

INDIGENOUS APPROACH TO WELLNESS FROM ILLNESS: LEADS TO HAPPINESS

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Article Received 22-12-2020, Accepted 24-01-2021 , Published 30-01-2021

ABSTRACT

The philosophers say -"Let me be carried away by muted dreams of childhood, Let my heart burn in the silent youth, Let my voice be unheard in the suffering old age, Then let me stand behind the angel of death" Based on these words, this paper aims at visualizing some important aspects of search for happiness which each and every human being desires and which is also the basic objectives of positive psychology, focusing on Indigenous Approach to health and wellbeing through self control, meditation, yoga, energized awareness, upliftment of consciousness and spirituality following Patanjali series of principles on body and mind. Especially the focus is here on the effects of nutritious diet on health and wellbeing. It is a pilot study of the Ph.D. programme.

Key words: - Indigenous Approach, Patanjali Yoga sutras, Consumerist, Adolescence, energized awareness uphitment of consciousness, spirituality Happiness and Wellness.

INTRODUCTION:

Mental health is undeniably one of our most precious possessions which needs to be nurtured, promoted and preserved as best as we can. It is the state of mind in which the individual can experience sustained joy of life while facing of adversities without losing the capacity to function physically, psychologically and socially. It is a barometer of the Social, personal and mental life. WHO States a positive State of

physical, mental and Social well-being is known as health.

Attainment of good mental health / happiness is the innate desire of every human being, but our life style, attitude and values have undergone a radical change with rapid modernization and more towards consumerist culture for which we are going far away day by day from the happiness. As per the Positive psychology, facilitator state of physical, mental and social well-

being is known as health. It has been described as a value judgment, in a continuum from illness to wellness. The question is can it be possible in our present life style and can lifestyle modification help someone to reach wellness? Then how to define the term life style? Normally life style means the way of life, the pattern of living of a person & how he spends his time from moment to moment. It also means the food we take drinking habit, exercise, diet- Particularly, overeating, consuming too many high fat, low fiber food, constantly facing higher stress situations, likes and dislikes of a person. These result from our experience, beginning from early childhood, evolving through adolescence and adulthood. A healthy life style holds the key to the prevention of many diseases.

In this regard Indian thought process should be highlighted. Indian thought contains valuable conceptual, methodological and theoretical ideas and insights that could provide alternative hypotheses concerning human nature that could be genuinely complementary to the "western approach, in taking almost wholly a mechanistic view of man. The belief that by **practicing** Yoga and meditation one could attain wellness in life. Indigenous psychology searches for techniques, for controlling body and mind, by relaxation, meditational techniques, yoga practice, balancing the food habits and fostering self-control,

which is the ultimate aim of human being.

The use of indigenous approach like Yogasana, Meditation and their effectiveness in the treatment of various forms of personality disorders are having tremendous impact on the field of clinical psychology. These types of Yogic practice can lead to our wellness keeping us far away from illness. Wellness is characterized by Lyon (1990) as the experience of somatic comfort and a functional ability level at or near the person. There are two approaches to control and express emotions. One is somatic control (Emotions, mood, calmness, pleasure, joy, relief, happiness and another is physical sensation energized awareness, emotion, growth. And Illness is a continuum from low (I am not feeling well) to high (I am very much ill) level from physical and psychological point of view.. Research findings says wellness and illness are culture specific and time specific which have a great effect on our behaviour. Behavioural risk factors such as smoking cigarettes, drinking excessively, using drugs, eating high fat and high cholesterol diets, eating too much & becoming over weight, inviting stress are the causes of major chronic diseases which can be controlled through modifications of life style , mainly controlling the diet / in-taking habits as their healthy life routine.

Objective

Because the quality of diet determines how a person looks and feels, the main objective of study was to determine the relationship between life style and healthy living in exploring the role of nutritious diet on physical

and mental health, among different individuals of differential age groups.

METHODOLOGY

Sample: The total sample consists of 60 male and 60 female with younger and older age group. The mean age groups of younger males were 24.7 years, and of younger females were 23.5 years, older males were 59.4 years and older females were 59.2 years.

Instrument:

Three questionnaires were used in the present study to collect data with survey method. The first two questionnaires were based on the psychological and physical symptoms (David Frawly, 1979). The third questionnaire was designed to measure health habit index.

Questionnaire-1 described (according to vata, pitta and kapha), physical frame, weight, chest, appetite, voice, speech, memory, emotional tendencies, sleep, faith, dream, activity, strength, exertion, sensitivity, resistance to disease, and sexual nature. It consisted of 20 items, each having 3 alternatives; A=Vata, 13=Pitta, C=Kapha.

Questionnaire-2 described (according to vata, pitta and kapha) pain, fever, bodily discharge, mouth, throat, stomach, intestines, feces, urine, onset of disease, time of day when diseases get aggravated. It consists of 15 items, each having 3 alternatives like A=Vata, B=Pitta, C=Kapha. The subjects were

asked to select any one alternative for each item.

Questionnaire-3 consisted of 20 items describing positive health, daily habits. Each item has 3 alternatives, always (scored-2), sometimes (scored-1), never (scored-0). Subjects were asked to select any one alternative for each item.

Procedure A pilot study was conducted by taking older and younger age group of individuals in the areas of holistic health and healthy life style based on their food habits. The subjects were also regulated to check one alternative under each item that describes them accurately. They were given two weeks time to complete. Diet and nutrition are very important for healthy living. So a balanced diet chart and daily nutrient requirements chart were also taken to study healthy living.

RESULTS AND DISCUSSION

The quality of diet determines how a person looks and feels. Chemicals, water, carbohydrates, protein, fats, vitamins, and minerals make identifiable contribution to the metabolic process of the body (Greenfield, 1985.). So a balanced diet chart and daily nutrient chart are taken in the present study (See table-1 and table-2). Poor diet can lead to cancer, hypertension, arteriosclerosis and many more other diseases.

Table - 1 : Showing Balance Diet: (qualities in grams)

Our daily Nutrient requirements

	Calories	Protein	Fat	Calcium	Iron
Average man	2875	60	20	400	28
Average Woman	2225	55	20	400	30
Adolescent boy	2447	67	22	600	41
Adolescent girl	2056	62	22	600	28

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Table -2 : Showing daily Nutrient requirements

Table-2

Quality Nutrient Requirements

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Psychological and physical symptoms representing 3 humor vata, pitta, kapha questionnaire of Davis Frawly were administered on two age group males and females and response analyzed on the basis of each personality type. Another questionnaire was administered to measure health habit index of vata; pitta and kapha dominant people in the total sample (see table-3)

TABLE -3 : Showing Men good health score of younger and older adult showing predominant personality types

Age group	Personality type	N	Mean good health scan
Younger Group 20-30	Bata	18	22.5
	Pitta	06	29.5
	Kapha	06	24.1
Older Group 55-65	Bata	13	24.0
	Pitta	09	19.0
	Kapha	11	22.2

Table-3 presents in younger group that 18 persons are having bata personality, the mean good health scan is 22.5, 6 persons are having pitta personality with the mean good health scan 29.5 and 6 kapha personality with mean good health scan 24.1 where as in older age group 13 are having bata personality with mean good health scan 24.0, 9 pitta personality

with mean good health scan 19.0 and 11 kapha

personality with mean health scan 22.2.

Table-4 - Mean health habit index score of Bata, pitta and kapha dominant people in the total sample

Bata	21	17.52
Pitta	14	23.25
Kapha	21	24.90
Balanced	04	25.50

This shows that the mean health good score of younger and older persons showing predominant personality type. This result shows out of 60, 21 bata predominant humor having 17.52 mean health habit score, 14 pitta predominant humor having 23.25 mean health habit score, 21 kapha predominant humor having 24.90 mean health habit score and 4 balanced personality having 25.50

mean health habit score. So we can say that 4 persons who maintain a balanced personality in their life style were healthier than any other

predominant personality type •

Conclusion

The main objective of this study was to determine the relationship between lifestyle and healthy

living based on food habits. A daily routine of life style check list, disease check list and mental and physical health check list used for this purpose . The hypothesis that people who followed the ideal healthy life style were healthy that other people who does not follow the healthy life routine. Though only 60 subjects were taken, but the findings were very encouraging . The mean score of 15 younger male is 24.7 and the mean score of 15 younger female is 22.6. The mean score of 15 older male is 26.3 and mean score of older female is 23.1. It has been found out that people who followed a healthy life style were healthier in mental and physical state than other people irrespective of age and sex. This small study attempted to integrate life style and holistic health with a view to reconstruct and develop a holistic (Physical, mental, spiritual) healing process. This study may be treated as an exploratory pilot study. The measure used in the study could be simultaneously used for the constitutional examination. Today many people are affected by oriental healing system because these approaches offer the promise of a preventing healing system that is at once holistic, powerful, effective and gentle with the least side effect. They rightly feel that occurrence of disease is not an arbitrary phenomenon but for definite

reason, which if correctly understood could help to cure and more importantly, prevent recurrence. Thus attention to quality of life issues has been useful in pinpointing some of the areas that require particular attention and intervention. Thus we can conclude that with the help of yogic meditation, correct life style and holistic approach of health, the personality type can be rectify and a man can enjoy his life without disease both in mind and body.

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