

# **MOVE FOR HEALTH**

## **AROGYAM DAIVA PRASADAM**

**BY**

**DR. M ANAND RAO, M.D.(hom)**

It is everybody's duty to preserve and maintain health, the most precious gift of god. To be healthy, should be the first criteria of every human being. Without health, there is nothing in the world, which we can perceive. The saying that 'HEALTH IS WEALTH' is the most appropriate, because we can earn wealth only if we are healthy and we can enjoy wealth only if we are healthy.

Since the evolution of human mankind, there has been constant striving of man to fight the diseases. He is constantly desirous to know the cause and cure of diseases. In this process he has also worked hard to find the possible means of medicines to cure the diseased.

The in-depth study and analysis of 'Srimad Valmikiya Ramayana' spontaneously depicts a picture of extremely happy and healthy society. Many types of health care modalities are described in Ramayana. The physicians were experts in holistic Ayurvedic science.

Maharshi Valmiki describes three special features of Ramarajya. (1) General population was healthy, (2) Early death among old was minimal due to good health (3) Women in general were 'Arogya Prasav', which means without any diseases during antenatal and post natal periods.

This description indicates that the health care system of the then India was complete and successful. Later as the centuries passed, different types of health care systems evolved, flourished and are continuously serving the mankind.

Now medical field has reached its heights and the sophistication is of such high standards, that one can challenge any disease.

But still nature is the superpower, and is always keeping us engaged by showing its immense power of superiority.

'Prevention is better than cure'. To prevent disease from entering into our body, we have to keep ourselves fit by involving in physical exercise and work.

In the present day modern life style, physical inactivity is seen in many individuals. This is leading to lethargy of man, which is the underlying cause of many non-communicable diseases. Conditions like hypertension, diabetes, heart ailments etc., are mainly due to lack of physical exercise.

Rapid transition in life styles including changing diet, use of tobacco, alcoholism, stressful conditions etc., adds fuel to fire in making the man more susceptible to diseases. While malnutrition is a major health problem for a vast section of population in a developing country like India, life style defects are fast emerging as an equally serious concern.

Physical inactivity needs to be addressed as a serious public health challenge today. The significance of physical activity and healthy life style needs to be emphasized as a practical means to achieve health gains.

World health day is observed on 7th April every year. Efforts are made to create awareness on a chosen health problem every year. Keeping in view the rise in non-communicable diseases and increasing the life expectancy in our country, we should spread the message of positive effects of physical exercise, and its importance should be explained to the world.

Statistics revealed those who are constantly doing physical exercise like laborers, workers, sportspersons etc., are less prone to non-communicable diseases, when compared to those who are leading sedentary life like professionals, executives, and businessmen. Data gathered on health survey around the world is remarkably consistent. The proportion of adult who are sedentary or nearly so range from 60-85%. Even children under pressure of school curriculum have little time

to play. They watch more sports than they play, making them more inactive.

A healthy individual can maintain a healthy family and healthy families constitute a healthy nation.

Hence each and every individual of our nation, young and old, should join the movement towards healthy living by organizing physical activity related events. Schools should work with sports community and develop initiatives to increase young peoples involvement in physical activity and sports, both in and out of school.

I also call on the doctors to conduct programs to make people aware of health benefits. The doctors should suggest appropriate diet and adequate physical activity to the people as an affordable and cost effective prescription for prevention of diseases.

Physical activity should begin sooner rather than later in ones lifespan. Parents, schools and community should provide a supportive environment that encourages and integrates physical activity into our daily lives. People of all ages must be introduced to the principals of regular physical activity and be provided with opportunities and skills that can be enjoyed for many years.

Let us join hands to obtain adequate and regular physical activity daily for at least 30 minutes at all occasions, at every place to promote and maintain good health. Spend some time in physical activity now to be healthy in future.

PHYSICAL ACTIVITY A SIMPLE ENJOYABLE AND COST EFFECTIVE  
MEDICINE FOR ALL  
CYCLING, YOGA, WALKING, SKIPPING, SWIMMING, PLAYING, DANCING,  
GARDENING, WASHING, CLIMBING STAIRS, SKATING, HOUSE HOLD  
WORK etc.,

## BENEFITS OF PHYSICAL ACTIVITY:

1. Reduces the risk of dying from heart diseases or stroke, which are responsible for one thirds of all death.
2. Reduces risk of developing diabetes
3. Helps to prevent or reduce hypertension
4. Helps to prevent or reduce osteoporosis in women
5. Reduces the risk of developing low back pain
6. Promotes psychological well being, reduces stress, anxiety, feeling of depression and loneliness
7. Helps prevent or control risky behaviors especially among children and young people like tobacco, alcohol, drugs or violence.
8. Helps control weight and lowers the risk of becoming obese.
9. Helps build and maintain healthy bones, muscles, and joints and make people with chronic disability conditions improve their stamina.
10. Can help in the management of painful conditions like back pain and joint pains.
11. Lastly reduces the risk of dying prematurely

DO AT LEAST 30 MINUTES OF PHYSICAL ACTIVITY DAILY AND KEEP HEALTHY

**'SARVE JANA SUKHINO BHAVANTU'**