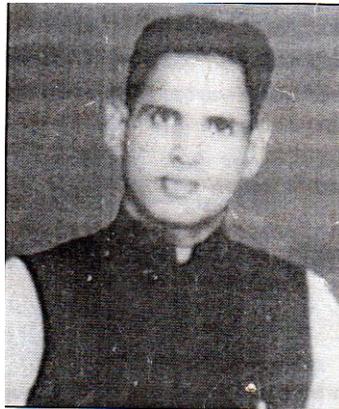


From Nature's Way to Health

The Famous Torch bearer

Vidya Raja Dr. Vegiraju Krishnam Raju

Project work by M. Harika, B.N.Y.S. 1st year



***“Disease is a lifeless thing,
You are with life,
You are embracing the disease,
But the disease cannot embrace you,
Become an Atmavan and leave the disease”***

INTRODUCTION

Dr. V.Krishnam Raju believed in the principle Service to mankind is Service to God. He also believed that in Nature Cure, there was practical realization and application of all that is good in Natural Science, philosophy and religion. In one word the phenomenal successes of Dr. Raju in the treatment of Patients by in the treatment of Patients by Nature cure had been due to the fact that he had combined all that is best in mental healing with all that is best in the physical method of cure.

In India there are very few Nature Cure Doctors of the type of Dr.Krishnam Raju, who treated patients strictly on Nature Cure method. There are some Nature Cure Doctors who combine homeopathic treatment with nature cure, some combine Ayurveda, some Tissues Salts and some other who seek the help of electricity etc.

NATUROPATHY AND DR. RAJU

In this universe few people long to lead a significant life; yet certain lives carry specific significance. Dr. Vegiraju Krishnam Raju was one among such individuals. Wordsworth in one of his poems has stated 'let Nature be your master'. Nature has bestowed on us many things and few people have learned to utilise it.

Dr. V. Krishnam Raju, belonged to the cadre of our ancient rishis. He was a lively strong, robust, enthusiastic and middle aged man well versed in Nature Cure. He realized that the body being composed of five Natural Elements – earth, water, fire, air and ether, all diseases could be cured with the help of these five forces of Nature.

“Prakriti-Ma blesses you all with all – healing balm’ is the mantram heard in the Prayer hall of his Ashram. So far such a Naturopath has not been born and may not be born in distant future. Only the soul of Sri Krishnam Raju

should take rebirth. He had laid sound foundation for study, progress and practice of Nature cure for thousand years to come.

“Nature Cure connotes a way of life which has to be learnt; it is not a drug cure. Nature cure is not like a doctor giving medicine in a bottle. It is really the natural way of keeping health and happiness”.

Dr. Krishnam Raju a man with dynamic personality and spiritual strength, with born gift of nature cure and natural life was a well recognized bearer of the noble torch of Naturopathy. Naturopathy is the art of Natural living and the science of Natural Healing. They are two sides of a coin which are highly valuable and helpful for human uplift.

Dr. Krishnam Raju’s message to his disciples and Nature cure world in his last days remains to this day as a vedic quotation.

Disease is a lifeless thing

You are with life,

You are embracing the disease,

But the disease cannot embrace you,

Become an Atmavan and leave the disease.

This is the highest and most useful and original thinking of Gurudev Krishnam Raju which has given a new shape and colours to Nature cure movement. His Ashram in Bhimavaram has been doing Yeoman’s Service in alleviating Human miseries. The system of Naturopathy followed in the Ashram is commendable and worthy of being emulated by other institutions.

LIFE HISTORY OF DR. RAJU

His Birth

The Founder and life spirit of the ‘Sree Ramakrishna Prakriti Ashram’, Dr. Vegiraju Krishnam Raju, hails from a hamlet ‘Marripudi’ in Bapatla Taluq, Guntur District, Andhra Pradesh. He was born on 7th December, 1910 in an

aristocratic Kshtriya family. His grandfather led a simple and systematic life with punctual habits and a noble way of achieving things.

From the beginning, Dr. Raju had the privilege of following the footprints of his grandfather. From the beginning they respected the Cow and Cow's milk. Cow's milk was considered by them as 'perfect diet' on most appropriate, scientific principles.

Dr. Raju's father was Sri Subbaraju and mother was Smt. Subbayamma. From the time of infancy, he imbibed the quality of courage and daring from his father and spiritual outlook from his mother. Endowed with fair complexion and robust constitution, he was well built and always in a good health and cheer. For that matter, there was no trace of anyone falling sick in the family.

CHILDHOOD & EDUCATION

Dr. Raju could have only elementary education in and around the year 1915. He could take up Western education but the influence of western education on his life was very scanty since non-cooperation movement blossomed in the year 1921. He took up the campaign of propagation of 'Ahimsa Siddantam' during 1925. He always preferred vegetarian diet and often used to explain to others that vegetarian food alone could give strength to the body.

He used to give lessons and encouraged the public for doing "Vyayama" and practice in 'Karrasamu' and 'Kattisamu', the oldest traditional way of physical education. He used to conduct 'strength contests' known as 'Vyayama Poteelu' and started many Talinskhanas in most of villages in the district. He squarely condemned the evil practice of he youth and he started 'Youth Forums'.

Dr.Raju learnt to write and read his mother tongue Telugu along with Sanskrit. He gained masterly knowledge of the great epics Bharatha, Bhagavatha and Ramayana and the Holy Scripture – The Bhagavad Githa. Thus he progressed both physically and mentally. Added to this personal development he helped others in such directions. He displayed his skill in physical training stadiums, then popular in Guntur District. In recognition thereof he won the Rolling Cup continuously for three years. Indeed he inspired a great deal of younger generation, even by starting a 'Circus Organisation' Soon he become popular in the surrounding districts too. His adventurous nature could be illustrated from his daring attack and slaying of a bear that began to pounce upon and injure many of his place and the way he played with snakes.

Once Dr.Raju fell ill for 4 days. He was cured by a doctor. When Dr. Raju asked him the reason for his illness, the doctor expressed his disability to explain. That prompted Dr. Raju to probe into human constitution and the medical sciences. Dr. Raju under the guidance of the famous Dr. Applacharya studied standard works like 'Charka, Susrutha, Vagadhapa on 'Ayurved' and got into close touch and practice of that branch of medicine. The classical books taught him, the importance of spiritual life and 'Upavasa Deeksha'. He realized the fruits of a rishis's life. He was attracted towards 'Sanathana Dharmam' and 'Arsh Samskriti'. His study of Ayurvedam enhanced it. He read about the importance of fast.

About 32, he left home, being excommunicated for helping reforms of widow-marriage and removing untouchbulity. None would give him, even water and he dug a well for it. As food could not be had easily, he went without it for 2 weeks, and got experience of fast. It suggested him that it would improve all patients. Then he read books on natural remedies in Telugu published by 'Prakriti' institution of Vijayawada. With his shrewd bent of mind and being one brought up on the lap of Nature and with a study of books on

Naturopathy he realized the need for 'Satwikahara'. He pursued researches for a cult that is easy and practicable for remedy of diseases.

THE INCEPTION OF NATURE CURE ASHRAM

He started a small ashram in his own native Village, Marrisudi in 1934 with his associate Sri Prakriti Sarma to materialize his plans. His main objectives were to help the ailing human beings from diseases and turn them as perfect healthy men. With a firm resolve to achieve his aim, he made experiments on himself by a total change of his diet to that of unboiled and raw type. He extended his measures and experiments to all the poor and needy, meeting the entire expenditure himself. He was then honoured N.D. Doctor of Naturopathy. As a result of his wonderful cure of chronic diseases of many, he was proclaimed a distinguished savior doctor. The number of patients increased. He was obliged to shift his ashram to Ongole under the patronage of a Vaisya Gentleman and then to Bapatla. There he was joined by his cousin brother, Mr. Venkatarama Raju – who resigned his teacher's job. With the help of Prakriti Sarma and Venkatarama Raju and a few others he went round many places and instilled the importance of Nature cure into the hearts of all people. In fact a renascent outlook had set in among people. This good feeling of the people at large helped Dr. Raju to establish many ashrams at various places.

HIS MARRIED LIFE

Dr. Raju married at his twentieth year a girl of seven named Annapurna. They led their married life happily for a decade. They were blessed with two sons and two daughters. Once again Dr. Raju took to celibacy (Brahmacharya) from his 39th year. He sold his share of his paternal property and utilized the sale proceeds for Sri Ramakrishna Prakriti Ashram and its development.

Dr. Raju's contacts with great personages like Mahatma Gandhi, Acharya Vinobabhave and others also inspired him to proceed with his programme'.

The tremendous work turned out by Dr. Raju and his sincere associates won popularity far and wide. He was honoured by an invitation to preside over the 'All India Naturopathy Parishad' for three years (from 1948 onwards).

Later Dr. Raju had contacts with late Sri Potti Sreeramulu. With his influence he got some funds from 'Gandhi Memorial Fund'. This enabled him to start a college of Naturopathy in 1951-52 in which many pupils from all over the country were trained.

HIS DEMISE

It is a sorrowful thing to note the sudden and premature demise of the great Fonder Dr. Raju on the night of 5th February 1955 leaving a large number of admirer's, patrons, friends and Kinsmen in an ocean of endless grief. That is but God's decree. We have to assume that after his laborious filed work and establishment of the great Ashram he was removed his soiled shirt-his physical body. Now he is with astral body, supervising his beloved ashram that is family standing for the wide spread of gospel of Naturopathy. Such as belief prompted the followers to erect a monument in his memory within the precincts of the Ashram for which he lived and breathed his last.

Dr. Raju's wife registered the Ashram under societies act XXI of 1860 and his son Sri. V. Ravivarma was one of the active members of the Ashram devoting their lives for the fulfillment of the golden dreams of Dr. Raju.

Dr. Raju, fulfilled the ideal atmosphere expected by Dr. Florence Nightingale. He worked for the down-trodden like Dr. Schweitzer who work for the same in Africa. Thus while his golden dreams were materializing, he could not live long and enjoy the fruits of his love and labour. Dr. Raju died full of honours, though young in years.

DR. RAJU'S STYLE OF TREATMENT

Dr. Raju treated patients with great kindness and philanthropic attitude. The patients were trained as doctors during the course of treatment and gained knowledge of Parkriti Chikitsa. Under his guidance and inspiration thousands of families in the villages adopted Nature Cure methods.

His pharnocopia consisted not in poisonous pills and potions but in PANCHA BHOOTAS i.e. Earth (Prithivi), Water (Apaha), Sun-light (Tejus), air, (Vayu) and Eather (Akas) – and fasting based on five elements in Nature of which man is made. The diet was a simple wholesome diet consisting of coconuts, plantains, oranges, grapes, pomograntes, milk, raw vegetables and seasonal sweet juicy fruits etc. The treatment consisted of Mruthika (mud) application, Jalchikitsa (Hydro therapy), Surya Kirana Chikitsa (Chromopathi), Pranayama Upavasa (Fasting), Mardana (massage), Yogasanas, Manasika Chikitsa (mental) and Adhyatamika (Spriritual). Thus he never treated the disease but has ably treated the patients with human out look and awakened their latent faculties – physical, mental and spriritual and this sacred act – karma yoga has helped the patients to get their ailments healed up naturally and wonderfully.

The great secret of the success of Dr. Raju was his life and his phenomenal success in the treatment of patients by nature cure. He had combined all that is best in mental healing with all that is best in the physical methods of cure.

He was recognized by the patients as a doctor, but he never recognized himself as a doctor. He treated himself as helping friend of the suffering humanity and a faithful health assistant to Mother Nature, the supreme Healing Authority. He thus honoured the spirit of Naturism and the philosophy of Nature cure.

BITTER EXPERIENCES IN THE COURSE OF TREATMENT

‘Satsangatithi kadhaya kim Nakaroti Pumsam’ Man can achieve anything in the friendship of good people.

Dr.Raju was by nature good and followed Naturopathy. A perfect blend of these too eased his task of curing the needy. Perfection is not appreciated easily in this imperfect world. Dr. Raju had to face lots of opposition (criticism and attacks) from other branches of medicine. The incident quoted below was personally narrated by Dr. Raju to Sri G.V. Sivarama Raju. This speaks volumes about his self confidence, courage and determination in his path of success.

Christian Missionary was curing leprosy patients through allopathy in Bapatla in 1933. Dr. Raju approached a few of those patients, explained to them the value of Naturopathy and brought them to his house to treat accordingly.

The Missionaries came to know of it and filed a case against him on two grounds that he was treating the patients without a proper degree in Medicine and that he was kidnapped their patients. The police arrested him he was presented in the court. He did not appoint a defense lawyer for himself. He represented his case on his own. His argument ran thus.

“Yes, I agree I don’t have the degrees required, but I have a boon given directly and naturally by God to cure the suffering through Natural methods. I am treating the patients with dedication, self-confidence and unselfishly. Nature cure is the best form of treatment for patients suffering from incurable chronic diseases. You can test me in my treatment. What we require in the present situation is not law and its implementation. What we require is a cure for the patients. End result of any treatment should be a relief and a cure for the patients. Let’s have a deal. I will treat the patients I brought with me in my lines of treatment for 3 months. Ask those missionaries to treat a few patients in their lines for the same amount of time. At the end of the stipulate time, let

us bring our patients to your presence. Then you can judge for yourself and can proclaim your judgment.

The present day condition is such that the people are blindfolded to truth. They are not willing to accept the reality. Truth is stanger than fiction. If you give me an opportunity to prove myself, truth will win over. In case I fail in my endeavor, I am ready to bow my head before you and accept any punishment given to me wholeheartedly”.

Realizing the confidence and dedication of the young doctor the magistrate willingly gave them three months time to cure their patients.

As the end of three months both the parties attended the court with their respective patients. This time the doctor did not have to defend himself. The faces of his patients were proof positive of the treatment he had given. They were cured of 75% of their disease. Their wounds got healed. Their body regained its original glow. Everybody, including the judge, was stunned at the miraculous improvement.

In the presence of the judge, the religious pastor and their doctors apologized to Dr. Raju. They appreciated him. They withdrew their case on him. They accepted the impact of Nature cure treatment. They did not stop there. They sent some more leprosy patients to him.

This is just one example. He faced many such experiences in his life. But he is Mahatma. He is a saint. He dedicated his life to the service of the suffering. So he was unperturbed by such attacks hurdles or comments against him

DR. RAJU'S ASSOCIATION WITH GANDHI

Gandhi was a Naturopath himself. Gandhi defined Nature cure thus in one of his writings.

‘The Nature Cure man does not sell a cure to the patient. He teachers him the right way of living in his home which would not only cure him of his

particular ailment but also save him from falling ill in future. The ordinary doctor or Vaidya is interested mostly in the study of disease. The Nature curist is interested more in the study of health. His real interest begins where that of the ordinary doctor ends'.

Gandhi successfully tried the methods of Nature cure on himself and the members of his family. The name and fame of Dr. Krishnam Raju as an expert naturopath spread far and wide throughout India and they reached the ears of Bapuji at Sevagram in 1942. Bapuji invited Dr. Raju to Sevagram in 1944. The doctor visited Sevagram with some of the people of his community of West Godavari District and stayed there for some time which Gandhiji.

He attended prayer meetings of Gandhi and after his prayers Gandhi participated in some discourses on Nature cure treatment and some principles of health. Dr. Raju demonstrated the methods of nature cure on the patients there. During the course of their discussions, an interesting conversation took place among them.

Mahatma Gandhi asked Dr. Raju about the disease of a patient – will the disease be cured?

Dr. Raju – Can be cured.

Mahatmaji – How long does it take?

Dr. Raju – Seven Ghadias (about 3 hours)

Mahatma ji – What will be the expenditure?

Dr. Raju – As much as the patient bears

Mahatma ji – Does it relapse?

Dr. Raju – If the patient desires it.

On another occasion, Dr. Krishnam Raju gave some prescription and made some remarks, on seeing the facial expressions of Gandhi ji. Then

Gandhi ji was very much pleased with his way of treatment and remarked as follows, “Doctors are reading many books, while this doctor himself is a great Dictionary of medical aid and treatment and the doctors should avail themselves of the resources available with him”.

Gandhiji was so impressed that he wanted Dr. Raju to stay with him. He expressed the same to Prabhakarjee, one of his disciples – “I have been trying by all possible means to bring Dr. Krishnam Raju to our sevagram and see that he remains at our place; but it seems he does not want to come perhaps, he is not interested in making use of the privileges we extend to him”. But Dr. Raju had his own reasons. It was not because he was not happy with the privileges but it was because of his pressure of work at his Bhimavaram Ashram and of the patients there. So he impressed on Gandhi ji that Andhradesa had a favourable and suitable atmosphere for his work, as thousands of patients were benefited there.

Gandhiji was very much impressed with Dr. Raju's simplicity, talents and his high philosophical nature and was sending patients from sevagram to Bhimavaram Ashram. Gandhi wrote this letter to Dr. Raju on such an occasion.

Brother Krishnam Raju

From today writing letters will be stopped till the end of this month. So I am sending this letter. May you attain fame by treating the three brothers that are coming.

Blessings of Bapu, 3-12-1944.

One some other occasion Gandhi stated again to Prabhakarji as follows – “I am very much impressed about the treatment and principle of the Doctor. I feel I can find some relief if I go to Nature cure hospital at Bhimavaram and stay for sometime there. He has got a bright future in his career. The mystery is that he is not able to realize his talents. I would like to make use of them

and extend the same for the benefit of humanity and uplift of mankind. But Gandhi could not make it due to his activities during partition shortly afterwards, his assassination took place.

Dr. Raju was very much depressed due to the demise of Gandhi ji. He dedicated every moment of his life to the spread of Nature cure on Gandhian lines.

HONOURS TO DR. RAJU

Minister for Irrigation and power of India, Sri K.L. Rao acclaimed Dr. Raju's services thus –

'That nature cure has a definite place among systems of medical treatment is proved by authentic cures reported by unexceptionable authorities including Mahatma Gandhi. It is for this reason that Mahatma ji used to recommend patients to Sri Ramakrishna Prakriti Ashram.

Sri P.L Sivaram, Collector of Visakhapatnam praised the Ashram of Dr. Raju thus.

'Sri Ramakrishna Prakriti Ashram in Bhimavaram has been doing Yeoman's service in alleviating human miseries. The steps of Naturopathy followed in the Ashram is commendable and worthy of being emulated by other institutions. The future of the health of the world seems to depend on Naturopathy'.

Gandhi, inspite of being a Naturopath himself, proclaimed Dr. Raju's greatness. 'I feel I can find some relief If I go to nature cure Hospital at Bhimavaram and stay for some time there. He has got a bright future in his career. The mystery, is that he is not able to realize his talents.'

Gandhi was very much true. He could not realize his talents but Dr. Raju was honoured in many ways.

In the year 1948, a meeting of the all India Nature cure conference was held on the occasion of the Jayapur Congress. Sri Krishnam Raju was unanimously elected as president on 14-12-50 All India Nature Cure conference was held at Delhi with Dr. Raju as president. He delivered an inspiring presidential address before a large gathering.

Dr. Raju was elected as a member of Prakruti Vaidya Shakha of Gandhi Smaraka Nidhi.

With the aid of Gandhi Smaraka Nidhi funds, an All India Naturopathic College was run by the Bhimavaram Prakriti Ashram from 1951 to 1956. Students from all over the country were trained in this institution under the guidance of Dr. Krishnam Raju.

Extensive Research in the cure of Leprosy by Nature Cure method was also conducted, with the financial aid of the Gandhi Smaraka Nidhi, with good results.

Addressed by

SRI VAIDYARAJ KRISHNAM RAJU

President: (All India Nature Cure Conference)

Food, Sleep, Fear and sexual inter course are common to both man and animal. Wisdom is a special quality found in man alone.

I will rather go a step forward and venture to say that man cannot ever rank with animals, for animals and birds are a happy lot. They have the mating seasons and are always exposed to light. Wind and rain, the elements of Prakriti or Nature. They are not cursed with so many maladies; disease is a rare thing among them; why is it then that man who boasts that he is superior to birds and animals suffer from so many unnatural diseases that are not known to either of the later? Why does man waste all his life and leisure to find cures for all his ills? Is it because of Gnana that he must suffer too much?

I think here, we have lessons to learn from bird and animals whom we despise as something low in the creation. If we cannot profit by their example, surely it is our fault. The cow eats grass and the vulture eats flesh. They do not exchange their foods. But man eats all sorts of things. They eat to live. But man eats for the taste of his palate. They eat natural food. But man eats food artificially prepared by him. The birds and animals take rest when they are tired. But man takes rest due to laziness. We cannot escape from the consequences of our folly.

The unnatural life that root cause for all his ills. He has grown perverse and has become a slave of the palate. He leads a life that is divorced from the soil and the elements. He looks himself up in places and queerly imagines that he has grown stature. He never trots the Mother Earth. But moves even short distances in rollsroyce. He grows idle and thinks is beneath his dignity to perform manual labour. He devour all things that would tend to inflame the passions and consequently leads a dissipated life. No wonder he suffers from all the dreadful and repulsive diseases. In this world eternal misery is his lot, let alone what happens to life beyond.

It is not my purpose here to deprecate man and his achievements. I am conscious of his attainments. By sheer perseverance he has made nature sub-servient to his needs. That may be a delusion. It is no denying the fact that he has exploited nature to his advantage. He has built dams turned deserts into green fields. Invented the wireless and the aeroplane and made this universe too small for him. He has invented the machine that does the work of an odd thousand. But is he able to solve the problem of life? He has created enough leisure to the toiling masses by introducing machine. Surely we will not hesitate to answer "No" he made life more complicated, multiplied the wants and made us lead unnatural live. In spite of herculean efforts the food problem still remains unsolved. One of the reasons advanced portionate increase in the population. In order to mitigate this evil some are propagating the use of contraceptives. We produce toiling day and night and what we

produce is not sufficient, to meet the demand of consumption. Diseases and hospitals are on the increase. Every house has turned into a drugstore. We are unable to control disease. From the natural simplicity of the past man has grown into an extraordinary, perverse, irrational, unnatural and complicated being of the present.

Phalam swacha labhyam Prathivammakhedam Kshitivaram

Payah sthane sthane sisir madhuram punya saritham

Mridu sparsa sayyasulalitha lathapallava mayee

Sahanthe santhapam thathapidha ninam awari kripanah

In every garden on the face of earth fruits can be had at one's will and pleasure. From the holy rivers one can get sweet water at each and every place. One can enjoy the soft touch of the flower-beds surrendered by the tender creepers and the tiny leaves. But leaving all how people go to the doors of the rich miseries and endure troubles foolishly.

Our miseries are no creation of external power. They are our own creation. We cannot therefore disown their consequences. We pay heavily for vegaries. The high rate of deaths, the infant mortality the dissipated bodies and the pale faces are the index of nation's health.

Message given by

DR. KRISHNAM RAJU TO SEEKERS OF PERFECT HEALTH

India was once at its peak as Veda Bhoomi and Punya Bhoomi. It stood as an example to be followed by other nations. Such a great nation has lost its ancient glory now. India is known for its valour. Bhima, Hanuman could smash mountains and warriors like Rana Pratap and Shivaji could frighten the enemies out of their wits India is renowned for its saints like Kapila Maharshi, for their spiritual knowledge. India is popular for its Dasavatars of Lord Vishnu as Rama, and Krishna for example. India is famous for its great personalities like Mahatma Gandhi and Gautam Buddha. It is known for its longevity of life. But today all the practice of religion, the spiritual knowledge, the valour has

gone into this air. The Indians are losing their inner glory and are attracted towards the outward show and glitter of materialistic life. This is causing its downfall the only way out of this decline is to resort to the age old rishi's life style.

In the modern days the medical science like Allopathy, Unani, Ayurveda, Homeopathy etc are making their level best to cure disease, but they are not able to clear disease altogether. The patients don't find a relief at all. There is no peace in any house today. Wherever you go, you face the question, how is Mr. so an so, how is the health? Day by day there is an increase in super specialty hospitals and in the number of doctors. Even the govt. has realized the need for these and is doing its part in increasing them. But what is the use? The patients and their diseases are increasing proportionately.

Our people suffer not only from serious diseases like T.B. and leprosy but also from regular diseases like diabetes, ashma, eye-sight, indigestion, dental problems, headache, menstrual problems, cancer etc. Women face lots of difficulties during delivery and even die at child birth. If everything goes normal, they can't breast feed their children. They depend on artificial nutrition's food, like milk powder, imported from foreign countries. They have to simultaneously import Medicines for their diseases caused by the artificial food.

Why do the people face so many problems? Why do they get so many diseases? If we probe into the matter we can understand that as long as they depend on medicines for their ill health they cannot live happily and healthily. They are taking Medicines for anything and every thing for headache, for appetite for motions, for sound sleep, for infertility, for family planning, for breast feed etc. The modern body longs for medicine irrespective of the diseases. As long as the people don't bother to realize its cause, but only long for medicine or surgery, there will be a decline of our race.

If the people wish to regain the past valour and vigour, the only way left out for them is to give up these unnatural methods. Their goal is crystal clear before them. They should not multiply doctors and medicines, they should probe into the causes of diseases. The doctor's first and foremost duty today is to educate the patients regarding the reasons of their illnesses and show them the preventive means. In spite of this awareness, if they fall sick due to their fate or if they are attacked by the contagious diseases prevalent in the society, they can definitely regain their health through Nature Cure. The simple answer is they should know the cause of the diseases and should give up that habit and should attain good health.

A Nature Cure doctor's responsibility is different. He should not just give a medicine. He should invoke mental and spiritual awareness in the patient. He should make him realize that he cannot make his physical ailment a responsibility of the doctor. He should realize his own making in it. He should give him all that is best in mental and spiritual knowledge along with all that is best in physical treatment to cure his physical ailment.

The Chronic diseases of the present day that are a challenge to the allopathic doctors are – diabetes, asthma, high blood pressure, heart troubles, rhumaticism, nervous breakdown, hysteria, cancer etc. But people will be surprised to learn that if they learn the root cause of these diseases and control their sense organs, they can get rid of these diseases from the very next day. The patients keep worrying that they have fallen prey to chronic diseases, but they don't understand that it lies in their hands to get rid of it. If they know what habit of theirs brought this disease, can't they give up that habit to be hale and healthy? Isn't it a false notion that they can never get rid of it?

Read the following Ayurvedic sloka

Aharachara Chestasu

Sukhardi Pretyachenacha

Param Prayatna Matisteth

Buddinam Hita sevane!

(Charaka Sutra)

It means, a wise man follows good food habits throughout his life and leads a systematic life.

On the contrary a stupid leads this way.

Anathma Vantaha Pasuvath

Bhujantiye Pramanathaha

Rogani Kasyate Mulam

Ajeennam Prapnuvathihi

(Sutra Stanam)

It means a stupid is unmindful of good and evil, has no control over his indriyas, eats unnatural food in greater quantity at irregular timing. It leads to indigestion which is the root cause of all disease.

ALL ABOUT SREE RAMAKRISHNA PRAKRITI ASHRAM

ITS LOCATION

Sree Ramakrishna Prakriti Ashram was founded on the banks of the river Gostha in 1944. The Ashram spread to an extent of 35 acres of site with mango grove, coconut palms, and other fruit bearing trees. It is on the banks of a perinial navigation canal, drawing water from the river Godavari and is away from the noise and dust of the town Bhimavaram. The buildings and cottages constructed were so well designed that they are airy well-ventilated and decent. Dr. Raju worked day and night for the self-sufficiency and support of the Ashram by growing orchards, vegetables, food crops etc.

ITS INCEPTION

Dr. Raju had already established his Nature Cure Ashrams in his own native place Marripudi, later at Ongle, then at Bapatla.

In 1933, he ran an ashram at a Village Kesavaram under the guidance and patronage of Sri Kalidindi Ganga Raju. The institution had a promising and flourishing turn, but had limited resources. In 1944, Dr. Raju with his forethought and broad vision could see the bright future of his pet child. Hence he was obliged to shift the ashram to Bhimavaram vicinity, as it stands now in her glory amid beautiful Nature and healthy, happy environments. Thanks to the untiring industry and strong and pious determination of Dr. Raju who waded through several circumstances helped him improve the Ashram. Sri Alluri Ramakrishnam Raju was a retired Deputy Collector and paternal uncle of the famous revolutionary patriot Sri Alluri Seetharama Raju.

Dr. Raju came in contact with him and both of them together performed widow marriages. Sri Alluri RamaKrishna Raju has given his incessant encouragement and co-ordination to the ashram in its infant stages. As this gentleman was the first benefactor and supporter till he passed away in 1937, the Ashram was fittingly named after him.

A GLIMPSE OF THE ASHRAM

In one of the extreme corners of this ashram, there is the Samadhi of the founder of the institution. Dr. Vegiraju Krishnam Raju.

Just a foot retraced one finds the prayer Hall, where the inmates are immersed in congregational Prayer. Sri Swami Chaitanyananada Saraswathi in his ochre robes is seen conducting a chorus and himself melodiously joining in. His sermons infuse faith and hope. His mantram is 'Prakriti-Ma blesses you all with her all-healing balm'.

A few steps further you find the Ashram Canteen. According to the condition of the patient, the sick receive their diet, consisting of fruit juice with water, gruel, pounded rice with vegetables, wheat roti and fruit.

After food and the necessary rest, we come across different patients undergoing different types of treatment like massage, mud bath, steam bath, colour treatment bath etc.

There is a cow-stable with many cows to provide pure milk, for the inmates of the ashram.

THE DIET IN THE ASHRAM

Routine treatment – External – (1) Mudpack on lower abdomen for 15 minutes, at 4.30 a.m., 12 noon and 4 p.m.,(2) Enema 5-30 a.m. (3) Cold water bath 6-30 a.m. and 5-30 p.m. (4) Sitz bath (Washing genitals) early morning and hip-bath noon and evening as prescribed, after a few weeks. (5) For leprosy and skin patients-rubbing oil to whole body and sitting in Sun about half hour, 4 p.m., followed by mud-bath, half hour, and cold bath to wash it.

Diet: - (1) To begin with, patients are given 5-15 days fast, water being taken freely, with juice of half lemon each time. Some get 1 orange thrice, some days with plenty of water; number of oranges slowly increased to 12 per day, for 1-2 months. (2) After fast, water from unripe coconut is given to be sipped, beginning with 8 ozs thrice, and increased each time by some ozs till 20-24 ozs each time may be taken. After 5-10 days, 1 orange added each time, increased to 2-3. (3) Then, snake gourd 9 inch long, is eaten raw, morning and evening; it can be increased to 1-2 ft each time. It may be taken steamed by those unable to chew. Ridge gourd, Carrots or Cabbage can be taken instead, without salt. Leafy Vegetables can be taken raw or cooked. Some coconut water and oranges may be taken with vegetables, and some at noon.

(4) After some days, Plantain is added to morning & evenings Meals, and number increased to 4-5 according to size. Ripe mango can be taken instead.

(5) After some days, 1 tola (2/5 oz) coconut is added to meals, and increased to half coconut a time. Coconut water is reduced as vegetables and fruits increase; it may be taken at 1 p.m., With a few oranges or tomato-juice. Germinated wheat or green-gram (Moong) can be taken with meals by strong men. Some are given fresh raw milk, with teaspoon honey, twice. Some are allowed cooked rice and buttermilk once. During Neera-season, many are allowed 8-16 ozs in the morning.

Amount of water is not prescribed when vegetables begin; on full diet, it is taken 1-2 times, according to thirst. Exercise-When diet is begun, patients are shown breathing and other exercises according to strength. Those able to move about, do so from beginning.

Many begin to improve in a few days or weeks; leprosy patients improve in a few months, but may take a year or more for all signs to disappear; even then, skin may not be germ-free. Many take usual diet on going home, but some take raw diet for many years, as they feel better on it. Patients pay Rs.22-8 monthly rent for single, and 37 for double rooms. Diet expense is 35 to 50 monthly, according to diet and season-prices. No other fee charged. There is no nursing staff, Patients are usually accompanied by relations, who cook for themselves and look after patients; single ones are helped by neighbours. Fruits and vegetables can be had from pedlars, or from market one and half mile away. Poor patients are housed in huts without rent. Expenses of some poor leprosy-patients are paid by Gandhi Memorial Trust. (The details are as on 1969).

BUILDERS OF THE ASHRAM

‘Style is the man; great works and institutions are but the life blood of personages dedicated to noble and worthy causes.

The founder and life spirit of the Ashram was Dr. Vegiraju Krishnam Raju.

THE ADMINISTRATIVE PERSONNEL

Sri Pabolu Satyanarayana Murthy, played an important role. After his death, Mr. Venkataratnam took up his father's role as Joint Secretary.

Sri Ch. P. Murthiraju M.A. a great philanthropist and stout champion of educational and social causes, is the chairman and president of the Managing Committee. His interest in the ashram arose from his cure from a dreadful ailment of rheumatism.

Dr. Raju's wife, Smt. V. Annapurna assisted by Dr. Raju's brother and his associates is maintaining the ashram.

Swamy Chaitanayannada Saraswati is the Vice-President who works for the all-round development of the Ashram putting his three fold energy-physical, mental and spiritual. He is deemed as the presiding deity or Guardian angel, looking after every minute thing also.

Sri. V. Ravi Varma B.Sc, is the eldest son of Dr. vegiraju Krishnam Raju. He is the Secretary of the Ashram. He has been striving in the foot steps of his father for the progress of the Ashram and spread of Nature Cure. Sri Ravi Varma was a born Naturopathist Added to that he imbibed and inherited all the talents and genius of his great father to whom he was been a worthy son. Since 1964 when he graduated in science from Andhra University, he has been devoting the entire life for the service of the Ashram both as a joint Physician and as a promising and able administrator.

HOMAGE TO DR. RAJU

"Gurudev, Sri Krishnam Raju, after leaving the body, has become more powerful and all prevailing and is guiding us with his blessings to make nature cure movement a success. I will take an Oath to spread his message and ambitions all over the country and maintain the high traditions established by him.

I pay my homage by praying God to give me strength to rise myself to the expectations and standards of Gurudev to receive his blessings and to work in this field with more success’.

These lines are voiced by his disciple Dr. B. Venkata Rao, but these are the feelings akin to one and all, associated with Dr. Raju and his Sree Ramakrishna Prakruti Ashram”.

CONCLUSION

Nature Cure is rooted in religion and Nature is the only force that heals. Dr. Krishnam Raju was one of the rare Nature Cure physicians who left one with Nature. He had complete faith in himself as a transformer of the universal energy, coupled with spritital force into patients for curing their ailments. With this background and confidence, he could boldly tell Mahatmaji that he could treat patients in about 3 hours. This special aspect of spiritual force in rasing the patient’s mental power was imbibed only in Dr. Krishnam Raju.

He had laid sound foundation for study, progress and practice of Nature Cure for thousands of years to come. Though he is no more physically, his spirit is pervading every atom of the Nature Cure world, like a bright star, guding and helping the spread of Naturopathy.