

## Pioneer of Modern Naturopathy in Ghana

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### INTRODUCTION

Naturopathy, which embraces nature cures with homeopathy, massage, spinal manipulation, and therapeutic electricity, was developed in America mainly by the work of Benedict Lust (pronounced loost; 1872-1945).<sup>1</sup> Before 1955,<sup>1</sup> Chiropractic and naturopathy were taught together. This separation was engineered by National Chiropractic Association by not granting accreditation to schools that also taught naturopathy.<sup>1</sup> However, in 1956, came a unified body of naturopathic doctors who established the National College of Naturopathic Medicine to promote the naturopathic profession. Dr. John Bastyr, regarded as the father of naturopathy, took over the directorship position. He was a chiropractor, naturopath, and obstetrician. There came 1985<sup>1</sup> during one interview, he differentiates between naturopathy and conventional medicine, "The basic difference is that in naturopathy it's not the doctor who does the curing, it's the patient." This created attention and the awareness and promotion of Naturopathy soiled.<sup>1</sup>

### NATUROPATHY ON THE RISE IN GHANA AND AFRICA

In reading about the history and pioneers of Naturopathy in other jurisdictions, Professor Raphael Nyarkotey Obu always comes into the picture in the Ghanaian and African enclaves. Though there were some predecessors of

naturopathy in the Ghanaian jurisdiction, he changed the concept of naturopathy in the modern era with his zeal, passion, tenacity, and media and academic prowess. Probably, the education he received in law<sup>2</sup> was another factor that made him stand up in the naturopathic community in Ghana. Comparing him to the previous global pioneers and fathers of naturopathy was his prolific writings in the national papers in Ghana which made so many headlines. These were the same skills demonstrated by Mahatma Gandhi of nature's cures in India and the Benedict Lust in North America.

In this article, I would like to proudly introduce you to a revolutionary fig. who has immensely contributed to promoting & execute Modern Naturopathy in Ghana and Africato spread the knowledge of self-healingand cures to change and save millions of lives.

I introduce Honorable Noble Prof Dr. Raphael Nyarkotey Obu who was born in Dodowa, Greater Accra region of Ghana and always wanted to do something good for his nation for the betterment of their people. Prof Raphael Nyarkotey has worked significantly for the establishment of various organizations for beneficial of Society. He served at his best by setting up the first ever prostate and Natural Medicine Research Centre in Ghana. He also built the Men's Health Foundation Ghana, which has become the peak national body for prostatecancer in Ghana creating awareness of prostate cancer. At his birthplace Dodowa, Professor initiated and established the first free Prostate screening center<sup>4</sup> to create awareness of men's prostate health. He is well known Public Speaker on prostate cancer on radios, TV, in churches, and at Conferences. Prof Raphael is a brilliant and prolific writer<sup>5</sup> and columnist who writes feature articles in Daily Graphic, Ghanaian Chronicle, Daily Guide, and most of the newspapers in Ghana which are read more than by 2 million readers estimated by Modern Ghana. In other to promote and make modern naturopathy a mainstay in the Ghanaian healthcare sector, his greatest achievement was the establishment of Africa's 1st Naturopathy and

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**Received on:** 06.08.2022

**Accepted on:** 05.09.2022



Holistic medical college<sup>6</sup> for giving and spreading the proper quality education to Africa and spread Naturopathy globally. He was the first modern naturopath to champion the science of Naturopathy in Ghana. Some of his writings even supported vaccination which took many people surprised in Ghana during the COVID 19 pandemic. He further took modern naturopathy to a different level and founded the Nyarkotey University College of Holistic Medicine and Technology located in Ghana which develop Ghana's first ever National Occupational Standards in Naturopathy and Holistic Medicine at the Higher National Diploma and Bachelor's in Technology of Naturopathy and Holistic Health Sciences under The Commission of Technical and Vocational Education and Training (CTVET) to train Naturopaths and Naturopathic Physicians. This led him to propose and initiated a National Standard in Naturopathy which many traditional naturopaths felt threatened and criticized him for trying to sabotage their practice in the systems. Some also criticized him for trying to monopolize the naturopathic practice with his school. Internationally, some Medical Professionals also believe he is championing quackery.

At the age of 34 years, he has conferred a Professorship and at 36 became a full professorship<sup>7,8</sup> becoming one of the youngest Professors in Ghana and the first Naturopathic professor at the time and inducted into the West Africa Nobles Forum as a young Noble in 2019.<sup>9</sup>

Prof Dr. Raphael Nyarkotey Obu also has immensely contributed by leading as President of the African Naturopathic Federation (ANF) for the development and spreading of Naturopathy globally. He is also considered the founding father of the Association of Naturopathic Physicians Ghana (ANPG).

Based on his excellency in the field of Naturopathy he was nominated for the utmost prestigious Youth Health Icon award ceremony conducted by Indian Medical Association Junior Doctor's Network. Prof Dr. Raphael Nyarkotey Obu was conferred with the highest prestigious award title Pioneer of Modern Naturopathy<sup>10</sup> award on 3rd July 2022 at the Indian Council of Medical Research Centre, Odisha for his immense and significant contribution recognized by the Indian Medical Association Junior Doctor's Network.

Atlas I would also like to state my motive for this

short commentary is to share this inspirational journey of a legendary personality of Africa who with a good and noble mindset have created motivation that will inspire thousands of generation to follow footsteps of Prof Dr. Raphael Nyarkotey Obu and to mark their trail like him for benefit of humanity. Indeed, Prof. Nyarkotey shall be remembered for years as a pioneer of modern Naturopathy in Ghana and Africa.

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