Naturopathy Day 2026: Scientific Research Strengthens India's Nature-Based Healthcare Ecosystem

9th National Naturopathy Day to be observed on 18 November at Nagamangala, Karnataka, under the theme ‘Prakrutik Chikitsa, Swasth Bharat’

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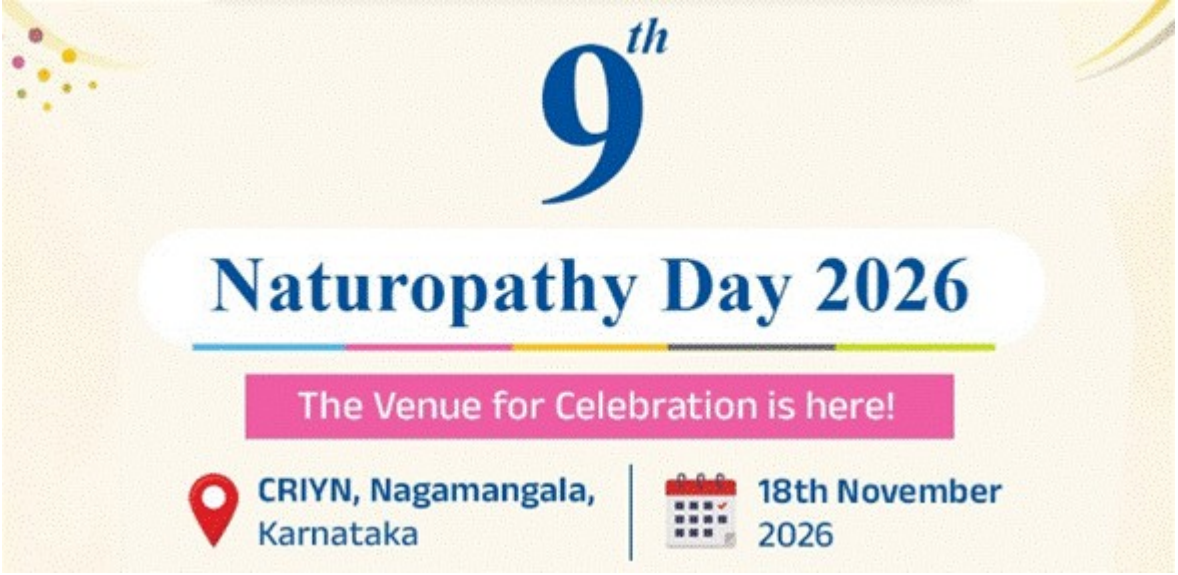
Naturopathy in India is gradually moving beyond its traditional association with nature cure towards a more structured ecosystem of scientific research, clinical evaluation and preventive healthcare. With growing attention to lifestyle-related disorders, obesity, stress and healthy ageing, its emphasis on nutrition, natural therapies and lifestyle modification is finding renewed relevance.

The 9th National Naturopathy Day will be observed on 18 November 2026 at the Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala, Karnataka, under the theme **“Prakrutik Chikitsa, Swasth Bharat.”** The day is observed to promote awareness of naturopathy and its role in health promotion, disease prevention and the adoption of healthy lifestyles. This year's theme emphasises preventive and promotive healthcare through appropriate dietary practices, physical activity, yoga, stress management and other evidence-informed naturopathic approaches. It also seeks to strengthen public awareness about obesity prevention and lifestyle-related disorders, encouraging individuals and communities to adopt healthier and more sustainable lifestyles. The observance aligns with the vision of the Hon’ble Prime Minister for a Fit and Healthy India, emphasising preventive healthcare, healthy living and collective responsibility towards public well-being.



Shri Prataprao Jadhav, Union Minister of State (Independent Charge) for Ayush and Minister of State for Health and Family Welfare, reiterated, “Naturopathy encourages us to recognise the close relationship between lifestyle, nature and overall health. Our emphasis is on strengthening its scientific foundation through credible research, quality education and responsible integration with conventional healthcare. This approach can contribute to preventive healthcare while advancing the vision of a Fit and Healthy India.”

Vaidya Rajesh Kotecha, Secretary, Ministry of Ayush, highlighted, “Scientific validation is essential for strengthening the credibility and wider application of naturopathy. Through CCRYN and other institutions, we are encouraging systematic research, clinical evaluation and collaboration so that naturopathic practices can be assessed through appropriate scientific methods and translated into responsible healthcare approaches.”

The Central Council for Research in Yoga and Naturopathy (CCRYN) published Various research papers in peer-reviewed journals during FY 2025–26, while five research councils under the Ministry collectively published 653 papers. The Council also has 22 units across India, reflecting its institutional presence in research, education and outreach.

India's institutional infrastructure has expanded through postgraduate institutes dedicated to Yoga and Naturopathy education and research, along with 200-bed Yoga and Naturopathy hospitals at Jhajjar in Haryana and Nagamangala in Karnataka. The Bachelor of Naturopathy and Yogic Sciences (BNYS) College at Nisarg Gram, National Institute of Naturopathy (NIN), Pune, the first such college established under the Central Government, further strengthens this ecosystem through academic and clinical training, research-based learning and practical exposure in naturopathy and yoga, preparing graduates for careers in healthcare, research, academics and private practice.

The National Institute of Naturopathy (NIN), Pune, has further strengthened its research framework through a dedicated Research Department and an Institutional Ethics Committee registered with the Department of Health Research. Its initiatives include research methodology workshops, Good Clinical Practice training, observational studies, systematic reviews and collaborative research.

The growing research emphasis is particularly relevant as naturopathy promotes healthy dietary practices, physical activity, adequate rest and stress management. These lifestyle measures can support preventive healthcare across different age groups and contribute to greater awareness of lifestyle-related risk factors.

On National Naturopathy Day, the focus remains on strengthening the scientific foundation of naturopathy, expanding institutional capacity and encouraging healthier lifestyles. Through sustained research, quality education and public participation, India aims to further develop a credible and accessible naturopathy ecosystem that complements its wider preventive healthcare efforts and contributes to the vision of 'Prakrutik Chikitsa, Swasth Bharat'.



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