National Naturopathy Day (18 Nov) to be observed in Karnataka

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News

The Ministry of Ayush will observe the 9th National Naturopathy Day on 18 Nov 2026 at the Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala, Karnataka, on the theme "Prakrutik Chikitsa, Swasth Bharat". The focus is preventive health through diet, exercise, yoga, stress management, and awareness about obesity and lifestyle diseases (announced 12 Nov 2026).

Key facts for the exam

Point	Details
Edition	9th (first observed in 2018)
Venue	CRIYN, Nagamangala (Mandya district), Karnataka
Theme	"Prakrutik Chikitsa, Swasth Bharat"
Organiser	Ministry of Ayush; Central Council for Research in Yoga & Naturopathy (CCRYN)

Background

- Why 18 November: on 18 Nov 1945 Mahatma Gandhi became a life member of the All India Nature Cure Foundation Trust; Gandhi was a strong advocate of nature cure.

- National Institute of Naturopathy (NIN) is at Pune ("Bapu Bhavan"). AYUSH became a separate ministry on 9 Nov 2014. Ayush's five research councils published 653 research papers in FY 2025-26; CCRYN runs 22 units; 200-bed Yoga and Naturopathy hospitals are at Jhajjar (Haryana) and Nagamangala (Karnataka).
- AYUSH = Ayurveda, Yoga & Naturopathy, Unani, Siddha & Sowa-Rigpa, Homoeopathy. Naturopathy uses diet, fasting, hydrotherapy, mud therapy, sunlight and yoga.

Tamil Nadu link: Siddha, the "S" in AYUSH, is Tamil Nadu's ancient system linked to the 18 Siddhars; the National Institute of Siddha is at Tambaram, Chennai. Chennai's Government Yoga and Naturopathy Medical College, Arumbakkam trains naturopathy doctors.

Frequently asked questions

What is this news about?

The Ministry of Ayush will observe the 9th National Naturopathy Day on 18 Nov 2026 at the Central Research Institute of Yoga and Naturopathy (CRIYN), Nagamangala, Karnataka, on the theme "Prakrutik Chikitsa, Swasth Bharat".

What are the key facts to remember for the exam?

Edition: 9th (first observed in 2018); Venue: CRIYN, Nagamangala (Mandya district), Karnataka; Theme: "Prakrutik Chikitsa, Swasth Bharat"; Organiser: Ministry of Ayush; Central Council for Research in Yoga & Naturopathy (CCRYN).

What is the background to this news?

Why 18 November: on 18 Nov 1945 Mahatma Gandhi became a life member of the All India Nature Cure Foundation Trust; Gandhi was a strong advocate of nature cure.

Practice questions (with answers)

1. Why is 18 November National Naturopathy Day?

A) Gandhi became life member of a nature-cure trust (1945)

B) AYUSH Ministry was formed

C) Pune institute was founded

D) Declared by WHO

Answer: A – Explanation: Gandhi became a life member of the trust on 18 Nov 1945; the AYUSH Ministry has marked the day since 2018.

2. Where is CRIYN, venue of the 9th National Naturopathy Day (2026)?

A) Mysuru

B) Nagamangala, Karnataka

C) Jhajjar, Haryana

D) Pune

Answer: B – Explanation: The Central Research Institute of Yoga & Naturopathy (CRIYN), Nagamangala (Mandya district). Theme: "Prakrutik Chikitsa, Swasth Bharat".

3. Where is the AYUSH Ministry's National Institute of Naturopathy (NIN)?

A) Bengaluru

B) Hyderabad

C) Pune

D) Chennai

Answer: C – Explanation: NIN is in Pune at "Bapu Bhavan" – Dr Dinshaw Mehta's former nature-cure clinic where Gandhi stayed. (The Nisargopachar Ashram is at Urulikanchan, near Pune.) Chennai has the National Institute of Siddha (Tambaram).

4. In the acronym AYUSH, what does "S" stand for?

A) Shalya only

B) Swasthya

C) Sowa-Rigpa only

D) Siddha and Sowa-Rigpa

Answer: D – Explanation: AYUSH = Ayurveda, Yoga & Naturopathy, Unani, Siddha & Sowa-Rigpa, Homoeopathy. Siddha is Tamil Nadu's ancient system (the 18 Siddhars).

5. In which year was the first National Naturopathy Day observed?

A) 2014

B) 2016

C) 2020

D) 2018

Answer: D – Explanation: First observed in 2018, so 2026 is the 9th. AYUSH became a separate ministry on 9 November 2014.

Sources: PIB – Ministry of Ayush (12 Nov 2026), via DD News. © Shanmugam IAS Academy.