**UHV assignment 3**

Practice session to discuss program for ensuring health vs dealing with disease.

**Aim:** To understand how to ensure health vs dealing with disease by discussion on - “Harmony of self/I with the body. What is the current practice towards health and its disadvantages”

**Ans:**

The harmony of the self and the I can only be understood by realising that the body is the instrument and it needs to have some nutrition as per it’s need, protection from the environment as well as needs to be utilised eﬃciently for work to be done. To keep this body working smoothly there is a presence of I in the body. The word “Harmony” means that the body and the “I” are fully functional.

The observation is that there is a strong coupling between the “I” and the body as if one is in state of disharmony for example anger of stress, the body immediately starts to aﬀect adversely, this is caused by the disharmony between the self and the body at that time. Just like this many diseases in our body are caused by the disharmony and such have a scientiﬁc term called psychosomatic diseases. On the other hand, when there is strong pain in the body it aﬀects the work of “I”.

The current situation is getting worse and worse, the main cause of this is lack of responsibility towards our body, this busy lifestyle is making us not to have a proper diet and be ignorant as well as lazy towards our body, we try to fulﬁl the “I” all the time and by happiness which is caused by consumption of the junk food which is contrary to the body This causes it to fall sick. The tendency to suppress the ailment by taking the medicine is one of the factors that is causing more and more problems, in this busy lifestyle many people don’t have time to pay attention to the body, they take temporary medicines and then just forget about the pain. Which causes us to consume even harmful substances in the name of medicines. People are focusing more and more on the treatment of the disease rather looking for the ways to prevent it, that’s the biggest issue. The polluted air, water and food is causing lot of problems too, as the pollution is increasing day by day in all of these, we are directly consuming them this is causing a lot more problems to the body. What to consume and what not to is in our hands, so we should try to avoid those things to our extent.