

Review Article

Concepts of Health and Factors Modifying It

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ABSTRACT

Maintenance of health is a permanent problem and understanding is also varies from different level. Homoeopathic understanding is something different and this is very practical.

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INTRODUCTION

Dictionary defines Health is the condition of being sound in body, mind, or spirit; esp. freedom from physical disease or pain. WHO defined "Health is a state of complete physical mental & social wellbeing & not merely an absence of disease or infirmity". This definition covers an extended area but it is true like so many of the ideals this is also very difficult to achieve. Hence WHO put forward the idea of Positive health which implies the notion of "perfect functioning of the body & mind. Biologically it is a state in which every cell & every organ is functioning at optimum capacity & in perfect harmony with the rest of the body, Psychologically as a state in which the individual feels a sense of perfect well being & of mastery over his environment & Socially as a state in which the individual's capacities for participation in the social system are optimal".

The signs of physical health in individual are a good complexion, a clear skin, bright eyes, lustrous hair with a body well clothed with firm flesh, not too fat, a sweet breath, a good appetite, sound sleep, regulate activity of bowels & bladder & smooth easy, co-ordinate bodily movements and all the special senses are intact.

Mental health denotes a state of balance between the individual & the surrounding world. A state of harmony between oneself & other coexistence between the realities of the self & that of other people & that of the environment. Recently researches discovered that psychological factors

can induce all kinds of illness. They includes the condition like essential hypertension, peptic ulcer and asses the state of mental health.

Social health says the quantity & quality of an individual & the extent of involvement with the community. The social dimension of health includes the level of skills one possesses, social functioning & the ability to see one self as a member of larger society.

The spiritual dimension refers to that part of the individual which reaches out & strives for meaning & purpose in life. It includes integrity principles & ethics the purpose in life, commitment to some higher (Higher purpose of existence / Section 9) being & belief in concepts. So health constitutes three dimensions; body, mind, spirit. Body means the physical form, mind means the element or complex of elements in an individual that feels, perceives, thinks, wills, and esp. reasons, & spirit means temper or disposition of mind or outlook or the immaterial intelligent or sentient part of a person. Hence providing health means we have to take care of mind, body and spiritual elements of a person and the factors effects these areas are also to be looked for.

As a follower of this holistic philosophy we observe Hahnemann's great regard on the nature as a cause and reliever of the disease. Samuel Hahnemann defined disease as "an aberration from the state of health" that cannot be mechanically removed from the body. In 1811

Hahnemann called for healing to be quick, reliable, and permanent and he believed that holistic medicine embraced all of these attributes. Disease is some thing that is expressed through some abnormal feeling and expressions both at mental and physical level what the person feels and it is seen / observed by the person himself, the close attendants of the person and the physician. This is interesting that WHO has defined Health but not the disease. Probably the disease has got many shades – ranging from sub-clinical, carrier states to severe manifestations.

At a simpler terms disease can be defined as a just opposite occurrence from health that is deviation from physical, social and mental well-being. But controversy has got a chance to be continued, as these definitions cannot give a criterion by which to decide, when a disease state begins, nor do they land themselves to measurement of disease. Some are acute in manifestation, some are chronic. Some bears the tendency to cause deformity some is never.

Disease to a Homoeopath is a state, which is characterized by abnormal sensation, abnormal function and loss of the ability of self-preservation, and this state caused by primarily caused by the damaged vital force (Sec. 10).

The above description made it clear that the disease is expressed through signs and symptoms. So when this is present the disease is there but mere absence of these does not rule out the existence of disease.

It is proved today that environment plays most important role in the evolution, development and maintenance of the diseases process. Epidemiological triad includes Host (Human, Soil), Agent (Biological; virus, bacteria, Physical; heat or cold, radiation, chemical) and Environment.

Environment is again of three types viz. Physical environment: Biological environment: and Psychological environment.

The Physical environment “is applied to non-living thing & physical factors e.g. air, water, soil with which man is in constant interaction. In most of situation defective environment continues to be main health problem such as air pollution, water pollution, noise pollution. The increasing use of electrical & electronic devices. So the quality of life may soon be in danger”.

Biological environment is the universe of living thing which surrounds man including man himself. Living thing are viruses microbial agents insects animals & plants. Some of these act as disease producing agents reservoirs of infection intermediate hosts, & vectors of disease

in harmonious condition this is balance & manager inter-relationship. When this is disturbed ill health results.

The psychosocial factor are defined as factors affecting personal health, health care & community well being that stem form the psychosocial make –up of individuals & the structure & functions of social groups “ they includes cultural values, customs, habit, lifestyles.

The impact of social environment has both on health of individual & communities. The favorable social environment can improve health. Psychosocial factors can also affect negatively mans health & well being. E.g. birth of handicapped child may produce feeling of anxiety, depression this feeling may accompanied by headache, palpitation. If emotional state prolong it may produce psychosomatic disorders such as duodenal ulcer, bronchial asthma, and hypertension. Man today is newly as an agent of his own disease form psychosocial point of view disease may be viewed as maladjustment of the human organism to his psychosocial environment resulting form misperception, misinterpretation & misbehavior. The social environments so inextricably linked with the physical & biological environment that is realistic & necessary to view the human environment in too to promote the health.

Now we have to take a look on the environmental issue. Environment is always two types; one natural environment and second is artificial or man made. Man made environment is brought about by Deforestation, Urbanization, industrialization etc. It has got its mental effect which is cause by stress and strain and having physical effects such as Asthma, Hypertension, Diabetes, Acid peptic disorders, ulcerative colitis and etc.

Truly speaking these changes play an integrated role. They are not different causes but in combination they are the single precipitating factor. So the concept of the web of causation advent. The web of causation considers all the predisposing factors of any type and their complex interrelationship with each other.

So in a practical purpose we can divide the environmental factors can be classified under the following headings:

Psychological: Continues stress & strain leading to emotional alteration.

Psychosomatic: Mood disorder, Depression, Complex, Grief, Mal adaptation, Job Dissatisfaction leading to develop disease like hypertension, Diabetes and etc. Some 2.5 million

people every year die every year from cardiovascular diseases attributed to environmental factors including work related stress.

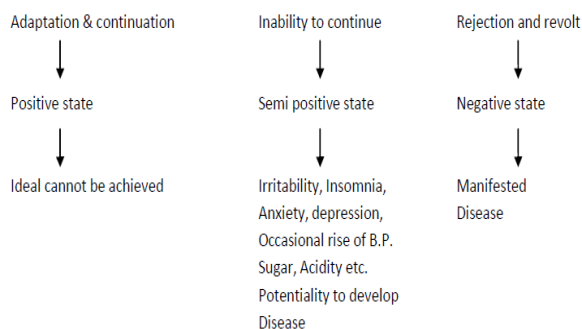
Environmental: Pollution, Insecticides, Pesticides, Deforestation, Food adulteration leading to develop hundreds of water borne diseases as diarrhea, dysentery, cholera etc. As estimated 24% of all the deaths in children under 15 are due to environmentally related diarrhea, malaria and respiratory infections. It is proved that environmental interventions such as street lighting can help reduce the level of interpersonal relation and more than 50% of drowning can be prevented by improving environmental safety.

Socioeconomic: Deficiency, Mal nutrition, Deprivation, Infection, Infestation, Stigma, Superstition, Cast factor, Illiteracy, Poverty, Poor Sanitation leading to develop skin diseases, tuberculosis, venereal diseases.

Drug Induced: Heroine, Marijuana, Other habit-forming drugs, Bad effect of steroids and many others.

Multifactor: The combination of several factors e.g. Socioeconomic with drug factor.

Hence the disease evolves as



THE INTERVENTION:

Diseases related to psychological stress:

Counseling, Stress removing exercise, Meditation, Acute remedies, Constitutional remedies.

Occupational diseases: Correction of the causative factors, Personal corrective measures as using glasses, gloves, and specified protectors, Physical exercise, Acute remedies, Constitutional approach.

Masking of symptoms due to over drugging:

Trying to find out exact cause, when found the offending drug is to be stopped or tapered, Totality from the presenting complaints, Tatopathy if needed.

Drug addicts: Social rehabilitation, Active participation of govt. and non-govt. agencies, Acute remedies, Constitutional approach.

Diseases related to lack of sanitation: Social support, Correction of deficiency, acute remedies, and Constitutional approach.

Diseases due to illiteracy and other factors: Health education, Social involent, active participation being a social and health worker, acute remedies, Constitutional approach.

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