

## Health Issues: Challenges and Remedies

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### Abstract

India is facing so many challenges which need proper management to overcome. Major issues are unemployment, population explosion and environment depletion etc. The results of these problems are worse and people are bearing imbalances between physical, emotional and psychological state of being. Immense use of technology i.e mobile and internet services are creating various problems among children and other users. Overpopulation also demands the production of more and more food. For this purpose, there is requirement of much quantity. For increasing the quantity, the farmers are using various those means and measures by which quantity may be enriched resulting in the downfall of the quality. Such approach leads to various health problems of people by consuming such food. Cancer, diabetes, heart diseases, mental illness and obesity are the health problems faced by most of the people. If any remedial measure is not adopted to solve these major problems, it will lead to poor and sick India. As a remedy, the organic food should be grown by using natural manure. Compost manure may be used for this purpose. There is need of such awareness so that health issues may be resolved. Various yoga camps and ayurveda awareness camps should be organized at village, city as well as state level so that sick India may reshape itself as a healthy India.

### WHAT IS HEALTH

The word health has different meanings and interpretations for different people.

- To a mother, it connotes a happy family.
- To a layman, health means that a person is not sick.
- To child, health means washing his hand, face and brushing teeth.
- To young girl, it refers to the enjoyments she gets.
- To a teacher, a sound mind lives in a sound body in a sound environment.
- To a psychologist, health is the product of the normal function of cells, organs and systems.
- To a physician, health means constant supervisions and periodical examinations and best equipments to ensure happy living of the whole family.
- An unhealthy person considers health as the most priceless profession of all.

### DERIVATION OF THE TERM HEALTH----

Historically, the term health is derived from the word 'HEALTH' meaning the condition of being safe and sound or whole. For many years, this historical definition was lost because of the common belief that health was in essence, freedom from disease.

## DEFINITION OF HEALTH---

Health may be defined as the quality resulting from the total functioning of the individual that empowers him to achieve a personality satisfying and socially useful. In the oxford dictionary, 'Health' means the state of being free from sickness, injury or disease, bodily conditions, something indicating good bodily conditions. The world health organization (WHO), 1948 defines health 'as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity.' This definition is important because some nations reached international agreements on it at the first world health assembly (1948). This is the most widely accepted definition today. Health has been defined by the modern medical science as a state of the organism of an individual in which the bio-physical, bio-chemical and structural aspects functions satisfactorily and which enables him to adjust himself to his environment.

According to **J.F. William**, "Health is the quality of life that enables the individual to live most and serve the best." In a psychological sense, good health may be defined as the state of the perfect operation of all the bodily functions, freedom from bodily pains and also freedom from the mental and physical discomfort.

## FACTORS AFFECTING HEALTH----

Human beings are interested in themselves as well as in their own lives, in their families and in their communities. There are many aspects of good health and fine living. Improvement can be made in the essential factors producing health i.e. understanding, desire and action. Improvement in living can be made to increase satisfaction from ones work and provide enjoyment, efficiency and happiness. There are following factors that affect the health of a person-----

- (1) **Heredity**: --- Heredity is the important factor that affects the health of an individual. The colour of eyes, hair, skin as well as general body etc. is inherited through the reproductive cells of the parents e.g. most men from Punjab have a larger body build, while the men from other states are of a smaller build. High intelligence is inherited in the same way as certain types of feeble mindedness are inherited. A few diseases are hereditary. This is the reason why so many people face health problems.
- (2) **Social habits**:---- Most of the habits are influenced by the parents, teachers, members of family and friends. These habits include eating, clothing, thinking, cleanliness etc. Most of the people feel that sickness is a curse that must be endured. People should be taught that such sickness can be prevented by eradicating their causes.
- (3) **Environment**:--- Environment includes soil, forests, rivers, plants, animals, insects, houses, wells, ponds, trains, cars, books and countless other things. It also includes the surrounding people and their behaviour expressed by customs, traditions, superstitions and habits. We become sick because of our physical environment and health habits. The combined efforts of the individual, community, government and system of education should create such environment wherein individuals can work and live a healthy and happy life.

- (4) **Proper nutrition**:--- Balance diet provides cells of the body as well as essential nutrients for the purpose of growth and repair, to yield energy and regulation of body processes. Eating a balanced diet is an essential life activity. It is considered to be a separate health producing factor. Proper nutrition is a health problem in India. Here, the quality of food is very low resulting Indian population to be malnourished. There is imbalance in the food habits of Indian people.
- (5) **Professional health services**:---- This is an essential factor for providing good medical facility for unhealthy and sick persons. Adequate medical and dental care is included in these services. These services range from preventive to curative measures including health guidance, periodical health examination as well as record of health histories. Such services enable a man to understand the role of professional services in effective living, select health advisors, discover for security of continuous medical supervision and care etc.
- (6) **Freedom from disease and accident**:--- Modern control of communicable disease is one of the greatest achievement to increase effective living. Various diseases like pneumonia, tuberculosis, influenza can be completely eliminated by the prevention and control. Proper diet, rest and balanced programme of physical activity can avoid the sources of infection. Accidents in the home and industry are major problems of modern life. Learning to live effectively is a different art in the present day society.

**QUALITIES OF A HEALTHY PERSON**----- Health is not just the absence of disease. No doctor can prescribe health, no doctor can ordain health by statute, no international agency can administer health. A community may provide a house, it cannot provide homes. A home is what a family makes of a house so with health. All that a community can do is to provide the means and services like social conditions, public health measures, sanitation and better treatment of disease etc so as to enable individuals to lead a life of complete physical, mental and social well being. Following are the qualities of a healthy and well being person----

- A healthy person is free from tension and anxiety.
- A healthy person should be neither thin nor very fat i.e. normal and balanced weight.
- Absence of physical and mental disease.
- A healthy person is psychologically sound.
- A healthy person has strong digestive juices, normal heart beat and proper elimination and happy disposition.
- A health person has a strong constitution.
- A healthy person always feels young means look younger and live longer.
- A health person may maintain cheerful and positive attitude.
- A healthy person has a sound sleep.
- A healthy person enjoys living with pleasure not a burden.
- A healthy person leads an active and disciplined life.

## HEALTH AND ITS CHALLENGES

No doubt, technological development in the modern society have improved the quality and standards of life but these have created a number of health challenges in the form of accidents, risk or danger. Population explosion has further increased such health accidents, health problems and difficulties etc. These health challenges are both man made and environmental in nature. While we can observe some of these challenges without much difficulty, other challenges may not be observed also. Health is considered both an individual and group responsibility. If this principle is adopted, quality of life can be improved. There are certain problems and challenges which obstruct the development of healthy living in the modern society. These problems are technically known as challenges which are discussed as follow---

- (1) **Polluted environment:**--- Various environmental; factors affect the health of human body as well as other living beings on earth, in water as well as in the sky. Various environmental problems like air pollution, water pollution, noise pollution, soil pollution and radiation pollution have created various health hazards. Air pollution takes place due to dead bodies, smoke from charcoal and chimneys of factories, industrial wastes like carbon dioxide etc. Because of this, we failed to receive fresh air, for want of which we suffer from many diseases. Such polluted air affects fruits, vegetables and other agricultural products. Besides air pollution, water pollution also affects our environment which is a great threat to our health. Noise pollution has also a direct verse influence on the nervous system of the human body. It obstructs the peaceful environment of the society.
- (2) **Technological development:**--- Scientific and technological advancements have made the life easy on earth. Even then due to the unproductive use of these developments, it has created so many problems and evils in the society. Increase of factories, transport, communication, nuclear energy etc. gave birth to so many health challenges which were not predicted by the users. Overuse of mobiles has produced so many harmful radiations which is great challenge for the health of human body. Various experiments of nuclear power produce such gases which are fatal for the whole world. Launching of space crafts in the universe is also another major challenge for the health of human world.
- (3) **Population explosion:**--- In India, population explosion is rapidly increasing geometrically causing various problems like poverty, unemployment as well as deadly diseases. A large number of people are undernourished and malnourished. The food supply for such population is increasing. For meeting the demand of such food grains, various artificial methods are being adopted to increase the quality of food grains by diminishing the quality of eatables. Various diseases like cancer, diabetes, heart problems etc. are the result of such practices.
- (4) **Explosives:**--- India is a multicultural and secular country where so many religious ceremonies and festivals are celebrated. For such celebration, we use explosives like fireworks which are responsible for the pollution of atmosphere. It has declined the air quality of various cities of India where the people are not able to breathe smoothly causing diseases like asthma, eyes'

irritation and skin problems. These practices are very injurious to health and it is a great challenge for healthy living.

- (5) **Adulteration**:--- Modern people face difficulties in getting poor food wherein adulteration is a very common practice prevailing in our society. The persons seeking money are adulterating the milk, ghee, medicines and other food products. Even farmers are using those pesticides which are very dangerous for the human body. The use of these fertilizers and pesticides is much more than required. Indian people are facing such health hazards at a great level.
- (6) **Dampness**:--- There are some localities having narrow streets where sunlight does not reach at these places. There are also places where there is no drainage system. People living in such dump places suffer from many fatal diseases. Even the sewerage system of Indian streets is so miserable that have caused various diseases like infection, fever. Cholera, typhoid etc.
- (7) **Unhealthy life style**:--- Modern human being is adopting unhealthy life style. Such life style has given birth to so many diseases like diabetes, infection as well as fever etc. Junk food has been introduced in the Indian kitchen which is a great challenge for healthy living.
- (8) **Cutting of trees**:--- Deforestation is the main cause of unhealthy living. Cutting of trees is a great challenge for the survival of human beings. Plantation and cutting of trees are in imbalance in nature. Such imbalance in nature is deteriorating oxygen from the atmosphere which is life giving.
- (9) **Materialistic outlook**:--- Running after money is another challenge to maintain good health. For money, human being is not caring towards the health which is also the main cause of poor health. Such tendency also gives birth to stress as well as anxiety in the environment.
- (10) **Extinct species**:--- Technological advancement has caused to extinct species in the atmosphere. Various animals, creatures as well as birds have gone away from earth. Such disappearance is again imbalance in nature.

### **STEPS FOR REMEDIAL MEASURES FOR HEALTHY LIFE**

Human diseases are going to be spread day by day which is an alarming situation for the mankind. Keeping in view these challenges for the mankind, some necessary measures need to be undertaken for survival of a healthy life. Such measures that may help to achieve the said goals are mentioned as under---

- Natural manure should be used in the Indian farm. Cow dung is the best manure for the cultivation. Such practices will be fruitful for maintaining good health of human beings.
- Plantation of trees should be the main objective of each city, town as well as state and as a nation as a whole. The area of forests should be increased at the large level. This process will boost the quantum of oxygen on earth.
- Water being a precious gift of nature should be saved. The exploitation of water should be avoided as well as find if overused. Rivers as well as lakes should be cleaned from time to time to save the creatures of water.

- Healthy life style i.e. traditional life should be adopted. The natural food products should be consumed i.e. chemical free. Junk food should be avoided. Homemade food should be consumed.
- Simple living and high thinking should be the motto of each and every Indian. Simple food using Ayurveda increases the immunity of people.
- The government should take remedial measures to make the country free from environmental pollution. Big industries should be placed far away from residential areas.
- Slum and dirty colonies should not be allowed to exist. Rather, government should make efforts to build homes for such dwellings.
- The government of country should take care to protect air and water pollution.
- Drainage system in areas should be improved.
- Government should take strict and firm actions to check adulteration of food items.
- First aid and medical facility should be made available in remote and rural areas.

From the discussion quoted earlier, it is evident that the concept of health is somewhat difficult to understand. In the ancient period, the people were quite simple and they used to adopt the healthy and simple styles of living. Modern day age people are using such complicated and complex life styles which are causing a harm to the mankind as a whole. Modern generation is growing very fast attached with technology which is boon as well as curse for the coming generation but people of today's age are becoming slave to this technology which is a matter of great concern. They feel that they have no time for yoga and exercises which is the main cause of all kinds of illness. To overcome these challenges confronting the modern man, suitable remedial measures must have to be adopted including simple living, plantation, proper management on the part of government, yogic practices etc.

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