

A REVIEW ON RELAVANCE OF HEALTHY LIFE STYLE IN 21STCENTUARY

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ABSTRACT

Health is optimal well-being that contributes to quality of life. It is more than freedom from disease and illness, though freedom from disease is important to good health. Optimal health includes high-level mental, social, emotional, spiritual and physical wellness within the limits of one's heredity and personal abilities. Lifestyle change, more than any other factor, is considered to be the best way of Preventing the disease and early death in our society. When people in western society die before the age of 65, it is considered to be early or premature death. Many factors contribute to early death. The major causes of early death have changed from infectious diseases to chronic lifestyle-related conditions. The most important is unhealthy lifestyles that contribute to more than one-half of all early deaths. A personal philosophy that emphasizes health can lead to behaviours that promote it. Everyone can benefit from healthy lifestyles. Healthy behaviours are most effective when practiced for a lifetime .Just as unhealthy lifestyles are the principal causes of modern-day illnesses healthy lifestyles can result in an improved feeling of wellness that is critical to optimal health. In recognizing the importance of "years of healthy life," the public health service also recognizes what it calls "measures of well-being." This well-being is associated with social, mental, spiritual, and physical functioning.

Keywords: Health maintenance, disease prevention, physical health, mental health, social health

INTRODUCTION

Health is a state of complete *physical, mental, social and spiritual* well being and not merely the absence of disease.¹According to Ayurveda the definition of health (swasth)is the proper (samaavastha) condition of dosha, Dhatu, Mala and Agni.²Let us discuss about the physical, social & mental health. **Physical health** is good bodily health which is the result of regular exercise, proper diet nutrition and proper rest for physical recovery³.**Mental health** refers to individual's emotional and psychological well-being &able to handle normal level of stress, recover from difficult

situation. **Social health** is maintenance of satisfying relationship with everyone around boss, subordinate, colleague, customer, wife, children, neighbours, friends, relatives etc.⁴ Thus Acharya says roga takes ashraya in both mana and shareera, which shows importance given for yoga and health during olden days.

METHODS:

If people start maintaining their daily regimen as per the dinacharya, rutucharya, it's possible to prevent the major diseases like hypertension, diabetes mellitus,

obesity etc. In this present era the life style disorders are affecting today's society, people can prevent the diseases by maintaining the life style as one of the quotation says that "Prevention is better than cure".

Life style disorders like Overweight and obesity are associated with high blood pressure / cholesterol levels and increased risk of developing diabetes (insulin resistance)⁵. Excess body fat accounts for nearly 60% for diabetes and 20 % cardiovascular disease respectively. Elevated cholesterol alone is responsible for 60% of cardio vascular diseases morbidity globally⁶. Some interesting factors are as follows India is capital for heart attack in the world; India has the largest no. of diabetic people in the world. Major diseases of the 21st century like diabetes and hypertension affects the body severely and causes very severe effects over body. They are remaining silent for 5 to 7 years. Thus they are called as 'silent killers. They cause very severe effects over vital organs like- kidney, eye, heart, brain (stroke), nerves, sexual life, and normal life⁷. So for preventing these diseases one should follow up the procedures like after 40 yrs, check for the above, annually. There are stages before disease like habit. Attitude, mood, dysfunction and leads to disease. People who experienced chronic anxiety, long period of sadness and negativity, unremitting tension or incessant hostility, relentless cynicism or suspiciousness were found to have double the risk of disease- including asthma, arthritis, headaches, peptic ulcers and heart disease If any two or more factors are positive, then they are at high risk. The factors are as follows like⁸-

- Family history of pressure/sugar/heart disease,
- Overweight / obesity
- Blood pressure more than 120/80 mm Hg.
- High cholesterol >200mg/dL,
- Fasting blood sugar 70 to 110 mg/dL
- Smoker / tobacco chewer,
- Alcoholic.

For preventing the diseases maintenance of **BMI** is needed.¹⁹ BMI formula is - according to 'Quetelet's index'⁹

$$\text{BMI} = \frac{\text{Weight in kg}}{(\text{Height in meter})^2}$$

Ex: If a person is having weight of 50Kg and height of 5.2 inch(1.58m) then his BMI will be

$$\text{BMI} = \frac{50}{1.58 \times 1.58} = 20$$

BMI and health diseases are mentioned in the table 1. So one should maintain their BMI in between 18-23. Then only we can prevent the health risk diseases. It also helps to prevent diabetes. If people were already suffering from diabetes then it improves your sugar levels and also helps to bring down the diabetes level. For preventing the diseases we should follow the above mentioned healthy diet, exercise, positive attitude and yoga¹¹. So these lead to the healthy life style.

Benefits of normal BMI: It helps to prevents heart disease, stroke, cancer, osteoarthritis (joint pains), normalizes *cholesterol* levels and deranged blood fat levels (*lipid profile*), increases life expectancy, makes look younger, and improves your energy levels¹².

Benefits of exercise: It lowers the body fats, reduces the risk of heart disease. And lowers LDL and raises HDL. It helps for the controlling the blood sugar. It reduces the risk of osteoporosis and cancer. And it also helps for giving energy, reducing the stress, improves the sleep, performance at work and enhances the self- esteem¹².

It is needed to change our style of food as Consume a diet rich in vegetables and fruits (all colored), avoid eating more high calorie fruits (mango, banana, jack fruit etc), whole fruit is better than fruit juice because it contains fiber. Vegetables which are green, reduces fat and blood sugar level. Fruits & vegetables are rich source of vitamins A, C & E, carotene, photochemical such as flavonoids, antioxidants, potassium, and tryptophan's (amino acid) micro-nutrients which protect body from diseases and improve immune system. Beta carotene present in orange (carrot, orange, papaya etc.) Lutin: in green leafy vegetable. Lycopin: in red and orange: tomato, water melon, guava, sapota etc. Vitamin A: Orange, Carrot, Mango, Paneer, Curd, Vitamin C: Fish, Amla, Guava, Grain, Lemon, Vitamin E: Soyabean, Broccoli, Petal, Mango, Guava etc.¹³ Choose whole-grain and high fiber food. Fiber

reduces LDL and risk of CVD. Consume fish, especially oily fish at least twice a week. Avoid -taking egg yolk which is high in cholesterol, saturated fat (animal fat and ghee, butter, Malai etc.) Use toned milk. Minimize intake of sugar and sugar added food (glucose, sucrose, fructose etc). Because sugar has hollow calorie and it is called sweet poison. Eat multi-grain bread/Roti., use oil in limited quantity and pre-

pare food with little or no salt. Stop or minimize alcohol intake because, alcohol is hollow calorie drink. Have sufficient water such as 3 to 3.5 lit/day. Prepare food by boiling, roasting, steaming, baking and avoid frying. Take medicine only if required and prescribed by doctor. Don't take pain killer unnecessarily. Trust on internal medicine factory of the body¹⁴.

Table 1: BMI &Corresponding risk factors ¹⁵:

BMI range	Condition	Risk factor
Below 16	Malnutrition 2	Anorexia, bulimia, osteoporosis
16.1-18.0	Malnutrition 1	Indigestion, chronic fatigue, stress,infertility
18.0-23.0	Normal	Normal menstruation, good energy level, vitality,
23.1-25.0	Over weight	Fatigue, circulation, varicose veins
25.1-28.0	Obesity grade 1	Diabetes, hypertension, joint problems
28.01-33.0	Obesity grade 2	Diarrhea, cancer, angina, heart disease, phlebitis
Over 33	Obesity grade 3	Max. Risk of heart disease

So the diseases that can be prevented by following the healthy life style for ex- cardio vascular diseases, eye diseases, diarrhoea infections, stroke, gall stones & fractures in old age.

DISCUSSION

Mental health and social health: As people are seeing the 80% Of diseases are psychosomatic. For every emotion there is chemical secretion in the body. Like anger, hostility, frustration, violence, depression, fear, nervousness phobia etc. **Healthy food items**-Fruits, roasted cereals like gram, peanuts, pulses etc. Sprouted cereals, Puffed rice, Chhole Ghanji, butter milk (mattha) are considered as healthy food items. To prevent diseases one should eat healthy, be active, avoid tobacco and alcohol. By doing above mentioned measures one can prevent diseases.

Factors which decide our attitude are Environment: (home, school, work, media, cultural, religious, social, political etc.) Experience: (reference point of our actual experience). Education: (formal and informal), etc. In attitude there are 2 types. Positive attitude Negative attitude

Benefits of positive attitude: It maintains the chemical balance of body and makes as healthy. So take better decisions of people, problems, it makes a pleas-

ant personality, life becomes enjoyable, motivates others, important member of society, everybody, like healthy person.

Consequences of negative attitude: It disturbs the chemical balance of body and leads to disease and ill health, bitters relationship, people get annoyed, increases tension for self and others, life becomes aimless, increases problems.

Procedures to make positive attitude: Change focus, look for the positiveness, make a habit of doing it now, develop an attitude of gratitude, get into a continuous education programmed, build a positive self esteem, stay away from negative influence, learn to like the things that need to be done, start your day with something positive²⁶. Thus comparing with the winners and losers, the attitude is main part of their life.

CONCLUSION

The healthy life style that are associated with reduced disease risk an a) Increased wellness b) Regular physical activity c) Eating well d) Managing stress e) Avoiding destructive habits f) Practicing safe sex g) Adopting good safety habits h) Learning first aid i) Adopting good personal health habits j) Protecting the environment. The help philosophy can provide a

basis for making healthy lifestyle change possible. H = health, E = everyone, L = lifetime, P = personal. A personal philosophy that emphasizes health can lead to that promote it. Everyone can benefit from healthy lifestyles. Healthy are most effective when practiced for a lifetime. Just as unhealthy lifestyles are the principal causes of modern-day illnesses, healthy lifestyles can result in an improved feeling of wellness that is critical to optimal health. In recognizing the importance of “years of healthy life,” the public health service also recognizes what it calls “measures of well-being.” This well-being or wellness is associated with social, mental, spiritual, and physical functioning. So, *“Health management is free and enjoyable; but disease management is very costly and painful.”*

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