

About Pankaj Dabhi

Trust your body's intelligence. It will heal itself if you allow it, says Pankaj Hiralal Dabhi. He practices and follows naturopathy, the alternative science that focuses on natural remedies and the body's vital ability to heal and maintain itself.

He treats all manner of chronic conditions, such as arthritis, autoimmune disease, diabetes, hormonal imbalances, allergies, digestive disturbances and anxiety and/or depression and also has the experience of treating specific type of polio. He imparts to the community; ways to optimize health and the natural treatment of common conditions and ailments.

Dabhi grew up in Gujarat and currently resides in Vadodara, Gujarat. He completed his bachelor's degree in 1975 and was working in the private sector until 1987. He started practicing naturopathy as a hobby and subsequently earned a diploma in naturopathy and yoga from the National Gandhi Academy in 2002.

Giving it the needful thrust, he candidly explains the holistic system of medicine and the physiological basis of therapies used in naturopathy. He informs, that the human body possesses innate healing mechanisms, and that if supported sufficiently, these mechanisms can lead the patient to cure. Naturopathy maximize the body's innate capacity to heal by stimulating physiological processes and using natural substances, such as botanical and nutritional medicines to support the return to full functioning. Further, he says, naturopathic physicians focus their treatment on identifying and removing the root cause of illness.

This means that the naturopathic physician does much more than just manage their patient's symptoms; they search for the underlying cause of these symptoms and work to treat this cause to resolve their symptoms.

He explains that naturopathy has for long been mis-understood, however, people's belief in naturopathy is gradually changing by sharing experiences of those following this form of medicine. The newer innovative techniques and research will definitely help to crystallise the modern trends and advances in clinical practices in naturopathy. Many among the community in Houston have received advice and experienced the effectiveness of naturopathy, during Dabhi's last few visits to Houston.