

Health Awareness

Dr K.C. SathyaLatha¹

¹M.Sc, M.Phil, Ph.D, Department of Physics, PVKN Government College, Chittoor

Abstract“Health is Wealth-Keep it up well” is the slogan essential in the lives of human beings. Thousand years ago, Ayurveda was described at various levels of the radial pulse that could be used to interpret the status of the organs and systems in the body as well as the mental condition of the individual. This paper gives information about some easy methods to maintain good health and to prevent old age problems. It is easy to understand and very simple to practise and even a child of 10 years can practise it to have a happy life. All of what I share with you in this paper may not be found in the standard texts of Ayurveda. However, all that I have included here is based upon my own practice and experience over the last 15 years. I received this knowledge from an acupressureist B. Narayana Reddy, the resident of Anantapur, A.P, India, when I was badly affected with back pain and cervical spondilolysis. I hope that, the methods mentioned in this paper will correct disorders and chronic diseases. It is beneficial to the practitioner physically, mentally and spiritually.

I. INTRODUCTION

Coronary artery disease (CAD), Ischemic stroke, diabetes and some specific cancers were common in only in high-income countries in the world according to report given by WHO 2002. A general conclusion is that reducing identified, modifiable dietary and lifestyle risk factors could prevent most cases of CAD, stroke, diabetes, and many cancers among high-income populations as per the (Willett 2002). Specific changes in diet and lifestyle and probable benefits are summarized in Chapter 44 :Prevention of Chronic Disease by Means of Diet and Lifestyle Changes in the book (Disease Control Priorities in Developing Countries, 2nd edition, 2006). Ayurveda, the ancient healing art of India, teaches that food and life style plays an important role in one's health and sense of well-being. Health is wealth so we have to keep it well. “Life is a gift. Leading the life with happiness is another gift.” Generally happiness is acquired by having good health. With good health we can do anything. So my main aim is to explore some health tips which I know to improve our health & happiness. These tips may assist you in preventing diseases without drugs and also to maintain a good mental state. Without any cost or side effects, imbalances and possible diseases can be detected in their early stages, giving one the opportunity to correct them before they affect the quality of life. For example, If the pressure is applied on certain points located in the palms and soles to stimulate all organs of the body, the diseases like Common Cold, Migraine, High Blood Pressure, Diabetes, Paralysis, Heart Attack, and even Cancer will be cured (Acupressure). With practice and guidance, one can acquire the proficiency to use this knowledge to heal self and others. By changing life style and following good dietary changes will give great relief to worrying mankind.

II. PATH TO IMPROVE HEALTH

One billion people lack access to health care systems. 36 million deaths each year are caused by noncommunicable diseases, such as cardiovascular disease, cancer, diabetes and chronic lung diseases. This is almost two-thirds of the estimated 56 million deaths each year worldwide. All (kids, teens, parents etc.,) are busy with day to day life. They have no time to think about themselves. Almost all are running like machines with excess of stress, tension, frustration, depression, etc., in turn damaging their precious lives. To overcome these difficulties and to protect ourselves, we have to change our life styles, food habits and day-to-day activities. Some of them are reviewed and their benefits are discussed below.

Correction in Nabhi chakra: Mainly, every early morning when we get up from the bed, we have to correct our “Solar plexus” (Nabhi chakra) one of the chakras by pushing both the hands (by fingers locked) down wards for 8 times.



Solar plexus or Nabhi chakra:-

Nabhi chakra is the energy centre located in the area of the solar plexus, above the navel. Nabhi is a Sanskrit word meaning "navel."

It is the third of the seven major chakras rising from the base of the spine to the crown of the head as shown in figure.

In English, this chakra is known as the solar plexus or navel chakra. However, it is more commonly known by its alternate Sanskrit name, manipura ("city of gems") chakra.

The nabhi chakra is a vortex that is believed to attract prana from the universe.

It governs transformation and gives a sense of fearlessness and courage when making changes.

It also provides contentment, personal power, satisfaction and inner peace.

Health drink: After correcting solar plexus, take one cup of health drink to increase our resistance which will fight against the seasonal deceases like cold, cough, fever etc.,

{Preparation of a health drink: a small spoon of powder (mixer of 3 spoons of amla powder+1 spoon of shonti powder) is to be diluted in a cup of warm water}.

Warming:"A warm-up is necessary to prepare the body for exercise by increasing heart rate and blood flow to working muscles." So warm up the whole body by giving moments to all the parts (joints)and stretching the muscles to rise total body temperature and to prepare the entire body for vigorous activity.This will loosen the joints and increase blood flow in the body and prevents injuries.

Exercise: Exercise can help prevent heart disease, stroke, diabetes, and colon cancer, etc.,.So do any type of exercises like walking, running, playing, gardening, dancing, muscle strengthening exercises, yoga, pranayama, sudarsanakriya etc... to get fitness & relaxation.



Vegetable green juice: Later drink one cup of Vegetable green juice (three types of green leaves & vegetables) which improves strength &resistance of the body.

Benefits of green juice:-can expect with a daily green juice.

- All-Day Energy
- May Delay Aging
- Alkalizes the Body
- Improves Gut Health
- Bioavailable Nutrients
- Enhances Detoxification
- Supports a Healthy Immune System.

Eating &drinking habits: Always everyone should eat any solid food item (such as rice, chapatti, sweet etc.,) by chewing it for at least 8times in the mouth before throwing it into the digestive system. Here the food is churned well before entering into the digestive system and it is ready to mix with the generated digestive juices there. Next

water is be taken in very slowly by sipping it like hot coffee or tea. Here water is allowed to mix up with saliva inside the mouth and it changed into energy drink whose strength is equal to one saline bottle in the hospital.

III. FEW TIPS TO MAINTAIN A GOOD MENTAL STATE

The World Health Report 2017 focuses on a number of common disorders such as depression, substance use disorders, schizophrenia, epilepsy, Alzheimer's disease, mental retardation and disorders of childhood and adolescence. As per WHO health report 7, one in every four people or 25% of individuals develops one or more mental or behavioural disorders at some stage in life, both in developed and developing countries. Mental health is important at every stage of life from childhood and adolescence through adulthood. Nowadays mental health problems are common in the world and caused disturbances in thinking, behaviour, mood, energy and emotion that make one difficult to cope with the ordinary demands of life 8. Mental health includes our emotional, psychological, and social well-being. It also affects how we think, feel, and act. However, most people with mental problems can get better 9 by following few tips given below.

- Eat nutritious food.
- Exercise regularly.
- Get enough sleep.
- Enjoy the present.
- Develop good relationships.
- Meditate for 15 minutes every day in the morning to manage stress.
- Reduce obesity.
- Always love yourself.
- Plan your work to balance life.

IV. CONCLUSION

Over 95% of the world's population has health problems (both mental and physical), with over a third having more than five ailments 10. Diseases such as cancers, heart disease, stroke and diabetes are increasing in abundance so that number of deaths per day also increases. No awareness programs are implemented worldwide by the governments, volunteers, etc., to motivate the people to be aware of health. Some risks have already been reduced, but changes in patterns of consumption, particularly of food; alcohol and tobacco, around the world are creating a "risk transition". Still many deaths are caused by diseases, such as cardiovascular disease, cancer, mental disorders, etc. So certain changes in diet and lifestyle are necessary to reduce the incidence of chronic diseases.

By following above said techniques (in section II & III) regularly, we can protect ourselves from 90% of present common health problems like overweight and obesity, diabetics, high blood pressure and heart problems, asthma, acidity, headaches, gastrointestinal problems, mental illness like depression, anxiety, Alzheimer's disease etc.,. In order to protect people – and help them to protect themselves, this is my sincere attempt to express these simple ways (section II & III) to have healthy long life. "Be good, be happy, be healthy and Have a smile as an ornament on your face always".

V. REFERENCES

- [1] The World Health Organization Report 2002: Reducing Risks, Promoting Healthy Life. Geneva: WHO.
- [2] Willett W. C. Balancing Lifestyle and Genomics Research for Disease Prevention. *Science*. 2002;296:695–98. [PubMed]
- [3] Chapter 44 :Prevention of Chronic Disease by Means of Diet and Lifestyle Changes-Walter C. Willett, Jeffrey P. Koplan, Rachel Nugent, Courtenay Dusenbury, Pekka Puska, and Thomas A. Gaziano
- [4] Disease Control Priorities in Developing Countries, 2nd edition, 2006, by Dean T Jamison, Joel G Breman, Anthony R Measham, George Alleyne, Mariam Claeson, David B Evans, Prabhat Jha, Anne Mills, and Philip Musgrove.)
- [5] Health In Your Hands: volume I & II by Dr. Devendra Vora
- [6] Global Issues- Health Issues by Anup Shah, September 27, 2014 <http://www.globalissues.org/issue/587/health-issues>
- [7] 7. The World Health Report 2001-Mental Health: New Understanding, New Hope, Geneva: WHO.
- [8] 8. Pine Rest Christian Mental Health Services, Gaines Township, Michigan, U.S. <https://www.pinerest.org/>.
- [9] 9. Mental health.gov-<https://www.mentalhealth.gov/basics>
- [10] 10. Science Daily's: June 08, 2015 (Science News) <https://www.sciencedaily.com/releases/2015/06/150608081753.htm>