

Where lies HEALTH...



Today we have developed the costliest health system that ever existed, but it seems people are more sick than they were ever before! Medical Science has grown and evolved... and side by side disease too goes on growing. **Sickness rate seems to be directly proportional to the rate of advancement in health-care facilities!** *Maybe it would help if we explore it in reference to the Western and Eastern view of health and human being!*

The WESTERN MEDICAL SCIENCE that's prevalent today, views 'human being' as a separate unit – apart from nature. It takes a mechanical and fragmentary view of man - the eyes can be replaced, the hands can be replaced, the legs can be replaced - and sooner or later even brains will be replaced! *It succeeds, but its success is not real success because the same disease which we repress in the hand by medicine, surgery and other things, starts expressing somewhere else in a worse form.*

The EASTERN SCIENCE OF MEDICINE has a different approach; man is not a machine; man is taken as an organic unity, and treatment is not only the treatment of the part that is sick. *The sick part is understood as only a 'symptom' that the whole organism is going through difficulties. The sick part is only showing it because it is the weakest.* We treat the sick part, we are successful...we have prevented the disease from expressing itself through the sick part; we have made it stronger. but then somewhere else the disease appears.

The Indian physician and the nurse don't use any instruments, sophisticated mechanisms, X-rays or other things; they don't have even the stethoscope. They just check the heartbeat and this has been functioning perfectly well for thousands of years. They check it because the heartbeat is our very center of life; if something is not perfect it gives them indications of what has to be done. *Rather than treating the disease, they try to make the heartbeat more harmonious and immediately the disease disappears.* We think the disease has been treated - but the disease was only a symptom. That's why in ayurveda they could discard surgery completely: *when things can be done very easily with minerals, herbs, natural things, without poisoning the system of man, then why unnecessarily go on prescribing poisons? - which are going to have their side effects!*

In rural India, even today we see that in the same river buffaloes are enjoying their bath, donkeys are drinking, people are taking bath, clothes are being washed - and the same water is being drunk. Nobody feels sick, nobody falls victim to infections. But the westerner coming to India immediately feels in trouble. He cannot drink any available water because all water is polluted; all water has amoebas, all water is not right for drinking. He can only take soda water. His immunity has been destroyed by too much protection. *Real medicine should give one immunity rather than take it away.* It should make one stronger, able to fight any infection rather than making one weak and vulnerable to all kinds of infections.

It is a known fact that rich people fall sick more than poor people. Poor people cannot afford it; rich people can. In the East poverty is great, and those poor people do not have even enough food - if they can manage one meal a day that is very fortunate - but they are not sick. The rich people, even in the East, are more sick.

To conclude, let's take tips from the four pillars of health as per the Ayurveda - *Aahaar, Vihaar, Aachaar and Vichaar* (AVAV). Ayurveda says that if these four aspects of lifestyle management are diligently followed, you can become your own life-coach and restore balance in life.

Aahaar (diet): Yog texts recommend a simple sattvic diet consisting of simple food consumed in moderate quantity, chewed well at regular meal times, in a calm state of mind. *If the stomach is roughly divided into 4 sections, during meal-times, two sections of the stomach should be filled with food; one section with liquids other than water such as buttermilk and soup; and the remaining section must be left empty.*

A famous psychologist, Delgado, has been working on animals. He was surprised to know that if rats are given one meal a day, they live twice as long; the lifespan of the rats who are given two meals a day is cut in half. He himself was surprised: *'less food and longer life; more food and less life'*. Now he has come up with the theory that one meal is perfectly enough; otherwise you are loading the system of digestion, and that causes the cut in your lifespan. *But what about people who are taking five meals a day?*

Vihaar (rest and recreation): *Rest involves good sleep and cultivating conscious habits of relaxing your body and mind when stressed or tired.* Recreation means involving yourself in creative hobbies, taking nature-walks, connecting with family, socialising with positive-minded people and reading books that refresh and enlighten.

Aachaar (conduct): *Following the right healthy routine with discipline could solve many difficulties in our lives.* Having your meals on time, asanas, walks, pranayama, kriyas, sunbathing, sleeping at a fixed time and maintaining a gratitude journal - give a structure to your day and establish harmony.

Vichaar (thoughts): Inculcating pure empowering thoughts, keeping one's eyes fixed on God, focussing on *whatever is good, whatever is pure, whatever is noble, whatever is just and whatever is praiseworthy* and accepting that *everything is impermanent and will change.*

Friends, HEALTH today is the top-most concern for everyone. Let's remember that you and me, as a human being are a multidimensional spiritual beings and health is more than just the physical body...health also means inner peace and bliss...and the path to health involves the process of healing and integrating all parts of oneself. *This is the wholistic vision of health and it invites each one of us to listen, learn, evaluate and apply what feels right to us...*

Wish you the kind of health where every cell in your body is bouncing with Joy!

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