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Assignment 3

Title : Practice session to discuss program for ensuring health vs dealing with disease. (Unit 2)

Aim: To understand how to ensure health vs dealing with disease by discussion on – “Harmony of Self/’I’ with Body. What is the current practice towards health and its disadvantages?

To Submit : Soft copy of essay on understanding how to ensure health vs dealing with disease.

Health

The human being is the co-existence of 'I' and the body, and there is exchange of information between the two, i.e. 'I' and body exist together and are related. The responsibility of the Self towards the Body is in terms of nurturing, protecting and rightly utilizing the Body. Nurturing the Body is by providing appropriate air, water, food, sunlight, etc. Protection is to ensure the continuity of the body which includes safeguarding from unfavorable conditions. Right utilization would mean using the Body for the purpose of the Self. This feeling of responsibility towards the Body is called as the feeling of self-regulation, and a natural outcome of it is health. When the Self has the feeling of self-regulation and there is health in the Body, there is harmony of the Self with the Body.

In the current scenario, we find that our lifestyles have become very busy and unnatural. We usually do not give priority to take proper care of the body. We have increasingly started eating at odd hours, eating junk food, and are largely ignorant about the state of our body. We tend to look with contempt on any kind of physical work or labour. Usually, we try to fulfill the continuous needs of the Self (‘I’), namely happiness, by trying to extend pleasant body sensations which proves contrary to the health of the body. For example, in an attempt to keep enjoying tasty food, we ignore the fact that we are eating for the nourishment of the Body and not to perpetuate the happiness of ‘I’. As a result, the Body is abused repeatedly and falls sick.

Whenever there is pain in any part of the Body, it is a signal of some disorder which needs to be properly attended to. However, our common tendency has become to suppress this pain by immediate medication and then forget about it. Our focus today seems to be more on “fighting germs in the body” than on helping the body restore itself to its natural state of

harmony. We end up consuming a lot of harmful substances in the name of medicines. We have polluted our environment today and it is directly or indirectly harming us. All this, surely, is not conducive to the health of people.

We can deal with the diseases by nurturing the body right. The right inputs nurture the Body, without disturbing its harmony. By Nurturing, Protecting the Body and the Right utilization of the body we can ensure the health and deal with diseases.