



# Naturopathy Day

**18 Nov 2020**

- Natural
- No-invasive
- Self healing

*Naturopathy or Naturopathic medicine is a system based on the belief in vitalism i.e the treatment of diseases that avoids drugs and Surgery and emphasizes the use of natural agents (such as Air, Water, and Herbs) and physical means (such as tissue manipulation and electrotherapy).*

**National AYUSH Mission, Directorate of Ayurved and Unani Services  
Uttarakhand**