

## Present State of Health

While medical advancements have significantly reduced infectious diseases, have revolutionised health and trauma care through antibiotics and state-of-the-art diagnostics, several inadequately addressed concerns also loom large.

### Concerns regarding the health of people –

- Alarming rise in non-communicable diseases globally  
e.g. Obesity, Diabetes, Cancers, Hypertension, Heart disease  
**(taking the lives of 1 in 4 Indians prior to age 70 years)**
- Stress and Mental health issues - – At an all-time high  
e.g. anger, unhappiness, depression, anxiety
- Impact of mental health on physical health  
(e.g. Diabetes, Hypertension, obesity..) on the rise

### Concerns regarding our healthcare systems -

- Is our focus on being healthy or on getting rid of disease?
- Disease - **are we curing disease or “managing” disease lifelong with medication** through a medical and pharmaceutical ‘industry’?
- Mental health – **are we addressing mental health adequately** or are we largely medicating the body?

### Other fundamental concerns –

- Concern regarding values and ethics  
As health care professionals, **are we service oriented, compassionate to needs of the sick**  
or  
Has healthcare become an industry with the **focus largely on profit maximisation?**
- Concern regarding the sustainability of the healthcare system  
**Is health care becoming overly expensive and out of reach for many?**  
Is there fear in the common man about health and the escalating costs of trying to maintain it?  
**Is the health care system sustainable in its current form?**

## Our Fundamental Perspective on Health

With all these concerns, the question arises –

Why, despite all our efforts, are we unable to address health adequately?

**Is it time to check our fundamental perspective on health?**

Should we be shifting our focus from a disease-centric to a health-centric focus?

Is our focus here	Or here?
(Disease-centric) Dealing with symptoms	(Health-centric) Dealing with root cause?
Covering a wound with a band-aid	Curing the wound
Reducing blood sugar – Diabetes (oral hypoglycaemics, insulin etc.)	Curing diabetes from the root
Reducing blood pressure – Hypertension (anti-hypertensive medications)	Curing hypertension for good
Reducing pain and inflammation - Arthritis (analgesics and anti-inflammatory medications)	Curing arthritis
Peptic Ulcers, Cancers..... (antacids, steroids...)	Treating the root cause
Mental health - Medication for Depression, Anxiety..... (anti-depressants, anxiolytics)	Root cause?
<b>Suppressing the indicator is not the important part; correcting the disharmony in the body is. With all our research, why are we not able to find the underlying root cause of disharmony? Is our perspective right?</b>	

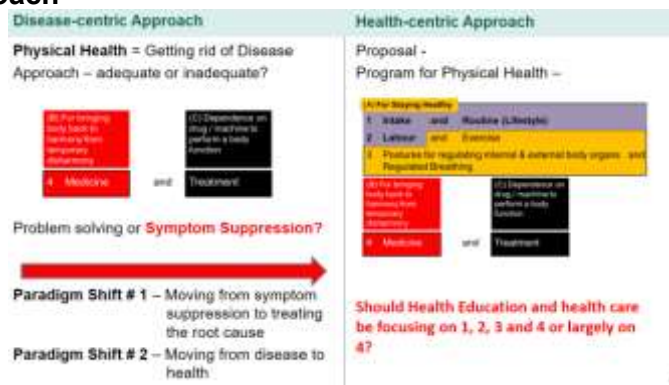
## Need for Holistic Health: Rethinking Our Approach to Wellbeing

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 WHO in 1948.

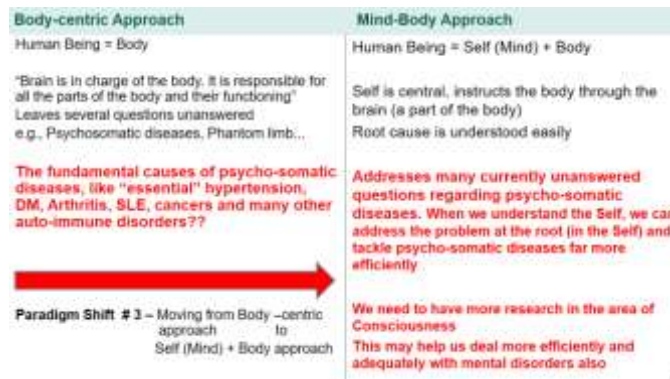
Further, perhaps we need to also include the fourth dimension to health – the dimension of spiritual well-being - to help individuals realise their full potential and achieve genuine, sustainable health.

## Vision for Holistic Human health

1. **Shifting from a disease (problem) centric to a health (solution) centric approach**



2. **Shifting from a Body-centric approach to a Self (Mind) + Body approach**



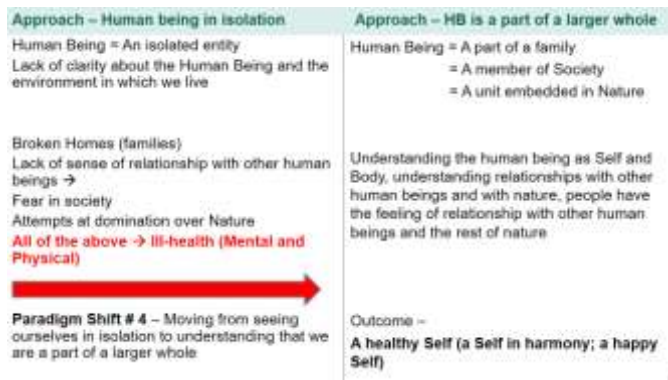


# Holistic Human Health

3. Having our perspective right – The Self is central to my existence as a human Being; the body is my tool/instrument – fundamentally my responsibility



4. Shifting our perspective of seeing the human being in isolation to the reality that the human being is a part and parcel of a larger whole



5. Thus, when we align our perspective with the reality of who we are and the environment in which we are embedded, it leads to a transformative vision for health which involves four major shifts in paradigm:

**Paradigm Shift # 1 – Moving from symptom suppression to treating the root cause**

**Paradigm Shift # 2 – Moving from disease to health**

**Paradigm Shift # 3 – Moving from a Body-centric approach to a Self (Mind) + Body approach**

**Paradigm Shift # 4 – Moving from seeing ourselves in isolation to the understanding that we are a part of a larger whole**

6. A holistic vision for health (like this) can address the majority of our present day concerns regarding the healthcare system as also promote a holistic understanding of health that fosters harmony at all levels.

- i. Addressing problems at the root (the Self) rather than after the impact on the body becomes visible
- ii. Curing NCDs and other psycho-somatic diseases, not merely managing them for life
- iii. Addressing mental health and stress adequately and appropriately
- iv. Addressing physical health with responsibility (true prevention of disease) with the program for health

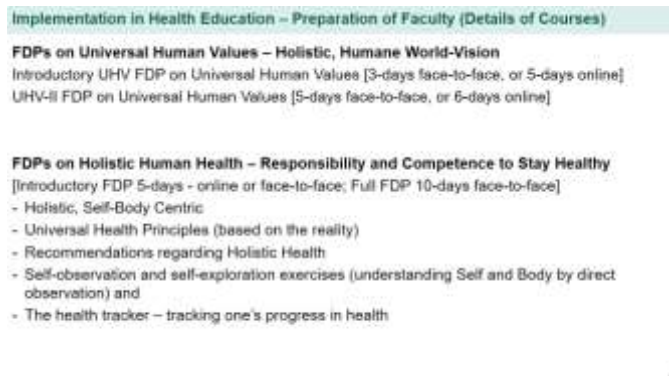
- v. Sustainability of the healthcare system
- vi. Seeing our role and participation as a human being in keeping our environment (family, society and nature) healthy

## Implementation of the Vision for Holistic Human Health

1. 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.



2. To understand the holistic vision for health, we need to understand the universal principles of health (based on the fundamental reality), follow the recommendations for health based on these principles and finally implement these recommendations through various practices that are in alignment with the recommendations
3. For helping in understanding, sensitising workshops on UHV and Holistic Human Health (HHH) can be conducted in academia in medical education (for faculty & students)



## 4. UHV and HHH Courses for medical students can be incorporated in academia

**Implementation in Education – Courses for Students [1-Semester 3-Credit Courses]**

UHV and HHH courses for Students as add one to the main syllabi

**UHV-I:** Introduction to Universal Human Values  
(part of the Student Induction Program)

**UHV-III:** Foundation Course in Human Values and Professional Ethics: Understanding Harmony and Ethical Human Conduct

**UHV-VIII (A):** A Foundation Course in Holistic Human Health – Its Philosophy and Practice

Eventually, holistic value based education and inclusion of the Self in research and evidence based medicine

## 5. Holistic Centres of well-being with Counselling and Wellness as the focus

Holistic Centres of Well-Being providing an integrative approach to well-being of all, in addition to the current system of medicine  
Health Education and Practice on “How to Stay Healthy”  
Counselling Services  
Integrated Healthcare with various streams of medicine

## 6. The way forward - More research on Self (Consciousness)

## Resource Material

- 1. Holistic Human Health Book** – A foundation course on Holistic Human Health – Its Philosophy and Practice. The e-book is totally free and downloadable from <https://uhv.org.in/foundation/course>
- 2. A Foundation Course on Holistic Human Health - Level-1**

### About this course:

This course has been designed as a foundation course (may be conducted as a 3-4 credit course) to augment the regular full length courses that are currently being conducted in education. The course comprises 28 lectures and 14 practice sessions that may be run as 2 Lectures and 1 Practice session per week in the first semester/ year/ professional.

The focus of the course is on understanding health holistically - in its totality and being healthy on the basis of this. It thus includes an understanding of health (harmony) at all the levels of living – as an individual human being, at the level of the family, society, nature and existence. The course thus provides the student with a well-rounded and holistic perspective on health fulfilling the core aspiration of the present healthcare system.

The holistic health course articulates universal health principles which are based on an understanding of the reality. The principles are universal; they are invariant, logical, rational and leading to harmony universally, for all. The

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course further presents guidelines for health which emerge from the basic principles. While the principles are universal, the guidelines vary, taking into account the various differences among human beings on the basis of body type, age, gender etc. and variations in the body resulting from diurnal and seasonal changes in the environment.

Implementation of the principles and guidelines in the form of a complete program on how to stay healthy with the provision of a health tracker to track one's progress in health have been included in the course. These will empower each and every human being to take personal responsibility for his/her own health and be of service to family and society.