

Ways to attain Holistic Health

Health, as defined by the World Health Organization (WHO), is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. Ayurveda also believes that health is the balanced state of body, mind and soul. Poor physical health can lead to increased risk of developing mental health problems. Similarly, poor mental/spiritual health can negatively impact on physical health. For achieving the physical, mental and spiritual health Ayurvedic literature cites many approaches which are summarized as below

1. Physical health

Physical health is a state of being free from illness or injury. Physical health is critical for overall well-being and is the most visible of the various dimensions of health. Physical health can be maintained by:

- Intake of wholesome diet at proper time
- Living appropriate lifestyle as per region, season etc
- Acting after proper observation
- Free from unnecessary subjects/objects

2. Mental health:

Mental health refers to our cognitive, behavioral, and emotional wellbeing. It is all about how we think, feel, and behave. Following factors contributes for good mental health:

- Involvement in charity
- Impartiality
- Truthfulness
- Forgiveness
- Serving learned/elder people

3. Spiritual health:

Spiritual health is a state of being where an individual is able to deal with day-to-day life in a manner which leads to the realization of one's full potential, meaning and purpose of life and happiness from within. Following are the factors which can lead to good spiritual health

- Pleasing thoughts, speech and act
- Controlled mind
- Clear wisdom
- Continuous efforts in attaining knowledge, penance and Yoga

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Reference: Charaksamhita Vimanasthana 2/46-47