

History of the Indian Naturopath (1920-1948): the First English Naturopathy Journal in India

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Naturopathy is purely a drugless and non-surgical medical system. Dr. John Scheel coined the word 'Naturopathy' in the year 1895. Naturopathy was propagated and popularized in the western world by Dr. Benedict Lust. In India, Dronamraju Venkatachalapathy Sarma brought this system into the limelight by translating three books of Louis Kuhne into Telugu in 1897. Telugu monthly magazine named Prakriti was published on 1st August 1919 at Bezawada under the editorship of Narishetty Hanumaiah. 'The Indian Naturopath' journal was published in English (as a supplement to Prakriti) in 1920 to spread naturopathy science knowledge in India,

The present paper throws light on history of the first Naturopathy English journal, i.e., "The Indian Naturopath," its origin, role in Naturopathy science, movement and development in India and abroad.

Keywords: *Naturopathy, drugless system, naturopathy advocates, nature cure movement, Nature cure history.*

Introduction

Naturopathy is one of the traditional medical systems of our country. In olden days, it was treated as part of Ayurveda. The Naturopathy system has a unique status in the treatment of common and acute diseases. It is purely a drugless system where food is considered as medicine. Dr. John Scheel, a German doctor practicing in the USA, coined the word 'Naturopathy' in the year 1895. It was propagated and popularized in the western world by Dr. Benedict Lust. In India Dronamraju Venkatachalapathy Sarma, the first and foremost Naturopath, brought this system into the limelight by translating the three books of Louis Kuhne, one of the foremost German naturopaths, into Telugu in 1897. Sarma's translations of Nature cure books created a sensation among the Telugu people. Later, the system of Naturopathy was popularized and developed in our country by many nature cure followers, nature cure lovers, and well-wishers of Naturopathy. The Nature cure literature has gained momentum in our country with books, journals in different Indian languages by nature cure associations, nature cure hospitals, institutions, and philanthropists. Since 1919, some nature cure journals are being published in *Telugu, English, Hindi, Marathi, Kannada, Tamil, Malayalam, Gujarati* languages in India. 'The Indian Naturopath' was the first journal published in English in 1920 by the 'All India Naturopathic Association,' Bezawada, presently called Vijayawada city.

Origin of 'The Indian Naturopath' Journal :

Narishetty Hanumaiah published '*Prakriti*', the monthly journal to propagate the philosophy of naturism, recommend and popularize the principles and different methods of nature cure system. The journal was published on 1st August 1919 to spread awareness of health according to naturopathy system. The system has got momentum at national, with the publication of English supplement from 1920 onwards. The editor thought that Telugu is not the proper medium for addressing naturopathy's benefits at the national level. Hence, an English supplement was published with *Prakriti* to benefit the nature cure system's sympathizers from 1920 onwards. With the English supplement publication, the interested people in the naturopathy system gathered together at Bezawada and formed an all India level association named 'Indian Naturopathic Association' in 1920. Initially, The Indian Naturopathic Association was formed with five elected members. The head office of the association was situated in the *Prakriti Karyalaya Trust* buildings, Bezawada. The association was also constituted its branches in different provinces of our country, with 19 eminent naturopaths as members of the branches. The Indian Naturopathic Association was registered in the year 1923 under the Act XX of 1860. Soon after the formation, the Indian Naturopathic Association launched an English journal named '*The Indian Naturopath*' in July 1926 for exchanging ideas and imparting knowledge of the naturopathy system. The first issue of the journal published with the kind patronage of the Indian Naturopathic Association. However, the publication of the journal discontinued due to the lack of funds after three months.

Then, another nature cure journal named '*The Nature Healer*' was published in English from Calcutta. The Indian Naturopathic Association was made special arrangements for publication of *The Indian Naturopath* with the editor of *The Nature Healer* journal on 1st April, 1927, keeping in view of the circumstances to continue propagation of naturopathy knowledge. '*The Nature Healer*' published as the official journal of the Indian Naturopathic Association. The publication of '*The Nature Healer*' was also discontinued in March 1929.

The Indian Naturopath journal publication again started in August 1931. The journal came out in five issues by the end of calendar year 1931. Then onwards, every volume of journal appeared in January. The issues of the journal were printed in 8 pages from August 1931 to November 1934. The number of pages of the journal doubled, i.e., 8 to 16 pages, including the cover page and back page from December 1934 onwards. Since, the cover page and back pages of every issue were printed in color, with clear illustrations on best quality papers. The journal attained international recognition and fame. It has gained a national and international reputation and circulation. The Indian Naturopath journal was being published regularly for 19 years and discontinued in December 1948 due to different reasons.

Rate and mode of payment of subscription to the journal :

The Indian Naturopath, publication was launched to expound physical, mental and spiritual health, the philosophy of naturism and several nature cure methods. The journal was the official organ and gazette of the Indian Naturopathic Association. It was distributed to the members of the Indian Naturopathic Association on free of cost. The journal was circulated among the subscribers

and members of the Indian Naturopathic Association by postal mode only. The subscription charges for the issues were to be paid in advance by money order. All kinds of remittances were to be paid to the Manager, Indian Naturopathic Association, Bezawada. The annual subscription for the journal in India was Rs.1, where as in Foreign Sh.2, \$ 1.

The journal offered advertisements related to natural health systems and instructions for wide publicity and transmitting information about the drugless system. The advertisement rates were (i) full page at the rate of Rs.10 (ii) half page Rs.6, and (iii) quarter page Rs. 3. The price of the journal was six annas 36 paise. The advertisement rates and annual subscription of the journal changed according to the situation. The last issue of the journal published November 1948.

Editors of The Indian Naturopath journal :

In the year 1920, the publication of 'The Indian Naturopath' (in English version) was started as part of *Prakriti* journal as supplement. It was published up to June 1924 under Narishetty Hanumaiah, the Secretary, Prakriti Karyalaya Trust, Bezawada. From August 1931 to December 1935, The Indian Naturopath journal was being edited, printed, and published by Atmakuri Govinda Row, General Secretary, Indian Naturopathic Association. It was published under the editorship of K.W. Bhairav Murthy from February 1938 to July 1938. The journal was published under the editorship of K. Lakshman Sharma from August 1938 to October 1938. It was brought out under the editorship of Prof. Putchu Venkatramaiah from 1944 January to November 1948. The journal was published without any break from August 1931 to November 1948. During the World War II, the scarcity of paper was not became a barrier for publication of journal. Even though the crisis of scarcity of papers from March 1944 to December 1944, the journal was printed on hand-made paper and circulated to the Indian Naturopath Association members and subscribers in India and foreign countries. Since its inception, *The Indian Naturopath* journal was printed at Andhra Grandhalaya Samstha, Bezawada, till November 1948 for nearly three decades. Dr. Iyyanki Venkata Ratnam, a member of the Indian Naturopathic Association, dedicated his life for printing the journal at Andhra Grandhalaya Press, Bezawada.

Instructions to Contributors of The Indian Naturopath :

Instructions for the writers were as following:

The contributor's script should be either typed legibly or written on one side of the paper only; the writer's name and address are to be mentioned below the article. Articles will be published according to the editorial alterations. Articles showing ignorance of the nature-cure point of view will not be accepted.

Writers contributed to The Indian Naturopath journal :

The Indian Naturopath journal attracted the attention of Indian and foreign naturopaths. The eminent naturopaths, nature cure lovers, and well-wishers of India and foreign countries contributed naturopathy research articles to this journal from July 1926 to February 1948. The Indian Naturopath journal became a platform to propagate the naturopathy system and the nature cure movement in

the world. The journal was published under the editorship of various naturopaths of the Indian Naturopathic Association. Prominent Indian Naturopaths viz., P. Acharya, Kolipaka Adinarayana Sarma, Palaparthi Anjaneyulu, Anuradha, G. S. Agarwal, R. S. Agarwala, S. N. Alida, Ashish Chandra Bose, Chennubotla Bhanumurthy, Chetty C. V. Chowdary, Devendra Kumar Gupta, Dil Kash K.R, Dinanath Kalrah, Donda Saheb, V. Ganapathy Panigrahy, Ganga Sai, Gopala Pillai, Bolla Pragada Sundra Gopal Row, Goparaju Satyanarayana Murthy, Govinda Rajan, P. Gote, S. B. Iyyanki Venkat Ratnam, T. N. Jatha Shankar Nandi, K.W. Bhariava Moorthy, V. M. Khare, M. L. Mallikarjun Rao, M. Modi, V.M. Murahari Rao Vadapelli, Natesa Aiyar, B. Parandekar, N. N. Purushotham Das Tondon, Putcha Venkatramaiah, D. Ram Alaskar, Ramesan, V. Rao, V. M. Roy Chodary, A. K. Sarma, M. V. Saraswathi, Shivnath Rai Shukla, R. R. Singh, S. J. Somanath Roy, Srinivasa Rao, T. Sastri, V. L. Subba Rao Peddipalli, Suddananda Bharati, Surendra Prasad Garg, Vishwanath Rao. In this way so many writers contributed research articles to the journal to share the knowledge and experiences of naturopathy which lead to the popularity and propagation of the system in India and all over the world.

The eminent naturopaths, vegetarian diet propagators, raw diet experts, fasting philosophers, sunlight exponents and lovers, nature cure advocates, doctors, natural hygienists, hydro-therapists, fruit eaters, agricultural scientists, herbalists from USA, France, and England were contributed articles to the journal. Those articles are related to their practical experiences of nature cure treatment methods and movements. The world-famous Naturopaths: Allen, A. L, Arthur Schram, Arbuthnot Lane, W, Benedict Lust, Benjamin D. Baxter, Burman, A. M, Carrie Funk Koch, Charles Creighton, Edmand Szekely, S. C, Edward Albee, Edward Early Puriton, Frank. E Dorchester, George J. Drems, Hary Finkel, Harry Benzmin, Henry Lindlahar, Henry S. Lymn, Herbert Spencer, Herold S Grimes Hug, W. Conflin, Jesse Mercer Gheman, Lillian R Cargne, Lily Loat, Lyod Shanklin, W. R. Madwen, Mary Halton, Maurine K C Carthy, Max Wermbrand, Moris, Marian, Murry, M. Multon Oldfield, Josaiiah, Richardson, B W, Riggs, R. A. Roland, H. Berg, Schipppl, Sebastian Kneip, Summerbell, Tom Graves, G. S. White, and many nature cure doctors contributed articles to the journal and also supported to explore the prominence and propagation of naturopathy system in India.

The articles published in various volumes of *The Indian Naturopath* journal were related to naturopathy philosophy, therapeutic methods, treatment of diseases, health care problems, women and child health, naturopathy and other disciplines, preventive health care through naturopathy, education, history of naturopathy movements developed in the USA, England, and Germany, instructions, and development of naturopathy. Thus, *The Indian Naturopath* journal was successfully published for about three decades (28 years) and propagated the nature cure system in India and different countries of the globe.

Conclusion :

The Indian Naturopath was India's first nature cure journal published in English. The journal was launched in India but it has got publicity as the best naturopathy journal in India, USA, England, France, Germany, and Eastern countries. The journal was the light and life of the naturopathy

system of India. Knowledge of naturopathic science was propagated in India and abroad successfully through its pages. The readers of the journal were benefitted from the knowledge of more accurate and rational methods in teaching. In brief, *The Indian Naturopath* journal served as doctor, teacher and preacher of naturopathy. It guided thousands of nature cure advocates and lovers during the time of the first and second world wars. In India, it was the best-known journal on naturopathy during pre-independence time. The journal was the central platform to propagate the natural methods of treatment on scientific lines. The journal was published without any break from August 1931 to November 1948. It played a significant role in spreading, familiarizing the natural methods of treatments in entire India. The volumes of the Indian Naturopath journal are very much helpful and base for knowing India's naturopathy system's history and gradual development. The published articles in The Indian Naturopath journal are beneficial to the Central Council of Research in Yoga and Naturopathy, New Delhi, National Institute of Naturopathy, Pune, and all the Naturopathic Colleges of India for undertaking scientific research on the history and development of the Naturopathy system in India and foreign countries. Further, the journal's volumes are most helpful to naturopaths, researchers, policy makers, and planners to develop the nature cure system at par with other countries' and their medical systems.

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