Acknowledgements

I am deeply indebted to my guide Prof. Dr. N. Parvathi Devi, Research Supervisor, School of Letters, Mahatma Gandhi University, Kottayam, for helping me prepare this study. But for her immense patience, able guidance and scholarly advice this thesis would not have materialized.

I would like to express my gratitude to Sri. C.R.R Varma(late), Former Director, Nature Cure Federation, Kerala; my colleague Prof. P. Gopalakrishna Panicker, President, Nature Cure Federation, Kerala; my friend Dr. Roger Bernard, Director, AIDS FEEDBACK(World Health Organization), Geneva, Switzerland; my Professor Dr. L. N. Samuel, Director, Department of Experimental Medicine, The Tamilnadu Dr. M.G.R. Medical University, Madras for their suggestions and views on the present global sanitary scenario.

My thanks are also due to the members of my family who gave me every encouragement during the preparation of this thesis and urged me to complete it on time.

K.THULASEEHARAN PILLAI