



P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIIF): 5.38
IJPESH 2022; 9(4): 08-11
© 2022 IJPESH
www.kheljournal.com
Received: 09-04-2022
Accepted: 13-05-2022

Dr. Nirlep Kaur
Associate Professor, Physical
Education Guru Nanak National
College, Doraha, Ludhiana,
Punjab, India

Corresponding Author:
Dr. Nirlep Kaur
Associate Professor, Physical
Education Guru Nanak National
College, Doraha, Ludhiana,
Punjab, India

Health care and life cycle strategies

Dr. Nirlep Kaur

Abstract

Healthy parents, a happy house, a good diet a clean environment and a satisfying job in safe and attractive surroundings; these are the essential elements of health. Health is the reward for taking care of the body properly just as a beautiful smooth running motor car is the result of good care. Health simply is not absence of illness but health is state of complete physical, mental and social well being it add the enjoyment of the highest standards of health. Health is one of the fundamental rights of every human being and is fundamental to the attainment of peace and security. A person who is capable of performing all kinds of work as well as the proper thinking can be called healthy. This topic will through light on the need of health care, reasons of health problems and suggestion to improve health of human beings.

Keywords: Health, environment, diet, mental

Introduction

Healthy parents, a happy house, a good diet a clean environment and a satisfying job in safe and attractive surroundings; these are the essential elements of health. Health does not come by luck or accident. Health is the reward for taking care of the body properly just as a beautiful smooth running motor car is the result of good care. The body of man is more wonderful than a radio, television or a motor car because when these things are broken or not in working condition then it needs repair by a mechanic. Another question can motor car grow bigger or have children? The answer is no. But in the other hand God made the body a very complex structure and create something in man's body which is able to grow to repair and reproduce itself in children, heart pumps and lungs breathe when we are sleeping, all kinds of food which we eat becomes like fuel and make us go even walking standing up right are the wonderful activities. For proper working condition of this wonderful body one must know about health care, meaning of health education, importance of health education why diseases come, name of diseases and how can we over come from the diseases.

Health

Health simply is not absence of illness but health is state of complete physical, mental and social well-being it add the enjoyment of the highest standards of health. Health is one of the fundamental rights of every human being and is fundamental to the attainment of peace and security. A person who is capable of performing all kinds of work as well as the proper thinking can be called healthy.

Health Education

Health education is that education which gives the knowledge about Health's well-being, body, body care, exercise and diseases etc. It makes the people voluntarily make decisions, modify and change social conditions.

Need for health education

Today we find many persons who die of accident, some are suffering from various kinds of nutritional problems, some have hearing and vision problems, many are suffering from emotional problems, some do not have proper food to eat and are unable to make these both ends meet. In such kind of circumstances the need and importance of health education increases all the more and it has a necessity to include health education in curriculum of schools/colleges and in other sectors.

Reasons of diseases

Diseases never come without a cause. Many diseases are the result of wrong habits or disobeying the laws of health. Following are the some of the reasons for occurrence of various types of diseases.

1. Wrong habits of eating

As a motor car cannot go without fuel and petrol, human body too cannot work without food. If a person eat wrong food or does not properly eat, he will either die or most likely to get sick.

- Lack of protein in the food is the cause of, “Kwashiorkor” disease, meaning thereby reddish colour of hair and losing its natural curl. Early symptoms fatigue, irritability and lethargy. This disease is more common in children.
- Lack of Iodine in the food is cause of “goiter” which means increase of thyroid gland.
- Lack of Vitamins leads the diseases as scurvy (is a condition characterized by general weakness anemia gum diseases and skin hemorrhages resulting from lack of ascorbic acid (vitamin C) in the diet). Beriberi (is a diseases caused by deficiency of thiamine (VT.B¹) that effects many systems of body including muscle, heart and nerves) and anemia. (Is a disease caused by deficiency of iron and lack of blood)?

2. Wrong Habit of drinking

Drinking tea and coffee are harmful for human body. It affects the nervous system directly. Headaches and nervousness often result after the frequent use of tea or coffee. It leads to the stomach ulcer also. Drinking water with meal is also bad for stomach.

3. Germs

Germs can be thought of as the seed of disease. When they enter in the body they grow and multiply and the harvest of their growth is fever and sickness. There are five kinds of germs i.e. viruses, rocketries, bacteria, protozoa and fungi. Some of the parasites such as tape worms, roundworms and bill harzia. All are too small to be seen by necked eyes except for warms but the eggs of warms are also very tiny. All germs and eggs of worms enter the body:-

- Through the mouth by food or drink.
- Through the nose or mouth by the air we breathe.
- Through the skin usually by cut or injury
- Through the urine and stool.

4. Bad habits

Lacks of physical exercise, insufficient rest, the breathing of insufficient pure air, lack of enough water inside and outside of bodies are the causes of sickness and ill health.

5. Accidents can cause severe injury and death

One of the big health problems in the world is amount of pain and misery, injury and death caused by accidents. Some injuries occurred due to alcoholic persons and some due to the dangerous jobs. For e.g. in mines where the rocks are being crushed, In forming where the dangerous poisoning used to kill the insects and pests. Around every home, fire is a great danger. Other is L.P.G. gas, electricity and latest new technology also. “As Science is a blessing and a curse”.

6. Diseases may be Born with

Some people are born with disease or deformities. Some are

born without arms, others are born with poor brain, and some may be born with weak eyes or a delicate digestive system or some other kind of difficulty. These problems occur due to improper care and ignorance during pregnancy and delivery.

7. Poor Mental Attitude

Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt and distrust as all these tend to break down the life forces and to invite decay and death.

8. Habit of tobacco and alcohols

Smoking tobacco and drinking alcohol are too bad habits. Tobacco is a slow, dangerous, malignant poison. It is just an extremely expensive way of committing suicide over the year. It also slows down the thinking power. It excites and then paralyzes the nerves. Smoking is major reason of mouth cancer, high blood pressure and heart diseases. In children and young people the habit of tobacco takes away their strength, dwarfs their bodies, makes mind dull and corrupt their morals. Drinking alcohol is also major bad habit. It can be obtained in many different forms: whisky, gin, rum, brandy, wine, bear etc some made from grain, some from bananas and other fruits but all drinks have bad effects. Alcohol makes nervous system function poorly and the result depression, more excitements, loss of sensibility; attacks of unconsciousness etc. diseases permanently present in the body and lead to death.

Tips of healthy life:

If a person wants to be good looking and move well he should follow some tips/laws regarding health.

1. Exercise Everyday

Exercise is one of the least thought but yet one of the most important laws of health. Exercise is necessary not only to keep muscles strong and healthy but it is also vital for the blood, lungs and nervous system. A regular daily exercise makes the brain and nerves work better because they receive better supply of food and oxygen. Rapid walking and gardening is an excellent exercise. Exercise also makes the man physically, mentally, socially as well as emotionally strong.

2. Drink plenty of water/water therapy

Seventy five (75%) of the weight of the body is water shows how important water is. Six or eight glasses of water per day is good amount to drink. Water also helps the skin to sweat, well, which helps the body to get rid of waste products. Without spending on medicine, tablets, injections, diagnosis, doctor fees, many diseases can cure by daily intake of 1.5 Liters water i.e. Headache, Blood Pressure, Anemia (Blood Shortage), Joint pains / muscles pains, General paralysis, Obesity, Arthritis, Giddiness, Cough, Bronchitis, T.B., Kidney stones, Urinal disease, Hyper acidity, Dysentery, Constipation, Diabetes, Eye Diseases, Ophthalmic Hemorrhage and ophthalmic (reddish eye), Irregular menstruation, Leukemia (White Blood), Uterine Cancer, Brest Cancer. This therapy should be done early in the morning (without even brushing the teeth). At the time of beginning one may find it difficult to drink 1.50 liter water at one time but one will get used to it gradually. Initially you may drink 3 or 4 glasses first and balance after a gap of two minutes. Drinking water by the right method purifies human body. Unclean water is dangerous for health. Water can be purifying

by chlorine. Water from wells or springs is often good, but for safety all drinking water should be boiled at least for two minutes. It should be kept in covered container.

3. Rest is Best for body

Along with exercise, work load and tiredness comes the issue of rest. The person who does exercise or work needs rest. Bible says, "The sleep of laboring man is sweet". After long periods of work, two hours or more, the most advantageous intermission is approximately fifteen minutes; relatively for short-periods five minutes. Rest and sleeping is the best medicine for the body, tired nerves and aching muscles. It is better to take sun bath for several hours or at least once a week. Eight hours of sleep each night is a good amount for most adults. Children have more but the infants need about sixteen to twenty hours sleep.

4. Breathe deeply in fresh air

Oxygen is most important and vital thing for body. It is obtained by breathing. One can live without food for many days and without water for some hours but one can live only six to eight minutes without breathing. The brain and nervous system suffers permanent damage if a person does not breathe between six to eight minutes. Deep breathing is helpful to improve the vital capacity of individual. Having good posture will help the lungs to work properly. For fresh air; houses should have windows that allow air to pass easily, in and out. General cleanliness also helps the air. The best and purest air is found in the country away from the smoke, fumes and smell of the city.

5. Cleanliness of Body and Surroundings

Cleanliness of human body is more important part of health care. Many dangerous diseases are the reason of dirty environment. Impurities are constantly thrown off from the body through the skin. Frequent baths with soap and water will do much to keep diseases away by cleaning the skin and toning up all the tissues. All the family members, young and old, should be encouraged to wash their hands thoroughly after using the toilet. Bury all stools and always use latrine. It is an important way of keeping diseases and germs out of the body. Clothes also need to be washed often to prevent germs and diseases. It is good to remember that disease, germs and dirt live well together. There are many death producing germs in dark. No waste vegetables or heaps of fallen leaves should be allowed to remain near the house to decay and poison the air. The cleaner you keep yourself, your house and your society, the less risk you will have of disease.

6. Avoidance of drugs, smoking and Alcohol

From medical stores nobody is allowed to take any kind of drug without the prescription of the doctor. Tobacco is reason for mouth cancer; alcohol has no nutrients for the body. It slows down the efficiency of the liver, heart, lungs, brain, muscles etc. and results in non-coordination of nervous system and the brain. Drug taking and addiction to alcohol and smoking is to be avoided at any cost.

7. Good thoughts Promote Good Health

Hope, Courage, Faith, Love and Sympathy promote the health and prolong life. Acc to Solomon, "A merry heart doeth good like a medicine" (Proverb 17.22) A spirit of gratitude and praise will promote health, body and soul. It is a law of nature that our thoughts and feeling encourage us to do good and bad. If we talk pleasant, happy things happen and our

feelings will be stronger. A thought is absolutely right that "healthy mind lives in healthy body".

8. Good Habits of Eating

Total Energy of body depends on right eatables. Just as houses are built of bricks so also our bodies are made up of cells which are further made up of the things we eat. Each cell is made up of following things; water, minerals Proteins, fats carbohydrates and vitamins. All these come from food and drink. We need to eat different kinds of food, in order to have all the necessary building elements.

Scientists have worked on the 'basic seven' food group one or two from each group included in our daily diet the need of our whole family will be met very well and helps us to keep fit. The groups of food are as:-

1. Green and yellow vegetables such as cabbage, Pumpkin, spinach, Carrots and leaves (for iron).
2. Fruits at least two each day as bananas, Pineapples, mangoes, guava, paw-paws, Oranges, lemons and apples.
3. Vegetables at least two each day as potatoes, sweet potatoes, peas, beans onions and soybeans etc.
4. Milk and dairy products as curds, cheese and cottage cheese.
5. Proteins food as beans, peas, soybeans, groundnuts and eggs.
6. Whole grain breads and whole grain cereals.
7. Fat or oil, a small amount each day as groundnut oil, butter, cream etc.

Now we shall discuss the thing from which we should restrict ourselves.

- Food should not be eaten very hot or cold.
- Mustard, pepper, Chilies, Spices, pickles etc., irritate the stomach and make blood impure.
- One should not eat when tired, hot, excited, anxious, upset or hurried
- Overeating should be avoided because it weakens the digestive organs.
- Sweets, Pie, Cakes and other sweet things make us fat.

Beside that;

Use only clean food

Eat the smallest meal at night

Regularity in eating.

Cook foods well

Boil all the water drunk

Food should be properly chewed

9. Medical Checkup

Everyone including children and adults should have annual medical checkups which detect the unsuspected illness and doubts about health. This is also necessary before starting any exercise program. The blood pressure checks up, urine and blood tests must be regularly conducted. Regular checkup gives an individual fitness which is the symbol of good health.

10. Meditation and stress management:

Stress is an extra pressure put on the body. During stress; heart, blood vessels, lungs, nervous systems, muscular systems are activated more. Meditation makes the mind strong and more concentrated, so that one is able to bear pain and unhappiness as smoothly as pleasure and happiness, without losing one's mental equilibrium.

Conclusion

It has been very rightly said that health is supreme foundation for the performance of one's duty. If health is polluted by bad habits, no legal or govt. action or fear of any disease can prevent the pollution of our internal environment until and unless man himself is entirely devoted to the cause of his good health.

References

- 1 Fowler JM, Schaffner MH. Health and Happiness, 1974.
- 2 Gupta DK, Others En Phy. Edu and Health, 2006, 6.
- 3 Weston T. First aid and Family Health, 1981.
- 4 Cavendish M. The Healthy Body, 1969.
- 5 Bharat Savour S. Fitness for life, 1998.