

Exports in Yoga and Naturopathy:

In the first decade of 20th century, several pioneering Indians – working independently in different parts of their country – began delving into the practices of hatha yoga and introducing them to lay audience. Sri Krishnamacharya in Mysore, Swami Sivananda in Rishikesh, Sri Yogendra in Bombay, and Swami Kuvalayanand in Lonavala were 20th century visionaries who shared an openness to Western science and medicine in addition to their profound knowledge of traditional Indian philosophy, medicine and spirituality. But unfortunately these eminent exponents of Yoga could make only limited inroads into Indian society. Their students included such luminaries B.K.S. Iyengar, K Pattabhi Jois (founder of the popular Ashtanga Yoga system), Swami Sachidananda (of Woodstock fame) and Swami Vishnu Devananda (founder of Sivananda Yoga Ashrams). They drew the attention of blossoming Western counterculture and found yoga empires in the West. The students of these Indian pioneers brought most of the Hatha yoga that is practiced in West today here.

Yoga and Naturopathy in US:

Naturopathy in US was introduced by a German immigrant- Benedict Lust. Natural therapies are the major modalities of general practitioner in the field of naturopathy. There are three accredited colleges in this discipline in the US. Many states like Pennsylvania do not license naturopaths and their practice is restricted to nutritional counseling and message therapy. Curricula in the three graduate school of naturopathy include botanical medicine, Homeopathy, nutrition, psychology, traditional Chinese medicine and various aspect of "physical" medicine, e.g. manipulative therapy, minor surgery, hydrotherapy and physiotherapy. Completion of these courses coupled with clinical experience leads to the Naturopathic doctor or ND.

Regulation

Naturopathy is currently licensed in 11 states of US. There are two naturopathic medical schools in the United States that are accredited: Bastyr University in Washington, and the National College of Naturopathic Medicine (NCNM) in Oregon. The Southwest College of Natural Health Sciences in Arizona is currently undergoing accreditation. Bastyr, established in 1978, is the recipient of a National Institutes for Health (NIH) and National Center of Complementary and Alternative Medicine (NCCAM) grant for a long-term study of natural treatments for AIDS. In 1996, it was chosen to run the first American alternative medicine clinic, the Natural Medicine Clinic in Kent, Washington. NCNM has also participated in research studies. In 1991, it submitted results of studies on the cervical cap to the FDA. Other studies conducted by naturopathic doctors have focused on pharmacological, supplemental, homeopathic, and botanical aspects of treatment.

In America yoga is considered as using physical body as a vehicle for spiritual awakening. The Americans emphasised hatha yoga more than any other branch of yoga. Hatha yoga is one facet of yoga. Bhakti yoga and Siddha yoga are other branches that are gaining popularity in America. Ammachi, the "South Indian saint" who is believed to be the reincarnation of Divine Mother, draws the attention of ten thousand people on her annual visit to West. The spiritual head of Siddha yoga, Gurumayi Chidvilasnanda who teaches shakti based awakening, has ten thousands disciples, many of them from Manhattan and Los Angeles. According to 1994 Roper poll, 6 million Americans practice yoga in one way or the other (one-estimate places the current number to 12 million people). It's the most popular feature at health and fitness club around the country, with close to 40% of them now offering classes in yoga. The Los Angeles Times estimated that there were more than 70 yoga studios in Southern California alone, with some of the bigger ones earning as much as \$30,000 per week. The way yoga is practiced in America has undergone a drastic change. It is almost unrecognisable to traditional Hindu, Buddhist, or Jain practitioner. Three main characteristics distinguish American yoga from its traditional history in India: the prominence of asana (posture) practice, the emphasis on lay practice, and the incorporation of other

Eastern contemplative traditions, Western psychology and mind-body disciplines. The two main categories of people that are attracted towards this system are people in their middle age (that is in the 40-60 range) and second category includes younger generation in their early 20s.

Yoga and Naturopathy in Europe

Throughout Europe, complementary medicines have grown from the bases of naturopathy, Homeopathy, manipulative techniques and traditional medicines. The status of yoga and naturopathy in the European nations is briefly given below:

Belgium

The Consumers association has initiated research into complementary medicine. In Belgium anyone who practices medicine, complementary or orthodox without being enrolled with Belgian General Medical Council is considered as criminal offence. Natural remedies are the second most popular alternate remedies preceded only by Homeopathy in Belgium. The social security system does not directly reimburse for specific complementary treatment.

Denmark

There is a legal acceptance of complementary medicine and is accepted by the population. Alternative medicine are used as a supplement to orthodox medicine and not as a substitute.

Germany

Heilpraktiker in Germany is recognised as a medical profession by the government. A heilpraktiker is a person who is allowed to practice any unconventional therapy.

The Kur is an institutionalised bathing activity used for health promotions are supervised not only by qualified orthodox medical practitioners but also by licensed naturopathic healers (Heilpraktiker). In 1992 about 70 percent of the German population used natural remedies at sometime or the other. An inquiry among general practitioner revealed that about 60 percent of them prescribe natural remedies regularly.

Strategies and Limitations:

One of the main agenda is to develop people's interest in Yoga and Naturopathy. For this the government is planning to introduce Yoga as a compulsory course for primary school children in a phased manner through Ministry of Human Resource and Development.

They are also trying to popularise short-term training courses in Yoga for stress management being conducted by the leading yoga institutions.

This system needs acceptance among masses as a system of medicine. The government has decided to establish a separate yoga section in all Government Hospitals in consultation with State Government or the Union Territories.

Yoga and Naturopathy is losing its form and identity in West as it is introduced there to suit the customers there.

It is being viewed by the people involved in spread of knowledge as source of money and big business.

