

Kejriwal off to Bengaluru for treatment of cough, diabetes

DETOX Delhi chief minister expected to spend about 10 days at naturopathy institute

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NEW DELHI: Delhi Chief Minister Arvind Kejriwal on Wednesday left for Bengaluru to undergo a naturopathy treatment for diabetes and a chronic cough that he had been experiencing for the past few years.

The 47-year-old Kejriwal left for the Karnataka capital around 11 on Wednesday, and is expected to spend about 10 days at a popular naturopathy centre, where he will undergo intense treatment for his condition.

Bengaluru-based Jindal Naturecure Institute is a popular destination in the outskirts of the city for naturopathy. The Delhi CM had spent 12 days at the facility last year. He underwent treatment to control his abnormally high blood sugar levels and to cure his persistent cough.

According to the sources in the Delhi government, Kejriwal had benefitted from the therapy the last time.

The body's self-healing characteristic is what practitioners of naturopathy believe in and use to treat people suffering from various health conditions.

According to experts, naturopathy is one of the AYUSH (Ayurveda Yoga and Naturopathy Unani Siddha Homeopathy) systems of healing that revolves around five basic elements or



■ Kejriwal had spent 12 days at the Bengaluru-based facility last year too.

ARVIND YADAV/HT PHOTO

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DR RUKMANI NAIR, chief, Babu Nature Cure Hospital, Mayur Vihar Phase-I

panch mahabhut— earth, water, sun, air and ether.

“Naturopathy can treat lifestyle induced ailments that are even chronic in nature such as diabetes, obesity, hypertension, upper respiratory tract infection and skin diseases, etc. We do not

treat accident cases or infectious diseases,” says Dr Rukamani Nair, medical superintendent, Babu Nature Cure Hospital and Yogashram, in Mayur Vihar, Phase-I.

Naturopaths believe that 99% of the diseases are caused

by the violation of natural laws that include lack of self-control, ignorance and indulgence, and what naturopathy does is help undo the results.

“The therapy is about detoxifying the body and taking people back to basics. We don't use any medicines or chemicals. Normally 10 days is enough for people to be relieved of their symptoms but 36 hours is enough to start showing results,” says Dr SK Mundra, an expert in naturopathy at west Delhi's Santosh Bio-Dynamic Naturecure and Yog.