

Brief Introductory Note on Dr. Jitendra Arya

Dr. Jitendra Arya is an eminent Naturopath with keen interest in Ancient Indian Healing Sciences such as spiritual healing, yoga, meditation, Ayurveda and herbal medicine. He has done pioneering work in the field of Nature Cure and is considered an authority on the subject of Nature Cure.

Dr. Jitendra Arya having born in a Gandhian family was exposed to and practiced principles of Nature Cure right from his childhood. His father was a freedom fighter and mother was an Ayurvedic Practitioner. Dr. Jitendra Arya did his early education staying in Gurukul based on Indian Vedic system and practiced yoga and meditation from childhood. Besides, Dr. Arya also studied Yoga at Kundaline Yoga Institute, Lucknow and has done advance practice of Vipassana Meditation. He holds a Doctorate of Medicine (Medicina Alteraative) from the Open international University for Complimentary Medicine, Sri Lanka, recognized by the UN Peace University. He is a Reiki Grand Master.

He started his career as Chief Naturopath at Baroda Nature Cure Hospital in 1980. Thereafter, he was attached to Ram Nam Nature Cure Hospital at Ahmedabad. In 1987, he was personally requested by late Prime Minister of India, Shri Morarjibhai Desai and late Shri Manibhaiji Desai to take charge of the Nature Cure Centre at Uruli Kanchan. This is a 160 bedded, largest Nature Cure Centre in India, which was established by Mahatma Gandhi in 1946 and was passing through financial crisis in 1987. Dr. Jitendra Arya with his dedication and hard work, in no time brought Uruli Kanchan Nature Cure Centre to its glory. Having fulfilled his promise to late Shri Manibhaiji Desai, from 1996 onwards he moved on to spread his message to wider sections of society and helped in establishing and running a number of Nature Cure Centres which included Kayakalp at Dhanani, Rajasthan, Geetai Wagholi, Pune and INCYS at Bhosari, Pune.

He has founded various institutes to spread the message of Ancient Indian Healing Sciences. He is a founder Trustee, President and Chairman of Health Naturally Research & Development Institute (HNRDI) a nonprofit organization in India for community development and welfare. Dr. Arya was the Editor-in Chief of 'Health Naturally' India's first and the only monthly magazine on Alternative Medicine and Environment, printed on ecofriendly recycled handmade paper. He is a prolific writer and has published many articles and written books in English as well as in various regional languages.*

Dr. Arya has traveled widely within and outside India promoting Nature Cure, yoga and Ancient Indian Healing Sciences. He is often invited abroad to deliver lectures and to hold seminars and workshops. His lectures are highly appreciated and attract large number of people. Dr. Arya had traveled all over the world including the USA, Europe, Hong Kong, Singapore, China, USA, Turkey, Egypt and other African Countries. He has also given numerous radio talks, within and outside India.

He has been conferred with several Awards. These include National Awardee of Anushandhan Parishad, CCRYN, Government of India. Awards of Doctorate in Science (Honoris Causa) and Doctorate in Science (Medicina Alternative) by the Open International University for Complimentary Medicines, Sri Lanka. He was awarded with Gold Medal at International Congress on Alternative Medicines and Therapies, Mumbai. He was nominated as Honorary Advisor to National Health Educational Society of India, which is affiliated to various international educational institutes. He is Secretary to Indian Nature Cure Practitioners Association, New Delhi, He was felicitated by the UNO (United National Literacy decade, 2005) with the International Felicitation for Dr. Herbert Shelton International Award for outstanding contribution in Nature Cure & Diet and by the Dr. Vitthaladas Modi National Award for Naturopathy and Yoga.

Dr. Arya is founder director of ***Health Naturally @ Durshet- Nature Cure & Yoga Centre in Maharashtra***

1) Health Naturally @ Durshet -Khopoli Pali Road, SH92, Durshet, Maharashtra 410203. **Mob. 9822064104**

2) Mumbai : Homeo House, 15th Road, Khar(W), Mumbai - 400 052. Tel. : (022) 26463527

3) Pune : Dr. Arya's Nature Cure & Yoga Clinic, D-439, Clover Center, 4th Floor, 7, Moledina Road, Pune - 411 001. Email : drijitendraarya@gmail.com. www.drarya.com, www.naturopathypune.com

***Dr. Arya's publications:**

(1) *Health Naturally- Nature cure for common diseases.* (2) *Natural Therapeutics* (3) *Yoga for All* (4) *Fasting- the ultimate cure* (5) *Food is your best medicine* (6) *Prakrutik Jivan Shaili ane Rog Nivaran* (Gjarati- Navjivan Publication) (7) *Swasthya ni Shodh* (Gujarati) (8) *Garbhsanskar* (Marathi) (9) *Parasbagnetil Aushadhi Vanaspati chi orakh* (Marathi).