

# Holistic Human Health: A Point of View

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## Empowering Youth to take charge of their health holistically

### Executive Summary

This Point of View document addresses the urgent need to redefine youth health and healthcare from a disease-centric and body-centric model to a **holistic, preventive, and self-responsible** paradigm. It integrates the Universal Human Values (UHV) framework-specifically Holistic Human Health (HHH)-with current global and India-specific data to provide a robust case for policy-level integration in medical education.

The document outlines: (1) a SWOT analysis of the current health status of youth and the healthcare system; (2) UHV/HHH-based all-encompassing solution; and (3) an implementation roadmap to realise its full potential.

This point of view addresses the majority of our present-day concerns regarding the healthcare system as well as promotes a holistic understanding of health that fosters harmony at all levels.

Its full-fledged implementation can yield the following outcomes:

At the level of the individual human being:

- Addressing problems related to the body and mind (e.g., stress) at the root rather than after the impact on the body becomes acutely visible as a disease
- Curing NCDs and other psycho-somatic diseases, not merely managing them for life
- Addressing physical health with responsibility (true prevention of disease) with the program for health

At the level of the healthcare system:

- Alignment with the implementation of NEP 2020 and National Health Policy for sustainable adoption.  
(<https://main.mohfw.gov.in/sites/default/files/9147562941489753121.pdf>).
- Sustainability of the healthcare system
- Inculcation of human values and service-orientation of health professionals in a profession currently being driven largely by profit maximization

At the level of the environment (family, society, and nature):

- Seeing our role and participation as human beings in keeping our environment (family, society, and nature) healthy and harmonious.

### 1. SWOT Analysis: Present-day Health of Youth & State of the Healthcare System: Strengths -

- Reduced infectious disease burden: Polio eradication in most countries with the help of vaccination (WHO, <https://www.who.int/health-topics/poliomyelitis>).
- Advanced trauma care, diagnostics, and emergency interventions (WHO Global Health Observatory, <https://www.who.int/data/gho>).

- Public awareness on prevention (CDC, <https://www.cdc.gov/chronicdisease/resources/publications/factsheets/prevention.htm>).
- Ayushman Bharat scheme for universal health coverage in India (Government of India, <https://pmjay.gov.in/>).
- NEP 2020 integration of value-based education (NEP 2020, [https://www.education.gov.in/sites/upload\\_files/mhrd/files/NEP\\_Final\\_English\\_0.pdf](https://www.education.gov.in/sites/upload_files/mhrd/files/NEP_Final_English_0.pdf)).

### **Weaknesses -**

- NCDs cause 71% of global deaths (WHO, <https://www.who.int/news-room/factsheets/detail/noncommunicable-diseases>).
- Adolescent obesity projected to affect 464 million by 2030 (The Guardian, <https://www.theguardian.com/society/2025/may/20/young-people-obesity-2030-report>).
- Half of all mental disorders begin by age 18 (WHO, <https://www.who.int/news-room/factsheets/detail/adolescent-mental-health>).
- India suicide rate (15–24 yrs) at 21.1 per 100k (National Crime Records Bureau, <https://ncrb.gov.in/en/suicide-statistics>)
- Mental health issues are largely being treated by medicating the body
- Education largely focused on academic skill; lack of focus on values and a holistic perspective on life, thus leading to a health system largely driven by profit maximisation
- Current health system financially inaccessible to the common man; unsustainable in its current form

### **Opportunities**

- Redefine health holistically to include physical, mental, social, and spiritual well-being (WHO Constitution, <https://www.who.int/about/governance/constitution>).
- Focus on prevention through healthy lifestyle programs and programs fostering environmental harmony (harmony in family, society, and nature)
- Encourage research into the role of consciousness (Self) in health outcomes.

### **Threats/Challenges**

- Body-centric focus of medical education; inadequate awareness of a holistic perspective
- Disease (problem-centric) approach of current medical education
- Increasing dependency of individuals on the healthcare system and of the healthcare system on technology-based tests
- Public mindset for quick fixes and least effort rapid solutions to health problems
- Resistance from health and pharmaceutical industry giants
- Environmental degradation affecting health (UNEP, <https://www.unep.org/>).

## **2. Core Inputs from UHV Holistic Human Health**

There is an urgent need to redefine health beyond symptom management, moving towards a holistic approach that addresses physical, mental, and social well-being as outlined by the WHO in 1948.

Additionally, it may be necessary to incorporate the fourth dimension of health – spiritual well-being – to support individuals in realising their full potential and attaining true, lasting health.

The UHV Holistic Human Health framework views the human being as a co-existence of the Self (consciousness) and the Body (material). The Self is central-making decisions, seeking continuous happiness, and it needs to take responsibility for the Body's health.

Five paradigm shifts are suggested:

1. From symptom suppression to treating the root cause
2. From a disease (problem) centric to a health (solution) centric approach
3. From a **Body-centric approach to a Self (Mind) + Body approach.**
4. From outsourced health responsibility to **the Self taking responsibility for one's mental and physical health**
5. From seeing the human being in isolation to seeing the **human being as a part and parcel of a larger whole**, interconnected with family, society, and nature.

Reference: Holistic Human Health E-book (<https://uhv.org.in/foundation/course>).

### 3. Implementing the Proposed Holistic Solution (HHH)

A multi-phase roadmap is proposed for integrating UHV/HHH in medical education.

The first step towards implementing the holistic vision for health would be to understand the reality of who we are as human beings and to understand the environment of which we are a part. Then to redefine health holistically to include physical, mental, social, and spiritual well-being, i.e., health of the Self, health of the Body, and health of the environment (family, society, and nature) with a focus on prevention through healthy lifestyle programs and environmental harmony.

To understand the holistic vision for health, we need to understand the universal principles of health (based on the fundamental reality), follow the recommendations based on these principles, and then implement these recommendations through a program of health that incorporates various practices in alignment with the recommendations. Finally, keep track of the outcomes in a personal health tracker.

For helping in understanding, sensitising workshops on UHV and Holistic Human Health (HHH) can be conducted in medical education (for faculty, staff, and students).

Some major implementation steps may be:

- Introduce age-appropriate holistic health (HHH) modules in early education and extend to professional courses.
- Integrate HHH as a foundation course in medical, nursing, and allied health curricula.
- Conduct Faculty Development Programs (FDPs) to prepare educators.
- Establish mentorship systems for emotional and mental well-being support.
- Launch institutional wellness centers with integrated medicine approaches.
- Use health trackers and assessments of holistic human development for impact measurement.
- Encourage research into the role of consciousness (Self) in health outcomes.



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