# 9th National Naturopathy Day 2026: Theme, Significance and UPSC Analysis

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India is observing the **9th National Naturopathy Day on 18 November 2026** across the country. The national-level programme is being organised at the **Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala, Karnataka**, under the Ministry of Ayush.

The theme for 2026 is **“Prakritik Chikitsa, Swasth Bharat” (Natural Treatment, Healthy India)**.

This year’s observance focuses on preventive healthcare, obesity prevention, healthy lifestyles and the management of lifestyle-related disorders through balanced nutrition, physical activity, yoga and stress management. <Cite refs={[“turn709838search0″,”turn709838search4”]}/>

## What Is National Naturopathy Day?

National Naturopathy Day is observed every year on **18 November** to promote awareness about naturopathy and its contribution to physical and mental well-being.

The date has historical significance:

- On 18 November 1945, Mahatma Gandhi became the Lifetime Chairman of the All India Nature Cure Foundation Trust and signed its deed.
- Gandhi strongly advocated natural living, sanitation, balanced diets and preventive healthcare.
- The Ministry of Ayush declared 18 November as National Naturopathy Day in 2018.
- The first observance took place in 2018.

Mahatma Gandhi played an important role in popularising nature cure and naturopathy in India. <Cite refs={[“turn709838search1″,”turn709838search6”]}/>

## What Is Naturopathy?

**Naturopathy** is a system of healthcare that emphasises natural therapies, healthy lifestyle practices and the body’s inherent capacity for healing.

It focuses on prevention, health promotion and lifestyle modification.

Its commonly used approaches include:

- **Diet therapy:** Balanced nutrition and healthy eating habits.
- **Hydrotherapy:** Use of water in certain therapeutic practices.
- **Mud therapy:** Application of mud in selected treatments.
- **Fasting:** Controlled dietary practices under appropriate supervision.
- **Massage:** Physical therapies intended to support relaxation and well-being.
- **Yoga and physical activity:** Practices that support physical fitness and mental health.

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Naturopathy is recognised under India's Ayush framework. However, its treatments should be supported by appropriate scientific evidence and should not replace necessary medical care for serious illnesses.

## Theme 2026: Prakritik Chikitsa, Swasth Bharat

The 2026 theme highlights the importance of preventive healthcare and healthier lifestyles.

The major focus areas include:

1. Prevention and management of obesity.
2. Balanced nutrition and healthy dietary practices.
3. Regular physical activity and yoga.
4. Stress management and mental well-being.
5. Prevention of lifestyle-related non-communicable diseases.
6. Community participation in promoting healthy living.

The Ministry has also identified ten sub-themes covering different sections of society, including women, students, senior citizens, farmers, sportspersons, armed forces personnel and working professionals. <Cite refs={[“turn709838search0″,”turn709838search2”]}/>

## Why Is Naturopathy Important for India?

## 1. Preventive Healthcare

India faces a growing burden of non-communicable diseases (NCDs), including diabetes, cardiovascular diseases and obesity. Healthy diets and regular physical activity can help reduce several lifestyle-related risk factors.

## 2. Affordable Healthcare

Community-based health education and preventive lifestyle interventions can complement India’s public healthcare system.

## 3. Healthy Ageing

Lifestyle management, physical activity and appropriate nutrition can support mobility and quality of life among senior citizens.

## 4. Mental Well-being

Yoga, relaxation practices and stress-management techniques can contribute to psychological well-being.

## 5. Sustainable Living

Naturopathy promotes awareness of the relationship between human health, nature and the environment.

# Important Institutions Related to Naturopathy

**Ministry of Ayush:** The Union Ministry responsible for the development and promotion of traditional and complementary systems of healthcare.

**Central Council for Research in Yoga and Naturopathy (CCRYN):** Promotes scientific research and development in yoga and naturopathy.

**National Institute of Naturopathy (NIN), Pune:** An autonomous institution under the Ministry of Ayush that promotes education, research and healthcare services in naturopathy.

**Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala:** A major institution associated with research, education and naturopathy services. It is hosting the national-level Naturopathy Day programme in 2026. <Cite refs={[“turn709838search1″,”turn709838search7”]}/>

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# Challenges in Promoting Naturopathy

- **Scientific validation:** More high-quality clinical research is required to establish the effectiveness and safety of individual therapies.
- **Quality standards:** Training, professional qualifications and treatment protocols need consistent standards.
- **Public awareness:** Misinformation and exaggerated health claims can create unrealistic expectations.
- **Integration with modern medicine:** Naturopathy should complement evidence-based healthcare rather than delay necessary medical treatment.
- **Research infrastructure:** Greater investment is required in clinical studies, education and institutional capacity.

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# Way Forward

India should strengthen scientific research, clinical evaluation and quality education in naturopathy. Public awareness programmes must promote healthy lifestyles while discouraging unverified medical claims.

Integrating preventive health education with primary healthcare, nutrition programmes, yoga initiatives and community-level wellness activities can contribute to a healthier population.

# UPSC Examination Relevance

### Prelims

- National Naturopathy Day: 18 November.
- First observance: 2018.
- Theme 2026: Prakritik Chikitsa, Swasth Bharat.
- Mahatma Gandhi and the All India Nature Cure Foundation Trust.
- Ministry of Ayush, CCRYN and NIN.

### Mains – GS Paper II

- Government initiatives in public health.

- Healthcare delivery and preventive healthcare.
- Role of traditional systems of medicine.

**Mains – GS Paper III**

- Science and technology in healthcare.
- Nutrition and lifestyle-related diseases.
- Public health and sustainable development.

**Possible UPSC Mains Question:**

*“Preventive healthcare and healthy lifestyle practices are essential for reducing India’s growing burden of non-communicable diseases. Discuss the role of naturopathy and yoga in promoting public health.”*

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# Conclusion

The 9th National Naturopathy Day highlights India’s growing emphasis on preventive healthcare and healthy living. While naturopathy can contribute to wellness through lifestyle modification and health awareness, its wider integration must be supported by scientific research, quality standards and responsible medical practice. A combination of preventive healthcare, modern medical services and evidence-based traditional approaches can contribute to the vision of a healthy India.

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