

## Niramay Yogchikitsa Kendra



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### Meaning of Health: 1

In our current age of race, hectic life, pollution 'Un health' is our persistent experience. Hence, we decided to communicate about health. The things which we know, we feel, the things which we came to know from the dialogue with you, we are putting them before you, through this medium. We intend to ask you an important question .....

Which are the basic needs of man?

Truly, this is a question of the 5<sup>th</sup> standard, isn't it?

But we all literate people in the developing country like India will definitely not answer that the basic needs of a man are – food, clothing and shelter only. Because, other than these things, T. V., Mobiles, our own house, a good job with a good salary or profession, Best education and many other big or small things have become our basic needs only. We cannot imagine a beautiful – easy life without them.

But .....

In all this crowd of comforts we are forgetting our true and sincere need that is our Well Being!

All the material things we are acquiring, are we getting them by sacrificing our health? Everyone should think of this. Up till now we had dialogue with thousands of people which were not very hopeful. There is increase in the

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number of literates, after independence. The literacy proportion is increased by 50% to 60%. But there is negligence towards health literacy. Hence let us speak about this health.

First of all please think.....

What is health in our view? What is our definition of health? Does health means absence of disease? Does health means only that there is no abnormality in the bold test? Do all normal investigations indicate health? Or to control Blood Pressure, Sugar, Acidity by taking some pills is health?

Think honestly and answer to your mind whether I define health other than all these things?

I study 'Yoga', where it is for treatment or acquiring total health?

All followers in ('निरामया') Niramay think that all of us should come here for total health beyond this getting cured of disease and put the idol of pure health before the society. Hence we all should try to perceive the meaning of health.

What is real health?

World Health Organization, or course 'जागतिक आरोग्य संघटना' defines health as -

Health is Physical, Mental, Intellectual, Social and Spiritual well being.

Of course -

The excellent existence on all levels such as Physical, Mental, Intellectual, Social and Spiritual is Health. The Health i.e. well being on all these levels. Eradication or absence of disease on only one level or development on only one layer cannot assure well being or total health. Basically the word 'Health' is derived from the English word 'Whole', which indicates total wellness.

Health means equal development of our existence on all levels.

Health cannot be one sided Unhealthiness on one level leads to unhealthiness of all levels.

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Physical health, of course comes first. We do all types of work with the help of our body. The work of all organs of our body with excellent dialogue with each other, maintenance of proper body temperature, all chemicals, liquids in our body being in balanced state, painless locomotion of all organs, in all the good sensitivity in the body can be said to be proper body health.

To be afraid of the situation which comes in our path, not to be able to face it, to quiver with fear, to have uncontrollable fury, to envy and hate, not to maintain any friendship, to have disagreement in relations, to have persistent emotional ups and downs, to thrive for excess discipline, excess emotionality such things small or big or psychological illness such as Schizophrenia indicate mental illness, unhealthiness.

Intellectual health is one due to which our intellect or brain develops in various directions. The intellectual health after thinking about acquired environment, available alternatives, various dangers, likely results can take proper decisions. Unbalanced mental or intellectuals health instead of doing some constructive, positive work tends to destructive mental state. Hence, Intellectual health is not only measuring the Intelligence Quotient but capacity of the intellect which includes all, is sensible and welfare of the world.

Not only the Physical – Mental - Intellectual health but the social health is equally important. Social health means that the things I want I should get those without hampering social welfare and social system. Not only this but I should be aware of all social levels, their constituting parts, their mentality and situations. I should be a part of this society, there should be exchange of thoughts, I must do deeds helpful to the society, my contacts with others should be of friendship, helping. 'What I have to do with that' such mean emotion should be avoided and I should be helpful for the proper rules of society construction. Such type of behavior is the social health!

And last but not the least is the spiritual health. It is difficult to know, to grasp and to teach! Because it is to be experienced. If I have everything still I am afraid of something, cannot be happy, there are worries, that is all is well but there is no happiness then that is spiritual ill health, unwell being.

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And in spite of the short falls, I am always happy, then that happiness cannot be put in any category, cannot be given any physical reason then that is spiritual health, spiritual wellbeing.

Spiritual health is founded on belief, faith, and trust. That faith can be an idol worshipping or can be formless. The belief can be on science, on thought, on principal or any person or book; but that is a true, profound and deep. That faith is not insistent but gives inner calmness.

The faith creates fearlessness. The supreme power which created me and this universe with the smallest particles to huge ones, the energy which controls all the incidences, which created the charm, variety in the world, which created this huge Sky, Galaxies, Universe; to be grateful to this supreme power, energy is the spiritual well being.

'We all are puppets on the stage and the supreme power controls us with the strings' such experience which leads to detachment is spiritual health.

All incidences in our life, stresses in relationship, difficulties in our employment or profession, big calamities, small strains, economical difficulties are important in our that is common man's life.

But in this,

To bear in mind that we are perishable, death is the universal truth hence we should submit ourselves to God worship is the spiritual health. Much more can be said in this context.

Concluding we say that the concept of health, well being is very broad, extensive. Our target is too big. We associate health with the absence of disease but try to understand the real meaning of health and achieve it through the 'Yoga'. Best wishes for that.

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