benedict Lust was one of those unhappy victims. The fact that to-day the Hip Baths are recognised by scientists as the most potent factor for the betterment of health of humanity is a welcome sign for the better days to come for Naturopathy.

All India Ayurvedic Conference

The 33rd All India Ayurvedic Conference has been scheduled to meet here at Bezwada in the last week of this month.

We would look forward to the learned doctors who take part in the conference to explain the real science of life (Ayurveda) which is only Naturopathy in its principle. The present votaries of Ayurveda have deviated much from the principles laid down in the science of Life (Ayurveda) which has been really detrimental to the health and welfare of Humanity. strict adherence to the principles of Ayurveda, which are really principles of Naturopathy would certainly alleviate the present evils of ill health and disease.

Health Education for India

Prof. SIGERIST

The ideal of medical education is to train men to come as closely as possible to the ideal physician. This ideal had changed with times, with changes in the structure of society, with the advance of technology, with consequent changes in social conditions. Any training they might seek to impart should therefore bear relation to the possible needs of the future and society as it would shape. The time, had come when they should all ask themselves whether a departure in medical education was not called for. It was necessary that any system devised should be one which would guarantee that the basic social needs of people would be met and basic social services would be provided.

I am aware of the great difficulties that would have to be overcome in this connection in a vast country like India with its huge population and its extremely low per capita income. But I will remind them that even in advanced countries like the United States and Britain the purchasing power of the population had not kept pace with the advance of medicine in technique and efficiency as well as costliness, and there are large sections of the population there who have no or not enough medical service.

"Health Education"

The scope of medicine has broadened considerably, so that it is no longer confined to curing. To-day it comprehended promotion of health, prevention of disease, organisation of rest and recreation, rehabilitation of the sick and re-incorporating them into society. In Russia, I found the response to "health education" is remarkably good. It is there a part of the education for citizenship. Once people accepted the idea that a sick man was a burden on society, then people would realise that it was their duty to be healthy. Further, there must be a positive attitude to health and not the mere negative attitude that it was freedom from disease. People must be helped to know how to utilise their leisure and take recreation so as to promote health. Educational methods must be devised for helping maintenance of sanitation, control of communicable disease and providing added care for the section of the people—

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Dr. Jivaraj Mehta Condemns Craze

'For Injections and Costly Medicines'

Call to Medicos to Work out Cheap Method of Treatment

"If village medical relief is to progress in the country — and it must undoubtedly do so at a far greater speed than has been the case hitherto, as almost nine persons out of ten in India live in villages — we shall have to work out a very cheap method of (medical) treatment," observed Dr. Jivaraj N. Mehta, presiding over the first Conference of the Association of Physicians of India held in the Medical College Hall, Madras. Dr. Mehta deplored the popular "craze for injections and costly medicines" and remarked that it should be put down.

Dr. Jivaraj Mehta suggested that medical and other scientific knowledge be imparted through the Indian language medium, as that would promote co-operation between physician and patient. "If scientific teaching is to be effective" he added, "it will have to be through the medium of the mother-tongue."

Dr. Mehta pleaded for attention, being paid to Ayurveda and said that medical graduates might submit these on their studies on Ayurveda for the M. D. or the Ph. D. Examinations. The History of Ayurveda should, he added, be included in the study of the History of Medicine which forms part of the Examination for the Degree of Doctor of Medicine.

The simplification and shortening of the curriculum and the evolving of an Indian dietary on modern lines, to suit patients in India the bulk of whom were poor, were among other suggestions made by Dr. Mehta in his address.

I would urge that those of our colleagues in different parts of the country, who have been fortunate enough to have a lucrative practice, to part with some of their collected wealth to endow medical research. Unless those of us, who are able to do so, set an example, it would be difficult to persuade others to endow funds for work where returns may not be available for years. A millionaire in business wants quick returns on his outlay; and unless this is so, he is generally chary of parting with money. The utmost extent, to which ordinary philanthropists have persuaded themselves to divert charity from the traditional Indian ways of building temples or mosques, dharmasalas

or fountains, or for feeding the poor, has been towards such objects as constructing hospitals and dispensaries i.e., to such purpose as can be readily seen in a concrete, tangible form. In recent years, thanks to the high profits on account of war conditions, industrialists have come to realise that industrial and scientific research is of benefit to the industry and increases their profits as well. But hardly any philanthropist, barring the noble House of Tetar, has yet been persuaded to donate large sums for pure medical research as such. In the faculty of science we had such noble Teachers as the late Sir Jagadish Bose, and Sir P. C. Ray who have given most liberally of their earnings for the promotion of scientific knowledge in their respective field of work. In the faculty of law, we have the magnificent example of Sir Rash Behari Ghosh. Can we boast of a single medical man in the country who has correspondingly given out of his earnings for the promotion of medical research? And let it not be forgotten that a fairly good number of them have earned and amassed what used to be called in my younger days 'fabulous wealth'. I earnestly hope these eminent members of the profession will dig deep into their pockets, and provide funds for medical research. I also hope that physicians in India will persuade their rich patients to divert a part of their charities to medical research, and thus make it possible for our young colleagues to devote their time and energy to enquiries to a much larger extent than what has hitherto been done.

INDIAN DIETARY

The subject of Nutrition has been for several years the concern of most countries in the world. In the present war it has naturally assumed a pre-eminent place in the life of an army as also of the civilian population. The study of nutrition in this country in modern days began with the work of Major General Mc Carrison in your own province at Coonoor. In recent years an increasingly larger number of our countrymen is devoting time and effort to this work. But we have so far only touched the fringe of the problem. We are still very far from evolving an Indian dietary on modern scientific

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basis. This will have no doubt to vary to some extent from province to province. Depending upon the nature of the soil and its produce, the proximity of the sea and large rivers for a portion of the food supply, as also upon climatic conditions, and to a certain extent upon local 'taste.' Though modern scientific medicine has been with us for over a hundred years, we have not yet evolved a dietary suitable for those with vegetarian habits, either in acute illness or during the stage of convalescence. The instruction given on this subject in teaching hospitals is, I grieve to say, very meagre. It would behove us physicians, to move actively in the matter of evolving our dietary so that our patients are able to have a sufficiently nutritious and easily digestible diet, cheap withal. The older generation of women in India had some working knowledge of the essentials of a good dietary in health and in illness as also of some household remedies. This knowledge is rapidly fading out from the present generation of women living in towns and cities; and unless we adopted measures for the imparting of such knowledge based on modern study, the country will be in a sorry plight indeed. The men and women in the country will need to be educated through specially prepared pamphlets on the essentials of a good national dietary and dealing with cheap household remedies. It will be for you to consider what part this association can play in such effort.

Though the situation in the matter of the drug and similar requirements of the country today, is somewhat easy compared to the straits we were in the earlier years of the war, the country continues still to be in distress and the cost of medicines, etc., is still very high for some of our essential requirements. Apart from this, the cost of treatment prescribed by us is very high for an average person and is prohibitive to those with slender means. The craze for injections is really maddening. It has spread even amongst villagers. While this indicates, no doubt some progress in the minds of the people towards modern scientific medicine, is it in the economic interest of the country as a whole? This craze for injections and costly patent and proprietary medicines, whether manufactured locally or imported from abroad, may mean fat dividends or profits to those in such business and be a source of income to members of the medical profession, but what about the poor or a man of moderate means who is to pay the

price thereof? He has either to get into debt or suffer from a psychological factor of not being able to provide for such treatment compared to his relatively better-placed neighbour. For such a position I lay the blame primarily on the consulting members of the profession. It is the costly methods of treatment primarily prescribed by them which has brought about this state of affairs. It is in their hands to put down this craze for injections and costly medicines, which has naturally filtered from their rich clientele to the relatively poor and so on. If this state of affairs is allowed to persist for long, it would bring about a reaction in the minds of the leaders of the nation who are in anguish at the poverty of the masses. I see signs of this coming and let us beware in good time. If village medical relief is to progress in the country, and it must undoubtedly do so at a far greater speed than has been the case hitherto, as almost nine persons out of ten in India live in villages we shall have to work out a very cheap method of treatment. It should be the prime duty of physicians in teaching institutions to make it a point to instruct students more and more in this direction.

The need of having our own pharmacopia is being increasingly felt. I am glad that efforts are now in progress in this direction, but they are very very slow. The Association of Physicians can play an important role in such a compilation. I trust you will take the matter in hand and also ask for the inclusion of its representatives on the Pharmacopoeia committee.

Indian Language Medium

Another important question which we shall have to consider in course of time, if not in the years that will immediately follow, is as to the place of Indian language in the instruction of medical students. I am of opinion that if scientific teaching is to be effective, it will have to be through the medium of the mother tongue. Some of you would, I fear be surprised at such a suggestion. But on reflection, you will agree that this reform needs to be taken in hand early. At the present moment the training of all medical men, the record of the notes and treatment of hospital cases, are being carried out in a foreign language. As a result of this, the co-operation that should exist between the physician and the patient does not materialise to the same extent as in other countries; and the man in the street, looks askance at scientific medicine

as something alien and imported from other countries. It is to some extent for this reason also, that contributions to the advance of medical knowledge from the people of this country have been relatively meagre, and a large number of men fail to appreciate the essential difference between the scientific method which is taught to them in another tongue, and scholastic speculation which they come across in writings in their own tongue. In the words of Mahatma Gandhi, "English having been the medium of instruction in all the higher branches of learning, has created a permanent bar between the highly educated few and the uneducated many. It has prevented knowledge from percolating to the masses."

AYURVEDA

I would also like to place another question before you. What is going to be the attitude of this Body of physicians towards Ayurvedic Medicine? Please do not fear that I intend by such a poser to put back the hands of the clock by a thousand years or more. But the fact remains that there is a large amount of knowledge in the ancient books of Ayurvedic Medical Science; much of it, alas, not even properly followed by its own so-called votaries. Our seers have made observations on most aspects of human life. What they have said on logic and philosophy still holds the field. It cannot therefore, be that their observations on life processes, living organisms, animal life and plantlife, which are embodied in the books on Yajur Vedas would not, even in these days of great scientific progress, hold their own in many respects. It should be our function to encourage the study of these books, and to help all those who have taken up such study and find out if they do not contain some observations which still baffle the modern scientist. I would further suggest that medical graduates might submit theses on their studies on Ayurveda for M.D. or Ph.D. examinations; and that the study of the history of Ayurvedic medicine should be included in the history of medicine which forms a part of the examination for the degree of Doctor of Medicine. It is also a matter for consideration whether, a Chair on Ayurvedic medicine could not be established in the medical colleges for postgraduate study and examination.

For current list of Naturopathic Literature always apply to:
The Naturopathic Book Stall — Bezwada

Our Editor Tours

Dr. Putcha Venkatramayya opened a Naturopathic Clinic at Allagadda, Kurnool on 29-10-44. In his opening address he emphasised the need for opening such Health Homes throughout the Country and said that "this occasion gives substantial stimulus for the growth of the movement in this Kurnool Dt where the use of Naturopathic treatment is much more scarce than in other districts."

"Mr. G. Narasayya, who is a great help to the Clinic is to be congratulated on his voluntary services to the cause of naturopathy."

Thereupon, Dr. Venkatramayya addressed a meeting on the importance of natural treatment to various diseases and exhorted the public to help the Clinic in all ways and wished a happy and useful life to the Clinic.

Dr. Venkatramayya participated in the "Tapas for attainment of World Peace and Universal Brotherhood" for a week, organised by Mr. Iyyanki Venkata Ramanayya, President, Indian Naturopathic Association, Bezwada, on the Kanakadurga Hill at Bezwada from 10-11-44 to 17-11-44.

Dr. Venkatramayya said that everyone is entitled for the attainment of "Moksha" (Liberation). It is the individual that is creating limitations for himself, on account of his ignorance, from which he is not able to get out. The secret of attainment of Liberation is the clearing of all these limitations which we are creating ourselves.

A lecture on the principles of Health and Hygiene was also given by Dr. P. Venkatramayya in the 9th Kistna Dt. Youth Conference in Ghantasala, a historically important place in the Kistna Dt. on 24-11-44.

Dr. Venkatramayya gave a lecture on the worship of Goddess Saraswati during the Library Training Classes organised under the auspices of the Andhra Desa Library Field Workers Association, Bezwada on 28-11-44.

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Health Education for India

(Continued from Page 2)

women, children, workers and others—who required such attention. Another aspect of "Social Medicine" was to provide relief so as to reinstate man in society without loss of self-respect. It was in such spheres of work that medicine partook of sociology. In truth, medicine is a social science. Its "target" was social and its goal to adjust man to his physical and social environment as a useful and happy member of society and re-adjust him to that state where he fell off due to illness. More and more observers are becoming aware of the social causes of disease and conscious that bacteria is not so much responsible for illness as poverty which should be removed wherever possible. There is need today for a sociology that would take advantage of the advance of technology and a medicine that will be "more and more a co-operative effort in which the general practitioner, the family doctor, the specialist, the health centre, health visitor and nurse will combine to prevent, diagnose, cure and restore."

Medicine as social service

In this view of the medicine of to-morrow, it would be their task to prepare doctors to look at it as a social service. In the past the training given was only in the science of medicine; hereafter, doctors will have to be not merely men so trained, but, who, in addition, would be social workers, and educators, knowing the life of the people and familiar with their social and economic conditions. Medical education will hereafter have to emphasise the preventive side. Preventive medicine must permeate the entire teaching of medicine and new text books and laboratories would have to be devised in this behalf. A department of preventive medicine which merely taught hygiene and sanitation would not be enough; we must introduce sociological training in the curriculum. We must develop a sociology of medicine. Scientific medicine did have a philosophy; and this should be taught. We would like to see sociology of medicine taught through actual field work, students under training being put for a few months each year to work among the people. In Yugoslavia medical graduates, in addition to clinical training, had to spend one year in medico-social work either in rural health centres or students' social service institutions. Such a system would help to bring thousands of doctors

into the country and enable doctors to become not only better physicians but better citizens.

The suffering, destruction and misery witnessed to-day not only in war-ravaged countries but almost in every country of the world, pointed to a maladjustment between technological progress and social conditions. Technology had advanced far more rapidly than sociology. Alongside tremendous development of scientific knowledge in increasing industrial output and production of foodstuffs, was witnessed dire want, starvation and chronic malnutrition. This should give people a clear idea as to the task of future medical education. It is to prepare doctors to work for proper adjustment of technological advance to social needs so as to secure the welfare and happiness of all.

ANNOUNCEMENTS**The Indian Naturopathic Association**

It is hereby notified that the Annual General Meeting of the Indian Naturopathic Association will be held on 30-12-44 in the Prakruthi Karyalaya Trust Buildings, Bezwada, at 3 P. M.

All members are requested to attend.

AGENDA: 1 Report by the Secretary.

2 Election of office bearers for 1945.

3 Passing of the Accounts.

4 Next year's Programme and Budget.

Bezwada, } (Sd.) P. Venkataramayya,
D/1-12-44. } General Secretary.

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We will be glad to publish news, reports and announcements of Naturopathic Conferences, Institutions, in India for the betterment of Naturopathic Movement. Hence those interested may send the same to us for publication. Also books on Naturopathy will be reviewed.

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HIP BATHS FOR HEALTH
(New Craze in U. S.)

America's 'latest' discovery is a cold hip bath.

These baths, claim U. S. Scientists, have remarkable health effects. They improve eyesight, reduce fatigue, make us more alert.

After a hip bath, telephone operators tap their keys more often. Motor drivers master long journeys without falling asleep at the wheel. Men on sentry and patrol work are keener. "Sunday Times"