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Health and wellness: An overview

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Abstract

The world health refers to a state of complete emotional and physical well-being. Good health is central to handling stress and living a longer and more active life. This study explains the meaning of good health the types of health and how to preserve good health. Healthcare exists to help people to maintain this optimal state of health.

The world health organization in (1948) officially defined, health is a state of complete physical, mental and social well-being, not merely the absence of disease or infirmity.

This declaration could be considered by some as too ambitious and absolute in view of its focus on complete well being.

In 1984 the world health organization compiled a report from a working group discussion on health promotion. Health is viewed as the ability of a person or group of individuals to “realize aspiration and satisfy needs and similarly” to change or cope with the environment.

Hence, health is considered a “positive concept”, emphasising social and personal resources as well as physical capacities. With this view the attention lies on promoting healthy practices, even in situations whose disease is already present.

Keywords: health, wellness, physical

Introduction

Coming up with a universal definition for health would be a challenging and complicated task to accomplish. In healthcare, along with research, the concept of health is viewed as a main objective. Identifying how health can be described and measured is therefore essential. The various definitions of health established or proposed throughout the years have generated much debate amongst several individuals and Organization.

During the 20th century, the medical model was a recognised concept viewing health merely as a state where disease is absent. The biopsychosocial model goes beyond this view and allows for the integration of the physiological, as well as the psychological and social components of disease. The World Health Organization (1948) states that as a basic principle, "health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". This declaration could be considered by some as too ambitious and absolute in view of its focus on 'complete' well-being¹. This might make the statement unsuitable for the more realistically dynamic circumstances where adaptation and self-management might be more feasible; for instance ageing with non-communicable diseases is nowadays considered a common scenario.

Types of health

The 6 primary types of health includes physical health, mental health, emotional health, social health, environmental health and spiritual health

- **Physical Health:** It means the condition of a physical body and how suitable it is to function considering its all parts with flexibility. It is affected by sufficient intake of nutrition, physical activity, rest, and environment zones where the person is residing or at the place. It encourages us to take proper care of the body in terms of strength and endurance. One should intake nutrition, a balanced diet, and plenty of water to help achieve the body's physical fitness.
- **Mental Health:** The psychological state should be maintained at an appropriate level of emotional adjustments and the behaviour being shown. Good mental health does not mean

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free of illness; it indicates how the stress and relationships are managed, which could be done by instilling a sense of confidence, optimism, acknowledgement of being oneself, performing yoga and exercises.

- **Emotional Health:** Emotional health refers to a person's feeling which encompasses everything about you. It actually governs all of your decisions, your mood, and who you are. Every single aspect of you is determinant of how you feel about something, what is actually going on in your heart, not in your head. Basically, from your relationships to your mindset to your personality, to how you want to show up in the world; all of these are run by your emotional health. And if you're feeling thoughts of overwhelm, anxiety, stress, worthlessness, these are all common negative emotions that can have a hugely detrimental effect on your emotional health. But if you can rightly understand yourself, and find out from where these negative emotions are coming, then you actually be setting yourself up for a lifetime of consistent success.
- **Social Health:** It is the state of being friendly and interactive with others and pursuing different situations with calmness and happiness. Strong social relations help foster communities at all levels.
- **Environmental Health:** It is essential to know how the environment and surroundings (things in the natural environment such as air, water and soil, physical, biological, chemical and social features) affect human health. The National Institute of Environmental Health Science states that the environment consists of lifestyle factors, namely diet and exercise, socio-economic position and other societal influences that could impact health accordingly.
- **Spiritual Health:** It sets the aim and purpose of life in understanding beliefs, morals and ethics. According to the National Wellness Institute, one should respect, tolerate others' opinions, and live with values that remain with oneself while being true to yourself. Religious faith principles also affect spirituality, and the inner calm to survive and thrive in every situation of predicament should remain consistent. For instance, one should meditate; spend their time in nature, walk and cycle for a particular period.

Factors for good health

Good health depends on a wide range of factors.

Genetic factors

A person is born with a variety of genes. In some people, an unusual genetic pattern or change can lead to a less-than-optimum level of health. People may inherit genes from their parents that increase their risk for certain health conditions.

Environmental factors

Environmental factors play a role in health. Sometimes, the environment alone is enough to impact health. Other times, an environmental trigger can cause illness in a person who has an increased genetic risk of a particular disease.

Access to healthcare plays a role, but the WHO suggest that the following factors may have a more significant impact on health than this:

- where a person lives
- the state of the surrounding environment
- genetics
- their income

- their level of education
- employment status

It is possible to categorize these as follows:

- **The social and economic environment:** This may include the financial status of a family or community, as well as the social culture and quality of relationships.
- **The physical environment:** This includes which germs exist in an area, as well as pollution levels.
- **A person's characteristics and behaviors:** A person's genetic makeup and lifestyle choices can affect their overall health.

According to some studies, the higher a person's socioeconomic status (SES), the more likely Trusted Source they are to enjoy good health, have a good education, get a well-paid job, and afford good healthcare in times of illness or injury.

They also maintain that people with low socioeconomic status are more likely to experience stress due to daily living, such as financial difficulties, marital disruption, and unemployment.

Social factors may also impact on the risk of poor health for people with lower SES, such as marginalization and discrimination.

Preserving health

The best way to maintain health is to preserve it through a healthful lifestyle rather than waiting until sickness or infirmity to address health problems. People use the name wellness to describe this continuous state of enhanced well-being.

The WHO defines wellness as follows:

“Wellness is the optimal state of health of individuals and groups. There are two focal concerns: the realization of the fullest potential of an individual physically, psychologically, socially, spiritually, and economically, and the fulfillment of one's roles and expectations in the family, community, place of worship, and other settings.”

Wellness promotes active awareness of and participating in measures that preserve health, both as an individual and in the community. Maintaining wellness and optimal health is a lifelong, daily commitment.

Steps that can help people attain wellness include:

- eating a balanced, nutritious diet from as many natural sources as possible
- engaging in at least 150 minutes of moderate to high-intensity exercise every week, according to the American Heart Association
- screening for diseases that may present a risk
- learning to manage stress effectively
- engaging in activities that provide purpose
- connecting with and caring for other people
- maintaining a positive outlook on life
- defining a value system and putting it into action

The definition of peak health is highly individual, as are the steps a person may take to get there. Every person has different health goals and a variety of ways to achieve them.

It may not be possible to avoid disease altogether. However, a person should do as much as they can to develop resilience and prepare the body and mind to deal with illnesses as they arise.

Conclusion

The problem of public health can be drastically reduced if governments formulate policy whereby the population can be reduced, commit reasonable amount of resources to the health sector to build well equipped health centre, and if individual can maintain healthy environment and maintain his health. Implementing a wellness program promotes a positive work culture, improves employee health, and is a solution to prevent and treat chronic diseases

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