NATUROPATHY TREATMENT PROFILE

List of Conditions Treated by Naturopathy

1. Diabetes & Prediabetes

Naturopathy Focus:
- Low-glycemic therapeutic diet
- Improving insulin sensitivity
- Weight & metabolic correction
- Yoga & pranayama for pancreatic support
- Herbal glucose-regulating protocols

2. Obesity & Metabolic Syndrome

Naturopathy Focus:
- Detoxification
- Fat-metabolism enhancement
- Hormonal balance
- Structured yoga & physical therapy
- Lifestyle and diet restructuring

3. Hypertension (High Blood Pressure)

Naturopathy Focus:
- Salt & diet control
- Relaxation and breathing therapy
- Weight management
- Hydrotherapy for vascular relaxation
- Stress detox program

4. Thyroid Disorders (Hypothyroidism / Hyperthyroidism)

Naturopathy Focus:
- Metabolic regulation
- Gut health improvement
- Anti-inflammatory nutrition
- Yogasana & pranayama for endocrine balance
- Stress regulation techniques

5. Fatty Liver (NAFLD & Alcoholic Liver Disorders)

Naturopathy Focus:
- Liver detox & antioxidant diet
- Abdominal hot & cold packs
- Digestive system correction
- Lifestyle toxin reduction

6. PCOS / PCOD & Hormonal Imbalances

Naturopathy Focus:
- Hormone-balancing diet
- Weight reduction & detox
- Endocrine-supportive yoga
- Sleep & stress rhythm balancing

7. Gastric Disorders (Acidity, IBS, Constipation, Indigestion)

Naturopathy Focus:
- Gut healing diet
- Hydrotherapy for digestion
- Fiber-rich nutrition
- Proper food combination guidance
- Detoxification protocols

8. Sinusitis & Respiratory Disorders (Asthma, Bronchitis)

Naturopathy Focus:
- Steam therapy
- Nasal cleansing
- Anti-mucus & anti-inflammatory diet
- Breathing and lung-capacity exercises
- Immunity building

9. Cervical / Lumbar Spondylitis & Chronic Back Pain

Naturopathy Focus:
- Therapeutic yoga & stretching
- Hot & cold spinal packs
- Posture and ergonomic correction
- Core strengthening

10. Migraine & Chronic Headache

Naturopathy Focus:
- Detoxification

- Trigger identification
- Acupressure therapy
- Relaxation & pranayama
- Sleep cycle regulation

11. Piles (Hemorrhoids) & Anal Fissure

Naturopathy Focus:
- High-fiber diet
- Water therapy & hydration
- Abdominal hydrotherapy
- Constipation management

12. Psoriasis & Skin Disorders (Eczema, Acne, Dermatitis)

Naturopathy Focus:
- Internal detoxification
- Liver support & purifying diet
- Anti-inflammatory nutritional protocols
- Herbal & natural skin therapies
- Stress-reduction therapies

13. Kidney Stones & Recurrent UTIs

Naturopathy Focus:
- Hydration & urine-flow therapy
- Alkaline anti-stone diet
- Herbal kidney cleansers
- Avoiding stone-forming foods

14. Anxiety, Stress Disorders & Sleep Disturbance

Naturopathy Focus:
- Relaxation therapies
- Meditation & Yoga Nidra
- Lifestyle & circadian rhythm correction
- Calming herbal remedies

15. Osteoarthritis & Chronic Joint Pain

Naturopathy Focus:
- Anti-inflammatory nutrition
- Hot & cold joint therapy
- Flexibility-enhancing yoga

- Weight management
- Natural pain management

16. Integrated Pain Management

Acupressure, Acupuncture, Cupping, Moxa, Auricular Therapy, Physiotherapy & Naturopathy

Naturopathy Focus:
- **Acupressure:** Nerve-pathway activation & muscle relaxation
- **Acupuncture:** Pain-pathway modulation
- **Cupping Therapy:** Myofascial release & improved circulation
- **Moxa:** Heat therapy for healing & inflammation reduction
- **Auricular Therapy:** Ear-point stimulation for systemic relief
- **Physiotherapy:** Strengthening, joint mobilization & posture correction
- **Naturopathic Care:** Herbal anti-inflammatory protocols, hydrotherapy, corrective diet

Indications: Back pain, sciatica, frozen shoulder, arthritis, nerve pain, muscle stiffness, sports injuries.