



## A saying on health

*Pehla such Nirogi Kaya* is one of the saying. It means healthy body is the most important pleasure of life.

Good health leads to productive, happy, and a long life. Both the body and mind need to be healthy. And our relation with the society should also be healthy. People often think health is linked to medicines, doctors and hospitals only. This is not always true.

Hospitals and doctors are necessary when we fall sick. But first we need to take care of our body. You can prevent diseases, promote health and prolong life.

### In this lesson we will learn about

What is health?

What make us healthy?

What leads to ill health?

How health and ill health assessed?

We say *Aarogyam dhansampada*. This means health is real wealth. Health makes us more productive, and ill health causes losses. Ill health keeps us away from work and livelihood. Ill health means spending on doctors and medicines. In villages, people often take loans or sell goats and cattle to pay for hospital expenses. The money people spend on tobacco and liquor also causes ill health. Following health practices protect our wealth and increase productivity.