

Concept Note on
INVITATION TO HOLISTIC HEALTH
&
INTEGRATIVE SYSTEM OF HEALTH CARE

INTRODUCTION

Recognition of hygiene and health, both individual and social, is a hallmark of civilized society as they are essential for stability, all-round and holistic development, and self-realization. Though health is primarily an internal value and hygiene is external but symbiosis of the two is necessary for physical, mental and spiritual enhancement. It is a truism to say that only in a healthy body resides a healthy mind and when there is psycho-physical health there is spiritual solace. Not only body but mind also gets diseased and so too feelings and emotions. In fact, sickness of feelings and emotions makes mind sick and the sickness of mind makes body sick. The realm of sickness is vast.

Health is not negation of disease. It is more than absence of disease. It is a positive state of wellness, of being self-situated (*sva+stha*). Taking medicine, treating disease, and restoring health-- this is not the right understanding of health. Again, there will be disease and loss of health. Again medicine will be taken and then health will be restored. In this way health becomes a handmaid of medicine. This is not the proper way of looking at the situation.

Health is a positive state of physical, mental, social and spiritual well-being. It is realization of balanced body, mental strength, positive thinking, pure consciousness and pure soul. It is our natural capacity (*svabhava*). By this we are always at ease. It implies that if our material intake is good and pure, then body remains balanced, mind remains in order and soul is also self-situated. Body, mind and soul have to be at ease or in equilibrium (*svastha*). This "healthiness" is conducive to bring about understanding of our unfailing-interconnectedness with our fellow beings, our environment, and our planet earth and thus help create harmony in the society and in the cosmos as a whole.

By implication it also means that health is our disease-deterrent capacity (Immunity). The sounder is the health, the stronger is the human. Negative thinking and negative feeling both diminish disease-deterrent capacity (Immunity). Unbridled-ness of senses and ego (*anatahkarana*) weakens the power of preventing disease (Immunity). Medicine is to be administered to one who invites ailment. The treatment of negative attitude and of unbridled-ness of senses implies invitation to health. Conversely, positive attitude and control of senses mean invitation to health. It is much easy to invite disease. But it is very difficult to invite health. Health is more a prevention than a cure of disease. By thinking and reflecting over it one can reach to the core of the heart.

The second complementary component of this paper is "Integrative medicine". The system of integrative medicine is based on the view that optimum health of individual and society

can be obtained only when all aspects of individual and social dimensions are taken into account in a symbiotic manner. This means that 'healthfulness' is an outcome of a dynamic interaction among our genetic (or, physiological), mental (or, psychological), spiritual, and social, and environmental factors. The practice of integrative medicine is characterized by diagnosis of core clinical imbalances that underlie the manifestation of disease. These imbalances arise due to insufficiency or excess in diet and nutrients, exposure to various toxic influences, viruses and infections, lack of exercises of body and mind, physical and emotional trauma, mistaken beliefs, wrong thinking etc. These "exposures and inputs' are then processed through a special technique of investigation of genetic and metabolical predispositions, attitudes and beliefs. In other words, with this system we learn how to correct or cure the imbalances with easily doable dietary and lifestyle changes. In doing so we get empowered to understand health and become caretaker of our own health which is conducive to self-realization.

The seminar will also take into account the deficiencies of the current health system the inadequacies of which have been recognized by the World Health Organization in terms of its ever-increasing cost, inability to deal with many epidemic and chronic diseases and its misuse by the controlling vested interests at various levels.

CONCLUSION

There is a need to understand the conception of health and health care afresh. More attention is to be paid to prevention than to cure. In the sphere of cure also contemporary medicine is not the surest mode of correct diagnosis and treatment of diseases. Therefore, the scope of health care has to be expanded to comprehend all round health. For health promotion and disease prevention integrated and holistic approach is to be emphasized and popularized. The aim of holistic medicine is to look into all the factors and determinants of health so as to improve the health status of not only individual but the entire society using holistic approach. Ultimately, of course, only the individual human is responsible for this as he or she has to make the necessary adjustment to hygienic requirements, nutritious diet and conducive lifestyle. A doctor can only be a guide. The practice of holistic medicine does not rule out resorting to any one system of medicine or combination of different compatible systems. All it requires is judicious decision and proper care.

Sub-themes

1. MEANING OF HEALTH
2. DIMENSIONS AND DETERMINANTS OF HEALTH
3. HEALTH INFLUENCES OVER THE ENTIRE LIFE COURSE
4. MEANING AND ORIGIN OF HEALTH CARE SYSTEM
5. DIFFERENT ASPECTS OF HEALTH AND HEALTH CARE
6. DEFINITION AND MEANING OF HOLISTIC HEALTH AND HOLISTIC MEDICINE
7. HOLISTIC VIEW OF INTEGRATED HEALTH SYSTEM AND HISTORY OF HOLISTIC MEDICINE
8. HOLISTIC APPROACH—A PARADIGM SHIFT

9. HOLISTIC HEALTH CARE FOCUS AND HOLISTIC HEALTH CARE SECTORS
10. HOLISTIC HEALTH CARE DELIVERY LEVELS
11. HOW TO CHOOSE A HOLISTIC DOCTOR

You are cordially invited to present a well-researched and well thought out paper. We appreciate analytic papers only and not descriptive ones. Selected papers will be presented after evaluation by competent experts. Kindly send your learned papers latest by 15th September, 2017 via email to seminar.icpr@gmail.com in Hindi or English (Typed, doc format, English - Times New Roman fonts size 12, Hindi –Unicode or any other font, size 14-16 (in the case of any other fonts than Unicode please send font also).

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