



HEALTH IS REAL WEALTH

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ABSTRACT

In today's scenario it is very difficult to say whether extreme importance is given to health or wealth. Here we are discussing about problem occurring due to over nutrition. The reason behind this problem is we are confused in what we actually want (Whether we want to live healthy and longer life or want luxurious life with full of health problems). It's not a problem of time it's a problem of time management & awareness among the population towards one's health. Of late we have got advance technology which has made our daily life very comfortable & less active. In this modern time we are more focused about earning money and saving our future but actually our life is more secured when our body is fit. In higher class of the society those who are living very comfortably or having very luxuries life style, unknowingly they are separating themselves from healthy life by using artificial modes of basic survival. This set of population is unable in building healthy eating patterns and regular participation in physical activities which is increasing the risk of many hypo kinetic diseases. Overweight and obesity are one of the initial stages of each health problem and it is associated with many major or life threatening diseases. Health of the people of any country is their real wealth it can help us to live long life. Also protecting our self from greed and anger will save our time from unhealthy mental practices. Maintaining balance between work and physical activity is the need for hour. We have only one life and to enjoy it fullest health plays a crucial role. Our health is our real treasure as an old saying "Health is wealth" also emphasizes it. Let's conclude this article with a serious thought; we have only one life, now choice is ours what is more important health or wealth?

Keywords: Over Nutrition, Hypo kinetic diseases, Obesity, Stress, Pranayama, Sports Culture and Nutrients.

INTRODUCTION

In today's scenario it is very difficult to say whether extreme importance is given to health or wealth. In the country like India where we have plenty of land for agriculture with huge population but still the population is suffering from the problem of malnutrition specially kids. On the other hand we have a different set of population those who are suffering from health related complications due to food but the great irony is that, they are suffering from the problem of over nutrition. Here we are discussing about problem occurring due to over nutrition. The reason behind this problem is we are confused in what we actually want (Whether we want to live healthy and longer life or want luxurious life with full of health problems). It's not a problem of time it's a problem of time management & awareness among the population towards one's health.

Problems Occurred Due to Negligence of Health

People are not working for the food; having three times meal is not a big issue for them. Their work is more emphasized on building strong economical background for future security. In this race to accumulate wealth men has forgotten the main source of survival for which we need our savings. This negligence affected our body negatively which causes serious health problems. Of late we have got advance technology which has made our daily life very comfortable & less active. In one of the article World Health Organization (WHO) warns regarding physical inactivity a leading cause of disease and disability; They said that physical inactivity can have serious implications for people's health, Approximately 2 million deaths per year are attributed to physical inactivity, prompting WHO to issue a warning that a sedentary lifestyle could very well be among the 10 leading causes of death and disability in the world. Sedentary lifestyles increase all causes of mortality, double the risk of cardiovascular diseases, diabetes, and



obesity, and increase the risks of colon cancer, high blood pressure, osteoporosis, lipid disorders, depression and anxiety. According to WHO, 60 to 85% of people in the world—from both developed and developing countries—lead sedentary lifestyles, making it one of the more serious yet insufficiently addressed public health problems of our time. It is estimated that nearly two-thirds of children are also insufficiently active, with serious implications for their future health. WHO shows in its report on global health risks that “The leading global risks for mortality in the world are high blood pressure (responsible for 13% of deaths globally), tobacco use (9%), high blood glucose (6%), physical inactivity (6%), and overweight and obesity (5%).

In 2005-2006 National Family Health Survey also showed that 35% of married women are suffering from high occurrence of obesity and pre-school children having approximate 42% of obesity. This ratio of increasing obesity is raised in past some years which is the matter of serious discussion.

In this modern time we are more focused about earning money and saving our future but actually our life is more secured when our body is fit. In higher class of the society those who are living very comfortably or having very luxuries life style, unknowingly they are separating themselves from healthy life by using artificial modes of basic survival. This set of population is unable in building healthy eating patterns and regular participation in physical activities which is increasing the risk of many hypo kinetic diseases. Overweight and obesity are one of the initial stages of each health problem and it is associated with many major or life threatening diseases.

Many health problems are also co-related with the psychological state of our mind. No doubt today's fast life provided us many comforts but it is also leading us towards stress and anxiety. These two factors are also playing very major role in maintaining individual's health. Earning money and doing job is not the last thing which we are doing for our survival because to do so people has to go through many supportive and against conditions which leads to the stress and anxiety among people. Stress causes many problems like: heart diseases, Asthma, Obesity, Diabetes, Headaches, Depression, Gastrointestinal problem, Alzheimer's disease, Accelerated Aging, Premature death etc. Stress is not only the condition of our mind; it impacts physiological responses of our body. Condition of stress increases the pressure in our body which affects vessels and breathing system, unbalanced condition of circulatory system and respiratory system then affects our whole body. It can cause condition of stroke sometime.

Eating habit is also one of the major factors which affects our health and leads serious health problems. Food habits can make us healthy or sick both. Now days 60% of people are sick due to their poor food habits. The rise in eating disorders and obesity severely shows that diet is not just about enjoying any kind of food it is related to the nourishment of our body. Diet can affect positively and negatively. Food habits are completely spoiled now days. People are more dependent on packed or processed food which is a major source of cancer causing agents. Fast and spicy food also affecting our digestive system. Drinking and smoking is very popular and symbolizes as status symbol in the society so people are using it with pride. In every street we can find shop of fast food and home delivery of fast food. Fast food system is very much popular now. People are more dependent on these things instead of cooking healthy food at home. They are busier in making money, they always have excuse for cooking food at home which requires lots of effort and time respectively. Such kinds of habits are truly dangerous. Food habits or eating disorder spoils our digestive system.

The level of health and fitness is decreasing day by day. If we look at the data of hospitals then we will find that the rate of admissions of patients is increasing very rapidly. Even patients cannot get appointment for the same day. Beds are not available in the hospital and many more issues are occurring daily due to over health problems in population. It shows big challenge in front of the health ministry of India – how to deal with such condition. They are opening new hospitals also increasing capacity of existing facilities so that public can get better medical facilities. In past 10 years major hospitals like ILBS, AIIMS etc. have increased the number of beds and also the rate of patients. Out patient department is also increased strength of patients and has reached upto the double. This is actually very alarming situation for us.



Need to focus now: High time to think about your health

Physically active lifestyle is very important to improve such condition. Minimum 30 minutes of walk is mandatory for everyone to maintain good health. Daily involvement in physical activity can boost respiratory system, cardiovascular fitness, make stronger bones, improves flexibility, reduce obesity, and enhance muscular strength and endurance. It also reduces threat of heart disease, type 2 diabetes, osteoporosis, hypertension, and some cancers. Apart from all walk is not at all expensive, not need to buy any equipment for that, it gives movement to whole body part, improves flexibility and person of any age group can go for a walk.

Breathing exercise helps in reducing stress level which called pranayama in yoga. Pranayama is one of the eight limbs of yoga. Defined as breath control, “prana” refers to the vital energy. “Ayama” means to extend. Regular practice of pranayama can balance the mental health, physical health, and spiritual state of an individual. Breathing exercises calms the mind and body and also reduce stress and anxiety. It helps in complete breathing, enhance oxygen supply to the blood, Helps in keeping lungs healthy, reduced muscular tension and improve our concentration which helps in meditation and other works of daily life.

Sun Salutation Poses(Surya Namaskar) is also one of the best and traditional exercise for whole body which was came into an existence from vedic period. At that time people were very much concern about their health and fitness. Surya Namaskar is consist of 12 steps (combination of twelve asanas):- prayer pose (Pranamasana), Raised arms pose (Hastauttanasana), Standing forward bend (Hasta Padasana), Equestrian pose (AshwaSanchalanasana), Stick Pose(Dandasana), Salute with eight parts (shtangaNamaskara), Cobra pose (Bhujangasana), Mountain Pose (Parvatasana), Equestrian Pose (AshwaSanchalanasana), Standing forward bend (Hasta Padasana), Raised arms pose (Hastauttanasana), prayer pose (Pranama asana). Whole body is involved in Surya Namaskara and it's a complete combination of exercises. Regular practice of Surya Namaskara keeps you healthy, improves your digestive system, helps in improving flexibility, good to reduce stress, help in regularizing menstrual cycle in females and many more.

Diet is as well one of the very important factor in which we have to focus truly. Balanced diet helps in nourishment of our body and to control body weight. Balance diet is highly rich in fruits, vegetables, whole grains and low-fat dairy products which can help to reduce the risk of heart disease by maintaining blood pressure and cholesterol levels. A diet rich in calcium keeps your teeth and bones strong and prevents from osteoporosis which is associated with old age problem. Dairy products are rich source of calcium but also available in dark green vegetables, fruit juices and cereals. They are also very good source of vitamins and mineral. Intake adequate amount of nutrients is very essential for our body, so it is very necessary to plan diet chart carefully.

CONCLUSION

It is never too late to start. This is the high time to take our health condition seriously. Compromising with our health with the things that are not important is not a wise decision. Our body is a temple so we must keep it healthy. Creating wealth must be our secondary priority because wealth can be created later but we cannot compromise on health. We must plan our daily routine so that we can include an hour physical activity daily. We can have a goal set to include an hour physical activity daily but it requires time, perseverance, consistency, determination and focus etc. Whenever we fall ill we should take it as an alarm to understand what is wrong with our body but many times we ignore it due to our engagement in this materialistic world and it leads to further deterioration of the health condition. We must include to play one outdoor game or to go for a walk daily. Instead of promoting medical facilities Government can promote health care centers, gymnasiums, sports fields, recreational centers for every age group and other awareness programmes for the society and masses must involve themselves to get benefitted for the initiative. Nongovernmental organizations can also help in this mission. We must motivate our whole family for physical activity. Time has come when we have to involve our self in physical activity like ancient period when people were more concerned about their health and there were lots of physical activities involved. Health of the people of



any country is their real wealth it can help us to live long life. Also protecting our self from greed and anger will save our time from unhealthy mental practices. Maintaining balance between work and physical activity is the need for hour. We have only one life and to enjoy it fullest health plays a crucial role. Our health is our real treasure as an old saying “Health is wealth” also emphasizes it. Let’s conclude this article with a serious thought; we have only one life, now choice is ours what is more important health or wealth.

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