

## REVIEW STUDY ON CONCEPT OF SWASTHA W.S.R. HEALTH AND QUALITY OF LIFE

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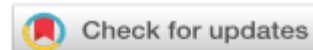
<https://doi.org/10.46607/iamj2210032022>

(Published Online: March 2022)

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Article Received: 18/02//2022 - Peer Reviewed: 05/03/2022 - Accepted for Publication: 06/03/2022



### ABSTRACT

**Background** - Ayurveda aims at maintaining health healthy and treating individuals with diseases. Chakrapani defines Swasthavritta as the regimens followed to keep one healthy and thus, it includes promotion of health and prevention of diseases. **Aim** - To emphasize literature knowledge of all the aspects of Swastha w.s.r. health and quality of life. **Material and Method:** The literature of the present study has been reviewed from various *Samhita*, textbooks and articles etc. **Conclusion:** A review was done on aspects of Swastha w.s.r. health and quality of life emphasize different dimensions of Health and standards of quality of life mentioned under different Classical texts.

**Keywords:** Swastha, Arogya, Health, etc

### INTRODUCTION

The concept of health revolves around a few words like wellness, well-being, and happiness. The etymology of the term 'health' is very exciting. The meaning of health in old English was 'wholeness,

soundness or wellness.' In the language Sanskrit word for health is Arogya, which is indicative of the absence of disease. More suitable terms for health used in Ayurveda is Swasthya or Swastha. Vikara is the

abnormal state of Dhatu that produces Dukha (disease). Arogya is the equilibrium or normal state of Dhatu that produces Sukha is Prakruti (Health).<sup>1</sup> Each individual is different from another and so different variations are observed in the quality of life and only being measured or calculated based on his/her physical and mental status. Hence this short review study emphasises the inter-relationship between the Ayurveda term 'Swastha' with basic dimensions of Health from different perspectives. It will help to understand the basic similarities and differences in this conceptual term.

#### **Definition of Swastha (Health)-**

The features of Swastha Purusha (healthy person) are Doshas (Vata, Pitta, Kapha), Agni (digestive fire), Dhatus, Mala (waste products) and Kriyas are normal, Atma (soul), Indriya (sense organ) and Manas (mind) are peaceful are said to be Swastha (healthy). Swastha (health) means all Dosha, Agni, Dhatu, Mala is in a state of equilibrium along with mental, sensory and spiritual pleasantness and happiness.<sup>2</sup> The person without any abnormality or any disease or illness is referred to as Swasthya (healthy).<sup>3</sup>

#### **Arogya Lakshana/Lingani (Signs of a healthy person)**

1. Annabhilasha- Desire for the intake of food.
2. Bhuktasya Paripaka Sukhena Cha- Proper and easy digestion of the ingested food
3. Srutha Vinmutra Vatavtam- Evacuation of faeces, urine and flatus properly
4. Sharirasya Tu Laghavam- Lightness in the body
5. Suprasannendriyatvam- Pleasantness in sense organs
6. Sukha Swapna Prabodhana- Proper timely sleep and awakening
7. Bala (gain of strength), Varna (increase complexion), Ayu (increase life span) Labha (benefits),
8. Saumanasya- Pleasant mind
9. Samagnita- Normal Agni. These features of the Arogya (health) and opposite state is Vikara (illness).<sup>4</sup>

#### **Anindita Purusha / Prashasta Purusha Lakshana (features of a healthy person)**

1. Samamamsa Pramanastu - Person endowed with well-formed muscles
2. Sama Samhanana- Compactness
3. Drudha Indriya, Vikaranam Na Balanabhi Bhuyate- Strong sense organs will not be afflicted with strong diseases
4. Kshuta, Pipasa, Atapa, Shita, Vyayama Samsaha- Stand hunger, thirst, heat, cold and exercise
5. Sama Pakta Sama Jara- Food gets digested and gets assimilated properly
6. Sama Mamsa Chaya- Resulting in proper nourishment of Mamsa and all Dhatu.<sup>5</sup>

**Health-** Health is defined (by WHO) as "A state of complete physical, mental and social well-being of an individual and not merely an absence of disease or infirmity." (Infirmity = weakness, feebleness, opposite of firmness). Health is not an end in itself but a means to another end, that of living a productive life socially and economically.<sup>6</sup>

#### **Determinants of health<sup>7</sup>**

Biological, behavioural, sociocultural, economic, and ecological determinants of health are possible. Broadly, it is possible to classify the determinants of health into four categories.

1. Nutrition
2. Lifestyle
3. Environment
4. Genetics

They are like the four foundation pillars. A support system is required when any of the pillars of health determinants become weak. This is considered to be the fifth health determinant that requires medical treatment.

**Dimensions of Health:** Health is multi-dimensional. As per the WHO definition, health is three specific dimensions physical, mental and social. Spiritual, emotional, vocational and political aspects are non-medical dimensions that can be used. Total seven prominent dimensions of health and wellness. These include:

1. Physical
2. Mental
3. Social
4. Spiritual
5. Emotional
6. Vocational
7. Occupational.

All these dimensions contribute to our quality of life. (QOL).

**1. Physical Dimensions-** The physical dimension relates to the maintenance of a good quality of life, allowing the person to perform daily activities without undue fatigue or physical stress, and the importance of healthy habits like a balanced diet and exercise while avoiding bad habits like tobacco, drugs, and alcohol.<sup>8</sup>

The sign of physical health care

1. A healthy complexion
2. Skin that is free of dirt
3. Eyes those are bright
4. lustrous Hairs
5. Body with a hard flush that isn't too fat Breath that is sweet
6. Have a good appetite
7. Regular bowel and bladder movement, as well as a good night's sleep
8. Body movements that are smooth and easy to coordinate
9. All organs are of normal size and function.
10. Within normal ranges for pulse rate, blood pressure, and exercise tolerance.

**Evaluation of physical health-**

1. Self-evaluation of overall health
2. An investigation into the symptoms of ill health risk factors
3. Medication Investigation
4. Fitness Investigation
5. An investigation on medical services is being conducted.
6. CVD and RD questionnaires that are standardised
7. An examination in the clinic
8. Nutritional and dietary evaluations
9. Nutrition & dietary assessment<sup>9</sup>

## **2. Mental Dimensions-**

Good mental health is the ability to respond to a wide range of life experiences with flexibility and a sense of purpose, not just the absence of mental illness. Definition of Mental health- "A state of balance between the individual and the surrounding world, a state of harmony between oneself and others, coexistence between the realities of self and that of other people and that of environment." The intellectual dimension is the ability to be open to new ideas and experiences. The mental or intellectual dimension is enhanced by the ability to learn new concepts, skills, and engage in lifelong learning.<sup>10,11</sup>

**Characteristics of a Mentally healthy person-**

1. Internally conflict-free
2. A good balance
3. Searches for his or her identity
4. A high sense of self-worth
5. Knows what he wants, what he needs, what his challenges are, and what he wants to achieve.
6. Self-control refers to a person's ability to maintain control over emotions such as wrath, fear, jealousy, and worry. When faced with a problem, he is capable of resolving it.
7. Dealing with Anxiety and Stress

## **3. Social Dimension –**

The quantity and quality of an individual's interpersonal links as well as their level of community involvement. Social well-being entails a sense of balance and integration. The social component is about the ability to connect and relate to other people in healthy relationships with family, friends, and co-workers.

- a. Within each person
- b. Individually and about other members of society
- c. Individuals and the environment in which they live.<sup>12,13</sup>

Characteristics of social health-

- a. Possession of social skills and ability to function socially
- b. Ability to consider oneself as a community member
- c. The focus is on the social and economic situation.

#### 4. Spiritual Dimension-

This is a holistic dimension. "It is not a religious concept; rather, it is a concept that exposes man to integrity, morals, and ethics while also assisting him in leading a purposeful life that elevates him to higher planes of consciousness." A person is said to be spiritually healthy, when he possesses a "Sound mind in a sound body", with the knowledge of philosophy, leading a simple life with a very high level of thinking. Thus, spiritual is "something" that transcends physiology and psychology.<sup>14</sup>

#### 5. Emotional Dimension-

This is rather difficult to differentiate from mental health. When a person does not lose his anger or create stress and has self-control, he is said to be emotionally healthy. Historically, the mental and emotional dimensions have been viewed as one or two intertwined components. However, as more information becomes available, a clear distinction is becoming apparent. Mental health is concerned with "knowing" or "cognitive," whereas emotional health is concerned with "feeling."<sup>15</sup> The ability to overcome problems and comprehend one's strengths and limitations while respecting others and conquering one's ego is the emotional dimension. Ability to constructively identify and share negative emotions such as anger, fear, sadness, or tension, as well as positive emotions such as hope, affection, joy, and happiness.<sup>16</sup>

**6. Vocational Dimension-** The ability to overcome problems and comprehend one's strengths and limitations while respecting others and conquering one's ego is the emotional dimension. Ability to constructively identify and share negative emotions such as anger, fear, sadness, or tension, as well as positive emotions such as hope, affection, joy, and happiness.<sup>17</sup>

**7. Occupational dimension-** The occupational dimension is about balancing employment demands and job happiness while also contributing positively to businesses and society.<sup>18</sup>

#### Quality of Life<sup>19,20,21</sup>-

In 1991, the World Health Organization (WHO) launched a project to develop a quality-of-life evalua-

tion tool. Individual perspectives on culture, value systems, personal interests, standards, and concerns are all part of the measurement of quality of life. Physical health, psychological health, social interactions, and the environment are all assessed using the WHO Quality of Life assessment, which has 26 aspects. Health-related Quality of Life (HR-QoL) considers elements that affect one's health. These tools take into account self-reported disease symptoms and risk variables. There are various instruments and scales for assessing Quality of Life, including the Euro Quality of Life, the Sickness Impact Profile, and the Health Utilities Index.



Fig 1: Several components of quality of life

## DISCUSSION

The basic goal of Ayurveda is "Swasthasya Swasthyarakshanam" and "Aturasya Vikaraprashamanam," which stresses the necessity of health maintenance and promotion in addition to disease treatment.<sup>22</sup>

**Health, according to Ayurveda theory-** A true balance of organs/systems, psyche, and spirit, as well as healthy and creative relationships with fellow creatures and nature as a whole, family, friends, work, environment, ideals and customs, truth, and ourselves; unbroken physical, mental, and spiritual happiness and satisfaction, the universe, and ourselves; balance and harmony of the three Dosha and Dhatu.<sup>23</sup> Swastha means "healthy" in Sanskrit; Sva means

"self," and Stha means "established" in Sanskrit. Body, mind, and spirit are the three components that make up the self. Mental, spiritual, and bodily well-being, as well as social well-being, in all aspects of being healthy. On a physical level, health is defined as "the maintenance of the optimum possible functioning of the human body under normal, and occasionally even abnormal, environmental conditions." A happy, healthy person is entirely satisfied with her physical body and does not experience any strain or tension in it; as a result of this ease, she is only partially conscious of her physical body and may move/live beyond it.<sup>24</sup> Good appetite, normal digestion, no gas, and proper urine and faeces excretion. The skin appears to be clear. Optimal tongue function, optimal ear function, easy waking up, sound sleep, optimal eye function, optimal nose function, optimal skin function, and so on.<sup>25</sup> The ultimate aim of Ayurvedic treatment is to balance the Doshas homeostasis and to establish the normal Prakruti.

## CONCLUSION

This study concludes with a whole review of the literature of the concept of Swastha about its definition, Signs and features of healthy person w.s.r. to different dimensions of Health and standards of quality of life. The concept of Swastha is very well explained in classical texts of Ayurveda and it cleared that Swath of a person covered mental as well as physical state. Clinically Also it is observed that the physical state of the body depends on mental state. Many *Acharyas* mentioned classical Signs and features of a healthy person. This review study also collaboratively found a multifactorial effect on Quality of life.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL: Yashwant Wankhade et al: Review Study On Concept Of Swastha W.S.R. Health And Quality Of Life. International Ayurvedic Medical Journal {online} 2022 {cited March 2022} Available from: [http://www.iamj.in/posts/images/upload/704\\_709.pdf](http://www.iamj.in/posts/images/upload/704_709.pdf)