

# Naturopathic Principles Of Nature Vis A Vis Social Isolation And Depression Among Women

Ekta Bawa<sup>1</sup>, Dr. Rasleena Thakur<sup>2</sup> and Dr. Ajoy Batta<sup>3</sup>

<sup>1</sup>Research Scholar, Dept. of English, School of Social Sciences and Languages, Lovely Professional University, Punjab, India.

Email: ektabawa12@gmail.com

<sup>2</sup>Assistant Professor, Dept. of English, School of Social Sciences and Languages, Lovely Professional University, Punjab, India.

Email: rasleena.27830@lpu.co.in

<sup>3</sup>Professor and Head, Dept. of English, School of Social Sciences and Languages, Lovely Professional University, Punjab, India.

DOI: 10.47750/pnr.2023.14.S02.16

## Abstract

'In this modern globalized world, the social and cultural scenario has changed' and the present-day world is one of stress and other of diseases. Now people usually seek medical helps be it allopathic, neuropathic, scientific or of any kind. The following paper supports the understatement that people could actually heal without any medical aid but by naturopathic means. Environment can increase or reduce our stress level which in turn impacts our bodies. Whatever we perceive with our senses puts an impact on our nervous, endocrine and immune system. Regardless of age or culture, humans have always found nature pleasing. In the modern world and patriarchal Society, women can be seen more victimized and thus more prone to depression, anxiety and other mental disorders. This paper will take into account the healing effect of Nature in bringing about a harmonal balance and order and in treating other mental disorders of women specifically by reducing their anxiety and depression. A woman is the steerer of a family, hence their health and mental well-being is an issue of great concern. And this can very well be taken care of if their association with Nature is assured.

**Keywords:** Depression, Patriarchal Society, Mental disorders, Steerer, Victimized, Naturopathic, Allopathic.

## Introduction:

Naturopathy is a system of healing science stimulating the body's inherent power to regain health with the help of five elements of nature- Earth, Water, Air, Fire and Ether. It is a call for "Return to Nature" and resort to simple way of living in harmony with the self, society and environment. Naturopathy is dedicated to the study and celebration of nature's healing powers. The core practice of naturopathic medicine is as old as healing itself and as modern as new medical breakthroughs. Naturopathy forms the least invasive and least toxic treatments that aid in boosting overall well-being.

'Give me the country to live in, with the sea in sight, and ample leisure. Give me the society of my fellow creatures to enrich my human nature; and give me hours of sacred solitude to strengthen that in me which is divine [...].'  
(The New Woman and the Old).

From the times immemorial, women have been more victimized due to the various physical, biological and social factors thus making them more prone to depression, anxiety, physical and emotional isolation and other mental disorders. They being the care taker of the families, homes and children need to be at their utmost balance and satisfaction at all levels. Much of their well being depends upon the harmonal balance which fluctuates a lot due to many biological processes taking place in their bodies like mensuration, menopause etc. Over and above that the societal pressures, expectations of the patriarchal society force them to face and struggle with the social taboos thereby raising their levels of anxiety and depression. All this leads them to another very dangerous stage of life i.e., self-isolation.

And this is such stage which fills the mind of the individual with all negativity like suicidal thoughts etc. To effectively cater to all these concerns, the allopathic and other systems of medicines would not be sufficiently helpful. The more fruitful direction would be the one leading to mother Nature. Nature only can provide that soothingness which can make them feel better and help reduce their anxiety and depression.

Spending time in nature has been found to help with mental health problems such as anxiety and depression. For example, research into ecotherapy (a type of formal treatment which involves doing activities outside in nature) has shown it can help with mild to moderate depression. This might be due to combining regular physical activity and social contact with being outside in nature. Being outside in natural light can be helpful if you experience seasonal affective disorder (SAD), a type of depression that affects people during particular seasons or times of year. And people tell us that getting into nature has helped them with many other types of mental health problems. It has been a long-standing fact that nature's beauty and serenity have a calming effect on the mind and create a sense of peace. This is something you won't find in urban spaces and areas with heavy traffic. Spending time in nature effectively reduces stress, avoids mental fatigue, recharges your mind, and helps you to be in a happy mood. One of the studies shows that 57 percent of the women and 27 percent of the men stated that a major goal of the trip was to 'come home' to nature (Greenway 7). The field of ecopsychology arose from meetings in the early 1990s between scholars and activists, psychologists and environmentalists, who assembled to share insights and knowledge surrounding the natural world (Buzzell & Chalquist, 2009). Two weekend outdoor field intensives provide direct experience with exploring one's relationship with nature (Halloway).



**Source- LUISA RIVERA FOR YALE ENVIRONMENT 360**

Here, the poet throws light on the internal conflicts of women who are repressed at the hands of staunch patriarchs are forced to abandon the civilizations and seek solitude and solace in nature. They try to internalise and adapt the pace of nature which might be slow but effective. And finally, they are healed by the mother nature who swallow all of their miseries and turn them alright.

Away, away, from men and towns,

To the wild wood and the downs—  
To the silent wilderness  
Where the soul need not repress  
Its music lest it should not find  
An echo in another's mind.  
While the touch of Nature's art  
Harmonizes heart to heart. (Shelley)

### **Naturopathic Principles:**

The six principles of naturopathic medicine unite Naturopathic Doctors across the world:

#### **First Do No Harm**

Core to all medical practice is the desire to help the human form and condition. NDs typically approach care by utilizing the most natural, least invasive and least toxic therapies. NDs will refer when the patient's presentation is outside their scope or level of skill.

#### **The Healing Power of Nature**

NDs recognize the value of our natural world in assisting the healing process. Not only do NDs utilize substances that originate in nature, but they also incorporate a healthy natural environment as foundational to human health. Naturopathic doctors recognize and harness the body's inherent wisdom to heal itself in order to guide patients to wellness and total health.

#### **Identify and Treat the Causes**

There is a time and place for symptom suppression, however most naturopathic patients will benefit from identifying the underlying causes of illness and removing obstacles to cure.

#### **Doctor as Teacher**

Naturopathic doctors elevate patient health literacy. That means that NDs are part of the team helping patients have a better understanding of what it takes to be and stay well. Through education and a trust-based relationship, patients better understand the steps they need to take to achieve and maintain health.

#### **Treat the Whole Person**

Naturopathic doctors understand the interconnectedness of our body, our environment and our lifestyle on total health. It is only through this whole-person-based approach that NDs seek to restore balance and health.

#### **Prevention**

Naturopathic medicine affirms that it is better to prevent illness and suffering whenever possible. Through their comprehensive practice, NDs combine all six principles in order to identify potential areas of imbalance and teach patients how to get well and stay well.

#### **Causes of Depression and Isolation among Women:**

Depression is a great threat to the life and highly correlated with social isolation. The trends of social isolation are regarded as pathogens causing depression and other psychological disorders. Research suggests that women are more likely to be diagnosed with depression as compared to their men counterpart owing to their social and mental conditioning. The subsequent section establishes three major causes arousing social isolation and consequent depression among women.

- Menstruation and social taboos: Menstruating women and girls are required to remain isolated from their family, and are forbidden from entering homes, kitchens, schools, and temples. During this time, they remain in what is often known as a menstruation hut, which is usually made from wood or stone. Menstruation has always been surrounded by taboos and myths that exclude women from many aspects of socio-cultural life.
- Menopausal depression: Depression is particularly prevalent among women in the reproductive years and may be difficult to identify in the context of the menopausal transition (Clayton). Changes in hormones during menopause can impact women's mental health as well as physical health. The same hormones that control your menstrual cycle also influence serotonin, a brain chemical that promotes feelings of well-being and happiness. When hormone levels drop, serotonin also fall, which contributes to increased irritability, anxiety and sadness.
- Self-Isolation and degeneration: All the physical, biological and social pressures endured by the women somehow ultimately lead them to Isolation when they don't get that acceptance from the world around. The thought processes going on in her mind gradually drifts her towards the deadly darkness of isolation. This could prove to be lethal if not cured. And the cure definitely does not lie in medication but love affection and appreciation by the family and society for all the sacrifices she makes for them. And at the first instance, if she goes in close association with Nature, she will imbibe that strength and endurance which would be a step towards healing. There is a magical impact of Nature on the human minds which makes them happy and positive and which gives them the best companionship.

## Conclusion:

To conclude, we can say that Nature is a great healer. Many of us yearn for the peace and quiet that comes with open, outdoor spaces and for good reason. Nature allows us to step away from the demands of daily life. It comforts us and calms our nervous system. Being outside renews our spirits, encouraging us to look beyond our immediate circumstances. It also allows us to process difficult feelings in a judgment-free zone, playing a particularly important role with emotional regulation. Quite simply, nature is restorative. nature therapy is an effective short-term treatment for mental health conditions, most notably anxiety.

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