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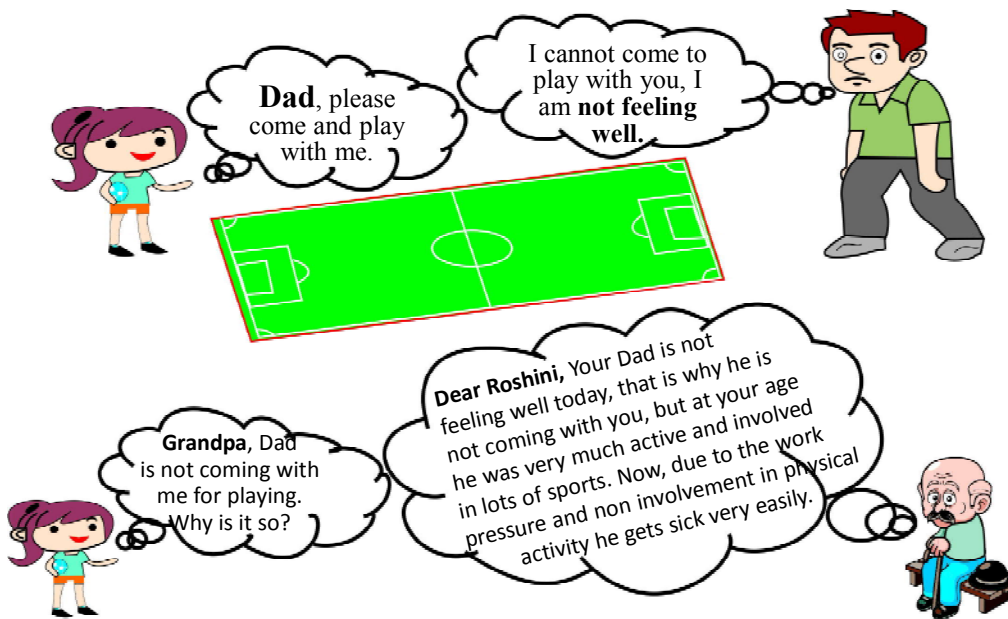


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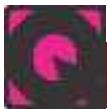
INTRODUCTION TO HEALTH



Note



This statement made little Roshini curious to know more about health. She also wondered how things changed over a period of time and what factors were affecting the health of his father. What are the dimensions of health? Roshini wanted to know all this and more. In this lesson you will read about the meaning and concept of health, dimensions of health and factors affecting health.



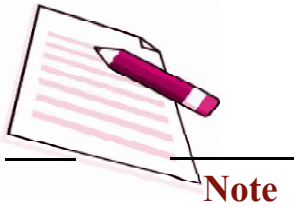
OBJECTIVES

After studying this lesson you will be able to:

- explain the meaning and concept of health;
- classify the different dimensions of health;
- explain the principles of health;
- examine the factors that affect health and
- explain the yogic concept of health.



Holistic Health



Note

It is important to understand the meaning and concept of health. Now we will discuss the meaning of health.

9.1 MEANING AND CONCEPT OF HEALTH

Health is universal in nature but all sects of society have their own concept of health according to their culture. The strength of a nation lies in the health of its people. The future of the people in respect to health relies, to a large extent on what is done by the nation to promote, improve and preserve health of its people.

Happiness in life largely depends upon condition of our health. In the recent times it has been observed that health has emerged as a fundamental human right. Good health is required to satisfy our basic needs and to live a pleasurable life. It is a global goal to facilitate a healthy life to all people.

Earlier it was believed that health is a situation of being ‘hale’. Hale means safe and sound.

If you search meaning of health in dictionary, you will find results such as –

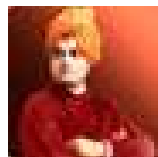


“freedom from disease”

“the state of being free from illness or injury”

“sound body and mind” or

“condition in which function of body and mind are duly discharged”.



In **Ayurveda** health (**Swasthya**) is defined as “a well-balanced metabolism, a happy state of being, the senses and mind”¹.

Swami Vivekanand said “a weak person who has weak body or weak mind can never be a master of a strong soul”².



Aristotle has also stated that “a sound mind lives in a sound body”.

Recent researches related with health have been expanding its definition. The concept of health has been extended and now it is not merely presence or absence of disease. It includes the notion of wellbeing which contains biological, sociological, economic, psychological and cultural wellbeing. This wide-ranging concept of health has its origins in the World Health Organization’s (WHO, 1948) definition of health i.e. “Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity”. This definition has been amplified and it has been added, “attainment of a level of

¹<http://ayurvedanextdoor.com/ayurvedic-definition-of-health/>

²<http://www.vedantany.org/sayings-of-swami-vivekananda/>



health that will enable every individual to lead a socially and economically productive life”. This seems health is difficult to define but easier to understand. The definition of health has changed from time to time. Many of us define it as absence of disease or infirmity and some think of it as sound mind and sound function of the body. Health is not only the absence of illness or deformity, it is the quality of life, where fitness for performing own work and happiness are its distinct marks.

Good health presupposes the existence of sound physical and social environment in which man lives. Health is conducive to learn about happiness, success, productive citizenship and meaningful living.

Thus we can say good health means

- the proper functioning of the physique (physical parts of the body),
- the chemique (chemical reactions inside the body), and
- the psychique (the harmonious functioning of the mind).

“Health is a condition where an individual is physically, mentally, socially, emotionally, and spiritually sound, thus it is more than just being disease free or free from any physical deformity”.

You have learnt the concept and meaning of health. Now we are going to study the definitions of health.

Definitions of Health

According to **J.F. Williams**, “Health is the quality of life that enables an individual to live most and serve best”.

Webster Collegiate Dictionary defines health as “The state of being sound in body, mind or spirit, especially freedom from physical disease or pain”.

According to **D. Oberteuffer**, “Health is the condition of the organism which measures the degree to which its aggregate powers are able to function”.

After reading these definitions you can say health is a ‘quality of life’ where an individual is in a condition of ‘being sound’ in all aspects of life and able to serve the nation in a better productive way. Health is not only the freeness from the disease or any physical disconformity. It is much more.



DO YOU KNOW?

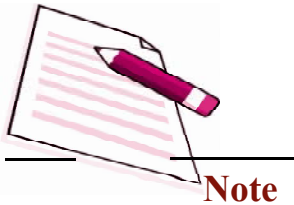
In the Constitution of India, it has been mentioned that health sector should be looked after by the state governments, not by the central government. Every state will be accountable for “raising the level of nutrition and the standard of living of its people and the improvement of public health as among its primary duties”.

(Part IV- Directive Principles of State Policy. Ar. 47)



Note

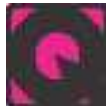




ACTIVITY 9.1





According to the WHO’s statistics, in India the life expectancy of male and female in the year 2016 was 67 and 70, respectively. Find out what is today’s life expectancy of male and female in India.

Visit the website <http://www.who.int/countries/ind/en/> for information.



INTEXT QUESTION 9.1

- 1) **Choose the correct meaning of the given word.**
 - i) **Hale:** (a) Safe and Sound (b) Safe and structured (c) Soundness in body.
 - ii) **Metabolism:** (a) Living organism (b) Health status (c) A chemical process that occurs within our body in order to maintain life.
 - iii) **Sound Body:** (a) Body with noise (b) Healthy body (c) Strong body.
 - iv) **Sound Mind:** (a) Noisy mind (b) Unstable mind (c) Healthy and controlled mind.
- 2) **Match the following statements of column A with the Person/Body of column B**

Column A	Column B	
Statements	Person/Body	
a) “A sound mind lives in a sound body.”	i) World Health Organisation	
b) “A weak person who has a weak mind can never be master of a strong soul.”	ii) J.F. Williams	
c) “Health is a state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity.”	iii) Swami Vivekanand	
d) “Health is a quality of life that enables an individual to live most and serve best.”	iv) Aristotle	

Now you may be able to define and explain health. Now we are going to understand the different dimensions of health.



9.2 DIMENSIONS OF HEALTH

Health is a multi-dimensional concept because it is shaped by biological, social, economic, psychological and cultural factors. Although, authorities in the field of health have recognized three closely interwoven dimensions of health i.e. physical, mental and social, however, recently a few more dimensions have been added viz. emotional, spiritual, occupational and educational.

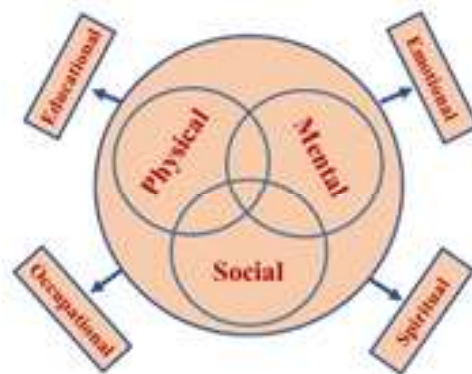


Figure 9.1: Dimensions of Health

Physical Dimension

Physical dimension of health refers to proper and smooth functioning of external and internal features of human body.

- **External:** External features refer to the attractive appearance of the body, whether it is physique, texture & complexion, features, posture, body parts and limbs. It also includes graceful carriage and efficient movement.
- **Internal:** Internal features refer to the optimum functioning of all organic systems of our body i.e. digestive, circulatory, respiratory, nervous and excretory system and sensory organs.

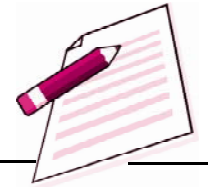


Mental Dimension

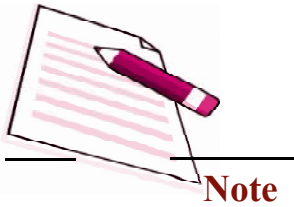
Mental dimension of health refers to mental soundness. Often mental dimension of health is linked to or includes emotional dimension of health, but both are different. Mental dimension of health is related to the functioning of the brain, while emotional dimension of health refers to the individual's behavior or mood which is more or less connected to their hormones. Mental health refers to



Note



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the individual's ability to use her/his brain and think. This ability enables an individual to face the problems as they arise, take her/his own decision, as well as set reasonable goals.

Social Dimension

Social dimension of health is related to social health. It refers to the ability where an individual is able to make personal adjustment, as well adjustment in the group or society. Sound social health means having a good relationship with family, friends, neighbours, and other members of the society. It also includes maintenance of socially acceptable standard in life. When we have a sound social interaction and relationship with fellow beings, that significantly affects our health.



Emotional Dimension

Emotional dimension refers to emotional health which means emotional balance and fitness. It is the ability of an individual to comprehend and express feelings effectively when required. A person can be called emotionally healthy if his/her emotions are always positive, and has full control over her/his emotions. On the other hand, a person who has no control over her/his emotions or is over powered with negative emotions can be called emotionally imbalanced or emotionally weak.



Spiritual Dimension

Spiritual dimension of health has a root in spirit. The spirit of an individual contributes significantly in recognising and attaining meaning and purpose of life. It is our spirit which plays an important role in genesis of ideas, values, beliefs, and ethics. This dimension plays a significant role because if you are spiritually healthy then you will be able to come with best ideas and you will have good values, beliefs as well as ethics.



Occupational Dimension

Occupational dimension, also known as vocational dimension, is the ability to satisfy our personal needs from our job or business. Our progress depends upon our capacity to earn our livelihood and to meet our economic needs. If we are occupationally satisfied that will provide us emotional stability and mental relaxation. Occupationally satisfied persons also contribute to the nation in increasing production as well as national wealth. Thus, occupational health is of a great national importance as well.



Educational Dimension

Education is a consciously controlled process whereby a positive modification in behaviour occurs in the individual, and through the individual in the group. It causes certain positive changes in individual’s behaviour and attitude. The changes enables them to realise their responsibilities to the society and the nation.



ACTIVITY 9.2

How are you feeling today?

Dimension	How you perceive		
	Fit	Confused	Unfit
Physical			
Mental			
Social			
Emotional			
Spiritual			

Note



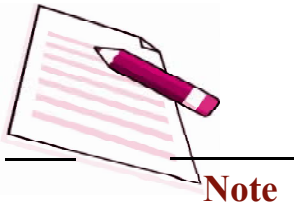
INTEXT QUESTIONS 9.2

1) Match the Health Dimensions in Column I with their meaning in Column II

- | Dimensions | Meaning |
|-----------------|---|
| a) Physical | i) Know the meaning of life |
| b) Mental | ii) Related with livelihood |
| c) Social | iii) Emotional Stability |
| d) Spiritual | iv) Relations with society |
| e) Occupational | v) Related with body |
| f) Education | vi) Related with Intellect |
| g) Emotional | vii) Positive modification in behaviour |



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- 2) Enlist two more dimensions of health which you think are not listed in the above text.

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After studying the dimensions of health, in the next section we will study the principles of health.

9.3 PRINCIPLES OF HEALTH IN DAY TO DAY LIFE

The key principles of health are balanced and healthy diet, regular exercise, adequate rest, no use of drugs (alcohol, smoking, drugs, eating too much) and positive thinking. Apart from this, a few more principles emerge, which are as follows:

Get Fresh Air

The air we breathe plays an important role in the proper functioning of our body. Continuous exposure to toxic or polluted air causes decay in the health and functioning of the cells and organs of our body. This can lead to increase of exposure to infections and various forms of air borne diseases.

Drink Adequate Amount of Pure Water

Water is critical for the life and functioning of cells, tissues, and organs in our body. Water carries elements of life and has the ability to transmit and maintain them. Our body is made up of about 75% water. Every single cell in our body is made up of water. Nerve function, blood circulation, digestion, elimination of waste, etc., depend on water for their normal and effective functioning.

Eat Nutritious Foods

Our health is literally depending on what we eat. The food we eat plays a significant role in the functioning of our body, health, and wellbeing. What you decide to eat and how you decide to prepare it will impact your health in ways that we have not thought of. A healthy diet consists of the balanced amount of carbohydrates, fats, fibre, minerals, proteins, vitamins and water. We should try to have these nutrients in our food.

Avoid Usage of Tobacco Products and Alcohol

Use of drugs, smoking and alcohol is harmful for our health. Avoid bad habits of drugs use, smoking and use of alcohol. Drugs usage cause many diseases and hamper our health; it usually shortens our life expectancy. For better health and quality of life always say no to usages of drugs, smoking and alcohol.



Get Proper Sleep and Relaxation

Proper sleep and relaxation play a crucial role in individual's physical as well as mental health and functioning. Improper sleep can affect immune system, which can lead to various forms of health problems. Some experts believe that lack of sleep can make the body resistant to insulin, a hormone which helps carry glucose from bloodstream to cells. Other problems resulting from lack of sleep include lack of mental clarity, memory problems, moody disposition, and higher stress level.

Go for Regular Physical Activity or Exercise

Regular physical activity or exercise has a host of many health benefits. Do whatever sport or physical activity you like on a regular basis. Regular exercise keeps the body strong and healthy. Regular exercise can make your body systems stronger and more efficient. Some benefits include reduced risk of having diabetes, reduced risk of blood pressure, help in weight management, develop strong and healthy bones, muscles and joints, improve blood flow throughout the body, improve the body's capacity to use calories, and reduces both mental and physical stress. Start exercising on a regular basis for better health.

Meditate and Reflect

Taking time out from your busy schedule to meditate and reflect can act as a good medicine. Meditation and reflection are now recognized as having many benefits for health and wellbeing. It has been implemented in the management of some forms of illness, management of stress, and even in accelerated learning programs. For inner happiness, it is important to meditate and reflect.

Think Positive and Be in Control

Positive thinking generates positive vibes in our body. Always try to keep your mind and emotions in conscious control. Positive thoughts and emotions lead to positive feelings and have a positive effect on our body. Positive thinking always keeps you in a happy state of mind, that will facilitate good health and wellbeing.

If we truly adhere to and live by the above mentioned principles of health, it will contribute to our long, healthy, and happy life. It will also help us to avoid lots of diseases, undue stress, and many forms of unhappiness.



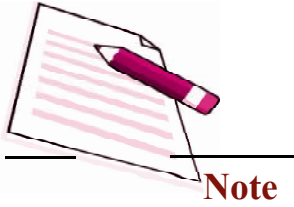
ACTIVITY 9.3

Make a chart of five good habits of yours which correspond to good health.



Note





INTEXT QUESTION 9.3

- | 1) Mark the following statement as True or False. | True/False |
|--|------------|
| a) Every single cell in our body is made up of water. | () |
| b) A healthy diet consists only fats, fibre, vitamins, and water. | () |
| c) The benefits of regular exercise are improving the body’s capacity to use calories, and reduce both mental and physical stress. | () |
| d) Positive thinking leads to negative feelings and have a negative effect on our body. | () |
| e) Regular exposure to toxic air can improve the health and functioning of the organs of the body. | () |
| f) Lack of sleep may cause problems in mental clarity, memory, moody() disposition, and higher stress level. | () |
| g) For availing quality of life always say no to use of drugs, smoking and alcohol. | () |
| h) For inner peace and happiness, it is important to meditate and reflect.() | () |

9.4 FACTORS INFLUENCING HEALTH

You have learnt about the different dimensions of health and it reveals that lots of factors are involved in the determination of our health. Individual characteristics, behaviour and other factors affect one’s health and communities’ health as well. A few more factors are:

Personal Essence



Personal essence means descriptive characteristics and concept of one’s life. It is related with your belief system, expectation from the life as well as purpose of your life. You can say personal essence is a lens by which you can perceive your life. If your personal essence is not in harmony with your desires, that will have an adverse effect on your health.

Heredity



From the time of conception our health is determined by our genes. The genes we receive from our parents cannot be altered. A few diseases such as diabetes and mental retardation passing from one generation to other have genetic origin. More or less our health depends on our genetic makeup.



Environment



Environment whether it is internal or external plays a dominant role in determination of our health. Internal environment relates with the functioning of our internal organs and systems, whereas external environment relates with our surrounding. We can be exposed to any disease if any one of our organs or systems starts malfunctioning. Same will happen if our external environment like air or water quality are not upto that level.

Lifestyle



Lifestyle is one of the most determinant factors which influences our health. Lifestyle means 'the way we live'. Our culture plays a significant role in deciding our lifestyle. It our behaviour and habits there is an influence of our culture. Good lifestyle such as good food habits, right sleep pattern, habit of exercising will have a positive effect on our health.

Social



It is said man is a social animal, and for survival we have to interact with fellow beings. Socialisation means establishing a cordial and positive relationship with other individuals of the society. If we have cordial and positive relationship with other fellow beings that will contribute to better health.

Gender



Our gender is also one of the influential factors for determining health. Like women are prone to iron deficiency diseases due to menstrual period, whereas men suffer from other different kind of diseases.

Gestational (Growth) and Developmental Factors



This factor is related with the young children. It relates to genetic makeup, intra-uterine influences, any birth trauma, and the effect of vaccinations. All of the above mentioned factors will influence our health.

Progression of Disease

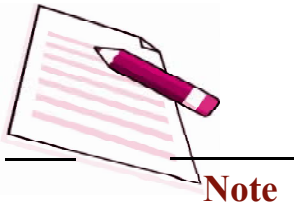


When we are not able to handle the severity or long duration of ill health that is progression of disease. If we are not getting proper treatment in due time that would result in progression of disease or illness and will make conditions worse to handle.








Note





Socio-economic Conditions

Our income, educational level, nutritional status, employment and health services are included in socio-economics conditions.

- a) **Income:** Level of income would affect our health. A wealthy person has the capacity to go for better medical treatment and for poor it is not possible. So you can say our income has an impact on our health. 
- b) **Education:** Educational status has an influence on health, especially female educational status. Education helps us to understand the importance of clean and conducive environment, better lifestyle, good food habits as well as maintaining good health. 
- c) **Nutrition:** Our socio-economic status decides what will be in our plate to eat. If we are economically sound then we can have better nutritional food. But it is a misconception that only rich can have nutritional food, there are lots of food stuff available in market which a poor man can have. But they must have knowledge about it. Poor diet or starvation has an adverse effect on our health; so try to have good nutritional food which is essential for normal growth and help to fight against infection. 
- d) **Occupation:** Our occupation plays a deciding factor in determining our health. If we are better employed then we can have better income and work environment. Better employed persons have easy access to health care but it is not possible in case of unemployed person due to lack of money. 
- e) **Health services:** It is believed that if we wish to go for better health services that requires lots of money. That is true in larger context. Better health services like safe and pure water supply and timely immunization cost a lot, but they prevent us from lots of illness. 

External

External factors could be anything. It could be an accident, sudden trauma or injury, your exposure to electromagnetic frequencies by the use of laptops, mobile phones, remote keys, wireless networks, working conditions and hours etc. It also relates with use of chemicals in our personal care items. The influence of external factors on our health is very huge and it is required to address for better and healthy life.





ACTIVITY 9.4

Search five people in your surrounding who are suffering from any disease or pain and write what could be the probable factor for that. For example, Mr. X in your locality is suffering from diabetes. The probable causing factor of this could be heredity or inactivity.

S.N.	Name of the Person	Disease/Pain	Probable Causing Factor
1			
2			
3			
4			
5			



INTEXT QUESTIONS 9.4

- 1) State any five health services which could be provided by the government.
- 2) Explain any two external factors which affect our health.

You have learnt about health in the above sections, but do you know that in yog health is perceived in a different manner. Let us study what is the yogic concept of health.

9.5 YOGIC CONCEPT OF HEALTH

In yogic concept health is defined differently as compared to general health. According to Yogsutra of Patanjali “optimum health as a state of mind that is alert and in peace at the same time”. Here the “state of mind” is referred as “*citta vrtti nirodha*” which means elimination of the fluctuations of the mind. So from yogic perspective health may be defined “to achieve and retrain oneself in a state of yog where the mind is able to achieve its full potential and at the same time be relaxed”.

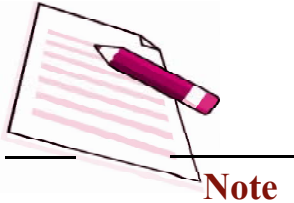
Kaya-sampat is a term which is used in yog to describe health. The English translation of the term kaya-sampat is ‘wealthy body’. The kaya-sampat (wealthy body) includes four components which are as follows:



Note



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Note

- i) Rupa (healthy body structure),
- ii) Lavanya (spark of the body),
- iii) Bala, (appropriate functioning of the body’s system), and
- iv) Vajrasamhanaatva, (flexibility and endurance).

This is also considered as a definition of health from the yogic concept. Now in very simple words we can define health according to yogic point of view as-

“a state where an individual possesses wealthy body (kaya-sampat) and able to use her/his brain with full potential.”

In yog a person is considered healthy if he/she possesses following characteristics:

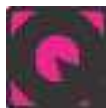
- Wealthy body which includes healthy and strong body structure, spark in body and mind, appropriate functioning of the body’s system, and flexibility and endurance.
- Proper and smooth breath functioning.
- Possessing the peace within the mind and having positive attitudes.
- Is having a healthy emotional expression.

Yog perceives health as a complete quality of life. This makes very clear that if there is no harmony in human body, mind and all of its systems then an individual cannot possess a state of health. So to be healthy according to yogic concept one must try to achieve perfect harmony in her/his body, mind and its all systems.



DO YOU KNOW?

Rishi Patanjali was a notable scholar of Samkhya school of Hindu philosophy during the period of 48 BCE to 49 CE. He wrote and compiled the “Yogsutras”, a text on yog theory and practice. The yogsutras is one of foundation texts of classical yog.



INTEXT QUESTIONS 9.5

1) Match the following words in column I with their appropriate meaning in column II

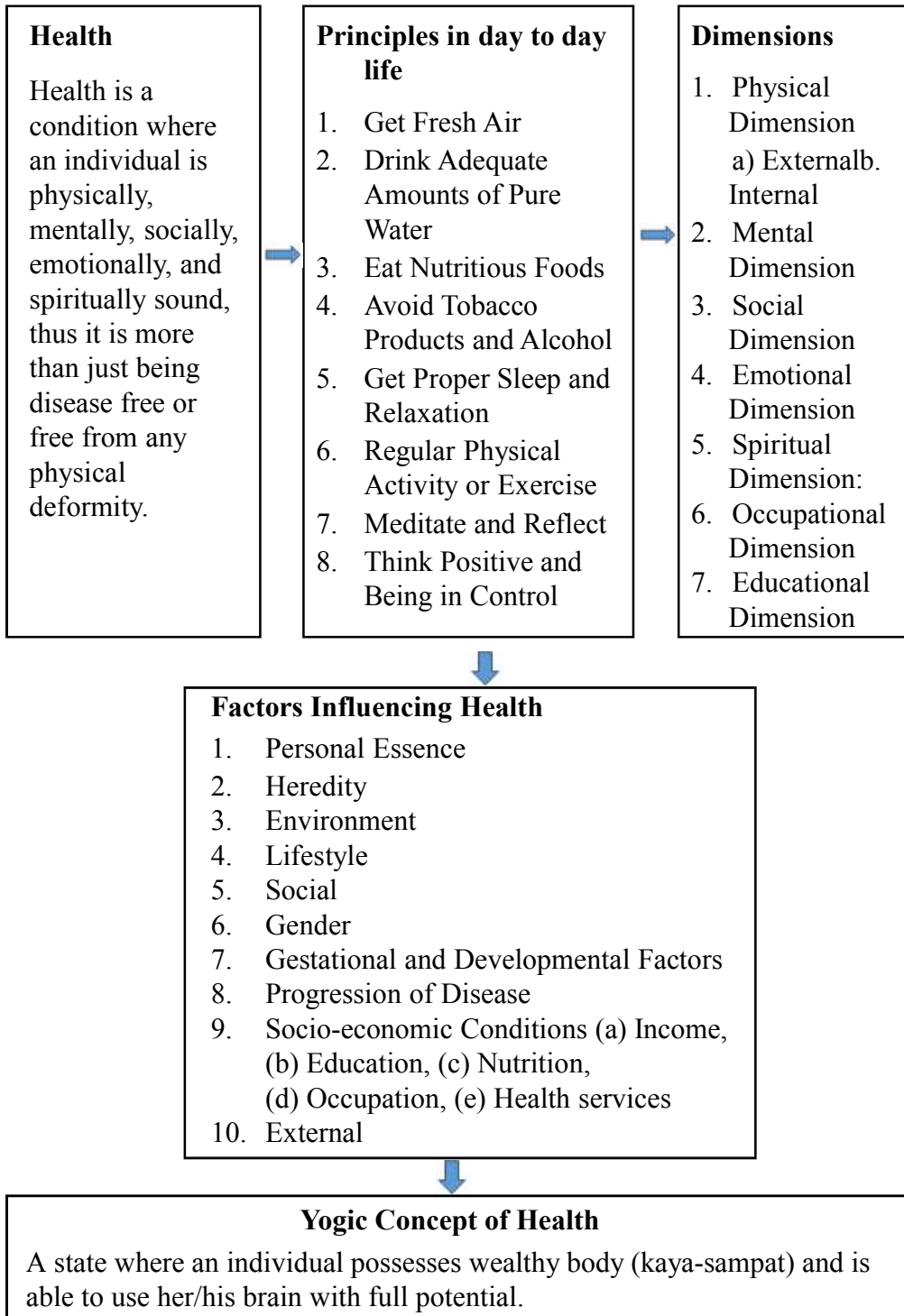
- Column I**
- a) Kaya-sampat
 - b) Rupa
 - c) Lavanya

- Column II**
- i) Appropriate functioning of body
 - ii) Flexibility and Endurance
 - iii) Spark of the body



- d) Bala
- e) Vajrasamhanahanatva
- iv) Wealthy body
- v) Healthy body structure

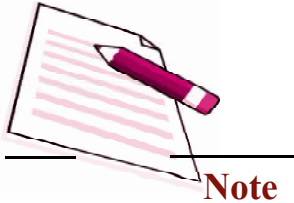
WHAT YOU HAVE LEARNT



Note



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TERMINAL QUESTIONS

- 1) Define health and elucidate the factors on which health of an individual depends.
- 2) Explain the different dimensions of health.
- 3) Which dimension of health is more influential? Justify your answer with argument.
- 4) Explain the day to day principles of health life.
- 5) Suggest preventive measures to remain healthy.
- 6) Define yogic concept of health. List the characteristics of health according to yogic concept.



ANSWER TO INTEXT QUESTIONS

9.1

- 1) (i)-(a), (ii)-(c), (iii)- (b), (iv)-(c).
- 2) (a)-(iv), (b)-(iii), (c)-(i), (d)-(ii).

9.2

- 1) (a)-(v), (b)-(vi), (c)-(iv), (d)-(i), (e)-(ii), (f)-(vii), (g)-(iii).
- 2) i- Nutritional Dimension, ii- Curative and Preventive Dimension.

9.3

- 1) (a) True, (b) False, (c) True, (d) False, (e) False, (f) True, (g) True, (h) True.

9.4

- 1) i)- Supply of pure water, ii)- Regular Fogging, iii)- Regular health checkup camps, iv)-Vaccination, and v)-Maintenance and timely supply of medicine in government hospital.
- 2) i)- Natural disaster, ii)- Effect of climate change, iii)- Any psychological disorder,

9.5

- 1) (a)-(iv), (b)-(v), (c)-(iii), (d)-(i), (e)-(ii).

