Health was initially known as a state in which a person was mentally and physically fit. It was said to be disrupted when a person fell sick or suffered from other physical ailments. However, over the decades, the definition of health has undergone change and it covers a broader perspective now.

**Different Components of Health**

There are basically five components of health. A person is considered to be healthy when all these are in check. Here is a look at these components:

1. **Physical Health**

Physical Health is being physically fit, devoid of any illness or disease. Good physical health promotes longer life span.

How to Maintain Physical Health?

* Follow a proper diet plan that includes all the essential micronutrients
* Lower the consumption of oily, sugary and junk food
* Avoid smoking, drinking and taking drugs
* Take adequate sleep daily
* Exercise regularly
* Go for regular health check-up

1. **Mental and Emotional Health**

It includes the psychological and emotional well being of a person. Our mental health basically impacts the way we feel, think and handle different situations. Keeping mental health in check is as important as keeping physical health intact.

How to Maintain Mental and Emotional Health?

* Take care of your physical health
* Value and respect yourself
* Surround yourself with good and positive people
* Meditate
* Indulge in Exercise
* Learn ways to deal with stress

1. **Social Health**

Social health is a person’s ability to build and maintain satisfying interpersonal relationships with his/ her friends, neighbours, relatives and others in the society. It also refers to a person’s ability to act appropriately and adapt to different social situations.

How to Maintain Social Health?

* Groom yourself
* Learn good communication skills to communicate effectively
* Be friendly and positive
* Learn the art of anger management
* Attend social gatherings
* Be a good listener

1. **Cognitive Health**

When a person’s brain can perform all the mental processes efficiently he/ she is said to enjoy good cognitive health. The processes and activities involve learning new things, good judgement, efficient use of language to communicate your point and strong intuition.

How to Maintain Cognitive Health?

* Eat healthy
* Take 8 hours of sleep each day
* Have herbs such as Brahmi, Aahwagandha and Calamus to boost brain power
* Play brain games such as chess, Sudoku, word puzzles, etc
* Indulge in meaningful discussions
* Don’t multitask
* Exercise

1. **Spiritual Health**

It is basically establishing a sense of connection with a person’s inner self to understand the meaning of life. Keeping the spiritual health intact helps a person become more positive, patient and sorted in life.

How to Maintain Spiritual Health?

* Take out time to sit in self-introspection for some time each day.
* Take a diary and pen down your thoughts if you can’t concentrate while thinking
* Meditate
* Practice deep breathing
* Practice Yoga
* Pray

**What is Cultural Health?**

It is basically an education discipline that educates about the appropriate cultural information. It refers to intra or inter-cultural competence which is required to establish effective cross-cultural communication.

This is divided into four categories:

* **National**: It focuses on cultural literacy regarding values, principles and interests of the nation a person belongs to.
* **Medical**: It focuses on the cultural competency of medical representatives and organizations.
* **Ethnic**: It focuses on cultural literacy regarding values, principles and interests of the ethnic group a person belongs to.
* **Education**: It focuses on the cultural literacy of the students and professionals. Many schools have started incorporating it in their curriculum.

**Conclusion**

Health doesn’t only mean your physical and mental health it comprises of various other elements as discussed above. While good physical health lays the basis for a healthy life, you must keep all the other health components intact to enjoy a wholesome life.